



Parish of St Peter & St Paul, Abington
- the Church in the Park -
Welcome to our July Newsletter 2023

**Your Generosity and Kindness is making a difference:
Message from Community & Outreach Committee**

As we reach the mid point of 2023, I thought I would write an update on how our campaign to support Baby Basics is going so far this year.

We launched our campaign on the 19th February with the aim of filling our first of three planned Moses baskets by Mothering Sunday on the 19th March. Through your incredible generosity, we did more than fill one basket! We received enough items to fill almost 3 baskets which really got our campaign off to a great start.

Lisa, one of the Trustees from Baby Basics came and spoke at the all age service on Mothering Sunday, providing us with more information about how the charity works and sharing examples of the impact they are able to make. Lisa ran a lovely exercise with the children, picking suitable (and perhaps not so suitable!) items to go in a Moses basket. At this service we also officially handed over the items we had collected since February.

Work to fill basket number 2 started straight after and again, the donations we have been receiving since then have really mounted up. The knitting packs, assembled by Tracy with wool that had either been donated or offered at a discount to us by Get Knitting on the Kettering Road have proved very popular. We are very grateful to Get Knitting, Tracy and everyone who has given up their time to knit up items for the charity. The charity said that they love seeing the hand knitted items come in, knowing they have been knitted with such love and care.

Our Lent giving campaign was equally successful and we were delighted to let Baby Basics know that £721 was on its way to their account. (The same amount has also been donated to Open Doors). Financial donations really help the charity cover their running costs which is especially important in times such as these with high prices everywhere.

On the 10th June we ran a pop-up donation point at the Parish Rooms. The idea was that we would open our rooms for a period of time so that people from around the area could drop off donations. We would then process and transfer those donations up to Baby Basics in Wollaston. Unfortunately, we did not get many visitors on the day (thanks Jun for being one of two that day!), however Baby Basics reassured us that this was normal for a first session. They also reported that the news of our donation centre had resulted in positive feedback regarding how convenient it would be to have donation centre located in Abington. We have agreed that we will run further pop-up donation dates, timed to coincide with the antiques fairs. Thanks to Dianne Ward and Liz Kelly for helping to run the centre on the day and to Claire Cavender, owner of the Nursery at the parish rooms who willingly advertised the donation point to her clients.

Baby Basics have been working on a couple of press releases which feature how we are supporting them which is great for raising awareness and for recognising the contribution our church is making. [Here](#) is one of the press releases (they were also preparing one for the Chronicle and Echo at the time of writing).

In the last couple of weeks, we have also had a referral come in for a mother facing difficulties within our parish. We are pleased to confirm the charity is now arranging support for the mother and her baby. As Sabrina at Baby Basics said:

"We have had a referral from....Abington, so the message is getting across. We are just as pleased about the awareness of the support we can offer as our donations 😊"

She went on to say:

"Thank you to your amazing congregation on their collection and for the additional funds, it makes such a difference to the charity. We can't thank you enough for your support, it is such a blessing to us and our families in need."

We now hold an emergency mother and baby pack from Baby Basics at the parish office, so if you ever become aware of someone who is in immediate need, please let me (Melissa) or one of the ministry team know and we can make sure the pack gets issued out and the individual connected up with the charity.

Baby Basics will be with us at our summer fete so do pop along and say hi to them, they are looking forward to being able to meet you all.

Finally, it just remains for me to say a huge thank you for all your support so far, your work and generosity is really making a difference to people's lives. Thank you.

