

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 11th & 18th January 2026



Blessed are the peacemakers ... the hermit who stopped the gladiators

Saint Telemachus is not mentioned in the film 'Gladiator', but he is a true hero who is often celebrated on the 1st January, and is mentioned in Foxe's Book of Martyrs. History records slightly different versions of the incident below, but it is something like this:

We don't know much about Telemachus, except that he was a third-century monk-hermit, living in the wilds of Asia. Coming to Rome in the late 4th Century in the aftermath of an important Roman military victory, he found himself on a collision course with Rome's culture of 'death for sport', and was determined to bring it to an end. During a gladiatorial fight, Telemachus leapt down into the arena, and placed himself between the gladiators, attempting to hold them back from one another. He then looked up to the crowd, not to seek their approval to kill, but to plea for life. He shouted to the jeering crowd:

"Do not requite God's mercy in turning away the swords of your enemies by murdering each other!"

A gladiator apparently stabbed Telemachus. Moments later the crowd began to hurl stones at the dying do-gooder. As the dust settled, and Telemachus lay slain before them, something in the crowd shifted. The horrible realization came upon them that they had played a part in his death. According to Theodoret of Cyrus, an ancient theologian living a generation after Telemachus, from the day Telemachus fell dead in the Colosseum no other gladiatorial contests were held ever again.



As we think of conflicts in so many different places in the world, let us never lose sight that murder is an offence against our creator for which an account must be given. Lord have mercy.

Revd Lawson

Carol Barraclough

There will be a memorial service at Alpheton Church for Carol Barraclough on 30th January 2026 from 12.00pm, followed by a celebration of her life at Alpheton Hall Barns. All are welcome

Volunteers Needed – Join Our Church Shop Team!

We are blessed to have a wonderful team of volunteers who help run our local church shop at Holy Trinity and provide a warm welcome to visitors to our wonderful church, and we are so grateful for their time and dedication. 🧡

At present, we do have a few vacant sessions, and we would love to welcome some new volunteers to join this friendly and supportive team. Available sessions:

Mornings: 10:00am – 1:00pm

- Mondays – 3rd week of each month
- Wednesday – 4th week of each month
- Saturday – 2nd and 4th week of each month

Afternoons: 2:00pm – 5:00pm

- Tuesday – 2nd week of each month
- Thursday – 4th week of each month
- Friday – 1st week of each month
- Saturday – 2nd and 4th week of each month

Whether you can offer time regularly or occasionally, your help would be greatly appreciated. Volunteering is a lovely way to serve our community, meet new people, and support the work of the church.

If you are interested or would like more information, please speak to Linda Goodban, email linda@rodbridge.com or telephone 07786 151650.

Thank you for considering being part of this valued ministry

Baptism, Confirmation

Please contact the Rector Matthew if you would like to be baptised or confirmed, or would like to find out more about the Christian faith.

Plough Sunday Celebration - 3.30pm

On Sunday 11th January at 3.30pm Bury St Eds Cathedral will mark Plough Sunday with the blessing of a tractor and plough. The observance of Plough Sunday on the First Sunday of Epiphany goes back to Victorian times, but there is a much older observance, associated with the first working day after the twelve days of Christmas, hence 'Plough Monday' in some places. This service will also be a celebration for the ministry of Archdeacon Sally as Archdeacon for Rural Ministry as we say farewell to her. Everyone is welcome to refreshments following the service. Following the service clergy and congregation will make their way out to the Norman Tower where the plough will be located. This year, the plough is very kindly being provided by the Elveden Estate. Everyone is welcome to join the service and blessing.



Week of Prayer for Christian Unity

The Week of Prayer for Christian Unity (WPCU) takes place each year from 18 to 25 January. This ecumenical celebration provides an opportunity to focus our prayers on Christian unity and to know that we are joining with our international family of Christ. Holy Trinity is hosting Day 7: Friday 23 January, 12:30, St Catherine's, Long Melford (short service & light lunch). All welcome.

