

“The Newsletter”

For MARTLESHAM & BRIGHTWELL

Sunday 7 June 2026



The weather has been interesting today (Tuesday). The day started for me with a wet walk to the Runway, an afternoon return to the Runway in bright sunshine and then failing to dodge the early evening storm. As the rain dripped off my face I was reminded of Jesus' words in Matthew 5:45

He gives his sunlight to both the evil and the good, and sends rain on the just and on the unjust too.

I'll leave it to you to decide which descriptor fits me best! As I dried the water off my beard, it also reminded me of the description of unity that David gives in Psalm 133.

*1 How good and pleasant it is
when God's people live together in unity!
2 It is like precious oil poured on the head,
running down on the beard,
running down on Aaron's beard,
down on the collar of his robe.
3 It is as if the dew of Hermon
were falling on Mount Zion.
For there the Lord bestows his blessing,
even life forevermore.*

Not sure that oil running down a beard translates well to a modern audience – but you get the picture. God is pleased when his people are in unity.

This Sunday we have the United Service at 6.30pm at St Mary's. A chance to meet with God and with our ecumenical friends. A chance to seek God's blessing on our neighbourhoods. Apparently, Hermon is a tall mountain that has abundant dew that sustains the region, whereas Zion is a lower and drier mountain. The dew of Hermon on mount Zion is likened to God's blessing being poured out in unexpected areas as people work together with God.

If that sounds good to you then I look forward to seeing you on Sunday evening

Toby

Sunday 7 June

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

11:00 am - Holy Communion - St Mary's

6:30 pm - **United Service - St Mary's**

Monday 8 June

8:30 am - Morning Prayer - St Mary's

Wednesday 10 June

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

Sunday 14 June

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

6:30 pm - Evensong - St John's

Monday 15 June

8:30 am - Morning Prayer - St Mary's

Sunday 21 June

10:00 am - Morning Worship - St Michael's

11:00 am - Holy Communion - St Mary's

Monday 22 June

8:30 am - Morning Prayer - St Mary's

Wednesday 24 June

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

Sunday 28 June

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

6:30 pm - Evensong - St John's

Monday 29 June

8:30 am - Morning Prayer - St Mary's

Quiet Garden

A time for contemplation and reflection amid the stillness and quietness of nature.

Bible reading and prayer spaced with time for reflection and contemplation

Monday 22nd June: Monday 20th July
Monday 7th September
All dates at 10am-3pm
Dairy Farm Brightwell IP10 0BB

Tea, Coffee and Light Lunch Provided
Booking essential

Contact: **Bob or Lynne James**
Email: dairyfarmquietgarden@gmail.com



Lunch Club

St. Michael's Lunch Club has been running very successfully for nearly 22 years but we now find we are short of helpers in the kitchen. **We would be delighted to welcome anyone (preferably with some cooking experience) to join the team. As this role involves working with vulnerable adults, volunteers are required to do some safeguarding training. For more information about this, please speak to Toby.**

The lunches are held on the second Wednesday of every month. We arrive at 10.30am to start preparations, serving lunch at 12:30pm and eating our lunch at about 1:30pm when the guests have finished.

For more information contact Mary Stalley Tel. 01473 623752

Mary

Prayer Diary for June



Please include the following in your daily prayers and pray daily for peace.

- 1 for children and young people finding school difficult
- 2 for migrants and refugees searching for safety
- 3 for the residents of Hunters Ride
- 4 for all at the Runway today
- 5 for fellowship and fun at Friends on Friday
- 6 for the work of the Samaritans
- 7 for our ministry team and all leading worship today
- 8 for wisdom for business leaders
- 9 for young people struggling to find work
- 10 for the residents of Jackson Court
- 11 for anyone thinking of being baptised or confirmed
- 12 for child workers worldwide deprived of an education
- 13 for progress and co-operation on slowing global warming
- 14 praise God from whom all blessings flow
- 15 for victims of violence and injustice
- 16 those working in the building industry
- 17 for the residents of Laburnum Gardens
- 18 those working or volunteering for St Elizabeth Hospice
- 19 for those who oppress or abuse others
- 20 give thanks for time with family and friends
- 21 for all fathers, and give thanks to God our heavenly Father.
- 22 for all waiting for medical tests and results
- 23 for widows and widowers recently bereaved
- 24 for the residents of Lancaster Drive
- 25 give thanks for the joys of summer
- 26 those persecuted for their faith
- 27 for all in our armed forces
- 28 thank you Lord that you always welcome us
- 29 St Peter and St Paul: give thanks for their lives and example
- 30 for tennis players, officials and spectators at Wimbledon today

Opportunities to Pray Together

8.30am every Monday morning at St Mary's 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 have a monthly prayer meeting on the **1st Tuesday of the Month, starting at 7.00pm in the Runway**. As always, there is no pressure to pray out loud, indeed some people just come and be still. Please do put this in your diary and let me know if you have any questions or concerns that are stopping you from coming along.

Rob

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<https://www.facebook.com/profile.php?id=100068833925952>

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

Another prayer from: The Valley of Vision - A Collection of Puritan Prayers and Devotions

God The All

O god whose will conquers all,
There is no comfort in anything
apart from enjoying thee
and being engaged in thy service;
Thou art All in all, and all enjoyments are what to me
thou makest them, and no more.
I am well pleased with thy will, whatever it is,
or should be in all respects,
And if thou bidst me decide for myself in any affair,
I would choose to refer all to thee,
for thou art infinitely wise and cannot do amiss
as I am in danger of doing.
I rejoice to think that all things are at thy disposal,
and it delights me to leave them there.
Then prayer turns wholly into praise,
and all I can do is to adore and bless thee.
What shall I give thee for all thy benefits?
I am in a strait betwixt two, knowing not what to do;
I long to make some return, but have nothing to offer,
and can only rejoice that thou doest all,
that none in heaven or on earth shares thy honour;
I can of myself do nothing to glorify thy blessed name,
but I can through grace cheerfully surrender soul and body to thee,
I know that thou art the author and finisher of faith,
that the whole work of redemption is thine alone,
that every good work or thought found in me
is the effect of thy power and grace,
that thy sole motive in working in me to will and to do
is for thy good pleasure.
O God, it is amazing that men can talk so much
about man's creaturely power and goodness,
when, if thou didst not hold us back every moment,
we should be devils incarnate.
This, by bitter experience, thou hast taught me concerning myself

Excerpted from The Valley of Vision, edited by Arthur Bennett.

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