

# WELCOME TO OUR CHURCH COMMUNITY



## Today we welcome The Venerable James Ridge who celebrates and preaches at Holy Trinity, Long Melford

If this is your first newsletter, welcome ... if you have any questions about the church family, the Christian faith, or about our children's work, please do not hesitate to call Vicky, the administrator on 07804 558160. This notice sheet covers the next week and combines:

- Notices
- The church diary (including livestream & Zoom joining instructions)
- Prayers and readings for the services on Sunday 14<sup>th</sup> July 2024

### Holiday Cover

With Matthew on sabbatical until early September and Vicky (administrator) due to take her annual leave from mid-July until the 1<sup>st</sup> week in August. Please contact either Rev Judith [judithrev3@gmail.com](mailto:judithrev3@gmail.com) or for Long Melford queries to Cheryl [0305cam@gmail.com](mailto:0305cam@gmail.com) & A&S queries to Charlotte on 07939 194233.

### This afternoon please join the 4 o'clock community at Golden Wood, Lawshall



4 o'clock community welcomes you to Lawshall's beautiful Golden Wood as



**Wild Church**  
goes to Ethiopia 

All ages together with childrens' activities & refreshments.

Bring something to sit on !

4pm Sunday 14th July @ The Foundry, Bury Rd, Lawshall, IP29 4PJ  
Contact Nicky Lawson : [chadbrooklightwave@gmail.com](mailto:chadbrooklightwave@gmail.com) 07938 681319  
Websites : [longmelfordchurch.com](http://longmelfordchurch.com) or [achurchnearyou.com](http://achurchnearyou.com) for more information on our 'informal' 4 o'clock community activities @ All Saints, Lawshall and across our villages...

## Suffolk Art Society

Suffolk Arts Society will once again hold their Exhibition in the Lady Chapel. The Exhibition is a great display of art from all over East Anglia and it attracts people to the village and the church. The Exhibition will be open from 19<sup>th</sup> July to 4<sup>th</sup> August (daily from 10am until 5.30pm). This is a great celebration of the artistic talents so many local people have. All work on display will be for sale.

The Society continues to support the work of St Nicholas Hospice and 20% of net profit from sales made during the exhibition will be donated to the Hospice.

## Folk Music & BBQ at St George's, Shimpling

On Sunday 28<sup>th</sup> July, please come along to St George's, Shimpling for an afternoon of 'fun, food & folk music'

Wildflower Meadow & Churchyard raking from 2pm – please bring your own rake

Barbecue & Bar from 5pm

Folk Concert with 'Sound Tradition' at 6pm.

All Welcome



## Melford Homegroup Favourite Verse

At our Home Group we have been presenting our favourite verse or passage of Scripture and explaining why we find it so special. We thought it would be nice to share our choices with the Newsletter. Mine is that drumbeat of a verse in Paul's letter to the Philippians, chapter 4 verse 8. It goes, 'Finally, beloved, whatever is true, whatever is honourable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things.' The compelling structure, the repetition of 'whatever' drive home Paul's advice and make it a verse very easy to memorise. It is a verse that I draw on when things seem bleak, when certain temptations raise their heads and when I need comfort and reassurance that good will prevail in this world thanks to my faith in Jesus Christ, the source of all that is good. Beloved, think about these things. Malcolm Offord

## Suggestions for Prayer

- We pray for the children of our villages together with our own children and grandchildren awaiting examination results that they may have the grades to take them on to the next stage they have planned for their lives
- We pray for a lasting peace in the Holy Land, for a resolution to the war in Ukraine, and a ceasing of hostilities in other places of violence and hatred

- We remember before God those who have recently died and those who mourn. In particular we remember the family and friends of Pat Bennett, Hugh Edgcombe, John Mason, Elizabeth Parmiter & Albie Salmon
- We pray for those in need of God’s presence or his healing touch including Barbara Brady, Robert Hawkins, and Audrey Wreford

