



A Warm Welcome to
ST MARY'S PARISH CHURCH
Woodbridge
18TH OCTOBER, 2020
FESTIVAL OF ST LUKE

Wherever we are, we are the body of Christ.

COLLECT AND READINGS

The Collect

Almighty God,
you called Luke the physician,
whose praise is in the gospel,
to be an evangelist and physician of the soul:
by the grace of the Spirit
and through the wholesome medicine of the gospel,
give your Church the same love and power 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.

Isaiah 35, 3 -6

³Strengthen the weak hands,
and make firm the feeble knees.
⁴Say to those who are of a fearful heart,
'Be strong, do not fear!
Here is your God.
He will come with vengeance,
with terrible recompense.
He will come and save you.'

⁵Then the eyes of the blind shall be opened,
and the ears of the deaf unstopped;
⁶then the lame shall leap like a deer,
and the tongue of the speechless sing for joy.
For waters shall break forth in the wilderness,
and streams in the desert.

Luke 10. 1-9

¹The Lord appointed seventy others and sent them on ahead of him in pairs to every town and place where he himself intended to go. ²He said to them, ‘The harvest is plentiful, but the labourers are few; therefore ask the Lord of the harvest to send out labourers into his harvest. ³Go on your way. See, I am sending you out like lambs into the midst of wolves. ⁴Carry no purse, no bag, no sandals; and greet no one on the road. ⁵Whatever house you enter, first say, “Peace to this house!” ⁶And if anyone is there who shares in peace, your peace will rest on that person; but if not, it will return to you. ⁷Remain in the same house, eating and drinking whatever they provide, for the labourer deserves to be paid. Do not move about from house to house. ⁸Whenever you enter a town and its people welcome you, eat what is set before you; ⁹cure the sick who are there, and say to them, “The kingdom of God has come near to you.””

PRAYER OF SPIRITUAL COMMUNION

Thanks be to you, Lord Jesus Christ,
for all the benefits you have given me,
for all the pains and insults you have borne for me.
Since I cannot now receive you sacramentally,
I ask you to come spiritually into my heart.
O most merciful redeemer, friend and brother,
may I know you more clearly,
love you more dearly,
and follow you more nearly,
day by day. Amen.

after the Prayer of St Richard of Chichester

FOR YOUR PRAYERS THIS WEEK

- ❖ Let us pray for all who find themselves in need today: may they know encouragement and hope for all they face.
- ❖ Let us pray for all who work in healthcare: may they find all the strength they need, to care with skill, efficiency and compassion.

- ❖ Let us pray for all who are sick, and for those who love and care for them: may they know healing in all the ways they need. We pray especially for:
- ❖ Georgie, John, Lillian, Robin, Clare Appleby, Christopher Biggs, Phylis Davis, Kathy Day, Joy Geen, John Margetson, Pat O'Hagan, Joy Shipton, Katie Smith, Iris Stock, James Tucker, Jennifer Workman and any others known to us alone.
- ❖ Let us pray for all those who are close to the end of their earthly life: may they know peace of mind and freedom from fear.
- ❖ Among those who have recently died, we pray for the souls of:
Molly Williamson, Tom Harris, Peter Taylor, Hilda Goy and Matthew Woods

READINGS FOR SUNDAY 25 OCTOBER, BIBLE SUNDAY
Nehemiah 8. 1-4a, 8-12; Colossians 3, 12-17; Matthew 24. 30-35

THE WEEK AHEAD

Monday 19th October	8^{am}	Morning Prayer in the Epiphany Chapel – all welcome
Tuesday 20th October	8^{am}	Morning Prayer in the Epiphany Chapel – all welcome
	6.30^{pm}	St Mary's Governors' meeting
	7.30^{pm}	Annual Vestry meeting to elect Churchwardens followed by our Annual Parochial meeting in St Mary's. (masks and social distancing requirements apply as usual)
Wednesday 21st October	7.30^{pm}	Great Bealings APCM
Thursday 22nd October	10^{am}	Holy Communion
	7^{pm}	Communications group meeting in St Mary's Hall
Friday 23rd October	8^{am}	Morning Prayer in the Epiphany Chapel – all welcome
Saturday	9^{am}	Morning Prayer, Zoom led by Elders. See Notice.
Sunday 25th October	10^{am}	Parish Eucharist – all welcome, please book.