Week of Prayer for Christian Unity 2026

The theme this year is **One Body, One Spirit**

Day 1: Saturday 17 January, 8 – 9:30 am,
Prayer Breakfast at All Saints' Church Hall, Sudbury

Day 2: Sunday 18 January, 6:30 pm,
United Service at St Gregory's Church, Sudbury

Day 3: Monday 19 January, 12:30,
Number 72, North Street, Sudbury (short service)

Day 4: Tuesday 20 January, 12:30, led by Ruth Ridge
All Saints' Church Hall, Sudbury (short service)

Day 5: Wednesday 21 January *Nothing arranged at present.*

Day 6: Thursday 22 January, 7 for 7.30pm,
Open Forum, Sudbury Salvation Army
Including interactive Bible studies in small groups.

Day 7: Friday 23 January, 12:30,
St Catherine's, Long Melford (short service)

Day 8: Saturday 24 January, 8 – 9:30 am,
Prayer Breakfast at All Saints' Church Hall, Sudbury

Refreshments will be provided after most services.

Suffolk Churches Ride and Stride / Pedal and Drive

The money raised in sponsorship and donations to Suffolk Historic Churches Trust, from their annual fundraising day was £212,020, beating last year's amount. This was raised by cyclists, walkers, drivers and horse-riders together. The money will be divided between a church, chapel or meeting hall of the participants choice, and the Trust who give grants towards essential church building repairs, conservation and to enable community use such as installing kitchens and toilets. With many thanks to everyone who took part.

This is a popular fundraising day amongst both church goers, people who love local history, and those who just like a challenge, next year the events will be held on Saturday 12 September 2026 - pop this date in your diary now! [Read the full story here.](#)



Diary

Sun 11 th Jan	10.30am	Communion at Holy Trinity *
	3.30pm	Plough Sunday Celebration at Bury St Edmunds Cathedral
Mon 12 th	9.30am	Connect Baby & Toddler Group at St Catherine's
	2.00pm	Funeral at Holy Trinity – David Ford
Tues 13 th	9.00am	Morning Prayer #
	7.30pm	A&S Home Group
Wed 14 th	10.00am	Coffee Caravan – Alpheton Village Hall
	7.30pm	Alpha at the Black Lion
Thurs 15 th	7.00pm	Choir Practice
Sun 18 th	9.00am	Communion at Shimpling
	10.30am	Communion at Holy Trinity *
	4.00pm	Shine Informal Worship at Holy Trinity
Mon 19 th	9.30am	Connect Baby & Toddler Group at St Catherine's
	7.30pm	LM PCC
	7.30pm	Lawshall Home group
Tues 20 th	9.00am	Morning Prayer #
Wed 21 st	19.45am	Visiting Ringers at Holy Trinity
	10.00am	Communion at Steeds Meadow (all welcome)
	10.30am	Community Café at Lawshall
	2.00pm	Communion at Melford Court
	7.30pm	Alpha at the Black Lion
Thurs 22 nd	7.00pm	Choir Practice
Fri 23 rd	12.30pm	Christian Unity Lunch at St Catherine's
Sun 25 th	10.30am	Communion at Holy Trinity *
	4.00pm	Forest Church (location to be announced shortly)
	6.30pm	Communion at Lawshall

*** Livestream Joining Instructions**

- 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 11th January 2026 – Epiphany 1/Baptism of Christ**Collect (prayer for the day)**

Eternal Father, who at the baptism of Jesus revealed him to be your Son, anointing him with the Holy Spirit: grant to us, who are born again by water and the Spirit, that we may be faithful to our calling as your adopted children; 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**

Reading**Acts 10:34-43**

Then Peter began to speak: 'I now realise how true it is that God does not show favouritism ³⁵ but accepts from every nation the one who fears him and does what is right. ³⁶ You know the message God sent to the people of Israel, announcing the good news of peace through Jesus Christ, who is Lord of all. ³⁷ You know what has happened throughout the province of Judea, beginning in Galilee after the baptism that John preached – ³⁸ how God anointed Jesus of Nazareth with the Holy Spirit and power, and how he went around doing good and healing all who were under the power of the devil, because God was with him.

