

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:

- Notices.
- The church diary (including livestream & Zoom joining instructions).
- Prayers and readings for the morning services on Sunday 13th & 20th September 2026.

For enquiries please contact our administrator Vicky: chadbrookoffice@gmail.com or 07804 558160.

A reflection from the final frontier ...

Whatever we think of Star Trek or his heavy metal band(!), this is a sobering perspective from William Shatner, who is the oldest man to have gone to space:

"Last year, I had a life-changing experience at 90 years old. I went to space, after decades of playing an iconic science-fiction character who was exploring the universe. I thought I would experience a deep connection with the immensity around us, a deep call for endless exploration.

"I was absolutely wrong. The strongest feeling, that dominated everything else by far, was the deepest grief that I had ever experienced. "I understood, in the clearest possible way, that we were living on a tiny oasis of life, surrounded by an immensity of death. I didn't see infinite possibilities of worlds to explore, of adventures to have, or living creatures to connect with. I saw the deepest darkness I could have ever imagined, contrasting so starkly with the welcoming warmth of our nurturing home planet.

"This was an immensely powerful awakening for me. It filled me with sadness. I realized that we had spent decades, if not centuries, being obsessed with looking away, with looking outside. I did my share in popularizing the idea that space was the final frontier. But I had to get to space to understand that Earth is and will stay our only home. And that we have been ravaging it, relentlessly, making it uninhabitable."



Lord we pray that we would be respectful stewards of your creation.

Walk to Lavenham Church

As our relationship with Lavenham develops, and following their walk to Long Melford last year, all of the church family are invited to join us on Sunday 27th September, starting at 2.00pm at Melford Church, to walk to Lavenham where there will be a simple welcome tea. Please let Vicky know if you would like to attend (and whether you could help with a car shuffle) chadbrookoffice@gmail.com or 07804 558160. It is approximately 5 miles. If you are unable to walk and would like to meet us at Lavenham (4-ish) you would be most welcome and please also let Vicky know. This is an event organised by the 4 o'clock Community.



Storehouse Foodbank

With harvest festivals coming up we not only remember our farming community but those who do struggle to provide food for themselves or their families. We are grateful for the ongoing work of the Storehouse Foodbank in Sudbury who are once again asking that we bring food items to shore up their supplies. Please see the list of preferred items here.



- Tinned Meals:
- Chicken curry
- Chicken in white sauce
- Stewed steak
- Chilli con carne
- Minced Beef and Onion
- Frey Bentos Pies
- Irish stew
- Tinned Hot dogs
- Tinned meatballs in tomato sauce
- Tinned Sausages in Beans
- Tinned Potatoes
- Tinned Carrots
- Tinned Peas
- Tinned soup
- UHT Milk
- Pasta Sauce Jars
- Snack/Cereal Bars
- Mens and Womens
- Shampoo/conditioner
- Deodorant spray/roll-on
- Shower gel

A modern pilgrimage? Summer Festivals

Each summer there are a number of Christian festivals over the country with approx. 100,000 people attending in total. They are in some ways a modern 'pilgrimage' - we come together from all over the country to pray, to worship, and to be encouraged as people from different churches share their stories and as we learn from national leaders. In particular children and young adults can grow in their faith (and there is good teaching for parents too). People from our church family attend a variety of these festivals, including Spring Harvest, Greenbelt, Wildfires (not the best name this year!), and others. A group of 9 of us went to New Wine this summer and will be going again next year. This involves camping together which is great as we spend time together and get to know one another - but caravans and B&B are available. If you would like to find out more a please join us for a no obligation information evening at 7.30pm on Friday 9 October. Drinks and nibbles will be provided. Please contact Helen & Rob Smith for more details.



