

# WELCOME TO OUR CHURCH COMMUNITY



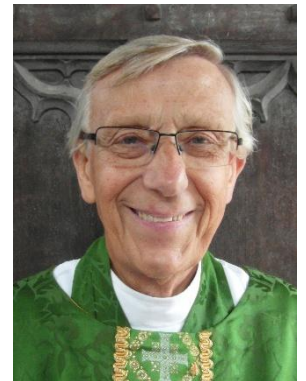
If this is your first newsletter, **welcome!** If you have any questions about the church family, the Christian faith, or about our children's work, please do not hesitate to get in touch. This notice sheet covers the next two weeks and combines:

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

## Rest in Peace Henry

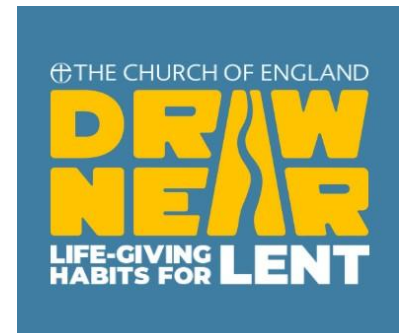
It is with great sadness that we announce that Revd Henry Heath died peacefully at home early this week. Henry was a spiritual father to us all and he will be missed so very much - even in this short time so many wonderful stories about Henry have been shared. Our thoughts and prayers are particularly be with Linda and Henry's family. Let us not be overwhelmed with sadness, but also encouraged by Henry's unshakeable faith in the resurrection. Rest in peace Henry until we meet again.

Note - Henry's funeral will be at Holy Trinity Long Melford at 12.00pm, on the 27<sup>th</sup> Feb. There is a book of condolence near the votive stand in Holy Trinity.



## Reflections for Lent

This year the Church of England's theme for Lent and Easter is 'Draw Near: Life-giving habits for Lent'. This year's theme is 'rhythm of life' – habits and patterns which help us grow as disciples of Christ day by day, especially as we prepare to celebrate the great mystery of God's saving love at Easter. Booklets can be found at the back of Holy Trinity and will be brought to other services. Please help yourself.



## Lent Lunches

**Note - Lent Starts with our Ash Wednesday Service at St Catherine's at 7.00pm**

We will be holding Lent Lunches at St Catherine's on the following Fridays - March 6, 13, 20 and 27<sup>th</sup> March, and the Maundy Thursday Supper will be in Holy Trinity on Thursday April 2. The lunches will be served from 12.30pm - soup, bread and cheese followed by tea or coffee and a short reflection. More information on the Maundy Thursday Supper will be available in due course. If you would like to help with the lunches or the supper please contact Denise - 07546 442946 and [carpediem2@hotmail.co.uk](mailto:carpediem2@hotmail.co.uk).



**Please note that the Lent Lunch on 27<sup>th</sup> February has been cancelled due to Henry's funeral**

## Snowdrop Sunday – Shimpling Church 15<sup>th</sup> Feb

If you have never visited Shimpling church do come along for our 9.00am Communion service and admire the beautiful snowdrops in the churchyard.

## Volunteers Needed – Join Our Church Shop Team!

We are blessed to have a 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 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

- Friday – 4<sup>th</sup> week of each month
- Saturday – Any morning session

Afternoons: 2:00pm – 5:00pm

- Thursday – 4<sup>th</sup> week of each month
- Friday – 1<sup>st</sup> week of each month
- Saturday any afternoon session

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](mailto:linda@rodbridge.com) or telephone 07786 151650. Thank you for considering being part of this valued ministry

## Posy Preparation

On Mothering Sunday 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](mailto:judithrev3@gmail.com) or 01787 315689/mobile 07817 329 550.

Any donations of greenery would be welcome



## 'The Gathering' Weekend Away - 24-26 April

After a brilliant weekend away last year at Sizewell (according to Pam and those who went) we are offering something closer to home this year (near Hadleigh). Friday 24 April 6.00pm - Sunday 26 April 2.00pm Vauxhall Farm, Great Wenham CO7 6QQ. It is for secondary school aged children, and has a mix of fun, fellowship, and Christian teaching (including a seminar on mental health for young people). Accommodation will be in chalets or tents. We will also be inviting children from our youth groups. Cost: £110 per young person full board. They are holding some spaces for us - please can you let Pam know asap if you / your child would like to attend or have any questions.



