



Heritage Open Days

We are proud to show off our Meeting House at any time, and especially during the national Heritage Open Days week (8th to 17th September). The Meeting House will be open on Saturday 9th from 9.00 to 17.00 and on Sunday 10th for worship from 10.30 and to public visitors from 12 noon to 16.00. For details about events during the week, check out the website -

<https://www.heritageopendays.org.uk/visiting/advanced-search>

We are also holding events in the Meeting House – all welcome and no charge - donations invited.

Ipswich's Historic Churches – Hidden Stories – Friday 8th September at 19.00

John Field will talk about Ipswich's 12 mediaeval churches, with their monuments, parish records and long histories provide a sort of 3D archive of life in the town over many centuries. This talk explores a number of incidents, points of interest, hidden features and personal stories not immediately apparent in a cursory visit which help to bring the town's Mediaeval churches to life and throws a light on life in our town over many years.

See page two for another interesting talk by John Warren on Thursday 14th September!

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Suffolk Historic Churches Trust Ride and Stride 2023.

Forget about spring cleaning, how about pocket clearing or back of the sofa diving or under the bed search or ... anywhere?

Yes, it's summer coin annual collection (notes also accepted) for the Suffolk Historic Churches Trust (SHCT) 'Ride & Stride' on Saturday 9 September. Members of this Meeting House will be seeking sponsorship by waving a yellow form in front of those who happen to be within the curtilage of and within the Meeting House.

Signing your name to sponsor us is the easy support bit, the hard bit is walking with a recently broken toe (sob! that's worth an extra 10p per church!) cycling with a sore bum or sitting all day on a hard chair welcoming & signing in other participants fundraising for their own place of worship.

The SHCT awarded generous grants towards the building restoration and the loo facilities. Much of their annual income comes from the 'Ride & Stride' so the more they make the more they can help other places of worship of all denominations towards repair, improvements & restoration.

Of the money raised by the Unitarian Meeting participants, half will be kept by SHCT and half will come back to the Meeting House. If you wish to sponsor us but are unable to get to the Meeting House, please send cheques payable to 'Suffolk Historic Churches Trust' to Robert Waller, Treasurer, Ipswich Unitarian Meeting House, Friars Street, Ipswich IP1 1TD. Thank you.

Linda King

**Ipswich Dissenters – Thursday 14th
September from 10.00 to 12 noon**

John Warren has an interest in the history of Ipswich and in this talk will share information about the Protestant Dissenters in our historic Dissenters Meeting House.

Henry VIII's excommunication in 1538 allowed him some independence from European neighbours, as well as other options in his search for a male heir. For subsequent Tudors, the consequences were a serious threat to both the nation and the rulers' survival. Catholics, backed by European powers, struggled with protestant nationalists until a definition of a Church of England slowly evolved. This all had a profound effect on Ipswich, (including migration to the New World), before, during and after the bloodbath of the Civil War. How the Unitarians fit into this history is discussed.

No booking necessary – all welcome. Organised by The Ipswich Society. Donations welcome.

From Downpipe to Dead Salmon – a writer's journey with Ruth Leigh

On 25th July 2023 Ruth Leigh visited the Meeting House and gave us an amusing insight into herself and work as a Writer and Author. I bought two of her books and am hooked even to the point of slowing down my reading as I was nearing the end and didn't want it to finish. I will now have to buy the next two on Isabella M Smugge.

Ruth has spent the last fifteen years writing for other people. Her portfolio includes a radio station, several Christian charities, an estate agent, a florist and a trainer. During lockdown, 75% of her work disappeared overnight and she found she had time on her hands. Writing for a national blog in April 2020, she decided to make up a woman who was the exact opposite of herself. Rich, posh, skinny and eye-wateringly successful, Isabella M Smugge (as in Bruges) is a

Starry 'Instamum' with millions of followers on Instagram and Tik Tok, a vast swathe of successful books to her name with every trend and fashion within reach of her perfectly manicured fingertips.

She was only ever meant to be a two-dimensional joke character, but she was spotted by an agent who pitched the idea around various publishers in the Summer of 2020. Isabella found a home with small, independent award-winning publisher Instant Apostle and her adventures have proved to be extremely popular with readers.

