



Email: manseltonurc@gmail.com.

Tel no. 01792 415222

Weekly Letter – 10 May 2026

John 14:15-21

Another One To Be Alongside You

Jesus is preparing his disciples for him not being around in the same way. This is part of the farewell conversations during the last supper in John's gospel. Jesus has already said that he goes to prepare a place that where he is, they may be also. Now he says he will ask the Father to send another one to be alongside them, the Spirit. I wonder how you usually think about the Spirit?

Our thoughts are often shaped by the flame and wind in Luke: you shall have power when the Spirit comes on you. Or as the gift giver in Paul: there are varieties of gifts but the same Spirit. In John, the Spirit continues the presence of Jesus with the disciples. The Spirit is described as 'paraclete' in Greek, literally 'one called alongside', but translated as 'Helper', 'Advocate', or 'Comforter'. The sense is more of a personal presence of God, than a force coming from God. This 'one called alongside' will *remain with* the disciples and *be in* the disciples, teaching them and reminding them of things Jesus said, leading them into a trusting relationship with God.

The Spirit is in a mutual relationship with the Father and Son, and gathers us into that relationship, which gives life an eternal quality now, and carries us through to life with God for ever. I wonder what you most need at this time? Do you need a comforter, a helper, a gift giver to help you be a follower of Jesus? Do we need to be energised by the Spirit as Christ Well? The Spirit is alongside us, remaining with us and within us. Pause to pray and let the Spirit help you pray, with sighs too deep for words (Romans 8:26).

Simon

Sunday Morning Worship in Christ Well, and on Zoom at 10.30 am will be led by Rev Simon Walkling

Bible Readings: John 14.15-21:

Welcomer – Wendy

Cycle of Prayer in the Region – we will pray for Hall Street, Llanelli

Prayers for every household – Manselton Road nos. 138-172

Tea and Coffee – Elaine and Moira

Tuesday, 12th May – 2-4pm –Tea and Chat

Christian Aid Week – 10th-16th May – Thursday, 14th May – Quiz night.

'MANSELTON MIX'

Saturday 20th June from 10:30 to 12:30 at Christ Well

Please keep the date for our community morning when we hope to bring together people who are part of our local area.

Swansea Male Voice Choir will be singing, there will be games, crafts, and a salsa demonstration, along with refreshments and a family play area.

Please come to provide a welcoming place for our neighbours.

OUT OF TOUCH

(Lectionary Readings: Acts 17.22-31: Psalm 66.8-20: 1 Peter 3.13-22: John 14.15-21)

God my creator,
I sometimes feel so distant from you.
You seem to be lost in the vast universe and yet
each breath is from you
and you are closer than the air I breathe.

Jesus, friend and Saviour
You sometimes feel so unfamiliar to me.
Creeds, theology, and doctrines paint a picture I don't recognise
and yet you draw near, walk beside me,
and we share the journey.

Holy Spirit, life sustainer,
I sometimes feel so disconnected from you.
Where is the joy I once knew?
and yet I sense your presence, feel your touch,
and you remain

Thank you for staying in touch.

Meryl White (URC Prayer Handbook 2026)



10th-16th May 2026 - Christian Aid Week

Growing hope in a small city space

This Christian Aid Week your support could help mothers in Nairobi, Kenya, facing the devastating reality of urban poverty and the daily struggle to feed their children.

In Nairobi, Fridah is using urban farming to protect her family from hunger and build a more secure future.

In the crowded and noisy informal settlement of Dagoretti in Nairobi, many parents wake each morning knowing they must earn money that day. If they do not, their children may not eat that evening. It's a precarious and frightening daily struggle that no family should have to face.

For Fridah Moraa, this pressure is constant. She lost her husband unexpectedly after an accident in February last year and she is now the sole provider for her family. Rent, school fees, water and food all depend on what she can earn. When I wake up, **I have a lot of worries**. Sometimes I don't have food. Now I'm responsible for everything.'