**FaithChat** Please note that the date of the next meeting is 28th February - 10.30am at the home of David & Susie Tweed. If you would like to find out more about this discussion group on matters of faith please contact Malcolm or Judith on 01787 315689.

**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 Maria Ablitt, Colin Bloomfield, William Hammond & Rev Henry Heath, 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.

**Diary**

Sun 8 <sup>th</sup>	10.30am	Communion at Holy Trinity *
	4.00pm	Pub Social at The Hare, Long Melford
Mon 9 <sup>th</sup>	9.30am	Connect Baby & Toddler Group at St Catherine's
Tues 10 <sup>th</sup>	9.00am	Morning Prayer #
	7.30pm	A&S Home Group
Wed 11 <sup>th</sup>	10.00am	Coffee Caravan at Alpheton Village Hall
Thurs 12 <sup>th</sup>	7.00pm	Choir Practice
Sun 15 <sup>th</sup>	9.00am	Communion at Shimpling
	10.30am	Communion at Holy Trinity *
	4.00pm	Shine Informal Worship at Holy Trinity
Mon 16 <sup>th</sup>	7.30pm	Lawshall Home group
Tues 17 <sup>th</sup>	9.00am	Morning Prayer #
Wed 18 <sup>th</sup>	10.30am	Community Café at Lawshall Village Hall
Thurs 19 <sup>th</sup>	7.00pm	Choir Practice
Fri 20 <sup>th</sup>	7.30pm	Fusion Plus (date might change!)
Sun 22 <sup>nd</sup>	10.30am	Communion at Holy Trinity *

**\* 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 8<sup>th</sup> February 2026 – 2 before Lent**Collect (prayer for the day)**

Almighty God, you have created the heavens and the earth and made us in your own image: teach us to discern your hand in all your works and your likeness in all your children; through Jesus Christ your Son our Lord, who with you and the Holy Spirit reigns supreme over all things, now and for ever. **Amen**

**Reading****Romans 8.18-35**

I consider that our present sufferings are not worth comparing with the glory that will be revealed in us. <sup>19</sup> For the creation waits in eager expectation for the children of God to be revealed. <sup>20</sup> For the creation was subjected to frustration, not by its own choice, but by the will of the one who subjected it, in hope <sup>21</sup> that the creation itself will be liberated from its bondage to decay and brought into the freedom and glory of the children of God.

<sup>22</sup> We know that the whole creation has been groaning as in the pains of childbirth right up to the present time. <sup>23</sup> Not only so, but we ourselves, who have the firstfruits of the Spirit, groan inwardly as we wait eagerly for our adoption to sonship, the redemption of our bodies. <sup>24</sup> For in this hope we were saved. But hope that is seen is no hope at all. Who hopes for what they already have? <sup>25</sup> But if we hope for what we do not yet have, we wait for it patiently.

<sup>26</sup> In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans. <sup>27</sup> And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for God's people in accordance with the will of God.

<sup>28</sup> And we know that in all things God works for the good of those who love him, who have been called according to his purpose. <sup>29</sup> For those God foreknew he also predestined to be conformed to the image of his Son, that he might be the firstborn among many brothers and sisters. <sup>30</sup> And those he predestined, he also called; those he called, he also justified; those he justified, he also glorified.

<sup>31</sup> What, then, shall we say in response to these things? If God is for us, who can be against us? <sup>32</sup> He who did not spare his own Son, but gave him up for us all – how will he not also, along with him, graciously give us all things? <sup>33</sup> Who will bring any charge against those whom God has chosen? It is God who justifies. <sup>34</sup> Who then is the one who condemns? No one. Christ Jesus who died – more than that, who was raised to life – is at the right hand of God and is also interceding for us. <sup>35</sup> Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword?

*This is the word of the Lord*

***Thanks be to God***

**Old Testament Reading****Genesis 1.1-2.3**

In the beginning God created the heavens and the earth. <sup>2</sup> Now the earth was formless and empty, darkness was over the surface of the deep, and the Spirit of God was hovering over the waters.