**Diary**

Sun 14 <sup>th</sup>	10.30am	Communion at Holy Trinity *
	4.00pm	Wild Church at Golden Wood
Mon 15 <sup>th</sup>	9.30am	Connect Baby & Toddler Group
	2.00pm	Communion at Melford Court
	7.30pm	A&S Homegroup
Tues 16 <sup>th</sup>	9.00am	Morning Prayer via zoom #
Wed 17 <sup>th</sup>	10.00am	Communion at Steeds Meadow (all are welcome to this parish mid-week communion)
	1.10pm	Melford Music at Holy Trinity – MAV DUO
Thurs 18 <sup>th</sup>	7.00pm	Choir Practice
Friday 19 <sup>th</sup>	10.15am	Melford School Leavers Assembly at Holy Trinity
	1.00pm	Funeral at West Suffolk Crematorium – Patricia Bennett
Sun 21 <sup>st</sup>	9.00am	Communion at Shimpling
	10.30am	Communion at Holy Trinity *
	4.00pm	Shine Informal Worship

**\* Livestream Joining Instructions**

- Google the five words “Holy Trinity Long Melford Facebook”.
- Click on the top link [or click here](#) to open the church’s Facebook page and scroll down a bit.
- Please note that you do not need a Facebook account yourself in order to watch the livestream.

**# Morning Prayer** Zoom Meeting ID: 810 2345 2032, Password: 283350, or click [here](#).

**Dates for your diary include:**

19 <sup>th</sup> July – 4 <sup>th</sup> Aug	9.30-6pm	Suffolk Art Society in the Lady Chapel – Holy Trinity
28 <sup>th</sup> July	from 2pm	Folk Music & BBQ at St George’s, Shimpling
3rd Aug	7.30pm	1950’s Summer Dance at Shimpling Park Barns

**Collect** (*prayer for the day*)

Lord of all power and might, the author and giver of all good things: graft in our hearts the love of your name, increase in us true religion, nourish us with all goodness, and of your great mercy keep us in the same; 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**

**First Reading****Ephesians 1:3-14**

Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ. <sup>4</sup>For he chose us in him before the creation of the world to be holy and blameless in his sight. In love <sup>5</sup>he predestined us for adoption to sonship through Jesus Christ, in accordance with his pleasure and will – <sup>6</sup>to the praise of his glorious grace, which he has freely given us in the One he loves. <sup>7</sup>In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God's grace <sup>8</sup>that he lavished on us. With all wisdom and understanding, <sup>9</sup>he made known to us the mystery of his will according to his good pleasure, which he purposed in Christ, <sup>10</sup>to be put into effect when the times reach their fulfilment – to bring unity to all things in heaven and on earth under Christ.

<sup>11</sup>In him we were also chosen, having been predestined according to the plan of him who works out everything in conformity with the purpose of his will, <sup>12</sup>in order that we, who were the first to put our hope in Christ, might be for the praise of his glory. <sup>13</sup>And you also were included in Christ when you heard the message of truth, the gospel of your salvation. When you believed, you were marked in him with a seal, the promised Holy Spirit, <sup>14</sup>who is a deposit guaranteeing our inheritance until the redemption of those who are God's possession – to the praise of his glory.

*This is the word of the Lord*

***Thanks be to God***

**Gospel Reading****Mark 6:14-29**

*Hear the Gospel of our Lord Jesus Christ according to Mark*

**Glory to you, O Lord**

King Herod heard about this, for Jesus' name had become well known. Some were saying, 'John the Baptist has been raised from the dead, and that is why miraculous powers are at work in him.'

<sup>15</sup>Others said, 'He is Elijah.'

And still others claimed, 'He is a prophet, like one of the prophets of long ago.'

<sup>16</sup>But when Herod heard this, he said, 'John, whom I beheaded, has been raised from the dead!'

<sup>17</sup>For Herod himself had given orders to have John arrested, and he had him bound and put in prison. He did this because of Herodias, his brother Philip's wife, whom he had married. <sup>18</sup>For John had been saying to Herod, 'It is not lawful for you to have your brother's wife.' <sup>19</sup>So Herodias nursed a grudge against John and wanted to kill him. But she was not able to, <sup>20</sup>because Herod feared John and protected him, knowing him to be a righteous and holy man. When Herod heard John, he was greatly puzzled; yet he liked to listen to him.

