

**Readings for Sunday 30<sup>th</sup> June**  
**The Fifth Sunday after Trinity**

2 Samuel 1:1, 17-27    2 Corinthians 8:7-15    Mark 5:21-43

**Readings for Thursday 4<sup>th</sup> July**

Amos 7:10-end    Psalm 19:7-10    Matthew 9:1-8

**Readings for Sunday 7<sup>th</sup> July**

**The Sixth Sunday after Trinity**

2 Samuel 5:1-5, 9-10    2 Corinthians 12:2-10    Mark 6:1-13

**Readings for Thursday 11<sup>th</sup> July**

Hosea 11:1, 3-4, 8-9    Psalm 105:1-7    Matthew 10:7-15

**Readings for Sunday 14<sup>th</sup> July**

**The Seventh Sunday after Trinity**

2 Samuel 6:1-5, 12b-19    Ephesians 1:3-14    Mark 6:14-29

**Readings for Thursday 18<sup>th</sup> July**

Isaiah 26:7-9, 16-19    Psalm 102:14-21    Matthew 11:28-end

**Readings for Sunday 21<sup>st</sup> July**

**The Eighth Sunday after Trinity**

2 Samuel 7:1-14a    Ephesians 2:11-22    Mark 6:30-34,53-56

**Readings for Thursday 25<sup>th</sup> July**

**James the Apostle**

Acts 11:27-12:2    Psalm 126    Matthew 20:20-28



**St Andrew's Rushmere**

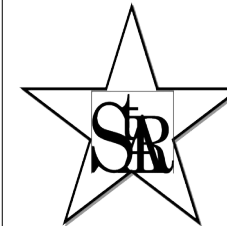
**Focus for Weeks**

**30<sup>th</sup> June - 27<sup>th</sup> July**



**The next Joint Service**  
**is Sunday 7<sup>th</sup> July 6.30pm**

At All Saints Church, Main Road, Kesgrave  
IP5 1AA



**SUMMER**  
**FUN DAY**  
**Saturday 13th July**  
**10.30am – 4.00pm**



**BBQ, Afternoon Tea and Refreshments**

Victorian themed displays

Victorian playground games, music

Victoria sponge competition

Teddies parachuting from the tower

and so much more

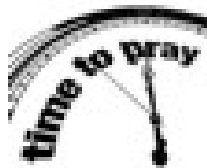
appealing to both young  
and old.



Stall holders and games

organisers encouraged to dress as Victorians!

Mark the date in your diary, bring family and  
friends and have some summer fun!



**Monday Prayers** A time of coming together  
to pray for the church and parish  
from 4.30 – 5pm every Monday in church.  
All are welcome.

'Devote yourselves to prayer, being  
watchful and thankful' Col 4:2



**Messy Sports Sundays**  
**3 – 4.30pm at Dumbarton Hall**  
**30<sup>th</sup> June, 7<sup>th</sup> & 14<sup>th</sup> July**



The Euros are here! Why not come to our Messy Sports at Dumbarton Hall as England's men strive to equal the success of the

Lionesses in 2022. For boys and girls ages 3-14, team games, football skills, fun matches and other sports.

All abilities welcome, followed by tea for all the family.

Cost – FREE!

For more information, or to let us know you are coming; email [alancomfort11@gmail.com](mailto:alancomfort11@gmail.com)

**Ipswich Chamber Music Society is holding its Summer Concert at St Andrew's Church on Sunday 7 July at 4pm** (following the Society's AGM). The hour-long concert will be given by the **Siciliana Wind Quintet**, comprising local professional musicians several of whom have performed at Rushmere before. All are welcome to the concert, and admission is free with a retiring collection.

### **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, increasing each donation by a further 25% at no extra cost to the giver, so long as they pay sufficient Income Tax, (or Capital Gains Tax) in the current tax year to cover their donations.

If you wish to know more, please ask a Warden, or Treasurer; Chris, who can supply Standing Order and Gift Aid forms if required.

Thank you very much for your continuing generosity to our Church

Revd Alan      Chris Gibson

### **Charity of the Month – Church Missionary Society**

July's Charity of the Month is **CMS** and we have a weekend visit from Dick and Caroline Seed too look forward to. **The Seeds will be with us on July 27<sup>th</sup> and 28<sup>th</sup>.**

On **Saturday 27<sup>th</sup> they will join us at the Prayer Breakfast at 8.30am in the church hall** and will tell us something about their work and give us prayer points for our time of Prayer.

