



## Heritage Open Days in Ipswich

The weekend of 9<sup>th</sup> and 10<sup>th</sup> September is co-ordinated by the Ipswich Society with the aim of encouraging the owners of some of the town's finest buildings to throw open their doors and show off the treasures inside. There will be more than 30 buildings open in 2017. Of course our Meeting House is one of the buildings open for visitors. The buildings represent over seven centuries of the history of Ipswich and so you could make it a day's outing to visit as many as possible.

On Saturday Ipswich Transport Museum will be running a special veteran bus service from Ipswich Museum every forty five minutes from 10.30 and there will be a guide giving a commentary too. Here is how the brochure describes our Meeting House - *Built in 1699 and one of the architectural gems of Ipswich. Original box pews, a magnificent pulpit carved in the style of Grinling Gibbons, Dutch 17th Century candelabra and a clock from an even earlier date. Fine entrance doors, one with a spyhole for use against visits from opponents of Non conformist worshippers. Open Saturday 10 to 5 and Sunday from noon to 4pm.*

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There are also free guided walking tours led by Ipswich Tourist Guides which leave from the Tourist Information Office in St Stephen's Church at 10.30 on Saturday and on Sunday. Booking is advisable, but not vital – 01473 258070 or email [tourist@ipswich.gov.uk](mailto:tourist@ipswich.gov.uk)

## Suffolk Historic Churches Ride and Stride

The Annual Sponsored Ride & Stride is a National event and every second Saturday in September cyclists all round the country are out making money for their local county Churches Trust. The idea started in Suffolk, and consistently Suffolk has headed the table of funds raised. The Ride & Stride is the main source of income to Suffolk Historic Churches Trust to enable it to make grants to churches and chapels *of all denominations* towards repair and restoration costs. So if you are keen to support our Meeting House, perhaps you could get your walking boots or cycle shorts out and download the sponsorship form to raise funds while enjoying yourself?

<https://shctorguk.files.wordpress.com/2017/03/sponsorship-form>



## **Reaction to the Charlottesville VA tensions**

*from Ellen Spero, Unitarian Universalist Minister at Chelmsford MA on her return from holiday in Vermont*

Even in the mountains of Vermont, the anxiety, anger, and divisiveness pervading our country and our world made themselves felt whenever we listened to the news.

My initial response to the violence and terror in Charlottesville was visceral—I felt it all in the pit in my stomach—fear, anger, sadness, threatened, helplessness against a rage I find hard to fathom. I was not surprised, however. And I suspect that we will see such things again and again. So, I recognize that I have to develop a long-term capacity to respond, as reacting to each and every act of violence, racism and hate is impossibly exhausting and despairing.

In ministry, we are trained to be a “non-anxious presence”—to walk into the storm of conflict, turmoil or loss and be with those who are suffering in it. We are not there to fix things or say that everything will be all right, because we can’t make those promises. However, we can listen and hold all the emotions that arise, especially the ones that frighten and overwhelm us. And, as crises often reveal what matters most, we can name these and help people clarify what grounds them, what is sacred, what gives our lives meaning. I am not always good at it, and I certainly don’t feel non-anxious. However, its practice reminds me to pause and ground myself in what I trust is true—that we are deeply connected to one another and to the creation, and that our salvation lies in tending those connections with love and gratitude, hospitality and humbleness. These are as powerful and real to me as any of the events causing me anxiety and fear. Touching upon these, I can look up and see a larger horizon, and I can begin to walk toward hope.

I cannot honestly say that the violence and hate in our country or around the world won’t escalate or that everything will be all right. But I do believe that we can work together to be a community of non-anxious presence for one another and our larger world. We can be

attentive to what matters most, what is sacred and life-giving, when fear and confusion and helplessness threaten to overwhelm. We won’t always be good at it, and we will not necessarily feel non-anxious. However, if we pause and ground ourselves in what we trust is true, articulated in our UU covenants and principles, then we will find clarity and hope among fear and helplessness. I know that I feel more hopeful and energized after being with you, whether in worship or a committee meeting, than I do on my own. By bringing a non-anxious presence to our world, I believe we help move things toward the good.

