

## News from Saxtead

All Saints Saxtead is open again 24 hours a day, restricted for the time being to six foot distancing, with the pews roped off except for church services.

On Sunday 12th July we held our first service since lockdown; Evening Prayer with Holy Communion at 6.30pm with the Rev. Richard Court. Self-distancing was observed by occupation of every other pew, the pews all being roped off again during the week for anti-viral disinfecting for the following Sunday's service, also at 6.30pm.

At the PCC meeting held by Zoom on Monday 29th June, it was decided to proceed with the plan to rewire the church and provide a loo and kitchenette. We have £10,000 in hand to cover initial application costs.

Our Covid-19 Support Group is still going strong, but please ring me on 01728 724162 for medicine pick-ups from Framlingham, as Andrew Walne's business is now taking up his time again. He has been a marvellous help, delivering to sixteen vulnerable people in the village.

We are hoping to start a new Alpha Course in September, on Monday the 14th at 7.00pm. We will start with supper and end promptly at 9.00pm, to be held at my house as before if the numbers are few, as I can manage six people at home, (Meadow Lodge, Saxtead), or in Saxtead Church if more, or on YouTube and Zoom if not allowed at all. We shall see. I live in hope, but we can postpone till January if need be.

To find out more ring on 01728 724162 or email [cdb1946@icloud.com](mailto:cdb1946@icloud.com). *Christina*

## Saxtead Scrubs!



## News from Mark

Dear All,

To repeat the big thanks to everyone from Saxtead and Framlingham for their farewell and best wishes and for your presents. Our garden is beginning to look colourful and we are buying various things for house and garden. It is fun finding local plants for sale down back lanes and they seem to know the local soil.

We are settling in and all the cardboard has gone, everything is in its place - but I have to admit that sorting my books has not really happened yet! Waiting for a rainy day.

The dogs - and us - are loving the variety of walks, although Molly at nearly 15 decides which she feels like doing now.

Sundays are feeling odd as we have not managed to join a service as yet and hope some of you are managing to online or in one of the Churches. But we are finding services online and praying together. Once again thank you for the friendship and worship we shared and I hope all is well.

With prayers, best wishes and thanks, *Mark*



## St Michael's Church Framlingham with All Saints Saxtead

### Parish Newsletter: August 2020

*We are currently in interregnum;  
please contact the Parish Office in the first  
instance if you have any pastoral needs.*

### Contact details for Parish Office:

**Tel: 01728 638512**

**Email [framparish@gmail.com](mailto:framparish@gmail.com)**

### Visit our website for more information:

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

## Thoughts from Mary:

Like many of you, since March, I have had time to take things more slowly than usual, time to reconnect with friends on a weekly basis who are also more “time free” than in “normality.”

I have to say that I have enjoyed many things in these past months that would have just passed me by, time to re-evaluate what I spend time on and to discern what is really important to my wellbeing and daily life.

I guess we have all been doing the same, but none of us likes change much and there has been much of that!

As we may have become accustomed to a life of isolation and virtual communication it may be difficult to contemplate getting back out there. I don't like the phrase “lockdown” or “locked in” and I hope that no one has felt that they have been locked away from life itself. It might be easier to think “I'll just put my life on hold and sit these months out until it's all over but I am not sure that is really a good way to go.

Each day, each moment is precious and we will never get those lost days back, so we have to find ways to get through the dark days as positively, peacefully and creatively as we can.

Are we able let go of who we were and what we thought we should do, can we embrace the changes that we will find in ourselves, in others and in the world? . I can only say that if we place our trust in Christ we will find a peace that is so graciously and given to us by God, that will enable us to move forward in a better way than before.

Change doesn't necessarily mean something bad ,it could be something energising and life changing in a miraculous way, a way that is full

of hope and a promise of a better future.

I read this:

*Life is not hurrying on to a receding future, nor hankering after an imagined past. It is the turning aside like Moses to the miracle of the lit bush, to a brightness that seemed as transitory as your youth once but is the eternity that awaits you. R.S.Thomas , The Bright Field*

Knowing that I am accepted and loved by God has helped to slow me down a bit, the rushing from place to place, meeting to meeting has been halted. The peace that is to be found in relationship with God has found greater space in my busy mind and it is so refreshing to be able just *to be* for longer.

We live in an age in which performance is measured against external criteria but our relationship with God is not a pass/fail course. We are invited to get to know God better and out of the love that grows between us we can become better human beings in his image. It is by resting in God and enjoying that time that the presence and reality of God grows ever clearer. Nothing to do with the accumulation or success of our achievements.

However, It can sometimes be difficult to know how to *dwell with God*, how to pray and to talk and listen with him.

I have been able to make time to listen to many different speakers through the internet and found many of these ‘*new voices*’ helpful and refreshing. Launde Abbey, a retreat house in Leicestershire, is a great source of spiritual feeding and the following prayer comes from that place. *Mary Lamb.*

*‘I don't know how to pray, I can't find the words. I carry in my heart so many emotions, joy sorrow, hope and despair*

*heartache and wonder, anger and love .  
I carry in my heart so many people, those I love most deeply in this world.  
Family and friends, neighbours and colleagues, even strangers in distress in distant lands  
But I don't know how to pray and I can't find the words for all of this...  
So I'm lighting this candle as a silent prayer;  
Lord would you listen to my heart.’  
Launde Abbey*

### ✠ Church Services ✠

Thankfully, we are now able to hold some services in church; please see the details below:

#### **Sundays:**

**8.00am** Said Holy Communion according to The Book of Common Prayer, at St Michael's

**9.30am** A range of worship on Zoom with music; no service in Church

**6.30pm** Said Holy Communion or Evening Prayer at All Saints Saxtead

#### **Wednesdays:**

Said Holy Communion, **10.30am**, St Michael's



### **Do you have surplus produce from your garden or allotment?**

This has been a very productive year for many growers. If your garden or allotment is producing more than you can eat, please consider leaving some of the surplus in the church porch of either St Michael's or All Saints', where others can take it, hopefully leaving a donation for the church. This can help us to raise a little money, and avoid produce going to waste. We would be really grateful if you could help St Michael's or All Saints' in this way.