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**Parish of St Peter & St Paul, Abington**  
**- the Church in the Park -**  
**Welcome to our May Newsletter 2026**

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### **An update on the diocesan visit to South Korea**

Greetings from Bishop Andrew and myself! We are now in Seoul as we enter the latter part of our visit. We have travelled over 500 miles since we arrived in Korea, visiting all three dioceses in Korea: Busan, Daejon and Seoul. Each day is packed with interesting programmes, visits and conversations.

For example, yesterday, we visited a very impressive homelessness support centre run by the Diocese of Seoul. This project is funded by the local authorities but managed by the Church. The Korean Anglican Church is not an established church like ours. And yet, when it comes to mission and outreach, there is a very close partnership between the government and the church. There is a deep sense of trust in the society towards the Korean Anglican Church.



After that, we met with the President of the Sung-kong-hoe(which translates as Anglican) University in Seoul. We discussed issues around the A.I and the Church. It was interesting to hear how the university has already to started to address important issues around the A.I such as equal access and the impact of the technology on the life and mission of the Church.

Then we visited St. Michale’s Divinity School at the university to meet with the Ordinands. We shared thoughts, reflections and questions about our calling, ministry and the cost of discipleship. They had some really good questions and Bishop Andrew’s responses to them were absolutely brilliant.

It has been inspiring to see a Church that is responsive, adaptive and agile in their mission to the modern world. It has been deeply moving and humbling to follow the steps of those missionaries who came to Korea from England. We visited the churches they built 120 years ago, saw their photos and where they were buried. They knew that they most probably would not return home and that the cost of their mission would be great. And yet they gave their everything for the Gospel. It was deeply moving and humbling to see how those seeds they planted 120 years ago have grown and flourished.

We both are very grateful for all the wonderful hospitality we've received and thankful to be staying healthy. Bishop Andrew is doing well and our hosts keep complementing his energy and curiosity. I am personally thankful that my voice is still intact, given that I have been talking almost nonstop while interpreting throughout the day over 10 days!

We look forward to sharing our stories in Korea with you soon in England.

With every blessing

Jun and Andrew



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## Update from Helen, Assistant Curate

I have been with you all now for 10 months and how quickly that time has gone! My initial impressions were of a very welcoming church family and as I have got to know you all I still feel the warmth of that welcome but now I have experienced your kindness, hospitality and love and I know that the welcome is both genuine and deeply embedded here.

When I have been nervous you have been reassuring, and when I have found things difficult you have always



been supportive and encouraging. I cannot tell you how much every word of encouragement, every nod and smile, has meant to me.

Being alongside people in their joys and their sorrows is a great privilege, and journeying with new, and not so new believers has been exciting, challenging and joyful. I have learned to approach a panel of Year 6 children prepared for vigorous theological questioning then switch to presenting a knitted nativity to nursery children who all want to hold a character!

My learning curve isn't likely to get any flatter this year as I approach ordination to priest and learn to preside at Holy Communion. This is another huge privilege and responsibility that I do not undertake lightly, and I can only pray that God will guide me and that Jun, the serving team and the congregation will be patient with me.

I am passionate about welcoming everyone into our church family, and using our fantastic location, here in the park, to reach people who wouldn't normally come to church. Our open day on New Years Day was a great success, and I hope to develop this further in the future. Meanwhile I am so pleased that Jim and Andrew will be opening the church on Wednesdays over the summer giving visitors to the park the opportunity to enjoy the peace and history of our beautiful church.

On September 27<sup>th</sup> we are holding a service of animal blessing. We will need a small team to plan and help on the day so if you are an animal lover please get in touch and we can start planning together.

I am excited to keep learning, and I thank you all for your support.

Every Blessing, Revd Helen

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## **Children and Youth Missioner's Update**

During Holy Week we organised an Easter Activities Morning at the church to which about 28 children came with their families. It was a really lovely occasion. We watched a film called 'The Cheeky Pandas – Easter Eggstravaganza!' and enjoyed some singing. We had an Easter Egg Hunt in the churchyard and then we gathered at the Hands of Healing artwork and Revd. Jun explained what it represented and encouraged children and adults to add keys and prayers to the structure.

