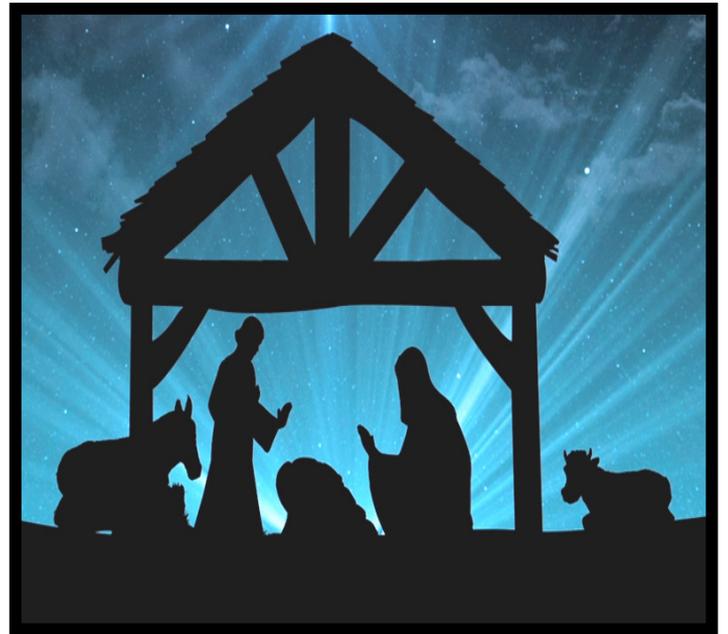


CONTACT

December 2020



Volume 61 - Issue 12
Sawston Free Church - Castle Camps URC

Churches Services and Dates for Your Diary

Future Services- SFC - (all via zoom)

Castle Camps detail will be in their local newsletter

06 December 1030 Rev Dr Mike Wilson

13 December 1030 *Holy Communion* Rev Paul Whittle

20 December 1030 *Christingle* (see below for details)

* TBC *Outdoor Service* Christ Church South Cambs and SFC

1800 *Village Carol Service* St Mary's (by zoom)

24 December 1700 *Family Service* Rev Paul Whittle

24 December 2330 *Midnight Service* Rev Paul Whittle

25 December 1000 *Christmas Day* Rev Paul Whittle

27 December 1030 Go4th

* **CHRISTINGLE SERVICE (zoom)** - Sunday 20th December 10.30am If you wish to join the service, please email marysimuyandi@gmail.com stating the number of Christingles you need by Friday 11th December.

OUTDOOR SERVICE And on Sunday 20th December in the afternoon, time to be announced. Christ Church South Cambs with Sawston Free Church will be leading a carol service in the Sawston Village College car park. Families will be invited to drive in to the car park in their cars and enjoy singing carols in their vehicles. There will be live music, lots of carols and a nativity on display. The Parish council and the police have given their permission for this to be held. Please look out for more information nearer the time.

The closing date for **January Contact** is Monday **28th December**

**David Nunn is the editor, so please email your items
to contact@sawston.com or anne.nunn@btinternet.com**

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Contact

The monthly magazine of
Sawston Free Church & Castle Camps URC's
United Reformed – Methodist

Whilst in vacancy please refer Church related matters to:
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www.sawstonfreechurch.org.uk
www.facebook.com/SawstonFreeChurch

From The SFC Elders

Paul Whittle stands down as our Interim Moderator at the end of the year though he will be leading a couple of services in January. As you know he's heading to Glasgow to be the URC Moderator for Scotland.

On behalf of everyone, I would like to say a huge thank you to Paul for all the support he has shown us throughout the years he has been in the Eastern Synod but in particular for the 13 months or so he has been our Interim Moderator. It was a lovely surprise when the Elders were told it would be Paul himself to take up this role on top of his very busy life as Synod Moderator.

Paul has been able to guide us in so many ways and given us the confidence to go forward into 2020 and into the huge challenges it has given us. I personally have sought advice from Paul on lots of very different issues and he has always been able to give me some very wise words, showing great understanding of each situation I have found myself in. He has shown great understanding and compassion when our personal lives have taken a nose dive. Paul has also been able to laugh with us!

Paul has been very willing to conduct funerals, most of them under Covid restrictions, and despite being a relative stranger to the families, there has been a lot of admiration and praise for him. The families have felt the funeral services were very helpful and felt very comforted by them.

Paul is going to be living in Glasgow (in an area I don't know so I won't comment!) and his synod office will be in central Glasgow – right in the middle, the busiest part of Glasgow. So that's from a quiet(?) office in peaceful rural Whittlesford through to a mega busy city! What a contrast!

Paul knows Glasgow well – he will be fine and I am sure he and Mary will be welcomed by all with open arms in typical friendly Glasgow style.

Paul, we will miss you such a lot but we do wish you well in your new adventure.

Awra Best!
(*Translation – All the best!*)

Maggie

We would like to wish you all a very happy healthy Christmas and hope you will be able to join with at least some of your family members and friends at this time. Feel free to join in any of our services over the Christmas time. Please email the church secretary for the link for these.

