

St. Mary's Church, Mildenhall

'Jesus Christ is Lord.

We seek to share His love and care.'

**In nothing be anxious but in everything by
prayer and petition with thanksgiving let
your requests be made known to God**

Philippians 4:6



March 2023

Services in March



Friday 3rd World Day of Prayer

A number of services held in different churches.

2.30pm at Mildenhall Methodist Church

Sunday 5th Second Sunday of Lent

11.00am Holy Communion with prayers for healing

Bible Reading Philippians 4:4-9

4.00pm Fun and Faith

Sunday 12th Third Sunday of Lent

11.00am All Age Holy Communion

Bible Reading Philippians 2:1-11

Sunday 19th Forth Sunday of Lent

11.00am All-age service for Mothering Sunday



Bible Reading Philippians 1:3-6,9-11.

Sunday 26th Fifth Sunday of Lent Passiontide begins

11.00am Holy Communion

Bible Reading Philippians 3:7-14, John 11:17-27, 38-44

A Note from Sue

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As the birds trill out their songs and build their nests, I hope that this Lent time will be a time when we sing our thanks to God and let Him build our faith and lives of prayer.

Prayer is such a key part of our Christian lives- strengthening our relationship with God and also through the answers which come, bringing blessing to others around the world in their time of need.

We see so much to pray for beamed into our homes, onto our TV screens, or news items on our computers, or in newspapers. We can be praying all the time for God to help those who are suffering and for Him to help those who are part of supplying whatever is needed. Let's pray for governments and organisations and charities, but also the aid workers who may be tired and worn out. This is as a prayer from Tearfund:

And when we sit down to eat, let's also get in the habit of praying for those who lack food (millions in Africa are facing a second year of drought which follows devastation by locusts and no food in the fields.)

When we turn on the tap and clean refreshing water gushes out, let's pray for those who walk for miles to get water. Water which is dirty and full of germs.

When we get to bed and pull up the duvet, let's pray for those who are homeless and for refugees cold in their tents.

And let's turn the whole day into a prayer, as we give thanks for the sun, the shoots and new leaves and the birds singing.
Let's give thanks for everything.

Sue

"Lord Jesus, we thank you for all the brave Christian working on the frontline.

We pray for their protection, for resilience working under such physical and emotional pressure.

Make them aware of your loving presence with them. In Jesus' name.
Amen."

A Prayer from Tearfund



Churches Together Mildenhall prayer time
St Mary's Church Saturday 4th March
King's Church Saturday 1st April

9.00-9.45AM Prayer for the Local Community.

Please come to join in, everybody is welcome. We want to actually show that **we do** place an importance on praying with other Christians from the town. **Please come along for this short time of prayer. As in 1 Timothy 2, 1-4 (NIV)**

“Paul writes ‘I urge, then, first of all that petitions, prayers, intercession and thanksgiving be made for all people – for kings and all those in authority that we may live peaceful and quiet lives in all Godliness and holiness. This is good and pleases God our Saviour, who wants people to be saved and come to a knowledge of the truth.

First Friday Service 2.30pm



March's service is part of the World Day of Prayer details below.

April's is Good Friday Walk of Witness, Churches together 10.30am at the Jubilee Fields approx. 10.45am in the precinct and 11.00am at St Mary's Churchyard. Time at each place to

listen to bible readings, sing and pray. In the event of bad weather all will take place at St Mary's Church.

2.00 – 3.00pm A service of reflection at St Mary's Church.

March 3rd World Day of Prayer

Everyone, men and women, are welcome to join the following services and be part of wave of prayer encircling the earth for 38 hours. Services will be followed by refreshments.

**10.30am at St. John's Church Hall Beck Row
(Rev.Caroline Butcher)**

**Noon at All Saints Church, Gazeley
(Rev.Chris Childs, 01638 429212)**

2.30pm at Mildenhall Methodist Church, High Street, Mildenhall. (Rev.Sue Leathley, 01638 711930)

7.30pm Online Time to pray and consider Ephesians 1:15-19

Parish Giving Scheme (PGS) supports the Church of England maintain a presence in all our towns, cities and villages.

