



"The Newsletter"

For MARTLESHAM & BRIGHTWELL
Sunday 12 October 2025



All we did was pray and young people turned up

The above quote was my favourite one from a course that Marga and I went on last week on leading your church into growth focussing on youth. I've been on quite a few training sessions over the years, and they often have complex ideas and suggestions on what you should do, how you should do it, what a successful activity looks like and so on. This course started with something that perhaps should have been obvious. We need to start with prayer.

If I were to put out an appeal, probably there would be many reasons why you might feel that working with young people isn't for you, time, energy, experience, busyness and so on. But that's a conversation for another time.

For now, I want to ask for you all to pray. Because that is something we can all do, whatever our age or experience, or level of busyness and so on. Please would you pray for young people. Those in our churches, those not in our churches. Those we know the names of, and those (many) who we don't. Those we like and those that are more challenging. Please pray that God would be at work in their lives and that they would come to know Jesus more.

And to help you out, here is the LyCIG prayer (Leading your Church Into Growth). Could you pray this each day this week (and beyond)?

God of mission, who alone brings growth to your church. May we welcome young people in your name. Open our eyes to see where you are at work in their lives. Empower us in our ministry with them. Make your church a safe place where young people belong and where young and old can grow in faith together. Through Jesus Christ our Lord. Amen.

Toby

Looking forward to hearing from you!

Many thanks to all who contribute to the newsletter, we always have space for any updates, articles, pictures etc that you think would be of interest to our readers.

I am happy to receive emails to newsletter@martleshamcofe.org.uk where I can easily extract text, Word documents, Jpeg images. I do have a little difficulty with PDF files as I need to spend time adapting them. So please keep offerings coming in, deadline for each week is 6.00pm on Wednesday. **ED**



Next Pop-Up Shop
12 October 11.30- 12.00pm
@ St Michael's
See updates inside.



Sunday 12 October

10.00am - Holy Communion – St Michael's
6.30pm – Evening prayer– St John's

Sunday 19 October

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

Wednesday 22 October

10.00am - Holy Communion – St Michael's

Sunday 26 October

10.00am - Holy Communion – St Michael's
3.00pm – Evensong -St John's

Sunday 2 November

9.30am – Breakfast – St Michael's
11.0am – Holy Communion – St Mary's
United Service Colchester Road

Sunday 9 November

10.00am – Holy Communion – St Michael's
11.00am – Remembrance Service – St Mary's
6.30 pm – Evensong – St John's

Wednesday 12 November

10.00am – Holy Communion – St Michael'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>

Opportunities for Prayer

Diary

(for details see inside)

18 October – How to write a Psalm
27 October – Women Together
1 November – Building Healthy Organisations & Churches
15 November – Spectrum of Song
22 November – Darsham Dogs in aid of Footsteps

Recurring

- *Weekly* – Brightwell New Home Group
- *Weekly* – Broom Tree Café
- *Weekly* – Friends on Friday
- *Weekly* – Reading the Bible in Chronological order
- *Weekly* – The Toddler Group
- *Weekly* – Sunday after church Zoom Coffee
- *Weekly* – St Michael's Lunch Club
- *Weekly* – Sunday morning Zoom coffee morning
- *3rd, 27th and 29th Nov* – Church Working
- *2nd Wednesday of each month* – Lunch Club
- *Monthly* – Reflecting with God on Zoom – 3rd Sunday of the Month at 7.00pm -
- *Monthly* – 1st Tuesday – A Day of prayer and fasting
- *Monthly* – Men's breakfast

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
07359 463312

Toby.

Toby@martleshamcofe.org.uk
01473 612659

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/>

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

Reflecting with God, monthly group, 7pm on Zoom.

Reflecting with God meets online on the third Sunday evening of each month, when we gather together with God for some quiet time and reflection.

We don't have a set format, but a typical meeting starts with an introduction then a short time of silence to bring ourselves into God's presence.

