



FREEMANTLE BAPTIST CHURCH

Testwood Road, Southampton

In focus

June 2026



I HAVE been reflecting recently on how grateful I am to God. It is easy to take God for granted and assume He will answer prayer, or intervene in situations, because He is God and that is what He does. I know I have been guilty of this all too often.

But recently, and perhaps because there has been a lot going on, I found myself being grateful to God, for watching over people dear to me. I am grateful to Him, for friends and their encouragements. I am grateful for people in my life who bring me huge joy.

Now, I have always been grateful for the good things in life, but recently my gratitude has been heavenwards, to God.

I believe we have much to be thankful for. We have roofs over our heads, food in our stomachs, we live in relative peace, compared to other places in the world. But do we thank God enough for these things? I doubt I do.

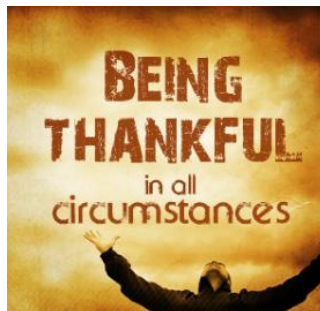
The Bible encourages us to be thankful. "Be thankful in all circumstances" it reminds us. This can be tricky when we feel sad, or lonely, or when things are going wrong for us. But it is a good practice to remind ourselves every day of something we are thankful for no matter how small.

The psalmists often speak of their thankfulness and praise.

Give thanks to the Lord for he is good, his love endures forever.
Psalm. 118:29

I will give thanks to you, LORD, with all my heart; I will tell of all your wonderful deeds. - Psalm. 9:1

Let me encourage you to have an attitude of thankfulness, because it is known to be good for us, mind body and soul. And let me encourage you to send your thanks heavenward toward God who loves you and cares for you. Many blessings to you all. Revd Linda Hayes



Welcome

to our **JUNE SERVICES 10.30am**

Our Sunday mornings start with prayer in the church between 9.45am and 10.15am. You are very welcome to join us.



The services will be led by Revd Linda Hayes unless otherwise stated.

Sun 7th June

Subject: **Being filled with the Holy Spirit**

Reading: *John 7: 37-39*

Sun 14th

Subject: **Fruit of the Spirit: Love**

Reading: *1 Corinthians 13:4-5*

Sun 21st

Subject: **Fruit of the Spirit: Joy**

Reading: *Psalms 33:1-3, Nehemiah 8:10*

Sun 28th

Subject: **Fruit of the Spirit: Peace** tbc

Reading: *Psalms 4:8 Philippians 4:6-7*

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 Service.



ENJOY THE LONGEST DAYLIGHT HOURS

The summer solstice will occur on

Sunday 21 June
at 9.24am



Nature forms us,
Sin deforms us,
Education informs us,
But Christ transforms us.

GOOD FRIDAY

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 and younger siblings welcome.



FRIDAYS

Flowerpots

10am - noon
Baby and toddler group.



SATURDAYS

Impact Church 6.00pm
Polish church

SUNDAYS

Bethel Prayer House 3.00pm



Mon to Fri



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Previous sermons are on our Facebook page

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A Good Morning Prayer

Thank You LORD for waking me up this morning. Thank You for another chance to live, love, grow, and smile.

Please guide my steps today, protect my family, calm my mind, and fill my heart with peace. Give me strength for every challenge, wisdom for every decision, and faith to trust Your plan even when I don't understand it.

May today bring joy, unexpected blessings and new opportunities.

Let my words be kind, my thoughts be pure, and my actions reflect Your love.

No matter what comes my way. I will walk into this day knowing You are with me. Amen

A prayer for our country

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LORD, the God of righteousness and truth, grant to our King and his government, to Members of Parliament and all in positions of responsibility, the guidance of your Spirit.

May they never lead the nation wrongly through love of power, desire to please, or unworthy ideals but laying aside all private interests and prejudices keep in mind their responsibility to seek to improve the condition of all mankind; so may your kingdom come and your name be hallowed. Amen

Source: UK Parliament prayers

. Dear God,
You are so big and wonderful that we cannot fully understand You!

Thank you for being our Father who created us,

Thank you, Jesus, for being our Saviour and friend,

And thank you, Holy Spirit, for living inside us and guiding our steps.