The PGS is a direct-debit scheme allowing donors to give on a weekly, quarterly or annual basis, with Gift aid and inflationary options.

It is designed to support churches by a simple and secure service.

-New donors can set up

- online, parishgiving.org.uk

-or by phone 0333 002 1271,

-Via the Diocesan web-site (search Gift form)- printed and posted, or filled in online.

-or paper application forms are available on the table at the back of church

For those who are able to please don't forget you can make a donation using the 2 QR codes one for St Mary's General fund, and one for St Mary's building fund. Both are displayed below if you'd like to try. The codes are also displayed in the church and on the cottage room doors.

General Fund



The Sum Up machines can also be used for contactless donations, and is available at Services on Sundays or visit the cottage rooms on Friday mornings.

OPEN for you, the Cottage Room,

Fridays 11.00-2.00pm  ***Tea and talk, coffee and chat, soup and snacks.***

Senior Discount cards are also

available. Donations go towards the

Turkey/Syria earthquake disaster fund, as well as our Emergency supply boxes and Water Aid.

Annual Matters

Electoral Roll 2023 - It is time to update the church Electoral Roll. This begins from **March 19th**. This is the nearest thing we have to a membership list- so active committed members of the church are encouraged to be on the roll. It shows we are all part of the church family.

Being on the electoral roll means that you can stand for election to the PCC (Parochial Church Council) and vote at the annual meeting (**will take place this year on 21st May**). Anyone who is over 16 years, live in the parish, or who have worshipped here regularly for over 6 months can apply to join the electoral roll. Please see Sue for a form.

The PCC. and Two Deanery Synod members. Are elected for a three year term. P.C.C. meetings are usually held every 4-6 weeks on a Monday from 7-9pm. Deanery Synod meetings are held 3 times a year. Elected members represent St Mary's Church at the local synod meetings and bring back information regarding national and local matters. The PCC is responsible for planning decisions, safety, finance, and care of the church. Please pray and see if you could take this role. We need a wide variety of gifts and experience. New PCC members are always welcome.

Sides people/Welcome Team - New extra welcome team people are needed. If you are interested please see Sue.

Two new deanery synod representatives are needed.

Churchwardens – Church Wardens have a responsibility to work with the vicar and PCC in overall care for all things to do with the building, money, services, and welfare of the church. Two Churchwardens are elected annually for a year. They are helped by Deputy Wardens. Please ask if you would like to find out more about becoming a Deputy or Churchwarden.

Annual meeting

The APCM will be on Sunday May 21st at noon.

A yearbook for 2022 will be prepared. Can all articles and news for 2022 about church life be given to Suzy by April 28th please. If you can email them to officestmm@gmail.com. Please get writing and contribute items of interest about St Marys in 2022.

Co-Eco Builders – March: Focus on Water

Since 1993 the 22 March each year has been an annual United Nations observance day that highlights the importance of fresh water and advocate from the management of freshwater resources. The theme of each year focuses on

We are in the lucky position that it is easy to take water for granted. It just comes out of the tap anytime you want it. Yet, all over the globe there are people who don't have access to clean, safe drinking water. World Water Day is dedicated to drawing attention to the water-related issues that humans face in almost every country. The goal of World Water Day is to bring aide to people who truly need it across borders.

Make your own save-a-flush



Did you know that a third of the water we use in our home is flushed down the toilet? Use this guide to reuse a plastic bottle, make your own device and save water!

If you have an older toilet you can save one litre with every flush by making your own save-a-flush device.

You will need:

- An empty 1 litre plastic bottle with lid
- Some stones
- Water

What to do:

Check with a parent/teacher first that they are happy to install your save-a-flush.

1. Put a few stones into the plastic bottle, fill it with water and replace the lid.
2. Place carefully in the cistern of your toilet, ensuring that it does not affect the workings of the cistern.

Alternatively, a save-a-flush bag can be inserted into a standard toilet cistern. These can be ordered from stwater.co.uk/save-a-flush

Toilets installed after 2005 are not designed to work with save-a-flush devices.



