

**Readings for Sunday 2<sup>nd</sup> March**  
**The First Sunday before Lent**

Genesis 37:1-11 Gospel Reading: tba

**Readings for Ash Wednesday 5<sup>th</sup> March**

Matthew 6:1-6, 16-21

**Readings for Thursday 6<sup>th</sup> March**

Deuteronomy 30:15-end Psalm 1 Luke 9:22-25

**Readings for Sunday 9<sup>th</sup> March**

**The First Sunday of Lent**

Deuteronomy 26:1-11 Romans 10:8b-13 Luke 4:1-13

**Readings for Thursday 13<sup>th</sup> March**

Isaiah 55:6-9 Psalm 138 Matthew 7:7-12

**Readings for Sunday 16<sup>th</sup> March**

**The Second Sunday of Lent**

Genesis 15:1-12, 17-18 Philippians 3:17-4:1 Luke 31-end

**Readings for Thursday 20<sup>th</sup> March**

Jeremiah 17:5-10 Psalm 34 Luke 16:19-end

**Readings for Sunday 23<sup>rd</sup> March**

**The Third Sunday of Lent**

Isaiah 55:1-9 1 Corinthians 10:1-13 Luke 13:1-9

**Readings for Thursday 27<sup>th</sup> March**

Jeremiah 7:23-28 Psalm 95:1-2, 6-end Luke 11:14-23

**Monday Prayers** A time of coming together to pray for the church and parish from 4.30pm every Monday in church.

All are welcome.

'Devote your selves to prayer, being watchful and thankful'. Col 4:2

The next Focus is **30<sup>th</sup> March - 26<sup>th</sup> April**  
Please email items to: standrewr@proton.me  
or phone Claire 07971 334142  
**By 9pm Friday 21<sup>st</sup> March**



**St Andrew's Rushmere**  
**Focus for Weeks**  
**2<sup>nd</sup> - 29<sup>th</sup> March**



**LENT COURSE 2025 - 6 weeks from 3rd March**  
**'FROM NOW ON'**

This is a new and original Lent Course based on the film 'The Greatest Showman' and devised by Rachel Mann.

During 6 sessions we shall explore the way in which themes of Faith, Hope and Redemption run through our lives, and how we might overcome doubt, temptation and prejudice.

We will watch the film (Session 1), then look at clips in subsequent sessions to lead us into discussion and reflection, linking in with scripture readings which illuminate our conversations.

Sessions will last from 1.00pm to 2.30 pm.

Please sign up on the list in the Hall if you wish to participate or email me at [chris.yule2@tiscali.co.uk](mailto:chris.yule2@tiscali.co.uk)

**1<sup>st</sup> Sunday Joint Service - Sunday 2<sup>nd</sup> March 6.30pm**

at St Michael and All Angels

The Drift, Martlesham Heath, IP5 3PL

All are welcome to join in this worshipping community of local churches



Join us for an **Ash Wednesday**  
service at St Andrew's  
on 5<sup>th</sup> March at 7.30pm.





**Shrove Tuesday Quiz and Pancakes**  
**4th March 6.30-8.30 pm**  
**In the Church Hall**  
Cost £5 for adults, children free.  
Contact Sue 723957 for places.



### Prayer Breakfast

We were pleased to welcome John Gillett to the Prayer Breakfast on 22nd February to talk about the work of Open Doors, an organization which began in 1955, when Brother Andrew began smuggling Bibles to the persecuted church in Communist Europe. His work led to world-wide support for the persecuted church in the decades to follow. John informed us, in a powerful presentation, of the plight of more than 380 million Christians who face discrimination and persecution for following Jesus today.

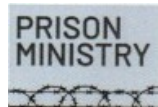
Our prayer time focused on countries on Open Doors' watch list of 50 countries where Christians face most persecution, including North Korea, Egypt and Vietnam. If you would like to know more about Open Doors, visit its web site at [www.opendoorsuk.org](http://www.opendoorsuk.org).

Please pray for those around the world who cannot worship openly and those who take the Word of God into dark and dangerous places.

### Our next Prayer Breakfast on 22nd March 8.30-10am.

We are excited to announce Adrian Bruce will be our next Prayer Breakfast Speaker. Adrian has worked as a missionary for over twenty five years in prisons and churches in Cape Town, South Africa.

Adrian has an extraordinary story to tell of how God has spectacularly saved his life and changed the lives of many prisoners in Pollsmoor Prison, described as one of the worst prisons in the world. Come and enjoy breakfast, listen, and stay on to pray if you wish.



### RUSHMERE ST ANDREW'S SPRING 2025 CONCERTS



This year's programme of Sunday afternoon Spring Concerts will be held in support of Family First Ipswich, a Christian charity which enables families through a network of volunteers to find solutions to the challenges impacting their lives.

Once again, there is no charge for admission to these concerts and everyone is welcome to attend. Refreshments are provided and we invite voluntary contributions after each event. The concerts present a high quality of performance and a wide range of musical styles:

**16 March: Jenny's Accordionists** We welcome Jenny's Accordionists to perform their usual eclectic programme of music, popular and classical. The seven-strong group is well known in East Anglia but travels widely in Britain and Europe. Find them on Facebook and YouTube!