27 July – 1 August 2027

No obligation information evening

When: 7.30pm on Friday 9 October

Where: 5 Windmill Hill
Long Melford, CO10 9AD

Contact: Helen & Rob Smith
melfordrob65@gmail.com





Good Samaritans

For decades the Samaritans have been on the end of the phone for those whose have nobody left to turn to. It will come as no surprise that demand for their services is currently high as the Rector recently learnt from a member of one of our congregations who volunteers for them. Maybe God is calling you to serve in this way? Please be aware that selection and training is rigorous and can take up to a year. The local hub is in Bury St Edmunds and the next recruitment day is 23rd Sept. More information can be found [here](#).



Upcoming 4 o'clock community services:



The 4o'clock community invites you

Wild Church

All ages together in Nature



4pm Sunday 13th September
@ Golden Wood, The Foundry, Bury Rd, Lawshall, IP29 4PJ
Contact Nicky chadbrooklightwave@gmail.com or 07938 681319



Shine

4 o'clock
Informal Worship

Sundays 4pm
@ Holy Trinity Church, Long Melford
on 20th September
25th October
& 15th November

All are welcome to our family friendly service
with worship band, art, craft, snacks and prayer ministry

www.longmelfordchurch.com
or www.achurchnearyou.com

Macmillan Coffee morning

Please come and join us for our Coffee Morning in aid of Macmillan Cancer, to be held this year at Scout headquarters (next to the village hall) in Long Melford, on Saturday 26th September, 10am until 12. There will also be a raffle and second-hand book stall. Any raffle donations would be greatly appreciated. We look forward to welcoming you, Jan & Ron. **Easy Fundraising - Holy Trinity**



Organ Fund

Shop with over 8,000 retailers via #easyfundraising and earn a free donation for us at the same time. All the big names like TUI, Argos, John Lewis & Partners, Tesco and Just Eat are ready to donate. It won't cost you anything extra. Please sign up [here](#) today and we could win a massive £5,000 donation:

Holy Trinity Church Long Melford
Organ Fund
has raised

£1.2k

on easyfundraising!




Dates for your diary include:

19 th September	7.00pm Harvest Supper at Alpheton Village Hall
20 th September	9.00am Harvest Festival at Shimpling church
26 th September	6.00pm Evening Flute Recital at Holy Trinity (see flyer)
27 th September	2.00pm Walk from Holy Trinity to Lavenham Church
3 rd October	Lawshall Harvest Supper
4 th October	10.30am Harvest Festival at Holy Trinity (with Tractor on the Green)
31 th October	Light Gazebo in Cordell Place Long Melford
1 st Nov	6.30pm All Souls Choral Evensong at Holy Trinity

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 for our politicians and all in authority.
- Please pray for our PCC's as they meet together after the summer break. As volunteers they carry considerable responsibility for so many different aspects of our church's life. In particular please pray for us as we consider our finances which is an area we are particularly focussing on.
- Please pray for all getting married or baptised this year, and give thanks for the many getting married in our churches.
- We remember before God those who have recently died including Walter Blake, Terry Crowland, Georgina Dixon-Smith, Melita Gooding, Ted Pine and Carol Talbot & 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, David Bremer, Margery Brinkley, Elizabeth Clarke, Christopher Freeman, Robert Hawkins, Joan Jacobs, Jenny Lister, Judith Mills, Ann Share, Mary Tuffen, and Abigail S.

Prayer of St Frances of Assisi

Lord, make me an instrument of your peace:

where there is hatred, let me sow love;

where there is injury, pardon;

where there is doubt, faith;

where there is despair, hope;

where there is darkness, light;

where there is sadness, joy.