Water Saving Tip

Most new toilets have a dual flush cistern. By selecting the shorter flush, you can save around **two litres** of water.

**SEVERN
TRENT
WATER**

stwater.co.uk/education

What You Can Do

Why not try to reduce your water footprint as you observe World Water Day?

It may not seem like you use a lot of water in your daily life, but you might be surprised how much water it takes to perform household tasks. Friends of the Earth estimates that every hour you spend in a power shower uses up to 17 litres of water. While a single toilet flush uses between 4 and 6 litres (modern dual flush systems) and 13 litres (older style single flush system). When you consider the average UK household flushes the toilet approximately 5,000 times per year, that could equate to 65,000 litres of water a year going down the toilet!

There are many products, such as low flow toilets and shower heads, that can help with decreasing your daily water usage.

At St. Mary's, we have installed water displacement bags in each of the Cottage Room toilets. A water saving device that sits in the toilet cistern tank,

reducing the amount of water used (saving up to an estimated 4,800 litres of water per year). However, you can make your own following this activity sheet from Severn Trent Water and a few simple materials (and an opportunity to reuse some single use plastic!).

WATER MEANS LIFE

WATER AID PRAYER

“Loving God, we ask for Your blessings on children, mothers, fathers, and communities who are thirsty. Purify, protect, and multiply their water sources. Strengthen their resolve so they may fully enjoy the benefits of clean water — essentials like education, gardens of fresh produce, and good health. Amen

Clean water something we expect at the turn of the tap. There's outcry when our water supply is interrupted. Someone is expected to supply fresh water not only for drinking but washing and cleaning as well. luxury, Really it is a luxury, for millions it is a dream. Getting water means walking for hours. Carrying heavy loads back of poor-quality water often contaminated and we would consider not fit for human consumption

“We all NEED water, no matter who or where we are. And we all need to play our part ensuring everyone anywhere can have a clean supply!

Please Support Water Aid. Through lent
pop a coin in a jar for water aid every
time you draw water from the tap.

Jars can be handed in on Easter Sunday



Plus the return of Plant Table, time to think about next seasons vegetables and flowers. The plant table makes a good home for surplus seedlings and is a good source of others.

Donations of plants, seeds and produce indoor and out are welcome. Don't forget, you don't have to bring something to take something away (and you don't have to take something away just because you bring something!).



Monday May 8th- Coronation weekend Open Churchyard Open Tower, 2-5pm.

There are many ways you can help us to make this a memorable event for the community and ourselves.

Keep the day free- ready to volunteer

sign up to help with a churchyard activity

welcome visitors into the church

serve refreshments

be on duty in the tower

sell tickets.

We will also need help beforehand, cleaning the tower steps, making ready, setting up tables etc. Please can you plant up any seedlings or plants for the plant table. Plus any cakes or biscuits you may be able to bake.

PRAYER FOCUS FOR MARCH

O Lord, you have searched me out and known me; you know my sitting down and my rising up; you discern my thoughts from afar. You mark out my journeys and my resting place and are acquainted with all my ways. Lord

Psalm 139:1-2

One Voice in Prayer

Praying together for an end to global poverty

The news from Turkey and Syria incredibly saddens us. More people in Turkey have been killed in this earthquake. The damage in Syria has affected people who have already lost so much in 11 years of civil war. We wonder why because the damage and death seem so random.

At this time, remind us that you are here regardless. We know that our world is damaged. We know that there are many kinds of damage we may never understand. Help us trust that you are still present, even at times like this.

Keep the rescue/aid workers alert. Help them communicate well. Give their supervisors patience and resiliency as they coordinate the effort. Lord we ask you to be with them.

Lord with so much stress, strife and strain in the world we pray for your strength and resilience. We pray for charities working tirelessly across the world Tearfund, Mission Barnabas Aid across the world. Helping in areas of disaster both natural and manmade, wars and oppression.

O Lord our God, source of all goodness and love,
accept the fervent prayers of your people;
in the multitude of your mercies look with compassion
upon all who turn to you for help;
for you are gracious, O lover of souls,
and to you we give glory, Father, Son, and Holy Spirit,
now and forever.
Amen.

