

**SABBATICAL**

Our minister Neil is currently away on sabbatical, followed by a period of summer leave. There is a detailed plan in place to cover his role while he is away, so if you require any pastoral support, please speak with Jane Lane and for any other matters, please speak with me, John or the appropriate Deacon.

Rob King

WHAT IS FUELLING US IN LIFE?

This has been adapted from an article originally written during the fuel shortage. However, with prices so high nowadays, this theme is still very topical 'fuel for thought'.

It has been written by Graeme Ross, EBA Regional Minister.

In spite of the environmental warning about the overuse of fossil fuels we are still completely fuel-dependent. As I have thought about this, I have been wondering what fuels us as people and whether or not our supply is plentiful?

What is fuelling us in life?

Jesus is the bread of life (John 6.35) and the Holy Spirit is given to us as living water (John 7.39). God's presence can empower us and give us renewed strength (Isaiah 40.31) and rest (Psalm 62.1). *With all of this on offer, why are there times in our lives when we try to live and serve God in our own strength?*

Encouragement can give us a fuel for life. Encouragement is something we can give freely, whether it is us sharing stories of what God is doing, getting in touch with someone or offering to help someone in need. *Who can we encourage today?*

Love and Kindness are essential for life. In a world that can be harsh, abrupt and where things are often done in a transactional way, actions that are loving and kind are a wonderful breath of fresh air. I still remember the time, several years ago when an elderly lady gave me her shopping trolley in a supermarket. I had arrived without a pound for the trolley (oops), and I ended up carrying two baskets and trying to keep hold of a toddler who was desperate to run around and cause mayhem. That small act of kindness meant the world to me and as I think about it, I am reminded that small things can make a huge difference. *Who can we share loving kindness with today? Often, we need to slow down, so we can prayerfully look around us for those in need of kindness. Are we willing to do this?*

We are really going to struggle in life without proper rest and self-care. When I was starting out in ministry in the late 90's, it felt to me that there was a culture amongst ministers of celebrating overworking and the 'I've worked more hours than you game' only just came second to the 'I've got more members than you' game that was, very sadly, often played at ministers' meetings. Several years ago, our family life was such a struggle that the church I was serving agreed that my hours should be capped at a maximum of 40 hours a week. One of the strange things that happened when I slowed down was that I became more productive because I was often working from a place of rest rather than a place of exhaustion. *How can we prioritise rest and self-care? How can we encourage others to do the same?*



Friendships and relationships are also essential. We were created for community and we need to ensure that we are not isolated and alone. *How are you making time in life to meet with others?*

All of these different 'fuels' are things that we have and that we can choose to share with others. *Will we be spiritual tankers offering to others what we have freely received from God?*

Graeme will be attending our Church Meeting in September as part of his rotation of visits to all the churches in the EBA.

SUFFOLK HISTORIC CHURCHES TRUST - CYCLE RIDE AND STRIDE / HERITAGE DAY



Our church will be open for these events on Saturday 10th September. Helpers will be needed to show visitors around the church for Heritage Day and to sign sponsor forms for cyclists and walkers raising money for the Suffolk Historic Churches Trust and their own church.

If you can help, a rota will be placed at the back of the church for you to add your name. Sponsor forms will be available if you would like to visit churches in the area either by bike or on foot.

CHRISTIAN AID

As a result of the Plant and Cake sale held in May plus donations, the final total sent to Christian Aid this year was £1,332.92.

PRAYER CALENDAR FOR JULY

3rd July: The war in Ukraine. We pray for everyone affected by the war: particularly the residents who have been wrenched from their homeland, or those remaining by choice or lack of opportunity to leave. We pray for the negotiators, politicians and diplomats for a lasting, just solution to the war.

10th July: URC Big Day Out. We pray for the URC and the Eastern Synod's Big Day Out on 16th July. May everyone who attends catch the enthusiasm of belonging to a group wanting to serve you; and return with renewed strength and inspiration to continue in your way, passing on the spirit of the day.

17th July: Holiday at Home. We pray for our Holiday at Home taking place this week. We pray for the organisers and church members there to provide a listening ear, a friendly face and a welcome. We pray for those who want company, occupation and variety from a restricted way of life, whether that is because of age, disability or means. And we pray for those in between – church members who give their time and gifts, and receive companionship and self-worth in return.

24th July: Summer Holidays. We pray for all our school-aged children and students who are starting their summer holidays. Thank you, Lord for rest, relaxation, warm weather and chances to recharge batteries. We pray also for those children and families for whom holidays are fraught with problems – of relationships, or finance, or expectations. Give us opportunities to encourage families and relieve the burden from hard-pressed parents.

ECO-CHURCH CREATION CARE

"Carbon Bombs"

As I write this, the news on just one day includes the following.

