

# BRIGHTSTAR



## APRIL 2013

*Brightstar is the newsletter of Seaton Road Methodist Church  
Seaton Road, Felixstowe, IP11 9BT.*

*Contact the minister, Revd David Kemble, on 282023  
or email via our website - [www.seatonroad.org.uk](http://www.seatonroad.org.uk)*

## FROM THE MANSE....

Dear Friends,

We have journeyed once again through Holy Week, Good Friday and Easter Sunday – I pray you were aware of the presence of God throughout that period. I was certainly blessed by the creativity of the Holy Week services – a big thank you to Jo and Heather B, Heather F, Lorna, Shez, John, Deacon Georgina and Liz Livey for their God given talents and indeed for all others who took part! Without pausing for breath April 1<sup>st</sup> then arrived! Were you taken for a fool this year? Thankfully I got away with it – you must be slipping up! Did you know though that being made a fool does have something to do with the early Christian Church and Eastertide? It was part of their activities especially in the days following Easter Sunday. People were sent on useless, false errands to commemorate the time Jesus was sent back and forth between Pilate and Herod. However, as time went on a lot of inappropriate tricks were introduced, so after some years the Church dropped it from the Christian ritual as they felt it had become blasphemous. But, because people loved having fun, a day was given over to playing pranks which has continued ever since.



I have always seen Jesus as being someone who enjoyed having fun. He went to parties, a wedding in Cana. His enemies said he was a winebibber Matt 11:19. Certainly he was no kill joy, the common people thronged to him; Mary sat at his feet because he was fascinating to be with. He was fun because he loved life. He spoke of lilies, birds in nests, told tales of the work-a-day world, farming and buildings. He was fun because he loved being with little children – he said '*suffer them to come unto me*'. He sat one of them on his knee to teach others the lesson of simplicity.

On the other hand he had no time for senseless ritual or critical people. He laughed at the Pharisees with their long faces and their parading of their prayers. Sometimes he used irony which was so subtle that people, his disciples included, didn't understand him.

Jesus I believe used laughter because it was in his soul. Mother Teresa, a faithful follower of Christ's way, was quoted as saying 'Pleasure is happiness around oneself; joy is happiness within oneself.' And it is this inner joy that Jesus speaks of in John 15:11 when he said, '*these things*

*I have spoken to you that my joy might remain within you and that your joy might be full.'*

I am sure we have known and know Christian people who have lived their lives in a joyful way even to the extent of making us smile with their good humour. Such people I believe can laugh because they are sure of life in this world and in the kingdom to come. The joy Jesus gives remains even when life is hard.

May God richly bless you with His joy in this season of Easter.  
Yours in Christ,

*David*

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## *WORSHIP*

Sunday 7th April  
9.45am Janet Foster

Sunday 14th April  
9.45am Revd David Kemble

Sunday 21st April  
From 9.15am Cafe Worship

Sunday 28th April  
9.45am Revd Joanna Jacobs

Sunday 5th May  
9.45am Brian Loader



## *PRAYER REQUEST....*

we are short of FUNKY leaders for April and May. If we don't get any volunteers for those weeks then, unfortunately, we will not be able to hold FUNKY on those Sundays. We ask that you will all pray about this situation that it might be resolved so we can continue this important work amongst our young people and if you are able to fill, in even if it is only for one Sunday please speak to Liz Benyon.

*Robin*

## *RETIREMENT*

Heather Bentley has now completed her voluntary post as Felixstowe Mission Area Pastoral Lay Worker.

Kirton, Trimley, Trinity and Seaton Road were all represented on the afternoon of 24<sup>th</sup> March, at Seaton Road, when we gathered to formally say 'Thank You' to Heather over a cup of tea and piece of cake. Unfortunately the adverse snowy weather kept several people away. Heather was presented with a bouquet of flowers and a book token as a small appreciation of the many hours of pastoral care she has given to the Mission Area. The cover picture this month shows Heather being presented with the flowers by David.

On behalf of Seaton Road it is only right that we reiterate our extreme gratitude to Heather for her being there when people have needed her.

We hope that Heather enjoys her 'retirement' and no doubt God will find other ways to use her pastoral talents.

