



# The Parish of Felixstowe

St John the Baptist with  
St Edmund, King & Martyr



## Weekly News #21 - 30th August 2020 - 12th Sunday after Trinity

Hello Dearest friends

This week's words come from Vernon Perrin on the gift of an open church and being ready to pray at all times. Something which he, Penny Brinkley and others will be doing as they help lead the Parish Prayer Pilgrimage, this Tuesday 1st September. With Merchant Navy Day on Thursday 3rd September, Elizabeth has sent in a poem that she was asked to read at the funeral of a Sailor.

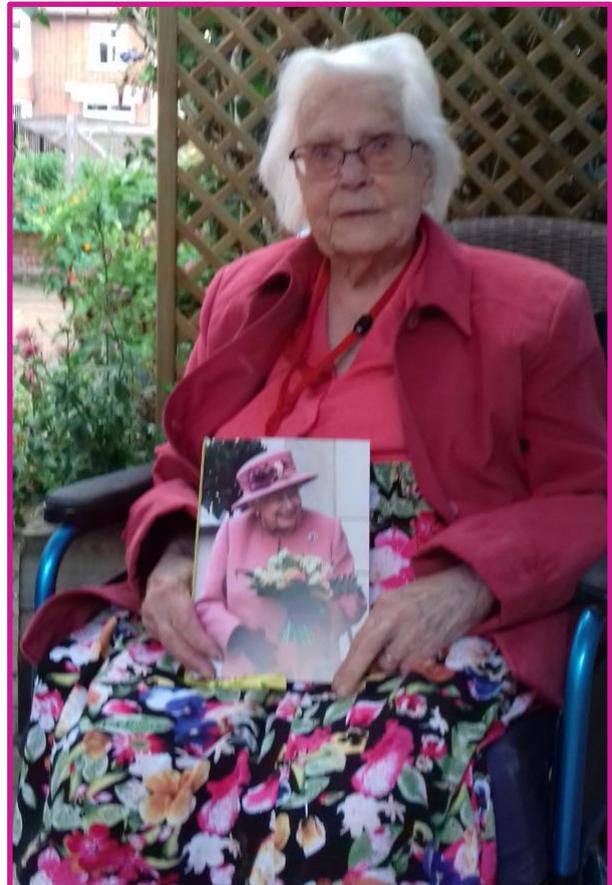
We had the sad news on Sunday morning that Charles Worrall had died and only yesterday we received the news of the passing of Olive Badcock. Please remember Sonia and Stephen and their families in their grief. There is, however, better news from Rev David Lowe who is now out of hospital. Please continue to hold all those named in this Newsletter in your prayers.

From today we will have a weekly Bring & Buy sale of produce after church. To help keep everyone safe please simply pick up what you need from the table in St John's and pay using the contactless terminal or put cash in the wall safe. All produce is priced at £3 - the amount for one contactless transaction - but please feel free to pay more...

Regular giving to the church has always been **very important** and is now **critical**. Loss of income through the Collection plate, hall and church rental, and fundraising, means that we are now losing **£3 000 per month**. We have some reserves but if we do not increase our regular income the parish will only be able to pay its way for the next 24 months. May I ask that we all consider increasing our regular giving (preferably through the Parish Giving Scheme) and try to continue to give those extra little bits and pieces that we would have donated at a Table Top Sale, Concert, or for after-church coffee?

**Pax et Bonum - Andrew**

Dora Carcas, for whom we pray regularly, celebrated her 107th birthday on Friday 28th August and is pictured here with her birthday card from Her Majesty the Queen. Her family were able to greet her from the garden of the home where she lives (even though it rained just a little) and they have made a donation for the upkeep of the Church floodlights this week in thanksgiving for this special occasion. Part of St John's Mothers' Union we send her our love and all good wishes to our oldest member.



