

WELCOME TO OUR CHURCH COMMUNITY



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 get in touch. This notice sheet covers the next two weeks and combines:

- Notices
- The church diary (including livestream & Zoom joining instructions)
- Prayers and readings for the morning services on Sunday 8th & 15th March 2026

How to come to church ...

Here is some advice from nearly 3000 years ago, from the Book of Ecclesiastes. It seems quite good advice for this season of Lent ... I pray that we can listen to the Lord during our worship this Lent.

*Guard your steps when you go to the house of God.
Go near to listen rather than to offer the sacrifice of fools,
who do not know that they do wrong.
Do not be quick with your mouth,
do not be hasty in your heart to utter anything before God.
God is in heaven and you are on earth,
so let your words be few. (Ecc 5:1-2)*

Posy Preparation

On Mothering Sunday (15th March) we remember all mothers, past and present, physical and spiritual. Each year we try to honour mothers by handing out posies, and indeed we often have some left to bless friends and neighbours with – a simple and effective form of outreach. If you would like to join Rev Judith for a fun session preparing the posies Saturday afternoon, 14 March, please contact judithrev3@gmail.com or 01787 315689/mobile 07817 329 550.



Any donations of greenery would be welcome.

Something different on Palm Sunday (29th March)

In light of there being Messy Church at 4pm at Holy Trinity in the afternoon (with a Donkey), Easter being on the 1st Sunday this year preventing the usual Evensong, and there being a communion at Lawshall in the evening at 6.30pm ... we are doing something a little different this year. At the 10.30am service we will be having a traditional Passion Sunday service with readings, anthems, hymns, and reflection, but no communion. There will as usual be a craft for children. I do look forward to inhabiting the story of Easter through Holy Week - please see overleaf for all the Easter-related services.

Holy Week Services

Holy Week

Sun 29th Mar **PALM SUNDAY**
 10.30am Traditional Passion Sunday Service at Holy Trinity, Long Melford
 4.00pm Messy Church, Holy Trinity (meet at bottom of Green to walk up **with Donkey!**)

Thurs 2nd Apr **MAUNDY THURSDAY**
 7.00pm Meal & Communion at Holy Trinity **

Fri 3rd Apr **GOOD FRIDAY**
 9.00am Walk with the Cross, Crossroads to All Saints, Lawshall
 10.00am Walk with the Cross, Bush Inn to Village Hall, Shimpling
 11.00am Walk with the Cross, Old Bury Rd and Church Lane, Alpheton
 12.00pm Walk with the Cross, St Catherine's to Holy Trinity, Long Melford
 2.00pm Devotional Service at Holy Trinity

Sat 4th Apr **EASTER EVE**
 8.30pm Traditional Easter Vigil, Holy Trinity

Sun 5th Apr **EASTER DAY**
 10.30am Easter Celebration & Communion at Holy Trinity (family friendly)
 4.00pm 'Sing Lawshall' Easter Service at All Saints, Lawshall

**All welcome ...
 please join us.**

** For catering please let Vicky know if you would like attend with any dietary requirements on 07804 558160 or chadbrookoffice@gmail.com

Fake Emails

A number of fake emails purporting to come from the Rector have been sent out this week. Thankfully most people have spotted it was not from the correct email address and that the content was dodgy, so simply deleted it. Please keep alert to scams. Thankyou.

Book Sale

There will be a fundraising book sale at Lawshall Church on the 9th May. Why not plan to drop in and have a look at some amazing books at discount price - you would be most welcome.

Thankyou

To Gill and Ray who mended the gate in the Long Melford Glebe Land ... a fiddly job expertly done.

Christian Aid Week

Members of this church have in the past taken part in the annual Christian Aid week collection in Long Melford. This year it takes place across the UK and Ireland between 10 to 16 May. This year I would like to know if anybody would be able to help to deliver during this week (no collecting required) red envelopes through residential letter boxes in the village. Those who receive the envelopes who would like to donate to the charity's work (in providing financial help to emergency aid and supporting development projects in the most poorest parts of the world) then can do so by taking them to several collecting points in the village. Anybody interested who can help, please contact Richard Blyth by emailing me, richblyth@msn.com or call me on 07484 651113 by 25 March. Thank you.



