



# "The Newsletter"

For **MARTLESHAM & BRIGHTWELL**  
**Sunday 14 September 2025**



## *How do we make the most of the time given to us?*

In 1982 Stephen King wrote a book called 'Rita Hayworth and the Shawshank Redemption', which was subsequently turned into the film 'The Shawshank Redemption'. In my humble opinion it's one of the best films ever made, and I'm sure many of you will have seen it. It's a story of a man wrongly convicted of murder and sent to prison; I won't give any more of the plot away just in case you've not seen it. But while he's in prison, the main character says a really interesting line. He says this, "Get busy living, or get busy dying". This line has always stuck with me. There are several different ways that one could think about this line. Some use it as a motivational speech, to go and chase after your dreams and goals, to be all you can be, if you keep busy enough, you'll get what you want... and all of that sort of thing. But for me, it encourages us to take a step back and reflect on what we do with our time, and that when we're busy doing, we can almost forget why we are busy doing it in the first place.

The Bible doesn't ignore the passage of time and how we use it. Paul writes in Ephesians 5:15-16 says "Be careful then how you live, not as unwise people but as wise, making the most of the time, because the days are evil. So do not be foolish but understand what the Lord's will is." There is a lot going on in this passage, how do we know what is wise? What 'people' is Paul writing his to? How do we make the most of the time given to us? What does it mean that the days are evil? Who is the Lord and how do we understand what his will is? Some pretty big-ticket questions...

To try and unpack some of these questions we are about to start a mini-sermon series on Sunday mornings, we'll be looking at questions like, why do we have Church? What is it for? What does it mean to pray? What is worship? What do we worship? What do we do with our time when we meet together as a Church, and why do we do the things that we do? What does Church look like outside of Sunday mornings?

If you're a Christian, it's going to be a great opportunity to reflect on what we do with our time together. If you're not a Christian, I invite you to reflect on the words from Ephesians above and to come along to hear about what Church is about. The times and dates are all in this newsletter but do feel free to get in touch.

**Rob**

### **Sunday 14 September**

**10.00am – Holy Communion – St Michael's**  
**6.30pm – Evensong – St John's**

### **Sunday 21 September**

**9.00am – Holy Communion – St John's**  
**10.00am – Morning Worship – St Michael's**  
**11.00am – Holy communion – St Mary's**

### **Wednesday 24 September**

**10.00am – Holy Communion – St Michael's**

### **Sunday 28 September**

**10.00am – Holy Communion – St Michael's**  
**6.30pm – Evensong – St John's**

### **Sunday 5 October**

**(Note no service at St Michael's)**  
**11.00am – Harvest Service – St Mary's**

### **Wednesday 8 October**

**10.00am – Holy Communion – St Michael's**

### **Sunday 12 October**

**10.00am – Holy Communion – St Michael's**  
**6.30pm – Evensong – St John's**

<https://en-gb.facebook.com/>

[pages/category/Church/Martlesham-Benefice-392285008216057/](https://www.facebook.com/pages/category/Church/Martlesham-Benefice-392285008216057/)

<https://www.youtube.com/@martleshambenefice>



**Next Pop-Up Shop**  
**14 & 28 September 11.30- 12.00pm**  
**@ St Michael's**  
**See updates inside.**



## Diary

(for details see inside)

13 September – Ride & Stride

21 September – Matthew in one go

4 October – Harvest Supper

Recurring

- Weekly – Friends on Friday – Note summer break
- Weekly – Broom Tree Café
- Weekly – The Toddler Group
- Weekly – Reading the Bible in Chronological order
- Weekly – Sunday after church Zoom Coffee
- Weekly – The Sanctuary Course, Final Two sessions September
- 2<sup>nd</sup> Wednesday of each month – Lunch Club
- Monthly – Reflecting with God – Not meeting in August/Early Sept
- Monthly – 1<sup>st</sup> Tuesday – A Day of prayer and fasting
- Monthly – Men's breakfast

### Practical support for those in immediate need.

Jesus tells us in John 10:10 that he has come that people may have life and have it abundantly. As a church living with God and carrying out his mission to the world, we want to see people able to live life abundantly with God. We live this out through the pastoral team and the elders (and others) supporting people through visits and prayer. Practical help is offered through the Pop Up Shop and the Coffee off the Wall scheme in the Runway.

