

**SUNDAYS 31<sup>st</sup> January & 7<sup>th</sup> February 2021**

## CHURCH NOTICES

Please note the changes to our services and be assured that, as soon as it looks sensible and safe to return to in-person service attendance at all services at St Mary-le-Tower, we will be more than ready to do so. Services for the next two Sundays are therefore as follows:

8am Holy Communion (BCP) live streamed with in-person attendance in church

10.30am Choral Eucharist live-streamed only with small adult choir.

### THIS WEEK:

Tuesday 2nd Feb. 12 noon The funeral of Michael Graham will be live streamed.

## PLEASE LET ONE OF THE MINISTRY TEAM KNOW

(Vicar, Elders, Churchwarden) of any pastoral needs amongst the SMLT Community, so that we can respond, especially news of anyone suffering from the Coronavirus, but also other illness, or death, or just loneliness.

## HOLDING PEOPLE IN PRAYER

Amongst those who are unwell or facing difficulties, we pray particularly for Sally Graham and family, Jan Tostevin and family, Liz Todd and family, Shirley Wheeler and family, and Helen Burtonshaw.

We continue to pray for Derek le May, Sally Patient, Grace Chandler, Ian Miller, Phyl Fisk. Margrid Brooks and Mary Gurney.

We pray rest in peace and rise in glory for those who have recently died including Mike Graham, John Wheeler, Bob Tostevin, David Todd, Lesley O'Connell, Rupert Bell and Bill Hook.

We pray for all who mourn the passing of those they have loved but see no longer.

We give thanks for the lives of those whose remembrance falls at this time of year. Beryl Jenkinson, John Lant, Margaret Mac Rae, Bernard Mimack and Merlin Jones.

*May the love of God enfold and comfort all who are parted from those they have known and loved.*

## INTERCESSIONS

*Risen and ascended Lord, you live forever to intercede for us. Graciously assist us as we join in intercession for others. Deepen our understanding of your great love: make us channels of your grace to those for whom we pray, to the glory of your name.*

We pray for the mission and unity of the Church throughout the world. Today we remember the Episcopal Anglican Church in Brazil and the Anglican Church in Burundi. In our diocese we pray for Parishes in the Hartismere Deanery. We pray for those training for Ministry at Theological Colleges. We remember the plight of refugees fleeing oppression: that they may find safety and be able to start a new life.

At St. Mary-le-Tower we pray for one another, as many are finding the current lock-down difficult. That the programme of distributing and giving vaccines will continue efficiently. We pray for Charles, our Churchwardens Jo and Sonia and PCC members as we look forward and plan for the future. For those working on the building repairs in Church.

We pray for peace in our troubled World; for those living amidst conflict and an uncertain future. We give thanks for the safe return of miners who were trapped underground in China. We grieve with families of those who lost their lives. We pray for President Jo Biden as he establishes his leadership in America.

We pray for our relationship with our European neighbours following the Brexit process, and for a swift resolution of the current tensions about vaccine supplies. For all who work to establish smooth trading between nations.

We pray for all those who have been badly affected by flooding. Be with those who are responsible for flood defences: and the aid agencies who are helping to overcome damage to homes and businesses and those providing temporary accommodation.

## FLOWER ROTA

Flower arrangers are urgently needed for the new Flower Rota. Can you help??

Sue Adair, is looking forward towards the time when Services at St Mary-le-Tower can once again be attended in person and is preparing a new Flower Arrangers Rota in readiness. Sue points out that the more volunteers there are on the Rota will mean there will be less occasions that each volunteer will need to attend and assist.

Sue is very much hoping that we will be able to have flowers in the church for Easter this year and is eagerly looking forward to hearing from anybody who would like to volunteer to go on the Rota.

If you would like to help, please contact Sue by email at [suemadair@gmail.com](mailto:suemadair@gmail.com)

## CURRENT PARISH CONTACTS

Please refer to the Parish Website for latest updates and downloads [www.stmaryletower.org.uk](http://www.stmaryletower.org.uk)

**Revd Canon Charles Jenkin**, Vicar, 07789 633315  
[charlesjenkin60@gmail.com](mailto:charlesjenkin60@gmail.com)

**Jo Jones**, Churchwarden 07813 543587  
[jonesgriz01@gmail.com](mailto:jonesgriz01@gmail.com)

**Sonia Docherty** Churchwarden 07376 551764  
[Sonia.Docherty1@gmail.com](mailto:Sonia.Docherty1@gmail.com)

**Christopher Borrett**, Director of Music  
[music.stmaryletower@gmail.com](mailto:music.stmaryletower@gmail.com)

**Sue Rudland**, Business Manager for Tower House  
[towerhousedev@gmail.com](mailto:towerhousedev@gmail.com)

## WAYS OF GIVING TO SMLT

Because of the Covid-19 restrictions, there will continue to be no plate collections in church. We are grateful for your continued financial support. Donations can be made in the following ways:

