



FREEMANTLE BAPTIST CHURCH

Testwood Road, Southampton

In focus

September 2025



THE LAST time I wrote, we were in the middle of a long, sunny, summer. But as September has arrived, so too, has the rain.

Suddenly, the garden is looking greener and the flowers are looking much happier. What a difference the rain makes. Rain can be wonderfully refreshing.

Jeremiah reminds us that *God will satisfy the weary soul, and every languishing soul He will replenish.* Jeremiah 31:25

We all need to be replenished at times and God is the one who is able to refresh us when life is tough. After the drought, there is rain. God is there to bring us refreshment and restoration. All we have to do is turn to Him and allow His streams of fresh water to flow over us.

God is amazing and always knows our needs. He will be with us in new seasons, in times of trouble and times of plenty. Our God is faithful, as Psalm 23 reminds us:

The LORD is my shepherd; I have all that I need. He lets me rest in green meadows; He leads me beside peaceful streams. He renews my strength. He guides me along right paths, bringing honour to His name. Psalm 23:1-3

Allow God to lead you by those peaceful streams this day and in the days to come.

Revd. Linda Hayes

Welcome

to our **SERVICES** 10.30am

We start a new series entitled
BREAKING GROUND

These will be led by Revd Linda Hayes unless otherwise stated

Sun 7th Sept

Subject: **Introduction**

Reading: *Hosea 10:12*

Sun 14th

Subject: **The Sower**

Reading: *Mark 1:3-8*

Belong Group

Sun 21st

Subject: **Don't get tired**

Reading: *Galatians 6 : 7-9*
to include Communion

Ian Thomson

Sun 28th

Subject: **Sow generously**

Reading: *2 Corinthians 9 : 6*

Sun 5th Oct

Subject: **Be a blessing**

Reading: *Jeremiah 4 : 1-2*

**You are very welcome to join us
any Sunday morning.**

*All ages welcome. Activities
available for the young at heart.*



*Light refreshments
are served after the
Sunday Services*

*Previous sermons
are on our
Facebook page*

Weekly Meetings

TUESDAYS

Turkish language

school 5.00pm-6.30pm

Belong

7.00pm-9.00pm

Fortnightly discipleship group
exploring aspects of faith.

WEDNESDAYS

Sunflower Café

12.30pm - 3.00pm

Livewires

3.30pm - 4.30pm

For Key stage 1 children
with parents +carers; older
younger siblings welcome.

Recommences 10th Sept



FRIDAYS

Flowerpots

10am - noon

Baby and toddler group.



SATURDAYS

Impact Church

Polish church

6.00pm

SUNDAYS

Bethel Prayer House

3.00pm



Mon to
Fri



Tel: (023) 8078 4969

pp7@paintpotsnursery.co.uk

Coming up . . .

**Sun 7th
Prayer
Breakfast**

9.00am - 10.00am
Led by Anita

**Sun 14th
Church
Lunch**

Bring-and-share
12.30pm approx.

**Sun 21st
Members'
Meeting**

After the Service
and refreshments

HARVEST WEEKEND

Saturday 27th

9.30am - **Quiet Morning**
2pm-4pm **Family Fun**

Sunday 28th

10.30am
Harvest Service

Contacts: Revd. LINDA HAYES Mob:07963 803884 or linda@dizzyanddaisy.plus.com
Anita Pike Administrator and hall bookings 07814 445929 or calm.pike82@gmail.com



NEVER STOP PRAYING

1 Thessalonians 5:17

Thank You, Lord,



IF I were a wiggly worm,
I'd thank You Lord that
I could squirm.
And if I were a crocodile
I'd thank you Lord
for my big smile.
And if I were a
fuzzy wuzzy bear,
I'd thank You Lord
for my fuzzy wuzzy hair,
But I just thank You Father
for making me 'me'

*For You gave me a heart,
and You gave me a smile
You gave me Jesus,
and You made me Your child.
And I just thank You, Father,
for making me 'me'*

S
e
p
t
e
m
b
e
r

P
r
a
y
e
r
s

LORD, I pray for the children as they start their new school year. From year R, to colleges and universities. May this year be a time when they grow spiritually, educationally, physically and socially. And may they discover that learning is more than just information and life is bigger than all they have been given.