**On Sunday 28<sup>th</sup> they will speak at the 8am and 10am services, join us at coffee and stay for the Shared Lunch soon after 12noon.**

There will be a 'sign-up' sheet at church during July for those who would like to attend the Shared Lunch.

Please join us at as many of the occasions as possible to learn more about the work of CMS and give encouragement to Dick and Caroline.

### **Eco News**

Thanks to those who have completed another personal lifestyle audit, it would be amazing if some of you could also try assessing your carbon footprint online at <https://footprint.wwf.org.uk> You might be surprised at the results; I know I was!

July is also Plastic-Free Month, so please try and avoid using plastic packaging if you can?

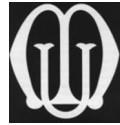
### **Reaching the Unreached: Save the Date**

Please save the dates for our annual **RTU Sale, which will be Friday 22<sup>nd</sup> and Saturday 23<sup>rd</sup> November** this year and we would be grateful if you could start saving some donations for us: of books, toys, crafts, toiletries, draw prizes, etc. Thank you.

The next Focus is **28<sup>th</sup> July - 31<sup>st</sup> August**  
Please email items to: [standrewr@proton.me](mailto:standrewr@proton.me)  
or phone Claire 07971 334142  
**By 9pm Monday 22<sup>nd</sup> July**

## St Andrew's Mothers' Union

Our meeting in July is **Wednesday 17<sup>th</sup>** and is our 'Wave of Prayer' service. We shall meet in Church at 2.30pm for the service, at which we pray for and remember our MU link dioceses in Malawi, Burundi and Nigeria in Africa and Lucknow in N India. Revd Alan is joining us for the service and we look forward to what he has to share with us. We shall then go into the hall for Tea and Fellowship.



**Knit n' Natter is Wednesday 3<sup>rd</sup> July** and the last **Exercise class** before the Summer break is Wednesday 10<sup>th</sup>.

There will be a sign up sheet in church from Sunday 20<sup>th</sup> for the **outing on Wednesday August 21<sup>st</sup>** to visit the Alpacas and have a cream tea at Theberton.

As always we welcome anyone who would like to come and join us.

## Children's Society Boxes

It is hard to believe that it is time to empty the boxes again – it seems like only yesterday that I was counting money!

I would be grateful if anyone who has a box would bring it to church any time after July 7<sup>th</sup>. If I am not there the boxes will be stored in the church safe until I collect them.

I realise most of us do not use cash in the way we used to, but it is amazing the way the total mounts up and of course I am happy to count paper money as well as coins! Cheques are acceptable too.

With many thanks to all the Box Holders.

Tricia Tyler 07951817543

## Outlook Deadline

The deadline for items to be included in **Outlook Autumn Edition** August - September - October is Friday 12th July.

Please give all items to Mary, or send to:

The Editor, 8 Crofton Close, Ipswich, IP4 4QR

## Coming Soon – Wednesday Wonders in August in the Church Hall at 2pm onwards – with refreshments

Everyone is welcome to join us

Crafts – A talk on local families – our ukulele trio

More details to follow – watch this space

### *The Pilgrimage of Life*

Our brother Jesus, you set our feet upon the way and sometimes  
where you lead we do not like or understand.  
Bless us with courage where the way is fraught with dread or danger;  
Bless us with graceful meetings where the way is lonely;  
Bless us with good companions where the way demands  
a common cause;  
Bless us with night vision where we travel in the dark, keen hearing  
where we have not sight, to hear the reassuring sounds  
of fellow travellers.  
Bless us with humour – we cannot travel lightly weighed  
down with gravity;  
Bless us with humility to learn from those around us;  
Bless us with decisiveness where we must move with speed;  
Bless us with lazy moments, to stretch and rest and savour;  
Bless us with love, given and received;  
Bless us with your presence, even when we know it in your absence.  
Lead us into exile, until we find that on the road is where you are,  
and where you are is going home.  
Bless us, lead us, love us, bring us home, bearing the Gospel of life.  
Amen.

Kathy Galloway (Iona Community)

Taken from the MU booklet 'Prayers from the heart – talking to God'

Contributed by Revd Marion