CONNECT

QUARTERLY NEWSLETTER FOR THE CHURCHES OF IPSWICH AND EAST



EDITOR'S GREETING Revd Adam Earle

The view from the study window is not exactly panoramic, mainly taken up by the side wall of the garage and the side gate. However, in the centre of it all is a large Mahonia Japonica with its spikes of yellow flowers being much enjoyed by a fat and enthusiastic bumble bee (More about bees Below, thanks to the previous later). occupants of the manse, there are Snowdrops (aka Candlemas numerous Bells), Narcissus Tete-a-Tete, and delicate, elegant purple crocuses. This may make me sound like an enthusiastic gardener which is some distance from the truth – it is true that I love gardening – I can watch people gardening for hours. I am no expert, but I do recognise these as wonderous signs of Spring.

Welcome to the Spring Edition of the Connect pastorate quarterly newsletter! We have had a relatively mild winter in our part of the world but, none the less, as the days extend and we enjoy more of the light and warmth of the Sun, it is an uplifting time. I hope this season proves a time for renewal and growth for each or us and for each of the churches that make up the Ipswich and East Pastorate. Read on and enjoy.



MARCH to MAY 2023

LENTEN JOURNEY

The season of Lent, which leads us on the pathway to the cross, followed by the joy and wonder of Easter plays a significant part in this time of year. The word Lent comes from the word "lengthen" noting the increasing hours of daylight as we move from Winter to Summer.

Beginning on Ash Wednesday (23rd February 2023), it is traditionally a time for fasting, for reflection, and for examining heart and soul. For our Christian family, many of Ash Wednesday offers the opportunity to receive the mark of the cross, with a finger dipped in ash (made from burning Palm Sunday Crosses from the previous year and mixing with a little oil to help it stick), and hearing the sobering words of truth, "Remember you are dust and unto dust you shall return." We are reminded of our fragility, mortality and our need for God.

Whilst ashing is not be part of our tradition it is still of great value to us to invest time and prayer in the opportunity that Lent offers. As a pastorate we have two particular initiatives to help us all make the most of the season. Firstly, we have the Lent Study Course. This year we are again offering a study series based on films. The course, entitled "Not A Tame Lion" is based on the works of C. S. Lewis especially as found in the film versions of "The Lion, The Witch and The Wardrobe", and the biographical film, "Shadowlands". The Course begins on Wednesday 1st March and runs for five sessions, it is not too late to join in.

LENT STUDY COURSE "NOT A TAME LION" BY HILARY BRAND

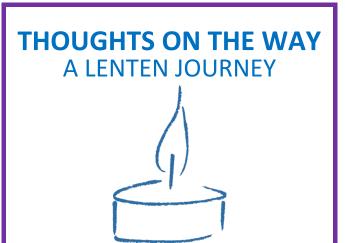


WEEKLY ON WEDNESDAYS 1st, 8th, 15th, 22nd and 29th MARCH

2:30pm AFTERNOON SESSIONS IN PERSON *or* VIA ZOOM Castle Hill URC & Leiston United

7:30pm EVENING SESSIONS IN PERSON – St John's URC

For further details and to sign-up for any of the sessions please contact Revd David by email <u>revdrees@gmail.com</u> or by phone 01473 402721. Our ministers, David and Adam, will be leading a series of afternoon Lent Services. These will be held on each Sunday during Lent. We will visit each church in turn. These reflective services are for all – not just those who would normally attend the specific church – we would love to welcome folk from the different pastorate churches to each – a real way to encourage one another.



WORSHIP & REFLECTION

16:00 SUNDAY 26th FEBRUARY CASTLE HILL URC (Dryden Rd, Ipswich) Lost & Found – Luke 18:9-14

16:00 SUNDAY 5th MARCH

FELIXSTOWE URC (Tomline Rd) Counting The Cost – Luke 14:27-33

15:00 SUNDAY 12th MARCH LEISTON UNITED (High St) Honouring God – John 2:13-22

16:00 SUNDAY 19th MARCH ST JOHN'S URC (Cowper St, Ipswich) God So Loved The World – John 3: 14-21

16:00 SUNDAY 26th MARCH SAXMUNDHAM URC (Rendham Rd) First & Last – Matthew 20: 17-end

NEWS FROM THE CHURCHES

CASTLE HILL URC

It was a real delight astle Hill & to have the opportunity to share Christmas together with a full programme of seasonal worship and activities. Our Christmas Fair was held on Saturday 26th November – a wellattended and successful event raising funds for the church. We welcomed many folk from the surrounding community who were treated to a good range of stalls and activities, including the ever popular cake stall and the Christmas café. There was fun to be found for the children with Santa putting in an appearance. Festive music was played on the Christie Organ which added a wonderful touch to the occasion.