<sup>3</sup> And God said, 'Let there be light,' and there was light. <sup>4</sup> God saw that the light was good, and he separated the light from the darkness. <sup>5</sup> God called the light 'day', and the darkness he called 'night'. And there was evening, and there was morning – the first day.

<sup>6</sup> And God said, 'Let there be a vault between the waters to separate water from water.' <sup>7</sup> So God made the vault and separated the water under the vault from the water above it. And it was so. <sup>8</sup> God called the vault 'sky'. And there was evening, and there was morning – the second day.

<sup>9</sup> And God said, 'Let the water under the sky be gathered to one place, and let dry ground appear.' And it was so. <sup>10</sup> God called the dry ground 'land', and the gathered waters he called 'seas'. And God saw that it was good.

<sup>11</sup> Then God said, 'Let the land produce vegetation: seed-bearing plants and trees on the land that bear fruit with seed in it, according to their various kinds.' And it was so. <sup>12</sup> The land produced vegetation: plants

bearing seed according to their kinds and trees bearing fruit with seed in it according to their kinds. And God saw that it was good. <sup>13</sup> And there was evening, and there was morning – the third day.

<sup>14</sup> And God said, 'Let there be lights in the vault of the sky to separate the day from the night, and let them serve as signs to mark sacred times, and days and years, <sup>15</sup> and let them be lights in the vault of the sky to give light on the earth.' And it was so. <sup>16</sup> God made two great lights – the greater light to govern the day and the lesser light to govern the night. He also made the stars. <sup>17</sup> God set them in the vault of the sky to give light on the earth, <sup>18</sup> to govern the day and the night, and to separate light from darkness. And God saw that it was good. <sup>19</sup> And there was evening, and there was morning – the fourth day.

<sup>20</sup> And God said, 'Let the water teem with living creatures, and let birds fly above the earth across the vault of the sky.' <sup>21</sup> So God created the great creatures of the sea and every living thing with which the water teems and that moves about in it, according to their kinds, and every winged bird according to its kind. And God saw that it was good. <sup>22</sup> God blessed them and said, 'Be fruitful and increase in number and fill the water in the seas, and let the birds increase on the earth.' <sup>23</sup> And there was evening, and there was morning – the fifth day.

<sup>24</sup> And God said, 'Let the land produce living creatures according to their kinds: the livestock, the creatures that move along the ground, and the wild animals, each according to its kind.' And it was so. <sup>25</sup> God made the wild animals according to their kinds, the livestock according to their kinds, and all the creatures that move along the ground according to their kinds. And God saw that it was good.

<sup>26</sup> Then God said, 'Let us make mankind in our image, in our likeness, so that they may rule over the fish in the sea and the birds in the sky, over the livestock and all the wild animals, and over all the creatures that move along the ground.'

<sup>27</sup> So God created mankind in his own image,  
in the image of God he created them;  
male and female he created them.

<sup>28</sup> God blessed them and said to them, 'Be fruitful and increase in number; fill the earth and subdue it. Rule over the fish in the sea and the birds in the sky and over every living creature that moves on the ground.'

<sup>29</sup> Then God said, 'I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food. <sup>30</sup> And to all the beasts of the earth and all the birds in the sky and all the creatures that move along the ground – everything that has the breath of life in it – I give every green plant for food.' And it was so.

<sup>31</sup> God saw all that he had made, and it was very good. And there was evening, and there was morning – the sixth day.

**2** Thus the heavens and the earth were completed in all their vast array.

<sup>2</sup> By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. <sup>3</sup> Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.

## Gospel Reading

## Matthew 6.25-34

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

**Glory to you, O Lord**

'Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? <sup>26</sup> Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? <sup>27</sup> Can any one of you by worrying add a single hour to your life?

