

Notices: Please take this sheet home with you.

Christingle Service: Christingle Family Service – 7th February at 9.30 – all are welcome and we will be supporting the work of the Children’s Society. If you have one of their collecting boxes please bring it back at that service. The PCC have decided that both the Christingle Service and the Mothering Sunday Services should be occasions when we try and attract as many young families into the church as possible. The School singing group will be coming and we will be sending invites out far and wide. We have noticed that many who come are not confirmed and fear that having Communion is not helpful or welcoming. So neither of these services will be a Holy Communion service. However our sister parish of Saxtead has a Holy Communion Service at 11.15. Brenda Clarke has very kindly said she would offer lifts to anyone who would prefer to go there instead – please contact her on 724683 to arrange this.

The Knitters and Stitchers are pleased to report that £176.15 was made from knitted and sewn items on sale just before Christmas. £84.65 was sent to the Delhi Brotherhood for Street Children and £91.50 to the Ipswich Children’s Hospice for sick children in our own area. Thank you to all who made and all who bought. The next meeting is on 8th February at 2pm. Details: Geraldine 727489 or Mary 638897

The Food Bank Donations are badly needed and your contributions are very gratefully received. It is important that the items are well within the sell-by dates. The bin is at the back of the church and any non-perishable foods are more than welcome. Sandy Rowles.

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

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



The Third Sunday of Epiphany - Sunday 24th January 2016

Today’s Service:

Processional Hymn: 238 God has spoken – by the prophets

Gradual Hymn: 652 Seek ye first the kingdom of God

Offertory Hymn: 579 O thou, who at thy Eucharist didst pray

Final Hymn: 399 Jesus shall reign where’er the sun

Collect: Almighty God, whose Son revealed in signs and miracles the wonder of your saving presence; renew your people with your heavenly grace, and in our weakness sustain us by your power; 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 forever. Amen.

First Reading: 1 Corinthians 12.12–31

12 Just as the body is one and has many members, and all the members of the body, though many, are one body, so it is with Christ. 13 For in the one Spirit we were all baptized into one body – Jews or Greeks, slaves or free – and we were all made to drink of one Spirit. 14 Indeed, the body does not consist of one member but of many. 15 If the foot would say, ‘Because I am not a hand, I do not belong to the body,’ that would not make it any less a part of the body. 16 And if the ear would say, ‘Because I am not an eye, I do not belong to the body,’ that would not make it any less a part of the body. 17 If the whole body were an eye, where would the hearing be? If

the whole body were hearing, where would the sense of smell be? 18 But as it is, God arranged the members in the body, each one of them, as he chose. 19 If all were a single member, where would the body be? 20 As it is, there are many members, yet one body. 21 The eye cannot say to the hand, 'I have no need of you,' nor again the head to the feet, 'I have no need of you.' 22 On the contrary, the members of the body that seem to be weaker are indispensable, 23 and those members of the body that we think less honourable we clothe with greater honour, and our less respectable members are treated with greater respect; 24 whereas our more respectable members do not need this. But God has so arranged the body, giving the greater honour to the inferior member, 25 that there may be no dissension within the body, but the members may have the same care for one another. 26 If one member suffers, all suffer together with it; if one member is honoured, all rejoice together with it. 27 Now you are the body of Christ and individually members of it. 28 And God has appointed in the church first apostles, second prophets, third teachers; then deeds of power, then gifts of healing, forms of assistance, forms of leadership various kinds of tongues. 29 Are all apostles? Are all prophets? Are all teachers? Do all work miracles? 30 Do all possess gifts of healing? Do all speak in tongues? Do all interpret? 31 But strive for the greater gifts. And I will show you a still more excellent way

For the word of the Lord.

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

Gradual Hymn...652 Seek ye first the kingdom of God

Alleluia: Gospel Acclamation (Bernadette Farrell)

Response (ALL) Alleluia! Your words, O Lord, are spirit and life.

Alleluia! Open our hearts to your word.

GOSPEL: Luke 4.14–21

Hear the gospel of our Lord Jesus Christ according to Luke

Response (ALL): **Glory to you O Lord.**

14 Jesus, filled with the power of the Spirit, returned to Galilee, and a

report about him spread through all the surrounding country. 15 He began to teach in their synagogues and was praised by everyone. 16 When he came to Nazareth, where he had been brought up, he went to the synagogue on the Sabbath day, as was his custom. He stood up to read, 17 and the scroll of the prophet Isaiah was given to him. He unrolled the scroll and found the place where it was written: 18 'The Spirit of the Lord is upon me, because he has anointed me to bring good news to the poor. He has sent me to proclaim release to the captives and recovery of sight to the blind, to let the oppressed go free, 19 to proclaim the year of the Lord's favour.' 20 And he rolled up the scroll, gave it back to the attendant, and sat down. The eyes of all in the synagogue were fixed on him. 21 Then he began to say to them, 'Today this scripture has been fulfilled in your hearing.'

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

Post Communion: Almighty Father, whose Son our Saviour Jesus Christ is the light of the world; may your people, illumined by your word and sacraments, shine with the radiance of his glory, that he may be known, worshipped, and obeyed to the ends of the earth; for he is alive and reigns, now and forever. Amen.

Please pray for: Doris Massey, Sally, Michael Bridges, Annie Hughes, Olwin Bridges, Shirley, Desmond and Renee Clifton, Trevor Newton, Joyce Davis and any who are unwell at this time.

Wednesday 27th January – 10.30am Holy Communion in the Rectory.

Next Sunday: The Fourth Sunday of Epiphany – Sunday 31st January 2016: 8am Eucharist (Book of Common Prayer.)
9.30am Parish Eucharist.

Saxtead: 11.15am Holy Communion (Book of Common Prayer).