Help us to learn more about Your great love for us every day. Amen.

Praying with Scripture when making a decision

Lord, lead me in the way I should go - Psalm 32:8

Help me not to lean on my own understanding - Proverbs 3:5-6

Let Your voice be louder than my fears - Isaiah 30:21

Give me discernment beyond what I see - Hebrews 5:14

Close every wrong door, open only the right one - Revelation 3:8

Give me a willing heart to follow You fully - Psalm 86:11



THANK YOU to Ian and Denise for leading our worship on Pentecost Sunday and reminding us of that miraculous day almost 2,000 years ago when the Holy Spirit came big-time, giving birth to the Christian church. So *Happy Birthday Church* - only four* years to go before the Big Anniversary - unless Jesus returns before then of course!

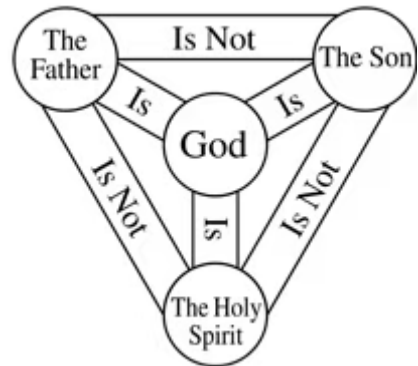
* Due to the uncertainty of the exact year of Jesus' birth, the most probable date of His death, resurrection and ascension is either AD30 or AD33. So the church will be 2,000 years old in either four or seven years' time.

The Trinity

means that there is *one God* who exists eternally as *three distinct Persons*:

While all three share the same divine nature, they have distinct roles:

- **The Father:** The planner and source of creation.
- **The Son:** Jesus, the Word of God, who became human accomplishing salvation through His life, death, and resurrection.
- **The Holy Spirit:** The power of God at work in the world, who comforts, transforms, and guides believers.



Theologians summarise this as: *One in essence, three in relationship.*

Coming up . . .

Sat 6th
Summer Clean

in the church
From 9.30am

Sat 6th
Repair Café

10.30am to
1.00pm

Sun 7th June
Prayer Breakfast

Prayer: 9.00
Breakfast: at 9.30am

Sun 14th
Church Lunch

Bring-and-Share.
Approx 12.30pm

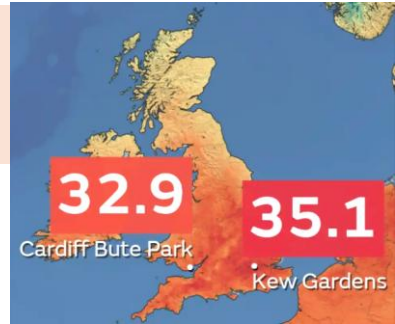
Coming up in Sept
Alpha Course

Weekly sessions
through the autumn on a
Monday afternoon
to explore the
Christian faith

Phew



LOVE IT or loathe it, we enjoyed or endured the heatwave at the end of May, with record-breaking temperatures in England and Wales. London reached 35.1C at Kew Gardens.



Oliver Duff wrote a very good article in The i Paper. To quote:

The British national sport is spending 51 weeks of the year moaning about the rain - and the other 7 days complaining it's too hot.

We are a nation emotionally unprepared for sunshine. Worries about climate change are forgotten in the giddy determination to enjoy our brief, unreliable summers, whichever month of the year they deign to visit.

Millions of people suddenly remember the existence of the outdoors. Laptops melt. Barbecue aisles are stripped bare. Panic buyers raid Argos for paddling pools. In London, strangers, even talk to one another.

This enthusiasm lasts until about 9pm, when we return indoors to discover the ambient temperature has reached blast-furnace levels.

There are many references in the Bible regarding the weather, including the unseasonable flood in the Old Testament (Gen 6-9) and a violent squall in the New Testament (Mark 4). Two verses from Jeremiah poetically highlight God's absolute power and wisdom in creating and controlling the natural world.

*It is He who made the earth by His power,
who established the world by His wisdom,
and by His understanding stretched out the heavens.*

*When He utters his voice, there is a tumult of waters in the heavens,
and He makes the mist rise from the ends of the earth.*

*He makes lightning for the rain,
and He brings out the wind from His storehouses.* Jeremiah 10:12-13

So, let us thank the Lord for whatever comes our way - and enjoy the sunshine, the clouds, the wind and the rain.



