

Notes from Nick

Jesus goes into the desert to commune with his Father and at the same time places himself in a position of vulnerability. We think of the temptations of Jesus about this time of Lent when the battle between humanity and holiness takes place.

It all begins with a subtle yet cunning comment: “If you are the Son of God...” the temptations are being offered under guise of confirming who he is, and yet to have yielded would have done the opposite. The focus is on three of the most basic human desires which threaten Jesus’ holiness.

- Physical hunger: 40 days without food meant hunger was very real so why not turn a few stones into bread?
- A popular stunt: everyone admires

a show of bravery and, coupled with a stunning miracle, it would lead to lots of admiration.

- Prestige with power: instant role, no battles to fight, quick result.

We can identify with all these desires, but Jesus goes further by showing us how we can be holy as he is holy. He shows that God’s word is something we can rely on as God faithfully fulfils his promises. He shows too that God’s word, as the sword of the Spirit, is there to help ward off the Evil One’s attacks.

Perhaps most reassuring of all is the fact that even Jesus was tempted. The challenge for us as we aspire to that holiness is to be people like him

Who to contact

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who, though tempted in every way, do not sin. After all temptation can cause to succumb, sink, sin- or stand. Let’s be determined to stand in the strength God supplies

A last word from Cyril Saunders

**As many of you will know, Cyril was our Parish Warden for many years. Due to illness, he was unable to come along to St Matthews to join us to worship, and he passed away to be with his Saviour late last year. Before he died, we was able to make a special visit to see St Matthews in is refurbished state, and following this visit penned the following which we share here for all his friends to share.**

Some days stand out- some good, others not so good! I have several of the latter in the last few months! I had a good one recently- so good that I just have to share it with you.

For many years I was a member of the PCC and during that period we would discuss how to make the church we loved so well, modernised without taking away its air of peace- that feeling

of being close to eternity- a tall order!

Lots of hurdles to get over, each mentioned in Compass. Money, well St Matthew was a Tax Collector so we did have a start with the name!

Still not sure in my mind- mixed feelings predominate. I agreed to see the new St Matts- so Jackie picked me up and Nick was the guide.

Verdict:- I love it! And look forward to get well to enjoy it once again.

Lots of prayer thought and tenacity have gone into this, from the heat curtain at the entrance to the little Victorian Chapel with pews- sheer bliss!

Many times I have knelt at the high altar, looked down at the gold coloured carpet and thought it should be replaced. It was like me a bit old and better days had been quite a while ago. The carpet has gone, underneath,

marble flooring tiles.

All this achieved without losing the ambience of our church!

Standing in the centre of St Matts with the sun beams dangling and twirling through the beautiful stained glass windows and embracing the spotless white walls and pillars, my thought was for all the people who with utmost care have made this possible for all of us to enjoy.

So thank you for a wonderful hour, and for all of you who have worked and prayed.

I bet St Matthew would join me in saying “WOW”

Love and blessings to you all

Cyril

Compass



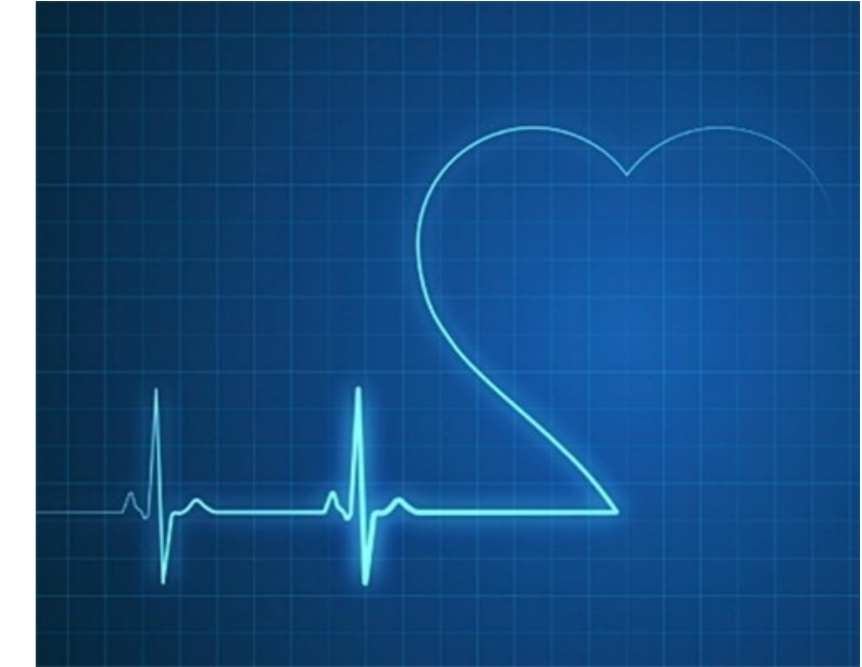
Our church news - informing. challenging, encouraging

