

5th February 2023 – 3rd Sunday before Lent

THE ORWELL AND DEBEN RURAL BENEFICE WEEKLY NEWSLETTER

Issue 149

Today's Collect

Almighty God, who alone can bring order to the unruly wills and passions of sinful humanity: give your people grace so to love what you command and to desire what you promise, that, among the many changes of this world, our hearts may surely there be fixed where true joys are to be found; through Jesus Christ your Son our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. **Amen**

READINGS FOR THE WEEK

Sunday	5 th	– Isaiah 58:1-12; 1 Corinthians 2:1-end; Matthew 5:13-20.
Monday	6 th	– 2 Chronicles 2:1-16; John 17:1-5.
Tuesday	7 th	-- 2 Chronicles 3; John 17:6-19.
Wednesday	8 th	-- 2 Chronicles 5; John 17:20-end.
Thursday	9 th	– 2 Chronicles 6:1-21; John 18:1-11.
Friday	10 th	– 2 Chronicles 6:22-end; John 18:12-27.
Saturday	11 th	– 2 Chronicles 7; John 18:28-end.

CHURCH SERVICES

Sunday February 5th - 3rd Sunday before Lent

9am	St Ethelbert Falkenham. Morning Prayer
9am	St Mary Newbourne. Holy Communion
10am	All Saints Waldringfield. Morning Prayer
10-30am	St Martin Nacton. Holy Communion

Sunday February 12th – 2nd Sunday before Lent

8am	St Martin Nacton BCP Holy Communion
10am	St Mary Bucklesham Holy Communion
10am	All Saints Hemley Holy Communion BCP
10am	St Mary & St Martin Kirton Morning Prayer
10am	St Peter Levington Morning Prayer

A Prayer for Ukraine

God of peace and justice, we pray for the people of Ukraine today. We pray for peace and the laying down of weapons. We pray for all those who fear for tomorrow, that your Spirit of comfort would draw near to them. We pray for those with power over war or peace, for wisdom, discernment and compassion to guide their decisions. Above all, we pray for all your precious children, at risk and in fear, that you would hold and protect them. We pray in the name of Jesus, the Prince of Peace. **Amen**

February Events

Monday 6th 10-12 noon Bucklesham Coffee and Library

Tuesday 7th Kirton Bible Study 8pm

Monday 13th Bucklesham Bible Study 2pm

Saturday 18th Falkenham Snowdrops Event- see details below

Tuesday 21st Benefice Book Club 2pm

Wednesday 22nd Ash Wednesday – see below

St Ethelbert's Falkenham Snowdrops Event

The churchyard at, Falkenham is renowned for its beautiful carpet of snowdrops. For a number of years now this has provided a fantastic backdrop for what has become an important event in Falkenham's social calendar – our Snowdrop Day!

Please join us on **18 February** when hopefully the snowdrops will again be in full bloom.

Coffee, tea and homemade cake will be available between 10 am and 2pm, with homemade soup and a roll available at lunchtime. It's a great opportunity to meet up with friends and neighbours so come along for a chat and see the lovely snowdrops!

Donations will be invited for the refreshments. Funds raised will be shared between Falkenham Church and the Suffolk Community Foundation.

Lent 2023

Ash Wednesday, February 22nd, Communion service and 'Ashing' at 10am,
St Mary & St Martin Kirton

From **TUESDAY 28th February 10am**, St Mary & St Martin, Holy Communion followed by coffee and shared reflection in the church hall on the theme "On the road". In addition to this, Bishop Martin has launched his Lent Appeal for Kagera which he has entitled, 'On the road to self-sufficiency'. There is a booklet that takes us through each day in Lent where we meet some people from Kagera as they travel on their personal journey. Each day we are asked to pray for the people we encounter and to set aside some money to help them as they journey. There is a suggested amount on particular days, Bishop Martin has said that we shouldn't worry if we cannot give the amount suggested and asks us to do whatever we can.

There will be copies of the Bishop's Lent Appeal for Kagera 2023 at the Tuesday communion.

Posters in each parish with details.

Psalm 4

1 Answer me when I call, O God of my righteousness; you set me at liberty when I was in trouble; have mercy on me and hear my prayer. 2 How long will you nobles dishonour my glory; • how long will you love vain things and seek after falsehood? 3 But know that the Lord has shown me his marvellous kindness; when I call upon the Lord, he will hear me.

4 Stand in awe, and sin not; commune with your own heart upon your bed, and be still. 5 Offer the sacrifices of righteousness and put your trust in the Lord. 6 There are many that say, 'Who will show us any good?' Lord, lift up the light of your countenance upon us. 7 You have put gladness in my heart, more than when their corn and wine and oil increase. 8 In peace I will lie down and sleep, for it is you Lord, only, who make me dwell in safety.