

"The Newsletter"

For MARTLESHAM & BRIGHTWELL
Sunday 19 July 2026



Mark 4:36 *And leaving the crowd behind, they took Jesus with them in the boat, just as he was. Other boats were with him.*

Last week I spent a few days away on a retreat with some friends that I trained with. This is an annual event and gives us space to put things down in order to intentionally spend time with God praying, reading the bible and listening to what God is saying. With the added bonus of a friend who works in Jersey being offered a space to meet which was right on the sea front and so allowed for sea swimming – great in the heat of last week.

Our hosts invited us to join with their regular reflective bible reading session and the passage we were delving into was Mark 4:35 – 41 where Jesus calms the storm (do read it through). We were invited to put ourselves into the scene and to hear what Jesus was saying to us.

In Mark's account of this event, he mentions other boats being with them in the storm and I wondered what they would have felt when the storm hit, as they didn't have Jesus in their boats – as the disciples found it terrifying with Jesus in the boat with them. As we reflected, I asked Jesus about the other boats and felt his reply being 'They are mine, I will take care of them'

This really hit me as I leave the benefice. There is joy at moving on to where God has called me, but also sadness and concern about what I leave behind. This really felt like a message from God saying that you – those I leave behind – are not forgotten by Jesus and he will take care of you.

I pray that you will know Jesus' care as you travel through the changes ahead. And that you would know his love and his joy in you through whatever comes.

Toby

Sunday 19 July

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

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

Monday 20 July

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

Wednesday 22 July

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

Sunday 26 July

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

6:30 pm - Evensong - St John's

Monday 27 July

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

Sunday 2 August

10:30 am - Benefice Holy Communion and
Bring & Share Lunch - St Michael's

Monday 3 August

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

Tuesday 4 August

7:00 pm - Prayer Meeting - Runway

Sunday 9 August

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

6:30 pm - Evensong - St John's

Monday 10 August

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

Wednesday 12 August

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

Friends on Friday - Summer break

We will be taking a break over the summer. Our last session will be on **Friday 31st July** and we will start again on **Friday 11th September**.

John and Ruth Mellen

Bishop Joanne asks for your help. There is a renewal of the diocesan growth strategy underway and she would like to hear from everybody about their views, informed by prayer, as they move forward. If you are able to take part, please follow this link and choose the appropriate survey to comment on:

<https://www.cofesuffolk.org/exploring-faith/our-bishops/together-we-are-listening/>

Toby

Our Toddler group needs you!

The Thursday morning Toddler Group at St Michael's continues to be very popular and is one of the main ways we meet local families each week. From September, with Toby and Tamsin leaving, Emma needs a couple of people to help her run the group each week. **The commitment would be 9.00am until 11.30am once a month on a Thursday morning.** Emma sets everything up so your job would be to welcome the families, help with the smooth running of the session, join in with story and song time and help clear away at the end.

If you think you could help with this, please speak to Emma as soon as possible or email her; emma@martleshamcofe.org.uk

Many thanks in advance.

Emma Allinson

Licensed Children and Families Minister
Martlesham Benefice

Hear the Bible

On **Sunday (19th July)** we will be reading the book of Romans aloud. We will be reading how the apostle Paul explains to the Christians in Rome that *"...we have been justified through faith, we have peace with God through our Lord Jesus Christ, through whom we have gained access by faith into this grace in which we now stand."*

You can just sit and listen, you can follow the readings along, you can read a chapter aloud if you wish. Every time that we have done this so far there have been people who take something from it that they've either not heard or thought about before. God's Word is truly alive and still speaks today, please do come along and have a listen. **St Michael's, 19th July, 6:30 pm**

Rob



Prayer Diary for July

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



This week.....

- 19 give thanks that God is with us
- 20 for staff and students at the end of school term
- 21 for safety for families going on holiday
- 22 for the residents of Manor Road
- 23 for parents caring for sick children
- 24 for the work of the Children's Society
- 25 St James' Day: pray for all ministering at our Cathedral

"This is the covenant I will make with the people of Israel after that time," declares the Lord. "I will put my law in their minds and write it on their hearts. I will be their God, and they will be my people. No longer will they teach their neighbor, or say to one another, 'Know the Lord,' because they will all know me, from the least of them to the greatest," declares the Lord. "For I will forgive their wickedness and will remember their sins no more."

Jeremiah 31:33-34 (NIV)

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

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

Divine Mercies

Thou eternal God,
Thine is surpassing greatness, unspeakable goodness,
super-abundant grace;
I can as soon count the sands of ocean's 'lip' as number thy favours
towards me;
I know but a part, but that part exceeds all praise.
I thank thee for personal mercies,
measure of health, preservation of body,
comfort of house and home, sufficiency of food and clothing,
continuance of mental powers,
my family, their mutual help and support,
the delights of domestic harmony and peace,
the seats now filled with what might have been vacant,
my country, church, Bible, faith.
But, O, how I mourn my sin, ingratitude, vileness,
the days that add to my guilt,
the scenes that witness my offending tongue;
All things in heaven, earth, around, within, without, condemn me –
the sun which sees my misdeeds,
the darkness which is light to thee,
the cruel accuser who justly charges me,
the good angels who have been provoked to leave me,
thy countenance which scans my secret sins,
thy righteous law, thy holy Word,
my sin-soiled conscience, my private and public life,
my neighbours, myself – all write dark things against me.
I deny them not, frame no excuse, but confess, 'Father, I have sinned'.
Yet still I live, and fly repenting to thy outstretched arms;
thou wilt not cast me off, for Jesus brings me near,
thou wilt not condemn me, for he died in my stead,
thou wilt not mark my mountains of sin, for he levelled all,
and his beauty covers my deformities.
O my God, I bid farewell to sin by clinging to his cross,
hiding in his sounds, and sheltering in his side.

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

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