

**ISt Thomas à Becket, Ramsey**  
**e-Bulletin 21 September 2025**

Dear Friends,

Earlier this year I spent some time exploring and discerning my calling to a ministry with the elderly and eventually in May I began training via a Zoom course run by Bible Reading Fellowship. There were 15 of us from various places around the country and we got to know each other over the 6 weeks we were training. A Whatsapp group was set up by one of the group and we have stayed in touch since, exchanging ideas and what has been happening to us in our ministries.

We were shown that the primary task of the Anna Chaplain is to offer spiritual support and listen – “Don’t just DO something, SIT THERE”! This gives older people the space to reflect on their life and purpose, to reminisce, to tell their story, as many do not have anyone else to listen to it. These people are generally in their ‘4<sup>th</sup> age’, sometimes living alone, sometimes in sheltered accommodation or care homes. Some are forgotten, some have dementia, but it was explained that though cognitive function and mobility may be diminishing, their spirit continues to grow until God takes them.

We thought about the changes this group of people face – hearing and sight loss, having to give up driving and maybe their home, lack of mobility, diminishing friendship group, and cognitive function; it was easy to see how all these changes lead to loneliness and loss of control in their life.

Anna Chaplaincy is very much a people-centred approach; meeting people where they are at and building relationships and trust with them so that in time deeper issues can be discussed. Its for those with any faith and none. Those with faith are found to be more resilient as they age than those without, hence the importance of a continuing link with their church, especially if unable to attend services. We are not there to provide practical support, though on occasions this may be necessary as a “one-off”. We were given several short stories of real people and asked to identify what gave meaning to each, and what their spiritual needs were. As those of us who attended Hayley’s session on Spirituality found, it’s very hard to define spirituality, but we learnt it can be:

- Things that give a person meaning and purpose

- Religious beliefs
- What gives a sense of belonging, love and respect
- Things that give a person peace, positivity and hope
- Appreciating nature
- Thinking about death and resolutions

Its bigger than religion, more about how a person experiences connectedness with self, others and nature.

The last session focussed on ministry to older people in our own area, finding out what is already going on and what gaps may need to be plugged. As some of you know, I am involved in taking short home communion services in a couple of care homes, as well as to individuals at home when needed. Also, Seniors Lunches, and attending the Memory café.

However, self care and setting boundaries was also emphasised, ensuring we had supervision and spiritual direction, and most of all ensuring we stay close to God – its not OUR ministry, it's HIS!

As Marie said in her talk to us in Sunday's service, we are all of value, whatever age, gender or colour we are and my belief is that Anna chaplaincy ensures those who may be feeling forgotten are still shown they matter to us.

*Val Molloy* Anna Chaplain and Pastoral ALM

## **Services**

**Sunday 21 September** 10.30am Parish Communion  
5.30pm Evensong

**Sunday 28 September** 10.30am Family worship

**Sunday 5 October** 10.30am Communion HARVEST FESTIVAL  
3pm Fen Church (Meet at the Rural Museum)  
6.30pm Songs of Praise

**Sunday 12 October** 8am Said Communion  
10.30am Family Worship with breakfast from  
10.10

[Online service](#)

**Harvest Festival Sunday October 5:** at our 10.30am Holy Communion service we will be celebrating Harvest Festival. As part of our community

outreach, we will be collecting tinned and packaged goods which will be donated to the Ramsey Foodbank. Everything should have at least a 6 month use by date. No fresh produce please. Thank you in advance for your generosity.

In the evening at 6.30pm, you can come along and join in with our **Harvest Songs of Praise**.

**Fen Church:** on October 5 is also part of our Harvest celebrations. We will be based on the The Camp field but close to the Rural Museum. Please meet at Ramsey Rural Museum Car park where someone will guide you on the short walk to the Oak Tree that we will be using to learn about God's provision for all his Kingdom. Refreshments will be available to buy from the Rural Museum Teashop after the service. Please do support them.