And also for teachers, that they may have wisdom in their preparations and as they conduct their lessons.

Lord, today I pray for

For sleepless nights

The sky is bright with
uncountable stars,
I know they are uncountable:
I have tried this impossible task
these sleepless nights.

Where are You, Lord,
as the fog of fatigue
numbs me of all
but the desperate desire to
sleep?

Comfort me, Lord,
with Your presence
as the ever-watchful mother
soothes the fretful,
feverish child.
Grant me the gift of sleep;
and be the guardian of my
dreams,
that I may know You
through them also.

Or if I must watch with You
through the long, hard night,
share with me the
burden of Your heart
that my sleepless hours
be spent in purposeful prayer.

And if You bless me once more
with the gift of the morning,
may I arise,
grateful to greet You,
ready to walk with You
into the tasks of the day.

Anne Wady -Celtic Daily Prayer



Twice blessed! Denise Ward shares the ways God has encouraged her recently

THE FIRST is when God helped me realise a little bit more about tuning into His heart of love for me instead of listening to the clamour of everything else going on in my life.

I was feeling quite exhausted and stressed a little while ago. I was struggling to be quiet and still and missing connecting with Jesus, trying to do everything in my own strength, allowing bad habits to creep in as I was so tired and trying to cope.

I asked God to come on a walk with me and help me settle and refresh me. I took the dogs to Eling. It is very pretty there, but not far from the main road and so the roar of the traffic is quite loud and intrusive.

I was beginning to get bothered by this when I noticed the birdsong which was a lot quieter than the road noise and I began to focus on that. The road noise grew strangely dim and a peace descended upon my poor, tired heart.

Then I felt as if God gently tapped me on the chest and said, “You see, focus on the birdsong and then you don’t notice the noise of the road. Life will always be noisy and difficult, my love for you never changes and I am always with you, focus on the birdsong.”

I realised He had helped me to shift my focus from all that was bothering me onto His love and presence. That shift in my heart was small, almost imperceptible, but it made such a difference. I was aware again of His peace, His presence and His love, the roar from the road was not so bothersome anymore, even though its volume hadn’t really changed, it was my focus which had. God is so kind. May I always choose to focus upon His love for me.

Because You are my help, I sing in the shadow of Your wings.

My soul clings to You; Your right hand upholds me. Psalm 63 : 7-8

A SECOND thing which I have found very helpful is a reminder about the beauty of circles. Yes circles, they are everywhere if you notice: the top of your mug, the car steering wheel, any wheel for that matter, the lid of a glue stick, a mixing bowl, many circles. They remind me of how God’s love encircles us, how we can never fall out of His love, we are His children and underneath us, all around us are His strong loving arms encircling us.

Life can be so tough and we can feel alone, abandoned. The truth is we are always in the circle of His love. Draw an imaginary circle around you and know that you are in the circle of His love for you.

Continues on page 5



For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

Romans 8 : 38-39

THE SERVING AFRICA MISSION



JIM AND MARY SMITH, who head up the Serving Africa Mission, are at home in the UK at present and will return to the base in Ghana at the end of October. In the meantime, they are preparing for a trip to Singapore from 14th to 21st September which is part of their intercessory ministry.


Jim writes in their recent newsletter, 'Preparation takes huge amounts of time both in the UK and in Ghana. Every month of mission takes two months of preparation, study and prayer - for Mary, myself and the whole team. We want to give the Lord the very best and preparing is part of our giving of the very best.'



Mary and Jim

Please do keep the Mission in your prayers: Jim and Mary as they lead, guide and inspire, both in person and on line; the young pastors in Ghana as they grow in wisdom and confidence; the established kinderarten with well over 200 children and the new school with its performing arts studio, that all the pupils will grow and flourish in every aspect of their lives.

Our church supports SAM both financially and prayerfully.



PEACE VIGIL

Anyone is welcome to a Peace Vigil with prayers, reflections, music, silence and passages from Old and New Testaments about peace on Earth and peace in your heart.

