



BENEFACTICE NEWS

FEBRUARY 23rd

Services In The Benefice Today

Exodus 24.12-18 - "...on the mountain..."
Matthew 17.1-9 - "The Transfiguration"

9:30 St John's Holy Communion
9:45 Connections @ Sax' Primary School
11:00 Kelsale Holy Communion
18:30 St John's Evening Worship

Prayer For The Week

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 forever. *Amen*

Next Sunday - March 1st

Genesis 2.15-17; 3.1-7 "The Fall"
Matthew 4.1-11 "Jesus tempted in the wilderness"

9.45 am St John's Family Service
11:00am Kelsale Holy Communion
6:30pm St John's Holy Communion

WHAT'S GOING ON?

Corona virus

Corona virus (COVID-19) - summary of advice from the CoFE and Public Health England regarding Holy Communion updated 17 February.
COVID-19 has NOT been declared a pandemic and, at present, there is no Government advice that suggests the use of the Common Cup should be suspended. However, parishioners with coughs and sneezes should refrain from handshaking during the Peace and receive Communion in one kind, the bread, only. Intinction (dipping), even by celebrants or communion administrators, represents an infection transmission route and is not recommended. Priests presiding at the Eucharist, communion administrators and servers should wash their hands, preferably with an alcohol-based (minimum 60%) hand-sanitiser.

Lent Course

The book 'Saying Yes to Life' by Ruth Valerio (available from 'At the Crossroads') leads us through Genesis and into a Lent course that deepens our understanding of God's provision for us. It is being used in groups meeting weekly at different times across the deanery so that you may attend one group or pick and mix as suits you.
Thursday Morning at 10.30am at Leiston Vicarage starting on February 27th
Thursday Evening at 7pm at the home of Adrian and Jill Brown in Alde House Drive, Aldeburgh (453427) starting on February 27th
Monday afternoon at 2pm in Aldringham Vestry starting on March 2nd
Monday Evenings at 7pm in The Rectory at Stratford St Andrew starting on March 2nd
Tuesday Evenings at 7.30pm at St John's Church Saxmundham starting on March 3rd
Wednesday afternoons at 3pm in Aldeburgh Vestry starting on March 4th

A stitch in time....

This picture is part of a hand-stitched quilt made to answer the challenge "Enjoy using your tiny discarded fabric shapes"!!

These once discarded fabric shapes are now looking for a home. The quilt will be at St John's morning services today and throughout March where a ticket costing £1 could find it that home. It will also help the Kelsale Flush Fund to grow too. 😊
The winning ticket will be drawn at the end of March



Shrove Tuesday...this Tuesday!

Pancake Day, or Shrove Tuesday, is the traditional feast day before the start of Lent on Ash Wednesday. Lent – the 40 days leading up to Easter – was traditionally a time of fasting and on Shrove Tuesday, Anglo-Saxon Christians went to confession and were "shriven" (absolved from their sins).

Shrove Tuesday always falls 47 days before Easter Sunday, so the date varies from year to year and falls between February 3 and March 9. Shrove Tuesday was the last opportunity to use up eggs and fats before embarking on the Lenten fast and pancakes are the perfect way of using up these ingredients.

Ash Wednesday Holy Communion with imposition of ashes – 26th February

Join us as we enter prayerfully into a Lent of self-examination and repentance.

Our Ash Wednesday service of Holy Communion - St John's at 7.30 pm - will include the opportunity to be marked with ash as a sign of penitence.



A token offering please ... green ones

The Community Fridge project ... Amazing? This joint St John's Connections / Access Trust venture, has been chosen as one of the Waitrose Community Matters for February! Please pour in those green tokens this week and ask friends if they will support us. Let's get competitive and win this!

Prayer Walk

At the February Connections Church prayer meeting, I felt a clear prompting to organise a Prayer Walk around Saxmundham. We had been praying for our community and were encouraged to be bold in our thinking and in our prayers for revival. So, what is a Prayer Walk? We will arrange a starting point and then walk round Saxmundham, stopping at strategic places to pray for the people within; for businesses, for public servants, medical staff, teachers & children, etc. Please contact me if you would like to join me and we can arrange the best time to do it.

If you are unable to walk too far, you can still join in! We will let you know where we are and you can join in from the comfort of your armchair.
God bless, Doug (605715 or 07714 213502)

The Wall of Answered Prayer

If you can, visit
<https://www.thewall.org.uk/>
... scroll down and be amazed!

Need to Talk?

Contact details for St. John's church officers can be found on our Website, www.saxstjohns.org.uk/contact-us/ and on the notice board in the church.

Filling Station

Here is this month's reminder that our Suffolk Coastal Filling Station will meet on Thursday 27th February 2020 at The Riverside Centre, Stratford St Andrew, IP17 1LJ. As usual, the doors will open at 7.00pm, when, once again, you can be sure of a warm welcome and lots of food!

This month we welcome Angie and Maurice ("Mogs") Jones. They live in North Essex and help head up North Essex Filling Station. Their story speaks of how God has held onto them through tragedy and has blessed them out of it. They are both published authors and recently retired from full-time social work and teaching. They both love teaching from the Bible - taking people deeper into its profound truth and applying it to daily life. They live between a wood and a field and keep chickens - including three cockerels!!!

There will also be time, should you wish, to share any particular needs or requests for prayer and ministry. Do please feel that you can speak about them to someone during the evening.

If you know anyone who you think would be interested in coming to our meeting, do please share this invitation with them by inviting them to come with you, or simply pass on this email to them.

You can find details of our Filling Station meetings on The Suffolk Coastal page of the Filling Station web site at <https://thefillingstation.org.uk/station/suffolk-coastal/>
This is the second meeting of the year and we are planning meetings at The Riverside Centre on the

following Thursday evenings during 2020: 26th March, 23rd April, 28th May, 25th June, 16th July, 24th September, 22nd October and 26th November. Please make a note of these dates in your diary!

If you would like to know more about the Suffolk Coastal Filling Station, please do not hesitate to contact me at suffolkcoastal@thefillingstation.org.uk or, of course, you can reply to this email.

Rewards in Heaven?

There's a story about a business tycoon who made a fortune in money and fame but gave little of himself or his wealth to God. When he died, Peter showed him to his home in heaven: a small shack. He protested loudly, and Peter shrugged his shoulders and explained, "I did the best I could with what you sent me."



Annual parochial church meetings (APCMS)

APCMS will be held at St Mary and St Peter's on 15 March at 11 am and St John's on 18 March at 7.30 pm

FOR YOUR PRAYERS....

Prayer is requested ...

- for the family of Bridgett Constance who has died.
- Also please pray for our children going back to school after half term and for the staff who look after them.
- Sue and Rob thank you for the prayers for Steve, their son-in-law, who has now finished his course of radiotherapy. Please pray that it has been successful.
- For Ann Ratcliffe and family after the death of Max, after a long struggle with Alzheimers.