Then there were refreshments, including hot cross buns, crafts and time for fellowship. We ended the morning singing 'The Angel Rolled the Stone Away'. Thank you, Jun, for accompanying us on your guitar. A big thank you to all our wonderful volunteers who supported this event and helped make it a big success.

The next event is for the older children and young people. We are going to enjoy some crazy golf at Rushden Lakes on Saturday 23<sup>rd</sup> May at 6 pm. Hopefully some of the young people will be able to join us for this social event (apologies to those who can't come due to birthday commitments), which I am sure will be fun. Do speak to me should you wish to know more.

*St Peter and St Paul Abington "the church in the park" invites you to join their...*



## **FAMILY FUN AFTERNOON**

*in the churchyard and church*

**Saturday 30<sup>th</sup> May  
From 2 pm to 4 pm  
including Lucia's Tiny Farm**



**Bouncy castle  
for the children**

**Open to  
everyone  
and free to  
enjoy!**

**Tea, coffee,  
squash and  
cake  
available**



Then on Saturday 30<sup>th</sup> May we have our first Family Fun Afternoon at the church from 2 pm to 4 pm. Everyone is invited to come along for some lovely refreshments and fellowship. Lucia is bringing her 'Tiny Farm', so there will be an opportunity to hold rabbits, guinea pigs, reptiles and other animals. There will also be some other outdoor activities, including bouncy castles. This event is free so please do invite friends and family. If you would like to help, please do let me know.

Cathy Tinsley  
Children and Youth Missioner  
Tel. 07516 979223 or  
[children@abingtonchurch.org.uk](mailto:children@abingtonchurch.org.uk)



For more information, or to contact us,  
please see details on our website

[www.abingtonchurch.org.uk](http://www.abingtonchurch.org.uk)

We look forward to welcoming you.



## **News from News from Abington Park View**

Liz, accompanied by Jackie and Jane, led an Easter Songs of Praise Service on Wednesday 8<sup>th</sup> April. We heard the story of the resurrection as told by St Luke in his gospel and sang some favourite Easter hymns, including, 'Jesus Christ is risen today,' 'The head that once was crowned with thorns' and ended with the triumphant, 'Thine be the glory.'

We talked about what sort of things we associate with Easter. We came up with eggs, daffodils, lambs, Spring, blossom on trees. They have one thing in common - new life! And that is what the resurrection is all about.

It turns grief into joy, sadness into happiness, darkness into light, sin to salvation and death into life. Jesus offers us new life in him. He has conquered death and has brought in God's new Kingdom here on earth, as well as in heaven.

We were pleased to meet Daniel, the new Wellbeing Co-ordinator, who made us very welcome and joined in the service. We look forward to working with him in future.

On 22nd April the residents enjoyed a Messy Vintage Service on the theme of the Easter Garden. We heard the passage from John's Gospel where Mary Magdalene meets the risen Jesus in a garden after she's found the empty tomb. Everyone put their artistic talents to work and made beautiful pictures of the Easter Garden. We brought the scene to life by adding tissue paper flowers and trees to create a 3-D effect.

More helpers are always welcome, please contact Liz if you can help, even on an occasional basis.

[lizmk@outlook.com](mailto:lizmk@outlook.com) or telephone on 07745 604591.



## The Church Rooms Car Park



Many of you know that the Church Rooms are located on the corner of Park Avenue North and Ashburnham Road.

We are fortunate that there is a sizable car park attached to the Rooms.

It has been suggested that white parking lines are painted in the car park creating 14 parking bays and one disabled bay.

Certainly, this would be very advantageous when the car park is busy, for example on Mondays when 'Little Fishes' meet and for other church events at the Rooms.

A quote for this work has been obtained for £760 plus VAT.

The work has not been included in this year's church budget. Therefore, it has been suggested that we might ask if individuals and families would like to contribute to this scheme. If 14 people/families donated £60 each, the cost of the work would be almost covered!

