



"The Newsletter"

For MARTLESHAM & BRIGHTWELL
Sunday 19 October 2025



Embracing the Seasons — In Nature and in Life

As autumn settles in and the leaves begin to fall, we're reminded once again of the rhythm of the natural world. God created the earth to move through seasons — spring's renewal, summer's abundance, autumn's harvest, and winter's rest. Each one serves a purpose, even when it's not immediately obvious. In much the same way, our lives unfold in seasons too — some filled with joy, energy, and growth, and others marked by waiting, grief, or uncertainty. The writer of Ecclesiastes observed this truth long ago:

"There is a time for everything, and a season for every activity under the heavens." (Ecclesiastes 3:1)

We may find ourselves in a spring season spiritually, when our faith feels fresh and full of new beginnings. Other times feel more like winter, where things seem still, cold, or even barren. But here's the hope: **no season lasts forever**, and no season is wasted in God's hands.

Even in hard times, God is at work — refining us, strengthening us, and drawing us closer to Him. Paul reminds us in Romans 8:28 that *"in all things God works for the good of those who love him."* That includes the painful seasons, the confusing ones, and the ones that seem to stretch on longer than we'd like.

James 1:2-4 encourages us to *"consider it pure joy... whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance."* Seasons of struggle can bear fruit — patience, trust, and a deeper relationship with God — if we let Him work in us through them.

So whatever season you find yourself in today, know this: **God is with you**. He is the Lord of every season, both in nature and in life. He doesn't waste a moment, and His timing is always perfect.

Let this autumn be a reminder to rest in His faithfulness — to slow down, reflect, and trust. Just as the trees release their leaves in preparation for renewal, may we also learn to release control and trust the One who holds all seasons in His hands.

Rob

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. **ED**



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



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
6.30pm – 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
10.50am – Remembrance Service – St Mary's
6.30 pm – Evensong – St John's

Wednesday 12 November

10.00am – Holy Communion – St Michael's

Sunday 16 November

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

27 October – Women Together

1 November – Building Healthy Organisations & Churches

2 November – Remembering those we have loved

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

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

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

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.

Prayer Diary for October/November 2025

October

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
25 for all children to have a loving home
26 that all may hear the good news of Jesus
27 for all who suffer persecution for their faith
28 give thanks for all who work in healthcare
29 for the residents of Chandos Drive
30 for the work of The Runway
31 that we may be carriers of Christ's light

November

1 give thanks that we have freedom to worship
2 for all who mourn the passing of loved ones
3 for the Morning Prayer service at St Mary's
4 for the work of the fire service
5 the residents of Church Lane
6 for wisdom for all serving in Parliament
7 give thanks for the light of Christ in the world
8 for our outreach to our neighbours
9 Remembrance Sunday: for all victims of war
10 for those preparing for Lunch Club this week
11 for world peace
12 the residents of Clayton Court
13 for good relationships between nations
14 for those living with diabetes
15 for our local shopkeepers and assistants
16 that we may live for God this week
17 for peacekeepers and those who negotiate peace
18 for members of the Benefice Prayer Chain
19 the residents of Coopers Road
20 for all without clean water to drink
21 for those waiting for medical test results
22 for a successful work morning at St Michael's
23 give thanks and praise to Christ our King

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.



Would you like to include some-one you would like us to pray for and think about over this remembrance weekend? I'll include any names or groups you bring forward in this page, for the next two editions of the Newsletter.



On Saturday 1st November, we have our next Wild Church session at St. Mary's. We had lots of families join us for our August event and already have families booked in to attend this one. Unfortunately, two of our regular helpers cannot attend, so it would be wonderful if one or two members of the congregation would be able to step in (particularly if you play the guitar!) You would need to be available on 1st November from 9.15am until 12 noon. Please let me know if you are available to help.

Many thanks
Emma Allinson

St Edmundsbury
Cathedral

A SPECTRUM OF SONG

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 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 26 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



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

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

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
MANNING THE TILL

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

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

For 11-16 year olds **BROOM TREE CAFE** Tuesdays 15:30 - 17:30
REFRESHMENTS FOR THE ROAD AHEAD

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

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**

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 IPS 3PL

sponsored by



in partnership with
inspire
Counselling & Training
inspirecc.org.uk



- 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 Society within the Faculty 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: Creating Healthy Christian Cultures*

Rev Christine Pinder

A counsellor for more than 30 years, Christine runs her own private practice and probstepps, 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 Dating Coach. Facilitator, trained in the pioneering work of Dr. Brene 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 WINGS (Wholeness in God's Story), 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**.

Prayers for the Week

We pray and give thanks to the first steps towards peace in the Gaza war. Hopefully with USA driving this forward this is the very first but positive steps to long term peace.

We pray, that for whatever reason, that both Jews and Muslims in the UK will not be harassed or victimised for what is to be undertaken by all sides in the region.

We pray that President Trump will not lose focus on the Middle East, but also that he can constructively work for a fair and lasting peace in Ukraine.

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 for Dame Sally Mullally as she prepares to be inaugurated as the next Archbishop of Canterbury.
- 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, 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, 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.

Contributions welcome

- Please feel free to send in your prayers for publications.

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

"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 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

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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 **0800 804 8044**
DailyHOPE
A free phone line of hymns,
reflections and prayers

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

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