



Spooky Evening



Adam Whybray and Robert Waller entertained us well and a little spookily on Saturday 29th October. Robert played the theme from *Halloween* by John Carpenter and *Toccatina in D Major* by J S Bach, which set the scene for Adam to read two stories by M R James – *Oh Whistle, and I'll Come to You My Lad* (from 1904) and *Rats* (from 1929), both of which are set in Suffolk.

The Meeting House was decorated with fabric cobwebs, pumpkins, hand sewn witches and a flashing spider. Most of this we cleared before the service the next day! Thanks go to Angela Whybray for the beautiful home-made spooky biscuits and cakes and to everyone who came to listen and donated to the fundraiser. Half of the £137.41 raised will go to the Lighthouse Women's Aid project and half to our Meeting House.



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Suffolk Historic Churches Trust Ride & Stride.

Thank you to everyone who sponsored me on the walk around the Norwich City churches. A total of £351 was raised, half of which will go the SHCT and half will come to the Meeting House.

Linda King

Thanks go to Linda who is a regular supporter of the Ride and Stride event, raising funds for our own Meeting House and for all churches in Suffolk. Hopefully next year more of us will join her in a wander round the town exploring churches, generally having a nose around and raising funds in the process.

Miranda McIntosh Update

Miranda has been in hospital recently following a fall when she damaged her lung which required a procedure. She has now been discharged and has moved to a residential Home in Hadleigh for respite care while she decides where to settle for the future.

Miranda would welcome visitors from the congregation 'for intelligent conversation'. Please ask Linda King or Tessa Forsdike for details of finding the Home and arrangements for visits.

Giving Tuesday – 29th November

Giving Tuesday is a global generosity movement, that celebrates and encourages doing good – such as volunteer time; fundraise; campaign for a cause; buy something from a charity shop; share a skill; donate and more.

Fragments of Holiness for Daily Reflection, edited by Catherine Robinson

A collection of reflective texts for every day of the year. More than half are insights offered by Unitarians, past and present, famous or unknown. The rest are insights borrowed from world faiths, humanist philosophers, writers, poets, and radical social thinkers. They could form part of a daily practice of personal reflection at the start or end of the day. They could also be used by small groups as a resource for contemplation and discussion. Lindsey Press, 2019, ISBN 978-0853190912, softback RRP £9.

Services in November & December

6th November led by Dr Dan Cohen - 'The Power of Forgiveness: what we should be judged by'?

13th – led by Rev. Cliff Reed, Minister Emeritus - Remembrance Sunday followed by Congregational AGM

20th – led by Robert Waller - St Cecilia's Day Service.

27th – led by Rev Cliff Reed, Minister Emeritus.

4th December – led by Dr Nick Groves, Octagon Chapel, Norwich.

11th - led by Jenny Brabazon from Amnesty International

17th - 6pm. CAROL SERVICE by candlelight.

Contributions to this service are welcome – contact Linda King.

18th - led by Linda King. Ipswich Unitarians followed by mulled wine & mince pies with donations to the Hospice.

25th - 10.45am CHRISTMAS DAY SERVICE led by Rev. Cliff Reed, Minister Emeritus.

A Bits and Bobs Reminder

On Sundays 4th, 11th & 18th December following the service we will be reviving our Christmas Stall.

For those not familiar with this table it is frequented by those who have forgotten to buy a little gift or just want a bargain; it helps clear the clutter in your home of any unwanted presents, next to new & good condition unwanted items and seasonal table decorations; in fact anything which may be useful to someone else please bring to the stall – it may be just what someone else is looking for! No prices placed on items, it's donations only.

In addition to the above, on the 18th December Malcolm and Sandra Hawes will be providing their usual cheer of alcoholic and non-alcoholic punch....and mince pies.

All profits made will be donated to St Elizabeth Hospice, Ipswich.

PS A wise old owl informed me that it was well known, if you want to keep a secret, put it in the newsletter! I hope this isn't true otherwise we will have an empty stall & lots of left-over mulled wine & mince pies!

