

NEWSLETTER

MAY & JUNE '26

Pastoral Letter – *The Future*

Angel's tears is a common name for several plants and may refer to: Brugmansia Suaveolens, a semi-woody shrub in the family Solanaceae native to South America.



We hear of children crying crocodile tears. Who hasn't done that!

But I suspect that the tears of many of Jesus' closest friends would

have been all too real on that first Easter. Even after the resurrected Jesus appeared again to individuals and word spread of God's life-giving power, there were still times when doubt, depression and fear probably set in, (remember Thomas and the disciples gathered secretly in a locked room).

However, at Pentecost, the Holy Spirit swept through the crowd gathered to hear Peter speak. Joy, assurance, courage and effective communication were the gifts bestowed and the number of followers multiplied day by day. Tears would never be completely banished from the lives of those first Christians, any more than they are for believers today. As we read the

accounts in Acts and some of the epistles, we see new believers facing enormously challenging times. They needed loads of encouragement.

We too, as individuals and church are sure to face challenging times in the future. However, we can be assured that Jesus walks with us in times of joy and sorrow, and the Holy Spirit will always be there to comfort and guide us.

Ann Cook

Pastoral Matters

So many things are early, indeed much earlier, this year. Bluebells by, on average, two weeks. Sometimes it feels as though life moves on quicker than it ought. Or have we just ignored the signs?

With the warming and improving season our prayers are that many will find that life is just that little bit easier, the joints more forgiving, the "screwomatics" less painful.

Nonetheless we still have folks who are unwell or going through treatments or tests. Please keep them in your prayers, even visit if possible, or make that phone call and let them know they are still valued.

Worship Leaders

May

- | | | |
|----|---------------------------------|-----------------|
| 3 | Allison Smith | Susan Matthews |
| 10 | Rev. Adam Earle (Christian Aid) | |
| 17 | Rev. D. Rees | |
| 24 | At Seaton Road Methodist Church | Pentecost |
| 31 | Rev. Michael Tillett Paul Davis | Trinity Sunday. |

June

- 7 Rev. Adam Earle H.C.
14 3.00 p.m. Summer Praise –
Rev. David Rees
21 Rev. Penny Brinkley
Pam Hewitt
28 Rev. David Rees

Diary for May / June 2026

May

- 9th 11:00 Synod Little Day Out at
Southwold
11th 14:30 Monday Club –
'Prostitutes, Wives and Nuns'.
12th 10:30 Reflections
13th 14:00 Church A.G.M.
16th 10:00 Christian Aid Coffee
Morning and Entertainment at
Trinity.
19th 19:00 Pastorate Eco Meeting
via
Zoom
20th 14:00 Elders Meeting
26th 10:30 Reflections

June

- 8th Monday Club meal tbc
9th 10:30 Reflections
13th pm Hospice Rumble Jumble
in
Large Hall during afternoon.
18th 15:00 Community Prayers at St
Nicholas Church (Flx Ferry)
23rd 10:30 Reflections
27th 10:00 for 10:30 start -
Pastorate Away Day (details to
follow)

July

- 1st 14:00 Elders Meeting.
3rd – 6th URC General Assembly
at Swanwick, Derbyshire.

Worship

Elders have agreed that we

**shall move back into the
Sanctuary for the summer on
Sunday 17th May. Please be
aware that there
will be no heating, so please
dress appropriately for the
weather conditions.**

The following week (24th),
Pentecost worship will be with FMC
at Seaton
Road, starting at 10am. There is off-
street parking at Felixstowe
Community Hub, just beyond the
roundabout.

On 14th June there will be a
Summer Songs of Praise at 3pm.
Please pass your hymn choices to
Ann or Christine before 17th May, so
that we can co-ordinate with Rev
David.

If you wish to briefly explain why
this hymn is special to you, then
please do so.

After the service there will be a
light tea. Any offers of cakes to
Christine please asap so that she
can finalise arrangements. Thank
you.

Christian Aid Week 10th -16th May

Envelopes and Christian Aid
booklets will be available at church
on Sunday 10th May.

If you are housebound but would
like to participate in this week of
prayer and reflections, please let
Ann C know asap. She will deliver
resources to your home.

