



FREEMANTLE BAPTIST CHURCH

Testwood Road, Southampton

# In focus

September 2026



WHAT A SUMMER! It's been HOT, and DRY, and even more HOT!

For many it has been a real struggle to keep themselves and pets cool. Others have loved the sunny days and have been able to enjoy it.



Hottest summer since records began

But as I look out over my parched garden in mid-August, I am reminded of what Isaiah, in the Bible says, *The parched land will become a pool and springs of water will satisfy the thirsty land.* And we all look forward to our land being refreshed again, and the grass to become green once more.

But Isaiah of course is speaking as a metaphor for our hearts and our souls. We can become dry, parched and weary, and the only one that can refresh us is God himself. Jesus is that stream of living water, and if we turn to Him, we will never be spiritually thirsty again. Soaking in God is a spiritual exercise that I try to practice at times. It is simply finding a time to stop, to pause, even for a few moments. And as you do, you breathe intentionally.

*As you breathe in, be conscious of God's Spirit coming into you . . . fill your lungs with the divine energy He brings with Him . . . while you breathe out, imagine you are breathing out all your impurities . . . your fears . . . your negative feelings . . . imagine you see your whole body becoming radiant and alive through this process of breathing in God's life-giving Spirit and breathing out all your impurities.*

[www.ignatianspirituality.com/breathe-hope/](http://www.ignatianspirituality.com/breathe-hope/) (Sadhana: A Way to God)

Why not give it a go and allow God to refresh your soul with His love and peace? May God bless you and keep you, as the seasons change.

Rev'd Linda Hayes

# Welcome

to our September 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.



## WHAT AM I WORTH?

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

**Sun 6th September**  
Subject: **Made in God's image**  
Reading: **Genesis 1 : 26-27, 31**

**Sun 13th**  
Subject: **Wonderfully made**  
Reading: **Psalm 139 : 13-16**

**Sun 20th**  
Subject: **You are precious**  
Reading: **Psalm 139 : 17-18**

*Duncan House from  
Soton City Mission*

**Sun 27th Harvest**  
Subject: **You are delightful**  
Reading: **Zeph 3:17**

**Sun 4th October**  
Subject: **More than sparrows**  
Reading: **Matthew 10:29-31**

*Belong*

**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.*



A BIBLE VERSE  
FOR SEPTEMBER

The harvest is  
truly great but  
the labourers  
are few.

Luke 10 : 2

**HARVEST WEEKEND  
QUIET MORNING**

in the church on  
**Saturday 26th September**  
9.30am - 11.30am  
*A time of reflection on a  
harvest theme*

## Weekly Meetings

### MONDAYS

**Alpha Course** 1.00-3.00pm  
Starting 14<sup>th</sup> September

### 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



Tel: (023) 8078 4969  
[pp7@paintpotsnursery.co.uk](mailto:pp7@paintpotsnursery.co.uk)

*Previous sermons are on our  
Facebook page*

### Contacts:

Revd. LINDA HAYES  
Mob:07963 803884  
[pastorlinda103@gmail.com](mailto:pastorlinda103@gmail.com)

ANITA PIKE  
Administrator and  
hall bookings  
07814 445929  
[calm.pike82@gmail.com](mailto:calm.pike82@gmail.com)



## NEVER STOP PRAYING

1 Thessalonians 5:17

### Make your life a prayer

WHAT should we pray for? Paul sets the bar of expectation very high. We should pray for everyone. We should pray all the time.

Make your life a prayer. Make your life an offering. Ask God that your life and your prayers, your words and your actions, might make a difference in the world.

To follow in the way of Jesus means living a Jesus shaped life, so that all the good things that we see in Him can also be seen in us, at least in part.

In this way, following Jesus is more than attending services or even believing certain things. It is a way of life. A way that makes a difference for us and for the world.