## Forgive Me

*The young man was all alone as he entered the Church that day.  
He sat at the back, made the sign of the cross, and then began to pray.  
He asked God for forgiveness with tears streaming down his face, he trembled and shook,  
his sobs were loud, "I'm sorry, I wish I wasn't like this."  
"Dear Lord, forgive me."*

*He looked up to the altar his face filled with despair.  
His prayers were so earnest it was clear to see that he believed in prayer.  
"Dear Jesus, please, please help me, I really am ashamed, I don't want to be like this,  
I wish that I could change."  
"Dear Lord, forgive me."*

*God told me to give him comfort, perhaps a reassuring word.  
We sat together in silence, only his sobbing to be heard.  
"Tell me your name I asked, would you like to pray with me?"  
"I'm Paul" he replied, "I was an altar boy at Saint Pat's before I took drugs."  
"Dear Lord, forgive me."*

*We knelt in prayer at the altar my brother and I, "Hail Mary, please help me."  
We embraced, cried together and again Paul said, "Dear Lord forgive me,"  
As Paul walked away onto the street, before him a journey long and hard.  
I wept, prayed and prayed again, "I know Lord you have forgiven Paul, but  
perhaps one small miracle just for me."*

You may well ask, in view of the above, what good did prayer and asking God for forgiveness do? The answer is simple God gives to us all, as individuals, the freedom to live our lives as we choose, and in the case of Paul, although God forgave him, he chose not to change his ways. The choice as to how we lead our lives is down to us. With regard to God responding to our prayers, He always does. Paul was given a great deal of support and love by those around him, and that will continue for him and many others, until for himself he changes his way of life, no one can do it for him. With the help of God it is for us to be there for people like Paul in both prayer and action.

The time that I spent at Saint Augustine's Church, Dumbarton was a time that I will always remember. The Church was situated in the middle of the town just round the corner from the local law courts. You didn't have to lift the carpet to find despair it was in your face, and frequently came through the church door seeking comfort. The Church door was always open to provide whatever help that we could give. I know it sounds a bit odd to say that I enjoyed my time at Saint Augustine's but I really did. I met Paul many times and when I left Saint Augustine's he still had a long difficult journey ahead of him. Paul still believed in God.

**Vernon Perrin**

## Parish Prayer Pilgrimage

*Tuesday 1st September 10am - 11am*

On our Parish Prayer Pilgrimage we will walk at a leisurely pace, stopping to pray at regular intervals, starting at St John's at 10am after Morning Prayer at 9am. I do hope you will be able to join us in this time of fellowship and prayer but, if you can't do please pray for us as we pray for the people of our Parish where they live and work and shop. If you would like to know more please contact me and I will answer any questions you may have. **Penny Brinkley**

## HEROES

Don't speak to me of heroes until you've heard the tale  
Of Britain's merchant seamen who sailed through storm and gale  
To keep those lifelines open in our hour of need  
When a tyrant cast a shadow across our Island breed  
Captains, greasers, cabin boys mates and engineers  
Heard the call to duty cast aside their fears  
They stoked those hungry boilers and stood behind the wheel  
While cooks and stewards manned the guns on coffins made of steel  
They moved in icy convoys from Scapa to Murmansk  
And crossed the western ocean, never seeking thanks.  
They sailed the South Atlantic where raiders lay in wait  
And kept the food lines open from Malta to the Cape.  
Tracked by silent Uboats which hunted from below,  
Shelled by mighty cannons and fighter's flying low,  
They clung to burning lifeboats when the sea had turned to flame  
And watched their ship mates disappear to everlasting fame.  
I speak not of a handful but 30,000 plus,  
Some whose names we'll never know in whom we placed our trust.  
They never knew the honour of medals on their chests  
Or marching bands and victory and glory and the rest.  
The ocean is their resting place, their tombstone is the wind,  
The seabird's cry their last goodbye to family and friend.  
Freighters, troopships, liners and tankers by the score,  
Fishing boats and coasters, 2,000 ships and more  
They flew the Red Duster as they sank beneath the waves  
And took those countless heroes to lonely ocean graves.  
Their legacy is freedom to those who hold it dear  
To walk with clear horizons and never hide in fear  
So when you speak of heroes remember those at sea  
From Britain's Merchant Navy who died to keep us free.

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## ...and a Poem from Hilda

### War

I wonder as I look ahead,  
What future has in store.  
In this war torn world we live in  
Will man destroy.

If only men, would stop and think  
Of wars that have gone before  
If wasted lives, like autumn leaves  
Lying dead upon the floor.

Oh would it be, for you and me  
If men would live more happily  
When will it end, when will men turn  
And call each other friend.