The PCC have decided to extend this further as sometimes financial support is needed for things other than food or toiletries. So, we are launching a crisis fund which will be able to give grants of up to £50 to those in need who are living in our benefice. Full details of the policy can be found [here](#).

If you would like to support this fund by donating to it, please see our treasurer Chris Howard for details.

And if you, or someone you know, are in need please speak to Toby about funding.

**Toby**



# Opportunities for Prayer

## **Weekly Morning Prayer.**

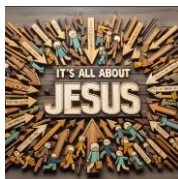
Every Monday, we will meet for Morning Prayer at St Marys. Starting at 8.30am, we will meet and pray together using the Common Worship Daily Prayer books, if you have the app for your phone you can use that. Morning Prayer is different to a 'normal' prayer meeting as there is a set pattern of liturgy and readings, if you've never seen it before, click this link and you'll get the idea. <https://daily.commonworship.com/>

If you've never experienced Morning Prayer before we would highly recommend coming along if you can. It would last normally no longer than about half an hour. Meeting for prayer is always good, but there is something good about meeting together to worship on a Monday, and to commit the rest of the week to God.

Please do ask if you have any questions about how it all works, we'd be more than happy to talk it all through.

**Toby & Rob**

## **Read the whole Bible in Chronological order – In one year!**



We're at the stage now where things are just about as they can be for Israel. They have gone into exile, expelled from the land that was promised to them by God. But...

For the next two months, we're going to be reading about several prophecies and stories, all pointing forward to one who will make a way, once and for all, to put everything right between mankind and God. We're going to be reading that time and time again God says that there is still, and always will be, hope. It's all pointing forward... if you want a clue, here it is.

The next two months is all pointing to Jesus. Then we get to the New Testament in October. Now is a really good time to jump in and join with the many people reading through the Bible in a year, as we start to look forward to the birth of the one where all our hope is found. Email me at [rob@martleshamcofe.org.uk](mailto:rob@martleshamcofe.org.uk) if you would like to join in.

## **Friends we will miss**

*If you have a relative or friend who has recently passed away and you would like mentioned in the Newsletter, please contact Toby or send to*

*[newsletter@martleshamcofe.org.uk](mailto:newsletter@martleshamcofe.org.uk)*

## **Prayer Diary for August/September 2025**

### **September**

- 12 for the Friends on Friday group in St Michael's
- 13 for all involved in Ride and Stride
- 14 Give thanks for the examples of discipleship in the Bible
- 15 for residents, businesses and charities in the Square
- 16 for the residents of Buckingham Close
- 17 for all taking part in Bible Detectives
- 18 for Wildlife Conservation around the World
- 19 that there may be lasting peace in all areas of the world
- 20 that all children receive love and care
- 21 for a generous spirit so that we may help our neighbours
- 22 for a greater prevalence of Fair Trade
- 23 for those starting on courses of Higher Education
- 24 for the residents of Burgess Place
- 25 Give thanks for the support of friends
- 26 for charities supported by the World's biggest Coffee Morning
- 27 for all engaged in police work
- 28 Give thanks for the loving presence of Christ in our lives
- 29 Celebrate St Michael and All Angels
- 30 for people with Dementia and their carers



## ***Martlesham Benefice – Prayer Chain.***

One of the signs of a healthy Church is one that spends time in prayer together, praying for the needs of the Church and its people. As such, I'm pleased to say that we have just formed a 'Martlesham Benefice Prayer Chain'.

If you've never heard of a prayer chain before, it's a group of people within the Church who take on a pastoral responsibility to pray for people that have an unexpected / urgent need or emergency. The way that it will work, should there be a situation where you would like the Church to be praying, either for you or a situation, you can contact either myself or Toby. We will then pass on the request to the rest of the prayer chain who will, at their earliest opportunity, offer prayers to God. All prayer requests to the Prayer Chain will be treated as confidential unless you say otherwise.

If you would like the Prayer Chain to pray for you, email Toby or myself, or in 'life or death situations' you can also call us so that we can respond quickly.

Please also pray, and give thanks for, the Prayer Chain as it can be quite a daunting responsibility to pray into emergency situations.