Unto us a child is born!
King of all creation,
Came he to a world forlorn,
The Lord of every nation,
The Lord of every nation.

Cradled in a stall was He
With sleepy cows and asses;
But the very beasts could see
That He all men surpasses,
That He all men surpasses.

Alpha and Omega He!
Let the organ thunder,
While the choirs with peals of glee
Doth rend the air asunder!

God bless you all, from the Elders.

Good News for Everyone!

‘Good News for Everyone!’ is a membership association comprised of UK Christians with a heart for Evangelism, who are passionate about sharing the Word of God with everyone who has yet to come to know the Lord Jesus Christ as their Saviour.

We have a branch network of volunteers throughout the UK who offer copies of the Bible, the New Testament and attractive Gospel magazines, in many areas of public life, as well as through personal witnessing.

By presenting Scriptures to Hotels, Schools, Colleges and Universities, Prisons, Hospitals, Care and Residential Homes – as well as ‘Badged’ Testaments for members of Uniformed Organisations, Youth and Community Groups – we seek to share the Good News to enable everyone to read the Word of God for themselves and find the hope, comfort, guidance and salvation that we know the Bible offers.

Our members seek to be intentionally missional through personal witness and by showing what it means to live life as a Christian according to the teaching of the Bible.

‘Good News for Everyone!’ is a fresh expression of what was previously known as Gideons UK.

‘Your Word is a lamp for my feet, a light on my path.’ Psalm 119:105

This article is reproduced with permission.

Helen Sharpe

Message From Castle Camps



The end of the year is approaching and we are all having thoughts about Christmas and the New Year ahead in these difficult times.



The Remembrance Service last year, was at the chapel with the local ATC. Sadly this was not possible this year, but a short service was held at the village war memorial attended by two officers of the ATC when wreaths were laid. We observed the two minutes silence and the names of all of the fallen in the two World Wars were read out followed by the Last Post. We then proceeded to the RAF memorial, where further wreaths were laid in memory of the numerous airmen lost whilst serving the country.

Some of the children from Castle Camps Primary School subsequently attended the War Memorial and put in wooden crosses, each with the name of one of the fallen.

We are all missing our morning services, but Mark Hayes has kindly sent us his Thoughts for Sunday and has also recorded a service for us to watch.

The Rev. Hilary Davey, in conjunction with her son James, is arranging a Sunday morning service via Zoom and we are looking forward to it.

Normally, the school would come to the chapel to hold their Advent service at the end of November. We shall miss them, but wish them the season's greetings.

Another thing that we shall miss is our Carol Concert, together with the Hadstock Silver Band. We look forward to inviting them to play for us in 2021.

Although the chapel has been empty for many months, we should like to thank Brenda for looking after the building and also to Keith, who comes regularly to play the organ to ensure it does not deteriorate. Also to thank Russell for keeping the garden in order

We hope you will be able to celebrate the birth of Christ in your own ways.

We send our best wishes and God's blessing to you all.

Val and Friends.

Following on from my Editors Note last month, I am very pleased to hear from Carol Bell. **Hopefully this will be the start of hearing from previous Church members.**

Hello David

John and I left Sawston in 2005 and I enjoy staying in touch with Sawston Free Church via Contact. In response to your request for articles for future magazines I am sending my review of Tom Wright's 'God and the Pandemic'. The book was written in April and this review was published in our parish magazine (St Laurence Church, Scalby, Nr Scarborough) in August.

You are very welcome to publish it if you think it is suitable.
Warmest wishes to all at SFC

Carol Bell

God and the Pandemic – Tom Wright

There are an increasing number of books available, both religious and secular, concerning Covid-19. I chose to read this one as it was described by the Archbishop of Canterbury, Justin Welby, as 'Superbly written, utterly Bible based... do not hesitate!'

It is a slim book, 76 pages, written by Tom Wright, Research Professor of New Testament and Early Christianity of the University of St Andrews, Senior Research Fellow at Wycliffe Hall, Oxford and the well respected author of many books. Justin Welby read it in one sitting; I took longer, then read it a second time to absorb as much as possible.

It was written in April 2020, at the height of the pandemic in the UK and does not offer 'solutions' or 'any complete analysis about what we might learn from it' but tries 'to tease out what may wisely and biblically be said at such a time as this.'

The book is divided into chapters on the Old Testament, Jesus and the Gospels and Reading the New Testament. Finally it looks towards the future and the need to consider how post pandemic life could, or should, be. Tom Wright draws extensively from Bible stories of times of great suffering and uncertainty quoting 'We know all creation is groaning together...' (Romans 8:22) and emphasising God's presence as he lamented, first with them and now with us.

He says that prayer, even if we have no words, is invaluable; 'When we don't know what to pray for, the Spirit prays for us in ways that cannot be put into words.' (Romans 8:26)

Written as it was at such a dark time I found God and the Pandemic with its solid biblical foundation to be enlightening and encouraging. It will continue to be relevant as we navigate our way into the 'new normal.'