Best wishes,

Melissa

This month's preachers

2nd July, Patronal Festival: Revd. Jun Kim, Rector

9th July, Trinity 5: Revd. Tracy Pegram, Curate

16th July, Trinity 6: Prester Coleman, Reader

23rd July, Trinity 7: Revd. Jun Kim, Rector

30th July, Trinity 8: Liz Kelly, Anna Chaplain & LPM

Readers and Intercessors for this month

2nd July, Patronal Festival: Readers: Jill & Damian Pickard

Intercessor: Jenny Parkin

9th July, Trinity 5: Readers: Bob Purser & Jenny Parkin

Intercessor: Bob Purser

16th July, Trinity 6: Readers: Tony Sawford & Douglas Rutherford

Intercessor: Alan Sutton

23rd July, Trinity 7: Readers: Dianne Ward & Alan Sutton

Intercessor: Alison Barnes

30th July, Trinity 8: Readers: Chris Waters & Owen Warr

Intercessor: Prester Coleman

Ordination of Priests

We were delighted to be at Tracy's ordination on Sunday the 25th of June at Peterborough Cathedral. Here are some photos from that day.



Children and Youth Missioner's Update



We had a very successful **Family Fun Afternoon** at the church on 29th May, which was the May Bank Holiday and the first day of half term. Melissa provided some wonderful refreshments which were really enjoyed by everyone who came. About 80 people joined us, many of them new to the church who were passing by! Everyone was very complimentary about the hospitality, the fact it was a free event, with

bouncy castles, outdoor games and crafts and they were pleased to see a Church reaching out to those in the community. All ages attended, young and

those who are older! Some church families brought family members, families from Little Fishes came, and people visiting the park were all invited to join us. And Damian was pleased that we received just over £100 in donations!

We have **20 Little Fishes families** who come on a regular basis. I am very grateful for all the volunteers who help, especially Sandy Lewis, Revd. Jun and Revd. Tracy who also now come to support this important outreach work. We have a busy time together but there are some really encouraging relationships being built with many of these families. And the link between the Monday



morning meeting and the church is being strengthened. Little Fishes continues until **Monday 24th July**. After this date we will have a break until **Monday 4th September**.

Work continues to involve the **Junior Church** children in our Sunday services. Admittedly, we only had two children in church on Pentecost Sunday but it was so lovely to sit at the front of the church and be

involved in Tracy's wonderful talk, which everyone in church enjoyed! This is something that we would like to do more often and I think it will help the children and young people integrate into the church family more and more. **Junior Church will continue during the summer months, the exception being there will be no Junior Church on 30th July or 6th August.**





Finally on Sunday 18th June we had our **'Sharing of Talents' afternoon in church**. We were entertained by **Sarah, Olivia and Eric May, Alicia Menzies, Amy Jones and her sister and daughter, Flora and Elizabeth, Owen Warr and Revd. Jun**. We enjoyed some lovely music and singing and Owen recited the poems 'The Lion and Albert' and 'The Return of Albert', which had us all laughing! Thank you also to **Tim, our Director of Music** for



accompanying some of the musicians on the piano and for those who provided and served some lovely cakes! It was a very relaxed and happy afternoon which was enjoyed by about 35 people. Thank you one and all.

Cathy Tinsley children@abingtonchurch.org.uk

My Journey with God:

Reflections on leading a Discipleship Group by Matthew George

As I begin this writing this piece, we have just had our first session of our Lent group on Discipleship. Each week we look at two aspects of discipleship and what it is to be a disciple of Christ. Throughout the course, I am going on a spiritual journey, and this piece will map my own personal journey with God. I have spent the last few years exploring the calling to a vocation by God, and this is the perfect opportunity to see where I am along the road set before me.

The first session was looking at cross carrying and celebrating. As we discussed Simon of Cyrene being compelled to carry Jesus' cross, I began to think of the burdens that we can find ourselves carrying. Whether they be the helping or caring for a relative or friend or, more closely, the struggles that we may face ourselves there is often people around us that act as our own Simon of Cyrene.

As some people know, I have had my own personal struggles in recent years, and I am continually grateful to those that have acted as my own personal Simon. I truly believe that when someone has helped pick me up, they have been sent by God. Acting as an earthly envoy for our Lord and Father. This makes me think of the Sheep and the Goats (Matthew 25:31-46). That when we do anything for even the least of our brothers, we do it for God.

