

St. Mary's Church, Mildenhall

'Jesus Christ is Lord.

We seek to share His love and care'

'Let everything that has breath praise
the Lord. Psalm 150:6



SEPTEMBER 2023

Services in September



NEW First Friday 1st

12.00 12.30 pm Holy Communion after coffee morning

Sunday 3rd Thirteenth Sunday after Trinity

11.00am Holy Communion with Prayers for healing
Bible Reading Psalm 150

4.00pm Fun in Faith 'Wonderful World'

Sunday 10th Fourteenth Sunday after Trinity

11.00am All age Holy Communion (looking at the Creed part 4)
Bible Reading Psalm 119:33-37

2.30pm Mildenhall Lodge – Harvest festival

Sunday 17th Fifteenth Sunday after Trinity

11.00am Morning Worship with Baptism
Bible reading Psalm 103:1-8

Sunday 24th Sixteenth Sunday after Trinity Generosity week

11.00am Holy Communion
Bible Reading Psalm 145:1-8, Matthew 6:19-33

A Note from Sue

I hope that you have enjoyed the summer time. As we begin a new term there are so many opportunities and things to join in with. Please take time to think about which you can be part of and how you can be involved in church life. Details of dates and times of the below are in this noticesheet.

-The Alpha course – using updated DVDs – is a brilliant look at the basics of the Christian faith, as well as an opportunity to ask or talk about questions to do with faith. Recommended for everyone. Especially good for inviting others to come along to. Who could you invite?

-Romans is a course for an in depth look at this letter which St.Paul wrote to the church in Rome covering a wide range of Christian teaching.

-Coffee mornings and an optional short service of Holy communion on the first Friday of each month are times when we can encourage others to come.

-Confirmation is an opportunity for those who are not yet confirmed to affirm their faith in God and receive His blessing. This is another step on our journey of faith and the church family stand alongside you.

-Generosity week is a time when we are all encouraged to examine our giving as part of discipleship and right living before God.

-And for those of you who are creative, there is Harvest decorating to be done. Looking ahead to Advent when angels and stars will be the theme, maybe start knitting, crocheting, making crafts with card, paper etc.

-We are still looking for people to join the cleaning team. Also for the Prayer Care team (training will be given.) You are always welcome to the 15min. prayer services on Tuesdays and Fridays 9.45-10am

-Perhaps you can ride or walk and be sponsored on Ride and Stride Saturday. Or be a welcome in church.

-This month there are 2 special services – at Mildenhall Lodge and around the town with Churches Together. Please come and take part.

As well as worship each Sunday. Plenty of ways to learn, be together and serve. God's blessings, **Sue**



**Churches Together Mildenhall prayer time on
Saturday 2nd September Mildenhall Methodist
October's prayer time is at St Mary's Church 7th
October**

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.**

**Coffee, tea,
cold drinks.**

**Jig saw
puzzles.**

Time to chat.

**Table sale
(please bring
items).**

**All proceeds
to church
funds**



**Holy
Communion
service Noon
to 12.30.**

**Book of
Common
prayer
service.**

10.30am-noon

Friday 1st September

**In the church/churchyard/porch depending on the
weather**

Please sign up on the rota at the back of the church if you can help.

WAYS OF GIVING

Try the new contactless machine. All that's needed is a tap with a bank card - just like shopping.

Why not have a go please? Amounts can be varied, Gift Aid (adding an extra 20% to your gift) can be claimed as an optional extra

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, phoning 0333 002 1271, and via the Diocesan web-site

Giving Review- something for us all

The Church of England has designated the end of September as "Generosity Week". Time to think about our response to God's generosity by giving back to God something of all the blessings He has given to us.

By Generosity Week it would be wonderful for us all to have reviewed our lives and managed to find new ways to give. We are grateful for all that you do give and do, but there is an ever increasing need. The basis for our giving is always that this is an important part of our discipleship, of being gratefully obedient to God and how we can live out His ways on earth.

Some of the things which you may like to consider are:

Giving of our time- new things we can volunteer to do

Sharing of our gifts and skills- finding opportunities to fulfil the special role that God has given to us within the church, or passing on our experience to others who can take up these roles.

Prayer- joining in the prayer services in church to pray with others.

Taking up one of the prayer needs for the church and praying daily. (See July's notices, or the notice in church).

Legacy see laterll.

Regular giving - making sure that we give the first 10% of our income as the tithe due to God. This can be to the church and/or charities.

Giving directly to the church by the Parish Giving Scheme is especially helpful. It is an easy process and Gift Aid when applicable is claimed on our behalf. (For ways to sign up please see the letter at the back of church). Giving by direct debit or contactless giving is also a big help in saving the time which banking cash takes.