If this is something that you would like to support, donations would be gratefully received. Payments can be paid online (please let us know if you wish to pay this way) or by cash in the pre-labelled envelopes at the back of the church. Either give your donation to Cathy Tinsley or put it in the wall safe in church.

Thank you so much for any support you can give.

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**Abington Library - Home Library Service**

Did you know that Abington Library runs a Home Library Service?

Library books are delivered monthly by volunteers to anyone in the Abington area who can't get to the library to choose their own books.

Do you know anyone who would like to have books delivered to their home?

Please contact the library to find out more. Call in or contact the library

- email [abingtoncml@gmail.com](mailto:abingtoncml@gmail.com)

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## **From mental health struggles to finding my calling as an ADHD and Neuro-Affirmative Coach.**

When I first started to attend the Church in the Park of St Peter and St Paul, I had been a Christian for 32 years. I had been struggling with my self-esteem, and my mental health was in a dark place. I had been receiving treatment for depression which had always seemed to me to be not the whole story – I could not be just dealing with depression, because surely I should have seen an improvement or a change in the symptoms that lasted longer than a few hours or days at a time?

My low mood and difficulty with maintaining the necessary focus and commitment to keeping in employment was not fixed by the tablets, or the group meetings. Talking therapies helped a little and the first time I encountered Cognitive Behavioural Therapy was a wonder, it made sense, it helped me to capture the whirling thoughts and interrogate them to see if they were true. But it only went so far.

No amount of thought policing stopped the crushing belief that I was broken.

The tablets flatlined me. I had real trouble with feeling anything genuinely whilst taking them.

My life experience seemed to confirm that I was not the same as other people and did not think the same way or behave in typical patterns.

I also experienced recurring cycles of energy crash and burn out which kept me from believing I could rise to anything ambitious in employment – keeping me in low paid work which did not fully use my strengths of out of the box thinking, creative problem solving and intuition. I could pick up on a vibe or emotion in a room, understand how people around me felt. I knew when people were irritated with me and I always felt like I was taking up too much space, whilst not managing to keep pace with others – always feeling like I was just half a step out of sync.

By 2020 I had decided that if it was just depression then I was not curable and I did not want to continue living the life I had.

God was looking after me and He did not want to call me out of the world at that time, however. He and I had been discussing what I wanted to do with my life. My faith and His protection kept me going and had ignited in me a passion for helping other adults to gain work place support and adjustments as I could see so many other adults going through struggles like mine and I had told God that is what I wanted to do; I never lost that

fire and I believe that the Lord had put that desire in me as a calling - He hatched a plan that started way before I became aware of it.

A woman born and grown up in South Africa had moved to the UK. To Northampton. She got a job at the Northants Citizens Advice in the same office as me. We became friends. She had begun researching adult ADHD and was seeking a diagnosis.

When she read out to me all the reasons why she thought she was a neurodivergent human, living with the struggles that ADHD brings, I remember thinking "Those symptoms are the things that I struggle with." It was as though she was describing me, not herself. This was the reason I sought a diagnosis. On July 1<sup>st</sup>, 2021, I was formally diagnosed with ADHD.

The fervour to help other adults now became much stronger and I began to seek out ways to upskill and bring together my experiences and lived understanding, completing online courses in understanding learning difficulties, Autism, Neuro-Affirmative Skills and finally to become a trained ADHD Coach in May 2025.

I now see the years of my distress and poor mental health were the result of living with an undiagnosed disability. I also believe that I have a combination of ADHD and Autism. There is a growing acceptance that this – known as AuDHD, is not a splicing of two different divergences but a separate identifying type of person who experiences the world in an overlapping lense of both the novelty seeking ADHD that pushes us to find new and exciting things to occupy our time and the routine reliant Autistic mind that prefers to know what is about to happen and to be able to organise all we need to be able to deal with any event – like always carrying changes of clothes and shoes if asked to go out for a day – plus an umbrella and snacks and money just in case.

ADHD people have always been here – Einstein, Richard Branson, James Dyson, Artists and Social mavericks – all most likely had brains like mine.