<sup>21</sup>Finally the opportune time came. On his birthday Herod gave a banquet for his high officials and military commanders and the leading men of Galilee. <sup>22</sup>When the daughter of Herodias came in and danced, she pleased Herod and his dinner guests.

The king said to the girl, 'Ask me for anything you want, and I'll give it to you.' <sup>23</sup>And he promised her with an oath, 'Whatever you ask I will give you, up to half my kingdom.'

<sup>24</sup>She went out and said to her mother, 'What shall I ask for?'

'The head of John the Baptist,' she answered.

<sup>25</sup> At once the girl hurried in to the king with the request: 'I want you to give me right now the head of John the Baptist on a dish.'

<sup>26</sup> The king was greatly distressed, but because of his oaths and his dinner guests, he did not want to refuse her. <sup>27</sup> So he immediately sent an executioner with orders to bring John's head. The man went, beheaded John in the prison, <sup>28</sup> and brought back his head on a dish. He presented it to the girl, and she gave it to her mother. <sup>29</sup> On hearing of this, John's disciples came and took his body and laid it in a tomb.

*This is the Gospel of the Lord*

**Praise to You O Christ**

*(Bible readings courtesy of Bible Gateway New International Version - UK (NIVUK))*

## Post Communion Prayer

Lord God, whose Son is the true vine and the source of life, ever giving himself that the world may live: may we so receive within ourselves the power of his death and passion that, in his saving cup, we may share his glory and be made perfect in his love; for he is alive and reigns, now and for ever. **Amen**

## Programme of Recitals

**June**

5 MARIANNE OLYVER Gypsy & Classic Pop  
Electric Alchemy  
Sponsored by **BREAKOUT**

12 CheGO Playing all styles  
Chelmsford Guitar Orchestra  
Sponsored by **BESPOKE BLINDS**

19 JILL CROSSLAND Piano  
Sponsored by **THE MILL B & B**

26 LIZZIE GUTTERIDGE  
English music from around the time of the church  
Sponsored by **THE IVESON CLINIC**

**July**

3 THE ROCK CHOIR 

10 GWENDAL MOELE Accordion & Vocals  
and JANE WARD  
Sponsored by **KING ARCHITECTURAL DESIGN & PLANNING**

17 MAV DUO Cello & Harp  
Mixed Styles from Columbia  
Sponsored by **THE ARTS SOCIETY, STOUR VALLEY**

24 TOM COGAN Organ  
Sponsored by **THE DOVE COMPANY**

31 ROMAN RUDNYTSKY Piano  
Sponsored by **THE HARE INN**

**August**

7 SERENDIPITY Wind Trio  
Sponsored by **DAVID BURR**

14 RACHEL BREEZE Vocal  
Songs from the Shows  
Sponsored by **THE GEORGE & DRAGON**

21 AHMED DICKINSON Spanish Guitar  
Sponsored by **THE CLOTHES LOUNGE**

28 SAM PLACKET DUO Jazz Guitar  
Sponsored by **THE BLACK LION**

*The organisers reserve the right to change recitals without notice*

The Suffolk Art Society  
**ART EXHIBITION**

at  
The Lady Chapel, Holy Trinity Church

## LONG MELFORD



FRIDAY 19TH JULY – SUNDAY 4TH AUGUST  
OPEN DAILY 10AM - 5.30PM EXCEPT  
Friday 19th July 1.30pm - 5.30pm  
Sunday 4th Aug 10am - 4pm

**FREE ADMISSION**



# ROCK 'N' ROLL

1950'S Summer Dance

SATURDAY 3RD AUGUST

7:30PM-11PM

SHIMPLING PARK BARN  
IP29 4HY



50'S/60'S DRESS ENCOURAGED  
PRIZES FOR BEST DRESSED!  
LICENSED BAR (CASH AND CARD)

TICKETS £25 EACH  
INCLUDES LIGHT SUPPER, WITH  
VEGETARIAN OPTION ON REQUEST

**SARAH HEALY CATERING**

Live Music By 5 Piece Band

'ROCKHOUSE'

TO BOOK AND PAY FOR TICKETS PLEASE EMAIL  
OR TEXT:  
shimplingvh@gmail.com  
Carol: 07855762812



IN AID OF ALPHETON & SHIMPLING VILLAGE HALL FUNDS