The materials for reflection are then introduced, and we spend a longer time in quiet to reflect on these individually. After this we start the meeting again and there is an opportunity to share anything we'd like of what we've heard God saying to us, then we close with prayer. All are welcome, to join email info@martleshamcoe.org.uk for the Zoom link or contact Toby.

Carolyn Smith

Opportunities for Prayer contd.

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



We are now right at the end of the Old Testament! Some will say it's been challenging reading; others will say they have learned something new and for others it was their first time reading it through. Whatever you may have thought, well done!

On the 1st of October we get into the New Testament, so if you've not been on the journey with us so far, this is a great time to get involved. Join us as we read about the life, death and the resurrection of Jesus. Then how the early Jesus followers worked through Jesus's teachings and what the early Church should look like. If you'd like to get the weekly readings, a few thoughts and videos to help us understand it all, email me and I'll get you added.

Rob.

Prayer Diary for October 2025

October

- 9 for all attending the toddler group
- 10 for the safety and well-being of our police
- 11 give thanks for friends and family
- 12 for the work of the pop-up shop
- 13 for the homegroups meeting this week
- 14 for those worried about winter bills
- 15 for the residents of Carol Avenue
- 16 for those who are lonely
- 17 for those who are searching
- 18 for a resolution to the war in the Middle East
- 19 give thanks for God's love for each of us**
- 20 for understanding between different faiths
- 21 for those who dread the darker evenings
- 22 for the residents of Chandos Court
- 23 give thanks for the beauty of autumn colours
- 24 for all about to begin half-term

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 3rd Thursday of the Month : 7.00pm – St Marys, again using the Common Worship books.

Rob.

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. Looking forward to seeing you there!

Carolyn Smith'

New Homegroup

The Brightwell Lakes home group is on Wednesday evenings from 7.30pm – 9.00pm. 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.

Thanks - Rob & Emma

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

REMEMBERING THOSE WE HAVE LOVED AND LOST

All Saints Sunday

2nd November 2025

11am St Mary's Church

As part of our service, we will bring to God those we have loved and lost. A chance to light a candle of remembrance and to thank God for those who have died.

If you wish for names to be read out, please let the church wardens know when you arrive.

NewWine

Suffolk Area New Wine Network

'Hearing the Voice of God and Practising the Prophetic'

Saturday 18th October 10am to 4pm

St John's Church, St John's Hill, Woodbridge IP12 1HS



We are delighted to welcome **Mark Castleton** for this training day on the prophetic. Mark is a regular speaker at New Wine events, and as well as being the Minister of St Andrews Church in Woodford Green, he also works alongside Paul and Becky Harcourt as the Associate Vicar at All Saints' Woodford Wells.

The aim of this training day is to enable people to discern how they can receive revelation from the Holy Spirit, as well as how they can appropriately share prophetic insight with others. During the day there will be teaching and input from Mark, as well as opportunities for us to practise both hearing from God, as well as sharing prophetically with others.

This promises to be a very encouraging and empowering day, so do come expectant for God to do some amazing things among us.

Tea and coffee will be provided, please bring your own lunch

Cost: £10 payable on the day by cash or credit/debit card.

Please register by:

Scanning the QR Code opposite

Or follow this link

<https://stjohnswoodbridge.churchsuite.com/events/55becrn4>

Or by calling St John's on 01394 383162



For more information:

Contact Charles and Kate Trefusis at

Charles@stjohnswoodbridge.co.uk or call 01394 383162



St John's Woodbridge, St John's Hill, IP12 1HS
info@stjohnswoodbridge.org.uk 01394 383162 www.stjohnschurch.uk

Reg Charity no: 1128699

InHarmony
Enriching music in worship

St Edmundsbury
Cathedral



A vibrant workshop for all who enjoy
singing music for worship

Saturday 15 November 2025

10am – 4pm

St Andrew's Church, Rushmere, IPSWICH

From Tallis to Townend – an enthralling musical journey through Christian worship music. Explore a wealth of eclectic styles, from the music of the early church to the vibrant sounds of today's worship. Something for everyone!