Our Festival Service was held on the morning of 18th December led by CHAPs, (Castle Hill Amateur Players), who provided an alternative take on the usual nativity recount with a Doctor Who themed story line, including the appearance of a Dalek and at least two Cybermen. On that same day, in the evening, we enjoyed a more traditional service of Lessons and Carols by candlelight, and had the pleasure of Adam playing our Christie organ.

In the afternoon, on Christmas Eve, we held a family carol service, led by David and Adam which was well attended. Candy canes were shared as a reminder of the Christmas message.



As part of our worship on 8th January, David inducted the Serving Elders, following which we celebrated Communion. This included

two elders who were returning to the serving role.

We're now back to sharing refreshments each week after worship, something that has been appreciated by those who stay on. This provides a wonderful space and time for followship and getting to know each other better.

A new venture for us, on Sunday 29th January, we held a Café Style "Breakfast Church service" with over 60



folk, across the age brackets attending. Our theme was "Epiphany" and we enjoyed conversation, challenges and creative activities considering questions such as "What would you take on a journey?", "What would you like to ask the wise men?" and reflecting on Jesus as the star of the story. There were snacks and drinks available throughout. Feedback was very positive. Our next café style service will be on Sunday 28th May when we will be celebrating "Pentecost" - The Birthday of the Church.

Thanks to the hard work of Len Green and the members of the Castle Hill "Caring for Creation Group" we are delighted to announce that we have now



qualified for the Eco Church Bronze Award. In order to achieve the award, the church had to fulfil certain criteria related to ecological thinking and activity covering worship and teaching, buildings, land, community and global engagement and lifestyle. We have a special service on **Sunday 12th March**, when the award will be officially presented by Jeremy Flack – Synod Green Advocate, who will also be our preacher.



The afternoon of Thursday 13th February saw the second meeting of our **"Wonderful World"** group exploring God's creation. Nine young people

certainly enjoyed the session on 'Air'. The children had a lot of fun carrying out various experiments and activities with windmills, bubbles, Air Zookas, Balloons, sharing stories and discovery new things with, of course, accompanying tasty snacks!

ST JOHN'S URC



It is not always good news that we have to share and sadly we have lost two of our elderly members in the last few months: Sylvia who reached the magnificent milestone age

of 100 and received a card from King Charles before she died and Mary known for her involvement in various choir concerts.

We have just commenced our last year of power contracts still at pre-Russian invasion of Ukraine prices, so we are still able to support various activities within the church premises.



We were also able to send, via the Link to Hope organisation, 20 shoeboxes for children and families, and 20 for the

elderly to those people who live in Ukraine, Moldova and surrounding poverty-stricken areas. We have yet to have a report on how the deliveries went – but it cannot have been easy.

We had some well attended Christmas Services including a late night, reflective service on Christmas Eve led by Peter Dawson and Christmas Day which was led by Revd Adam. It was such a joy to be able to celebrate the season together in such an enthusiastic manner.

A small group are trying to get ready to stream services from St John's. We are very grateful for the tremendous, ongoing support, that we are receiving from the Tech Team at Castle Hill, for their patience and investment of time. We have been experimenting with recording the services using the livestream software and hope to be fully, confidently and independently up and running in the next few weeks.

Looking ahead we have scheduled a hymn sing, enjoying some of our favourites requested by members and friends of the church. This will take place on Saturday 15th April (which is also the date of the rescheduled URC 50th Anniversary Service in Westminster Central Hall.) Come and have a good sing with Revd Adam at the organ and Revd David as MC. This will be followed by a cream tea.



Followed by a Cream Tea

Someone said to Joseph of Arimathea, "That was such a beautiful, costly, hand-hewn tomb. Why did you give it to someone else to be interred in?"

"Oh," said Joseph, "he only needed it for the weekend."

