

ALL SAINTS KESGRAVE NEWSLETTER

ISSUE NO 52 – 05.05.19

THOUGHT FOR THE DAY

Isn't it wonderful now that the days are visibly lengthening and the weather is so much warmer and sunnier? I love this time of year, when there's a riot of birdsong, lawnmowers start up throughout the daytime, and there's the sound of children playing in the garden and staying for longer at the park after school. And I love where we live. Both Kesgrave and Martlesham Heath have beautiful areas of green – wide open spaces, woodland and heathland, paths meandering throughout, where you can walk and ride your bike safely and easily, and enjoy the wonderful world God has created.

As I was out and about on my bike today, I was struck by an immense sense of happiness and felt incredibly blessed to live here. The skies were blue, blossom was falling from the trees in the breeze like confetti, and everyone I met whilst running my errands was so friendly! I came across numerous people walking their dogs, who smiled as I whizzed past. Another cyclist and myself couldn't seem to work out which way to pass each other, and we chuckled as we attempted a sort of 'Strictly Come Cycling' routine!! Someone looked up as I passed them, lost in their own thoughts, and as I beamed at them, they seemed surprised but then genuinely chuffed and smiled back.

It's the same when we do the school run of a morning. We've met many people over the past 7 years we've been trudging back

and forth, names and destinations unknown, but over time we've got so that we smile, say 'morning', and know that if we've passed 'that person' at the gorse bush on the corner, we need to step it up a bit because otherwise we'll be late!

The majority of the time we don't know the people we pass on the street. But it got me thinking today how much of a difference we can all make to each other's lives with just a few simple gestures. A smile, a "morning!", holding the door open for someone at the shops, easing off the pedal slightly in the car in order to let someone out of a side street. Small, random acts of kindness which can actually make a huge impact. I felt so content today that I had both smiled at others and had tried to make a difference, and that they had smiled at me too! As Proverbs 17:22 says "A joyful heart is good medicine".

None of us necessarily knows what is going on in one another's lives. Sometimes we're plodding along just fine and at others, we may find ourselves going through a really tough patch.

Sometimes there just don't seem to be enough hours in the day, and we don't feel that we've got the energy or the time to complete our own tasks, let alone reach out to others. At times our world can seem a scary and lonely place. What a difference we could all make though, if we were to support and encourage one another daily with some simple yet effective actions. What a kinder, happier place our communities could be. In Hebrews 13:16, we are reminded, "And do not forget to do good and to help one another, because these are the sacrifices that please God." Not only will we be helping to put a smile on each other's faces, but our Father in heaven will be pleased too.

Jennie Fidler, Children and Family Worker

READINGS

Sun 5th May

8.30am (HC)	Acts 9:1-20 John 21:1-19
10.00am (HC)	As 08.30am
5.00pm (AH)	
6.30pm (ES)	As 08.30am

Sun 12th May

8.30am (HC)	Acts 9 v. 36 - 43 John 10 v. 14 - 30
10.00am (SC)	As 08.30am
6.30pm (HC)	As 08.30am

Sun 19th May

8.30am (HC)	Acts 11:1 - 18 John 13:31 - 38
10.00am (MP)	As 08.30am
6.30pm (HS)	Acts 11:1 - 18 Revelation 21:1-6

DATE	TIME	WHAT & WHERE - If not Church
Sun 5 th May	8.30am	Holy Communion
	10.00am	Holy Communion
	10.00am	FIG Communion – Hall
	5.00pm	After Hours – Church
	6.30pm	Evensong
Tues 7 th May	10.00am	Sing, Sign & Play – Hall
Wed 8 th May	9.30am	Morning Prayer
	10.00am	Coffee and Craft
Thur 9 th May	11.00am	Holy Communion

Sun 12 th May	8.30am	Holy Communion
	10.00am	Sung Communion
	10.00am	FIG Family – Hall
	6.30pm	Holy Communion
Mon 13 th May	2.00pm	Silver Games
Tues 14 th May	10.00am	Messy Church - Hall
Wed 15 th May	9.30am	Morning Prayer
	10.00am	Coffee and Craft
Thur 16 th May	11.00am	Holy Communion
	2.30pm	Ladies Bible Study-56 Bell Lane
Sun 19 th May	8.30am	Holy Communion
	9.15am	Breakfast Special
	10.00am	Morning Prayer
	10.30am	Farmhouse Service – Farmhouse
	6.30pm	Healing Service
Tues 21 st May	10.00am	Sing, Sign & Play – Hall
Thur 23 rd May	11.00am	Holy Communion
	3.30pm	After School Church - Gorseland
Sat 25 th May	10.00am	Flower Festival
Sun 26 th May	8.30am	Holy Communion
	10.00am	Festival Service
	10.00am	FIG Family - Hall
	5.30pm	Songs of Praise
Mon 27 th May	10.00am	Flower Festival
Tues 28 th May	2.15pm	Mothers Union
Wed 29 th May	9.30am	Morning Prayer
	10.00am	Coffee and Craft
Thur 30 th May	11.00am	Holy Communion

WEDDINGS

20th April 2019 – Mark Brundish & Natasha Goldsmith

FUNERALS

30th April 2019 – Dennis Pike

THANK YOU

Grateful thanks to all the knitting and crocheting folks who have been working so hard over the past year and this year I had the pleasure of giving 38 yes 38 crochet blankets to Mission Direct and 12 knitted blankets to the Special Care Baby. On behalf of the babies born either in Uganda or here I thank you. Meanwhile please keep up the wonderful work you are doing because sadly there will always be babies needing help.