#### 23 March: The Orwell Singers

Rushmere is pleased to see the return of The Orwell Singers to give a concert of music in various styles: easy listening and traditional songs as well as items from the classical repertoire. A delightful hour in prospect! [theorwellsingers.co.uk](http://theorwellsingers.co.uk)

#### 30 March: Tom Horton (Organ)

Tom is a well known performer on electronic organ, theatre organ and keyboard. He presents concerts of light music on pipe organs and plays the accompaniment to silent films. This is his first visit to Rushmere and, we hope, not the last. Be prepared for anything and find him on YouTube! [tomhorton.co.uk](http://tomhorton.co.uk)  
<http://standrewschurchrushmere.onesuffolk.net/music/concerts>

### St Andrew's at Dumbarton Hall

**Sunday 9<sup>th</sup> March at 3.00pm – 4.30pm**

Music group, great worship songs, relaxed children's table for families, with tea and cake to follow.

## DAY COURSE ON AUTISM

We have been offered one free place for a day's course on Autism, facilitated by Emma Moat and under the auspices of Inspire Counselling on Friday, March 28<sup>th</sup> from 9.30am to 4.15pm and being held in our Church hall.

Emma Moat is a specialist with 15 years' experience in Play Therapy, sand therapy and counselling, working with children and teens. The course is suitable for church workers, pastoral and youth workers, teachers and teaching assistants and anyone else who has an interest in this area.

Refreshments are included but bring a packed lunch.

If you are at all interested please speak to Jean Yule who has application forms; any extra place would cost £70.



**Messy Church**  
**Sunday 23<sup>rd</sup> March**  
**3.00 – 5.00pm**  
**at Dumbarton Hall**



Joy, fun and musical energy with crafts  
and food for all the family.  
All welcome. Children must bring an adult.

## Mothering Sunday Posies

If you would like to help make the posies for Mothering Sunday, please come to the Church Hall on **Saturday March 29<sup>th</sup>, at 2.00pm.**

If you have any greenery, please could you leave it in the Old End of Church, on Friday 28<sup>th</sup>, or at the Church Hall on Saturday 29<sup>th</sup>, plus any small flowers.  
Many thanks.



## Springtime is coming



With this in mind we would like some donations for our herb box in the church hall garden. Rosemary, thyme, mint, chives or sage would be welcome. We also hope to sow some more wildflower seeds in the churchyard.



**Magazines** Our magazine rack needs to find a new home, as it is not used when placed in church and when in the hall it is often found on the surface too close to the new AV screen. Until we can find a better location for it, I am going to withdraw it for the time being. Ruth



**RTU** REACHING  
THE  
UNREACHED



Our first fund raiser in 2025 will be a  
**Book and Jigsaw Puzzle Sale**  
**Saturday March 29<sup>th</sup> from 10.00am – 12.30pm**  
in the Church Hall

There will be superb refreshments, including our famous Bacon Butties, Sausage Rolls, Cheese Scones and of course Coffee, Tea and Cake!

Please let your friends and family know about this, especially if they are keen puzzlers, or bookworms.

Last year's similar event was an amazing success with lots of interest and also a lovely social occasion.

## Focus – New Deadline

To allow more time for editing, checking and printing the deadline for Focus has now changed from Monday to Friday. The deadline for the next Focus is **Friday 9pm 21<sup>st</sup> March.** Please send any items you have for inclusion before the deadline. Many thanks.

## Mothers' Union

We had a pleasant AGM in February followed by an entertaining table quiz and a real MU tea! In March our meeting is on Wednesday 19th at 2.30pm when we have a speaker from 'Lighthouse Women's Aid' to tell us about their work and how we can support them. We also have the MUe stall coming with all their greetings cards including Easter cards and many other small gifts. Everyone is welcome as always.

On Saturday March 15th the MU is holding a 'Grandparents Day' at St John's Church, Cauldwell Hall Road from 10-2.30. There is a poster on the MU Notice board in the Foyer with more details. It is open to all grandparents, not just MU members.

On Tuesday 25th of March at 2pm the Diocesan MU is holding a Lady Day Service at the Cathedral in Bury where all the new Officers and Trustees in the Diocese will be commissioned. It is always a very special occasion and all are welcome.

Knit and Natter and the Exercise group are meeting as usual so we have a very busy month!

At our February meeting we welcomed a new member from another branch so now have 39 members, but there is always room for more!

## World Day of Prayer

On Friday March 7th the 'World Day of Prayer' annual service takes place at the Salvation Army Citadel on Woodbridge Road. It is at 2.00pm and all are welcome. This year the service has been prepared by the women of the Cook Islands in the South Pacific and the theme is 'I made you wonderful'.

This is always a very special ecumenical occasion and we hope that many people will come and join in.



**British Summer Time starts  
on Sunday 30<sup>th</sup> March.**

Don't forget to put your clocks forward.



Thank you to all who have supported our **February Charity of the Month - Tearfund** - through prayer and giving. The total donated amounted to £720.50 (inc tax recovered), an enormous thank you for your generosity as this will further support the humanitarian response, community development and advocacy work of Tearfund. Mission & Giving Panel.

## 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 20th March 2025.

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. 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 (Ruth Silburn and Kevin Brazier).

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 about this.

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, the Annual Report and other papers will be made available on the church website.

## Ways of Giving

We are very blessed to have a most generous congregation, who give freely of themselves and also their financial resources. For this we are extremely grateful and we have many different ways to make giving as easy as possible. Also, we can claim Gift Aid which increases each donation by a further 25% at no extra cost to the givers, so long as they pay sufficient Income Tax (or Capital Gains Tax) in the current tax-year to cover their donations.