#### PRAYER

*TRANSFORMING God, make me more like Jesus. And because I know my life can fall short, show me Jesus today.*

*And change my prayer from asking for things for myself, to asking what You would like for me, so that my life can be part of Your story.*

*And help me pray for others, that they may know Christ for themselves.*

Source: Thy Kingdom Come Prayer Journal

### A Harvest prayer



DEAR LORD we thank You for delicious food! Thank You for farmers and people who cook for us.

Please help anyone who is hungry and teach us how we can be helpers.

We pray for places where it is getting too hot, too rainy, or too stormy to grow the food that people need.

We pray for powerful people to step up and take action on the climate crisis.

Show us how to be kind to one another and how to love the world You have made. Amen.

Source: Christian Aid

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# HARVEST FESTIVAL ENJOY THE SEASON

THE harvest season is upon us again and once more we can thank God for His provision.

UK farmers have had quite a challenging year. Firstly, it started with rainfall that was well above average, which meant newly planted crops rotted in the fields. This was followed by the Iran war that sent prices rising sharply for fertilisers and red fuel. Then we had the biggest drought for fifty years which on top of the problem of lack of rain led to wildfires that devastated crops in some areas.

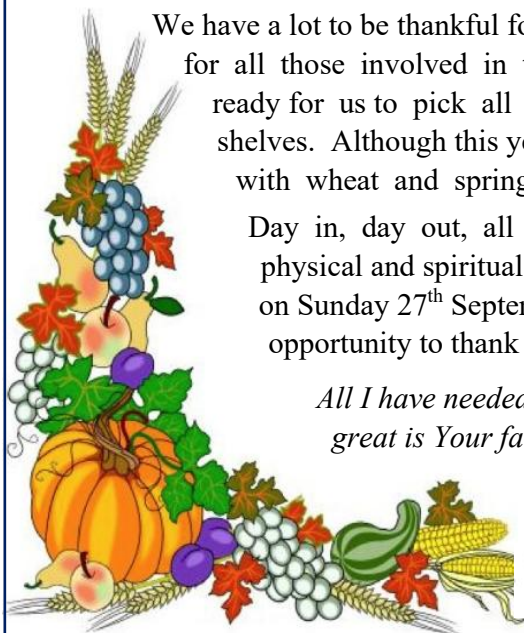
We have come a long way over the years with harvesting techniques. Unlike today, with the all-in-one combine harvesters, looking back a hundred years, the grain harvest was a rigorous two-step mechanical process. Farmers used a horse or tractor drawn binder to cut the crop and form sheaves. These were stacked into 'stooks' to dry in the field and were later fed into a heavy, stationary threshing machine to separate the grain from the straw.

We have a lot to be thankful for in this age and are grateful for all those involved in the gathering and distribution ready for us to pick all we need off the supermarket shelves. Although this year has brought in low yields with wheat and spring barley, we will not be hungry.

Day in, day out, all year round God supplies our physical and spiritual needs and our Harvest Festival on Sunday 27<sup>th</sup> September at 10.30am is a wonderful opportunity to thank God for **all** His goodness to us.

*All I have needed Your hand has provided,  
great is Your faithfulness Lord unto me.*

Les Pike



### A HYMN FOR HARVEST

To You, O Lord, our hearts we raise  
in hymns of adoration:  
accept our sacrifice of praise,  
our shouts of exultation;  
for by Your hand our souls are fed,  
what joys Your love has given!  
You give to us our daily bread,  
so give us bread from heaven!

And now on this our festal day,  
Your love to us expressing,  
our gifts before you, Lord, we lay,  
the first fruits of Your blessing:  
bright robes of gold the fields adorn,  
the hills with joy are ringing;  
the valleys stand so thick with corn  
that even they are singing.

Yet in Your presence we confess,  
O Lord of earth and heaven,  
our pride, our greed, our selfishness  
we ask to be forgiven:  
and where the hungry suffer still  
because of our ambition,  
there let our riches serve Your will,  
Your love be our commission.