The second half of our session celebrating and the different ways that we celebrate. One of the ways discussed was music. Personally, music is the cornerstone of my faith. Growing up in a musical household, I have been constantly surrounded by music. Which is why, at the age of 8, I joined the choir. Whilst others I grew up with moved away from regularly attending church, my love for music kept me enthusiastic. As I have grown up I have realised that every hymn, psalm or anthem we sing, we do in praise of God. Now whilst not every piece of music may be to our own individual tastes, the word of God is paramount. Every Sunday I am drawn to God through the music used in our services, and I am thankful of the gifts that God has bestowed upon.

I was also reminded of our Harvest lunches. That sense of community in sitting together and sharing the same food as one another is a delightful recognition of being part of one big family. This was one of the reasons that when I moved to Wellingborough I never considered attending a nearby church. Abington is my family, and I know that it is the place where I delight in God's word and the fellowship shared with one another.

The second session focused on fasting and feasting. As we read a small passage of Jesus' Sermon on the Mount (Matthew 6: 16-18), alongside Isaiah 58, I pondered on the idea of a fast and how many different religions incorporate a time of fasting; we, as Christians, have Lent, Jews have Yom Kippur, Muslims have Eid and Ramadan, and there are many others that I'm sure I have missed. This I think gives the idea of fasting a uniqueness. The idea of doing "a fast" every week would, after a while, have less of an impact as it would become almost routine. But by having a set time for fasting, this should allow you to grow spiritually.

Particularly when you put aside the idea of proclaiming your fast (Matthew 6: 16) but going about your business as you normally would so that only God is aware (Matthew 6: 18), can help us understand that we are not simply living for ourselves, but moreover we are living and serving our Lord God. And the

thought that no matter what we do or don't do, and no matter how we do it or don't do it; God is always with us, showing us the way to go and leading us when we go astray. I take great comfort in this fact that when I feel like I don't know the way, God is there to redirect and care for us.

We then looked at feasting and it drew me back to the previous week, where we had looked at celebration. When someone says the word "feast" to me, I have in my mind this image of large tables and plenty of food, wine and entertainment. This brought to mind the parable of the Prodigal Son, and how we can often find ourselves in the position of both brothers in the tale. When we do a lot of work and others seemingly get the praise, we can be like the older brother and be resentful almost. But when we find ourselves down on our luck, we can "return home" to our Father who will welcome us with open arms and remind us that we are loved for who we are and what we have become.

Paul put it so beautifully in his letter to the church of Philippi; "I have learned to be content with whatever I have. I know what it is to have little and I know what it is to have plenty. In any and all circumstances I have learned the secret of being well fed and of going hungry, of having plenty and of being in need," (Philippians 4: 11-12). To be as assured of your faith as Paul was, that level of contentment is, I think, something to long for.

After two weeks, I feel as though my bond with God is growing. Daily I grow in so many ways, and it is all down to the trust that I put in him. I'm not denying that there will still be dark days at some point along the way, but I am far more comfortable putting my trust in God and knowing that my path is set before me, it is simply up to me to follow the guidance he offers.

Our third session was on prayer and praise. Coupling this week's session with a sermon series on prayer, it made me realise that there are many times where prayer and praising almost go hand in hand. Every collect that is said begins with praise, the Lord's Prayer begins with praising God's "hallowed name" and our pocket prayer begins "God you are good." As we discussed this idea, I allowed my mind to empty itself of all thought (dangerous I know) and just spend some time listening to the group's ideas and let my mind just be with God. It was a very pleasurable experience. I don't think I have ever opened myself up in that way before, but I can assure you that I will be doing it again and I would encourage you to do likewise. It was almost an outer body experience; I was sat in the room but felt like I wasn't actually there, I was

somewhere far more spiritual. God was sitting beside me and telling me that this was exactly where I was meant to be.

