

Notices continued:

Anglican Hymns Old & New: There are a number of music copies of our hymn book missing from church. If you have one of these at home please could you bring it back to church. Thank you.

Volunteers are needed to join the Tower Team Rota to provide children's activities during the sermon. This would be once a month or less (depending on how many volunteers there are!) We use the Roots children's worship resource. Full support available if needed. For more information please talk to Victoria Finney. Thank you.

Food Bank Update:

Thank you to everyone who has been donating food for the food bank, it is still badly needed, in fact the demand seems to be growing and the Salvation Army are very grateful. A lot of the people who use this food bank are homeless so don't even have cookers; please bear that in mind when you buy. When I was there I was given a list of the most needed items. (They try to work on a two week rota, i.e. giving slightly different items on alternate weeks so as to balance the diet as much as possible. I have put this list on the bin at the back of the church. This is just a rough guide and anything you can spare is very welcome. Please continue to check the SELL BY DATES, this is really important. Thank you all for your support. If anyone would like any more information, please speak to me. Sandy R.

Wednesday 31st January – 10.30am Holy Communion.

Next Sunday: Sunday 4th February 2018:

8am Eucharist (BCP.) 9.30am Family Eucharist and Christingle Service. (CW).

Saxtead: 11.15am Holy Communion (CW)

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
Church of Saint Michael
Framlingham
with All Saints Saxtead



The Fourth Sunday of Epiphany. January 28th 2018.

Today's Service:

Processional Hymn: 186 Firmly I believe and truly

Gradual Hymn: 62 Be still, for the presence of the Lord

Offertory Hymn: 321 How sweet the name of Jesus sounds

Final Hymn: 36 And can it be that I should gain

Collect:

God of heaven, you send the Gospel to the ends of the earth and your messengers to every nation; send your Holy Spirit to transform us by the good news of everlasting life in Jesus Christ our Lord. Amen.

First Reading: Revelation 12.1–5a

1 A great portent appeared in heaven: a woman clothed with the sun, with the moon under her feet, and on her head a crown of twelve stars. 2 She was pregnant and was crying out in birth pangs, in the agony of giving birth. 3 Then another portent appeared in heaven: a great red dragon, with seven heads and ten horns, and seven diadems on his heads. 4 His tail swept down a third of the stars of heaven and threw them to the earth. Then the dragon stood before the woman who was about to bear a child, so that he might devour her child as soon as it was born. 5 And she gave birth to a son, a male child, who is to rule all the nations with a rod of iron.

For the word of the Lord.

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

Alleluia: For Epiphany - Bernadette Farrell.

Response (ALL): **Alleluia! Your words, O Lord, are spirit and life. Alleluia! Open our hearts to your word.**

GOSPEL: Mark 1. 21–28

Hear the gospel of our Lord Jesus Christ according to Mark

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

21 The disciples went to Capernaum; and when the Sabbath came, Jesus entered the synagogue and taught. 22 They were astounded at his teaching, for he taught them as one having authority, and not as the scribes. 23 Just then there was in their synagogue a man with an unclean spirit, 24 and he cried out, 'What have you to do with us, Jesus of Nazareth? Have you come to destroy us? I know who you are, the Holy One of God.' 25 But Jesus rebuked him, saying, 'Be silent, and come out of him!' 26 And the unclean spirit, throwing him into convulsions and crying with a loud voice, came out of him. 27 They were all amazed, and they kept on asking one another, 'What is this? A new teaching – with authority! He commands even the unclean spirits, and they obey him.' 28 At once his fame began to spread throughout the surrounding region of Galilee.

This is the Gospel of the Lord.

Response (ALL): **Praise to you, O Christ.**

Post Communion:

Generous Lord, in word and Eucharist we have proclaimed the mystery of your love; Help us so to live out our days that we may be signs of your wonders in the world; through Jesus Christ our Saviour. Amen

Please pray for:

Patrick Lowin, Olwin Bridges, Desmond and Renee Clifton, Trevor Newton, Joyce Davis and any who are unwell at this time.

Please also pray for: Graham Haerle and the whole family as they try to come to terms with the sudden loss of Janis who died on Monday.

Notices:

Welcome to Dolly Rose Mordecai who is being baptised here at St Michael's at 12.30am today and to her family who are celebrating this very special occasion. Please remember them all in your prayers.

Children's Society Boxes: February is the month for our boxes to be emptied, so please would you bring them to church on **Sunday 4th February at our Christingle service** if possible or the Sundays following. If you would like a box for 2018, I will have some with me in church for the next few weeks. For any newcomers, the idea is to put your loose change into the boxes at the end of the day, it soon adds up. Last year we raised the wonderful total of £962! The Children's Society works with vulnerable children, who have nowhere left to turn. For more information please visit the website childrenssociety.org.uk. Thank you. Mary Stanbrook.

Digital Prayer:

You may have noticed that we now have a new prayer facility in church which complements the Space for Grace . It is there for everyone who wishes to use it. You type your prayer on the touch screen at the back of the church by the "shop". The prayer is displayed on the wall by Sir Robert Hitcham's tomb. It will be displayed there for a week. We hope this will be helpful to you.

The Silent Prayer Group

You are welcome to join the Silent Prayer Group on Monday 5th February 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

FOSM Lunch This delicious lunch is happening on Thursday 15th February. 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.

Tower Team Children's activities during the 9.30am service:

Any children here today would be very welcome to come and join Victoria for some Sunday school activities in the Tower Room just before the sermon starts.

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.