³⁹ 'We are witnesses of everything he did in the country of the Jews and in Jerusalem. They killed him by hanging him on a cross, ⁴⁰ but God raised him from the dead on the third day and caused him to be seen. ⁴¹ He was not seen by all the people, but by witnesses whom God had already chosen – by us who ate and drank with him after he rose from the dead. ⁴² He commanded us to preach to the people and to testify that he is the one whom God appointed as judge of the living and the dead. ⁴³ All the prophets testify about him that everyone who believes in him receives forgiveness of sins through his name.'

This is the word of the Lord

Thanks be to God

Old Testament Reading**Isaiah 42:1-9**

'Here is my servant, whom I uphold,
my chosen one in whom I delight;

I will put my Spirit on him,
and he will bring justice to the nations.

² He will not shout or cry out,
or raise his voice in the streets.

³ A bruised reed he will not break,
and a smouldering wick he will not snuff out.

In faithfulness he will bring forth justice;

⁴ he will not falter or be discouraged
till he establishes justice on earth.

In his teaching the islands will put their hope.'

⁵ This is what God the Lord says –

the Creator of the heavens, who stretches them out,
who spreads out the earth with all that springs from it,
who gives breath to its people,
and life to those who walk on it:

⁶ 'I, the Lord, have called you in righteousness;
I will take hold of your hand.

I will keep you and will make you
to be a covenant for the people
and a light for the Gentiles,

⁷ to open eyes that are blind,

to free captives from prison
and to release from the dungeon those who sit in darkness.

⁸ 'I am the Lord; that is my name!

I will not yield my glory to another
or my praise to idols.

⁹ See, the former things have taken place,

and new things I declare;

before they spring into being

I announce them to you.'

Gospel Reading

Matthew 3:13-17

Hear the Gospel of our Lord Jesus Christ according to Matthew

Glory to you, O Lord

Then Jesus came from Galilee to the Jordan to be baptised by John. ¹⁴ But John tried to deter him, saying, 'I need to be baptised by you, and do you come to me?'

¹⁵ Jesus replied, 'Let it be so now; it is proper for us to do this to fulfil all righteousness.' Then John consented.

¹⁶ As soon as Jesus was baptised, he went up out of the water. At that moment heaven was opened, and he saw the Spirit of God descending like a dove and alighting on him. ¹⁷ And a voice from heaven said, 'This is my Son, whom I love; with him I am well pleased.'

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 of all time and eternity, you opened the heavens and revealed yourself as Father in the baptism of Jesus your beloved Son: by the power of your Spirit complete the heavenly work of our rebirth through the waters of the new creation; through Jesus Christ our Lord. **Amen**

Readings for the 18th January 2026 – Epiphany 2

Collect (prayer for the day)

Almighty God, in Christ you make all things new: transform the poverty of our nature by the riches of your grace, and in the renewal of our lives make known your heavenly glory; 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

Corinthians 1:1-9

¹ Paul, called to be an apostle of Christ Jesus by the will of God, and our brother Sosthenes,

² To the church of God in Corinth, to those sanctified in Christ Jesus and called to be his holy people, together with all those everywhere who call on the name of our Lord Jesus Christ – their Lord and ours:

³ Grace and peace to you from God our Father and the Lord Jesus Christ.

⁴ I always thank my God for you because of his grace given you in Christ Jesus. ⁵ For in him you have been enriched in every way – with all kinds of speech and with all knowledge – ⁶ God thus confirming our testimony about Christ among you. ⁷ Therefore you do not lack any spiritual gift as you eagerly wait for our Lord Jesus Christ to be revealed. ⁸ He will also keep you firm to the end, so that you will be blameless on the day of our Lord Jesus Christ. ⁹ God is faithful, who has called you into fellowship with his Son, Jesus Christ our Lord.