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## *SIGNS AND SYMBOLS*

At the March Café Worship the theme of the service was 'Signs and Symbols'. Following breakfast which included hot cross buns (the sign of the cross) the service included hymns, a reading and prayers on the theme. After everyone took part in a short quiz to identify various signs and symbols we split into a craft group and a reflective group. The craft group made cross shaped Easter bookmarks and room signs while the reflective group looked specifically at the sign of the cross. We were given the opportunity to look at crosses made from various materials, as well as pictures, poetry and prose with the cross as their themes. Another part of this session, for those who wanted to, was to write an acrostic poem using the word 'cross'. There are three of these to be found on different pages of this magazine....

## LATVIA LINK MARCH 2013

Recently I had the privilege to represent the Mission Area at a District Event held to meet three pastors from the Latvian church. Our East Anglian District has a partnership link with the Methodist Church in Latvia which goes back several years. There have already been a couple of exchanges either way. All three pastors spoke to us in English about what was going on in their churches and then after some group work they answered further questions.

What came across in every case was their sheer enthusiasm for their faith and for being able to belong to the church, and to worship openly. Until 1998 there were restrictions in place which kept the church in Latvia underground. All three pastors were full of all the work that God was doing in their congregations. Passion for the gospel just flowed out of each of them as they spoke.

The other striking point was the enthusiasm for being part of the Methodist heritage. The Latvian church really values its Methodist heritage and the fact that in Methodism it is part of a wider community in the world wide Methodist connexion. They were delighted that we were their brothers and sisters in Methodism and were eager to learn from our experience. It was a long time since I had heard anyone so joyful about the Methodist Connexion, and its rules and offices!

Never mind learning from us! In actual fact, I think we all learnt far more from the Latvians' passion for their faith. In the final session we asked them how we could catch their vision and bring growth to our congregations here in East Anglia?

Their advice was :

*Expect the Spirit to work among you, transforming you personally and your Church's mission to the local community.*

*Don't be limited the views of secular business plans – plan but then step out in faith and God will provide. Use your minds but don't be afraid to follow your hearts as well.*

*Fellowship is God's greatest blessing. He gives it to us as a gift. Don't just accept it like a wrapped present and stand there holding it ..unwrap it and enjoy the diamonds you will find inside! World Fellowship is one of those diamonds, among other countless blessings too.*

I for one felt really blessed by just having met them. Food for thought ..and action too?

*Heather B*

## *CIRCUIT ARTS & CRAFTS FESTIVAL*

The Circuit Arts and Crafts Festival took place at Museum Street Methodist Church Ipswich on Saturday 9<sup>th</sup> March. As usual there were an assortment of classes people could enter including art, flower arranging, cookery, poetry, photography, salt dough, memory box, pipe cleaner model, a clock made from fruit and vegetable, decorated mug and pebble models to name a few. The array of talents on show was incredible with so many different interpretations on a theme.

Eleven of the eighteen churches in the Circuit took part in this year's festival producing just over 600 entries altogether, of which Seaton Road provided 200 and for which we were awarded 88 certificates – 45 x 1<sup>st</sup> class, 26 x 2<sup>nd</sup> class and 17 x 3<sup>rd</sup> class.

At the end of the day a short concert, of the 'performance' class winners, was held and this year we were asked to perform our group performance entry as well as our singing group entries. Following the concert the results were given. Seaton Road was announced the winning church and were presented with the shield. Landseer Road were runners up and Alan Road came third.

Obviously we were pleased to win but for us the highlight of the day is singing with our friends from Holbrook Methodist church. Once again we were the only two churches who entered the performance and singing group class, the latter for which we had to learn a set piece as well as singing a piece of our own choice. For the last few years, instead of choosing one of the churches to sing the set piece in the concert, we have chosen to sing it together. This is not as easy as it sounds as we have always both learnt it differently, and Holbrook always transpose the music down a tone or two to accommodate their voices, but we always enjoy doing our best and sharing together in praising God through music.