Then I received an unusual inquiry about some work. I was contacted and asked if I would be able to assist in the burial of an Alsatian. 14 and half year old Rosie died peacefully at home having lived a full and enjoyable life. Now I have buried pets before, but never anyone else's, so to say that it was an odd experience would probably sum it up quite well. But all the time I was digging, I felt as though Rosie's spirit was sitting watching me. When we laid her to rest, Rosie's owner said a few prayerful words and there were a few moments of quiet around. Despite the chill in the air and rain that was beginning to fall, I felt this warm feeling inside and this voice in my head, very different from the usual voices I hear, telling me that "I had done a good deed" and that the voice was "proud of me." This reminded me of Psalm 149 verse 4; "For the Lord delights in his people." God is always with us no matter what we are doing and he is happy when we succeed. It was immensely gratifying to help say farewell to Rosie.

The following week we looked at giving and receiving. Whilst looking at giving, I found that there are two main ways of giving to God. The first is money. At no point in the bible does it say a specific figure of how much we should give, but that we should give what we can afford. As Mark says in 12: 43-44; Truly I tell you, this poor widow has put more into the treasury than all the others. The rich all gave out of their wealth; but she, out of her poverty, put in everything—all she had to live on." Even if we put the smallest percentage of our earnings into the collection plate, we get a sense of fulfilment in enabling the continued good works of God.

Time is the other main way. Through our time we can serve God. By using the gifts we are granted by him, we are serving our Father.

But at all times as Paul says in his second letter to the church of Corinth; 'for God loves a cheerful giver.' So no matter what you are giving, there is no better feeling than giving with joy. If someone gives you something, you can tell whether they actually want to be doing it. And it is the same with God. He knows if we are actually happy to give of our time and/or money. There are fewer things as pleasing than receiving from someone who actively wants to give something to you. That then fills yourself with a warmth of your own.

I, personally, find receiving difficult. It makes me uncomfortable when I'm given something. Even if it's a birthday or Christmas present. But that is mainly

down to my own sense of pride. I feel embarrassed, like I've not done enough to warrant being given something. If I'm feeling down and someone gives me emotional support, I feel like I've put them in a position where they felt they have to help me. Knowing full well that that a) isn't the case and b) if the positions were reversed I'd be doing exactly the same as they are.

As Paul was preparing to leave Ephesus, he said; 'remembering the words the Lord Jesus said himself: "it is more blessed to give than to receive."' And I feel it is easier to give than to receive.

In my preparation for the session I was looking at quotes about giving and receiving. Of the quotes that I found, the one that stuck with me was by the author Israelmore Ayivor, who said; giving does not precede receiving, it is the reason for it. It is in giving that we receive. It stuck with me. God gave me the gifts and talents that he has, and I'd like to think that he is pleased with how I use them. I give a lot of time and energy to serve him, in many ways, and it gives me a tremendous amount of satisfaction whilst I am doing it.

Our last session was focussing on listening and speaking. During the session I realised that God speaks to each of us in a plethora of ways. He speaks to us through thought, visions and dreams and simply through the people around us. There have been many occasions where I've felt the presence of God near me when talking friends and acquaintances. I have also found myself feeling compelled to try and understand dreams that I have had, in a similar way to Pharoah asking Joseph what his dreams meant.

About 4 years ago I began a journey after becoming aware that God was calling me. Everyday I feel blessed to have received this calling and excited about what God has next instore for me. And I hope that the journey will continue to take me to places and grant me experiences that I would never have dreamed of. I can assuredly say that since the start of our Lent course I have grown far closer to God than I ever have.

I would like to take this opportunity to thank Prester for putting this course together. And also Jun for asking me to write this. I think my relationship would have grown without writing this. However, I feel like I have a greater understanding of where God wants me to be, and that is down to sitting and writing My Journey with God.

Matthew

[Draft Minutes from the last PCC Meeting](#)

Please click the title above to access the link.

