



Rosemary returns!

We were all so pleased to see Rosemary Hamilton in person at our Mothering Sunday service, led by John Stevens (the address will be on our website soon). Having made progress after her hip operation and previously only able to join us via Zoom, Rosemary chose this Sunday to join us again. In typical 'Rosemary' fashion, she decorated her walking frame -



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Urges of Spring

Why is it at this time of year
I, and others move into fifth gear?
We work ourselves into the ground
Just 'cause there's a bit of sun around.

Well, here I sit mid dusters and paint
To start the job makes me feel faint
Oh! What a mess the Spring light shows
And the more I look the more it grows.

O.K., curtains down, cupboards unloaded
Mattresses turned, children goaded.
Spiders scurry to find a new home
As round the house with a duster I roam.

I stop, look around at what I have done
And wish in horror I'd never begun.
Is it a jumble sale or have we been raided.
Did I make this mess all unaided?

I sort, throw out and then retrieve
Promising to mend the hole in that sleeve
I'll replace that button and oh, that hat –
Why! I'm really rather fond of that.

Now everything's back in its normal place
On walls, of finger marks, no trace.
Tired; exhausted – but an urge satisfied.

'Hi mum, you've missed a cobweb', someone cried.
(Please, how do you get blood off a wall?)

by Rosemary Hamilton

Appropriate for this time of year, this poem was written 36 years ago and sent to the Suffolk Unitarian, April 1987.
Thanks to Linda King who found it in the archives!

Teacher Training in Practice

I am writing this in a state of considerable fatigue. This is because I have spent much of the day marking work and preparing lessons, a job at which I am not yet terribly efficient. This year I have traded in my academic tweed jacket – which, has admittedly, lost a button and gotten paint stained – for a teacher's suit and tie (having worn a mortar board for neither role). The SCITT route for teacher training largely takes place within the classroom. Having spent five sedentary years writing my PhD thesis and feeling like I entered the wardrobe from C.S. Lewis's children's books aged twenty-five and came out, only a moment later, in my early thirties... followed by two years lost to Covid*... I'm more than happy to have my feet on the ground in a nine-to-five workplace. Only, my working routine has been significantly more extensive than nine-to-five! As a trainee teacher I am not permitted to strike. Indeed, my second placement school – a private boarding school for the children of naval officers and others – does not recognise unions. It would not make sense for me to strike since I am not being paid. In fact, my future self (who seems to carry many of my burdens) is paying for my working hours in the form of a sizeable loan added to my already sizeable undergraduate loan. Sensibly – considering the lack of English teachers – bursaries are coming in next year, but I rather suspect these will not be back-dated!

However, while I may be short on time and money, I am finding the experience of being in the classroom hugely rewarding. I often struggled with the apathy of many university students; by contrast, while children can be surly or reactive, they can be incredibly receptive to learning. It has astonished and delighted me how simple changes to a lesson can reap levels of positivity in the children that I feel a little abashed by! Just by changing the seating for a lesson on the play 'Our Day Out' so

that my Year 8 class were sat at the front of the room as though on a school bus, I received the kind of praise commensurate with convincing the cast of *Stranger Things* to visit the school! One student proclaimed that they wished *all* lessons were like that one... which, after all, had largely persisted of just ordinary script reading, but with the students rotated 90 degrees clockwise in their chairs and moved three metres forward. Likewise, with my Year 7 class, with whom I have been reading *Great Expectations*, I arranged for one of the other teachers to walk into the classroom in her wedding dress at just the moment Pip enters Miss Havisham's dressing room. (It just so happened to be World Book Day and she was in costume.) You would have thought that I had summoned the ghost of Dickens himself, such was their astonishment.

In total, teacher training has been a lot of hard work, and I have been dearly missing having more time for my loved ones and my creative pursuits, but it means a lot to me to be able to bring English Literature to life for children and I genuinely feel privileged to have the opportunity to do so.

* I speak here only of my sense of temporal dislocation. I am very thankful I got to spend so much of those two years with my partner and step-kids.

Adam Whybray

Suffolk Sight Fundraiser

In the May half-term, Tim and Rachel Pennick will be visiting the Meeting House to give a talk about the volunteering work they do for Sound On, alongside Adam Whybray who will be talking about his volunteering for Librivox. Funds raised will be donated to Suffolk Sight.

The actual date for the event (between 29th May and 2nd June) will be chosen soon and we hope you will join us to learn more about support for people with limited vision. Suffolk Sight is our nominated charity for this year.