WELL DONE to *Rona White* for her caption on what Anita and Linda could be saying to each other at the Church Meeting.

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*Other suggestions were:*

Anita: Do you think it would be a good idea to finish the meeting by doing the Hokey Cokey?

Linda: Is that the song that starts 'Head and shoulders, knees and toes'?

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Anita: I've had a request that we sing 'O when the saints, go marching in' 🎵

Linda: Is that about the saints of God or some soccer team with good footballing and poor spying skills?

ANOTHER 500 piece puzzle completed by folk at Sunflower Café.

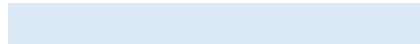


There's a lot of satisfaction when the last piece goes in!

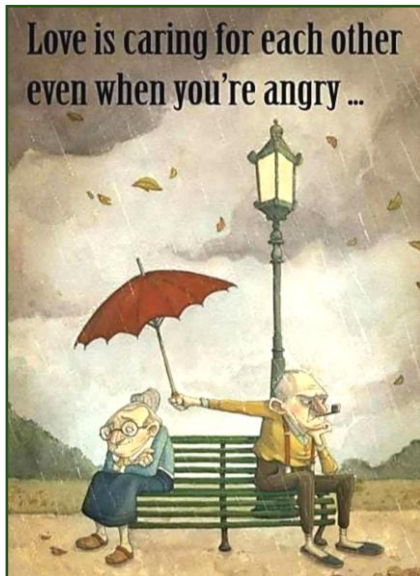
A little reminder ...

It's easy to forget that Linda isn't available all the time!

She can be contacted Monday, Tuesday and Wednesday up to 5pm and Friday until midday.



THE June / July / August edition of the devotional booklets *Our Daily Bread* are free to pick up at the back of the church.





**A hearty
THANK YOU**

to everyone who took part in our Community Litter Pick on Saturday 9th May. As you can see from the pile in the church car park there was a lot of it! - All obtained from the nearby alleyways.

The council came and took it away the following week. Well-deserved drinks, fruit and pastries were appreciated afterwards.


Next litter pick: in the autumn.

Thank you!

... **for your financial giving** towards the work and Christian witness of this church during May which came to £1,469.25, a weekly average of £367.31

... **to Anita** for opening up the church at 6am for the local elections on 14th May.

... **for your** contributions to the Basics Bank. Please keep them coming.



A BIBLE VERSE FOR JUNE
 "Let us meet together
 in the house of God "
 Nehemiah 6:10

HAPPY BIRTHDAY to
Ian Ward on 21st

Why couldn't the pony sing
 "Happy Birthday?"
 She was feeling a little hoarse.



Council to recite Lord's Prayer at meetings

LAST month, Kent County Council voted to introduce the Lord's Prayer and the national anthem at their meetings.

Reform council leader Linden Kemkaran told the meeting the Lord's Prayer "unites us in this country in a common identity which is very important.

"I see it as a pause to remember that we are all accountable for our words and deeds".

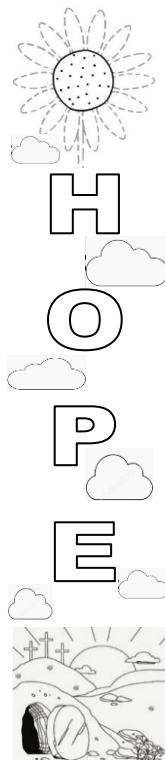
Reform councillor Christopher Hespe said: "It's about standards its about patriotism, it's about heritage and it's about roots."

But some opposition councillors spoke against the proposals.

- What do *you* think? . . .
- Is praying and singing at council meetings a good idea and one to be encouraged?
- Is it something that could or should happen in other councils, for example, Southampton?

Parliamentary sessions both in the House of Commons and House of Lords begin with Christian prayers and attendance is voluntary.

Source: BBC News



You are welcome to join the



on **TUESDAY 7th JULY**
from **7:45am - 9:00am.**

AROUND 650 MPs and church leaders will be meeting in Westminster Hall, and this event will be livestreamed to allow even more people to attend.

The Breakfast is a great opportunity to pray for our parliament, government and politics and to reflect upon the relevance of the Christian faith to our public life.

If you are interested, please ask Les to email you the link to register for this free event.