O divine Master, grant that I may not so much seek

to be consoled as to console,

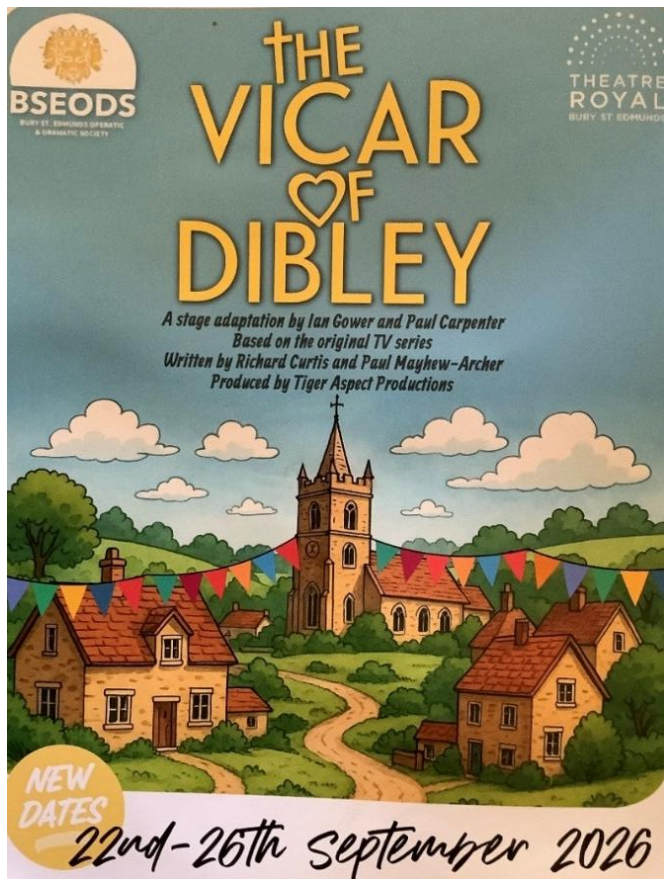
to be understood as to understand,

to be loved as to love.

For it is in giving that we receive,

it is in pardoning that we are pardoned,

and it is in dying that we are born to eternal life.



Elizabeth Rossi and Nigel Brown present;

A Flute Recital

6pm Saturday 26th September 2026
Holy Trinity, Long Melford, CO10 9DL

Featuring the music of Schubert, Poulenc & Ferroud.
Music to lead us out of Summer and into Autumn.

Tickets £10

Contact Elizabeth on 07932233431 or email.
ejcobb@talktalk.net for tickets! Pay on the door available.

Alpheton and Shimpling Churches

HARVEST Supper

19TH SEPTEMBER

7 for 7:30

ALPHETON VILLAGE HALL
TICKETS FROM CHARLOTTE BLYTH
07939 194233
charlottefblyth@btinternet.com
Adults £15
Children £7.50

Harvest Supper

CB Jackson -
Guest Story Teller

3rd October at 7pm
Lawshall Village Hall
Cottage or Shepherd's Pie and veg/Vegetarian
Option, Dessert and Coffee, BYOB
Tickets £15 from Wendy Harris
07900 617833
grandmacoe@yahoo.co.uk

Diary

Sun 13 th	10.30am	Communion at Holy Trinity *
	4.00pm	Wild Church at Golden Wood, Lawshall IP29 4PH
Mon 14 th	9.30am	Connect toddler & baby group at St Catherine's
	7.30pm	LM PCC
Tues 15 th	9.00am	Morning Prayer #
Wed 16 th	10.00am	Communion at Steeds Meadow (all welcome)
	12.00pm	Funeral at Alpheton – Walter Blake
Thurs 17 th	7.00pm	Choir Practice
Fri 18 th	4.00pm	Wedding Rehearsal at Holy Trinity – Joseph & Lauren
	4.30pm	Interment of Ashes at Shimpling – Sean Haywood
	7.30pm	Fusion + Youth Group
Sat 19 th	1.00pm	Wedding at Holy Trinity – Joseph & Lauren
	7.00pm	Alpheton Harvest Supper (see flyer)
Sun 20 th	9.00am	Communion at Shimpling
	10.30am	Communion at Holy Trinity *
	4.00pm	Shine Informal Worship at Holy Trinity
Mon 21 st	9.30am	Connect toddler & baby group at St Catherine's
	7.30pm	Lawshall Home Group
	7.30pm	A&S PCC
Tues 22 nd	9.00am	Morning Prayer #
Wed 23 rd	2.00pm	Funeral at Holy Trinity – Carol Talbot
Thurs 24 th	2.00pm	Funeral at Holy Trinity – Terrence Crowland
	7.00pm	Choir Practice
Fri 25 th	3.00pm	Thanksgiving Service at Shimpling – Ted Pine
Sat 26 th	6.00pm	Flute Recital at Holy Trinity
Sun 27 th	10.30am	Communion at Holy Trinity *
	4.00pm	Walk to Lavenham & tea
	6.30pm	Communion at 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 13th September 2026 – Trinity 15**Collect (prayer for the day)**

