

Notices continued:

Junior Church: All children who are in school years 1 – 6 are welcome to join us next Sunday 10th June during the 9.30am service in church. We will be going out to St Michael's Rooms to have lots of fun exploring the Christian faith through games, music, stories and activities.

FOSM Lunch: This delicious lunch is happening on Thursday 14th June. 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.

Touching Heaven: Saturday 16th June, 10am – 4pm here at St Michael's. An inspirational day, led by Richard Hubbard, exploring ways in which music helps our worship. All details on the poster in the porch. Admission £10. Advance booking essential.

Town Pastors Love Latitude: Town Pastors are already busy preparing for this year's Latitude Festival, which will take place between 12-15 July 2018. We would love it if our Christian family would support and 'Love Latitude' in prayer once again this year. If you would like some more information or would like to be added to the list of people praying for the ministry of the Festival Pastor team, please contact Clare Jessup, Coordinator at coordinator@festivalpastors.org.uk.

The Healing Team: Two members of the Healing Group will be in our Space For Grace after the 9.30 service today for anyone to share their concerns, doubts, fears or worries or to say thank you. It is done in complete confidence.

The Food Bank: Donations are badly needed and it is important that your contributions are well within their sell-by dates. 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, any non-perishable foods are very welcome. Thank you.

Wednesday 6th June – 10.30am Holy Communion in church.

Next Sunday: Sunday 10th June 8am Eucharist (BCP.)

9.30am Parish Communion (CW) and Junior Church.

Saxtead: 11.15am Holy Communion (BCP)

Rector: The Rev Canon Mark Sanders Tel: 01728 768875 Email: revmarksanders@tiscali.co.uk Associate Priest: Revd. Mary Lamb. Email: marylamb1952@gooqlemail.com Parish Office: Telephone 01728 621255 Email framparish@gmail.com



The First Sunday after Trinity June 3rd 2018.

Today's Service:

Hymns:

Processional Hymn: 62 Be Still

Gradual Hymn: 819 When I needed a neighbour

Offertory Hymn: 91 Brother sister let me serve you

During Holy Communion: 430 Let there be love

Final Hymn: 652 Seek ye first

Collect:

God of truth, help us to keep your law of love and to walk in ways of wisdom, that we may find true life in Jesus Christ your Son. Amen.

First Reading: 2 Corinthians 4.5–12

5 We do not proclaim ourselves; we proclaim Jesus Christ as Lord and ourselves as your slaves for Jesus' sake. 6 For it is the God who said, 'Let light shine out of darkness,' who has shone in our hearts to give the light of the knowledge of the glory of God in the face of Jesus Christ. 7 But we have this treasure in clay jars, so that it may be made clear that this extraordinary power belongs to God and does not come from us. 8 We are afflicted in every way, but not crushed; perplexed, but not driven to despair; 9 persecuted, but not forsaken; struck down, but not destroyed; 10 always carrying in the body the death of Jesus, so that the life of Jesus may also be made visible in our bodies. 11 For while we live, we are always being given up to death for Jesus' sake, so that the life of Jesus may be made visible in our mortal flesh. 12 So death is at work in us, but life in you.

For the word of the Lord.

Response (ALL): **Thanks be to God**

Gradual Hymn: 819 When I needed a neighbour

GOSPEL: Mark 2.23 – 3.6

Hear the gospel of our Lord Jesus Christ according to Mark
Response (ALL): **Glory to you, O Lord.**

23 One Sabbath Jesus was going through the cornfields; and as they made their way his disciples began to pluck heads of grain. 24 The Pharisees said to him, 'Look, why are they doing what is not lawful on the Sabbath?' 25 And he said to them, 'Have you never read what David did when he and his companions were hungry and in need of food? 26 He entered the house of God, when Abiathar was high priest, and ate the bread of the Presence, which it is not lawful for any but the priests to eat, and he gave some to his companions.' 27 Then he said to them, 'The Sabbath was made for humankind, and not humankind for the Sabbath; 28 so the Son of Man is lord even of the Sabbath.' 1 Again he entered the synagogue, and a man was there who had a withered hand. 2 They watched him to see whether he would cure him on the Sabbath, so that they might accuse him. 3 And he said to the man who had the withered hand, 'Come forward.' 4 Then he said to them, 'Is it lawful to do good or to do harm on the Sabbath, to save life or to kill?' But they were silent. 5 He looked around at them with anger; he was grieved at their hardness of heart and said to the man, 'Stretch out your hand.' He stretched it out, and his hand was restored. 6 The Pharisees went out and immediately conspired with the Herodians against him, how to destroy him.

This is the Gospel of the Lord.
Response (ALL): **Praise to you, O Christ.**

Post Communion: Eternal Father, we thank you for nourishing us with these heavenly gifts; may our communion strengthen us in faith, build us up in hope, and make us grow in love; for the sake of Jesus Christ our Lord. Amen.

Please pray for: Helen Pitcher, Thelma Durrant, Patrick Lowin, Olwin Bridges, Renee Clifton, Joyce Davis and any who are unwell at this time.

Notices:

Monthly newsletter: For those of you who have not received your Newsletter by email, please don't forget to pick up a copy from the back of church and take it home with you. It is full of useful information for June. If you have anything you wish to put in the July newsletter please speak to Victoria or email it to the Parish Office, your contributions will be very welcome.

The Silent Prayer Group:

You are welcome to join the Silent Prayer Group on Monday 4th June 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

SAFEGUARDING: There are two opportunities this month, in a relaxed setting and with refreshments, to think about the issues of safeguarding and gain the basic information that the Bishops feel we need about protecting young people and vulnerable adults. The Bishops encourage us all to engage but are more insistent about those who represent the Church (ministers, elders, visitors, youth leaders, PCC members) or those who deal with the public in churches or even might be in Church on their own – for instance cleaners or flower arrangers. This is not about being checked or vetted this is about being a good citizen and knowing how to take appropriate action.

The session will have input for about an hour and an opportunity to chat and ask questions.

Tuesday June 12th 2.30 at St Michael's Rooms (with tea and cake!)

Thursday June 21st 7.30 in St Michael's Church (with refreshments)

Please book in as soon as possible by calling Victoria / leaving a message on 01728 621255 or emailing framparish@gmail.com giving name and some way of getting in contact with you. There is no cost but we do need you to book in as there is a maximum of 35 people who can attend each meeting, you will be asked to sign in and you will receive a certificate of attendance which acknowledges your participation and knowledge in a number of areas which the Bishops want for ministers and volunteers and PCC members.