There is a country bright as day  
beyond the crystal river,  
where hunger will be done away  
and thirst be gone forever;  
where praises ring out loud and strong  
that now with ours are blending;  
where we shall sing the harvest song  
that never has an ending.

Version by Michael Perry of a hymn by  
William Chatterton Dix (1837-1898), Michael Perry (1942-1996)

## Supporting our two charities

HARVEST is always a time to be thankful and an opportunity to share our resources with those in need, so we encourage everyone to bring along a contribution to go on our Harvest table at the front of the church.

Anything in a tin, jar or packet will be great please, for the Southampton Basics Bank to give to local people who need their help. Fruit and veg are also welcome which will be offered to our Livewires families the following Wednesday.

Duncan House who heads up Southampton City Mission will be our preacher on Sunday 13th so it will be good to hear news about the Basics Bank which is one of the projects they run.

Also we will be supporting the BMS World Mission Harvest Appeal. Donations will go towards supporting training work in Sierra Leone, equipping churches all over the country to become agents of change, lifting their communities out of poverty.

### Coming up . . .

|                                                                                                                             |                                                                                                                                                              |                                                                                                |                                                                                                           |                                                                                                               |
|-----------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|
| <b>Sun 6<sup>th</sup> Sept</b><br><b>Prayer</b><br><b>Breakfast</b><br>Prayer: 9.00<br>Breakfast: at 9.30am<br>Led by Anita | <b>Sun 6<sup>th</sup> Sept</b><br><b>Fringe in the Park</b><br><b>Freemantle Lake Park</b><br>11.00am-4.00pm<br>A family festival for all.<br>FREE ADMISSION | <b>Sun 13<sup>th</sup></b><br><b>Church Picnic</b><br>Romsey<br>Memorial Park<br>Approx 1.00pm | From <b>Mon 14<sup>th</sup></b><br><b>Alpha</b><br><b>Course</b><br>Weekly<br>1.00pm-3.00pm<br>See page 8 | <b>Sat 26<sup>th</sup></b><br><b>Quiet</b><br><b>Morning</b><br>In the church<br>9.30am-11.30am<br>See page 2 |
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## Bible Blockbusters

*How many questions in this quiz can you answer?*

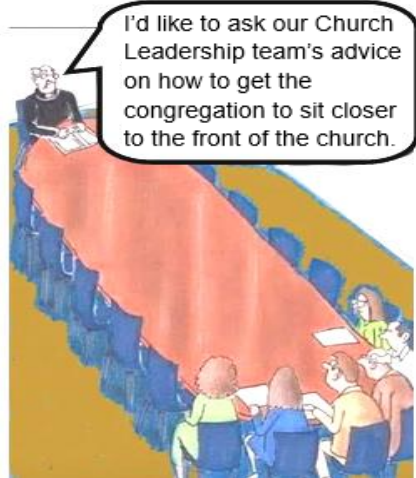
*The letter in 'quotes' is the first letter of the answer.*

1. What 'B' was the birthplace of Jesus?
2. What 'M' was attended by Jesus in Cana?
3. What 'N' was the town where Jesus read from the prophecy of Isaiah?
4. What 'E' is an Old Testament book which teaches there is a time for everything?
5. What 'J' took God's message to Nineveh?
6. What 'P' was used to make a basket for baby Moses?
7. What 'N' is one of the Christian creeds?
8. What 'M' was the Christian name of Luther of the Reformation?
9. What 'M' is the church formed by John Wesley?
10. What 'W' was a 14<sup>th</sup> century John who translated the Bible into English?
11. What 'W' has David as its patron saint?
12. What 'E' is a bird the Psalmist likened to renewed youth?

Answers are found on page 8.

Thank you!

