

Church calendars for August

Each Sunday at 8.00am, BCP Eucharist, and every Wednesday at 10.30am, Holy Communion, both in St Michael's Church.

August Services at St Michael's		
8 th	9.30am	Family Communion
15 th	9.30am	Holy Communion
22 nd	9.30am	Holy Communion
29 th	9.30am	Holy Communion

August Services at All Saints Saxtead		
8 th	11.15am	Holy Communion (CW)
15 th	11.15am	Morning Prayer
22 nd	11.15am	Holy Communion (CW)
29 th	11.15am	Holy Communion (CW)

Please see below the new church guidance as it applies to St Michaels:

- We are keeping the side pews so that those who for any reason may wish to socially distance can do so.
- The ribbons have been removed in the main body of the church.
- All are welcome and should not feel uncomfortable, to continue to wear a mask wherever in the church you are seated.
- We will reintroduce singing with the sung parts of the service and an opening and final hymn.
- You can sing behind masks if you wish.
- The celebrant will continue to wear a mask for the distribution of communion.
- We are exploring the return of communion in both kinds towards the end of August.
- The QR track and Trace will remain in place.
- Hand sanitising to remain in place.
- Coffee after the service has re-started.
- Furniture will continue to be sanitised once or twice a week.
- We will continue to monitor national and church guidelines and review and adapt as necessary.

News From Saxtead

We have had a busy month in Saxtead! The Saxtead Picnic was a huge success, sheltering from the brilliant sunshine under umbrellas while the children played happily on the climbing frame or played football. The Rev Chris Davey had earlier conducted a lovely Baptismal service in All Saints to a packed church, but found time to attend the picnic too, meeting everyone in a delightful informal setting.



The first Saxtead Table Market was a real old fashioned village affair with small children scrabbling for treasures in the bran tub Lucky Dip, our Vicar, Chris Davey, serving Pimms wearing pink rabbits ears, and a huge range of stalls from local entrepreneurs



The Hat Stall



selling micro-herbs, portable beach barbecues and pretty jewellery to stately attic clearance and children selling their old toys.

At £5 a table it was accessible to all. *The pancake stall*

We had a steady stream of shoppers all day from as far away as Bury and Lowestoft! Our profit so far amounts to £894.09, an amount far exceeding our expectations for this inaugural event.

Paul Johnson and his wife Sue were fantastic at clearing up, taking down the signs, as well as taking all the tables, to their owners.

Christina Darell-Brown

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Prayer Corner

Dear God, you offer forgiveness and love to all who turn to you: give us grace to accept your gifts with joy, to enable us to unburden



ourselves, and to lay our sins and troubles at your feet, in the knowledge that no sin is too great, and no burden too heavy in your sight. We ask this in Jesus Christ's name, Amen.

Reflection from the Rectory

August is often a quieter month in the life of the church as people go on holiday, this year will I guess be no exception.

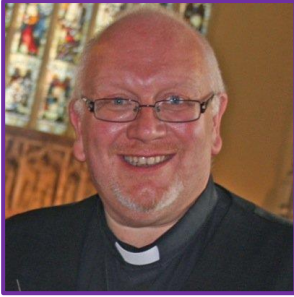
It seems that, having lived with the last two years of restrictions, many of us are looking forward to having some time away and to see the families and friends we have missed so much during the lockdowns. Such time with loved ones is special, it allows for a very particular kind of rest, a little like sabbath rest which is God's gift to us..

We all need times of rest in the midst of life, and we should not be embarrassed or anxious about taking that time in which our hearts can be delighted in the company of those we love. As a priest, people often begin a conversation with me by apologising that they haven't been to church and feel the need to explain. I am always joyful when I hear about time spent with family and am quick to remind people that no apology is necessary.

Sabbath rest is something we have lost sight of in a busy world, where the pace of life changes little because it's Sunday.

But God recognises our need for rest and refreshment even if at times we ourselves don't. Holiday comes from the Holy Day when in the past the great feasts of the church would see shops closed and the opportunity to spend times with family much more normal.

No one should feel guilty for rediscovering those times and finding joy once more in



immersing oneself in the company of family and friends for a time, to laugh easily, to eat together where conversation is natural and shared memories reconnect us to our roots. Space to listen to music that delights the soul or a book which transports us to other places in the imagination. That is, I believe, Sabbath rest, blessed time which does not require our apologies, but in which and for which we are thankful to the God of love.

So this summer let each of us seek out and rejoice in such times whether it's two weeks away, a day trip to the seaside or coffee with friends. Let us realise that such times are vital to our well-being and life quality. I pray that in these summer months you will find times for rest and reflection, for company and creativity, simply for joy. With my love for a wonderful summer. *Chris*

Suffolk Ride and Stride (formerly the Church Cycle Ride)



The 2021 Ride and Stride will take place on **Saturday, 11 September 2021**, adapting as necessary for whatever Covid-19 guidelines advise on the day.

Our churches and chapels need our help more than ever this year, so please support this vital annual event. Half your sponsorship money will go to the Trust to be given in grants for church repairs, and half will go to the church of your choosing. Entry and Sponsorship forms will be available very soon, or can be downloaded from the Suffolk Ride and Stride website, which also gives more information about how you can take part, and forms of sponsorship:

[Ride and Stride – Suffolk Historic Churches Trust \(shct.org.uk\)](http://shct.org.uk)



St Michael's Church Framlingham with All Saints Saxtead

Monthly Newsletter

August 2021

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Visit our website for more information:

<http://www.stmichaelsframlingham.org.uk/>



St Michael's Framlingham



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