FELIXSTOWE URC



Our biggest news continues to be the U2F (Ukraine to Felixstowe) and FURC partnership project supporting

Ukrainian guests in the town. We have continued to work on some outstanding elements of the refurbishment of the former choir room, with some replacement floor boards and the installation of a TV display to assist with language development sessions. The U2F Hub is used for monthly committee meetings, to deliver additional language support, provide weekly prayer and Bible study and a space for socialising.

The next phase of the project will be the upgrading of a small courtyard outside the Hub to potentially provide seating and a BBQ space.



With the first anniversary of Russia's latest invasion of Ukraine imminent, the church was open for prayer and

reflection on Friday 24th February. It is so important that we do not suffer from compassion fatigue and continue to pray, earnestly, for peace in Ukraine and the opportunity to rebuild broken lives and communities.

During Advent the congregation generously provided Christmas gifts for the young people supported by Sanctuary in Felixstowe. The collection from the Family Carol service went to Lighthouse Women's Aid in Ipswich. Christmas Day worship was shared with Trinity Methodists on their premises.

Since the start of January, Sunday worship has been held in one of the Church Halls

where we now have a TV screen to allow for PowerPoint presentations. People have remarked on the improved singing.

Sadly, the church has lost two of its oldest members in recent months, both in their late nineties.

Looking ahead, **The World Day of Prayer** service on 3rd March will be hosted by the URC with tea afterwards. This year the materials have been prepared by Christian women from Taiwan. Our worship revolves around the Ephesians 1:15-19 and is entitled "I have heard about your faith."

LEISTON UNITED CHURCH



We are a small but determined group with mission and social support at our heart. On the first

Sunday of February we were delighted to welcome a long-standing friend, who has worshipped with us for some time, into membership. A warm welcome to Brigit.



We have, like many, moved to the hall for worship during the winter months – as a boost to the heating system we are also experimenting with two small, high output, low

energy fan heaters to help provide a kickstart while the main heating gets going.

We relished the opportunity to celebrate Christmas in a variety of ways including the first of what we plan to be a regular feature of afternoon services with tea following, instead of morning services on a Sunday. Our first was entitled, "Carols, Cake, Music and Mince-pies" and was a joyous occasion. Holding occasional afternoon services means that some of our folk who just cannot make morning church can get involved. On Christmas Eve it was LUC's turn to plan and lead the community carols in Old Post Office Square with music led by the Leiston RBL Band. There were more than two hundred folk attending and it really made for a fantastic celebration of the Christmas Story.

The food bank continues to be a valued part of the support that the church and friends offer to the community. It is an independent food bank with no requirement for a referral to make use of the facility. It is open on Friday and Saturday mornings and is helping to meet the needs of many. Whilst we would hope to see a day when the need for food banks is greatly diminished, we are glad to be able to continue to offer this support. A series of generous donations from local individuals and organizations means the funds are healthy and we were also able to offer gift items for people to share with family at Christmas.

SAXMUNDHAM URC



Three of our folk have spent time in hospital over the last few months. One or two others having bouts of ill health but being stalwart older people are keeping going.

We have welcomed two new folk, who previously attended Leiston United, Andrew and Louise. They will both be welcomed in membership in March, in line with the decision of the Church Meeting held on Sunday 19th February. It is good to have them with us.

The Saxmundham Churches Together United Service was a great success with about 60 attending. The service was very ably led by Revd Adam and the priest in charge at St John's, Revd Dave. This was a service where sharing the cup had real meaning as we ran short of glasses for communion and had to ask couples to share. It was a wonderful opportunity to worship with our wider Christian family and there was a strong sense of togetherness and mutual support.

We are delighted that, at last, the church heating is back in service again and continuing to do a good job in keeping us toasty warm. This meant we could hold the united service in the church – so good to be back.

The elders are discussing future fund raising events to which all members of the pastorate churches will be welcome. We are enjoying having a cleaner once again and looking at ways to encourage people in the town to use our beautiful newly refurbished hall. At only £20 per session (Morning, Afternoon or Evening Session) it would be ideal, with the adjacent kitchen, for a range of activities. If you are interested in finding out more you are welcome to contact us.

MOTHERING SUNDAY 19th March 2023



The fourth Sunday in Lent, also known as Refreshment Sunday, is the day when we mark Mothering Sunday. In the past this was the one day in Lent when flowers were to be seen in churches. Now we mark it as a special day to celebrate mothers everywhere, or indeed those who have been like a mother to us.