- Via the Donations Cabinet in church
- Via the Contactless Terminal in church
- Via the Donation Button on our website
- Via regular giving by Standing Order
- Via BACS to 30-94-55, 00059383  
PCC St Mary le Tower Ipswich

*[All donations go into a private PCC account seen only by the Churchwarden, Donations Officer & Bookkeeper.]*

## FROM THE VICAR

Dear Friends,

I am writing to you first this weekend about the season of Lent this year. Lent is traditionally a time of renewal of faith in God, and of love for our Lord Jesus Christ, and of awareness of the work of the Holy Spirit in the fellowship of the Church.

In this time of testing and restrictions, which is in itself a kind of enforced fasting from many of the normal processes and pleasures of life, I would like to suggest that Lent is an even more important time for us all this year. There is an important action you can take straightaway in preparation for Lent, which is detailed at the end of this letter.

### ASH WEDNESDAY (17th Feb)

However, my first recommendation is that you do not think of giving anything more up for Lent this year. We are all having to give up enough already. Instead it would be better to think about what you are going to do.

Lent begins on Wednesday 17th February and we will live stream an Ash Wednesday Choral Eucharist at 6.30pm. In this time when one week blurs into the next, I would like to call you to observe Ash Wednesday by making a point of joining this service by live stream either at the time or by watching the video later that evening. Do try and observe the day itself at some point.

### LENT REFLECTIONS: ROOTED IN LOVE

I have looked around at the Lent resources being published this year and have chosen one particular book as offering a flexible and interesting way in which we can try and keep Lent together this year. ***“Rooted in Love – Lent reflections on life in Christ”*** is a collection of 40 reflections written by the team of bishops in London, and edited by the Bishop of London, Sarah Mullally. There are six contributors in all, which gives a good variety of styles and outlooks.

The reflections are organised into five themed sections, so one way of using the book is to follow a section for each of the main weeks of Lent. Of course you could just follow the reflections through each of the 40 days of Lent, but alternatively you could select two or three per week and just think about those. This means that if there are contributors whom you find more helpful, you could stick to those each week.

It would be possible to form a weekly group with several others by Zoom, and agree some way of sharing thoughts about each section. I am planning to lead a parish course by Zoom using this book like this, leading a session each week which takes three reflections from a section, and gives opportunity for some discussion in small breakout groups.

So there are several ways in which people could engage with this Lent book. We could end each session with Compline. I will write again with firm arrangements about this.

## ACTION IN PREPARATION FOR LENT

I invite you to order this Lent book anyway and start thinking about how you might like to use it. It is available from the publisher at a £2 discount and with a delivery charge of £1.95, for a total of £9.94.

Here is the link: <https://spckpublishing.co.uk/rooted-in-love>. All the usual outlets seem to be offering the same discount and you may be able to find one that is currently offering free postage at the end of January. I am sorry we can't offer to buy centrally as a church this year, as distribution would be difficult.

I will write again about other opportunities for Lent this year.

With my prayers and best wishes,  
**Charles**

## CHURCH COMMUNITY NEWS

Here are two more charities currently working from Tower House:

### BSC Multicultural Services –

Formerly known as Bangladeshi Support Centre and set up 20 years ago it is now a multi-award-winning registered charity and limited company supporting local people from over 50 different nationalities and from all faiths, cultures and backgrounds. Operating from No. 19 Tower Street the BSC works to advance education and empower individuals and communities. It provides services ranging from supplementary school runs for disadvantaged young people and the befriending scheme which supports vulnerable elderly people to stay fit, healthy and independent, to delivering food parcels and administering hardship funds in partnership with Suffolk Community Foundation. BSC are using one of the rooms at Tower House to store their food parcels.



**Tel 01473 40081**

**Email: [info@bscmulticulturalservices.or.uk](mailto:info@bscmulticulturalservices.or.uk)**

### Outreach Youth –



This is a small youth work charity that supports and works with Lesbian, Gay, Bisexual, Trans\*, Queer and Questioning (LGBT\*Q+) young people aged under 25 across Suffolk. Outreach youth work with partners on other Youth Work projects that support and work with young people who are often regarded as “hard to reach” with the aim of making Suffolk a better place to live.

**Tel: 07999 730 289**

**[info@outreachyouth.org.uk](mailto:info@outreachyouth.org.uk)**