



Well done Karen!



Thank you to Karen Tricker who ran the 10km Twilight Race on Friday 26th July in aid of our Meeting House Restoration Fund. The photo shows her with her friend Lesley after the race. I am sure they gave the Meeting House a wave as they ran past! To add your sponsorship please go to – <https://www.iustgiving.com/crowdfunding/karen-tricker>

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Congregation BBQ

All are welcome to join us on Sunday 4th August after the service for a BBQ in the garden at Tessa and David Forsdike's home at 48 Crabbe Street, Ipswich IP4 5HS. The cost is £8 each as a minimum donation. All profit will go to our Restoration Fund. This is a chance to relax and have a proper chat with other members and friends in the congregation. Do join us!

PRIDE Parade – 22nd June



We were proud to be part of the PRIDE parade in Ipswich with our new Unitarian PRIDE banner. The sun shone and the whole event had a mood of celebration. Well done to the organisers, including our own Ben Harvey who is part of the organising committee. Thank you too to the people who contributed to the cost of our banner. We look forward to taking it out on many future occasions to show our support for the LGBT+ community.

Good news!!

We recently received the good news that the Suffolk Historic Churches Trust has awarded us the **maximum grant possible of £10,000** towards our Restoration Fund. We are very grateful and this spurs us on to raise further funds to make the necessary repairs to our Grade 1 listed Meeting House. Thank you to everyone who did the hard work of completing the application forms and getting together all the information necessary.

Maybe this year when we open our Meeting House for the Ride and Stride event and the Historic Churches Open Day on 14th and 15th September, it will have added meaning for us. We will need volunteers please to be there for the visitors. Sign up on the notice board or contact Rosemary Hamilton - rosieandivan@uwclub.net We will also be offering tickets that weekend to raffle the beautiful patchwork quilt made for us by Sarah Brennan as another way to raise funds for the Restoration Fund. Speak to Paulette Reed if you would like a ticket!

More good news is that we received a **Gift Aid refund of £2,226.40** this year. By signing a declaration that you pay UK tax, the Meeting House can apply for a rebate on the proportion of tax applied to your contributions. If you have not yet done this, please consider this option and contact our Treasurer Andrew Gibbs for the necessary form. His email is - andrewgibbs41@gmail.com It would be even better if we can claim more back next year!

Birthdays in August

Happy birthday in August to – Madeleine Spence on 11th; Phil Chatfield on 15th; Saskia Sakals on 20th; Jenny Spence on 21st; John Stevens on 23rd (and a special one too, so have a good celebration John!); Dan Jordan on 27th; Sidonie Sakals on 31st

Poetry Group meeting -

The next meeting in the Hall will be on Thursday 29th August at 2 pm and Alice Oswald is our poet. All welcome.

Petition

Adam Whybray kindly asks you to read and consider signing a petition from XR East Suffolk and Ipswich which is to be presented to Suffolk County Council. In light of Suffolk County Council declaring a 'Climate Emergency' the petition asks for the council to divest its pension funds from fossil fuel companies, abandon plans for an Ipswich Northern Bypass, invest in public transportation, protect Suffolk wildlife – ensuring new homes built in Suffolk are low-zero emission and restricting development that threatens to destroy precious remaining natural areas in the region, including Minsmere – and to create and be led by the decisions of a Citizen's Assembly on climate and ecological justice. Signing the petition can be done online and in no way otherwise indicates support for Extinction Rebellion, merely the terms of the petition alone. Thank you kindly.

The link is -

<https://you.38degrees.org.uk/petitions/suffolk-county-council-act-now>"

Organ Recital

Our organist Robert Waller has kindly offered to give an **Organ Recital on Saturday 21st September at 7pm**. Robert has been playing for our services for over 45 years and knows our idiosyncratic organ well. Originally invited by June Teape to play, Robert has shown his dedication to the Meeting House in many ways, including a previous charity event in 1989 when he played the organ for 24 hours (with only five minute breaks each hour) to raise funds for the building work. In 2014 he celebrated 40 years as organist by giving a recital on 17th March. This led to our annual Spring Concerts.