COMING SOON

This news sheet is going to be merged into the weekly pew sheet from the beginning of November – All Saints’ Sunday. It will be slimmer and fitter than before and less paper heavy!

THOUGHTS ON HYMN SINGING – MICHAEL STAGG

*Elected silence, sing to me,
And beat upon my whorled ear,
Pipe me to pastures still, and be
The music that I care to hear.*

Gerard Manley Hopkins

But, whilst I love his poetry, it is not silence I need at present. The music that I care to hear is the music which has become dear to me, these many years – the sound of this congregation, singing hymns. I miss the cheerful, grateful, singing! I miss the rapturous faces, the sound of tuneful hymns, words outpouring, giving thanks and praise to God!

The Psalmist (Ps 100, v2) tells us: ‘Come into His presence with singing.’ And Hebrews (2, 11) promises, on our behalf: ‘In the midst of church, I will sing praises.’ James, in his Letter (5,13) gives us advice: ‘Is any of you in trouble? He should pray. Is anyone happy? Let him sing songs of praise.’ We sing because we *are* happy – and wanting to be happy. The great virtue, or value, in singing hymns, is that most of us can sing. I have no musical knowledge; I cannot play a musical instrument. But I can sing (after a fashion, and sometimes it is not easy on another’s ear!) But... I have enthusiasm – I sing hymns whilst doing chores, washing up. And in the shower. I remember hymn tunes easily – and the words readily. All hymns aid and explain our theology. Hymns contain every aspect of life with God, every natural season, every church festival. Hymns promote and sustain our faith – and the faith of our forefathers was firm through hymn singing.

Hymns are poetry, and theology, reminders and prompters on our Journey. Hymns raise our spirits in times of sadness and bad news. This, the present time, is exactly the time when we should be singing! In World War Two – the bells were silenced – but we kept on singing! Vocal, musical praise and prayer are a tonic, and a panacea for all ills and every mood. Whilst it will not repel Covid 19 and its misery, singing will fill us with joy and well-being, comforting and strengthening us, helping us to be in that frame of mind which will lead us on to victory. Hymn-singing requires togetherness and discipline in order to produce something musical and of value. And LOVE. Many hymns mention love, either in the verses, or love is implicit in the rendering of the hymns. We sing with

love in our hearts, we sing about love! Hymns remind us of our love – and our duty – for, and to, God. And each other. Hymns are designed to aid the bringing of Heaven to Earth. They help shape and form a congregation into a single-family entity, a unique ‘One-ness.’ It is my daily prayer that the Covid situation will change, soon. And this will allow us to sing, and to do so gladly, loudly, musically, giving thanks to God.

Michael Stagg

NOTICES

Booking is, unfortunately, essential **BY 3 PM FRIDAY. Seating is limited and if maximum numbers are reached, sadly people will have to be turned away for safety reasons. Please ring the Parish Office on 01394 388820 or email parish.office@stmaryswoodbridge.org to book a seat for the Sunday service “
Families can come ‘as a bubble’.**

LIVE STREAMING

We should be live from 10 o’clock - or soon after - this Sunday, 18 October. Making sure everyone is seated in accordance with social distancing regulations means it takes a little longer to get everyone accommodated so please don’t give up if we’re running a bit late! The live stream can be accessed by clicking on or copying the link below and pasting in your browser. https://youtu.be/bb2HqBS_eFA

ANTI-SLAVERY DAY

This Sunday is Anti-Slavery Day and provides an important opportunity for us to remember the many victims of modern slavery and join in the fight against it. There are some very useful resources available from the Church of England’s Clewer Initiative. Please visit their website for further details: www.theclewerinitiative.org

REMEMBRANCE SUNDAY

Following Government guidelines, our local Town Council are not holding the usual service and parade on the Market Hill but instead leading a small gathering at Elmhurst Park with a condensed Civic party – Fr Nigel will be there as the only Church representative and Barbara will lay a wreath on behalf of Churches Together. All our Churches are being encouraged instead to each hold their own Act of Remembrance so St Mary’s will do this at **10.50 am** led by Michael Stagg and Fr Peter.

NB Our Parish Eucharist will be in the evening again at 6p.m. this year.

FOR BOTH SERVICES, it will be necessary to book and to adhere to all the Covid secure guidelines.