Thank you again Chris Bryer

WANTED – NEW COMMITTEE MEMBERS

The Church Hall committee are looking for new members to assist in the running of the church hall. This is not an onerous task as there are only two meetings per year. If you are interested contact Bob Theobald on 01473 620709.

SILVER GAMES

Our next Silver Games is on 13th May from 2.00pm -4.00pm, come along and enjoy an afternoon of traditional games, test your skills at Shove Halfpenny or dominoes etc. Or how about a game of draughts or scrabble.

Whatever your interest there is sure to be something for everybody. If you don't get too engrossed in your game there will also be tea, coffee and cakes

For more info contact Chris or Mike Bryer on 01473 611143

FLOWER FESTIVAL

Do you have any Garden Plants & Veg Seedlings spare?

Hello Everyone, a quick update on the church Flower Festival.

Firstly, thank you to everyone who has volunteered their time, cakes and flower arrangements for our Flower Festival on 25th-27th May. Planning is going superbly, the staffing rota is now full, and you have all been wonderfully enthusiastic and helpful. We have lots of homemade cakes and scones coming and expect these to fly off the table; therefore if you feel like baking a cake for us please do! You can either let me know now or bring your offering with you when you visit the event. Thank you so much.

We have also decided to add a Plant Stall and are now scurrying around trying to source plants. If you have any leftover bedding plants you could donate, young tomato plants, herbs, perennials, runner beans that have sprouted, even pretty ceramic pots, we

would be most grateful. We hope people can deliver the plants on Friday 24th May between 9.00am and 6.30pm (they will probably go in the Church Hall overnight). Please let me know if you need help getting plants to the church.

And there we go, just three weeks till kick off. The Festival is sounding fabulous; so if it's not already on your calendar do add it, it's simply going to be too pretty to miss!

Helen Wittgreffe, Churchwarden, 07825 004585

HOLIDAY AT HOME – 2019

Holiday at home 2019 will take place from Monday June 3rd – Sunday 9th June. As in previous years this is for Kesgrave Residents aged 60+. The brochures for this years events are now available. Details can also be found on our Website. Any queries please speak to Rev. Robin Spittle 01473 623388.

AGE UK SUFFOLK

We have been contacted by Becky who is one of the Befriending Coordinators at Age UK Suffolk.

Would you or someone you know like a weekly visit? All their volunteers are DBS checked and have provided 2 references.

The visits are purely for a social chat in the client's home and are free.

If you are interested or for more information please contact Becky Colquhoun Befriending Co-ordinator on 01473 353061

THE ASK JOURNAL

In July of last year, Mike Bryer, who was a Lay Elder at All Saints, commenced 2 years of intensive training to become a Lay Reader. For this issue, I've asked him to tell us about his progress so far.

“I’m really enjoying my leadership training” reports Mike. “It provides you with a great depth of study, giving insight into the background of why we do things as we do in the Church of England, and highlighting how practices have changed considerably over the years. My lectures are held weekly at Stonham Village Hall, and so far, modules have included study of the Old Testament, Techniques for Preaching, Being an Anglican and Enhancing Worship. At the end of each module we have to complete an essay, and we also have to continually reflect on our learning and progress, so there’s a lot of writing involved! Also, in May, the Diocese will be assessing me preaching here at All Saints. During the past year we’ve also had study days on various topics, including Deliverance, led by the Bishop, and working in schools, and several residential weekends, one of which explored Christianity throughout the world.

When asked how he came to the decision to apply for leadership training, Mike explains “In the late 90s I had a vision based upon Isaiah 61, calling me into further ministry. Ever since then I have felt that the Lord has kept nudging me to pursue leadership training! I have had incredible support within the church, which I’m extremely grateful for.”

Jennie Fidler

ALL SAINTS CONTACT DETAILS

Vicar	Rev Robin Spittle	01473 623388 robinspittle@btinternet.com
Assistant Priest	Rev Paul Darbyshire	07938861643 pauldarbyshire19@gmail.com
Assistant Priest	Rev Chris Nunn	01473 622363 revchrisnunn@gmail.com
Parish Administrator	Charlotte Markham	07711013614 cha.markham@btinternet.com

Deacon	Rev Gary Jones	01473 412329
Lay Readers	Martyn Shakespeare	01473 610367
	Sally Wainman	01473 414853
Youth Worker	Ollie Scase	07484 254534
Children's Worker	Jennie Fidler	07584420729
	jenniefidler@yahoo.co.uk	
Church Wardens	Helen Wittgreffe	07825 004585
	helen.wittgreffe@btinternet.com	
	Bob Bullamore	01473 729586
	Bob.bullamore@gmail.com	
Hall Bookings	Bob Theobald	01473 620709
Prayer Chain	Sybil Holbrook	01473 805304

KESGRAVE LIBRARY NEWS

Sunday Crafts (11 – 12 noon after church) – The following craft activities will be taking place during May:

Sunday 5th – Yesterday was Star Wars Day. Why not pop along and make a BB8 to take home?