**Rob.**

[rob@martleshamcofe.org.uk](mailto:rob@martleshamcofe.org.uk)  
[e.org.uk](mailto:e.org.uk)

**07359 463312**

**Toby.**

[Toby@martleshamcof](mailto:Toby@martleshamcof)

**01473 612659**

## ***Opportunities to Pray Together***

We are now offering several opportunities for us to pray together as a Benefice. 8.30am every *Monday morning* at St Marys we have morning prayer. We use the 'Common Worship' red book and have two or three Bible readings, and a time of prayer. It's a great way to start the week off by intentionally coming to worship God with others from the Benefice.

We also meet for our prayer meetings on the 1st Tuesday of the Month : 7.00pm @ St Michael's Chapel and 2nd Wednesday of the Month : 12.45pm @ The Runway Café. Then we also have evening prayer on the 3<sup>rd</sup> Thursday of the Month : 7.00pm – St Marys, again using the Common Worship books.

Some thoughts from someone who has recently started attending the Tuesday prayer meeting.

I just want to say how wonderful it was to finally join the monthly prayer group. I wasn't sure what to expect... I was relieved at the informality and freedom to pray very naturally, therefore allowing the Holy Spirit to Lead. Thank you for the guidance at the beginning, I felt that I could trust those in the group enough to let myself pray out loud and God was very much there with us. Having seen prayers for me being answered, I was encouraged to pray for others, our Church community, and the needs of the world. I pray that more people will want to join the group.

***Rob.***

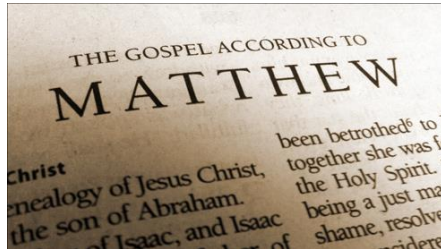
## ***New Homegroup***

There are currently three home groups in our Benefice, two of which are full. As such, Emma and I are planning to start a new home group at our house on Brightwell Lakes. It will start in September and will be on a Wednesday evening from 7.30pm – 9.00pm. At this stage we are wanting to gauge interest from people who are not currently in a Homegroup and would like to consider joining one. Once we know how many people are interested, we will meet to discuss the content and frequency of meetings. If you wish to know more, want to talk it through or are keen to join please email one of us, and we'll take it from there. If you have never been a part of a homegroup we would highly recommend it, if you want to know why, please do get in touch.

Thanks,

***Rob & Emma***

## Matthew... in one go!



You are all very warmly invited to join us on the 21<sup>st</sup> of September at St Michael's Church, starting at 4pm, as we read aloud the whole Gospel of Matthew.

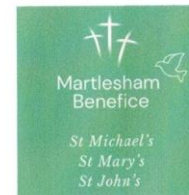
When the Gospels were first written, few people would have been literate, so for the first few hundred years this was the way that most people would hear the good news of Jesus. God's Word is alive, spending time listening to the Word spoken will often open new thoughts and insights that we may not have had before. There is also power and authority in the Word, and as we listen to the good news, we pray that the Spirit of God will be at work in and through us, and in the hearts of our community as His words are proclaimed in our Benefice.

During the reading you can stand, sit, kneel, walk around, have a comfort break, or just come and go as you please. You will have the opportunity to read a chapter if you wish, or if you just want to come and listen, that's absolutely fine too.

The 21<sup>st</sup> of September is also St Matthew's day, which we didn't realise until after we'd picked the date... I love it when God does things like that.

We hope that you can join us as we listen and enjoy the spoken Word of God.

**Rob.**



## Opportunities to pray and worship together.

### St Michael & All Angels.

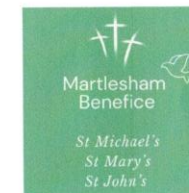
The Drift  
Martlesham Heath  
IP5 3PL

### St Mary the Virgin.

Church Lane  
Martlesham  
IP12 4PQ

### St John the Baptist.

Brightwell Road  
Brightwell  
IP10 OBE



## September.

### Monday 1<sup>st</sup>

- 8.30am : Morning Prayer @ St Marys.

### Tuesday 2<sup>nd</sup>

- Day of Prayer & fasting
- 7.00pm : Prayer Meeting @ St Michaels.

### Sunday 7<sup>th</sup>

- 9.30am : Breakfast Church @ St Michaels.
- 11.00am : Holy Communion @ St Marys.
- 7.00pm : Joint Service @ TBC

### Monday 8<sup>th</sup>

- 8.30am : Morning Prayer @ St Marys.

### Wednesday 10<sup>th</sup>

- 10.0am : Holy Communion @ St Michaels.
- 12.45pm : Prayer Meetings @ The Runway.