*[if you have any items – or words of your own - that you have found inspirational or helpful in your faith journey - please send them to [Andrew](#) for inclusion in future editions of Weekly News]*



#### How to Join the Parish Giving Scheme

Call their dedicated telephone line: 0333 002 1271 and you will be taken through the sign-up process. This takes about 15 minutes.

#### What Do I Need?

You will need your personal bank account details: Account Name, Number & Sort Code.

Our Parish name: *St John the Baptist with St Edmund*

Our Parish PGS code: 330633034 and confirm if you are eligible for Gift Aid

### CONTACT THE TEAM

#### Priest in Charge:

The Revd Andrew Dotchin 0781 494 9828

[revdotchin@gmail.com](mailto:revdotchin@gmail.com)

#### Associate Priests:

The Revd Elizabeth Corker 01394 210793

[e.corker@ntlworld.com](mailto:e.corker@ntlworld.com)

The Revd Philip Young 01394 809069

[philipyoung@btinternet.com](mailto:philipyoung@btinternet.com)

The Revd Penny Brinkley 0790 195 0768

[rev.pennybrinkley@yahoo.com](mailto:rev.pennybrinkley@yahoo.com)

Churchwarden & Reader: Terry Gibb 01394 549648

[reader.terry1@gmail.com](mailto:reader.terry1@gmail.com)

Administrator: Sharon Hume 0758 139 0224

[admin@felixstowe.church](mailto:admin@felixstowe.church)

Parish Safeguarding Officer: Jan Hickman

0746 459 5469

# Bible Readings & Prayers

for the Week Beginning  
30th August 2020  
12th Sunday after Trinity



## For our Daily Prayers

If you have a prayer concern please let [Andrew](#) know so that it can be included here.

**Please Pray for** schoolchildren and teachers as a new school year begins. That all would be safe from disease and anxiety and laughter would be heard in the playgrounds of our schools.

### The Sick and those who have asked for prayer:

Pam Gibb, Revd Canon David Lowe, Katie Hall, Josh Leaming, Roberto Ciocarri, Nathalie Smout, Fiona Reay, Sue Gilbert, Molly Bingham, Edwina Bockel

**Those who have died:** Olive Badcock and Charles Worrall

### The housebound and chronically ill:

Judy Campbell, Janice Makinson, Louise Turner, Kassie Aldridge, Mary Wallace, Mary Hamer, Pam Camplin, Jo Thraves, Tommy Neil, Dorothy Colgan, Stephen Harold, Kath Houghton, Sue Fuller, Dora Carcas, Helen Swift, Barbara Durrance, Peggy Sargent, Nettie Trigg, Mark Crittenden, 'Barn' Barnard, Ted Cotton, Sheila Donald.

### Praying around the Parish – Week Five

The Seafarers Centre, Felixstowe Air Cadets, Felixstowe Sea Cadets, Langer Primary Academy, Langer Playgroup, The BASIC Life Charity, Felixstowe Area Community Transport, Broadway House, The FOPWA Hut, Ranelagh Road Fellowship, Trinity Methodist Church, Convent of Jesus and Mary Felixstowe United Reformed Church, Bethesda Baptist Church, River of Life Church, Pentecostals of London at St Edmund's Hall

#### Sunday 30th - 12th Sunday after Trinity

[Romans 12.9-21](#)

[Psalm 26.1-8](#)

[Matthew 16.21-28](#)

#### Monday 31st - [Aidan](#), Bishop of Lindisfarne, Missionary, 651

[Isaiah 45.22-end](#)

[Psalm 47](#)

[1 Corinthians 9.16-19](#)

[John 13.16-20](#)

#### Tuesday 1st - [Giles of Provence](#), Hermit, c.710

[1 Corinthians 2.10-end](#)

[Psalm 145.10-17](#)

[Luke 4.31-37](#)

#### Wednesday 2nd - [The Martyrs of Papua New Guinea](#), 1901 and 1942

[1 Corinthians 3.1-9](#)

[Psalm 62](#)

[Luke 4.38-end](#)

#### Thursday 3rd - [Gregory the Great](#), Bishop of Rome, Teacher of the Faith, 604

[Sirach 47.8-11](#)

[Psalm 100](#)

[1 Thessalonians 2.3-8](#)

[Mark 10.42-45](#)

#### Friday 4th - [Birinus](#), Bishop of Dorchester (Oxon), Apostle of Wessex, 650

[1 Corinthians 4.1-5](#)