“Earth Has no sorrow that heaven cannot heal”

This quote from Thomas More, which had resonances with Isaiah Chapter 35 and Revelation 21, is rather fitting this Lent when there is so much difficult news. It was written by an Irish Poet ... not the famous 15th Century Martyr albeit that it is the sort of thing he could have written! “Earth has no sorrow that heaven cannot heal” reminds us that human suffering, while real and often heavy, is never the final word. Loss, disappointment, and pain can make life feel overwhelming, yet faith points beyond the moment to a deeper hope - that meaning, restoration, and peace exist even when we cannot yet see them. It invites us to trust that our wounds are known, our tears matter, and that what feels broken now can be transformed into healing and purpose in time.

Suggestions for prayer include:

- We pray for world leaders that they would remain humble, seek peace, and be open to the Spirit of God.
- We pray that God would use this season of Lent to open our hearts once again to his presence, and to prepare us to respond to the Good News of Easter.
- Please pray for all getting married this year and give thanks for the many getting married in our churches.
- We remember before God those who have recently died including Maria Ablitt, William Hammond, Henry Heath, Anne Johnston and Julia Perkins, and we pray for those friends & family who mourn
- We pray for those in need of God’s presence or his healing touch including 4-year old Alia, Barbara Brady, Anne Bush, David Bremer, Elizabeth Clarke, Phillip Cole, Christopher Freeman, Robert Hawkins, William Hawkins, Judith Mills, and Mary Tuffen.

A PRAYER FOR IRAN

BY THE RT REVD DR GULI FRANCIS-DEHQANI,
BISHOP OF CHELMSFORD

Ever loving God,
who hears us in our anguish and distress,
and longs for us to be free.
We pray for the people of Iran
and the wider Middle East,
at this time of fear and uncertainty.
Be near to those who are anxious;
bring comfort to all who are suffering.
Guide those with the power to make decisions,
and lead them in the ways of wisdom,
compassion and moderation:
that people of good will would seek
harmony and reconciliation.
Join us with our Christian brothers
and sisters in all places,
in praying for peace with justice,
through him who is the prince of peace,
Jesus Christ our Lord. Amen.

BINGO NIGHT

at

St Catherine's Church,
St Catherine's Road,
Long Melford

Thursday 23 April

Doors open 6pm. Play starts 6.30pm

Tickets £15
(includes snack food)

- * Bar with wine and beer at affordable prices *
- * Soft drinks free *
- * Raffle *

To book tickets email simon@simon-edge.com

All proceeds go to support the conservation of the medieval stained glass windows at Holy Trinity



Easter Memorial Flowers

Easter Sunday this year will be on 5th April. There will be a flower display in remembrance of loved ones, with names remembered listed in the porch as part of our Easter Celebrations. There is a suggested minimum donation of £5.00. Orders can be taken until noon, Friday 27th March. We usually have a marvellous response to the Easter Memorial's so look forward to hearing from you. Please use the form below and write the names clearly in **capitals** of those whom you wish to remember.

.....
Easter Flowers 2026

I would like to purchase flowers at £5.00 each in memory of:-

1.
2.
3.
4.

Total £

Signed.....

Tel. No.....

Address.....

.....
You may pay by cheque payable to Long Melford PCC or placed **clearly** marked in an envelope in the church donation box. Alternatively, please email the names to chadbrookoffice@gmail.com