### Sunday 14<sup>th</sup>

- 10.00am : Holy Communion @ St Michaels.
- 6.30pm : Evensong @ St Johns.

### Monday 15<sup>th</sup>

- 8.30am : Morning Prayer @ St Marys.

### Thursday 18<sup>th</sup>

- 7.00pm : Evening Prayer @ St Marys.

### Sunday 21<sup>st</sup>

- 9.00am : Holy Communion @ St Johns.
- 10.00am : Morning Worship @ St Michaels.
- 11.00am : Holy Communion @ St Marys.

### Monday 22<sup>nd</sup>

- 8.30am : Morning Prayer @ St Marys.

### Wednesday 24<sup>th</sup>

- 10.00am : Holy Communion @ St Michaels.

### Sunday 28<sup>th</sup>

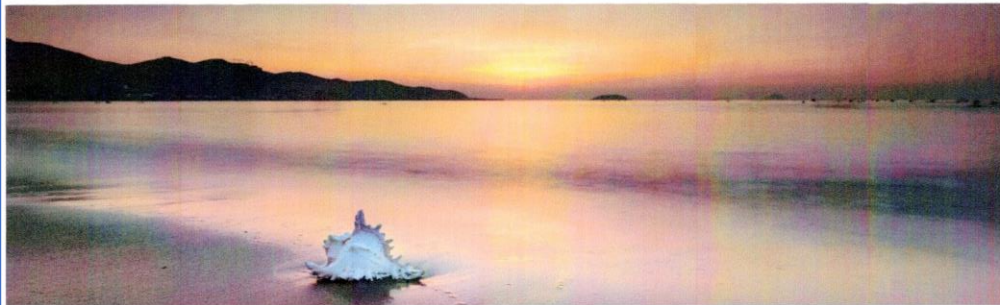
- 10.00am : Holy Communion @ St Michaels.
- 6.30pm : Evensong @ St Johns.

### Monday 29<sup>th</sup>

- 8.30am : Morning Prayer @ St Marys.

**Let us know of your notices or events!**

Please send any articles, diary dates, prayers, thoughts or anything you may wish to share with our community.  
[newsletter@martleshamcofe.org.uk](mailto:newsletter@martleshamcofe.org.uk)



**Words like Still Water:  
How to write a psalm**  
**Saturday 18 October 2025**  
**9:30 to 4:00**

**Quiet Waters Christian Retreat House,**  
Flixton Road, Bungay. NR35 1PD

Join us for the day as Christine Rigden helps us learn how to write a psalm to express our thoughts to God.

Biblical poetry, found in Psalms and other books, differs from typical poems as it rarely rhymes and has subtle rhythm. The flexible rules help you articulate your emotions. Writing a personal psalm is about voicing your own joy and pain, not about public performance.

Christine is a poet, eco-coach, painter and narrowboater.

£60 as a day guest includes refreshments and a two-course home cooked meal at lunchtime

**Our next Men's breakfast is coming up on the 27th of September.**

Just so we can get it in your diaries now - can you let me know if you are hoping to come along!?

Many thanks.  
Rob.



**The Toddler Group – has Started!**  
**9.30am On Thursday @ St Michael's**

Why not come along to our "Toddler Group". Everyone seems to enjoy it and have a great time and there are lots of conversations happening and new connections being made. Please continue to pray for this new ministry and if you'd be willing to volunteer occasionally, particularly in the kitchen, do get in touch.

**Emma**

**Sunday morning 'Zoom' Coffee invitation**

Would you like the chance on Sunday morning to meet up with others online for a chat? Our Zoom coffee chat will be running this Sunday at 11am, or as soon as the online service finishes if that is after 11am. Would you be interested in joining us? To get the Zoom link please email [info@martleshamcofe.org.uk](mailto:info@martleshamcofe.org.uk). Looking forward to seeing you there!

**Carolyn Smith'**

## Pop Up Shop



**Sunday 14<sup>th</sup> & 28 September 2025**  
**11.30-12.00pm**



**St Michael & All Angels Church**  
**The Green Martlesham Heath**  
**Every 2<sup>nd</sup> & 4<sup>th</sup> Sunday of the month**  
**11.30 - 12.00**



*Finding food bills a challenge? Come and fill one of our carrier bags for £2*

Our pop-up shop will be opening earlier, from 11.30 -12.00pm, but we would like to invite you to join us at our church service which starts at 10.00am and/or tea and coffee which starts after the service at 11.15am.