Monday 15th September

<p style="text-align: center;">at St James Road Methodist Church 4.30pm - 10.00pm</p>	<p style="text-align: center;">Come for a few minutes or a few hours.</p>
--	---

BREAST CANCER NOW



Satti, local supporter of **Breast Cancer Now** got in touch to say that £435 was raised at her charity event held on our premises on 13th August.

Thank you to all who came along.



A DONATION was sent to Southampton City Farm following our Community Afternoon back in June.

Tom Kitcher from SCF emailed us saying:

That's so wonderful, thank you so much.

As a small charity, this sort of donation makes a huge difference to the work we do.



Welcome

IT was a pleasure to receive Jacqueline Holt into membership during the Morning Service on 10th August.

Jacqueline was a member here many years ago but a change in family circumstances took her to Shirley Baptist. Now she says she has returned home.

There was a special surprise for Jacqueline too that morning.

Linda presented her with a certificate marking 600 hours of voluntary service with Southampton Street Pastors.

John Scoular, the Street Pastors' Office Manager, commended her highly, writing, *Jacqueline remains ever committed, enthusiastic, humble and faithful.*

We couldn't let the occasion pass without a cake to celebrate!

MOPS, BUCKETS AND BOWLS ARE NOW ALL REDUNDANT!



THE new roof is finished (just in time for the wet weather!) and we are in high spirits as we celebrate with an Afternoon Tea on Saturday 6th September.

We have been exceptionally pleased with the local firm Vickers Roofing Ltd who did the work for us. We have found them efficient, obliging, cheerful, communicative, and doesn't the roof look great!

Keeping the premises up together to a high standard is always ongoing. A secure roof with the addition of insulation has been a major project now completed and we look forward to a dryer and warming building!

PRAISE THE LORD!

Surprise! Surprise!



19th August

WHEN Anita said to Les, waiting in the car in the church car park on the evening of his retirement, 'Could you come inside?' he was expecting to have to sort out some sort of a problem.

But entering the hall he found a room full of family and friends, waiting in silence with the blinds down, who suddenly burst into life, with raucous party blowers and explosive party poppers which was indeed a very welcome and pleasant surprise!

With good company, enjoyable food, plus receiving a multitude of cards and presents everything added up to a most agreeable evening.

You may remember folk such as Tina Turner, Audrey Hepburn, Bjorn Borg and Frank Sinatra announcing their retirement and then later making a come-back!

But Les says that his working days are over, the retirement party was a once in a life experience and he wishes to thank everyone for making it such a memorable occasion.

**Cherish those you
have in your life
because you never
know when they
won't be around
anymore.**

@BeHumanBeKind



Sunflower Baptist

NOTICE BOARD

Seven year old Oscar
would like to share this
joke with you before our
Harvest Supper:

*What do you call a sad
strawberry at a harvest
supper? A blueberry.*

Oscar hopes you found that
as funny as he did! 😊

Thank you!

... for your financial giving
towards the work and witness
of this church during August
which totalled £1,168. It's
very much appreciated.

... to Linda, Denise, Les
and Anita who led our worship
last month guiding our focus
from the first book of John.

CHURCH PICNIC at ROMSEY – 10th August



WHAT a lovely afternoon we had at Romsey Memorial Park for our picnic!

As well as the congenial company, we were blessed with pleasantly warm sunshine and the delightful dulcet tones of the Southampton Wind Band.

A squash and a squeeze!



From bottom left, clockwise - Anita, Phyllis, Jacqueline, Jon, Angie and Les

THE WIDE angle lens belies the cozy (cramped!) conditions for one of the Renew Wellbeing training sessions back in the summer.

The problem was that the work on the roof made it difficult to hear the video and the group ended up huddled together in the office. It made us laugh as we all agreed:

Only at Freemantle!

To all our lovely friends at FBC,



We've just had a wonderful break in Anglesey with all the family. We even made it to the top of Snowdon, with amazing views. We explored beautiful Caernarfon Castle - and I got quite lost in all the passages and spiral staircases!

I can't believe we've been here a whole year - so much has happened. Still missing you all, and keep you in our prayers often, but it's very encouraging to hear news and how well you are all doing.

Every blessing, with love from Rachel and Paul Watson and family xxx



Caernarfon Castle, North Wales

Rev. Dr Rachel Watson became full time minister at Milford, Surrey last September after three years as our co-pastor.