This is the word of the Lord

Thanks be to God

Old Testament Reading**Isaiah 49:1-7**

49 Listen to me, you islands;
 hear this, you distant nations:
 before I was born the Lord called me;
 from my mother's womb he has spoken my name.
² He made my mouth like a sharpened sword,
 in the shadow of his hand he hid me;
 he made me into a polished arrow
 and concealed me in his quiver.
³ He said to me, 'You are my servant,
 Israel, in whom I will display my splendour.'
⁴ But I said, 'I have laboured in vain;
 I have spent my strength for nothing at all.
 Yet what is due to me is in the Lord's hand,
 and my reward is with my God.'
⁵ And now the Lord says –
 he who formed me in the womb to be his servant
 to bring Jacob back to him
 and gather Israel to himself,
 for I am ^[a] honoured in the eyes of the Lord
 and my God has been my strength –
⁶ he says:
 'It is too small a thing for you to be my servant
 to restore the tribes of Jacob
 and bring back those of Israel I have kept.
 I will also make you a light for the Gentiles,
 that my salvation may reach to the ends of the earth.'
⁷ This is what the Lord says –
 the Redeemer and Holy One of Israel –
 to him who was despised and abhorred by the nation,
 to the servant of rulers:
 'Kings will see you and stand up,
 princes will see and bow down,
 because of the Lord, who is faithful,
 the Holy One of Israel, who has chosen you.'

Gospel Reading**John 1:29-42**

Hear the Gospel of our Lord Jesus Christ according to Matthew

Glory to you, O Lord

The next day John saw Jesus coming towards him and said, 'Look, the Lamb of God, who takes away the sin of the world! ³⁰ This is the one I meant when I said, "A man who comes after me has surpassed me because he was before me." ³¹ I myself did not know him, but the reason I came baptising with water was that he might be revealed to Israel.'

³² Then John gave this testimony: 'I saw the Spirit come down from heaven as a dove and remain on him. ³³ And I myself did not know him, but the one who sent me to baptise with water told me, "The man

on whom you see the Spirit come down and remain is the one who will baptise with the Holy Spirit.” ³⁴ I have seen and I testify that this is God’s Chosen One.’

³⁵ The next day John was there again with two of his disciples. ³⁶ When he saw Jesus passing by, he said, ‘Look, the Lamb of God!’

³⁷ When the two disciples heard him say this, they followed Jesus. ³⁸ Turning round, Jesus saw them following and asked, ‘What do you want?’

They said, ‘Rabbi’ (which means ‘Teacher’), ‘where are you staying?’

³⁹ ‘Come,’ he replied, ‘and you will see.’

So they went and saw where he was staying, and they spent that day with him. It was about four in the afternoon.

⁴⁰ Andrew, Simon Peter’s brother, was one of the two who heard what John had said and who had followed Jesus. ⁴¹ The first thing Andrew did was to find his brother Simon and tell him, ‘We have found the Messiah’ (that is, the Christ). ⁴² And he brought him to Jesus.

Jesus looked at him and said, ‘You are Simon son of John. You will be called Cephas’ (which, when translated, is Peter).

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

God of glory, you nourish us with your Word who is the bread of life: fill us with your Holy Spirit that through us the light of your glory may shine in all the world. We ask this in the name of Jesus Christ our Lord. **Amen**

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 remember before God those who have recently died including Carol Barraclough, David Ford & Joan Sparkes and we pray for those friends & family who mourn
- We pray for those in need of God’s presence or his healing touch including Barbara Brady, Anne Bush, David Bremer, Elizabeth Clarke, Phillip Cole, Christopher Freeman, Robert Hawkins, William Hawkins, Judith Mills, and Mary Tuffen.