Centuries ago, it was considered important for people to return to their home or 'mother' church once a year. So each year in the middle of Lent, everyone would visit their 'mother' church - the main church or cathedral of the area. Inevitably the return to the 'mother' church became an occasion for family reunions when children who were working away returned home.

Most historians think that it was the return to the 'Mother' church which led to the tradition of children, particularly those working as domestic servants, or as apprentices, being given the day off to visit their mother and family. As they walked along the country lanes, children would pick wild flowers or violets to take to church or give to their mother as a small gift.

For some Mothering Sunday, or Mother's Day can be a very difficult time. Those who no longer have their mother with them due to death or other reason for separation, those who have never known their mothers or for whom their experience of their mother was very difficult. There are also those who may have longed to be a mother but for whatever reason were not able to be.

As we mark this day we remember with thanksgiving our mothers and all those who have been like a mother to us. We pray for those who will struggle with the whole idea and for whom the day may bring sorrow. We look to God as the ultimate heavenly parent, who loves us completely and cares for us more deeply even than our mothers.

Because of Good Friday we can look back and not be afraid.

Because of Easter we can look ahead and not be afraid.

Because of Ascension Day we can look up and not be afraid.

Because of Pentecost we can look in and not be afraid.

THE GREATEST JOKE?

In the Greek Orthodox tradition, the day after Easter was devoted to telling jokes. They felt they were imitating the cosmic joke that God pulled on Satan in the Resurrection. Satan thought he had won, and was smug in his victory, smiling to himself, having the last word. So he thought. Then God raised Jesus from the dead, and life and salvation became the last words.

AN EASTER HYMN

Phillips Brooks was an American clergyman. His best-known work is the Christmas Favourite, "O Little Town of Bethlehem". Here is an Easter hymn which he penned.

Tomb, thou shalt not hold Him longer; Death is strong, but Life is stronger, Stronger than the dark, the light; Stronger than the wrong, the right. Faith and Hope triumphant say "Christ will rise on Easter Day."

While the patient earth lies waking, Till the morning shall be breaking, Shuddering 'neath the burden dread Of her Master, cold and dead, Hark! she hears the angels say "Christ will rise on Easter Day."

And when sunrise smites the mountains, Pouring light from heav'nly fountains, Then the earth blooms out to greet Once again the blessèd feet; And her countless voices say "Christ has ris'n on Easter Day."

Up and down our lives obedient Walk, dear Christ, with footsteps radiant, Till those garden lives shall be Fair with duties done for Thee; And our thankful spirits say, "Christ arose on Easter Day."



LENT & EASTER ACROSS THE PASTORATE

SUNDAY 19th MARCH Mothering Sunday Services

10:30 CASTLE HILL Led by Andrea Rumsby

10:30 FELIXSTOWE Led by Revd Adam

10:45 ST JOHN'S Led by Revd David

10:30 LEISTON Led by William Glasse

11:00 SAXMUNDHAM Led by Peter Dawson

SUNDAY 2nd APRIL Palm Sunday Services

10:30 CASTLE HILL Led by Revd Adam

10:30 FELIXSTOWE Led by Allison Smith

10:45 ST JOHN'S Hybrid Service led by the Elders

> 10:30 LEISTON (With Communion) Led by Revd David

11:00 SAXMUNDHAM Led by Sue Liddell

THURSDAY 6th APRIL

10:30am FELIXSTOWE Communion & Reflection Led by Revd David 19:00 CASTLE HILL Communion & Reflection Led by Revd Adam

FRIDAY 7th APRIL

10:30 CASTLE HILL Good Friday Reflection Led by Revd David

10:30 SAXMUNDHAM Good Friday Reflection Led by Sue Liddell

11:00 FELIXSTOWE Churches Together in Felixstowe Town Centre

14:00 FELIXSTOWE United Reflection at The Cross Trinity Methodist Church Followed by Refreshments

> SUNDAY 9th APRIL Easter Sunday Worship

10:30 CASTLE HILL With Communion Led by Revd Martin Camroux

> **10:30 FELIXSTOWE** With Communion Led by Peter Dawson

10:45 ST JOHN'S With Communion Led by Revd David

11:00 SAXMUNDHAM With Communion Led by Revd Adam

14:00 LEISTON Easter Celebration & Tea Led by Revd Adam

EASTER TRADITIONS DID YOU KNOW?