Led by Richard Hubbard

St Edmundsbury & Ipswich Music Development Director

Tickets £10 from stedscathedral.org/inharmony



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

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

CHURCH WORK MORNINGS.

As winter approaches, we start to prepare the churchyards with our annual work mornings at both churches. St Michael's will be held on **Saturday 22nd November** from 9.30 am until 12.30 pm. St. Mary's will be held on **Saturday 29th November** between 9.30 am and 12.30 pm. In both cases, please bring gardening tools if you have them. If not, some will be provided.

We will also spend a morning preparing the War Memorial at St. Mary's, for Remembrance Sunday. If you are free your help would be most appreciated on **Monday 3rd November** between 10.00 am and 12.00 noon.

Roger.

Clean and Keep St Mary's

'We are so blessed in this benefice to have the opportunity to worship in the beautiful setting of St Mary's. Currently we have four pairs of volunteers who form a rota to clean and keep St Mary's looking lovely in preparation for the twice monthly services held there but there is always room for more! Do you feel this is something you could help with? For more details, please contact me. Alternatively come along to the Runway coffee shop on Tuesday 14th or 21st October to chat over a coffee about what is involved. Thank you in anticipation. Many thanks.

Pauline Jordan (01473 625061)

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



Martlesham PCC QR Code



Brightwell PCC QR Code

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

Women Together



"So speak encouraging words to one another. Build up hope so you'll all be together in this, no one left out, no one left behind."

1 Thes 5:11

The **Women Together** programme is prepared for the year, we meet on the 4th Monday of the month.

Women Together is a group for all women in the benefice, to build us up in fellowship and strengthen diverse friendships and support networks. Please feel free to bring a friend if you think it would be appropriate. There will be an informal talk from a Christian lady at most events.

Monday 27th October

7:30pm – 9:30pm: St. Michael's Church

Come along and Singalong

Monday 24th November

7:30pm – 9:30pm: St. Michael's Church

Christmas Craft

Come and feel festive whilst making a winter scene.

**Please contact Tamsin – ttjxtate@aol.com,
Tim Howell, Di Russ, Helen Davey or Emma Allinson for more
information.**

Pop Up Shop



Sunday 12 October 2025

11.30-12.00pm



**St Michael & All Angels Church
The Green Martlesham Heath
Every 2nd & 4th 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 2nd and 4th Sunday of every month.

We look forward to welcoming you!

From the pop-up Shop volunteers

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

Operation Christmas Child



It's that time of year again when we start to think about Christmas, and for those less fortunate than ourselves.

We are collecting gifts and shoeboxes for Operation Christmas child again, and leaflets are available in the church and in the Runway with details of how to contribute.

If you would like to make a shoebox these can be brought to the Runway any time before Sunday November 16th.

Please remember we can't accept toothpaste, liquids or any food items. There is a full list of ideas for gifts to include in the leaflets.

If you would prefer to donate items to be included in a church made shoebox then that is also very helpful. Please leave donations in the crate in the Runway, and we will add them to shoeboxes that we make up ourselves.

It is also possible to donate money towards the cost of sending off the shoeboxes. At the moment we don't know where our shoeboxes will end up, but it will be somewhere in the world where children have very little and will not receive other gifts. It's great way of sharing God's love and making children very happy at Christmas time.