Diary

Sun 8 th	10.30am	Communion at Holy Trinity *
	4.00pm	Pub Social, Bush Inn, Shimpling
Mon 9 th	9.30am	Connect Baby & Toddler Group at St Catherine's
Tues 10 th	9.00am	Morning Prayer #
	7.30pm	A&S Home Group
Wed 11 th	10.00am	Coffee Caravan at Alpheton Village Hall
	11.00am	Funeral at Holy Trinity – William Hammond
Thurs 12 th	7.00pm	Choir Practice
Fri 13 th	12.30pm	Lent Lunch at St Catherine's
	7.30pm	Fusion Youth Club at St Catherine's
Sun 15 th	9.00am	Communion at Shimpling (Mothering Sunday)
	10.30am	Communion at Holy Trinity * (Mothering Sunday)
Mon 16 th	7.30pm	Lawshall Home group
	7.30pm	Long Melford PCC at St Catherine's
Tues 17 th	9.00am	Morning Prayer #
	7.30pm	A&S Homegroup
Wed 18 th	10.00am	Communion at Steeds Meadow (all welcome)
	10.30am	Community Café at Lawshall
	2.00pm	Communion at Melford Court
Thurs 19 th	7.00pm	Choir Practice
Fri 20 th	12.30pm	Lent Lunch at St Catherine's
	6.30pm	'Pizza be with you' for youth
Sun 22 nd	10.30am	Communion at Holy Trinity *
	4.00pm	Wild Church at Frithy Wood, Lawshall

*** Livestream Joining Instructions for services at Holy Trinity**

- Google the five words "Holy Trinity Long Melford Facebook" or [click here](#) to open the church's Facebook page (scroll down a bit to see the feed).
- Please note that you do not need a Facebook account yourself in order to watch the livestream.

Morning Prayer Zoom Meeting ID: 816 5338 9796, Passcode: 289895, or click [here](#).

Readings for the 8th March 2026 – Lent 3**Collect (prayer for the day)**

Almighty God, whose most dear Son went not up to joy but first he suffered pain, and entered not into glory before he was crucified: mercifully grant that we, walking in the way of the cross, may find it none other than the way of life and peace; 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**

New Testament Reading**Romans 5:1-11**

5 Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ, ²through whom we have gained access by faith into this grace in which we now stand. And we boast in the hope of the glory of God. ³Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; ⁴perseverance, character; and character, hope. ⁵And hope does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us.

⁶You see, at just the right time, when we were still powerless, Christ died for the ungodly. ⁷Very rarely will anyone die for a righteous person, though for a good person someone might possibly dare to die. ⁸But God demonstrates his own love for us in this: while we were still sinners, Christ died for us.

⁹Since we have now been justified by his blood, how much more shall we be saved from God's wrath through him! ¹⁰For if, while we were God's enemies, we were reconciled to him through the death of his Son, how much more, having been reconciled, shall we be saved through his life! ¹¹Not only is this so, but we also boast in God through our Lord Jesus Christ, through whom we have now received reconciliation.

This is the word of the Lord

Thanks be to God

Old Testament Reading**Exodus 17:1-7**

17 The whole Israelite community set out from the Desert of Sin, travelling from place to place as the Lord commanded. They camped at Rephidim, but there was no water for the people to drink. ²So they quarrelled with Moses and said, 'Give us water to drink.'

Moses replied, 'Why do you quarrel with me? Why do you put the Lord to the test?'

³But the people were thirsty for water there, and they grumbled against Moses. They said, 'Why did you bring us up out of Egypt to make us and our children and livestock die of thirst?'

⁴Then Moses cried out to the Lord, 'What am I to do with these people? They are almost ready to stone me.'

⁵The Lord answered Moses, 'Go out in front of the people. Take with you some of the elders of Israel and take in your hand the staff with which you struck the Nile, and go. ⁶I will stand there before you by the rock at Horeb. Strike the rock, and water will come out of it for the people to drink.' So Moses did this in the sight of the elders of Israel. ⁷And he called the place Massah and Meribah because the Israelites quarrelled and because they tested the Lord saying, 'Is the Lord among us or not?'

Gospel Reading**John 4:5-42**

Hear the Gospel of our Lord Jesus Christ according to John

Glory to you, O Lord

So he came to a town in Samaria called Sychar, near the plot of ground Jacob had given to his son Joseph. ⁶Jacob's well was there, and Jesus, tired as he was from the journey, sat down by the well. It was about noon.

⁷When a Samaritan woman came to draw water, Jesus said to her, 'Will you give me a drink?' ⁸(His disciples had gone into the town to buy food.)