Through coaching, I have learned to like myself because I now understand why I do the things I do and think the way I do, and it has been a journey I want to help other people go on too.

I have my own practice called The Shirralee Perspective and I am able to offer a discounted rate. First calls/online meetings are free and usually take 20 minutes to complete, during which time we will discuss contracts and payments.

There are various ways to book a call with me.

You can click this link which will take you to my booking calendar (I will be notified and get back to you within 24

hrs) <https://www.coachaccountable.com/offering/Pyx1O1ZevEjv23WirGbWq0IcEHsrBoD>

Text me on: 07517 195183

Read my information on LinkedIn by following my page:

[The Shirralee Perspective - Beyond Neurodivergent Diagnosis: Overview | LinkedIn](#)

Pilot Officer Gerald Archibald Langley, from Spinney Hill, Northampton, was killed in action during the Battle of Britain. On Saturday 16th May at 11.00am, I will tell his story at his graveside.

Who was he and what happened to him?

His story will be part of a free tour I am guiding during [Commonwealth War Graves Commission](#) "War Graves Week".

It is a global initiative that brings communities together to explore the First and Second World War heritage found in the places they live, highlighting the stories of those commemorated by the Commonwealth War Graves Commission (CWGC) and the skill and dedication of the teams who preserve their memory.



As part of this tour we will also walk around Abington Park, looking at the World War 1 heritage and stories that are hidden in plain sight within this beautiful park. I will tell the story of Tanky Hill and explain the myth behind the truth.

You will need to reserve a place on the walk, as numbers are limited to just 25. Please use this link to reserve a place:

<https://www.eventbrite.co.uk/e/cwgc-war-graves-week-tour-2026-abington-st-peter-and-paul-churchyard-tickets-1983518495214?aff=oddtcreator>

Kind regards

Terry Whenham, Terry's Tours

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## Preachers for this month

**3<sup>rd</sup> May** – Easter 5 - Prester Coleman

**10<sup>th</sup> May** – Easter 6 (All Age) - Revd Helen Halson

**17<sup>th</sup> May** – Ascension - Liz Kelly

**24<sup>th</sup> May** – Bishop Andrew Proud

**31<sup>st</sup> May** – Revd Helen Halson

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## Midweek Worship

**Thursdays at 10am**

**7<sup>th</sup> May** – Reflective morning prayer (Helen)

**14<sup>th</sup> May** – Reflective Holy Communion (Jun)

**21<sup>st</sup> May** – Reflective morning prayer (Helen)

**28<sup>th</sup> May** – Reflective morning prayer (Liz)

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## **8am Worship**

**Sunday 3<sup>rd</sup> May** – Reflective Holy Communion (Revd Jenny)

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## **Standing Committee and PCC**

SC: 24 June, 16 Sep, 18 Nov.

PCC: 6 May, 8 July, 30 Sep, 25 Nov.

## **[Draft Minutes from the last PCC Meeting](#)**

Please click the title above to access the link.

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## **Pastoral Support**

We aim to support parishioners through telephone calls, texts, prayer, and pastoral visits. Home Communion is available if you are unable to get to church because of illness. If you, or anyone you know, would like someone to get in touch, please contact Liz Kelly, Lay Pastoral Minister and Anna Chaplain. Her contact details are [lizmk@outlook.com](mailto:lizmk@outlook.com) and telephone 01604 636947 or 07745 604591. We offer a listening ear, someone to pray with, bereavement support, or a friendly visit.

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## **Zoom Compline**

This is a weekly service at 7.00pm on Tuesdays. The joining details are: Meeting I.D. 815 8020 8528. Passcode 409450 Please talk to Liz Kelly if you want to know more about, contact [lizmk@outlook.com](mailto:lizmk@outlook.com) or telephone on 07745 604591.

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## **Parish Newsletter Contribution**

Please send your stories and photos to Revd. Jun, [rector@abingtonchurch.org.uk](mailto:rector@abingtonchurch.org.uk) by 23<sup>rd</sup> of each month.

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