*Thank you to Ellen for giving permission to include this message to her congregation in our own newsletter. At times of tension and hate we need this clarity of vision and an invitation to hold fast against negativity – together.*

## **Health matters**

Beryl Beech is happy to announce that her long delayed hip replacement operation is scheduled for 30<sup>th</sup> August, so fingers crossed that by the time you read this she will be sitting up in bed pain free.

Miranda McInnes is due to return home at the beginning of September and will welcome volunteers who are able to drive her around for various visits.

Paula Chapman’s recovery has had a slight hitch, but she is fighting hard to make up ground.

Riena Jackson will be having an operation on her wrist.

We wish everyone in our congregation who has health challenges the strength and support they need to make a full and good recovery. Do please let us know how you are getting on.

## **Birthdays in September**

Happy birthday to –  
Karen Tricker on 7<sup>th</sup>  
Freddie Gray on 14<sup>th</sup>  
Ann Baepler on 20<sup>th</sup>

## **Services**

All services in September will be led by Minister Lewis Connolly.

## Charity BBQ

Thank you to Maggie and Neal Hodges for hosting the charity summer BBQ in their garden on 13<sup>th</sup> August. The sun shone, a good time was had by all and we were especially pleased to welcome Michael Hyde with his family. We raised £245 to go towards our fundraising for the Meeting House renovations. Thank you too to all who supported the event.



## **When it Rains an Umbrella Comes in Handy or Why be a GA Associate Member!**

Here in our corner of Suffolk it may be difficult to understand what relevance the General Assembly of Unitarian & Free Christian Churches (GA of UFCC) has to the Ipswich Unitarian Meeting. After all, we have a reasonably healthy congregation, elected trustees, a full time minister and a wonderful building in which to meet.

Well, think on this. The GA is a bit like having 'something somewhere' which until needed was considered to be of no importance!

Need a new minister? It's the GA which recruits & selects students for ministry & lay training.

Need advice on how to make a congregation more visible? Contact the GA.

Need advice on buildings, legal, charitable & financial issues? Contact the GA.

Need safeguarding advice & access to DBS & training? Contact the GA.

## **When it rains – cont.**

Need information on Sunday Schools, children's clubs & youth activities? Contact the GA  
The above are only a few of the services provided via a variety of programmes and advisory groups under the umbrella of the GA - and there's more ...

Derek McAuley, GA Chief Officer (a full time paid post) represents or delegates representation to groups where it is important the Unitarian Movement is represented.

Two examples of this are the Churches Ecumenical Liaison Group for Ministerial Training – this gives access to key individual thinking about development in ministerial education and The Churches Legislative Advisory Council (CLAS), which is a forum for all churches to engage with Parliament & the Government, mainly on practical issues and representation.

And there's more: regular meetings are held with the Quakers, Liberal Judaism & the United Reformed & Lutheran churches, organising the Annual Meetings ... and even more!

The subscriptions paid by GA Associate members go towards funding all the above. The annual subscription cost is £30 if paid annually or £3 per month via standing order, although larger subscriptions would be gratefully received. In return, you will receive a gold colour chalice badge, a newsletter 'The Associate' twice a year plus one or two other advantages if attending the GA Meetings. However, the non-tangible return is that you will be playing a part in financially helping & supporting not only the Unitarian Movement & other Unitarian Congregations but also ourselves when we are looking for 'something somewhere'.

For an application form for GA Associate Membership go to [www.unitarian.org.uk](http://www.unitarian.org.uk), then click on 'Get Involved' & scroll down or see Linda for hard copy.

Linda King

Ref: 'The Associate' Spring 2017.

**Banana bread recipe** – thanks to Maggie Hodges. This was one of the cakes enjoyed at the Music on the Green event in July – now you can make it yourself.

