

September



A Little Extra 'TLC'

I STILL REMEMBER the first time Sue Pettitt shared with me her vision for a new wellbeing space here at St A's. She'd been inspired by Ruth Rice's Renew Wellbeing cafés, where churches open spaces of welcome and inclusion to help improve mental and emotional wellbeing in their neighbourhoods. Coming out of Covid, it was clear that we needed one here.

Sue's vision quickly became a reality, thanks to the faith and hard work of a fantastic team. Our TLC Renew Wellbeing Café on Wednesdays (10am–12.30pm) has become an oasis in the middle of the week, and for many, a place to begin to encounter the love of God.

Good ideas which are also 'God ideas' often grow, and for some time now the team has been thinking about how to make more space for people to access 'TLC'. So starting this month, 'TLC Extra' takes place every second Friday evening, 7– 9pm, with activities and games, meditative prayer, free drink and snacks.

The space is open to all comers – you do not have to attend St A's – and is completely free of charge. Please spread the word about this exciting new step in becoming an 'inside out' church for our local community.



The Alpha Course

Explore the big questions of life, faith and meaning with us



Starts
Wednesday 24 September
staugustinesipswich.org.uk/alpha



SO MANY OF us are carrying around big questions about faith, life and the meaning of it all.

This autumn why not go looking for some answers in the company of others on the same journey?

Alpha is for you. Every week there's a delicious free dinner followed by an inspiring short film and an opportunity to discuss it or just listen to what others think over dessert and coffee.

Join our taster session this month to see if it's right for you. There's no charge, no pressure and no awkward follow-up if you decide it's not.

Starts Wednesday 24 September, 7.30pm. Pick up a flyer or sign up using the QR code above.



GOD IS MAKING us a praying people here at St A's. We want everyone who is part of our church family to have a regular place to pray with others for more of God's power at work among us and revival in our nation. This month, as well as our regular weekly meetings on Mondays and Thursdays, you can join us for prayer at *Kingdom Come* (Wed 10 Sept, 7.30-9pm) and at our *Half Night of Prayer for the Rising Generation* (Fri 19 Sept, 6pm-midnight). See you there!



IF YOU ENJOY playing table-top games like Settlers of Catan, Ticket to Ride, or one of the classics like Risk, join us this autumn for some Competitive Leisure! There'll be a mix of longer and shorter games on offer.

Starts **Sunday 21 at 7pm** and then monthly. Entry is free but drinks and snacks will be on sale. Ages 14+.



HYMNS WE LOVE explores those hymns that we learned growing up in church or school and that take us straight to the heart of the Christian faith.

If you love singing hymns, join us **Monday 15, 2-4pm** where we'll discover the story behind 'Amazing Grace'. Coffee and cake are served free of charge.

Grow groups

Go deeper in faith with a small group.

To join a group, contact the Office or chat to the leader.

MONDAYS

2.00pm Sarah Hall, Lantern Room

TUESDAYS

1.00pm Sam Morley, Lantern Room
7.30pm Al and Sarah Metcalfe, Vicarage
7.45pm Julie Cook, Broke Hall

THURSDAYS

7.30pm Colin Scott, Mere Gardens
7.30pm Rachel Renfrew, Ascot Drive
7.45pm Ros Williams, Lantern Room

September

Weekly gatherings

SUNDAYS

Worship, teaching and ministry

9am – with Holy Communion

10.30am – with groups for Kids and Young People

Fresh coffee and specialty teas served between services

MONDAYS

9.30am – Psalms and Prayers

4.00pm – Kick Academy football

7.30pm – Prayer Online – [link here](#)

WEDNESDAYS

10am – TLC Renew Wellbeing Café

THURSDAYS

7am – Early Worship and Prayer

10.30am – Holy Communion with hymns and short talk

4pm – Youth Café



SIGNING GROUP

Sat 6 Sept, and 4 Oct, 10am-12pm, Lantern Room

LUNCH CLUB

Thursdays 4 Sept and 2 Oct, 12.30pm, The Hub

PARENTING SOLO

Sat 13 Sept, 3.30-6pm, Lantern Room

Play, crafts, support and free dinner



MEN'S EVENTS

Thu 4 Sept, 7.30pm, Beer and BBQ at 2 The Spinney.

More information from Andrew Grace or Joe Crisp-Hihn.

LADIES GROUP

Tues 16 Sept, 7.30pm, Lantern Room. We will be hearing from Suffolk Prickles Hedgehog Rescue who are educating the public in the conservation of hedgehogs!

BUBBLE CHURCH

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First Sundays, 4-4.30pm



MUSIC & RHYME

Tuesdays, 10-11am
in term time



HIPPOS

Weds, 9.30-11.15am
in term time

Get in touch

Parish Office, St Augustine's Community Hub,
Bucklesham Road, Ipswich IP3 8TH · 01473 723960
office@staugustinesipswich.org.uk

Office hours: Monday to Friday, 9.30am-12.30pm

Vicar: Revd Al Metcalfe

Associate Vicar for Mission: Revd Ros Williams

Curate: Revd Sarah Hall | Youth Pastor: Andy Carson

Operations: Joe Crisp-Hihn | Bookings: Sam Morley
hub@staugustinesipswich.org.uk