... **for your financial giving** towards the work and witness of this church during August which came to £1,226.05, a weekly average of £245.21  
 ... **to** Steve Hayes for his electrical work  
 ... **to** Barry Marchment for adapting the door from the church to the hall foyer to comply with fire regulations  
 ... **to** the two cleaning fairies who spruced up the church chairs.



### Sunflower Baptist

#### NOTICE BOARD

The visiting speaker at our **Harvest Festival** this Sunday will be the **Rev. Melonie Clementine** and the title of her sermon will be **Lettuce give thanks**

## What is your treasure?

TREASURES exist in the eye of the beholder; whether it's discovering a stash of medieval coins buried in a field or it's your family photographs or your old teddy from childhood.

Most of us have items that are very special, maybe with financial value, but more often something precious that we want to treasure because we feel it has become part of us.

But then there is the danger of collecting 'stuff', whether its books, records, videos, papers, clothes, ornaments, pictures etcetera, etcetera, etcetera, which do not come in the same category as 'special' items.

In Matthew's gospel, chapter 6 verses 19-21, Jesus has something to say about storing your treasure. He says,

*Do not store up for yourselves treasures on earth, where moths and rust destroy, and where thieves break in and steal.*

*But store up for yourselves treasures in heaven, where moths and rust do not destroy, and where thieves do not break in and steal. For where your treasure is, there your heart will be also.*

Captain Berri McKenna from the Salvation Army puts it like this: "Jesus is asking: 'Where is your heart?' What we treasure reveals what or whom we trust. Storing up heavenly treasure is less about renouncing possessions and more about reordering our love – loving God first and letting everything else find its place under His rule."

It is our relationship with God that really matters, because when heaven calls, even our most treasured possessions will be left behind. LP

## Congratulations to



*Ian and Denise Ward*  
on celebrating their  
*Pearl Wedding Anniversary*

*May God's blessing  
surround you each day,  
as you trust Him and  
walk in His way.*

*May His presence within  
guard and keep you from sin,  
go in peace, go in joy,  
go in love.*

**Would you like to find out  
more about the Christian faith?**

Why not try  
**The Alpha  
Course?**

Come and find out  
face-to-face



It is running at  
**Freemantle Baptist Church**  
on **Monday afternoons**  
from **1.00pm-3.00pm** beginning on  
**14<sup>th</sup> September.**

There's no pressure, no strings,  
just space for interesting talks and open  
conversations, plus delicious fruit  
and cake! - That's it!

To register your interest or find out more  
contact Linda: [pastorlinda103@gmail.com](mailto:pastorlinda103@gmail.com)

## MUSIC IN THE CITY

### Southampton's LIVE MUSIC FESTIVAL

A celebration of music of all styles  
in some of the best and unusual  
settings Southampton has to offer.

There are 59 venues, 48 genres,  
432 Acts, 1,805 musicians

And it's all **FREE**

on **Saturday and Sunday**  
**12<sup>th</sup> and 13<sup>th</sup> September**

Full details and listings are found on  
[musicinthecity.org](http://musicinthecity.org) › [full-listings-2026](#)

## **Open Doors**

EVER since the early days of the church there has been opposition and persecution and it is estimated that, in total, 70 million Christians have been martyred for their faith with over half of those being in the 20<sup>th</sup> century, largely due to fascist and communist regimes.

Open Doors, the charity who closely monitor and support the persecuted church across the world, report that roughly 4,500 - 5,500 Christians are killed annually because of their faith.

They list 50 countries where levels of persecution are high, 15 of those being extreme: North Korea, Somalia and Yemen are the top three.

Let's pray and keep praying for our brothers and sisters in Christ. Find out more on the *Open Doors* website.

... the latest puzzle  
completed at Sunflower Café.



Answers To Quiz on page 6

- 1, Bethlehem; 2, Marriage; 3, Nazareth; 4, Ecclesiastes;  
5, Jonah; 6, Papyrus; 7, Nicene; 8, Martin; 9, Methodist;  
10, Wycliffe; 11, Wales; 12, Eagle.