- Significant sea level rise is now inevitable, with sea levels around the English coast forecast to be 35cm higher by 2050, resulting in maybe 200,000 homes having to be abandoned.
- New data has revealed extraordinary rates of global heating in the North Barents Sea, an area of the Arctic, up to 7 times faster than the global average. The loss of sea ice, good at reflecting sunlight, allows the darker ocean to absorb more energy and also means it no longer limits the warming of the Arctic air. The more ice is lost, the more heat accumulates, forming a feedback loop.
- In India as a whole, March was the hottest ever recorded, with scorching summer temperatures arriving two months early. In Pakistan's Balochistan region, temperatures have, over several weeks, repeatedly hit almost 50°C. (Will such a region continue to be habitable?) This intense and prolonged heatwave is having a devastating effect on this year's wheat and fruit crops.
- In the USA, Yellowstone National Park was forced to close after record levels of rainfall caused major flooding, washing away sections of road.

In the face of all the evidence of damaging climate change, it is extraordinary to learn that the major oil and gas companies continue to plan massive new projects whose carbon emissions would wreck any prospect of keeping global warming to 1.5 degrees. Over 5 months and following on from the pledges made at COP26, a global team of Guardian environment reporters has worked with leading thinktanks, analysts and academics across the world and identified no less than 195 of these so called "carbon bombs", each of which would result in at least a billion tonnes of CO₂ emissions over their lifetimes, in total equivalent to about 18 years of current global CO₂ emissions. Twenty-two mega-projects in the US account for more than a fifth of these potential emissions.

The better news is that a coalition of environmental lawyers, investigative journalists and campaigners has launched a group to challenge the "carbon bomb" fossil fuel projects revealed in this investigation. After a meeting in May, more than 70 NGOs and activist groups from around the world have formed a "carbon bomb defusal" network to share expertise and resources in the fight to halt the projects and prevent the catastrophic climate breakdown they would cause. But they have much to do to challenge some very powerful organisations and vested interests.

Prof Kevin Anderson, from the Tyndall Centre of Climate Research, University of Manchester and Uppsala University, Sweden, said, "Either the scientists have spent 30 years working on this issue and have got it all wrong – the big oil CEOs know better; or, behind a veil of concern, they have complete disregard for the more climate vulnerable communities, typically poor, people of colour and far away from their lives. Equally worrying, they are disinterested in their own children's future."

The shift from burning oil and gas cannot happen overnight, and a declining amount will still need to be burned during the transition to a net zero emissions global economy in 2050. But we have to question whether companies and governments are acting with any sense of urgency or real concern for our future and that of God's creation as a whole.



Having been appointed as TWAM Ambassador for Christ Church and linking with Tacket Street BBOB, we have been busy sorting tools ready for delivery to TWAM.

I have had several Church members and Old Boys saying that they have tools which they would like to donate. If possible, please place them in box at back of the Church, or if it is easier, I can arrange to collect.

For those who like numbers: 16 chisels, 13 saws, 6 files, 7 hammers, 12 pliers, 30 sockets, 3 box spanners, 22 double spanners, 3 brace drills, 3 large spanners, 20 drills, 10 paint scrapers, 4 tape measures, 10 mason drills, 5 wrenches, 4 tool boxes/drill sets, 1 meat cleaver, 1 axe, 1 car jack, 4 electric drills, 1 grinder, 1 sander, 6 spades, 4 forks and various other items and looms of wool have recently been donated.

I have also received offers about donating foreign coins and so there is a box for these at back of the Church.

For a first effort the contents look good and are on the list of items which TWAM requires, so please keep them coming.

Ron

PRAYER CALENDAR FOR AUGUST

1st August: We pray for our youth organisations as they prepare for the Autumn session. We ask that vacancies for leaders will result in new people coming forward.

8th August: We remember FIND as the call for help with feeding families has increased and pray that the generosity shown will continue.

15th August: As our young people receive their exam results, we pray for them as they decide on their future education plans.

22nd August: We remember our deacons and church officers and those who co-ordinate church activities as we move forward to a resumption of activities in the autumn.

29th August: As we welcome Neil and his family back, we give thanks for all who have served us over the past months.

CHURCH LIFE COMMITTEE EVENTS

Holiday at Home Thursday 21st to Friday 22nd July (10.30am - 4pm) and Sunday 24th July (5pm – 7pm).

Plans are well in hand for Holiday at Home and registration forms are starting to come in.

On Thursday morning we have a visit from Forum favourite, Chris Parfitt, who will give a talk on the Scottish Isles, accompanied by his beautiful pictures.

On Friday morning, we will have our usual craft morning and, in the afternoon, there will be entertainment with a Scottish theme, including music from Bernard Westren's Wednesday Men and hopefully, some Scottish dancing. We will be hearing about some of the beautiful Scottish Tartans.