Sometimes we may need to give something up to be able to put money aside for God- be assured He will always reward you, many times over.

One off gifts - a way to say thank you to God when we have an unexpected income, or because God prompts us to give to a need. So, let's offer all our gifts cheerfully and happily to bless God, others and in turn our selves.

Your faith is powerful, so is your Will

Sign up to unlock the power of gifts in Wills this September

Gifts in Wills are a powerful way for our faith to live on and create lasting change in our communities locally and worldwide. But they are often difficult to talk about. Many people would like to know how they could leave a gift in their will to their church but may not know how or who to speak to. The Church of England are hoping to make this easier by joining the Faith Will initiative of Christian Aid in partnership with Church of Scotland and the Quakers.

This Harvest, churches across the UK are encouraged to raise the profile of gifts in wills by talking about them at an event or during a service. Sign up here to access free resources to help you talk about legacies in your church. The free resources include a short film, posters, leaflets, and worship materials.

Join this September to talk about gifts in Wills in your church and together we'll transform both our local communities and stand with our global neighbours at <https://www.christianaid.org.uk/appeals/key-appeals/faith-will>

Alpha UK - Got questions about faith? - Ask At Alpha



Alpha UK <https://alpha.org.uk>

Alpha is a series of interactive sessions to freely explore the basics of the Christian faith.

No pressure. No follow up. No charge.

We will be using Alpha DVD presentations with time to talk and discuss.

At half time tea and biscuits, or coffee and cake.

Looking at topics covering Life, Who is Jesus, prayer, the Bible, guidance, the Holy Spirit, healing. Alpha is an internationally renown informal opportunity to look at matters of faith.

**Wednesdays 3.00-4.30pm and 7.30-9.00pm Starting
September 13th**

**In the Cottage rooms (small building opposite the main
church door).**

**Please contact Sue- 01638 711930 or
stmmildenhall@aol.com to book your place**

Book of Romans course

Starting 14th September 7.30pm after Compline 7.15pm. In the Cottage Rooms .led by a video from the Bible This letterhas been transforming. St Augustine and David Suchet became Christians while reading Romans, It can be hard to understand, even controversial and challenging and rewarding! **Come along to learn more,.**

SEPTEMBER PRAYER FOCUS

Please pray for Matilda who is being Baptised and welcomed into our Church on Sunday 17th September.

For those who are preparing for confirmation on 8th October That you give them courage, strength and perseverance as they Confirm their faith in you and enter a new chapter of their lives.

For the new term at school- St.Mary's academy. The new pupils starting school for those going back for another year. Also for the staff as they welcome a new principal and new teachers into their team.

St.Mary's Church financial state For support to help us meet the challenges the St Mary's Church faces financially.

Confirmation on October 8th Last call!

Bishop Mike will be coming. To speak at the service (11.00pm)

**Please if you are thinking about confirmation
please speak to Sue to talk about it.**

SHOE BOX TIME IS HERE AGAIN

There will be a service at Freckenham on 5th November at 4.00pm to collect all the shoe boxes together. If you would prefer you can leave them in St Mary's church or at 13 East View Freckenham beforehand.

There will be a shoe box sale by appointment at 13 Eastview, Freckenham Tuesday and Wednesday 3rd & 4th October. Where you can find loads of things to fill the shoeboxes (along with official and decorated shoeboxes for sale. Please call or text 07796 387446.

Mildenhall Lodge Harvest Service

2.30pm 10th September

Pkease come along to support and encourage the residents



Plant table is always a good plus to leave surplus plants. 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!).



*"As Christians we are at the forefront of changing attitudes, practices and lifestyles to pursue with determination our commitment to safeguard all creation. I am hugely grateful to parishes across the diocese who have engaged with this, and indeed have seen this as key to their mission. It is as many have discovered, **a real point of mission connection with young people**, and they and we know we have an obligation to work together for the sake of the future and for the sake of their future. **Signing up to Ecochurch**, looking at the carbon footprint of our buildings, and embracing changing lifestyles in terms of consumption and waste, are all part of this, and give us a basis upon which we can challenge other institutions and structures to do the same. **From Bishop Martin in response to the ECOChurch focus***

Don't forget the church is a lovely place to drop in when you come into town. It's always cool, peaceful and calm. An ideal place for a few still moments in a hectic life. Feel free to call in just spend quiet time with The Lord, checking all is safe and calm.

Ride and Stride -Saturday September 9th;

Celebrating 50 years of the Suffolk Historic Churches Trust (SHCT) - they hope this year's fund raiser will be bigger than ever and raise more than £125,000 (and then an additional £25,000 will be added by a donor.) The SHCT gives grants to help the important iconic 500+ medieval churches of different denominations around the county.