Life in Dagoretti

Fridah lives with her twin sons Eluid and Abiud, her daughter and her grandson Quillan in Dagoretti, an informal settlement in Kenya's capital Nairobi, which is home to more than 280,000 people. Dwellings are often simply built out of steel sheets or concrete, and electricity and running water at home are for the fortunate few. There is no running water, and space is extremely limited. Like many families in Dagoretti, life is unpredictable. Some days there is enough. Some days there is not. The worry returns every morning.

Fridah with her grandson Quillan



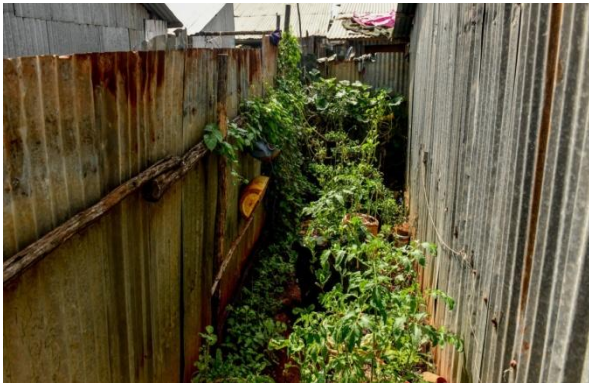
She takes him to school before she sets off to market



To support her family, Fridah sells vegetables at a market stall. She travels long distances to buy produce, making the journey six days a week. Without refrigeration or storage, everything depends on what she can sell that day. 'Sometimes I don't know how I'll buy food. **I don't know how I'll feed my family**.'

Fridah's small garden is growing hope and dignity for the future. Fridah's situation began to change when she joined Imarisha Kilimo, an urban farming project run by Christian Aid's partner, Beacon of Hope. At first, the idea felt impossible: 'I was wondering, where can someone farm here in Nairobi?' But through training, tools and seeds, Fridah began to see what was possible — even in the smallest spaces. 'I discovered I could sow here. Right where I stand,' she shared.

Hidden at the end of a narrow alley, behind a simple gate, Fridah has created something remarkable. In a place where you'd never expect it, vegetables now grow in repurposed containers, and leafy greens climb every available space. Here, in the heart of the city, Fridah is growing her own food.



Fridah's turned a tiny unused space into a source of nutrition and income for her family and with no running water available for her plants Fridah must conserve every drop.

From uncertainty to possibility

Fridah now grows kale, tomatoes and indigenous vegetables — some to feed her family, and some to sell at her market stall. For the first time, she has a more reliable source of income. As she puts it, 'Now I can plan. I can buy this; I can buy that. I can help my family.'

Her small urban farm is doing more than putting food on the table. It's bringing stability and new possibilities. Watching her crops grow brings a deep sense of pride: 'When what I have planted grows — that is what makes me happy,' she says. 'When I get money that I have earned — that is what makes me happy.' That pride runs through everything she does. 'I am proud to eat what I've produced. This is my own work.' Urban farming has **changed my life**'

Growing confidence and community

Through Beacon of Hope, Fridah has gained more than practical skills. She's gained confidence. Before, she struggled to speak to customers. Now, she's building relationships, growing her business and attracting more people to her stall. She is also part of a wider community of urban farmers, sharing knowledge and building together. In a place where space is limited, opportunity is growing.

Faith and determination

Despite the challenges she faces, Fridah's faith remains strong. It gives her the strength to keep going each day, even when life feels uncertain. 'It's hard, but **in God I trust**, for the strength to keep going every day.'

Her urban farm is small, but it carries big hopes. Hopes for education, independence and a future beyond daily uncertainty.

Envelopes are available in Church if you would like to donate to this appeal in cash, or by cheque. If by cash and you Gift Aid please indicate who you are, and make cheques payable to Christ Well Manselton URC.