There is no charge for the Recital and we will take a collection in aid of the Restoration Fund. There will be light refreshments and all are welcome, so please let all your musical friends and any organists know about it. Posters and leaflets are available at the Meeting House for you to pass on – or contact Tessa Forsdike for an emailed copy on tessa@tessajordan.co.uk

Unitarians in East Anglia



What more could one wish on a sunny Sunday afternoon than a gathering of over fifty Unitarians, singing loudly, chatting away, discovering hidden history in a small market town...and having tea & coffee on tap along with a real chapel tea! And so it was, that the first gathering of Unitarians in East Anglia for over three years, arranged by the East Anglian Unitarian Women's Group (EAUWG) was a 'real do'.

It was really heartening to see so many from the Ipswich Congregation meeting with other Unitarians, as well as noting that every Unitarian chapel, church & meeting house in East Anglia had at least one person from their congregation in attendance. *(the Colchester Group had their own summer gathering so unfortunately were unable to join with us)*

The afternoon began with a short worship service led by the EAUWG, having as its theme 'Respecting and Caring for the Soil'. All the hymns, music and readings, with one exception, were by women. The roof just about held firm during the sing of 'Earth is Gift of God's Creation' and 'Come together in Love': the doors of the Framlingham Meeting House being open, I'm sure the pleasure of hearing the renditions must have been felt not only by the congregation but those walking past as well. Robert's organ voluntary of 'Blow up the Trumpet' by Rosalie Bonighton rounded the service off rousingly – if there's such a word! The collection raised £164 for the 'International Tree Foundation' (www.internationaltreefoundation.org). About 20 people then joined Cliff for a guided walk

around the Unitarian history in Framlingham, taking in the Parish Churchyard wherein lies Samuel Say Toms, the town cemetery inhabited by Rev Thomas Cooper, campaigner against the slave trade, Rev John Goodwyn Barmby, christian socialist and many of the Framlingham Unitarians with whom we once gathered at the summer meetings held at the now demolished Bedfield Chapel.

Others, chose to remain at the Meeting House, cups of tea, chatting, meeting new people and catching up with old friends, until the 'walkers' arrived back...then it was a wonderful, delicious tea... I never knew vegan cakes could taste so good!

Our thanks must go to Rev Matthew Smith & the Framlingham congregation for the use of the Meeting House, Rev Cliff Reed for the guided walk and our organist Robert Waller, for the music. Last, but far from least, to Angela Hatt of Framlingham for the catering and my personal thanks to Brenda Smith for teaching me how to arrange sandwiches on a plate! Hopefully, a congregation or another individual group will think about arranging a similar gathering for next year.

Linda King.



Thank you to Maggie Hodges who took the photos – including this lovely one of Rev. Cliff Reed during his guided walk, with, behind him, Rev. Matthew Smith from the Framlingham and Bury Meeting Houses.

Events in August

4th – Congregation BBQ – after the service – at 48 Crabbe Street, Ipswich IP4 5HS

11th – Tessa Forsdike on BBC Radio Suffolk at 7.20am discussing the news with Lesley Dolphin and talking about our Unitarian news.

16 – 18 and 23 – 25 Camp JoJo – contact Ralph Spence at spence.ivyfarm@gmail.com to volunteer to help with this camp for people with disabilities.

22nd – Conversation in the Upper Room – based on the Delta Course – 7pm – all welcome even if you have not previously attended.

23rd to 26th – Ed Sheeran in Chantry Park

29th - Poetry Group meeting – 2pm

... and in September –

2nd – Trustees Meeting 6pm

14th – Ride and Stride - Meeting House open

14th and 15th – Heritage Open days welcoming visitors to our Meeting House (please volunteer to help)

21st - Organ Recital – 7pm – free entry – collection for our Restoration Fund. All welcome.

Services in August

All services start at 10.45 and will be led by our Minister, Rev Lewis Connolly except on Sunday 18th August when Rev Cliff Reed will lead.

AN EVENING OF MUSIC AND POETRY IN THE MEETING HOUSE – 9th November

Jennie Fisk, Jo Rolfe, Liz Gerrie, and Tracy Sharp are 4 talented women who some 15 years ago formed an A Cappella ensemble called “*Way Beyond The Blue*”. On Saturday 9th November they will be making their second visit to the Meeting House to offer us songs from their varied and international repertoire. During the evening we will also have the pleasure of hearing Peter Watkins read from his collection of poems “*Enough to Love a Multitude*”, published in 2018 by Eye Wild Books. Peter says that he writes about “*the things that sustain us emotionally*”: nature, the arts, the spiritual life - and most of all, love.

Do join us for what promises to be an enriching as well as an entertaining event.