Andrew Borrett is the organiser of the Ride and Stride across the Diocese and for us locally- please see Andy if you would like to know more.

You can help by:

- 1. Riding and Striding** or even driving (please pick up a sponsorship form). It is hoped that two new families from each church will join ride and stride this year- could you be one of them?
- 2. Sponsoring** someone who is riding or walking.
- 3. Be a welcomer** as people visit St. Mary's? Please sign up on the rota.

Thank you.

The Season of Harvest is upon us

Harvest decorations If you can help decorate the church, by looking after a window sill or other area of the church- please see Sue. Decorating will be between Sunday Sept. 24th and Sat.30th – ready for Harvest and the confirmation service.

Harvest gifts If you like to bring gifts at Harvest time, tins of food and toiletries for the Emergency boxes are welcome, they continue to be well used.

Or gifts to Tearfund towards “bin- twinning” (more news on this later) will help others around the world overcome the problems of the damage caused by mountains of waste.

An invitation to
St.Mary's Church Mildenhall
"Fun and faith for all"
"What a wonderful world"
Sunday Septemebr 3rd
4.00-4.45pm



Meet in church for a song and nature hunt.
Then outside weather permitting for practical
activities and crafts.
Finishing with a song and prayer.
For all ages. All welcome.

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

An invitation to Harvest Lunch – A low/no plastic lunch

Harvest is a time of celebrating – the gifts of our food and the creation which we enjoy throughout the year.



**This year there will be a shared lunch
after the 11am Harvest service on October 1st
which we hope as many people as possible will come to.**

Please sign up on the rota if you would like to come- and also, if you can, anything that you can bring for the lunch. We have a challenge to make this lunch as plastic free as possible, as a way of helping the environment around us.

There will be more explanation about this in the service on September 3rd. It is particularly single-use plastic items which we want to try to avoid as they take years to break down and cause damage to the water systems and wildlife.

So, we will not be using plastic cutlery or straws, or single-use tableware. Table decorations will be made from natural materials.

Let's aim for food which has been locally grown, or packaged in paper or tins, such as baked potatoes and a variety of fillings which we can make. Puddings could be fruit crumbles or tray bakes- please have a think about what you could make as we seek to be low, or no plastic. We would like to avoid waste- so food can be brought on the day before the service- and then if anything is over could be taken home in a container with a lid.

There will be quiz and things for the children to do. Let's have a really enjoyable lunch together- as well as do all we can to help the eco-system around us in God's beautiful world.



"Pray as you Go"

Pray for the local community

Sunday September
17th 4pm

**Starting at St.Mary's Church, Mildenhall
for praise and a focus on "Pray as you Go".
Then walking and praying on a short route.
Pausing at 3 places to pray for schools,
emergency services, Hub, churches, Care
homes, businesses, market, Councils
and people of this town.**

Returning to St.Mary's about 5pm.

All welcome

Nice Try

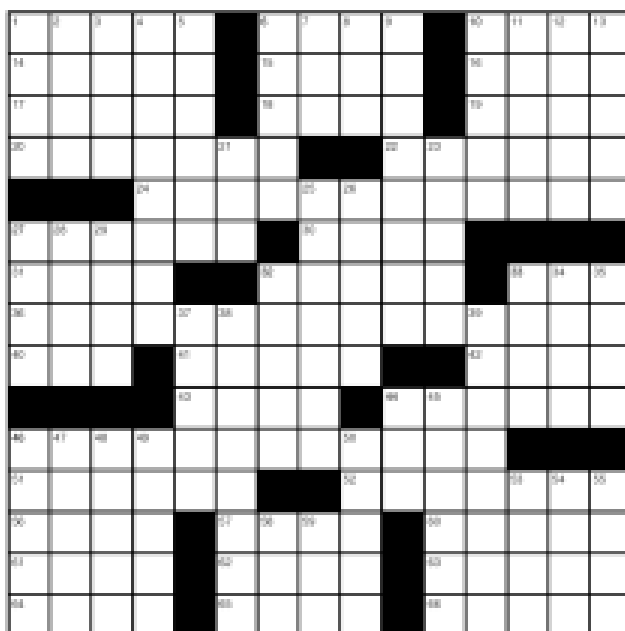
Robert Stockton

ACROSS

1. Popular chutney ingredient
6. It may be rowed
10. Stats. that supplement your SATs
14. Voter reg. grp. in the news
15. Gothic cathedral feature
16. Small songbird
17. It's bound for harvest
18. Lug
19. Ancient theaters
20. "I" minded
22. Total
24. Contractor's offering
27. Famous balcony occupant
30. Fryer's fat
31. Gray subj.
32. Jamaican fruits
33. It has salt within it and salts above
36. Nintendo booklet
40. PST part
41. Shoot up like _____
42. Smew, e.g.
43. Bronze age arm band
44. They may be rowed
46. Past the breaking point
51. Passes on
52. It may help you regain your focus?
56. Burn a bit
57. Fog
60. Target, on the diamond
61. Seed covering
62. Internal quality
63. Following
64. Totals
65. Drains
66. Lawman Earp

