



"The Newsletter"

For MARTLESHAM & BRIGHTWELL

2 August 2020

<https://en-gb.facebook.com/pages/category/Church/Martlesham-Benefice-392285008216057/>

<https://www.youtube.com/channel/UCotQ-hXSan3sj5ij2e-2qvA>

On-Line Services & Lectionary Readings for Sunday 2 & Wednesday 5 July

Sunday 2 August
10.00am Facebook & YouTube
Genesis 32.22-31
Psalm 17.1-7,16
Romans 9.1-5
Matthew 14.13-21
6.30pm Live - Evening Service @ St Michael's

Wednesday 5 August
10.00am Facebook & YouTube
Psalm 34
1 Samuel 16
Luke 23.44-56a

Reopening our buildings
Summer Break soon see page 5

Face to Face services

Last Sunday we had a service of Evening Prayer at St Mary's. Most people wore face coverings. I found that speaking with a face shield on was not as bad as it could have been. The world has changed, but God is still good. And we approached capacity for the church with our reduced numbers and socially distanced seating.

This Sunday 2nd August at 6.30pm we gather at St Michael's for our evening service. Although there is no requirement to book a place, if our numbers keep increasing then we may need to consider this option. If you are able to let Lynn Wilder know (01728 860627 / lynnwilder@sky.com) then this will help our planning, and mean that we know how many chairs to set out. Face coverings are strongly advised in services, by the national Church of England, so if you are able to wear one, and help protect others, please do.

Future services will be at 6.30pm alternating between the two larger churches, St Mary's and St Michael's on the following dates:

2nd August. 6.30pm St Michael's. Evening service

9th August. 6.30pm St Mary's Evening prayer.

As we continue to work out what the way ahead is for face to face services, please do keep praying to ask for God's guidance. And please do let me know what sort of church you think we should be as we go forward.

Toby
30 July 2020

St. Mary's Open for Private Prayer

St. Mary's church will be open on Thursday mornings between 10.00 am and 12.00 noon for private prayer, starting on 16th July. We are still in need of two people to cover the 4th Thursday in the month so that all the volunteers are only on duty for one Thursday each month. If you are able to help, please contact Roger on 01473 610 353.

Toby Tate

I took a day off this week with my boys, and we binge watched Star Wars films. It was full of nostalgia for me, and much excitement for Micah particularly. And also lots of trivia. Did you know for instance that Luke Skywalker's parentage was not decided by George Lucas until after the first film (A New Hope), which made the big reveal in The Empire strikes back so much more of a surprise. Sadly you don't get that surprise if you watch the films in numerical order, rather than release order.

What I noticed watching the films was that there are many themes that run through the series. Power struggles, sacrifice, soppy love stories, and of course, lightsabre fights. But the heart of it all is about the lust for power, and the temptation to give up on the good and turn to the dark side. Anakin Skywalker starts out so well, and then is tempted away, eventually giving up on the good, although there is an element of redemption in his story too.

And I want to draw an analogy between Star Wars and the Christian life. But you have to be careful of stretching it too far, because then you may be in danger of seeing the Holy Spirit as some sort of all-pervading force, rather than the third person of the Holy Trinity. But at a simple level, the desire to do well and live for God can be derailed by our own desires – as it was for Anakin Skywalker.

If you read the start of the letter to the Galatian church, you see a marked difference between this letter, and the others that Paul wrote. There is simply the briefest of introductions, before Paul launches into his telling off, and his warnings to a group of people in danger of drifting from the good path they started on, and turning away from God.

You foolish Galatians! Who has bewitched you? It was before your eyes that Jesus Christ was publicly exhibited as crucified! (Galatians 3:1).

So how do we avoid this trap, and stick to living fully for God? Using the Star Wars analogy:

1. Take advice from the Jedi council. Or use the support of other Christians, stick to going to church (physically, or online) so you meet with other Christians. Ask for support from those who have followed God for a while.
2. Fear is the path to the dark side. Fear leads to anger. Anger leads to hate. Hate leads to suffering (Yoda). Be aware of our feelings. Turn to God and give our thoughts and concerns to him, rather than bottling them up. God knows us, he will listen and guide us.
3. Don't try for the easy route to gain power for yourself. God's rules are there to protect us, and he does want the best for us – see 1 Timothy 1:19

May the peace of the Lord be with you.

