

Readings and Collect for Sunday 12th March

The Third Sunday of Lent

Exodus 17:1-7 Romans 5:1-11 John 4:5-42

Eucharist Prayer G

Almighty God, whose most dear Son went not up to joy but first he suffered pain, and entered not into glory before he was crucified: mercifully grant that we, walking in the way of the cross, may find it none other than the way of life and peace; 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 for ever.

Readings for Thursday 16th March

Jeremiah 7:23-28 Luke 11:14-23

Readings and Collect for Sunday 19th March

Mothering Sunday

Eucharist Prayer A

Exodus 2:1-10, or 1Samuel 1:20-28 2 Corinthians 1:3-7, or
Colossians 3:12-17 Luke 2:33-35, or John 19:25b-27

God of compassion, whose Son Jesus Christ, the child of Mary, shared the life of a home in Nazareth, and on the cross drew the whole human family to himself: strengthen us in our daily living that in joy and in sorrow we may know the power of your presence to bind together and to heal; 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 for ever.

Readings for Thursday 23rd March

Exodus 32:7-14 John 5:31-end

The next Focus is 26th March - 8th April

Please email your items to standrewr@gmail.com
or phone Gill Crisp on 253743, or Claire Driver on 623419
by 9pm Monday 20th March



St Andrew's Rushmere

**Focus for Weeks
12th - 25th March**



Music at Rushmere

Sunday Afternoon Concerts

3-4pm Spring 2023

12th March Essentially Swing

19th March Phantom Wind Quintet

26th March Christopher Moore (organ)

2nd April Ipswich Hospital Band

Free admission, including refreshments

(retiring collection for East Anglian Air Ambulance)



**Mothering Sunday Service
Sunday 19th March at 10.00am**



British Summer Time is 26th March
Don't forget to put your clocks forward
before you go to bed. Goodnight!



Annual Meetings

This year's **Annual Meeting of Parishioners** and **Annual Parochial Church Meeting** will take place in the church hall at 7.30pm on Thursday 23rd March 2023.

This is an important part of church life; an opportunity to review the past year, look forward to St Andrew's mission in the coming year, ask about matters concerning the church and elect Churchwardens and members of the PCC and Deanery Synod.

If you are interested in standing for one of these roles and would like to find out what is involved, please talk to a Warden: (Tim, Teresa and David C.) or the current Synod members: (Paul Hesketh, Robin Brown and Hilary Platts)

You will need to be on the Electoral Roll of the parish if you wish to stand for office or vote at the meetings. Please speak to Gill Ainslie to check that you are on the ER.

It would be helpful if you could notify the PCC Secretary (Hilary Platts) of any item you would like to be discussed in order to help in the planning of the Agenda. The Minutes of last year's meeting, Annual Report and other papers are available online, but please speak to a Churchwarden if you would like printed copies.

Focus is also available and more on our website at:
<https://standrewschurchrushmere.onesuffolk.net>

Find us on Facebook at:
www.facebook.com/standrew.rushmere

QR (Quick Response) Code

Due to severe loss of revenue to our church due to Covid the QR code will continue to be seen in Focus.

This code can be scanned by a mobile phone with a camera and will then connect to the Give-a-Little page which is linked to the church website:

<https://standrewschurchrushmere.onesuffolk.net>

For any queries please ask our Treasurer on 724211, or a church warden. Thank you.



Services at St Andrew's

Every Sunday	08.00am	Holy Communion
1 st Sunday of the month	10.00am	Worship for All (Especially for families and children)
3 rd Sunday of the month	10.00am	Service of the Word
2 nd and 4 th Sundays of the month	10.00am	Holy Communion
5 th Sundays of the month	10.00am	Family Communion
Every Thursday	10.00am	Holy Communion
Every 3 rd Sunday of the month	4.00pm	<u>t@4</u>
2 nd , 3 rd & 4 th Sundays of the month	10.00am	Sunday School (Church Hall at term time)
4 th Saturday of the month	8.30 – 10.00am	Prayer Breakfast (In the Church Hall)

A Prayer for the New Vicar

Lord, as we enter a new stage,
may you give us open hearts,
grace to grow in faith and prayer and
help us to serve you in our local community.

Lord, bless and equip Alan, who you are
preparing to lead here.

May he have vision and insight and a prayerful,
pastoral ear to serve young and old alike
in this community.

Mothering Sunday Posies

A reminder if you would like to help make the posies please come to the church hall at 2pm on Saturday March 18th. If you have any greenery, or small flowers please bring them along, or leave them on Saturday morning outside the church hall. Thank you.



Loving Father, rest us;
Rest that part which is tired.
Awaken that part of us which is asleep.
Loving Father, awaken us and awake within us.
Amen.



Taken from the MU booklet 'Prayers from the heart –
talking to God'
Contributed by June Collins

Eco Tip for the month of March:

Go Green(er) for Lent. The weeks leading up to Easter are a great time to start or give something up that benefits nature and helps address climate change. Is there a change you can make to better care for creation and improve our lives and the lives of others through healthy, eco-friendly and sustainable living? For more practical ways to enjoy, nurture and defend nature, sign up to A Rocha UK's Wild Christian email at: arocha.org.uk/wild-christian

Food Waste Action Week 6-12 March: did you know that in Suffolk 52,500 tonnes of food are thrown away in our rubbish bins every year and of this 19.500 tonnes if still unopened? Food waste accounts for 36% of all the waste in rubbish bins.

Used postage stamps

Thank you so much to everyone who placed used postage stamps in our collection box for RTU.

We now have enough to send another package to RTU. Could I please remind everyone that a small border of about 5mm needs to be left around stamps and preprinted stamps on envelopes are not accepted.

Ruth

The next United Service is Sunday 26th March at St Andrew's Church, Rushmere

Come and join us and meet Richard Stainer,
Joint World Development Adviser for the Diocese
of St Edmundsbury and Ipswich.