Reconnecting with God at Triangle

Is Triangle Church on life support and do we believe that are being told to turn it off? That was the challenge that Nick put to Triangle’s congregation based on a picture he received of a heart being kept alive by a machine. The congregation used their four February services too seek God’s will for them. Here we share some of their experience and what God has been saying to them.

Using Colossians to guide them the four services all adopted a similar form, incorporating a short time of worship and confession followed by prolonged time for meditation and prayer during which God’s will for His people in Triangle was sought. Each service concluded with an opportunity to share what God had said, and then to share fellowship over refreshments.

It became clear that God was not seeking the end of Triangle Church, but that change was needed. The past had to be left in the past; everyone was called to look towards the future for Triangle and to search their hearts to make sure they were right by God. This would free them to work out where



they fit and what role each was being called to play in Church Life.

By the end of the four weeks, a strong sense that it was a renewed character for the church that God was seeking. In thinking about what the Church might look like in the future, they felt God was calling them to be

- Welcoming
- Spirit Filled
- Honest
- Gracious
- Loving

Above all else its members will know that Christ is at the heart of all they are and all they do....

With the Upcoming mission event, when the church will be holding a

St Matthews  
Triangle and  
All Saints Churches  
Ipswich

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community event for their morning service, a sermon series exploring Pilgrimage and the journeys we take with God and each other in His service, it feels like a new beginning for the congregation.

*Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. 2 Set your minds on things above, not on earthly things. 3 For you died, and your life is now hidden with Christ in God.*

Colossians 3: 1-3

# Another successful winter season

I've helped at the Ipswich Winter Night Shelter since it started, each year has been different but this year has been special. The raw stats tell part of the story with 13 of the homeless people who have been guests of the shelter moving into accommodation through the support offered. I am always struck by the ordinariness of events that started the spiral to homelessness, there but for the grace of God... This year a relationship breakdown brought one man to the shelter, thankfully was housed quickly and didn't end up rough sleeping, it is an honour to help hold the safety net.

I've also been privileged to be around on the final night for a couple of the guests and their immense gratitude has been very moving. They wanted to move on, the shelter gave them stability and support to enable them to make the transition away from the lifestyle that had caused them to be homeless. How that has been achieved is down to the management and the lead workers Julia and Marlene but for me it seems that the



shelter itself has moved on from providing temporary sustenance to transforming lives in a more structured way. Even with the different characters in the shelter there has been a strong sense of community displayed through conversations at the meal table and delight in news of former guests who have moved on. Sometimes the atmosphere isn't as convivial, these are damaged people, but the team-work of the volunteers & divine inspiration resolves the situation.

One night a former guest dropped in for a meal, he chatted with the other guests and volunteers alike and the relief he felt

for his escape was clear, yet so was a sense of dislocation from his friends. After the meal he walked back to his new place, where he had few belongings and no entertainment; although housed he is at risk of social isolation which for some is enough for them to want to stay within the community they know, on the streets. A sister project of the night shelter, Hope into Action, aims to support people in this exact position by linking vulnerable people to a church who will provide community and support. In Ipswich a house has been purchased and is being refitted for rental to enable this project and so further help the transition of homeless people back into society.

Making beds and cups of tea, sharing a meal and chatting, washing up & cleaning toilets are common skills; with the excellent leadership and teamwork of the night shelter, these simple gifts of time transform the lives of the some of the most vulnerable people in our town.