Sunday 12th – Today is Edward Lear's birthday. One of his most famous poems is The Owl and the Pussy Cat. To celebrate, we are making 3D cats;

Sunday 19th – Did you know that vegetables can be jazzy? Make a 3D jazzy veg to brighten up your room!

Sunday 26th – Are you scared of sharks? Create your own Big Mouth Shark picture.

Activities are free. Parents must stay with under eights. There's no need to book – just turn up and have a go.

Free BookStart Sessions – every Thursday including Holidays.

Tot Rock - 9.45am – 10.15am.

BabyBounce - 10.30am – 11.00am - Tea & Coffee

Free Story Time Sessions – every Friday 9.45am – 10.15am. including holidays. This session combines stories and rhymes. All welcome. Why not pop along?

Other Library Events for May 2019

Every Tuesday afternoon (Term Time) 3.45pm– 4.45pm. **Lego Club.** Parents must stay with under 8s. The themes this month are 07/05 – Free Play, 14/05 – Boats, 21/05 – Farms. No need to book. Just pop along! This is a free activity.

Knit and Natter - 01/05 and 15/05/2019 - 2.30pm. £1.00 - tea, coffee provided. Welcome to all new members.

Afternoon Book Group - 02/05/2019 – 2.45pm. They are currently reading *The Child in Time* by Ian McEwan.

Evening Book Group - 23/05/2019– 7.00pm. *The Marble Collector* by Cecelia Ahern.

If you are interested in joining any of the groups, please ring or speak to a member of staff

New for May 2019

Second Monday morning of the month – 13/05 – Sofa Storytime 10.00am-11.00am.

Third Monday morning of the month – 20/05– IT Drop In sessions 9.30am – 12.00noon

Fifth Monday morning of the month – 20/05 - MacMillan Cancer Support Coffee Mornings 10.00am onwards – Once a month the library is holding a group for those suffering with cancer and their carers. This group is an opportunity to meet others, chat and offer each other support. Leaflets offering advice will be available. Coffee, tea and biscuits will also be provided. Just pop along, if you would like to attend. We now have a volunteer, who worked for Macmillan, helping to run this session now.

Every Tuesday morning - 9.00am – 12.00noon - Adult Colouring – all materials provided. Just pop along and relax. £1.00 Tea, coffee and biscuits provided. No need to book. Hope to see you there.

Volunteers Needed! Summer Reading Challenge - Are you interested in volunteering to help the staff at Kesgrave Library run

this year's Summer Reading Challenge? The theme this year is Space Chase. The challenge runs all through the summer holidays for primary school aged children. If you are interested, please speak to a member of staff who will explain what the reading challenge entails and the process involved to become a volunteer.

IT Help Sessions – Are you having trouble getting to grips with a piece of technology? Or would you like help downloading e-books to your e-reader? A member of staff at the library; still has spaces in their IT help sessions for May. If you would like some help with your technology, please phone up or speak to a member of staff about booking you one of our half-hour slots.

Bank Holidays – The library will be closed on the following Mondays – Monday 6th and 27th May.

Maggie Lusher, Kesgrave Library Manager, Tel: 01473 626103

www.suffolklibraries.co.uk,

Kesgrave Library,

Kinsey House,

Kays Close,

Kesgrave will be open:

Monday	9am to 12noon
Tuesday	9am to 12noon & 2.30pm to 5pm
Wednesday	2.30pm to 6pm
Thursday	2.30pm to 8pm
Friday	9am to 12 noon & 2.30pm – 6pm
Saturday	10am to 5pm
Sunday	10am to 3pm

FINAL WORD

Thanks for taking the time to read this edition, please don't forget to provide us with feedback.

Due to the new legislation on May 25th we can only continue to send you information by email if you have granted permission. If you have previously received this by email and had not replied to say you wish to continue to receive it then you will no longer receive it in this way. If you would like to receive this Newsletter by email please email cha.markham@btinternet.com to be added to the distribution list. You will be welcome to unsubscribe at any time. Your e-mail address will not be passed on to third parties. Alternatively it is available on our website (see below) or, in paper form from either the Library or the 2nd Stop Shop.

For a further explanation of any of our activities please contact Rev Robin Spittle (623388) or robinspittle@btinternet.com

Visit our website www.ASKesgrave.org.uk

You can also like us on Facebook –

<https://www.facebook.com/pages/All-Saints-Church-Kesgrave/583167891794217?fref=ts>

Or keep up to date with news and services on our A Church Near You Page –

<https://www.achurchnearyou.com/church/2061/>

Issue 53 available from 19th May 2019 – please note should you wish to have something included in this issue the deadline is 14th May 2019.