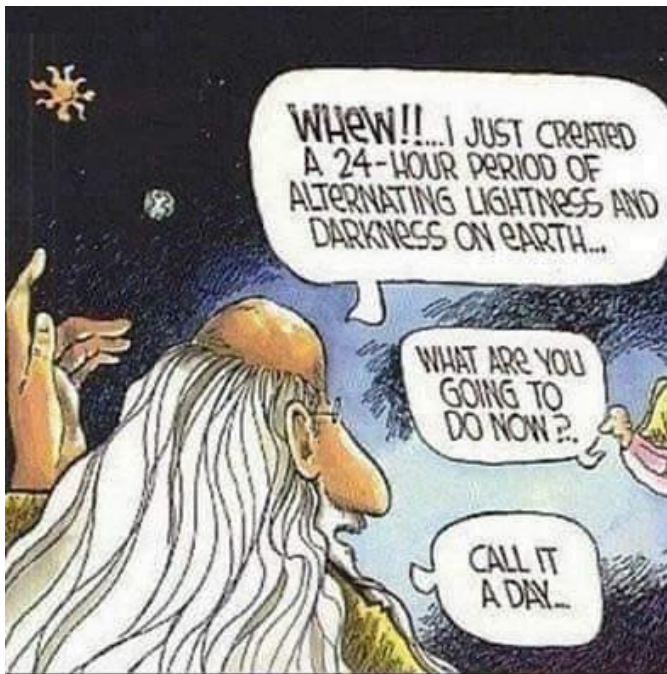
And the editor will resign! (Ed)

Build Your Own Theology/Beliefs

This is the last in our series of sharing the list of ethical commandments written by people who took part in our recent BYOT course.

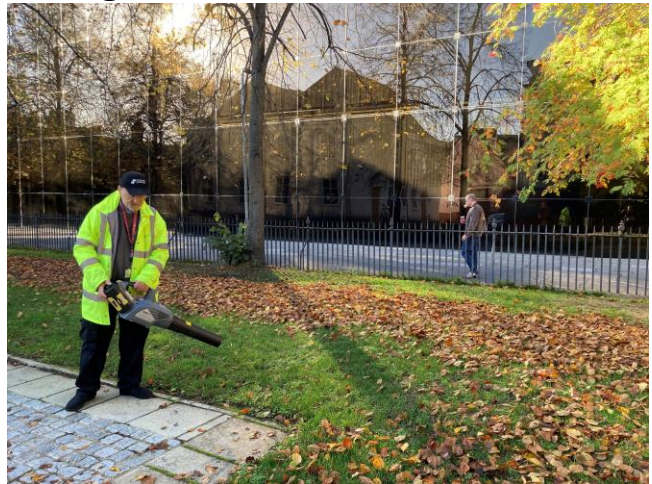
- Look after the children, the elderly and the vulnerable
- Live adventurously
- Let your life speak
- Deeds not creeds
- Respect others' opinions, we are all on our own journey
- Let inside and outside be the same
- Savour the little things
- Cherish your children
- Find time for your friendships
- Consider the feelings and needs of others
- Think you may be mistaken
- We don't own the world, we are merely guardians, take care of it

These lists are published anonymously each month and represent the conscience and thoughts of an individual. Each of has our own approach which we respect and acknowledge.



Credit – Contemplative Monk

During the Week -



Thank you to Michael who cares for our grass areas. He works for Willis as a cleaner and has done for over 27 years. In the photo he is blowing the fallen leaves to collect them and protect the grass underneath.

It is these small jobs which often go unnoticed but are so important.

Lighthouse Women's Aid

Lighthouse is moving their offices, which has been quite a challenge – as Deb Johnsons says, it is *'an epic undertaking, it's quite amazing how much stuff can be accumulated over 10 years, but we are sorting through it all and by the beginning of November we will all be settled in the new premises.'* We hope the move goes well. We know that Deb now has a stock of the bags for women and children which we have been collecting and she will let us know when more are needed.

If anyone wishes to collect and donate some 'kettle food' such as - Cuppa Soup, Pot Noodle style Meal, Instant Rice Pots, Packets of flavoured Couscous, Pasta and Sauce packets, Super Noodles, Individual Pots of Porridge Oats, Instant Custard, Instant Mash Potato, Instant Coffee Sachets with Milk added, Instant Hot Chocolate – that would be helpful. Please leave the items in the Meeting House or pass them to Tessa Forsdike for delivering on.

Chaplaincy for All

On 15th November from 10:00 to 16:30 there will be a 'Chaplaincy for All' workshop at the Auditorium at The Hold, 131 Fore St, Ipswich IP4 1LN .