Zoom Compline

This is a weekly service at 7.00pm on Tuesdays. In case you don't know, Compline is a quiet, reflective service at the end of the day and includes an open prayer time, so we are able to continue to support one another. The joining details are: Meeting I.D. 815 8020 8528. Passcode 409450 Please talk to Liz Kelly if you want to know more about this and to receive a weekly invitation by email, which enables one-click joining. Her contact details are: lizmk@outlook.com or telephone on 07745 604591.

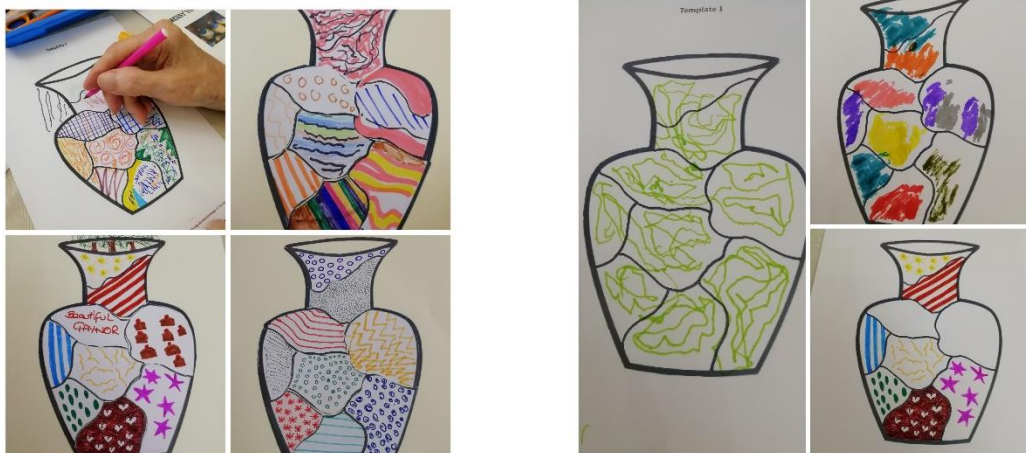
News from the Pastoral Team

The Pastoral Team continues to support parishioners through regular telephone calls, prayer, and pastoral visits. Home Communion is available too. If you, or anyone you know, would like someone from the pastoral team to get in touch, please contact Liz Kelly, Lay Pastoral Minister and Anna Chaplain. Her contact details are lizmk@outlook.com and telephone 01604 636947 or 07745 604591. We offer a listening ear, someone to pray with, bereavement support, or a friendly visit. Thank you all for your prayers for the Pastoral Team, and for the staff and residents of Abington Park View and St Christopher's Care Homes.

News from Abington Park View Care Home

A group from church visited on 14th June and held a Messy Vintage service about 'Cracked Pots.' The aim was to help people recognise that though we are all imperfect and may feel broken at times, God is waiting to restore us and has a plan for each and every person. The bible reading from Jeremiah chapter 18, which compares God to a potter, reminded us of his faithfulness in our personal lives. We are all like 'cracked pots.' Each of us has our own unique flaws and may feel broken and useless at times, yet God accepts as we are, takes us into his hands and moulds us to his purpose.

To show this visually, we created beautiful pots by colouring in the different segments on a template, cutting the individual pieces out, and then reassembling them to make a new pot. Here are some photos of our results.



A team also held a Songs of Praise Service on 21st June, where the theme was based on the Parable of the pearl of great price. We sang several uplifting hymns, including 'Praise my soul the King of heaven' and 'Now thank we all our God', and we shared some of our precious possessions, explaining why they were so valuable to us. Here are some photos of what people brought with them.



It was uplifting that several of our treasured possessions were those that had been with us for many years, and so held a very special place in our hearts. But the key message, was that to God, we are all pearls of great price, and he loves

each one of us no matter who we are. He knows us by name and we are precious in his sight.