John Shaw



## Highlights from the 2016-17 Night Shelter

34 individuals stayed with us during the Winter. Their stays ranged from just 1 or 2 nights to 95 nights.

We have seen malnourished guests gain weight and tired guests snuggling up in clean and warm beds (hot water bottles optional!).

Our guests have enjoyed hot showers, playing and learning games, doing colouring, having massages, having haircuts and drinking thousands of cups of hot and sweet drinks.

We have provided our guests with 859 home cooked, two course evening meals and you have made and stripped 859 beds.

So far, 13 of our guests have worked hard to use their stay with us (and our ongoing support) to secure suitable accommodation.

We have also celebrated other successes such as one guest beginning an application for re-hab, one guest having his son to stay once he had settled in to his new home, one guest getting much needed treatment for an ongoing health issue and one guest ploughing his way through the Lord of the Rings Trilogy and the entire Harry Potter series during his stay with us. He hadn't read a book in decades before his stay with us.

# A Grateful Token of Appreciation...

"Until recently I was a patient in our Ipswich hospital where I witnessed the most amazing displays of love, assurance and kindness from those teams of people who have dedicated their lives to the medical profession.

The hours they work are long and arduous and, of course, never knowing what may come along in the way of emergencies, whatever does, it is dealt with in a quiet and very efficient manner with every thought for the comfort and peace of mind for the patient.

I know because I was a recipient of that immense care which has returned me to becoming so much better in health and I was also very much aware of the rapport that is evident between staff and their willingness to assist one another whenever needed to do so.

To those very special teams of people who every day of their lives dedicate their chosen vocations to a cause of helping others, my sincere and humble thanks for all they did for this grateful patient on Kirton Ward."

Fay Barnard

# A word from our Youth Leader, Harry

Working with the young people at St Matthew's is such a privilege. I'd like to say since September they've come so far, become so well behaved and matured into sensitive and caring young people (it would certainly look good on me if I could!), but the truth is they were a great group long before I met them!

They're all talented and intelligent people with some amazing gifts. It's fantastic seeing them play in the youth band or sharing their views and experiences in our discussions

The first term has been great fun, some of the highlights being (spititual) armour making , Nerf wars and competitive Lego house building! But we've also had some more relaxed board game and fancy dress film nights (complete with chocolate and marshmallows of course!).

There's been some serious talks about how to make space to pray, how we know Jesus, his different names, to daily discussions about school and the challenges coming up in the week

It's been amazing to see how they care for one another and see many of them work as volunteers at Messy Church and become role models. Can't wait to see what God has in store for them in the year ahead and beyond!

On behalf of the youth team thanks for all your continued support.

# Worship On Holiday

At this time of year, many of those who can, plan for their holiday. Information is gathered about local places of interest, shops and supermarkets!!...and churches? One of the joys of going away on holiday is the opportunity to worship the Lord with a different group of people in a different setting. Whether it has been elsewhere in the UK or in France Spain or beyond, Barbara and I have been enriched by worshipping the Lord with others ... even if I didn't always understand the language! It is a shame then if these times away seem to be a holiday 'from church'. Maybe this is because folk are not sure how to get

the details of local churches.

In the UK it is easy. Go to the 'Find a Church UK Directory' [www.findachurch.co.uk](http://www.findachurch.co.uk) (or if you don't use computers, ask someone you know who does). If you want to see those who might be like St Matthew's, try the New Wine web site. [www.new-wine.org/home/directory](http://www.new-wine.org/home/directory)

If you are going to Europe, the Med., North Africa.. [ics-uk.org/churches/](http://ics-uk.org/churches/) for evangelical Anglican churches, and the Diocese of Europe web site for a wider selection <http://europe.anglican.org/where-we-are/church-locations> All of these are English speaking, but even if the local church you find is a national one, then your presence will be an encouragement...and generally these days someone will speak English. From my links with the national Anglican church of Spain I know they would be encouraged to have visits from you so if



you are going to either Spain or Portugal, then do ask me and I'll find out the details for you. For wider afield, go the Anglican Communion web page. May any holiday you have widen your experience, including that of the life of the Lord in His Church.

"Therefore encourage one another and build one another up"

1 Thess. 5.11

John Battman