As well as the shield for the winning church there is a cup which is presented to the individual who gains most points. We were really pleased to hear Jessica McLean-Wright from Holbrook had won this by gaining 35 points. Jessica has been so close to winning for several years and we send her our congratulations. Second, third, fourth and fifth positions were all taken by Seaton Road children and we congratulate Phoebe Wolfe (26 points), Ben Cross (23 points), Ayla Cross (22 points) and Sophie Lucking ( 20 points).

Thank you to everyone from Seaton Road who entered (the age range was between 2 and 70+) – it really was a joint effort. Special thanks to Heather Farthing for putting us through our paces for the singing group

entries and also the performance entry with its intricate clapping – she was very patient with us!!! This year we did not have as many adult entries but our youngsters, including our Little Fishes and Kids' Club, had been extremely busy. Looking at the results it was obvious that the imagination of both young and not so young had been working hard and that great fun had been had by all in their sticking, painting, creating and performing.

*Rosemary Cross and Mary Pattinson.*

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## *THANKS*

Since the last edition of Brightstar we have celebrated Mothering Sunday and Easter and I would like to thank everyone who helped in any way at either time.

Firstly, thanks go to Kathy Fullick who once again did us proud on Mothering Sunday. The church looked beautiful with the daffodils, cards and sweets on the window sills and I'm sure all the ladies appreciated their gifts. Thank you also to Kathy and Liz Benyon for arranging the distribution of sweets and flowers to those of our church family unable to join us at the service.

The Easter period is always one when many people work hard behind the scenes preparing for the various services. I'm sure everyone who attended any of the Holy Week services in the Mission Area would like to join me in expressing thanks to David, Jo Jacobs and Heather Bentley for all the hard work they put into producing four thought provoking meditations to lead us through the week. With the themes of God's Justice, God's Power, God's Community and God's Love we were reminded of what Holy Week is really about in the 21<sup>st</sup> Century.

On Easter Day we started our service with a church empty of flowers or decorations. By the end of the second hymn the church had been 'transformed' with daffodils and flowers on the window sills, a pedestal of flowers at the front of the church, decorations by the empty tomb and the wire cross full of daffodils reminding us of loved ones who are no longer with us. Thank you to everyone who provided any of the above decorations which made the church look beautiful and provided a spring like setting in which to celebrate our risen Lord.

*Mary*



# Plant Sale

Saturday 4th May  
10 a.m. - 12 noon



## Plants supplied by Katie's Garden Centre

Our annual plant sale is on Saturday, 4<sup>th</sup> May.  
Katie's Garden Centre will be supplying us with a variety of plants, including perennials, small shrubs and bedding plants. Those of you who came last year will remember what good quality and good value they were, so please come again this year and tell your friends and neighbours about it. There will also be a book stall and a cake stall and we shall be serving refreshments.

As usual, help is urgently needed on the day so please speak to Daryl or Malcolm if you are free on May 4<sup>th</sup>. Help is also needed on the previous day at around 5 p.m. to carry in plants and get the hall ready. If you can make a cake for the cake stall please let Daryl know. We shall be doing a leaflet drop in the area during the week beforehand. So, lots of help is needed. Please think about how YOU can help.

This event is to raise money for the Church and for Macmillan Cancer Support.

Please give your support

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Cross of our Saviour  
Reminder of Jesus  
Open our eyes to Jesus  
Sins forgiven  
Saviour

*by Eileen Turley*

## *JUST A FEW QUESTIONS FOR YOU.....*

When was the last time you had to walk for an hour in order to fetch clean water for your family?

Do you have to worry every day about how you can manage to feed your family?

Did you know that there are currently around 870 million people in the world who are desperate for food? 1 in 8 people in the world will go to bed hungry tonight.

Did you know that YOU could do something very simple to help?

Christian Aid Week takes place between 12th and 18th May and there are several things that you can do to help....

Pray.....for everyone involved in Christian Aid Week and for those millions of people who are still suffering in our world.

Give.....there will be the usual house-to-house collection - however, far from all the roads in Felixstowe are covered, so, if no one collects from your road then there will be a collecting tin (plus some envelopes for Gift Aid) at the back of the church.

Support....We are holding a coffee morning for Christian Aid from 10.00 to 11.30 a.m. on Saturday 11th May here at Seaton Road.