On Saturday 16th May a Christian
Aid coffee morning will be hosted by
Trinity. Yvonne will be selling her
hand-made cards and The Brawlers

will be providing entertainment. We would welcome donations of home-made cakes to accompany tea and coffee, and of course your company at this important fundraising event.

Charity collections

Water Aid is one of the four charities that the church has chosen to support throughout 2026. I have recently received an update from the charity which brings both good and bad news:

'For the first time in history, just over 9 in 10 people in the world have clean water. But over 1,000 children still die today – and every day – because they must drink dirty water. With one final push, we can change this.'

Our donations can be part of that final push.

Don't forget that the charity box is available every Sunday for your donations.

Eastern Synod Small Day Out – Saturday 9th May – Southwold

Southwold URC will be hosting this event, where light refreshments will be available. During the day there will be Bible study, crafts for kids and guided walks starting from the church. Opportunities will be available to visit the lifeboat museum.

Or why not book private tours of the lighthouse (113 steps) and Adnams Brewery by logging onto: adnams.co.uk/products/lighthouse-tour.

Or adnams.co.uk/products/brewery-tour.

The day's events begin at 11am and the day will end with worship commencing at 3.30pm. For more details see the booklet in the church vestibule.

Climate Justice Notes - Ann C

During Lent, I was following the Climate Stewards, Carbon Fast. One of the themes was food waste. According to their statistics in the UK **EVERY DAY**, we throw away 24 million slices of bread and 4.4 million potatoes. That's mind-blowing.

Globally, we throw away one third of all food produced every year. Yet 800 million people go to bed hungry each night.

Of the tips Climate stewards offered to reduce food waste, the three easiest ones to follow were:

- 1] Plan your meals before you go shopping to reduce waste.
- 2] Use sites like LoveFoodHateWaste for recipes to use up what you already have in the kitchen cupboards and fridge.
- 3] Repurpose leftovers into soups and stocks.

As you are probably all aware, Suffolk Council intend to introduce food waste recycling collections from this summer. However, if each household can reduce food waste in the first place, this will reduce costs (and hopefully our council taxes).

GOOD NEWS – a replacement pill blister recycling box has been delivered to Boots, at long last. Let's show them how important this is to locals by depositing as many pill

cases as we can over coming weeks. The new box is just inside the door.

Christian Aid

Since 1957, Christian Aid Week has brought faith and action together to help families survive poverty and violence, and communities rebuild after crisis.

This is all thanks to the amazing support of churches, communities and individuals who choose to walk, run, bake, dance, make, and do whatever it takes to help make lasting change.

This Christian Aid Week, your support could help mothers in Nairobi, Kenya, facing the devastating reality of urban poverty and the daily struggle to feed their children.

By funding urban farming projects alongside specialist training from our partner Beacon of Hope, we can help parents fight food insecurity, grow fresh vegetables in small city spaces and earn an income to support their families.

This May, we invite you to help mothers like Fridah Moraa and Belinda Kasudi living in crowded informal settlements so they can protect their children from hunger and grow a more hopeful future. Fridah's situation began to change when she joined Imarisha Kilimo through training, tools and seeds, Fridah began to see what was possible — even in the smallest spaces.

Fridah now grows kale, tomatoes and indigenous vegetables — some to feed her family, and some to sell

at her market stall. For the first time, she has a more reliable source of income. As she puts it, 'Now I can plan. I can buy this; I can buy that. I can help my family.'

Her small urban farm is doing more than putting food on the table. It's bringing stability and new possibilities. Watching her crops grow brings a deep sense of pride: 'When what I have planted grows — that is what makes me happy,' she says. 'When I get money that I have earned — that is what makes me happy.'

That pride runs through everything she does. 'I am proud to eat what I've produced. This is my own work.' Through Beacon of Hope, Fridah has gained more than practical skills. She's gained confidence.

Before, she struggled to speak to customers. Now, she's building relationships, growing her business and attracting more people to her stall.

She is also part of a wider community of urban farmers, sharing knowledge and building together. In a place where space is limited, opportunity is growing.

I know this represents an additional charge on already hard-pressed budgets, but your giving is going a more than worthwhile cause, the developing of lives that otherwise had no hope. Thank you.

Now, finally, from the Editor:

All items for the July / August edition should be with John C by: *Sunday 21st June, please.*