Mothers Union

All MU members invited to our next meeting at St Christopher's on Saturday 8 July at 2pm. Please bring a chair as hoping to have the meeting on the lawn (weather permitting).

We are asking members to bring along to share a souvenir or memory of a favourite holiday or place. Cathy, Jenny & Sue

Dates for your diary

1 July: Summer Fete

2 July: Patronal Festival

19 July: PCC at 7.45 pm

22 July: Charterhouse Visit

5 Aug: Parish BBQ at Damian's

Bible Reflection

I think that as well as hearing the bible read in Church Christians should be encouraged to read it themselves.

The bible can certainly provide spiritual milk (1 Peter 2v2) to build up beginners in the faith, and the new Christian needs help in assimilating the '*milk of the word*' in the kind of way that a baby depends on its mother. But when the child comes to tougher food, the days of breast-feeding and spoon-feeding are over. There is indeed tough meat in the bible (Hebrews 5v12-14) intended for every maturing Christian. The command in 1 Corinthians 14v20 NIV *in your thinking be adults*; was addressed not to the theologians of the early church, but to all who would listen.

We need today to recover for the church the kind of passionate involvement in the bible which characterised its most effective days. This kind of interest is already apparent within the bible e.g., Psalm 1. We should not be surprised therefore to find in another Psalm 119 v 131 and 162 NIV '*I open my mouth and pant longing for your commands*' and '*I rejoice in your word like one who finds great spoil.*' Indeed, anyone approaching the bible would do well when they are thinking of the O.T. to look in the Psalms.

The Psalms are for those who are prepared to see that this kind of hunger and zest (as shown in Psalm 119) was not just for Jewish fanatics but are marks of the normal health of those who are part of Christ's body.

Jesus loved and respected the scriptures and passed this onto his disciples.

It is no use expecting that Bible Study will be easy. When you have wrestled with a passage to try and prepare a sermon it becomes very fixed in the mind. That can also happen when you actually study the bible, instead of just reading it.

The purpose of Bible study is that a particular passage should become part of us. This is our objective in the long run with the reading of scripture, but it can only be achieved with great effort.

There is a thrill in laying bare the biblical message and the hope and encouragement that brings. But it is also the sheer joy of discovery.

One thing is for certain, the person who studies the Bible for themselves will find out truths about God, which nobody has ever told them.

Alan Sutton. Reader Emeritus.

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RIDE**+STR**IDE****

NORTHAMPTONSHIRE HISTORIC CHURCHES TRUST

Saturday 9th September 2023
between 10am and 6pm

A day in the open air...plan your own route
350+ stunning churches and chapels to visit - many of them open and welcoming visitors



Abington Church will be one of the participating churches in this year's Ride and Stride. If you would like to take part in the event, by cycling or walking to some of the many churches which will be open for visitors, or if you would like to be welcomer at Abington on the day, please see

Cathy Tinsley or Dorothy Bonsall for more information. It would be great if a few people from our church family took part in this enjoyable event.

How to get your contribution or event into the next Abington Newsletter

Please send content to Matthew George on abingtonbulletin@outlook.com by the 21st of the month for guaranteed inclusion in the next edition. If you send it after the 21st, it may not be included. If you wish to have a printed version delivered to you, please contact Bob Purser 785836. There will also be a small number of copies in church for visitors.

Ministry Team

The Revd. Byung-Jun Kim: Rector, rector@abingtonchurch.org.uk

The Revd. Tracy Pegram: Curate, curate@abingtonchurch.org.uk

Alison Barnes: Reader

Prester Coleman: Reader

Liz Kelly: Lay Pastoral Minister & Anna Chaplain

Cathy Tinsley: Children and Youth Missioner children@abingtonchurch.org.uk

Tim Dolan: Director of Music

Donald Loe and Jim Mercer: Churchwardens

Bob Purser: Lay Chair of the PCC

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bob.purser@abingtonchurch.org.uk