### **Youth Space: UPDATE**

We had a productive meeting about plans to create a Youth Space for secondary school aged youth on their way home from school once a week in church. If you would like to find out more but were unable to come to the meeting, please be in touch with Maggie:

[maggie@ramseysandupwood.org](mailto:maggie@ramseysandupwood.org) - We are particularly keen to hear from more male volunteers, to have a good gender balance among our volunteers for the young people.

**Nene Voices:** in church on Saturday 20 September 7.30pm. Proceeds in aid of The Children's Centre in Bucence, Uganda, via The Church Mission Committee. Tickets £15, to include refreshments, available on the door.

**Heritage Day:** Sunday 21 September. Following the morning service, we will be opening the church to visitors as part of the national Heritage Open Day weekend along with many other sites in Ramsey. As part of our hospitality, we would like to offer tea, coffee and cake to our visitors. There is a sign-up sheet at the back of church for welcomers, help with refreshments and cake makers. Please do sign up if you are able.

**Love in a Box:** the children have gone back to school and so we turn our thoughts to those children who have so much less than us.

We ask that you consider filling a shoe box with small gifts, to be sent to the poorest areas of Eastern Europe, sometimes into war zones for a boy, a girl or for the home.

If you are unable to do that but wish to be part of the appeal, each box needs £3:50 towards the cost of transporting it, so monetary gifts are also welcome.

If you don't want to cover your own, covered boxes are available at the back of church, along with leaflets explaining all about what can be sent. The boxes need to be brought to church by **November 16<sup>th</sup>** ready for transporting onwards.

Thank you in advance. *Cathy Moulton*

**Blister packs:** These can now be donated for recycling by leaving them in the marked container in the church porch.

**A1 Poster frame:** if you wish to advertise an event, please give the poster to me to put in the frame. I am currently storing the plastic covers separately to avoid damage. Thank you, *Jackie*.

**Macmillan Coffee Morning** hosted by Christine and Tricia at St. Mary's Church, Ramsey St. Mary's on Thursday 25th September from 10 -11.30am.

Tea, coffee, cakes and a raffle to raise money for this very worthy charity. All very welcome.

**Community Coffee Morning**, weekly on Wednesdays, 10-12 at Upwood Village Hall.

All are welcome to our weekly coffee morning. Come on your own or with a friend, adults and children welcome. A range of fairtrade hot drinks (cappuccino, latte, hot chocolate, coffee, tea, herbal teas) £2-£3 each. Help yourself to cakes, donations welcome. We have a café area for adults to sit and chat, and a designated play area for babies and preschool children. The session ends with singing and story time. Please extend the invitation to anyone you think might like to come!

**Clergy days off:** as a general rule, Joe's day off is a Saturday and Maggie's day off is a Friday. Please take note of this if you wish to speak to clergy on either of these days.

**Bulletin items:** please send all items for the Bulletin to [jackie@ramseysandupwood.org](mailto:jackie@ramseysandupwood.org) by noon Wednesday.

**Pastoral Needs:** if you have any pastoral needs or would like someone to pray with you, please contact Val Molloy: 01487 710583 or email [valmolloy@hotmail.com](mailto:valmolloy@hotmail.com)

**Online Prayer meeting:**

Monday to Friday at 8.30am. To join

[simply click here](#) Download zoom and join in.

Meeting ID: 837 2798 9081    Passcode: 702720

**Prayer list:**

Please pray for: Dilys; Doug and Maureen; Julie; Tamara; Ian; Kay; Juliet and Philip; Fay; Janet; Vicki; Oonagh and her parents Matthew and Jade; Alan; Jill; Jennifer and Simon, Pauline Cook and Glen Dawkins
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Names can be added to the list by notifying Jan Bowd 01487 822418  
[janbowd298@btinternet.com](mailto:janbowd298@btinternet.com)