We will be running on the 2<sup>nd</sup> and 4<sup>th</sup> Sunday of every month.

We look forward to welcoming you!

*From the pop-up Shop volunteers*

## ***The annual Ride and Stride!***

Suffolk Historic Churches Trust make grants and our churches have benefited from these in the past. One major way that the Trust raises funds is by running the annual Ride and Stride event which this year is on **Saturday September 13th.**

Many churches in Suffolk and neighbouring counties will be open from 9am to 5pm that day and people will be sponsored to walk or cycle to as many of them as they can. This makes a great day out for all who take part. Sponsor money is split between the Trust and the place of worship nominated by the participant.

***Paul Jordan - 07745889022***

## **Martlesham and Brightwell – Parish Giving Scheme**

Brightwell PCC has recently joined the Parish Giving Scheme. Martlesham has been a member for a number of years.

Instead of giving in cash at one of our churches or setting up a standing order with your bank you can set up a regular payment by direct debit, via the Parish Giving Scheme. This is normally collected at the beginning of each month. Each year PGS will contact you to see if you are happy for your gift to be increased in line with inflation – and you have the choice to review your giving and change it, if you want to. If you are a taxpayer, then the gift aid can be claimed and PGS do this directly from the government.

The advantage for each PCC is the giving and the tax is received regularly each month and without having to complete a Gift Aid tax claim. The same money given but a lot less work for the treasurer. If you would like to join the scheme you can setup a payment by either:

1. Telephoning PGS on 03330 021271
2. Scanning one of the QR codes below for either Martlesham or Brightwell
3. Filling in an application form available in each church and sending it to:

Parish Giving Scheme, 76 Kingsholm Road, Gloucester GL1

3BD

4. Give online [www.parishgiving.org.uk](http://www.parishgiving.org.uk)

Martlesham PCC QR code



Brightwell PCC QR  
Code



Martlesham PCC  
QR Code



*Call for Volunteers*

WE ARE SEEKING NEW VOLUNTEERS TO JOIN US AT THE RUNWAY CAFE!

NO EXPERIENCE REQUIRED, FULL TRAINING PROVIDED

SIGN UP WHENEVER YOU CAN FOR ANY SHIFTS YOU WANT!

WE ARE A NOT FOR PROFIT CAFE SERVING THE LOCAL COMMUNITY 9AM- 12PM TUESDAY TO SATURDAY

VOLUNTEER ROLES:  
FOOD AND DRINK PREPARATION  
WAITING TABLES  
MANING THE TILL



**THE RUNWAY**  
MORE THAN JUST COFFEE

THE RUNWAY CAFE, ATTACHED TO ST MICHAEL'S AND ALL ANGELS CHURCH, MARTLESHAM HEATH, IPS 3PL

EMAIL: [therunway@martleshamcoffee.org.uk](mailto:therunway@martleshamcoffee.org.uk)  
MESSAGE US ON FACEBOOK  
OR POP IN AND SEE US WHEN WE ARE OPEN



Opening times on Tuesday, Wednesday, Thursday, Friday and Saturday from 9am -12pm.

## HAPPY BIRTHDAY TO YOU

### "TEN YEARS' SERVICE TO THE COMMUNITY"

#### Coffee off the Wall

If you haven't the money to pay for your drink, ask for a '**Coffee off the Wall**' and, with no questions asked, you will be given a drink. Through generous donations we have a fund to pay for this. This means that you can come to the Runway, talk to friends, or our chaplains, and sit in the warm four mornings a week. This is part of our mission – sharing generously as God has given generously to us. **Toby**

For 11-16 year olds

**BROOM TREE CAFE**  
REFRESHMENTS FOR THE ROAD AHEAD

Tuesdays 15:30 - 17:30

**AT THE RUNWAY CAFE MARTLESHAM**

**ARE YOU LOOKING FOR SOMETHING TO DO IN THE AFTERNOON AFTER SCHOOL?**

LOW-COST REFRESHMENTS

HANG OUT WITH OTHERS

TABLE FOOTBALL

BOARD GAMES

POOL TABLE

FREE WIFI

The Runway Cafe, attached to St Michael's Church, The Drift, Martlesham Heath, IPS 3PL

Macmillan Coffee Morning,  
Exciting News  
The Runway Event

**Tuesday 23rd September until, and including Friday 26th September**

The Runway will be joining in with the Macmillan Coffee morning again this year, but with a slight difference. Instead of a day, we will be joining in over four days. From Tuesday 23rd September until and including Friday 25th September the Runway will be donating all of the money paid for Cakes/Teacakes and Scones purchased during that period to Macmillan Cancer Support. Please do come along, enjoy some wonderful homemade cakes and support a very worthwhile cause. There will also be a donation pot available if you would like to make a further donation, more than the cost of your cake. We look forward to welcoming you.