Self-obsessed, snobbish and with virtually no self-awareness, Isabella leaves London for Suffolk with her husband, three children and Latvian au pair in tow. Nothing works out as she'd imagined, and our heroine starts to question everything she always believed to be true.



Ruth writes in a funny style, with lots of jokes but with heart. Her freelance writing background, particularly in the field of estate agency, has furnished her with enough knowledge of Farrow and Ball paint colours, kitchen trends and garden design to create Isabella's gorgeous world.

There is nothing she loves more than talking about writing, comedy, literature and all that goes with it.

by Maggie Hodges

For more information or to buy Ruth's books -
<https://www.ruthleighwrites.co.uk/ruth-leigh-books>

Services in September

3rd - Linda King, Ipswich Unitarians
10th - Rev Joy Croft, Octagon Chapel Norwich
17th - Lynne Davies, Octagon Chapel Norwich
24th - Andrew Benedict, East of England Faiths Agency

All services start at 10.45 and are available simultaneously via Zoom. If you would like to join us online, please contact Tessa Forsdike (tessa@tessajordan.co.uk) or Robert Waller (bob.waller2255@gmail.com) to be added to the mailing list for the link, which changes each week. You are warmly welcome to join us in person too – and we will make the tea and coffee afterwards!

On Sunday 17th September there is a fun run taking place around the town with road closures from 04.00 to 15.00 ...

Here is the message from the Events Team –

Yes, we can confirm there should be no issues with accessing the church at 10:15. Civic Drive / Franciscan Way will re-open for 09:45 and traffic will just be held for 15 minutes whilst runners come through.

Please just note that anyone coming to the church will need to come from Handford Road onto Civic Drive and across onto Franciscan Way due to the closures around the town centre and Wherstead Road. Please also just note vehicles from the east side of the town will need to use the A1156.

If there are any issues at all, members of the congregation can call our event control number on 07056 672564 and our team can inform congregation members of the best route towards the church if they were to get stuck at a closure around the route.

Birthdays in September

Happy birthday to all those who celebrate their special day this month -
Karen Poulter on 7th; Thomas Shaw on 8th; Freddie Gray on 14th; Ann Baeppler on 20th

Suffolk Sight Fundraiser

Thanks go to Adam Whybray, Tim and Rachel Pennick for their presentations on Thursday 10th August in the Meeting House. Tim brought along his guide dog and we were tempted to pet her even though she was working.



We learned about the work done by Sound On : Talking Newspaper and by Librivox.org – all to support people with visual challenges. The evening raised £143 which went to Suffolk Sight, our nominated charity for this year. We continue to raise funds – including selling home-made jams. If you have fundraising ideas, do speak to Liz Constable - elconstable@gmail.com .

Brave Futures

Brave Futures is a specialist support service for children, young people and their families that have experienced sexual abuse. Offering a bespoke service to every child and young person they support. They give them the skills and tools they need to rebuild their futures, manage their trauma and help them move from victim to survivor.

Child sexual abuse is very prevalent, 1 in 10 children will be a victim and we must all take action in order to keep children safe.

Patsy Johnson Cisse Managing Director for Brave Futures explains the importance of being the Mayor's Charity *"We are delighted to be chosen as one of the Mayor's charities this year. With an increase in referrals and a higher demand on the service, fundraising is essential to ensure that every child has access to this life saving support. The opportunity to raise awareness is equally as valuable. We want everyone to know how to have conversations with children and young people to keep them safe, how to spot the signs and where to get support. Prevention is vital. We look forward to networking and building relationships during our time as the Mayor's charity."*

To find out more about Brave Futures visit www.bravefutures.org where you can find out information, how to get involved and how to support their work.

Hannah Walker

Book Group

The group will next be reading 'Home Fire' by Kamila Shamsie and will meet to discuss it on Tuesday 3rd October at 19.00 via Zoom. The Guardian describes it as – 'A powerful exploration of the clash between society, family and faith in the modern world.

Let Tessa Forsdike know if you would like the link.

