

“The Newsletter”

For MARTLESHAM & BRIGHTWELL
Sunday 25 January 2026



Blue Monday?

In 2005 a PR firm for Sky Travel used a marketing stunt where they identified the day when people would be most likely to book a winter holiday – and they claimed it was the third Monday of January and coined the term Blue Monday. A combination of financial pressures following Christmas, people feeling emotionally low, cold weather, shorter daylight hours and pressure to stick to resolutions all contribute to what is now often described as the saddest day of the year. Interestingly, the middle of June has been identified as the happiest day of the year – at least according to an ice cream company.

Blue Monday was mentioned at St Mary's on Monday morning as we met for morning prayer. However, starting the week with God is a great way to lift your spirits. And if you want a bible passage that is really uplifting, then the morning psalm for Monday was psalm 145 and contains some amazing words about the care that God has for us.

However, whether it is simply a way to sell holidays or not, it's true that January can seem long and hard with the conditions mentioned above. So, if you are feeling low, do reach out. The clergy team are very happy to chat, or to visit. Visits are available generally and we have all agreed that on Monday afternoons we will ensure we are available. Just let us know if you want a visit – for any reason.

And don't forget that God is always there in the good times and the bad.

Toby

Your kingdom is an everlasting kingdom, and your dominion endures through all generations. The Lord is trustworthy in all he promises and faithful in all he does.

Psalm 145:13

Sunday 25 January

10:00am - Holy Communion – St Michael's

3:00pm – Evensong – St John's

Monday 26 January

8:30 - Morning Prayer - St Mary's

Wednesday 28 January

10:00am – Holy Communion – St Michael's

Sunday 1 February

9:30am - Breakfast Church – St Michael's

11:00am – Holy Communion – St Mary's

Monday 2 February

8:30 - Morning Prayer - St Mary's

Sunday 8 February

10:00am – Holy Communion – St Michael's

3:00pm – Evensong – St John's

Monday 9 February

8:30 - Morning Prayer - St Mary's

Wednesday 11 February

10:00am Holy Communion – St Michael's

Sunday 15 February

10:00am – Morning Worship – St Micheal's

11:00am – Holy Communion – St Mary's

Monday 16 February

8:30 - Morning Prayer - St Mary's

Women Together - Happy New Year!

It would be great to welcome any woman in our congregations to Women Together this year, and it starts with a game! Please join us on Monday 26th January, 7:30pm at St Michael's. We will be playing a version of *Scattergories*, but don't worry if you're not sure what that is as Di will guide us through. It will be an opportunity to chat with each other as well and enjoy one another's company.

As has become our pattern for the January meeting, we invite you to bring a 'prize' with you (no other money needed). It could perhaps be something you were gifted over Christmas but would like to pass on, or maybe you bought an extra present that wasn't used. Alternatively it could be a small, raffle type offering.

For more information or to join our mailing list, please contact **Tamsin** ttjxtate@aol.com

Refreshments for Crocus Visitors

During February we are hoping to provide refreshments on Saturdays for the many visitors who come to St. Mary's to admire the crocuses and snowdrops in the churchyard. We intend to provide teas, coffees and biscuits between 10.00 am and 12.00 noon.

If we get enough volunteers, we may extend the time to 2.00 pm. If you have an hour or two to spare on a Saturday, please talk to **Roger** or **Pam** who will be happy to add you to the Rota. The refreshments will be set up first thing. All you will need to do is pour the teas or coffees and chat to the visitors.

Roger

(Crocus photo from last year - Ed.)



Newsletter Contributions

This is the second of the 'new' weekly newsletters. Next week will be the first of our new, slightly longer, monthly newsletters. As Toby mentioned in his email last week, we are now limiting articles, adverts, etc. to activities which are under the authority of the PCC. **If you have something you would like to see in the newsletter please send to me (Rowan) using the email address newsletter@martleshamcofe.org.uk** Deadline for submissions each week is **Tuesday at 5pm**

While the overall decision of where or when something appears in the newsletters remains with the editorial team, it would be helpful when a contribution is submitted if you can indicate if this is something that you think is more appropriate for the weekly or monthly newsletter. I also welcome feedback if there are aspects of the newsletter design which are difficult to read or navigate.

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