⁹The Samaritan woman said to him, 'You are a Jew and I am a Samaritan woman. How can you ask me for a drink?' (For Jews do not associate with Samaritans.)

¹⁰ Jesus answered her, 'If you knew the gift of God and who it is that asks you for a drink, you would have asked him and he would have given you living water.'

¹¹ 'Sir,' the woman said, 'you have nothing to draw with and the well is deep. Where can you get this living water?' ¹² Are you greater than our father Jacob, who gave us the well and drank from it himself, as did also his sons and his livestock?'

¹³ Jesus answered, 'Everyone who drinks this water will be thirsty again, ¹⁴ but whoever drinks the water I give them will never thirst. Indeed, the water I give them will become in them a spring of water welling up to eternal life.'

¹⁵ The woman said to him, 'Sir, give me this water so that I won't get thirsty and have to keep coming here to draw water.'

¹⁶ He told her, 'Go, call your husband and come back.'

¹⁷ 'I have no husband,' she replied.

Jesus said to her, 'You are right when you say you have no husband. ¹⁸ The fact is, you have had five husbands, and the man you now have is not your husband. What you have just said is quite true.'

¹⁹ 'Sir,' the woman said, 'I can see that you are a prophet. ²⁰ Our ancestors worshipped on this mountain, but you Jews claim that the place where we must worship is in Jerusalem.'

²¹ 'Woman,' Jesus replied, 'believe me, a time is coming when you will worship the Father neither on this mountain nor in Jerusalem. ²² You Samaritans worship what you do not know; we worship what we do know, for salvation is from the Jews. ²³ Yet a time is coming and has now come when the true worshippers will worship the Father in the Spirit and in truth, for they are the kind of worshippers the Father seeks. ²⁴ God is spirit, and his worshippers must worship in the Spirit and in truth.'

²⁵ The woman said, 'I know that Messiah' (called Christ) 'is coming. When he comes, he will explain everything to us.'

²⁶ Then Jesus declared, 'I, the one speaking to you – I am he.'

²⁷ Just then his disciples returned and were surprised to find him talking with a woman. But no one asked, 'What do you want?' or 'Why are you talking with her?'

²⁸ Then, leaving her water jar, the woman went back to the town and said to the people, ²⁹ 'Come, see a man who told me everything I've ever done. Could this be the Messiah?' ³⁰ They came out of the town and made their way towards him.

³¹ Meanwhile his disciples urged him, 'Rabbi, eat something.'

³² But he said to them, 'I have food to eat that you know nothing about.'

³³ Then his disciples said to each other, 'Could someone have brought him food?'

³⁴ 'My food,' said Jesus, 'is to do the will of him who sent me and to finish his work. ³⁵ Don't you have a saying, "It's still four months until harvest"? I tell you, open your eyes and look at the fields! They are ripe for harvest. ³⁶ Even now the one who reaps draws a wage and harvests a crop for eternal life, so that the sower and the reaper may be glad together. ³⁷ Thus the saying "One sows and another reaps" is true. ³⁸ I sent you to reap what you have not worked for. Others have done the hard work, and you have reaped the benefits of their labour.'

³⁹ Many of the Samaritans from that town believed in him because of the woman's testimony, 'He told me everything I've ever done.' ⁴⁰ So when the Samaritans came to him, they urged him to stay with them, and he stayed two days. ⁴¹ And because of his words many more became believers.

⁴² They said to the woman, 'We no longer believe just because of what you said; now we have heard for ourselves, and we know that this man really is the Saviour of the world.'

This is the Gospel of the Lord

Praise to You O Christ

Post Communion Prayer

Merciful Lord, grant your people grace to withstand the temptations of the world, the flesh and the devil, and with pure hearts and minds to follow you, the only God; through Jesus Christ our Lord. **Amen**

*Readings for the 15th March 2026 – Lent 4/Mothering Sunday***Collect (prayer for the day)**

God of compassion, whose Son Jesus Christ, the child of Mary, shared the life of a home in Nazareth, and on the cross drew the whole human family to himself: strengthen us in our daily living that in joy and in sorrow we may know the power of your presence to bind together and to heal; 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**Exodus 2:1-10**

Now a man of the tribe of Levi married a Levite woman, ²and she became pregnant and gave birth to a son. When she saw that he was a fine child, she hid him for three months. ³But when she could hide him no longer, she got a papyrus basket for him and coated it with tar and pitch. Then she placed the child in it and put it among the reeds along the bank of the Nile. ⁴His sister stood at a distance to see what would happen to him.