God, who in generous mercy sent the Holy Spirit upon your Church in the burning fire of your love: grant that your people may be fervent in the fellowship of the gospel that, always abiding in you, they may be found steadfast in faith and active in service; 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**Romans 14.1-12**

Accept the one whose faith is weak, without quarrelling over disputable matters. ² One person's faith allows them to eat anything, but another, whose faith is weak, eats only vegetables. ³ The one who eats everything must not treat with contempt the one who does not, and the one who does not eat everything must not judge the one who does, for God has accepted them. ⁴ Who are you to judge someone else's servant? To their own master, servants stand or fall. And they will stand, for the Lord is able to make them stand.

⁵ One person considers one day more sacred than another; another considers every day alike. Each of them should be fully convinced in their own mind. ⁶ Whoever regards one day as special does so to the Lord. Whoever eats meat does so to the Lord, for they give thanks to God; and whoever abstains does so to the Lord and gives thanks to God. ⁷ For none of us lives for ourselves alone, and none of us dies for ourselves alone. ⁸ If we live, we live for the Lord; and if we die, we die for the Lord. So, whether we live or die, we belong to the Lord. ⁹ For this very reason, Christ died and returned to life so that he might be the Lord of both the dead and the living.

¹⁰ You, then, why do you judge your brother or sister? Or why do you treat them with contempt? For we will all stand before God's judgment seat. ¹¹ It is written:

“As surely as I live,” says the Lord,

“Every knee will bow before me;

every tongue will acknowledge God.”

¹² So then, each of us will give an account of ourselves to God.

This is the word of the Lord

Thanks be to God

Old Testament Reading**Exodus 14.9-31**

The Egyptians – all Pharaoh's horses and chariots, horsemen and troops – pursued the Israelites and overtook them as they camped by the sea near Pi Hahiroth, opposite Baal Zephon.

¹⁰ As Pharaoh approached, the Israelites looked up, and there were the Egyptians, marching after them. They were terrified and cried out to the Lord. ¹¹ They said to Moses, ‘Was it because there were no graves in Egypt that you brought us to the desert to die? What have you done to us by bringing us out of Egypt?’ ¹² Didn't we say to you in Egypt, ‘Leave us alone; let us serve the Egyptians’? It would have been better for us to serve the Egyptians than to die in the desert!’

¹³ Moses answered the people, ‘Do not be afraid. Stand firm and you will see the deliverance the Lord will bring you today. The Egyptians you see today you will never see again. ¹⁴ The Lord will fight for you; you need only to be still.’

¹⁵ Then the Lord said to Moses, ‘Why are you crying out to me? Tell the Israelites to move on. ¹⁶ Raise your staff and stretch out your hand over the sea to divide the water so that the Israelites can go through the sea on dry ground. ¹⁷ I will harden the hearts of the Egyptians so that they will go in after them. And I will gain glory through Pharaoh and all his army, through his chariots and his horsemen. ¹⁸ The Egyptians will know that I am the Lord when I gain glory through Pharaoh, his chariots and his horsemen.’