Nobody seems to know exactly why we give the festival the name Easter. In the majority of other European languages, the word is a variation of Passover (Pesach). It most likely comes from the Anglo-Saxon name for the month of April, 'Eostremonath'. Some have suggested this month takes its name from a German goddess, Eostre, who is also associated, in legend, with the Easter Bunny.

Hot Cross Buns

This delicious treat, usually associated with Good Friday, with the cross marking as a clear reminder of the day's events, may have originated



in St Albans. However, this suggestion seems to have originated from an advertisement used by a London Baker to increase sales of the product. Variations on the original are now available including chocolate orange flavoured; M&S have cheese flavoured and even Marmite hot cross buns in their range.

Easter In Bloom

White lilies are the classic flower associated with Easter. There colour is a symbol of purity and serves as a reminder of the



purity and holiness of Jesus, the perfect one who died on the cross.



There's also the passion flower, rich with symbolism, that have been interpreted in many different ways over the years. The three stamens may represent the nails in Christ's hands and feet, the Holy Trinity or the three crosses on calvary – Jesus was crucified between two thieves. (See Luke 23:39-43) The circle of petals may be said to represent the crown of thorns placed on the head of Jesus. The leaves are said to represent the spear with which the side of Jesus was pierced. The Passion flower usually lasts for three days – a reminder perhaps of the three days from Good Friday to Resurrection Sunday.

Easter Eggs

Perhaps the most familiar of the Easter



Customs is the good old Easter Egg. Having eggs to eat, especially at Easter, seems to come from the middle-ages in Europe. During Lent, in the 40 days before Easter, most people took part in a fast and didn't eat certain foods, including dairy items like milk and eggs. So after eating no eggs for several weeks, they would have been a real treat to eat at Easter when the fast was over!

In Europe, coloured eggs have been used to celebrate Easter as house decorations since the 13th century. In Eastern European countries, such as Hungary and Romania, wooden eggs are beautifully painted in lots of different patterns. The patterns often have special names and meanings and help to tell the Easter Story.

Egg rolling races are held all over the world on Easter Monday. Eggs are rolled down a hill or slope and the first one to reach the bottom that hasn't broken is the winner. There is also an egg-knocking game, played in lots of countries. The game uses hard boiled eggs and is a bit like the game of 'conkers'. The object of the game is to hit everyone else's egg and to keep your own one unbroken.

PRAY FOR UKRAINE

Friday 24th February will be the one-year anniversary of the war in Ukraine.



Here is a prayer written by the Ukrainian Greek Catholic Church – please join many thousands of Christians in prayer.

Almighty and Great God, accept our gratitude for your boundless mercy towards us. Hear the supplication of our afflicted hearts for the land and people of Ukraine, as they confront foreign aggression and invasion. Open the eyes of those who have been overtaken by a spirit of deception and violence, that they be horrified by their works. Grant victory over the powers of evil that have arisen and bless Ukraine with your gifts of liberty, peace, tranquility, and good fortune.

We implore you, O Merciful God, look with grace upon those who courageously defend their land. Remember the mothers and fathers, the innocent children, widows and orphans, the disabled and helpless, those seeking shelter and refuge, who reach out to you and to their fellow human beings looking for mercy and compassion. Bless the hearts of those who have already shown great generosity and solidarity, and those who prepare to receive their Ukrainian brothers and sisters in Ukraine's greatest time of need. Bring us together as your children, your creation, and instill in us your strength, wisdom and understanding. May you be praised and glorified, now and forever, and to the ages of ages. Amen.

CARING FOR GOD'S CREATION

Compiled by Len Green

BUTTERFLIES DECREASE

A new report by Butterfly Conservation released last year has revealed the alarming news that 80% of butterflies in the UK have declined since the 1970s. Decreases in butterfly populations on this scale are a huge cause



for concern as butterflies are an integral part of the UK ecosystem and their precipitous decline is a clear warning sign of the wider biodiversity crisis.

The report shows that butterfly species that rely on particular habitats are the worst affected and have seen the most dramatic declines. However, despite the gloomy longterm trends, the report also shows that targeted conservation action does make a significant difference and can save species.

BUTTERFLIES & BEES – BEST PLANTS

Brian Penny, from Felixstowe URC, has recommended some plants which could be planted in our gardens and even Church grounds to encourage both butterflies and bees.