⁵Then Pharaoh's daughter went down to the Nile to bathe, and her attendants were walking along the river-bank. She saw the basket among the reeds and sent her female slave to get it. ⁶She opened it and saw the baby. He was crying, and she felt sorry for him. 'This is one of the Hebrew babies,' she said.

⁷Then his sister asked Pharaoh's daughter, 'Shall I go and get one of the Hebrew women to nurse the baby for you?'

⁸'Yes, go,' she answered. So the girl went and got the baby's mother. ⁹Pharaoh's daughter said to her, 'Take this baby and nurse him for me, and I will pay you.' So the woman took the baby and nursed him. ¹⁰When the child grew older, she took him to Pharaoh's daughter and he became her son. She named him Moses, saying, 'I drew him out of the water.'

This is the word of the Lord

Thanks be to God

Old Testament Reading**Samuel 16:1-13**

The Lord said to Samuel, 'How long will you mourn for Saul, since I have rejected him as king over Israel? Fill your horn with oil and be on your way; I am sending you to Jesse of Bethlehem. I have chosen one of his sons to be king.'

²But Samuel said, 'How can I go? If Saul hears about it, he will kill me.'

The Lord said, 'Take a heifer with you and say, "I have come to sacrifice to the Lord." ³Invite Jesse to the sacrifice, and I will show you what to do. You are to anoint for me the one I indicate.'

⁴Samuel did what the Lord said. When he arrived at Bethlehem, the elders of the town trembled when they met him. They asked, 'Do you come in peace?'

⁵Samuel replied, 'Yes, in peace; I have come to sacrifice to the Lord. Consecrate yourselves and come to the sacrifice with me.' Then he consecrated Jesse and his sons and invited them to the sacrifice.

⁶When they arrived, Samuel saw Eliab and thought, 'Surely the Lord's anointed stands here before the Lord.'

⁷But the Lord said to Samuel, 'Do not consider his appearance or his height, for I have rejected him. The Lord does not look at the things people look at. People look at the outward appearance, but the Lord looks at the heart.'

⁸Then Jesse called Abinadab and made him pass in front of Samuel. But Samuel said, 'The Lord has not chosen this one either.' ⁹Jesse then made Shammah pass by, but Samuel said, 'Nor has the Lord chosen this one.' ¹⁰Jesse made seven of his sons pass before Samuel, but Samuel said to him, 'The Lord has not chosen these.' ¹¹So he asked Jesse, 'Are these all the sons you have?'

'There is still the youngest,' Jesse answered. 'He is tending the sheep.'

Samuel said, 'Send for him; we will not sit down until he arrives.'

¹² So he sent for him and had him brought in. He was glowing with health and had a fine appearance and handsome features.

Then the Lord said, 'Rise and anoint him; this is the one.'

¹³ So Samuel took the horn of oil and anointed him in the presence of his brothers, and from that day on the Spirit of the Lord came powerfully upon David. Samuel then went to Ramah.

Gospel Reading

John 19:25-27

Hear the Gospel of our Lord Jesus Christ according to John

Glory to you, O Lord

Near the cross of Jesus stood his mother, his mother's sister, Mary the wife of Clopas, and Mary Magdalene. ²⁶ When Jesus saw his mother there, and the disciple whom he loved standing near by, he said to her, 'Woman, here is your son,' ²⁷ and to the disciple, 'Here is your mother.' From that time on, this disciple took her into his home.

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

Loving God, as a mother feeds her children at the breast you feed us in this sacrament with the food and drink of eternal life: help us who have tasted your goodness to grow in grace within the household of faith; through Jesus Christ our Lord. **Amen**