¹⁹ Then the angel of God, who had been travelling in front of Israel's army, withdrew and went behind them. The pillar of cloud also moved from in front and stood behind them, ²⁰ coming between the armies of Egypt and Israel. Throughout the night the cloud brought darkness to the one side and light to the other; so neither went near the other all night long.

²¹ Then Moses stretched out his hand over the sea, and all that night the Lord drove the sea back with a strong east wind and turned it into dry land. The waters were divided, ²² and the Israelites went through the sea on dry ground, with a wall of water on their right and on their left.

²³ The Egyptians pursued them, and all Pharaoh's horses and chariots and horsemen followed them into the sea. ²⁴ During the last watch of the night the Lord looked down from the pillar of fire and cloud at the Egyptian army and threw it into confusion. ²⁵ He jammed the wheels of their chariots so that they had difficulty driving. And the Egyptians said, 'Let's get away from the Israelites! The Lord is fighting for them against Egypt.'

²⁶ Then the Lord said to Moses, 'Stretch out your hand over the sea so that the waters may flow back over the Egyptians and their chariots and horsemen.' ²⁷ Moses stretched out his hand over the sea, and at daybreak the sea went back to its place. The Egyptians were fleeing towards it, and the Lord swept them into the sea. ²⁸ The water flowed back and covered the chariots and horsemen – the entire army of Pharaoh that had followed the Israelites into the sea. Not one of them survived.

²⁹ But the Israelites went through the sea on dry ground, with a wall of water on their right and on their left. ³⁰ That day the Lord saved Israel from the hands of the Egyptians, and Israel saw the Egyptians lying dead on the shore. ³¹ And when the Israelites saw the mighty hand of the Lord displayed against the Egyptians, the people feared the Lord and put their trust in him and in Moses his servant.

Gospel Reading

Matthew 18.21-25

Hear the Gospel of our Lord Jesus Christ according to Matthew

Glory to you, O Lord

Then Peter came to Jesus and asked, 'Lord, how many times shall I forgive my brother or sister who sins against me? Up to seven times?'

²² Jesus answered, 'I tell you, not seven times, but seventy-seven times.

²³ 'Therefore, the kingdom of heaven is like a king who wanted to settle accounts with his servants. ²⁴ As he began the settlement, a man who owed him ten thousand bags of gold was brought to him. ²⁵ Since he was not able to pay, the master ordered that he and his wife and his children and all that he had be sold to repay the debt.

This is the Gospel of the Lord

Praise to You O Christ

Post Communion Prayer

Keep, O Lord, your Church, with your perpetual mercy; and, because without you our human frailty cannot but fall, keep us ever by your help from all things hurtful, and lead us to all things profitable to our salvation; through Jesus Christ our Lord. **Amen**

Readings for the 20th September 2026 – Trinity 16**Collect (prayer for the day)**

O Lord, we beseech you mercifully to hear the prayers of your people who call upon you; and grant that they may both perceive and know what things they ought to do, and also may have grace and power faithfully to fulfil them; 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**Philippians 1.21-30**

For to me, to live is Christ and to die is gain. ²² If I am to go on living in the body, this will mean fruitful labour for me. Yet what shall I choose? I do not know! ²³ I am torn between the two: I desire to depart and be with Christ, which is better by far; ²⁴ but it is more necessary for you that I remain in the body. ²⁵ Convinced of this, I know that I will remain, and I will continue with all of you for your progress and joy in the faith, ²⁶ so that through my being with you again your boasting in Christ Jesus will abound on account of me.

²⁷ Whatever happens, conduct yourselves in a manner worthy of the gospel of Christ. Then, whether I come and see you or only hear about you in my absence, I will know that you stand firm in the one Spirit, striving together as one for the faith of the gospel ²⁸ without being frightened in any way by those who oppose you. This is a sign to them that they will be destroyed, but that you will be saved – and that by God. ²⁹ For it has been granted to you on behalf of Christ not only to believe in him, but also to suffer for him, ³⁰ since you are going through the same struggle you saw I had, and now hear that I still have.