Commit.... As usual, we shall be going out as a small team collecting for an hour one evening during that week. Please come along and help if you can - more details later. If you can't make that time but would still like to collect some other time then that will be fine. Also, this year, we are trying something different - how about just giving up say half-an-hour to collect from the houses in your own road (even if you can only do part of the road). If you are able to do this then please have a word with Robin.

Those people who are so desperate in our world have few choices - we can choose whether to help or not.

*Robin*

## *A DAY IN THE LIFE OF THE PARISH NURSE*

I begin my day by checking and dealing with any phone messages and emails, before I make my first visit to a client for leg care. This service is called 'Sole Mates' to monitor the skin for signs of breakdown and provide early detection of problems before they become worse and therefore reducing the need for long courses of treatment.

My next visit is to a lady in her nineties to support her with everyday tasks in her home while her relatives are away on holiday. Today we sort out her post, help her fill in various forms and organise a visit from the hearing aid centre.

I then take a gentleman to see his Dentist having previously booked him an appointment after he mentioned he was having problems with his denture. I also refer him to his GP for a district nurse to visit to do a blood test as he is presenting with anaemic symptoms.

I then deliver food provisions, provided by the churches to a children's centre, which support needy families and check to see if there are any referrals for me. I also deliver food to a housing project for 18 to 24 year olds and check on a client there.

I receive a phone call from a distressed client and after assessing her, make an urgent referral to the Mental Health Crisis Intervention Team.

At 12 noon I have a drop in clinic for BP checks, weight management, to discuss making healthy lifestyle changes through my role as a Health Champion for Walton following my training with Live Well Suffolk.

This is followed by a community lunch which I call into to catch up with clients and any potential clients to make appointments if required.

I receive a phone call from Age UK Dementia team who refer a couple to me, who are struggling to cope. I am able to arrange to visit them on my next working day.

I have a client who needs transport to an outpatient appointment at Ipswich Hospital. I am able to arrange this by having volunteers working with me. They take the client to the appointment, stay with

them as an advocate to ensure they understand what is being said before bringing them safely home again. I then receive a report from my volunteer and do a follow up visit on another day if needed.

My next visit is to a Christian gentleman who needs support following a hip replacement. He has no relatives living nearby so I collect his prescription, put his medication in his dosset box and organise meals on wheels. We then pray together for his continued healing.

My final visit of the day is to provide respite care for an elderly couple while their daughter has some valuable time out from caring for them.

My day ends with making referrals, completion of clients notes and of a statistic form to keep a record of my work for funding and grants.

No two days are the same. The work brings a huge variety of roles and skills required depending on the needs of the people I come in contact with. I offer care to anyone regardless of their faith position and of any age anywhere in Walton.

Please consider becoming a volunteer for Walton Parish Nursing, so we can reach more people with this valuable ministry. Contact Lorna Bellamy, Parish Nurse or Marilyn Flower, Occupational Therapist on 07969 901001 or send an email to [contactus@walton.org.uk](mailto:contactus@walton.org.uk)

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## *AWAYDAY PLANS*

As part of our Parish Nursing ministry, we have planned three shorter Awaydays this year. The first one will be held at Maidstone Road Baptist Church on Saturday 25<sup>th</sup> May in the afternoon. It will include some activities before a special tea, to mark the anniversary of the Queen's Coronation. If you would like to be a volunteer helper with this, please see Lorna Bellamy (St Mary's), Sue Hockenull (Seaton Road Methodist Church) or Debby Marfleet (Maidstone Road Baptist Church).

## *FUTURE DATES FORYOUR DIARY*

April 7<sup>th</sup> Sunday – Seafarers’ Centre service led by Seaton Road 6.30pm

April 27<sup>th</sup> Saturday – Trinity Spring Fayre 10 - 4pm

May 4<sup>th</sup> Saturday –Seaton Road Plant Sale 10 – 12 noon

May 7<sup>th</sup> Tuesday - Seaton Road Mission Area Kids’ Club 6 – 7.15 p.m.

May 11<sup>th</sup> Saturday - Seaton Road Christian Aid Coffee morning 10 – 11.30am and skip clearing morning

May 18<sup>th</sup> Saturday – Kirton Plant Sale 11am – 1pm.