If you have any questions, please ask either **Marga or Christine**

Darsham Dogs

CHARTER Live Music CONCERT

Saturday 22nd

November

Woodbridge Town Football Club

Arrive from 7:00pm

Music starts at 7:30pm



Fun for all the family
Classic rock, pop, blues & country
Spanning the decades
Fully licenced bar



In aid of

Footsteps  Walking with you

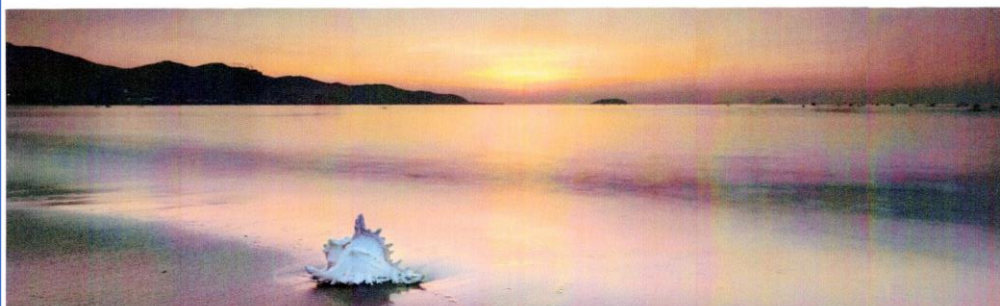
Counselling Charity For 8-25 Year Old's

Tickets £10 each or £15 with basket supper
Sausage, veggie sausage, scampi or
chicken strips, all served with chips

Great Cause

Available from
07955 898151 info@footstepswwwy.org.uk

Grand Raffle



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

Building Healthy Organisations & Churches

This is a **FREE** EVENT

Sat 1st November 2025
9.30 am – 4.30 pm
St Michael's Martlesham Heath
The Drift IP5 3PL

sponsored by

acc Association of Christians in Counselling and Linked Professions

in partnership with

inspire Counselling & Training
serving church & community

9.30 Tea/coffee and time to meet and greet each other.

10.00-11.00 **Session 1: What's the Problem and Why Does It Matter?** Dr Lisa Oakley

11.00-11.15 Tea / coffee break

11.15-12.15 **Session 2 : What Goes Wrong and How Do We Spot It?** Sue / Chris Monckton-Rickett

12.15-13.00 Lunch

13.00-14.15 **Session 3 : Building Healthy Churches and Healthy Organisations** Christine Pinder

14.15-14.30 Break

14.30-16.00 **Session 4a : Organisational Recovery** Karen Gardner
Session 4b : Individual Recovery Sue/Chris Monckton-Rickett
(you can choose which of the above sessions you attend on the day)

16.00-16.30 Closing Reflections

Lisa Oakley
Professor of Safeguarding and Knowledge Exchange in the Division of Psychology in the School of Health, Medicine and Society at Chester University. She is one of the leading lecturers and writers on spiritual abuse, including the book, *Escaping the Maze of Spiritual Abuse*.
Healthy Christian Cultures

Rev Christine Pinder
A counsellor for more than 30 years. Christine runs her own private practice and Footsteps, which provides affordable counselling for young people in Suffolk. She has a special interest in working with people who have experienced abuse and trauma. She is also an associate minister in her local Anglican church.

Karen Gardner
A counsellor for over 35 years and a qualified supervisor. She is also a Certified Daring Way® Facilitator, trained in the pioneering work of Dr. Brené Brown. Currently, she serves as the Counselling Centre Manager at Inspire Counselling and Training.

Chris & Sue Monckton-Rickett
Registered Accredited Counsellors, with over 25 years experience. They run NMCS (Wholeness is God's Son), providing counselling, retreat, leading & training in counselling, & pastoral care & consultancy. Sue is the Chair of ACC.

In order for us to have some idea of numbers please book in advance at contact@inspirecounselling.org.uk by Monday 27th October 2025

As part of our commitment to “**safeguarding**”, churches are asked to look at how we can build a healthy culture within our communities. On Saturday November 1st, we have a day exploring how we can best do this, organised by the Association of Christians in Counselling together with Inspire Counselling and Training Ipswich. Contributors will include Lisa Oakley, who is one of the leading voices on spiritual abuse and safeguarding in this country.