Services in April

2nd - Andrew Benedict, East of England Faiths Agency

7th - Rev Cliff Reed, Minister Emeritus, Good Friday service & Communion – 10.45 am

9th - John Stevens, Ipswich Unitarians – Easter Sunday

16th - Linda King, Ipswich Unitarians

23rd - Rev Sarah Tinker (formerly Minister to Kensington Unitarians and worshipping at Essex Church, London). This will be our ANNIVERSARY SERVICE which is followed by a congregational shared lunch

30th - Amanda Eaves, from Suffolk Sight (*our 2023 charity*) & Linda King.

Book Group

Having thoroughly 'enjoyed' reading *Demon Copperfield* (by Barbara Kingsolver), the group decided we needed a shorter book for our next focus. We have chosen 'A Month in the Country' by J L Carr. You too have time to read this and join us on Thursday 4th May at 19.00 via Zoom for a relaxed and engaging discussion. Contact Tessa Forsdike for the link.

Poetry Group

The poet for the April meeting will be chosen at the meeting on 30th March, too late for inclusion in this newsletter. All are welcome to join and for details of the poet, please contact Riena Jackson for more details - mjack76748@aol.com

Birthdays in April

Special happy birthday wishes to Miranda McIntosh on 3rd; Kate Gray on 5th; Morag Blue on 6th; Cliff Reed on 12th; David Forsdike on 19th; Sheila Seal on 21st; Rosemary Hamilton on 26th.

Suffolk Library Service – at Home

In case you are not already aware, there is a fantastic Suffolk wide Home Library Service which aims to bring the libraries to people in their own home. There are many benefits to using this service, including helping to tackle social isolation and loneliness. For more information, please contact Diane Muirhead, Volunteer Engagement Manager, Suffolk Libraries Diane.Muirhead@suffolklibraries.co.uk
Tel: 07756708863

The following video highlights the service provided by the library volunteers and is well worth a watch

<https://www.youtube.com/watch?v=NU14fPv75VI>.

All volunteers are referenced and DBS checked and complete training in Safeguarding, Equality and Diversity and Manual Handling.

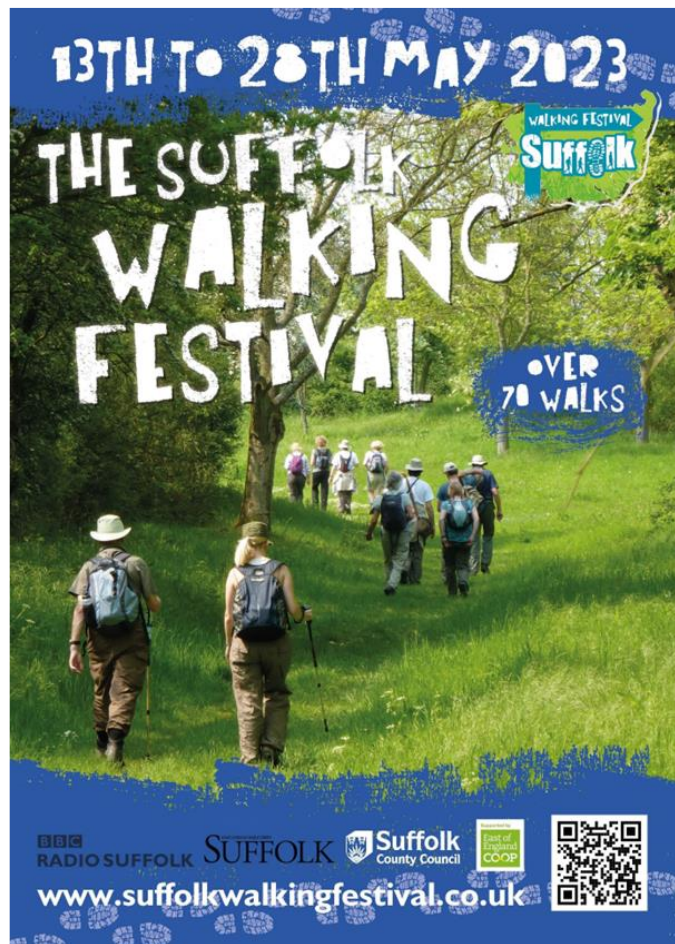
Celebrations of Life

The funeral of Sophie Pryor will be held on 18th April at 2pm. Sophie was a long-time attender at our Meeting House and died on 10th March. We send our condolences to her daughters Isabelle, Marianne, Josephine and to all the family. We remember Sophie with great affection.

Joyce Salmon lived in Ipswich for 65 years until her death in February. She served the town in a multitude of ways including a Justice of the Peace (for 20 years), a member of multiple choirs (including the Ipswich Bach Choir for 39 years), a committee member of numerous local organisations and charities including the Ipswich Chamber Music Society, the Northgate Foundation, various roles with the WRVS and as a supply teacher in various Ipswich schools in the '50s, '60s and '70s. She was a supporter of Ipswich Town Football Club and committed to the town through her membership of The Ipswich Society.