More details to follow soon. – Ann Baeppler

Meeting ‘old’ friends



We were so pleased to see Ray and Sheila Seal at a service in July when they popped in on a visit while they were over from France. They stay in touch through this newsletter as well as emailing. They are now selling their base in the UK and settling permanently over the Channel.

Saint Peter’s Street Fair

Seize the Moment! It came to our notice late in the day, so there was not much time to plan, but all the same we decided to keep the Meeting House open after service on 16th June to take advantage of the footfall of people coming to the nearby Saint Peter’s Street Fair. Tables were laid, cakes and plants materialised, books brought out and we waited, though not for long. With the weather fair to changeable, we served tea and cake to those who came by. It was also helped by the beautiful display of Elmer’s Big Parade around the town – adults and children were out in force to find as many Elmer (the elephant) they could.

Although we haven’t got our own Elmer, people find it hard to resist cake. After about two hours the heavens opened and people disappeared. We raised £102.37 towards our Restoration Fund. Thank you to everyone who made a contribution to the event whether this contribution was small or sizeable & whatever form this took!

Paulette Reed and Ann Baeppler

Elmer – or Elphis ...



We may not have our own Elmer elephant, but the Elphis (!) Elmer is very near us!

Sugar Mouse Diabetes Appeal - Helping friends and family with diabetes

In 2015, our General Assembly passed a resolution on Testing On Animals (Resolution 4, 2015) to “advance non-animal medical research and in so doing help save human and animal lives.” The following appeal comes from Rev Feargus O’Connor. Our current President, Rev. Celia Cartwright, Vice-president, Anne Mills, and eleven former Presidents are among the 39 signatories.

“Animal Free Research UK has launched a major appeal to fund breakthrough research that has the potential to change millions of people’s lives and help save our National Health Service billions of pounds every year. Animal Free Research UK researchers have recently made a hugely significant discovery which has the potential to transform the way we treat type 2 diabetes, a chronic condition currently present (either diagnosed or undiagnosed) in an estimated 5% of the UK population. As well as its effect on those with the condition type 2 diabetes – and the associated health issues like blindness, circulation problems and kidney failure – it has been estimated to cost the NHS £10 billion every year. The charity’s ‘Sugar Mouse Diabetes Appeal’ is aimed at everyone who wants to see this lifelong and life changing condition beaten with world-class research – and delivered without any experiments on animals.

Professor Lorna Harries and Nicola Jeffery at the University of Exeter Medical School have been looking at the mechanisms

underlying type 2 diabetes. After discovering evidence that a proportion of the beta cells in the pancreas that produce insulin aren’t dying but are changing into other types of cells Lorna and Nicola wanted to find out the reasons why the cells alter their identity in this way. But they’ve gone above and beyond this – and have discovered that this transformational process can be reversed, which could soon lead the way to treatments that will cure the condition. Lorna and Nicola have developed a new scientific methodology using human pancreatic beta cell lines, which have been grown in the laboratory without the use of any animals. This is cutting-edge research at its best – their exciting discoveries would never have been made if they had carried out conventional cruel experiments on mice as they are so different from humans. Not a single mouse has been killed during their research.

The charity urgently needs to raise £60,000 to provide funding for the first of a further three years of this ground-breaking research project, so Lorna and Nicola can take their discovery forward – and closer to a cure. We do hope you can help by sending a donation to: Sugar Mouse Diabetes Appeal, Animal Free Research UK, Portmill House, Portmill Lane, Hitchin, Hertfordshire SG5 1DJ. Please make all cheques payable to Animal Free Research UK. Thank you. Since its foundation in 2016 the Unitarian Dahar Keable Humane Research Fund of Animal Free Research UK has raised £24,832 for cancer, diabetes and other humane research appeals.”

Disclaimer – We welcome contributions from all members and friends of our congregation. Views expressed in the articles are those of the individual and not necessarily those of our congregation or of our Unitarian community

Contacts Contributions PLEASE for the next newsletter to Tessa before the deadline of Sunday 25th August – to ipswichunitarian@gmail.com or post to 48 Crabbe Street, Ipswich IP4 5HS
To contact our Secretary, Riena Jackson, ring 01473 210064/email mjack76748@aol.com
To contact our Minister, Lewis Connolly, ring 01473 422528/email revdlewisconnolly@gmail.com
Website - <http://unitarianipswich.com>

Thought for the month

Faith is taking the first step even when you don't see the whole staircase.

Martin Luther King, Jr.