Everyone is welcome and it is a free event. The day will be particularly helpful for anyone involved in churches, charities or community groups, and for those involved in pastoral care and leadership.

We are hoping to welcome people from across Suffolk and beyond, so if anyone is able to help with refreshments on the day, or could contribute cake, please have a word with **Christine**.

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

EMAIL: therunway@martleshamcafe.org.uk
MESSAGE US ON FACEBOOK
OR POP IN AND SEE US WHEN WE ARE OPEN

THE RUNWAY CAFE, ATTACHED TO ST MICHAEL'S AND ALL ANGELS CHURCH, MARTLESHAM HEATH, IP5 3PL



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

HAPPY BIRTHDAY TO YOU
"TEN YEARS' SERVICE TO THE COMMUNITY"

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, IP5 3PL



A huge thank you to everyone who joined us for the Macmillan Morning in the Runway. We raised an amazing £290!



We'd also like to thank everyone who has been kindly donating to the St Elizabeth Hospice collection tin on the counter. It has now been collected, and we've received a certificate showing an incredible £140 raised! It's truly lovely to see how small donations, cups of coffee, and kind gestures can go such a long way in helping these wonderful charities continue their work.



Thank you all for your generosity and support!

Jo - The Runway manager

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**

Prayers for the Week

Rt Rev and Rt Hon Dame Sarah Mullally, Archbishop of Canterbury



We welcome and pray for the newly appointed Archbishop of Canterbury. The first woman to take this position in the history of The Church of England.

We appreciate that her appointment will not be universally popular but pray it will be universally accepted. We pray that she will bring the Church together and stand firm on her beliefs.

We pray that the horrors at the Manchester Synagogue, which are still so fresh in our minds, will not be a catalyst for revenge. We pray for all those involved. We pray that the slow progress in Gaza will bring results, then allow all parties the space and time to find long lasting peace. Were-as we must never forget the horrors of the 7 September 2023, we must also pray for the cessation of the slaughter in Gaza.

In our thoughts and prayers, we pray:

- For our local and national community
- For our Church and its leaders
- For those close 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 those affected by Climate Change & Natural Disasters

Prayers for the UK

- We pray for all the recently deceased: 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 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 understand the suffering they bring on others but also find forgiveness for what they have done.
- We pray that mental health 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 10th 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 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, Israel 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, artists, 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.

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 or call Richard on 07771 877545

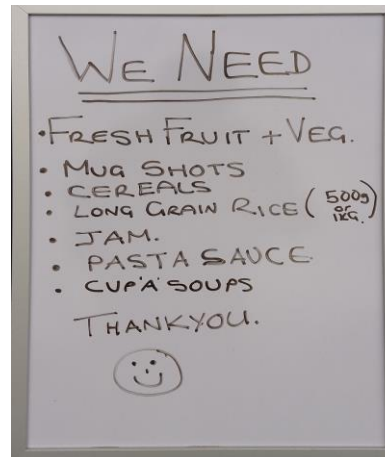


Pre-Spring Cleaning!

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

Contact **01473621104**

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.
- **Footsteps** - christine.pinder@btinternet.com.

Tools with a Mission

Is an Ipswich based Charity, that 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

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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

Homegroups – a chance to grow in God together.

Homegroups met at various times and places during the week. There are spaces for new members. If you would like to be involved, please speak to Toby.

toby@martleshamcofe.org.uk



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 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 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

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

3 Mayfield, Martlesham Heath, IP5 3TU

Tel: 07555 748345 christine.pinder@btinternet.com

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

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PARISH WEBSITE: <http://www.martleshamcofe.org.uk> Items for the Newsletter should be sent to newsletter@martleshamcofe.org.uk

BOOKING THE CHURCH CENTRE: bookings@martleshamcofe.org.uk

NEWSLETTER – Editor – Richard Boother, 7 Broomfield Mews, Martlesham Heath, IP5 3TN. 01473 624160