This is the word of the Lord

Thanks be to God

Old Testament Reading**Exodus 16.2-15**

In the desert the whole community grumbled against Moses and Aaron. ³ The Israelites said to them, 'If only we had died by the Lord's hand in Egypt! There we sat round pots of meat and ate all the food we wanted, but you have brought us out into this desert to starve this entire assembly to death.'

⁴ Then the Lord said to Moses, 'I will rain down bread from heaven for you. The people are to go out each day and gather enough for that day. In this way I will test them and see whether they will follow my instructions. ⁵ On the sixth day they are to prepare what they bring in, and that is to be twice as much as they gather on the other days.'

⁶ So Moses and Aaron said to all the Israelites, 'In the evening you will know that it was the Lord who brought you out of Egypt, ⁷ and in the morning you will see the glory of the Lord, because he has heard your grumbling against him. Who are we, that you should grumble against us?' ⁸ Moses also said, 'You will know that it was the Lord when he gives you meat to eat in the evening and all the bread you want in the morning, because he has heard your grumbling against him. Who are we? You are not grumbling against us, but against the Lord.'

⁹ Then Moses told Aaron, 'Say to the entire Israelite community, "Come before the Lord, for he has heard your grumbling."'

¹⁰ While Aaron was speaking to the whole Israelite community, they looked towards the desert, and there was the glory of the Lord appearing in the cloud.

¹¹ The Lord said to Moses, ¹² 'I have heard the grumbling of the Israelites. Tell them, "At twilight you will eat meat, and in the morning you will be filled with bread. Then you will know that I am the Lord your God."'

¹³ That evening quail came and covered the camp, and in the morning there was a layer of dew around the camp. ¹⁴ When the dew was gone, thin flakes like frost on the ground appeared on the desert floor. ¹⁵ When the Israelites saw it, they said to each other, 'What is it?' For they did not know what it was.

Moses said to them, 'It is the bread the Lord has given you to eat.'

Gospel Reading

Matthew 20.1-16

Hear the Gospel of our Lord Jesus Christ according to Matthew

Glory to you, O Lord

'For the kingdom of heaven is like a landowner who went out early in the morning to hire workers for his vineyard. ² He agreed to pay them a denarius for the day and sent them into his vineyard.

³ 'About nine in the morning he went out and saw others standing in the market-place doing nothing. ⁴ He told them, "You also go and work in my vineyard, and I will pay you whatever is right." ⁵ So they went.

'He went out again about noon and about three in the afternoon and did the same thing. ⁶ About five in the afternoon he went out and found still others standing around. He asked them, "Why have you been standing here all day long doing nothing?"

⁷ "'Because no one has hired us," they answered.

'He said to them, "You also go and work in my vineyard."

⁸ 'When evening came, the owner of the vineyard said to his foreman, "Call the workers and pay them their wages, beginning with the last ones hired and going on to the first."

⁹ 'The workers who were hired about five in the afternoon came and each received a denarius. ¹⁰ So when those came who were hired first, they expected to receive more. But each one of them also received a denarius. ¹¹ When they received it, they began to grumble against the landowner. ¹² "These who were hired last worked only one hour," they said, "and you have made them equal to us who have borne the burden of the work and the heat of the day."

¹³ 'But he answered one of them, "I am not being unfair to you, friend. Didn't you agree to work for a denarius? ¹⁴ Take your pay and go. I want to give the one who was hired last the same as I gave you. ¹⁵ Don't I have the right to do what I want with my own money? Or are you envious because I am generous?"

¹⁶ 'So the last will be first, and the first will be last.'

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

Almighty God, you have taught us through your Son that love is the fulfilling of the law: grant that we may love you with our whole heart and our neighbours as ourselves; through Jesus Christ our Lord. **Amen**