God of refuge,

You are an ever present help in time of need. Please be this to the people of Turkey, Syria, Iraq and Lebanon today. Provide people with safe shelter and the essentials they need. Be a comfort to those who are grieving and who are traumatized. Be people's strength and rock as they work together to rescue people, treat the injured, care for those in need and rebuild after this tragedy. In Jesus' name, amen

He heals the broken hearted and binds up their wounds. He determines the number of the stars and calls them each by name. Great is our Lord and mighty in power his understanding has no limit.'

Psalm 147:3-5

A unity prayer

Jesus,

Your prayer was for the church to be one. Let this visit be a reminder of your call to unity. Let this visit be a reminder of God's love for all of us. Let this visit be a reminder of the importance of peace and justice. Jesus Your prayer was for the church to be one. Let this visit restore relationships between churches in South Sudan. Let this visit restore people's faith and show them they are loved by you. Let this visit restore efforts by political leaders to implement the peace process in full.

Come Holy Spirit and guide the church in South Sudan to continue to **pray** and act together for peace and for justice. In your name, amen.

When things are bad and you're feeling sad.

Just tune in online and all will be fine!

Every Sunday from 11.00 AM a pre-recorded service is available on

St. Mary's Church, Mildenhall Facebook page. You can also listen to

the same service on Zack FM community radio (FM 105.3) on Sundays.

An invitation to
St.Mary's Church Mildenhall
"Fun and faith for all"
Sunday March 5th 4.00-4.45pm

Lent, Love and Prayer



Activities and things to do within
An informal interactive service. For all
ages

All welcome

For more information – please contact Sue-
01638 711930 stmmildenhall@aol.com

Lent

Storylines- Tracing the threads that run through the Bible

Ash Wednesday (Feb.22nd) Holy Communion
services

3pm at St. Mary's and 7.30pm at Mildenhall
Methodist Church

Lent groups—time to learn and talk together using
the Storylines DVD. covering the themes of Jesus,
Covenant, Presence, Kingdom, Salvation and
Worship

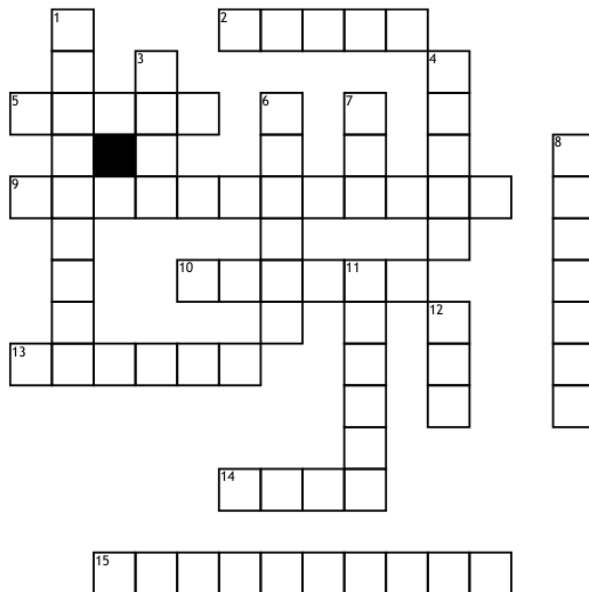
Weekly class beginning Monday 27th February
10am

Wednesdays 7.30pm (March 1st, 8th, 15th, 22nd,
29th)

All at Mildenhall Methodist church. All welcome

Name: _____ Date: _____

Lent Crossword



Across

2. How many Days are there in Lent
5. What was Jesus tempted to turn a stone into?
9. On what day do we celebrate that Jesus rose from the dead?
10. In which river was Jesus Baptised?
13. On what day of the week did Jesus die?

14. What actions offend God
15. What is the Sunday before Easter called?

Down

1. What is the Prayer that Jesus taught us?
3. What is the word for giving up something that we like?
4. Who tempted Jesus
6. Where did Jesus go to pray

7. Fill In the blank: Jesus is God the

8. As well as giving up something and helping people, what else as we asked to do more of in Lent
11. Who looked after Jesus?
12. How many Old Testament Figures appeared with Jesus on the top of the mountain at His Transfiguration?