In Autumn, it is becoming more popular to leave garden cuttings, rotting stumps and chopped branches in discreet heaps for wildlife, rather than raking them up and binning them. It is also a good idea to leave a discreet stand of nettles for butterfly propagation. This could be in an old bucket, to stop them spreading too far.



Butterflies and bees need warmth to fly, so it is advisable to site a nectar border in a sheltered south or west-facing part of the garden.

Starting in the spring, plants such as crocus, will encourage early bees. Tall plants, such as Buddleia and Lilac could be at the back of a border, followed by Hebes and Rock Rose. Other plants, such as Verbena Bonariensis and Sea Holly (Eryngium) can be located further forward, then plants with single blooms, such as different types of daisy-like flowers will encourage pollinators with their easily accessible nectar.

English lavender, perennial Wallflowers and Candytuft are all butterfly and bee-friendly. Herbs, such as Marjoram, Mint and Thyme are all attractive to butterflies.

We should aim to grow a diverse range that flower at different times, so that we can encourage the butterflies and other insects to stay for longer.

SUPER TIPPING POINTS

Submitted by Sue Liddell - Saxmundham

Three "super-tipping points" for climate action could trigger a cascade of decarbonisation across the global economy, according to a report.

Relatively small policy interventions on electric cars, plant-based alternatives to meat and green fertilisers would lead to unstoppable growth in those sectors, the experts said. The boost this would give to battery and hydrogen production would mean crucial knock-on benefits for other sectors including energy storage and aviation. Urgent emissions cuts are needed to avoid irreversible climate breakdown and the experts say the super-tipping points are the fastest way to drive global action, offering "plausible hope" that a rapid transition to a green economy can happen in time.

The tipping points occur when a zero-carbon solution becomes more competitive than the existing high-carbon option. More sales lead to cheaper products, creating feedback loops that drive exponential growth and a rapid takeover. The report, launched at the World Economic Forum in Davos, Switzerland, said the three super-tipping points would cut emissions in sectors covering 70% of global greenhouse gas emissions.

The tipping point for electric vehicles is very close with sales soaring, the report says. Setting dates around the world for the end of sales of fossil-fuel powered vehicles, such as the 2030 date set for new vehicles by the UK and 2035 in China, drives further growth, the report adds.

This scale-up means the batteries used will become cheaper and these can be deployed as storage for wind and solar power, further accelerating the growth of renewables. More green energy means lower electricity bills, in turn making heat pumps even more cost-effective.

The second super-tipping point is setting mandates for green fertilisers, to replace current fertilisers, which are produced from fossil gas. Ammonia is a key ingredient and can be made from hydrogen produced by renewable energy, combined with nitrogen from the air.

The third super-tipping point is helping alternative proteins to beat animal-based

proteins on cost, while at least matching them on taste. Meat and dairy cause about 15% of global emissions. Public procurement of plant-based meat and dairy replacements by government departments, schools and hospitals could be a powerful lever, the report says.

Increasing uptake would cut the emissions from cattle and reduce the destruction of forests for pasture land. A 20% market share by 2035 would mean 400m-800m hectares of land would no longer be needed for livestock and their fodder, equivalent to 7-15% of the world's farmland today, the report estimated. That land could then be used for the restoration of forests and wildlife, removing CO2 from the air.

DRY YOUR TINS BEFORE **YOU RECYCLE THEM!**

Allison Smith from Felixstowe URC had some sound advice on recycling.

Of course, rinse your tins and recyclable food trays but make sure that they are dry before disposal. Wet tins contaminate any papers with which they come into contact and rendering them useless for recycling.



If you are not sure if something should be recycled than err on the side of caution and put it into the general waste bin. In Suffolk most general waste is used to fuel Suffolk's energy-from-waste facility at Great Blakenham. Here, the heat from the high temperature incineration of the waste is used to produce steam that drives the turbine-generator which produces enough electricity to supply 40,000 homes. The ash is produced by the process is used to make secondary aggregate products used for road building and construction.



Felixstowe URC is collecting blister packs where it passes them to a well-known high street chemist for recycling.



The pastorate "Caring for Creation" group invite you to join in celebrating God's wonderful creation and our call to be good stewards of this Earth. On Sunday 30th April each of the churches will be sharing this theme in our worship. We will share some resources for worship to be used in each of the churches.

The next edition of Connect will be published in June 2023. If you have any items that would be suitable for inclusion then please send them to Revd Adam on revaje@outlook.com