23 July 2020

Staying in Touch ***After-church Zoom coffee.***

We have now established this as a weekly event for any who want to join in. This could only be publicised to those who have authorised church use of their email address. If you have missed out and would like to get an invitation just email us at pastoralcare.mb@gmail.com.

For any who have already participated, the sign-in details remain the same each week. Let us know if you have lost track of the original invitation and we'll send it again.

Andy Taylor

Prayers for the week from Liz Welham

Our Father in heaven, hallowed be your name

God our Father, to serve you is freedom, to praise you is the joy and happiness of the soul. We worship you, and give thanks to you for your great glory.

We thank you for your love which unites and binds us, especially at this time when it is difficult to share fellowship. We worship you in our individual ways; we thank you for all the bright things of life. Help us to see them and remember them, so that our lives may flow in ceaseless praise.

Your Kingdom come, your will be done, on earth as it is in heaven.

We pray for our churches here in Martlesham and Brightwell. We pray for our Ministry team and all who contribute to the life of the church, especially at the present time when church life is so restricted. We pray for everyone in our parish. We pray for those who think they don't need to pray. We pray for all those parts of our world where there is aggression and discord. We pray for peace, goodwill and diplomacy. We remember that we are all brothers and sisters in Christ, whatever our colour, whatever our religion. Thy will be done on earth as it is in heaven.

Give us today our daily bread

We give thanks for everyone involved in the production of our food. Help us not to be extravagant or wasteful. We pray for all those who find it hard to feed their families. We pray for food banks.

We pray for all who live in want; we pray for the overcoming of world poverty so that there may be sufficient food for all. We need food for our minds as well as our bodies; we pray that education and opportunities may be available to all, regardless of the circumstances in which they live. We pray for everyone with ongoing health problems and for whom daily life is a struggle.

Give us today our daily bread.

Forgive us our sins, as we forgive those who sin against us.

We pray for ourselves. We ask your forgiveness for the times when we have disappointed you; when we have been lazy or when we have not listened to what someone was trying to tell us. At this time help us to be especially aware of the needs of others.

We ask not that you weigh our merits but that you will pardon our offences.

Help us always to remember that we are your representatives. Forgive us our sins.

And lead us not into temptation but deliver us from evil.

Help us to recognise when we are not doing your will. May we always be aware of what we say, what we do and what friendships we have. Help us to do nothing that will hurt those closest to us. May all our actions honour you. Deliver us from evil.

Thine is the Kingdom, the Power and the Glory

May the God of Peace provide you with every good thing you need in order to do His will. To God be the Glory for ever and ever. Amen

Thoughts and Prayers

Thank God and help us pray for

- Those who are finding the lock down a challenge
- Those who found it financially difficult before the current crisis and those who are struggling further with the economic pressures as the crisis has deepened.
- The generosity of people to the Foodbank
- All service workers and their families who are putting themselves on the front line, wherever that “front-line” may be.
- For those families who are bereaved
- For those whose friends or family are in hospital, nursing homes or ill and lonely at home
- Our local, national and world leaders to act wisely and not forget the third world contries whose communities are likely to be be devastated in the next few weeks.
- Our understanding, about race and heritage
- For all those doing “little bits if kindness” to others
- **“Prison Fellowship”** We pray for men and women being released from prison this month, that they would be able to reconnect with family and friends and find positive and supportive environment.

Ride and Stride

Here is a big fun event which involves lots of people which you can take part in safely. Ride and Stride will take place this year. So, you can still raise money for our church and historic places of worship throughout the county by gaining sponsorship to walk or cycle along your own route between most of the church buildings across Suffolk.

The arrangements for recording each church visited will be COVID safe; you will either use your own pen to sign in or take a photo of the church sign board. So, while there is less need for recorders, walkers, riders and sponsors are still very much needed. Half of the money raised goes to the church of your choice.

