

May 2026

Monthly information for the Parish
of Ifield

Thought for the Month

May:

Savouring Life. One Cup at a Time:

Reflections on tea, mugs, and finding God in the everyday



I wonder if you are one of those people who have a tidy set of matching mugs or cups and saucers in your kitchen cupboard, perfect for bringing out for visitors. I do have some that match - neatly stacked and ready for company - but most of my mugs are an eclectic mix: all shapes, sizes, colours, and patterns.

Surprisingly, this 'hotchpotch' of mugs has become a kind of companion for reflection and prayer during the day. Each one helps me pause, notice the ordinary - but often extraordinary - moments of life. Choosing a mug can be a small act of mindfulness, a way to start the day with a quiet thought, a memory, or a prayer. As Psalm 46:10 reminds us: "*Be still and know that I am God.*"

One of my favourite mugs is from Kew Gardens. I use it for my first cup of tea on my rest day. Its shape encourages me to hold it with both hands which makes me slow down and savour each sip, giving me space to pause, reflect, and simply be present. Holding it in my hands, I linger a little longer over the aroma, the warmth, and the taste. Even in this ordinary act, there is room for stillness, for noticing God's creation, and for reconnecting with what matters.

Other mugs bring joy in simpler ways. Some feature animals - cats and Labradors of course - which remind me of the companionship, fun, and comfort that animals bring into our lives. They are a small invitation to smile, to pause, and to remember that joy and delight are part of our spiritual journey too.

Some mugs carry words that prompt reflection and prayer. Another of my favourites, an ordination present, carries a humorous twist: "*Lead me not into temptation - I can find the way myself!*" It makes me smile every time, yet underneath the humour, it is a gentle reminder that we cannot navigate life alone. We need guidance, wisdom, and a steadying hand to help us make choices that reflect love, patience, and grace.

I often find that my favourite mugs encourage me to slow down. The simple act of pouring a hot drink, inhaling its aroma, and taking that first mindful sip reminds me of the importance of rest and quiet reflection. In those moments, I quietly recall Jesus' words: "*Come to me, all you who are weary and heavy laden, and I will give you rest*" (Matthew 11:28).

I wonder what stories your own kitchen cupboard might hold. Perhaps there are mugs that connect you to people, places, memories, or moments of prayer. Perhaps they remind you of your job, your hobbies, your loved ones, or the simple joys of life. Perhaps they are simply a vessel for a pause in a busy day - an invitation to breathe, to reflect, and to notice the world with fresh eyes.

As we move through May, I encourage you to pause - not just for a cup of tea or coffee, but to allow these small, ordinary moments to refresh you spiritually. Let the simple act of noticing, reflecting, and giving thanks in everyday life remind you of God's presence with us in all that we do. Even the smallest gestures - a sip of tea, a quiet moment, a mindful breath - can be reminders that we are loved, cared for, and given the gift of today.

May these ordinary acts become moments of grace, and may they bring peace, light, and gentle joy into each day.

Every blessing,

Revd Christine Rector

Parish House Group



Mondays 10.30 am - 12 noon. From May 2026 the Parish House Group will be meeting at The Tree House, Rusper Road, Ifield.

Please contact Jill Bell on 01293 521699 or reader@ifieldparish.org for details. New members are always welcome.



Lent Group Reflection: *The Shack*

This year, our Lent course explored the themes of *The Shack* (the 2017 film directed by Stuart Hazeldine, based on the novel by William P. Young). It provided a gentle and welcoming space for reflection, conversation, and shared faith.

Although the group was smaller than hoped, those who attended found the sessions both engaging and thought-provoking. There was a real openness in our discussions, as we shared something of our own faith journeys - how we have come to where we are, and the experiences that have shaped us along the way.

Together, we reflected on some of the film's key themes, including suffering, the Trinity, forgiveness, judgement and mercy, healing, and the hope of resurrection and new life. These conversations offered an opportunity to consider how these themes resonate within our own lives and faith.

On 12th April, after Easter, the group gathered to watch the full film together. While no additional people joined for the screening, it was much appreciated by those present, who found it moving and well worth watching. The group shared a rich and meaningful experience. Thank you to everyone who took part and contributed so thoughtfully to our time together.