[Psalm 37.3-8](#)

[Luke 5.33-end](#)

#### Saturday 5th

[1 Corinthians 4.6-15](#)

[Psalm 145.18-end](#)

[Luke 6.1-5](#)



## A Smorgåsbord of Love

Words for 12th Sunday after Trinity – 30 August 2020

A cyber sermon from the Vicarage

**Text:** *Let love be genuine; hate what is evil, hold fast to what is good; <sup>10</sup>love one another with mutual affection; outdo one another in showing honour. <sup>11</sup>Do not lag in zeal, be ardent in spirit, serve the Lord. <sup>12</sup>Rejoice in hope, be patient in suffering, persevere in prayer. <sup>13</sup>Contribute to the needs of the saints; extend hospitality to strangers.*

*<sup>14</sup> Bless those who persecute you; bless and do not curse them. <sup>15</sup>Rejoice with those who rejoice, weep with those who weep. <sup>16</sup>Live in harmony with one another; do not be haughty, but associate with the lowly; do not claim to be wiser than you are. <sup>17</sup>Do not repay anyone evil for evil, but take thought for what is noble in the sight of all. <sup>18</sup>If it is possible, so far as it depends on you, live peaceably with all. <sup>19</sup>Beloved, never avenge yourselves, but leave room for the wrath of God; for it is written, ‘Vengeance is mine, I will repay, says the Lord.’ <sup>20</sup>No, ‘if your enemies are hungry, feed them; if they are thirsty, give them something to drink; for by doing this you will heap burning coals on their heads.’ <sup>21</sup>Do not be overcome by evil, but overcome evil with good. (Romans 12.9–21)*

God give you peace my sisters and brothers.

Occasionally a Bible text comes along that can't be divided into soundbites or memorable maxims and just needs to be read as a whole and then lived as best as we can. Romans Chapter 12 is one such and if you are reading this and fancy a challenge that will transform your life try taking one of each of the 'commands' in the passage above - there are 27 of them in all - and live life according to a different one a week!

They are hard hitting but make perfect sense. If, as is said elsewhere in the letter to the [Romans](#), we are indeed reconciled to God by the death and resurrection of Christ we had better start living lives that are reconciled to each other; even if that 'other' is at enmity with us.

We have no choice.

Once we have turned towards God and know that we are forgiven, redeemed, and cherished we are called to lead a new life overflowing with forgiveness, kindness and care. And that especially of those who are 'below' us, who hate us, or who judge us.

This is hard work (and we didn't even read the passage from the beginning of the Chapter!) but there is no other way in which we are called to live. Where do we start? How do we renounce a lifetime of weighing others by our standards instead of seeing them with God's eyes? What will we do when we, if my experience is anything to go by, we fall and fail at this smorgåsboörd from Love's Banquet.

The call deals with three areas of our lives;

***Our devotion to God***  
***Our devotion to other church members***  
***Our devotion to those who hate us***



***Our devotion to God*** is to be zealous, bold, joyful, patient and prayerful. This will only begin to happen if we develop daily habits of personal devotion. If we do not spend time reading and studying the Scriptures we should not be surprised if we find that our faith flags and we find little of the joy of the Holy Spirit in our lives. If we do not pray we should not be surprised if we do not see the fruits of prayer (which begins with a soul that is [quietened](#)) in our lives.

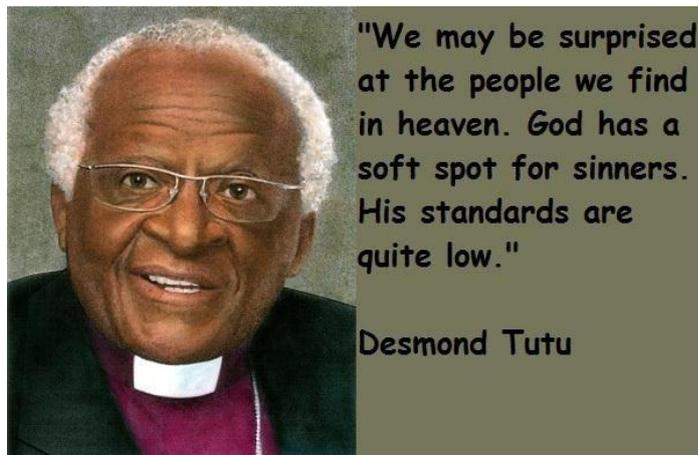
In response to this why not write down one personal commitment to deepen your devotion to God?