# Prayers for the Week

**This week we have seen several outrages and we pray for all those involved in each.**

- **The Israeli bombing in Doha**
- **The murder of Charle Kirk in the USA**
- **The school killings in the USA**
- **Russia overflying drones across Poland**
- **The continued bombing of Ukraine**
- **The forced clearance of Palestinians from Gaza**

**In our thoughts and prayers, we pray:**

- For our local and national community
- For our Church and its leaders
- For those closest to us
- Pray for the King & The Royal Family
- For all politicians and public decision makers
- For all those seriously affected by the current financial situation
- For the sick, and those needing our help.
- For the swift outcomes of recent Public Enquiries
- For all Conflicts abroad
- For those affected by Climate Change & Natural Disasters

## **Prayers for the UK**

- We pray for all the recently bereaved: some who pass away peacefully after leading long and fulfilling lives, others who are taken too early. We especially pray for the family and friends left to mourn and remember.
- We pray for King Charles & Queen Camilla, and their continued support for the sick.
- We pray for Prince William, Kate and the children as she continues to require support after her recent treatment.
- We pray for the considered and early appointment of a new Archbishop of Canterbury.
- We pray that the recent governments spending plans may in fact bring better security, better health and prosperity to all those in the UK.

- We pray that the difficult financial decisions the Government are proposing to Social Benefits Support and their subject review and delays, are made with care and compassion to both the citizens and mindful of the supporting taxpayers.
- We pray that, for the sake of political dogma and unrealistic election promises, the very poorest in our community will not be forgotten.
- We pray for all immigrants, whether legal or illegal, that they will be treated with humanity and that while the politicians work out how to balance and resolve some very difficult issues, others may not exacerbate the situation for political gains.
- We pray for all the victims of crimes especially where it involves so much violence and creating so much sorrow.
- We pray for all the families and friends of all victims, and the perpetrators may find forgiveness for what they have done.
- We pray that mental health services and those who must deal with it can be improved, to safeguard the general public and those who are suffering from mental health conditions.
- We pray that our politicians can further reflect on the difficulties exposed in the debate on end-of-life care and the possible choice of self-administered end of life.
- We pray and give thanks and praise to all those organisations and individuals in our local area and community.
- We pray for all people who are on benefits, often navigating complex applications when many are at a very low ebb, also all those who work in customer facing offices having to explain why some applications are not within the rules.
- We give thanks for all the time and energy provided by so many volunteers, who give up their time to help and support others, whether it is one act of kindness or a whole year of giving.
- We give thanks for all our local Benefice community activities. Toby in his role as Assistant Rural Dean, and Rob

with helping Toby in developing our Benefice ministry. We pray and give thanks to our own PCC, and the work and effort they give to our community.

- We give thanks to Jo and all her helpers who support the Runway and all the people who enjoy its hospitality especially on the 10<sup>th</sup> anniversary of The Runway. We give thanks for the work of Emma and the Toddler Group. We give thanks to all the groups noted in this issue of the Newsletter and all others that are not mentioned this week.
- We pray for and give thanks to all who manage St Michael's. It is regularly commented upon as being a wonderful facility, which is shared with so many local groups for their own community activities.
- We pray for the government, who are having to navigate us through "The New World Order" recognising that the recent reduction in foreign aid can be reinstated as soon as possible. We also pray that any cuts requiring to be made to finance defence and now the economic crisis generated by the USA, can be carefully thought through and reinstated at the earliest opportunity.
- We pray for all our elected representatives, our MP, County and District councillors and our parish councillors, for the time and effort they put in.

#### **Prayers for the rest of the world**

- We pray for all the countries and their people who are currently being threatened by the USA, physically and economically like Canada, Mexico, Greenland and many other smaller nations.
- We pray that our government and others around the world will manage President Trump with care but firmness, particularly if he tries to impose his will on others through economic or physical force, and that Making America Great Again does not have to be supported with physical and/or economic violence.
- We pray that the new alliances involving China, Russia, North Korea, India and many others with their political, financial and military strength will be exercised for the benefit of the whole world.