DOWN

1. Photon's lack
2. Pine
3. Yuletide
4. Tagger's art
5. Playing at peak
6. Use the tub
7. Guillermo's gold
8. Tread the boards
9. Flamboyant
10. Murkiness
11. "The Taming of the Shrew" locale
12. Fail to be
13. Travel round the rink
21. Word with chess or opening
23. Thick
25. "View of Toledo" painter
26. Health to Hernando
27. 1975 move about Amity horror
28. Tesla, for one
29. Word before up, down, back, or low
32. In ____ (unborn)



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33. Heart's partner
34. SASE, typically
35. Pops the question
37. Bumpo the Deerslayer
38. Designs on Nike shoes
39. Distinguish
44. Place for rooting
45. Kornfield Kounty comedy hour
46. Keiko's kin
47. India's first P.M.
48. Miner's filing
49. Sandwich and Salisbury, e.g.
50. Is sensitive
53. Singer James
54. Correction for a correction
55. Injury that brings you before the bench
58. Hollywood Gardner
59. Kind of code or car

This puzzle was created using CrossFire (<http://beekeeperlabs.com/crossfire>)

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 – 4.30 PM Alpha course in the cottage rooms

Thursdays: 7:15pm Compline then Romans in the cottage rooms

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.

When things are bad and you're feeling sad.

Just tune in online and all will be fine!

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



St. Mary's Church,
Mildenhall Facebook.com web page. You can also listen to the same service on Zack FM community radio (FM 105.3) on

Contacts List

Rev. Sue Leathley: 8 Church Walk 01638 711930

stmmildenhall@aol.com

Andrew Borrett (Church Warden): 01638 713538

andrew.borrett@hotmail.com

Carole Sinclair (Church Warden): 01638 562979

Carolesinclair53@gmail.com

Brian Sinclair (Deputy church warden (07720827057)

briansinclair@gmail.com

June Flogdell Deputy Church Wardens Church Warden):

Suzy (Administrator): 07579 018645 Fridays 10-11pm in the cottage rooms officestmm@gmail.com

Jane Busuttill Treasurer churchfinstmm@gmail.com

Cat's Whispers

Meows to you what another lovely dawn it is. Of course I'm still on dawn patrol, which I have to say suits me fine. Most people and cars are still dormant and I'm left to explore in the peace and quiet of a new day.

Breathing in the fresh morning air although I'm not fond of the early morning dew (I do hate getting my paws wet). I can investigate whose been walking through the garden at night (I'm sure there is a vibrant nightlife as there are always tracks and smells in the morning. The early birds catching the worms. Bees out early hungry for the fresh nectar. Isn't creation a wonderous thing. The body we are given perfectly designed to live in our environment. I'm very pleased with mine and pay particular attention to making sure my paws are clean. Lately though I've been worried by the phrase Global warming they've all been talking about. I've seen pictures of heaps and heaps of rubbish just dumped regardless. In fact I was talk to my friend Whiscash (the Tabby over the road). He cut his paw quite badly on a broken bottle. Poor Mrs hedgehog, her little hog was terribly ill after eating a rubber band he thought was a worm. Isn't it sad though the way some people have chosen to live (often completely obliviously) has affected our world so much. I can't understand it, when God created the world, he made man to look after it. Where did he go off course?

Anyway I'm doing my bit to clear up any litter or rubbish, if I find balls of aluminum foil or bits of paper I play football or catch and throw with them. When they are in the middle of the lawn, my girl slave obediently goes and picks them up. I make sure they don't put rubbish in the black bin unless absolutely necessary, cunningly I curl up on the black bin lid (which gets the most sun)and they know better than to disturb me.

Quite frankly I put my paw down and point blankly refuse to eat cat food that is not sold in recyclable material. After all I'm not just a cat I'm responsible for two slaves, so I have to keep them alert to being more environmentally conscientious. (thankfully my favorite cat biscuits are packed in paper bags). In fact I'm thinking of giving up cat food completely and only eating ham from the deliCATessen, it's more environmentally friendly packaged. Well if she buys it for home she may as well buy a few extra slices (for me) while she's there, win win for everyone. Saves on trips to the shop, extra packaging and wasted cat food when she opens a flavour I don't like. I'm working on my cat vibes to get this message across. Actually I'm quite peckish now, and it look's like she's making ham sandwiches..... gotta go.... Bye

See you next time. **Remember Don't be go Green**

