

Readings and Collect for Sunday 21st May
The Seventh Sunday of Easter – Sunday after Ascension Day

Acts 1:6-14 1 Peter 4:12-14, 5:6-11 John 17:1-11

Eucharist Prayer C

O God the King of glory, you have exalted your only Son Jesus Christ with great triumph to your kingdom in heaven: we beseech you, leave us not comfortless, but send your Holy Spirit to strengthen us and exalt us to the place where our Saviour Christ is gone before, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever.

Readings for Thursday 25th May

Exodus 20:1-21 Psalm 33:12-22 Matthew 5:1-12

Readings and Collect for Sunday 28th May
Pentecost

Acts 2:1-21 1 Corinthians 12:3b-13 John 7:37-39

Eucharist Prayer D

God, who as at this time taught the hearts of your faithful people by sending to them the light of your Holy Spirit: grant us by the same Spirit to have a right judgement in all things and evermore to rejoice in his holy comfort; through the merits of Christ Jesus our Saviour, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever.

Readings for Thursday 1st June

James 5:1-6 Psalm 33:1-9 Mark 10:46-end

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

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



St Andrew's Rushmere

Focus for Weeks
21st May - 3rd June



Music at Rushmere Summer Concert

We are delighted to announce that Blackwood Clarinet Choir from Nottinghamshire will be paying a visit to St Andrew's, Rushmere (IP5 1DH) on **Saturday 3rd June** as part of a mini tour of Suffolk.

The Choir comprises a range of clarinet sizes from the diminutive E flat clarinet to the booming contrabass.

Formed in 2010 from members of the clarinet section of Nottingham Symphony Wind Orchestra, Blackwood's repertoire is wide ranging, including orchestral classics, jazz, musicals, film music and more, much of it arranged by members of the band.

The concert begins at 3pm and lasts for an hour, to be followed by tea and home-made cakes in true Music at Rushmere tradition.

Admission is free, with a retiring collection to be shared between Blackwood and St Andrew's.



Help dreams come true this Christian Aid Week. Your gifts this Christian Aid Week could help farmers in Malawi plant better seeds, secure a fairer price for the crops, and build happier futures for their children.



Malawi is just one of the many countries where Christian Aid, with our support, aim to “Help dreams come true.”

Christian Aid is St Andrew's May Charity of the Month running from Sunday 7th May. Please accept the flyer given out at church, if you are able place in the envelope your donation and hand in one Sunday by 28th May. Gift Aid adds 25p to each £1 given.

Give, act and pray this Christian Aid Week. Christian Aid won't stop until everyone has the chance to live a full life, free from poverty. They and their partner agencies are united in hope that, with your help, more young people will be able to transform their lives.

Many thanks: Dianne and Parochial Giving Panel.

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.

The code can be scanned using a mobile phone with a camera and will connect to: <https://standrewschurchrushmere.onesuffolk.net>

Any queries please ask our Treasurer on 01473 724211, or a Church Warden.



Kagera Appeal

An enormous thank you for all the gifts of prayer and funds in response to the Bishops' Lent Appeal to support our link Diocese in Kagera.



St Andrew's has sent £558.67 (inc. tax recovered through Gift Aid) to be added to this year's Lent Appeal. These funds will help empower & equip subsistence farmers, hospital doctors, priests and evangelists on the road to self-sufficiency so they might raise their communities out of poverty.

Thank you – Parochial Giving Panel

STAR Prayer Breakfast

27th May 8.30pm

In the Church Hall

All very welcome Finishes by 10am

Lunch Club Cook

Owing to illness we do not have a cook for one Wednesday a month. Lunch Club is the highlight of many peoples' week. It would be a great shame to deprive our clients. Can you help?? Once a month cooking for about 30, (very appreciative) people.

All help and support given.

Contact: Sue Scotchmere 01473 723957

Help!

On Saturday 3rd June we have a concert in church (details on the front page in this edition) and I would be very grateful for any offers of cakes and help in the kitchen. There's no sign-up sheet for this - just have a word with me. Mary Odam



I am collecting elastic bands of all sizes and any colour for an event which is taking place on our fund-raising day which is on 22/07/2023. I will put a container next to the milk bottle top container in the lobby area of the hall.

Many thanks Kevin Brazier

Save the Date 19th June 2023

Visit from Father Arockiaraj from Reaching the Unreached, Kalliputti, India.

Message from Mo Houlden :“We are so grateful for the continuing support of everyone at St Andrew’s which is truly tremendous. You may have read in the last printed Newsletter that Father Arockiaraj is going to be coming over in June and I was wondering whether I could bring him to Rushmere to meet you all?”

Our reply: “We would be delighted for Father Arockiaraj and you to visit us. We were thinking that early evening on Monday 19th June would be ideal for us. We would have a bring and share meal followed by a talk and photos/slides by Father Arockiaraj. As the Sunday School have recently had their RTU house built we thought that by having this early evening hopefully some of them will be able to come.”

Please put this date in your diary, it will be wonderful to meet Father Arockiaraj and to hear how we are supporting RTU.

The next Focus is 4th - 17th June

**Please email your items to standrewr@gmail.com
or phone Gill Crisp 253743, or Claire Driver 623419**

By 9pm Monday 29th May

Eco Tips for May

Kitchens are big users of electricity, so here are some tips to reduce your electricity use in the kitchen:

- Don't overfill your kettle – just put in as much water as you need
- Use the kettle to boil water quickly and transfer to a pan on the hob for steaming and boiling vegetables or pasta.
- Make sure you use the right size hob for your pan. A bigger burner will waste energy and a pan that's too big will take longer to get to the right temperature.
- Make more use of the micro-wave. Micro-wave ovens use less electricity and cook well.
- Try to batch bake – in other words have a baking day. Once the oven is hot it is more efficient to bake lots of things one after the other. Getting the oven up to temperature use a lot of electricity.

Clean your microwave the eco way!

Heat a small, microwavable bowl of water in the microwave until the inside of the microwave looks steamy. Let the steam clear a little then wipe down the inside surfaces of the microwave with a clean cloth. Add a few slices of lemon to the water before heating it if your microwave needs freshening up.

**The United Church Service is held
on Sunday 28th May at 6.30pm**

at the Woodbridge Road
Salvation Army Citadel