Her family have held a private committal ceremony and will celebrate her long and rich life on the 27th April at 2pm in the Unitarian Meeting House.

Suffolk Walking Festival



This year's Suffolk Walking Festival's 16-day programme offers over 70 delightful walks over 350 miles across Suffolk's beautiful landscapes. Walk with an archaeologist in the Valley of the Kings at the very heart of an Anglo-Saxon Kingdom. Explore the heart of The Brecks in a unique landscape of gorse-covered sandy chalk soils characterised by purple heathland, tall pines and rare wildlife. Uncover the hidden history of West Stow Country Park. Discover the Island of Secrets on the mysterious Orford Ness. Experience Spring Wildlife at RSPB Minsmere. Meet the Blyth Otter Group watching estuary birds at Hen Reedbeds. Learn about the poet Edward Fitzgerald. Spectacular riverside walks include a River Orwell Ramble, a Martlesham Meander, and Waldringfield Wander along the River Deben. You can also try some Japanese Shinrin-yoku Forest

Bathing. And there's starlit adventure on a woodland night exploration at Sutton Hoo. The brand new 4 day Challenge Walk will take you through five beautiful medieval Wool Towns in South Suffolk! Back this year are the ever-popular Walk n' Water River trips with a boat in Sudbury; an exclusive walk with Sweep the sheepdog on Orford Ness; a twilight safari in an ancient woodland; and the intriguing stories of ancient smugglers and shipping routes on Dunwich Heath. Lots of walks for everyone, heritage trails, and foraging walks including cream teas. The festival kicks off at Thornham Walks on Saturday 13 May with refreshments and 5 launch jaunts. It then runs every day until 28th May. Tickets are on sale from 1st of March. Visit www.suffolkwalkingfestival.co.uk for more details of the programme!

Spiritual Not Religious

Would you describe yourself as spiritual but not religious? Outside of 'traditional' religious activities, there are many ways that people in Britain today enrich their spiritual lives - from yoga and meditation to creative projects, from walking, gardening, and serving others to simply being outside in nature. There is much we can learn from each other in exploring the ways in which we find meaning and transcendence in our everyday lives.

You are welcome to join our new monthly online gathering to explore these themes and build connections with others.

Come along and join us, via Zoom – on the third Wednesday of the month at 7pm

Unitarian communities have a free and inquiring approach to religion and spirituality, with no doctrine or dogma, and an openness to continually evolving ways of gathering, while drawing on wisdom from all sources; these values have been core to our ethos since our inception as part of the non-conformist Christian community 300 years ago, and remains central now that Unitarians' beliefs have expanded to include perspectives outside of Christian traditions.

<https://us06web.zoom.us/j/94223648779?pwd=UEVkejhLQnkxV2VrMHU5THg2ZUJNdz09>

Meeting ID: 942 2364 8779 Passcode: 3c9Pb1

The link is the same each time.

Thanks from Suffolk Refugee Support

We wanted to say a heartfelt thank you to the Unitarian Meeting House for your generous donation late last year. This will make such a difference to our work supporting refugees and asylum seekers in Suffolk.

We recently marked the one year anniversary of the war in Ukraine by attending vigils and services in Ipswich and Bury, and by [sharing the experiences](#) of two Ukrainian refugees who are now valued members of our staff team.

The number of refugees and asylum seekers needing our support in Suffolk has risen by 75% in one year, and demand for our services has never been higher. Your generous support enables us to meet the most urgent requirements and provide essential items to the people we see every day who have fresh trauma and few resources.

Alongside all the challenges our clients face, we also try to provide positive opportunities and activities. We have been very pleased recently to work with Ipswich Town Football Club on a [football initiative](#) for some of the refugees and asylum seekers we work with, and to have an [exhibition of beautiful items](#) made by our sewing group on display at Christchurch Mansion. This work would not be possible without your support.

If you would like to keep up-to-date with the latest refugee stories and issues in Suffolk and the work we are doing with your support, you can sign up to our [mailing list here](#) to receive our quarterly newsletter, [Annual Report](#) and other occasional updates.

With more people forced from their homes across the world than ever before, we will continue to provide a warm welcome and long term support to refugees and asylum seekers in Suffolk. Your generosity will enable us to respond to changing situations and urgent needs, and to deliver and adapt vital services.

Martin Simmonds
Fundraising & Communications Officer
Suffolk Refugee Support

Anniversary Lunch - 2022



Anniversary Lunch 2016



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 Monday 24th April by email to ipswichunitarian@gmail.com or post to 48 Crabbe Street, Ipswich IP4 5HS

To contact our Secretary, ring 01473 728498
email tessa@tessajordan.co.uk

Website – www.unitarianipswich.com

Thought for the month

Those who say religion has nothing to do with politics do not know what religion is.
Mahatma Gandhi