Revd Christine Rector

APCM - Annual Parochial Church Meeting

Last Sunday the APCM was held, and it was a joy to come together and celebrate all the wonderful things happening across the parish - especially the fantastic work in fundraising, concerts and social outreach. There was a real sense of encouragement as we reflected on all that's been achieved, and excitement as we look ahead to what's still to come.

At the Vestry meeting just beforehand, we elected our churchwardens. We're so pleased that Kevin will be continuing in the role for another year, and we're delighted to welcome Trevor as he joins the churchwarden 'gang'. A huge and heartfelt thank you goes to Andy as he steps down from the role.

We also took time to thank those who are stepping down from the PCC - Clare Wilson, Veryan Nicholls, and Jo-Ann Silk - for their dedication and commitment. At the same time, it's a real pleasure to welcome Sarah Ward and Elizabeth Hill as new members of the PCC. We look forward with confidence to the year ahead and all that God has in store for our parish.

Revd Christine, Rector



SMILE – Ladies Fellowship Events

SMILE, a parish-wide ladies' group, was formed in 2013. We had an extended break following Covid, but in April 2025, six of us got together to regroup and make some plans for future social events. Our focus is primarily friendship, fellowship and offering an opportunity for outreach.

During 2025, we held ten events, including visits to the local pub, the cinema, the Barn Theatre, the Hawth amphitheatre and a curry meal. We especially enjoyed a skittles challenge evening, versus Men's Fellowship, in September 2025 and plan to do this again later this year. There are now 25 ladies attending our events, but there is no formal membership as such. All are welcome to attend when they can.

For 2026, we have planned events every month, including Bowling, a Turkish meal, cinema and theatre visits, a BBQ, afternoon tea and games night in the pub.

All ladies (and men too) are welcome to join SMILE activities. If anyone has an idea for an activity or wishes to host an event, we welcome their input.

We advertise our events in the church notice sheets, The Buzz, and on St. Margaret's Church, Ifield Facebook page.

Our next event is on Saturday 23rd May - Lion, Witch and Wardrobe @ Ifield Barn Theatre.

For details, or if you would like to join us please contact Clare Wilson via email: smile@ifieldparish.org,

Men's Fellowship

A social group offering fellowship, mutual support and fun for the gentlemen of the Parish. A chance to relax and enjoy some great company.

Our next event - currently open to vote is for either **Wednesday 20th May** or **Thursday 21st May at 19:00** will be for curry at the Kitchen Royale, Gossops Green.

To vote and be added to the anonymous distribution list for all future events please email rob@ifieldparish.org A great time for fellowship together.



200 Club

The latest 200 Club Building Fund draw took place on 12th April 2026. The results are as follows:

- 1st Maragret Shaw
- 2nd Patricia Upham-Hill
- 3rd Rita Strutt

The next draw will be 10th May 2026. Thank you for your valued and continued support - new members are always most welcome!

Our Youth Group

Our Youth Group meets on a fortnightly basis, on Friday evenings during term-time from 6.30pm – 8.00 pm

For more information, please contact the Rector

Save the Date

Dates for future Church fund raising and social events.

Monday 4th May - May Fayre

Saturday 8th August - Extra Sing Along Children's Movie

Saturday 3rd October - Harvest Lunch at the Barn

Saturday 10th October - Sing Along Movie

Friday 30th October - Community Quiz Night, in Church

Saturday 21st November - Christmas Fayre in Church

Next Event: May Fayre Monday 4th May

Please come and support this great family day out raising funds for St Margaret's Church Building Fund and Ifield Barn Theatre.

We would also appreciate more volunteers, bake cakes (advance freezer space available), donate Tombola prizes, or provide good quality books. Please take books to the Barn Theatre on Friday 1st May 8pm to 10pm or Sunday 3rd May 12 noon to 4pm.

if you are able to help in any way, please email committee@ifieldmayfayre.co.uk

Easter Team Food Bank

Your recent donations were gladly received last month, as stocks in the warehouse are particularly **low** at the moment – even the rice and pasta mountains have been seriously depleted! So, items most needed for collection on **Tuesday 5th May** are:

Pasta
Rice
Cereal
Tinned meat
Tinned fish
And anything non-perishable.

Please leave items in the basket in church. Thank you for your continued support. Your donations are gratefully received.