Word Bank

| | | | | |
|-------------|---------|------------|--------|---------------|
| Forty | Desert | Satan | Angels | Bread |
| Fast | Praying | Our Father | Friday | Easter Sunday |
| Palm Sunday | Two | Sins | Son | Jordan |

Don't forget the clocks leap forward on 26th March. After which the church will be open form 10.00am – 4.00pm.

The church will be open for prayer during the following times:

Tuesdays: 9:30 – 10:00 AM (Service from 9:45 – 10:00 AM)

Wednesdays: 3:00 – 3:15 PM Evening Prayer (4.00pm-4/00 from March 29th)

Thursdays: 7:30 – 8:00 PM (Compline from 7:45 – 8:00 PM)

Fridays: 9:30 – 10:00 AM (Service from 9:45 – 10:00 AM)

Emergency Supply Boxes

All donations are needed and appreciated. Your generosity helps those in need. Please feel free to drop donations in the back of the Church. Milk, toiletries and tins of meat and fish are especially needed. Thank you for helping the community.

PLEASE TAKE NOTE

YOU ARE WELCOME TO CONTINUE TO WEAR MASKS OR SOCIALLY DISTANCE AND/OR TO USE HAND SANITIZER.

YOU MAY SIT WHERE YOU LIKE IN THE CENTER PEWS. PLEASE LEAVE THE SIDE AISLES FREE FOR THOSE WHO WOULD LIKE MORE SPACE.

CONTACTS

Rev. Sue Leathley: 8 Church Walk 01638 711930 stmildenhall@aol.com

Andrew Borrett (Church Warden): 01638 713538

andrew.borrett@hotmail.com

Carole Sinclair (Church Warden): 01638 562979

Carolesinclair53@gmail.com

David Revera (Assistant Church Warden): 01638 711930

daverevera@aol.com

Suzy (Administrator): 07579 018645 Fridays 10-11pm in the cottage rooms

officestmm@gmail.com

Jean Bates (Treasurer) 01638 716195 stmmtreafin@yahoo.co.uk

For prayer requests or a listening ear on the phone, contact Ann Leeks 01638 718902 or Sue Leathley 01638 711930

Buddy's blog

Woof, woof, hope you are enjoying the Spring sunshine. It really puts a spring in my tail.

I wonder how you are getting on keeping Lent. Lexi and I are concentrating on learning new skills (although I admit not all of them helpful to others.) I have been working on improving my keyboard skills () and have mastered the TV remote, so that I can switch off the TV now. – Next challenge is to change channels to something that isn't "Dogs Behaving very badly!"



Lexi is a real dab hand at swiping carrots out of the shopping bag. She has now managed the art of woofing with a ball in her mouth. A ball used to keep her quiet, but not any more.....

We are both improving our team work. We sit either side of Dad while he is eating. One of us will nudge, or distract him, so that he drops something on the floor, while the other one swoops in and picks it up.

We are getting the hang of hypnosis too. Two pairs of big brown eyes locking in Dad's gaze. Then comes the mind control, we beam thoughts about what we want Dad to do.... It's time for our dinner, it's time to go out and play, and especially it's time to go and get some ice cream out of the freezer!! It's amazing – he is under our influence, he grins and off he goes, one dollop for him, and two for us! Yum, yum.

So, my waistline isn't getting any slimmer, yet. And I haven't got very far with being more relaxed. I wonder, if instead of trying to get Dad to do what I want him to do, I should focus on getting me to do what I want me to do. Maybe that's what increasing self-discipline in Lent is about. Less about others and more about changing how we think and behave. Maybe that's what I should be working on. But I'm not sure I will ever get my tail under control!

It will soon be Easter and time to celebrate. Let's keep going through Lent, do all we can to make world a better place and our lives the best we can be.

Woof, woof, yours Buddy, one of the vicarage dogs.

. Woof, woof, Happy Lent time, Buddy, one of the vicarage dogs.