***Our devotion to other church members*** is to be generous and overflowing with hospitality. Refusing to see ourselves as separate from others we carry each others joys and sorrows taking care to see that we do not put ourselves over or above another. Only by doing this will we stand any chance to find harmony and unity and become the answer to the [prayer](#) Jesus made for us on the night before he died for us and for all those who will find it difficult to love or care for.

In response to this why not choose one personal commitment to serve another member of our church more deeply? P.S. this will work best if done anonymously and without publicity.

***Our devotion to those who hate us*** is the most challenging part of this text. We are called to give food and drink to those who would malign us. We are urged to seek out the best in every person regardless of how they treat us. When we find

ourselves on the receiving end of the hatred of another the only option we have is to respond with love, or else two will be consumed by hate instead of one and how then can anyone be saved? This is what it means to 'overcome evil with good'.



In response to this why not write on a sheet of paper the ways in which another has wronged you and then burn it?

After that take a fresh sheet of paper and write down one good thing you see in the life of the person who has maligned or judged and then add them to your daily prayers?

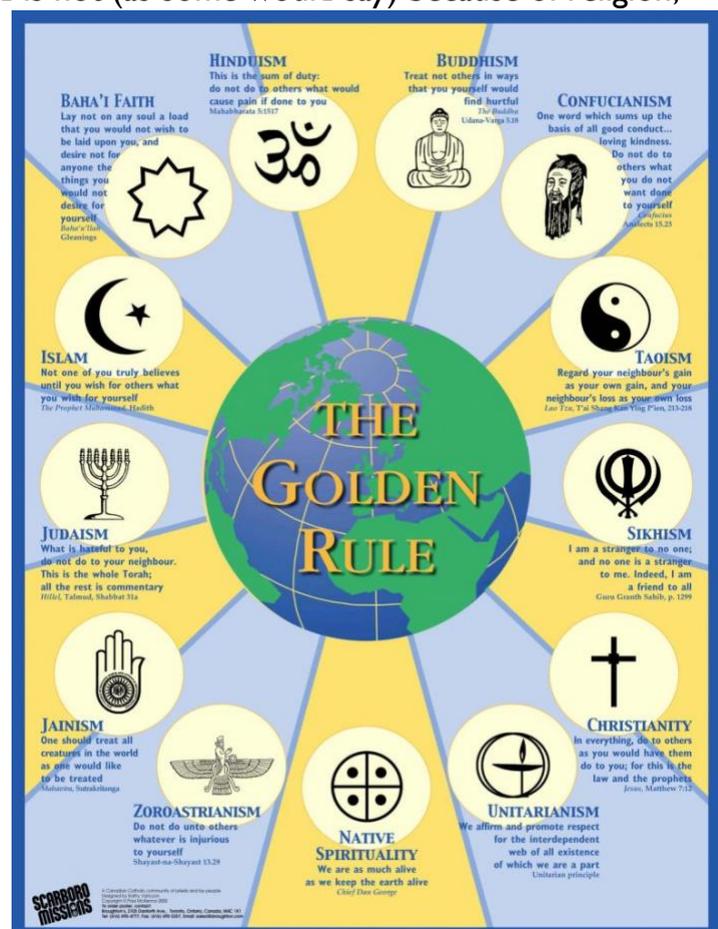
Loving others, especially those who hate us, is not easy - it cost our Lord his life on the cross - but it is the only way to the resurrection.

The Golden Rule of 'treating others as how we would they treat us' is a truth that beats at the heart of so many of the faiths of the world and one of the reasons why there is so much hatred in the world is not (as some would say) because of religion, but rather because of our failure to follow the tenets of the faiths we claim to own.

In this time of pandemic, which has brought with it selfishness and suspicion, hatred and judgement, our world has great need of people who are deeply invested in following their faith.

- People devoted to God
- People devoted to their communities
- People devoted to loving those who hate

If we but take up the challenge of living a faithful life to the full then, regardless of pandemic or other disease, we will be people who, in the words of the late Michael Jackson, do indeed '[Heal the World.](#)'



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