As we look ahead, we remain mindful of the challenges many are facing. Rising fuel costs and global events continue to put pressure on household budgets, making your ongoing support all the more appreciated. We are grateful that, despite this, our income remains stable. Your generosity continues to shine, with Easter eggs in April, books for World Book Day and Mothering Day gifts in March. Thank you for everything you do.

We also extend heartfelt thanks to Becca Carter and Gill Sutton for their outstanding contributions. Becca's 17 years of dedicated support across several communities, and Gill's tireless work in the Rye Deanery over the past five years, have made a lasting difference to many families. As Becca moves on and Gill begins her retirement, we wish them both every happiness for the future.

Jane, a single mother of three, was referred to Family Support Work following domestic abuse and separation from her partner. She faced significant challenges, including debt, poor mental and physical health, housing difficulties, and supporting her children's additional needs. Over the past year, we have provided intensive support, helping Jane stabilise her finances, access benefits, manage debt, and navigate essential services. We also supported her through a move to safer, more suitable housing, providing practical help to set up a stable home for her family.

Alongside this, we have offered ongoing emotional and safeguarding support, particularly around difficult contact arrangements with the children's father, including involvement with Children's Services and family court. We have also worked with Jane to build her confidence and independence, supporting her access to therapy, strengthening her parenting, and helping her take steps towards future employment.

While challenges remain, Jane is now more confident, better supported, and increasingly able to advocate for herself and her children thanks to FSW and the practitioner who has worked closely with her.

Get Involved with FSW! There are many ways to support Family Support Work, whether through donating, volunteering, or attending our events. If you'd like to get involved, we'd love to hear from you! We have lots of exciting fundraising events coming up which are perfect opportunities to bring friends and family and make a real difference for the families we support.

Upcoming events:

17th April - FSW at Arlington Bluebell Walk

18th April - Choir & Ko Concert

23rd April - Open Gardens: The Old Rectory

6th June - Open Gardens: Kitchenham Farm

9th & 10th June - Open Gardens: Butlers Farmhouse

14th June - Open Gardens: Seaford Gardens

For more events information, visit: <https://www.familysupportwork.org/eventss/>

March's work in numbers

- 230 home visits to families
- 558 phone calls/remote support to 230 parents and 182 children
- 60 supported meetings with other agencies
- 43 group sessions, 363 adults and 238 children supported
- 85 food deliveries made
- 53 number volunteers who volunteered
- 556 total number of volunteer hours

Prayer: For the smooth running of fundraising events and for the families we support.

Who's Who in Ifield Parish

Rector	Revd Christine Spencer	01293 561283	rector@ifieldparish.org
Curate	Fr Dominic Desouza-Campbell	01444 247388	curate@ifieldparish.org
Reader	Jill Bell	01293 521699	reader@ifieldparish.org
Parish Wardens	Andy Ironside	07758 168411	andy@ifieldparish.org
	Kevin Lawler	07792 809165	kevin@ifieldparish.org
PCC Secretary	VACANCY		
PCC Treasurer	James May	01293 529146	treasurer@ifieldparish.org
Finance Officer	Jack Woolsey	07709 046017	jackwoolsey@hotmail.com
Safeguarding	Heather Woolsey	07584 010576	safeguarding@ifieldparish.org
DBS Lead Recruiter	Andy Ironside	077581 168411	dbsleadrecruiter@ifieldparish.org

Rest Days

Please note that Friday is our Rector's rest day.
Our Curate is only in the parish on Wednesdays and for Sunday services.

Please Note

St. Margaret's weekly notices can be viewed on the parish website

Ifield Parish Website

www.ifieldparish.org

Please send any information/photos for publication on the website to
Carl Peirce carl@ifieldparish.org

Follow us:

Facebook: <https://www.facebook.com/groups/stmargaretsifield>

Please send any updates for the April issue to Kim Davis
kim@paradiseblue.co.uk by 22th May 2026



Welcome to St Margaret's Services

1st Sunday 09:30am Sunday Celebration
11:00am Parish Communion

2nd Sunday 09:30am FIISH for Young Families
11:00am Parish Communion

3rd Sunday 09:30am Parish Communion

4th Sunday 09:30am Family Service
11:00am Parish Communion

5th Sunday 09:30am Service of the World
11:00am Holy Communion (BCP)

Every Wednesday 9.30am Said Eucharist



THE CHURCH
OF ENGLAND



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Ifield
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RH11 0NN