May 23<sup>rd</sup> Thursday – Churches Together in Felixstowe AGM

June 4<sup>th</sup> Tuesday - Seaton Road Mission Area Kids’ Club 6 – 7.15 p.m.

June 16<sup>th</sup> Sunday – Seaton Road take Café Worship to Kirton Methodist Church. No service at Seaton Road.

June 30<sup>th</sup> Sunday – Seaton Road Past, present and future as we celebrate 150 years. Service, AGM and shared lunch. Kirton joining us for this service.

July 2<sup>nd</sup> Tuesday - Seaton Road Mission Area Kids’ Club 6 – 7.15 p.m.

July 9<sup>th</sup> Tuesday – Seaton Road Gift Day 7pm.

July 12<sup>th</sup> – 14<sup>th</sup> - Seaton Road Church Family Weekend at Ditchingham

July 29<sup>th</sup> – Aug 2<sup>nd</sup> - Seaton Road’s Holiday Club

August 3<sup>rd</sup> Saturday – Alan and Dorothy Taylor’s leaving event at Bramford Road at 6.30pm as Alan retires as our Superintendent Minister

August 6<sup>th</sup> Tuesday – Kirton Fun Day

August 12<sup>th</sup> – 16<sup>th</sup> – Trinity’s Holiday Club

August 31<sup>st</sup> Saturday – Welcome service for the new Circuit Superintendent, Rev Derek Grimshaw at Museum Street, Ipswich 6.30pm.

September 15<sup>th</sup> Sunday – Seaton Road Harvest Café Worship  
For other dates see also the Mission Area Dates’ diary for March – May.

## *LIN BERWICK TRUST*

Dr Lin Berwick, MBE is a well known Methodist Local Preacher and founded The Lin Berwick Trust (TLBT) centred in Sudbury in 1989. Lin is wheelchair bound, has cerebral palsy and is completely blind. She and her husband found it impossible to go on holiday as nowhere was able to cater for her needs so they founded TLBT with the aim of building self catering cottages in North, South, East and West with provision for two severely disabled people and their carers.

The Trust opened its first holiday house for the disabled, Berwick Cottage in East Harling, Norfolk in 1997. The Trust's second holiday house in Dirleton, East Lothian, opened its doors to holidaymakers in 2006.

The Trust is now raising money to complete its third holiday house which is being built in Cornwall ready for the summer of 2013.

Helen Macleod, a 75 year old member of Woodbridge Methodist Church, is aiming to cycle from her home in Hollesley to Looe in Cornwall, a distance of 350 miles, between 24<sup>th</sup> May and 1<sup>st</sup> June, raising sponsorship money for this third holiday home. Helen, and her late husband John, completed rides for both of the previous holiday cottages and raised many thousands of pounds for the charity. This time Helen's sons will be accompanying her on part of her mammoth ride.

If you would like to sponsor Helen on this magnificent challenge please see one of Seaton Road's stewards, sign up on the sponsor form on the church noticeboard or donate on line.

If you would like to know more about The Lin Berwick Trust or Helen's cycle ride please visit [www.thelinberwicktrust.org.uk](http://www.thelinberwicktrust.org.uk).

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Communion

Rosary

Offering

Serving

Seeking

*by Val Moss*

## WAITING FOR CHRISTMAS UPDATE

You may remember that last Christmas the 'Waiting for Christmas' project was hoping to raise £50,000 for Tearfund to help with water projects in Malawi. Well they have done it!!! With the help of 3000 school children the sale of CDs, DVDs and tickets from the live performances their target of £50,000 has been reached. Well done to everyone involved. If you would like to know more of the facts and figures please visit the website [www.waitingforchristmas.org.uk](http://www.waitingforchristmas.org.uk).

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*This picture, taken in Kirton Chapel on Good Friday, shows the cross bearing all the themes of the four Holy Week services. Each was added as the week progressed, reflecting our thoughts as they developed through the readings, dramas, talks and prayers.*



Christ gave His life

Revealed His love for us

Our sins taken from us

Suffered and died

Saved for eternity

by Mary Pattinson