Lunch, with a taste of Scotland, will be served, along with morning coffee and afternoon tea.

Flyers with more information and registration forms are available at the back of the church.

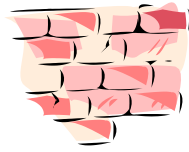
Thank you very much to those who have offered to help. As this event is an important outreach for the church, it would be particularly good to have our own members present not to work, but to sit and chat with the guests. If you would like to come to any of the sessions, we would be delighted to see you. Please let us know in advance if you would like lunch, otherwise just turn up. I am sure both Chris and Bernard would appreciate a good audience.

On Sunday 24th July at 6pm we will have “Songs of Praise” to which everyone is invited. Slips to request your favourite hymn, worship song, poem or reading are also at the back of the church. A simple tea will be served at 5pm in the Langston Hall prior to the service.



OVER THE GARDEN WALL

... from our neighbours at St Pancras



Dear Friends,

At St Pancras, just like Christ Church, we are slowly getting back to normal after the pandemic, though numbers are still not back to what they were before the coronavirus pandemic. As Comment goes to press, we are preparing for about 18 of the parish's children to make their First Communion, when they receive the Eucharist for the first time. We also recently had our bishop, the Rt Rev Alan Hopes, visit to carry out Confirmations. He is now 78 and awaiting the appointment of his successor, having been Bishop of East Anglia since 2013.

Pope Francis, 85, was recently in the news amid speculation that he might be following the example of his immediate predecessor and resigning. Francis did have to delay a trip to Africa because of knee problems, which have led to him using a wheelchair, but retirement seems unlikely. Apart from anything else, we Catholics are only just about getting used to two Popes being alive: three might be a step too far.

While there may, arguably, be an excess of popes, there does seem to be a shortage of priests. The Sunday Times reported in 2019 that the average age of Catholic priests in England and Wales was 65 and that only 25 were ordained in 2017, compared with 480 in the Church of England, which had a comparable number of worshippers. Our celibate Catholic priests do not have the support that most of us take for granted from our spouses. And it seems to be becoming less common for new priests to have the opportunity to work alongside more experienced colleagues in a parish to learn the ropes and benefit from their insight and experience.

We are blessed in St Pancras in having a relatively young priest in charge of the parish. And, compared with global statistics on the number of priests per Catholic, we in England have little to complain about. However, there were plans circulated a few years ago to reduce the number of parishes in Ipswich, cutting them from five to three.

We will all be praying when those children make their First Communion that it is not their last, that they grow up to play adult roles in the Church - and that our Lord sends labourers into the harvest.

JULY'S DIARY DATES

Saturday 16th July 10am: Big Day Out
Thursday 21st & Friday 22nd July 10.30am-4pm: Holiday at Home
Sunday 24th July 5pm-7pm: Afternoon Tea followed by Songs of Praise

SERVICES FOR JULY 2022

Sunday 3rd July

10.45am Family Worship with Holy Communion led by Revd Keith Jones
The Very Reverend Keith Jones is Dean Emeritus of York Minster

Sunday 10th July

10.45am Family Worship led by Dr Richard Jurd
Richard is a URC lay preacher and member at Lion Walk, Colchester

Sunday 17th July

10.45am Family Worship led by Revd Dr Janet Tollington
Janet is a retired URC minister, formerly Director of Old Testament Studies at Westminster College, Cambridge

Sunday 24th July

10.45am Family Worship led by Revd Graham Edwards
Graham is a retired URC minister

6pm Songs of Praise in our Sanctuary for Holiday at Home guests.
All are welcome

Sunday 31st July

10.45am Family Worship with Holy Communion led by Mr William Glasse
William is a URC Lay Preacher and Methodist Local Preacher

SEPTEMBER'S DIARY DATES

Thursday 8th September 7.30pm: Deacons meeting in the Langston Hall

Saturday 10th / Sunday 11th September Heritage Open Days

Thursday 22nd September 7.30pm: Church Meeting (Revd Graeme Ross attending)

SERVICES FOR AUGUST AND EARLY SEPTEMBER 2022

Sunday 7th August

10.45am Family Worship led by Mr John Gillett
John is an Anglican Lay Reader

Sunday 14th August

10.45am Family Worship led by Revd David Thompson
David is from Holly Lodge Baptist Church and is a retired Baptist minister

Sunday 21st August

10.45am Family Worship led by Mr Keith Scarff
Keith is a URC Lay Preacher and elder at Stowmarket URC

Sunday 28th August

10.45am Family Worship led by Dr Richard Jurd
Richard is a URC lay preacher and member at Lion Walk, Colchester

Sunday 4th September

10.45am All-age Worship with Holy Communion, led by our minister Neil

There will be no Service on Sunday 11th September due to the Ipswich Half Marathon