- We pray for all people in counties or areas involved in armed conflicts living in especially Ukraine, Gaza, Iran, Isreal and many in the central African States and in the middle East.
- We pray for all immigrants throughout the world, that they are protected from political violence.
- We pray and give thanks to all those in the world who are genuinely trying to improve people's lives.
- We pray for all the "little people" in the world with no voice, who should not be further estranged in the interest of nations or individuals' personal wealth or influence.
- We pray that all those in the world, who give pleasure to so many, including musicians/composers, actors/authors, artist, sportsmen and women, and bring joy to many, but also to themselves for creating joy for others.

#### **Pray for some positive events and news this week**

- **Sport** – Our local football teams who help support The Runway in the season and all the small clubs and who give so much pleasure to so many.
- **Music & The Arts** – To all the local groups who provide and encourage so many people to take part and enjoy these activities. Especial the major local and national festivals, including latitude, The Proms and so many others.

## SUPPORTING LOCAL CHARITIES

*"DO YOU HAVE A LOCAL EVENT, CHARITIES OR THE LIKE YOU WOULD LIKE THE READERS TO SUPPORT?"*

Just drop an email to

[newsletter@martleshamcofe.org.uk](mailto:newsletter@martleshamcofe.org.uk) or call Richard on 07771 877545

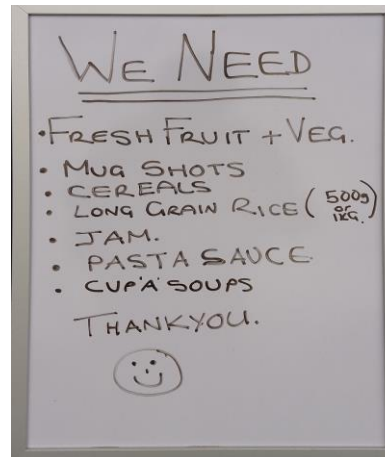


### Pre-Spring Cleaning!

**John Hammond, a member of our community, and an Ambassador for The St Elizabeth Hospice** is happy to collect unwanted household articles suitable for selling on behalf of St Elizabeth's Hospice. John is very happy to talk to you and see if The St Elizabeth Hospice can benefit from them. **Call John on 07717171568.**

### FIND Foodbank

Thank you for so many continuing donations to the foodbank. They can be left in the box in The Rectory porch. The latest up-date list is as below but please no fresh fruit and vegetables unless you take them directly to 5 Braziers Wood Road Ipswich IP3 0SP. 2.30-4.30 They deliver 120-150 parcels per week and are always in need of more delivery drivers. <https://www.findipswich.org.uk/>



Home-Start in Suffolk is the county's largest family support charity. Our vision is that every child in Suffolk is given the best start in life because of the love, support and guidance they receive from their parents, guardians or the people performing the role of their parents.

[www.homestartinsuffolk.org](http://www.homestartinsuffolk.org)

Contact **01473621104**

[headoffice@homestartinsuffolk.org](mailto:headoffice@homestartinsuffolk.org)

### Supporting Local Charities

- **St Elizabeth Hospice** – John is an ambassador for the St Elizabeth's Hospice, and he can act as a link for the community to this great cause. People can contact John on 07717171568 or email on [jjmghammond@msn.com](mailto:jjmghammond@msn.com).
- **Footsteps** - [christine.pinder@btinternet.com](mailto:christine.pinder@btinternet.com).

### Tools with a Mission

Is an Ipswich based Charity, take tools, sewing/knitting machines, fabric, haberdashery and computers for refurbishing. They send out around 24 containers a year filled with over 300 tonnes of tools. If you have anything you think could be of use.

Please contact - **Pauline and Paul Jordan on 01473 625061**

**Do you have a Charity or local event you wish to publish?**  
**Contact us via our email.**



## SUPPORTING LOCAL EVENTS

*"DO YOU HAVE A LOCAL EVENT, OR THE LIKE, YOU WOULD LIKE THE READERS TO SUPPORT?"*

Just drop an email to

[newsletter@martleshamcofe.org.uk](mailto:newsletter@martleshamcofe.org.uk) or call Richard on 07771 877545



### **Gippeswyk Singers**

Gippeswyk Singers rehearse and perform at St Michael's Church. We are a friendly chamber choir and we enjoy singing a variety of genres of music under the direction of Janette Ruocco and accompanied by Sabine Sutton. This term we will be rehearsing pieces by Vivaldi for our Christmas concert. The concert is on Saturday 6th December at 4pm. Rehearsals commence on 15th September at 7.30pm.