We are reminded of our personal spiritual journeys as fellow travellers, supporting each other to build a better world. *"There will be no peace among the nations unless there is peace among the religions"* Hans Kung. *"Our first task in approaching another people, another culture, another religion, is to take off our shoes, for the place we are approaching is holy. Else we may find ourselves treading on people's dreams."* Max Warren.

About the speakers - Joanna Mutlow is a Humanist Celebrant and part of the new Heart to Heart team at Bradford Teaching Hospitals. Catherine Todd is the UK Prison Chaplaincy HQ Advisor and Quaker Faith Advisor. Andrew Todd is Senior Lecturer and Director of the Professional Doctorate in Practical Theology at Anglia Ruskin University and the Cambridge Theological Federation. Omid Djalili is a British actor, comedian and writer who recently played the herald at the Queen's Platinum Jubilee Windsor Horseshow Celebrations. Omid is a member of the Baha'i Community There will be advisers present from various faiths backgrounds including Baha'i, Buddhist, Christian, Hindu, Humanist, Jain, Jewish, Muslim, Pagan, and Sikh.

REFRESHMENTS: Throughout the day, refreshment will be available from the Hold Café. Participants may choose to lunch at one of the many local cafes or to bring their own lunch pack to eat outside (or on the Waterfront!) To book a free place go to <https://www.eventbrite.co.uk/e/the-eefa-conference-chaplaincy-for-all-tickets-415462117377>

Book Group

The Book Group will be meeting on Thursday 10th November at 7pm to discuss 'Once Upon a River' by Diane Setterfield.

If you would like to join us, you are welcome even if you haven't read this book, as the discussions range far and wide, contact Tessa Forsdike – 01473 728498.

Harvest Photo Gallery



Thanks to everyone who decorated the Meeting House and brought food to donate to Lighthouse (and to Maggie Hodges for the photos).



We shared lunch and had SO much food!



Thanks to Jenny Pile whose farm-based display is a tradition – and the last she will be doing.

Suspicious Package Closes Friars Street



On Friday 21st October the area around our Meeting House was cordoned off when a suspicious package was found between us and the Willis building. The Nursery children had to be evacuated and nobody was allowed access to our property. The incident lasted from 12 noon into the late afternoon and bomb disposal experts were called. Willis security cameras had noticed a person acting suspiciously who then left a packet and cycled away. Police are aware of their identity. We were reassured to hear that the package was empty.

The Trustees have applied for a grant for CCTV for our building too and expect to hear in January whether we have been successful. This is a Police and Crime Commissioner initiative.

Warm Banks

Once daytime temperatures fall below 15 degrees this Autumn, the community rooms at the Council's sports centres (Ransomes, Whitton SC and Gainsborough SC), Gallery 3 at Ipswich Town Hall and the Reg Driver Centre in Christchurch Park will be open for community use as places to keep warm. These venues will be open during normal opening hours, if they are not already booked for a dedicated event. Hot drinks and a microwave to heat meals will be available along with free WI-FI, charging points and games, puzzles and toys for children. In addition, warm showers are available at the sports centres for a £1 fee.

When the temperature drops, anyone seeking to use a warm bank should check the Council's website or social media channels for the opening hours of each venue.

Framlingham Meeting House are also opening their building as a warm space on Thursdays. For more details, contact the Minister Matthew Smith - revmatt1774@outlook.com

Sadly our Ipswich Meeting House is not suitable as a warm space, but the Trustees will be discussing what our congregation can offer at their next meeting.

Annual General Meeting

We will be holding our AGM after the service on Sunday 13th November – please put the date in your diary and join us in person or via Zoom. We need one new Trustee and one of the current Trustees, Paulette Reed whose term has come to an end, is willing to stand again for her place. If you are a member of at least one year's standing and would like to make a positive contribution to the life of our Meeting House, please talk to a Trustee about what is entailed. At that meeting we will also be voting on which charity to choose as our main charitable fundraising focus for the following year. Two suggestions have been made and more are welcomed before we vote at the AGM.

GA Dates

We are delighted to announce that the 2023 Annual Meetings of the General Assembly of Unitarian and Free Christian Churches will be held at Staverton Park Hotel and Golf Club in Northamptonshire on 4-6 April 2023. [Click here to find out more.](#)

Birthdays in November

Happy birthday to Hilary Hamilton on 11th ; Franklyn Bradbrook on 21st ; Mathilda Hawes on 24th ... **and in December –** Ray Seal (a special one) on 12th ; Edward Shaw on 22nd ; Carol Gibbs on 26th ; John Hamilton and Liz Constable on 30th .

