



## **The Fourth Sunday of Lent Sunday 6<sup>th</sup> March 2016** **Mothering Sunday**

**Wednesday 9<sup>th</sup> March 10.30am Holy Communion in the Rectory.**

**Please pray for:** Sheila Millard, David James, Doreen Burrows, Sally, Michael Bridges, Annie Hughes, Olwin Bridges, Desmond and Renee Clifton, Trevor Newton, Joyce Davis and any who are unwell at this time.

**Please also pray for:** The family of Kenny Abbot, his funeral will be on Thursday March 10<sup>th</sup> at 2pm in St Michael's.

**NOTICES** - Please take this sheet home with you.

**Knitters and Stitchers:** We have 26 butterflies ready to fly at Easter but need more. Next meeting is tomorrow Monday 7<sup>th</sup> March at 2pm. Do come, if you are making something else bring it along, we love new ideas or just join in the chat and enjoy a cuppa. Details Mary: 638897 or Geraldine: 727489.

**The Silent Prayer Group:** You are welcome to join the Silent Prayer Group on Monday 7<sup>th</sup> March at Framlingham College Chapel. A simple breakfast will be served from 8.45am prayers are from 9.15 – 10.00am. Any enquiries to Rayleen Finn 01728 723322, [rayleenf@aol.com](mailto:rayleenf@aol.com)

**Fair Trade Stall:** Steph will not be here after the 9.30 am service today, Sunday 6<sup>th</sup> March. Instead you will be able to buy all your FT favourites at the Fair Trade Coffee morning held here in church on Saturday 12<sup>th</sup> March.

**FT Coffee Morning on Saturday 12th March:** Please come along and support the Fair Trade coffee morning 10 am – 12 am, here, next Saturday. There will be scrummy cakes and FT beverages. Proceeds of refreshments go to the Friends of the Delhi Brotherhood and proceeds of sales from the stall go to Fair Trade.

**FOSM Lunch:** This delicious lunch is happening on Thursday 17<sup>th</sup> March. There is a sign-up sheet at the back of the church. Everyone is welcome to come to this very sociable occasion, so do join us.

**Palm Sunday Alive@4:** Sunday 20<sup>th</sup> March at 4pm in St Michael's Rooms - fun, fellowship, bible stories, activities, crafts and High Tea – all welcome. **Meet a real donkey!**



**Student cross pilgrims on Monday March 21<sup>st</sup>:** A letter has been received advising the organisers of the annual Student Cross Pilgrim's visit that the Essex Leg of this walk is no longer viable. Therefore there will be no Student Cross visit this Easter.

**The Healing Team.** Two members of the Healing Group will be present in our Space For Grace after the 11.15 service today for anyone to share their concerns, or doubts, fears or worries. It is done in complete confidence.

**Food Bank** – Donations for the church food bank bin are urgently needed. The food from our bin in church is taken to the Salvation Army in Woodbridge who are always in need of donations and even have to buy in food in order to have enough to go round. I know we are always being asked to give to good causes, but if you can keep popping something in our bin it would be much appreciated. Thank you.

**FOSM plant sale:** This will be happening on Saturday 28<sup>th</sup> May so please could the green fingered amongst us start growing things to sell. All plants welcome.

**HELP!** Janis Haerle would very much appreciate hearing from anyone who could spare some of their precious time to become one of the folk who work to keep the wonderful building that is St Michael's clean and polished. If you feel you can help, please ring Janis on 01728 723450.

**Printer paper:** If you would like to buy a ream of printer paper (500 sheets) at the very reasonable cost of £3, please speak to Margaret, our treasurer or Victoria, our parish administrator. The paper is available here in church or from the church office.

**Next Sunday:** Sunday 13<sup>th</sup> March. The Fifth Sunday of Lent.

**St Michael's:** 8.00am Eucharist (Book of Common Prayer.) 9.30am Parish Eucharist.

**All Saints Saxtead:** 11.15 am Eucharist (Book of Common Prayer.)

**Rector:** The Rev Canon Mark Sanders Tel: 01728 768875 Email:

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