

“May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit” Romans 15:13



Folkestone Baptist Church  
LOVE GOD, LOVE PEOPLE, MAKE DISCIPLES

<http://www.folkestonebaptistchurch.org/>

Edition 300

31<sup>st</sup> May 2026



## Prayer points

### Pastoral:

#### *In Hospital:*

Rehabilitation: making good progress

*At home:* Edith, Madeleine, Gloria, Chris, Ruth, Wilf A, Pauline S. Di & Harold H. Bunny P. Sue B.

#### *Friends and Family:*

Barbara J; Katy's mother; Rod at the time of Doreen's funeral.

Pray for the Church Finances, the Fellowship and the Leadership Team in the discernment of the ongoing vision and how best to use members of the fellowship. The need for volunteers in the many areas of FBC ministry.

**Roads around FBC:** Ivy Way; Capel: Green Lane

**Local:** pray for the old and those dependent on other sin the hot weather.

**National:** Pray for freedom to speak God's word in public;

**International:** Pray for peace in Yemen and the easing of restrictions in Algeria; praise God for the volunteer workers bringing the gospel and hope to prisoners in Cambodian jails; pray for the medical mission work in Kenya by Life in Abundance; the training opportunities for Christians in Pakistan; pray that the war in Ukraine comes to an end soon and does not spill over into other NATO countries; pray that the cease fire in Iran will be agreed to be all sides; those affected by Ebola in DRC and Uganda, staff, families and patients; church leaders in Sri Lanka as they support their communities.

## Gratitude

I read something that made me think today. Henri Nouwen wrote "To be grateful for the good things that happen in our lives is easy, but to be grateful for all our lives - the good as well as the bad... that requires hard spiritual work. Still, we are only grateful people when we can say thank you to all that has brought us to the present moment."

At first glance that appears to be madness. We live in such unsettling and disturbing times. Are we to say "I'm so grateful" for pain and grief? I don't think that's quite what Noun meant. Some things are in themselves bad. There is no escaping that. Yet it is in the challenges and the struggles that we grow. In challenging times we have the opportunity to serve and we learn the value of hope, the security of faith.

I am convinced that gratitude is essential for mental health. Spiritually, it is the acknowledgement that we have someone to thank. In Christ Jesus we put out trust, knowing that his plans and intentions for us are good. I am a beginner with gratitude but I have noticed how even in the dark there is something to be grateful for. On the worst days you can say thank you for something, even if it's small and simple. At all times we can "Give thanks to the Lord, for He is good. His love endures for ever." Psalm 136:1

### The Gospel of Mark and Life stories of Professional Footballers

[https://www.hopetogether.org.uk/Shop/Products/503616/Shop/Books/Gospels/Goal\\_of\\_Life.aspx](https://www.hopetogether.org.uk/Shop/Products/503616/Shop/Books/Gospels/Goal_of_Life.aspx)

### The Rainbow Centre

Client Support & Advice Coordinator

Further details:

[Theresa@therainbow-centre.org](mailto:Theresa@therainbow-centre.org) or 01303 850733

## Notices

**Saturdays: Ladies Socials – see notice**

### May

**31<sup>st</sup> Sunday:** Church Meeting after the service

### June

**7<sup>th</sup> Sunday:** All age Brownies service  
**6pm.** Wototo choir: Harbour Church.

**10<sup>th</sup> Wednesday:** In the Image of God. Walmer Chapel 7:00 pm

## BMS Prayer News

Pray for Oksana, Director of Finance for a BMS Partner in Afghanistan; for the lack of opportunities for women and the safety of young girls now that child marriage has been sanctioned; improvement of hospital services; for strength, clarity and perseverance for finance and IT teams and any opportunities to share the gospel; for better medical records in hospital and patient safety; for Oksana's home leave and the freedom to move around that that will bring; thank God for His providence in Afghanistan.



## Christian Aid Week: 10–16 May 2026

Thank you to everyone who supported last Sunday's Plants and Crafts Sale, and to our young people for baking the wonderful cakes and biscuits.

### This Sunday is your last chance to:

Enter the Prize Quiz or Sponsor a Hymn

Donate using the envelopes still available.

We hope to share a fantastic fundraising total with you in due course.

This annual appeal unites UK churches to raise vital funds and campaign against global injustice, empowering vulnerable communities worldwide to overcome poverty.

### Church Meeting - 31st May

Significant topics for the Church's future direction will be discussed. Please make the effort to be there, particularly if you are a church member.

### Easter 2033

If you confess .....you will be saved  
Romans 10:9.  
<https://sdg2033.world/vision-mission/>

### In the Image of God

Christian Institute  
Wednesday 10<sup>th</sup> June 7:00-8:15 pm  
<https://www.christian.org.uk/wp-content/uploads/meetings/2606Deal.pdf>

Find out more about **G2 hospital** here  
<https://www.healthservicecorps.org/hospitals/guinebor-2-hospital/>

### A Resource for Children

#### UCB SPARK App

Bible devotional experience for 9-12 year olds  
UCBSPARK.CO.UK

### Ladies Social Events All occur on Saturdays

4th July 2pm - 5pm Walk and Talk  
19th September 7pm - 9pm Singing and Sausages  
7th November 3pm - 5pm Relax, Refresh, Recharge  
December 3pm - 6pm Christmas Crafts

## Regular Church Events

Tuesday: House Groups

Wednesday: Prayer Pause 12pm

Thursday: Community Lunch 12pm  
Music Practice: 7:45pm  
House Group (10:30 am) and Messy Vintage (2:30pm) alternate weeks in Capel

Friday: Craft Club: 2-4pm 1st Friday of the month  
Men's Group: 11am Chat and Bible study. Clifton Hotel

Saturday: 2<sup>nd</sup> Saturday of the month – Messy Church 3:00-4:30: Capel  
Prayer breakfast 9:30 Last Saturday of the month. Capel.

Sunday: Church Service 10:30 am  
1<sup>st</sup> Sunday – All Age Service  
3<sup>rd</sup> Sunday - Communion

**Ladies' Socials:** See notices

### Prayer Box

If you would like prayer for someone or something; please leave a request in the prayer box (near the Dover Road entrance). All requests will be dealt with in confidence

**Prayers at Noon:** Come to the church and pray together at 11:30am, or pray for the church where you are. Thursday 4<sup>th</sup> June Psalm 119:25 -48

**Mildmay Hospital.** A Christian Based Hospital in London looking after HIV people and a lot more. Go to [mildmay.nhs.uk](http://mildmay.nhs.uk)

## Contact Information

### Pastoral matters:

#### Pastor:

Rev. Katy Ruddle 01303252916;  
Church Contact Details: 07808 728670  
Email: [info@folkestonebaptistchurch.org](mailto:info@folkestonebaptistchurch.org)

Pam Barr (Capel) 07444 325426

### Room hire/use:

**FBC:** Administrator: 07808 728670  
**Capel:** Pam Barr 07444 325426

### News Letter: David Smithard

Email by Thursday please. [galafrei@icloud.com](mailto:galafrei@icloud.com)

Weekly news sheets and sermons available on the website.

### Full fibre broadband at Hill Road

Wifi: 'WorshipWifi'; password: 'alphaandomega'.