Ingredients –

- 65g soft butter + extra for greasing and serving
- 3 or 4 ripe bananas (depending on size)
- 150g soft brown sugar
- 1 egg (beaten)
- 1 tablespoon vanilla essence
- 1 teaspoon bicarbonate of soda
- Pinch of salt
- 170g spelt flour

Method –

Preheat the oven to 180 C /160 C fan/ Gas 4. Grease a 30 x 23 cm bread tin. Pour the mashed banana into a big mixing bowl. Mix in the butter, sugar, egg and vanilla essence. Add bicarbonate of soda and salt. Mix in the flour last and pour into the tin. Maggie's tip - It can look a bit lumpy as the butter doesn't always mix in smoothly but ignore that - it always comes out well. Bake for one hour, remove and cool. Serve in slices with a little butter. Originally this was a recipe donated to Sharpham Estate by Sophie Daal which Maggie has adapted.

**Taizé singing**

Eighteen singers met again in the Meeting House on 8<sup>th</sup> August to revisit Taizé chants we'd sung before and learning new ones. This relaxed and informal session led by Jan Savage and Liz Gerrie offered fun as well as some deeply meditative moments as a chant faded into stillness. The Meeting House received £45.50 in donations from participants. We'll meet again at 10.00 on 12<sup>th</sup> September – do join us! *Ann Baepler*

**Overheard at the gym**

Girl – *'God is very powerful isn't He?'*  
Grannie – *'Yes He is'*  
Girl - *'He made all of us.'*  
Grannie – *'God made everything.'*  
Girl – *'When did God die?'*  
Over to you Grannie for the answer to that! Any suggestions? It sounds like the beginning of a deep philosophical discussion!

**Events in September**

3<sup>rd</sup> – Art on the Prom – Felixstowe seafront  
7<sup>th</sup> to 9<sup>th</sup> - Framlingham Camera Club exhibition in Framlingham Meeting House – 10 am to 5 pm  
9<sup>th</sup> to 10<sup>th</sup> - Heritage Open Days  
13<sup>th</sup> – Cycle to Work Day (national)  
22<sup>nd</sup> – 'Blackfish' – film at Quaker Meeting House  
24<sup>th</sup> - Great East Run – in Ipswich  
30<sup>th</sup> – End of summer opening – thanks to all who have 'manned' the Meeting House.  
Newcastle Meeting House have postponed their celebratory 'Moving On' service because of delays in arranging the final sale of their building. More when the dates are fixed.

**Thinking of training for Unitarian ministry?**

Applications for training beginning in Autumn 2018 should be received by Monday 2 October 2017. Short-listed applicants will be called for interview at Oxford on 4 – 5 January 2018. The format of training provision is currently under review and the 2018 intake will have the opportunity to engage in a more flexible approach to training. For an application form please contact [Mary-Jean Hennis](#)- General Assembly of Unitarian and Free Christian Churches, Essex Hall - 0207 240 2384. To discuss applying, please contact [Simon Bland](#) – Ministry and Congregational Support Officer 0115 888 2955.

**Contacts**

Contributions for the next newsletter to Tessa please before the deadline of Wednesday 28<sup>th</sup> September – to [ipswichunitarian@gmail.com](mailto:ipswichunitarian@gmail.com) or post to 48 Crabbe Street, Ipswich IP4 5HS  
If you would like to receive the newsletter regularly by email, please send a request to go onto the mailing list. Feel free to pass on copies to any interested person.  
To contact our secretary [Riena Jackson](#), ring 01473 210064/email [mjack76748@aol.com](mailto:mjack76748@aol.com)  
To contact our Minister, [Lewis Connolly](#), ring 01473 422528/email [revdlewisconnolly@gmail.com](mailto:revdlewisconnolly@gmail.com)

**Thought for the month**

"The person who says it cannot be done, should not interrupt the person doing it."  
*Chinese proverb*