For forms and suggested routes please ask Paul Jordan p.m.jordan@btinternet.com

Pop Up Shop *What a relief for so many we are open again*

Now that restrictions are being eased, we are opening the **Pop-Up Shop** next week on **Sunday 9 August at 1pm.**

Please pray for the project:

For the families who are suffering so much from low incomes and uncertainty for the future

For safety for all who are involved in pop up shops across our county

Thank God that we can show his love to others through this ministry, even though we wish it wasn't needed

As previously, we will continue to open on the 2nd Sunday of the month so please spread the word.

Revd Margaret Rittman

Pastoral Care Team

During the lockdown the pastoral care team have been keeping in touch with many of you by email or by phone. It's been a real blessing to get to know some people better and to share in the ups and downs of each other's lives. As the lockdown is easing and people are beginning to meet up with family and friends, we felt that perhaps the time has come when this is no longer needed. The pastoral care team are still very much here and available if you would like to talk to us, or ask us to pray for something, so please do get in touch with us. The contact details are at the end of the newsletter.

Christine Pinder





**The harvest has started & giant sunflower
Marion Cottrell**



We're off for our summer holidays!

Monday 10 August will be the start of our summer break, so we will be issuing a BUMPER edition next week & we'll be back on the 30 August.

- Three week's readings
- Three week's Services, both live and on-line
- Three week's notices
- Prayers
- What's on for the period

Please send in

- All your notices to cover the period of the 10- 30 August.
- Send in prayers, stories, poems, pictures etc to be included in this edition
- Send into newsletter@martleshamcofe.org.uk deadline 5.00pm Thursday 6 August

**Sunset over Martlesham Heath
Richard Boother**





A free phone line of hymns, reflections and prayers

The Archbishop of Canterbury has launched a 24-hour free phone line for Christian worship and prayer, aimed at those who have no or limited access to the internet. Justin Welby said “*With many in our country on lockdown, it’s important that we support those who are feeling lonely and isolated, whatever age they are.*”

People calling the free number will hear a greeting from the Archbishop

and can then choose from a range of options including hymns, prayers, reflections and advice on Covid-19. The line – which is available 24 hours a day on 0800 804 8044 – has been set up particularly with those unable to join online church services during the period of restrictions in mind.

Weekly Church Collection envelopes for Martlesham

During the current situation not all the churches expenses stop. The financial position is not what it should be at this time of year.

If you can help by setting up a regular donation please get in touch. Also if you have a collection envelope or envelopes from past weeks that you would like collected to add to the churches collections please contact either Roger Goffee 01473 610353 or Christopher Howard 01473 625617 or email. martpcc.treasurer@gmail.com and one of us will contact you to arrange collection.

Thank you. Roger and Christopher

Staying in Touch

We all need cheering up and perhaps reminding ourselves that we are a community, so if you have a prayer, poem, interesting reflection or anything else you would like to share please email me on newsletter@martleshamcofe.org.uk

As this is an “E version” I have more space and can use colour.

If you have anyone that you would wish to be remembered in our prayers, please let me know.

There are a few folk who cannot receive this via email, so we need a few “buddies” to deliver printed copies of *The Newsletter*, to your neighbours. If you wish to share “*The Newsletter*” with others than our Church community, please feel free to email it on.

Any ideas please just email, I am in need of inspiration *Editor!*

The Pastoral team are always available, please feel free to call if you need any of them.

The pastoral care team If you would like a visit from the pastoral team, or you would like to let us know about a pastoral situation for prayer please get in touch. Brenda can be contacted on pastoralcare.mb@gmail.com for more details. 07565 196325

Facebook page Google [Martlesham Benefice - Home | Facebook](#) and follow the link.

The Newsletter is published on the web on Fridays, why not get an advance read by going to <http://www.martleshamcofe.org.uk/church-newsletter>

If you have a prayer you think others would like to share, please send me a copy to newsletter@martleshamcofe.org.uk or 01473 624160 **Richard Boothe**.

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