FIRST SUNDAYS OF THE MONTH

From November, as a pilot scheme, we are moving our 10am Parish Eucharist to 11 am to accommodate a new 9.30am at St Mary's, Great Bealings.

NEWS FROM THE SHOP!

Have you seen the shop window displays? They are looking spectacular- thanks go to David for his time and expertise.

We are starting to get ourselves organised for Christmas with Advent calendars and candles in the shop. Please come in, have a look and be ready for the season of Advent. We are now open on Thursday afternoons too for all your favourite cards and Fairtrade products. Thank you for visiting and supporting the shop. Open Mon, Tues, Fri and Sat 10-1. Thursday 10 – 4 and Sunday after church until 12.

Sue Todd - 01394 460329

ZOOM MORNING PRAYER

Since March, Morning Prayer on Saturdays at 9.00 am has been shared on Zoom by some of our Elders and others. This short service lasts for less than 30 minutes, and is different in character to the Eucharist. If anyone who has access to Zoom would like to join us on a regular or on an occasional basis please contact Katherine in the Parish Office who will advise the appropriate Zoom organiser of your details.

On behalf of those who have attended - Alison and John Davis

HCT Ride & Stride 2020: This year over 50 striders and riders visited St Mary's during the annual SHCT Ride & Stride event on 12th September. I'm delighted to let you know that so far our participants have raised £1445.00 (50% of which comes back here). If there are any further sponsor forms and monies please leave these in the St Mary's shop in an envelope marked for my attention. Thank you very much to everybody that has made this year's event so successful. Greg Spray

CHILDRENS' CHRISTMAS CARD COMPETITION

How are these going with only a couple of weeks left to go? There is a generous age range between 0 and 18 years! They can be hand painted or digitally produced and any shape or size you prefer. On the back of these will be printed all the Churches' services and times and distributed to every home in the Parish. Let's find a winning entry from St Mary's! There's always half term to be creative and artistic.

RECITAL DATES

These are currently being planned for both our Churches (5 – 6pm at Great Bealings on Saturdays and 3-4 pm at Woodbridge on Sundays) Further details are coming soon but here are the proposed dates for your diaries:

21/22 November

5/6 December

12/13 December

EPIPHANY CHAPEL FLOWER ROTA

Hello, my name is Sarah Lines and I am going to take over the organisation of the epiphany chapel flower rota from Vi Woolmer who has been doing a fantastic job for ten years so thank you Vi!

We have been asked to now reinstate the rota and so I need to know from all participants whether or not they are prepared to take up the slots allocated to them on the rota for the rest of this year and take new slots for next year when a new rota is prepared for 2021.

I intend to communicate with you all by e-mail where possible so would be very grateful if you could send me an e-mail to let me know whether you are prepared to carry on and if you are, confirming your slot. If you are not able to access e-mail, you can ring me. My number is below.

We also need new participants who are able to consider one slot a year to put some flowers in the epiphany chapel. Please contact me.

People donate the flowers and it is usually in memory of the loss of a loved one or a special personal event. The flowers are usually arranged on a Friday or Saturday. The donor is then responsible for removing their flowers or plant again the next Friday.

I really look forward to hearing from you all, thank you.

Sarah Lines sarahannelines@hotmail.com 01394 766248

COVID 19

We now have the QR code displayed in the North Porch for those who have downloaded the *NHS Covie-19 App*. It is very easy to use and should ease the whole process entering the church for services, which will be a great asset as the colder weather approaches.

There is a similar QR poster, but with a different code for the Church Centre, particularly for those going beyond the second set of double doors. **Thank you**

We are very grateful to those who book each week in time for **our Friday 3pm deadline**. This really helps our seating arrangements, to maximise safe numbers in the Church.

PARISH OFFICE OPENING HOURS - Mon, Tues, Thurs and Friday 9.30 – 16.00

parish.office@stmaryswoodbridge.org 01394 388820

Private Prayer in our church continues in October, as follows:

MONDAYS	10 am-12	
TUESDAYS	10 am-12	
WEDNESDAYS		2-4pm
THURSDAYS	10 am-12	
FRIDAYS	10 am-12	
SATURDAYS	10 am-12	2-4pm

Our congratulations to Marsha Warren, Charlotte and Greg Gooch, confirmed last Sunday in Old Felixstowe .

Bishop Mike is the one in the middle who remembered his crook this time!