Dickens by Candlelight – Saturday 19th November at 7.30pm – Bob Allen will be reading some extracts from Charles Dickens. We will be having mulled wine and mince pies. Entrance is by ticket which you can buy on the door or contact the Friends of the Ipswich Unitarian Meeting House secretary Ann Baeppler - annbaeppler@gmail.com

Together in Meditation – weekly on Thursdays at 7.15 to start at 7.30pm

This is a new, national, online group for Unitarians and friends to practise meditation together in a supportive environment. It is open to everyone, and we hope that those with no experience of meditation can join alongside those with an established practice. The group will be an open, loving, and inclusive space for us all to find tranquillity and insight together. We aim to provide basic instruction in simple and well-established meditation methods and offer formal guided practices in which to try them out, including around 20 minutes of silence. At the end of the session, there will be a chance to stay for reflection and mutual support as we deepen our practice together. In keeping with the Unitarian ethos, the session will not be orientated to any particular religious, spiritual, or psychological system, though it will freely draw on the wisdom and methods of many different traditions.

The sessions will be facilitated by Rev. Sheena Gabriel and Rob Oulton who have held weekly meditations for Godalming Unitarians for the past 13 years. They will be joined by Richard Bober from *The Meditational Fellowship* and Lizzie Kingston Harrison, *Congregational Connections Lead* for the GA. Please contact Lizzie if you would like more information.

To join the Zoom Meeting:

<https://us02web.zoom.us/j/87445055226?pwd=V1YUWs1WjdSZnZJbnZjbHh4Qm1pQT09>

Meeting ID: 874 4505 5226 Passcode: 949149

Trans Awareness Training sessions

Following the successful Motion of the at the 2022 Annual General Meetings, an online training course, sponsored by the Foy Society and the Northern Unitarian Association, is being offered to anyone interested.

The same presentation will be given on two dates to allow maximum participation. **Thursday evening** 17th November at 7.00pm to 9.00pm, and **Saturday morning** 19th November at 11.00am to 1.00pm (you only need to attend one of these sessions).

As the subject is of a sensitive nature and is being widely advertised, you are required to pre-register for the session you wish to attend.

This session aims to provide a fuller understanding of what it means to be transgender and non-binary, specifically from a gender identity perspective.

It will be delivered by Ellie Lowther FRSA. She delivers highly regarded education and support around being trans, being non-binary, and the wider values of inclusion in regards to gender variance.

Her training sessions openly and inclusively tackle the pressing issues of the day. If you want to be welcoming but worry you'll get the language wrong, would like to know more about using pronouns, are just curious, or have any similar questions, this is the session for you! Ellie welcomes all questions around gender variance so please feel free to ask.

Please ask Linda King, Paulette Reed or Tessa for the link to pre-register.

Poetry Group

The Poetry group meet on the last Thursday of each month to discuss and to read poems by a particular poet. Contact Riena Jackson (mjack76748@aol.com) for the details of the next poets and how to join in.

All welcome.

Defeat Dementia Fun Run



On Saturday 8th October, our forecourt was used on the Defeat Dementia Fun Run as a Prosecco Point. Well done to all who supported the charity.

Extract from the Ipswich Book of Days – November 25th 1848

'This Saturday's issue of the *Ipswich Journal* reported on the brilliance of the Northern Lights which had been visible in the Ipswich skies the day before.

In the early part of the evening, the usual spires of light were observed rising in the northern hemisphere from north-east to south-west. But towards nine o'clock the lights increased in brightness and presented the appearance of an irregular arch of crimson light across the sky, while from a point south-east of the zenith, rays of light were diverging in all directions.

All contemporary accounts agreed that a more magnificent display of the Northern Lights had seldom been witnessed across the country. (*Ipswich Journal*, 1848)

Ooh! A BrocCollie and Collieflower



Thanks to Maggie for finding this!

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

This issue of the Ipswich Unitarian covers two months (because of the editor's holiday break). Contributions PLEASE for the next newsletter to Tessa before the deadline of Wednesday 28th December 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

Sometimes the first step towards forgiveness is realising the other person was born an idiot.

Anon