New Podcast: PEOPLE SO BOLD

Launching on 1 September: 'People So Bold', a new weekly podcast from Ann Howell, our Social Action Officer, featuring Unitarians, friends, and allies who are building beloved community in all sorts of ways. Each week promises bite-sized content of 15 to 20 minutes designed to inspire and motivate us to make meaningful connections, live out our values, and create the change we want to see.

September's guests will include: Rev. Stephanie Bisby, minister at York Unitarians; Tony Cann, founder of the Bowland Trust; Tam Fowles of "Mad Woman Talking"; and Rev. Julio Torres, minister at Lewisham Unity and advocate for Citizens UK. [The podcast will be available on Spotify.](#)

Margaret Barr

Few Unitarians become a legend in their own lifetime, but Rev. Margaret Barr (1899-1973) is surely one who did. This August marks fifty years since her death in 1973, and in many ways the legacy of her work for the people and churches of the Khasi Hills in India lives on today. Volunteers Howard Hague and John Hewerdine, with the assistance of others, have put together a worship resource and information pack about the life and work of this remarkable Unitarian. It is available at <https://www.unitarian.org.uk/wp-content/uploads/2023/07/Margaret-Barr-Worship-Resource-Pack.pdf> and it is hoped by the volunteer team that congregations and worship leaders may wish to mark this anniversary, using some of the information provided. A contribution by Rev Cliff Reed is included in the pack – follow the link to take a look.

As a Meeting House we supported the school financially for over five years and David and Tessa Forsdike visited them in 2007 too.



David is showing the children film of them that he has taken during our visit.

John Norman - Cycling daily for 100 days.

Anyone interested in the history & buildings of Suffolk, especially of Ipswich, will know the name of John Norman and the tireless work he has carried out for many charitable projects. Others will know of him through a variety of his other interests especially those involving outdoor pursuits with lots of exercise!

Here at the Meeting House the support of Ipswich Society with John as its chairman, was of significance in our application for financial support from Heritage England & other charitable sources. Now is our time to support John in the massive goal he has set, both for himself and for others.

Ipswich Society's recent circulation (abridged) gives the following information:

'Unfortunately my cancer has returned, and it is aggressive, inoperable and terminal. In addition to the cancer the proposed treatment will cause me inactivity. I am determined to fight this, hence this personal challenge.

My target is one hundred days, because the President of Ipswich Rotary Club set members a task, undertake 100 tasks in this, the 100th anniversary year of the club. You will appreciate that having cycled almost every day for the past 70 years this may not be the challenge it seems. I am told however, that the effects of chemotherapy and other drugs will bring my active days to an end sooner than I would like. All contributions to my fund raising page

<https://www.justgiving.com/page/john-norman-1690141007208> will go directly to Ipswich Rotary Club and be used to ensure that members can work together to continue to restore, renovate and build new projects for worthwhile local charities, (like the bike sheds at Alton Water for 'Bike Active').'

If you are able, please support John in his fund raising efforts.

Linda King

WhatsApp Scam

Large community and religious WhatsApp groups are being targeted by scammers who infiltrate them to try and deceive their members into sending them money. Since January of this year, 268 people have reported falling victim to this scam – reports Action Fraud.

What can you do to avoid being a victim?

- **Never** share your account's two-factor authentication (2FA) code (that's the six digit code you receive via SMS).
- **Set up two-step verification** to give an extra layer of protection to your account. Tap Settings > account >Two-step verification > Enable.
- **THINK. CALL.** If a family member or friend makes an unusual request on WhatsApp, always call the person to confirm their identity.
- You can **report spam messages or block a sender within WhatsApp**. Press and hold on the message bubble, select 'Report' and then follow the instructions.

If you have been a victim of fraud or cybercrime, report it at www.actionfraud.police.uk or by calling 0300 123 2040.

Thought for the month

We each decide whether to make ourselves learned or ignorant, compassionate or cruel, generous or miserly. No one forces us. No one decides for us, no one drags us along one path or the other. We are responsible for what we are."

Maimonides (medieval Sephardic Jewish philosopher).

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 Wednesday 27th September by email to tessa@tessajordan.co.uk

To contact our Secretary, ring 01473 728498 or our Treasurer Robert Waller on 01473 610723 email tessa@tessajordan.co.uk Website – www.unitarianipswich.com