Tickets for our concerts are available from [ticketsource.co.uk/gippeswyk-singers](https://ticketsource.co.uk/gippeswyk-singers)

## HOME GROUPS at Martlesham Benefice

All groups (8-12 people) are OPEN to new members. Get in touch via ADMIN if you would like to join. Alternatively, start a new group, see Toby for info.

| Group   | Members   | Meets           | Time            | Location        | Leader                                   | Admin         |
|---------|-----------|-----------------|-----------------|-----------------|--|---------------|
| Group 1 | 7         | Monday, weekly  | 7.45pm – 9.30pm | The Rectory     | Usually, Toby Tate                       | Toby Tate     |
| Group 2 | 7         | Monday, weekly  | 1.50pm – 3.30pm | Online via Zoom | Usually, Carolyn Smith                   | Carolyn Smith |
| Group 3 | 12 (full) | Tuesday, weekly | 7.30pm – 9.30pm | Various homes   | We take it in turns to lead the meeting. | Lynne James   |

Notes: Groups meet to study the bible together, discuss & share with each other, to worship and pray, for fellowship and to show love & faith through action to others who do not yet know Jesus Christ. Group members decide what they would like to study. This might be to read and learn about a particular book in the bible, or to look at a topic from a biblical perspective. Sometimes there are church wide teaching themes, for example, looking at how to be a more fruitful congregation. Groups are places where questions can be asked and difficulties shared in an atmosphere of trust and confidentiality, a place where individuals can be cared for and encouraged in their relationship with God. [See related article: <https://enduringword.com/receiving-and-giving-in-church/>]

**The Pastoral team are always available, please feel free to call if you need any of them.**

**The pastoral care team** If you would like a visit from the pastoral team, or you would like to let us know about a pastoral situation for prayer please get in touch. Christine can be contacted on [christine.pinder@btinternet.com](mailto:christine.pinder@btinternet.com) or more details. 07555 748345.

**Facebook page** Google [Martlesham Benefice - Home | Facebook](#) and follow the link.

The Newsletter is published on the web on Fridays, why not get an advance read by going to <http://www.martleshamcofe.org.uk/church-newsletter>

If you have a prayer, you think others would like to share, please send me a copy to [newsletter@martleshamcofe.org.uk](mailto:newsletter@martleshamcofe.org.uk) or 01473 624160 **Richard Boother**.

**PARISH MINISTER: The Revd Toby Tate** (Rest Day: Friday)

The Rectory, 17 Lark Rise, Martlesham Heath, IP5 3SA

Tel: 01473 612659: Email: [toby@martleshamcofe.org.uk](mailto:toby@martleshamcofe.org.uk)

**ASSOCIATE PRIEST: The Revd Christine Pinder**, (working days: Sun, Wed & Thursday)

3 Mayfield, Martlesham Heath, IP5 3TU

Tel: 07555 748345 [christine.pinder@btinternet.com](mailto:christine.pinder@btinternet.com)

**CURATE: Revd. Rob Allinson. Curate.** [rob@martleshamcofe.org.uk](mailto:rob@martleshamcofe.org.uk) 07359 463312 (Rest Day Friday).

**CHILDREN AND FAMILIES MINISTER: Emma Allinson** [emma@martleshamcofe.org.uk](mailto:emma@martleshamcofe.org.uk) 07359 339452

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**Liz Welham**, 23 Deben Avenue, Martlesham Heath, IP5 3QP. 01473 622709

**Lynn Wilder**, Kenton, Nr Debenham. 01728 860627

**Simon Smith**, 11 Squires Lane, Martlesham Heath, IP5 3UG. 01473 612410



**PARISH WEBSITE:** <http://www.martleshamcofe.org.uk> Items for the Newsletter should be sent to [newsletter@martleshamcofe.org.uk](mailto:newsletter@martleshamcofe.org.uk)

**BOOKING THE CHURCH CENTRE:** [bookings@martleshamcofe.org.uk](mailto:bookings@martleshamcofe.org.uk)

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