



Suffolk Churches Ride and Stride, Pedal and Drive

Saturday September 13th

Advanced reminder for your diaries  
Church Sitters needed to cover various times  
from 9am to 5pm please.  
Church sitting sign up sheet and  
Sponsorship forms at back of church.

**Rector** Rev'd Mary Sokanovic  
[marysokanovic@outlook.com](mailto:marysokanovic@outlook.com) 07824323073v

**Assistant Curate:** Rev'd John Irwin  
[Rev.john@irwin.ch](mailto:Rev.john@irwin.ch) 07957579680

**Church Warden:** Sarah Coward 07719929231

In case of emergency – procedure instructions on Notice Board

Parish Church IP1 6LT Ascension IP1 6AN  
Parish office phone number 01473 747576  
The church is a registered charity. Reg. No: 1139484  
Safe Guarding Officer Rebecca Newman

All services, apart from our All Together service. (first Sunday of the month) are live streamed. If you do not wish to be on the live stream please sit in the North Aisle. At times photographs are taken for our Facebook page or church website. To **opt out** of having your photograph taken, please see a Church Warden, A Sidesperson, or the Parish Safeguarding officer before the service starts – Thank you.

## Diary Dates

### Monday

3.30pm No Whikidz at the Ascension

### Wednesday

10am Eucharist at The Ascension

9.30-11.30 Coffee Shop in Church

11-12.15 Top Up Shop

1.15 No Mums and Tots

### Sunday

9.30 Eucharist

6.30pm Akenham Evensong

\* Live streamed on

[https://www.youtube.com/channel/](https://www.youtube.com/channel/UCpPR9UIRas-janpktqutSO)

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Congratulations Lucy  
on the birth of your first grandson

Born 30th July 2025  
Jonah Colin has arrived safely

7lb 14oz

To Alicia and Jordan,



Thanks from Robert Jones .  
To everyone for their support for the Raffle.  
Thank you to all who kindly provided gifts  
and purchased tickets.  
£240 has been raised.

## Churchyard Working Party

Thursdays from 6pm

Please bring your own  
tools.

All welcome



**Sunday August 10th 2025**

**Eighth Sunday after Trinity**



**Hymns Readings and Notices**

**Processional Hymn**

**584 All my hope on God is founded**

**Collect**

Almighty Lord and everlasting God,  
we beseech you to direct, sanctify and govern  
both our hearts and bodies in the ways of your  
laws and the works of your commandments;  
that through your most mighty protection, both  
here and ever, we may be preserved in body and  
soul;  
through our Lord and Saviour Jesus Christ,  
who is alive and reigns with you,  
In the unity of the Holy Spirit,  
one God, now and for ever.