<sup>28</sup> 'And why do you worry about clothes? See how the flowers of the field grow. They do not labour or spin. <sup>29</sup> Yet I tell you that not even Solomon in all his splendour was dressed like one of these. <sup>30</sup> If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you – you of little faith? <sup>31</sup> So do not worry, saying, "What shall we eat?" or "What shall we drink?" or "What shall we wear?" <sup>32</sup> For the pagans run after all these things, and your heavenly

Father knows that you need them. <sup>33</sup> But seek first his kingdom and his righteousness, and all these things will be given to you as well. <sup>34</sup> Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

*This is the Gospel of the Lord*

***Praise to You O Christ***

### **Post Communion Prayer**

God our creator, by your gift the tree of life was set at the heart of the earthly paradise, and the bread of life at the heart of your Church: may we who have been nourished at your table on earth be transformed by the glory of the Saviour's cross and enjoy the delights of eternity; through Jesus Christ our Lord. **Amen**



Readings for the 15<sup>th</sup> February 2026 – Sunday next before Lent**Collect (prayer for the day)**

Almighty Father, whose Son was revealed in majesty before he suffered death upon the cross: give us grace to perceive his glory, that we may be strengthened to suffer with him and be changed into his likeness, from glory to glory; who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever.

**Amen**

**First Reading****2 Peter 1:16-21**

For we did not follow cleverly devised stories when we told you about the coming of our Lord Jesus Christ in power, but we were eye-witnesses of his majesty. <sup>17</sup> He received honour and glory from God the Father when the voice came to him from the Majestic Glory, saying, 'This is my Son, whom I love; with him I am well pleased.' <sup>18</sup> We ourselves heard this voice that came from heaven when we were with him on the sacred mountain.

<sup>19</sup> We also have the prophetic message as something completely reliable, and you will do well to pay attention to it, as to a light shining in a dark place, until the day dawns and the morning star rises in your hearts. <sup>20</sup> Above all, you must understand that no prophecy of Scripture came about by the prophet's own interpretation of things. <sup>21</sup> For prophecy never had its origin in the human will, but prophets, though human, spoke from God as they were carried along by the Holy Spirit.

*This is the word of the Lord*

**Thanks be to God**

**Old Testament Reading****Exodus 24:12-18**

The Lord said to Moses, 'Come up to me on the mountain and stay here, and I will give you the tablets of stone with the law and commandments I have written for their instruction.'

<sup>13</sup> Then Moses set out with Joshua his assistant, and Moses went up on the mountain of God. <sup>14</sup> He said to the elders, 'Wait here for us until we come back to you. Aaron and Hur are with you, and anyone involved in a dispute can go to them.'

<sup>15</sup> When Moses went up on the mountain, the cloud covered it, <sup>16</sup> and the glory of the Lord settled on Mount Sinai. For six days the cloud covered the mountain, and on the seventh day the Lord called to Moses from within the cloud. <sup>17</sup> To the Israelites the glory of the Lord looked like a consuming fire on top of the mountain. <sup>18</sup> Then Moses entered the cloud as he went on up the mountain. And he stayed on the mountain forty days and forty nights.

**Gospel Reading****Matthew 17:1-9**

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

**Glory to you, O Lord**

After six days Jesus took with him Peter, James and John the brother of James, and led them up a high mountain by themselves. <sup>2</sup> There he was transfigured before them. His face shone like the sun, and his clothes became as white as the light. <sup>3</sup> Just then there appeared before them Moses and Elijah, talking with Jesus.

<sup>4</sup> Peter said to Jesus, 'Lord, it is good for us to be here. If you wish, I will put up three shelters – one for you, one for Moses and one for Elijah.'

<sup>5</sup> While he was still speaking, a bright cloud covered them, and a voice from the cloud said, 'This is my Son, whom I love; with him I am well pleased. Listen to him!'

<sup>6</sup> When the disciples heard this, they fell face down to the ground, terrified. <sup>7</sup> But Jesus came and touched them. 'Get up,' he said. 'Don't be afraid.' <sup>8</sup> When they looked up, they saw no one except Jesus.

<sup>9</sup>As they were coming down the mountain, Jesus instructed them, 'Don't tell anyone what you have seen, until the Son of Man has been raised from the dead.'

*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**

Holy God, we see your glory in the face of Jesus Christ: may we who are partakers at his table reflect his life in word and deed, that all the world may know his power to change and save. This we ask through Jesus Christ our Lord.

**Amen**