(Do you have a book that you would like to review or pass on, that others may enjoy)

Angels or Heroes

Last month I asked all the readers to see if they could possibly write an article for Contact. Today, (9th November), I thought I cannot ask others for an article if I do not write one myself.

But what should I write? As I was thinking about it, and feeling rather low, a song came on the radio - **Hero by Mariah Carey** -

There's a hero, If you look inside your heart
You don't have to be afraid of what you are
There's an answer, If you reach into your soul
And the sorrow that you know, Will melt away

And then a hero comes along
With the strength to carry on
And you cast your fears aside
And you know you can survive
So when you feel like hope is gone
Look inside you and be strong
And you'll finally see the truth
That a hero lies in you

It's a long road, When you face the world
alone
No one reaches out a hand, For you to hold
You can find love, If you search within
yourself
And that emptiness you felt, Will disappear
Lord knows, Dreams are hard to follow
But don't let anyone, Tear them away, Hold
on
There will be tomorrow
In time you'll find the way

Whilst I am writing this, Anne is in hospital in Peterborough. The last few months have been very difficult and I finally found myself having to make an urgent call to the NHS for help. No sooner had Anne been admitted, than we started the second shutdown and I cannot visit for at least a month, and of course there is Covid 19.

I am not a religious person. I do not attend church regularly. I cannot quote verses from the Bible and I cannot name my favourite hymns. I only pray for help occasionally. But Anne tells me that I am still a good Christian – whatever that means.

I find myself questioning 'Did I do the right thing?' The words in the song seemed to sum up my feelings. I have received so many good wishes and love from everyone. It makes me appreciate how the Church helps Anne in these worrying times. Friends have phoned, sent cards, tell me that we are in their prayers and even delivered a cake. I certainly will not starve.

Anne's sister has been strong and given me support and I do not think I would have coped without her. Family is so important and I know Anne keeps thinking about them, especially the grandchildren.

They say 'A dog is a man's best friend'. I have certainly needed Bonnie to get me out of the house for long walks. I'm sure she wonders why she is getting so many and she flops when I return.

As one card said 'The flowers will bloom again'.

Thank you to everyone – Angels or Heroes – I think you are both.

David

Sawston Free Church - Vent Tower November 2020

Summary

The Vent Tower at SFC was constructed with the building in 1880. The purpose of the Tower was to ensure removal of stale air from large congregations and evacuate combustion products from the gas lighting.

At that time a series of cords were installed to operate various flaps and trap doors. Time has passed. Cords have rotted and the flaps no longer operate. Congregations have reduced. Gas lighting has been replaced with electricity. Cross flow of air from the side windows is now sufficient to air the building.

The Vent Tower stood some 50 feet (16metres) above ground level. The timber structure was of uncertain condition and the lead covering weighed about half a ton. The timber louvres were in need of periodic painting for which access was difficult and volunteers to work up there were unavailable.

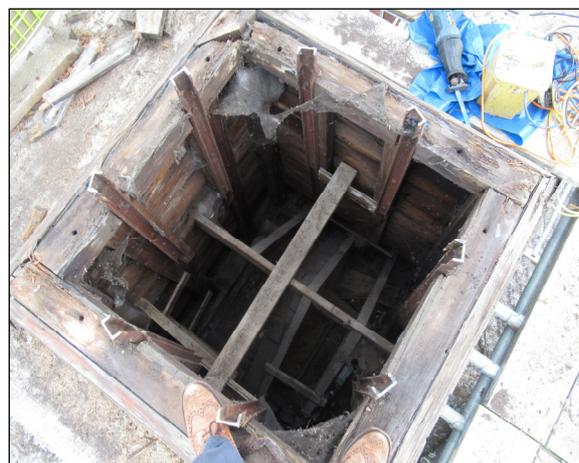
The Work

Quotations for the work were received from two reputable contractors and after clarification of the scope of work needed Lander and Linsey were contracted to carry out the removal.

Lander and Linsey started work on Thursday 12th November with the erection of the first stage of scaffolding.

Work started on the removal of the Tower on Monday 16th and was completed on Wednesday 18th. Fine weather and meticulous preplanning assisted this rapid progress. Inspections during the work showed that the timber structure at the very top of the tower was rotting badly and the boarding supporting the lead was also in very poor condition.

The end result is shown on the photo from Tony. Please be sure to look up and admire our new roof line.



Memories of childhood.

Reading Mary's memories of harvest festivals in her church brought back many memories for me too. Not just of harvest festivals but all sorts of other memories!

Harvest was of course a special time and we, the children of the congregation helped or hindered in the decoration. Every window sill and flat surface was adorned with fruit and vegetables. The end of every pew had a sheaf of wheat strapped to it and at the base was a jam jar of flowers. On the altar there was a large harvest loaf. This must have been baked by one of the local bakeries as in my memory it was too big for a domestic oven.

Harvest celebration was wonderful, and we children took boxes of produce from our gardens to add to everything which was already there in the church. My family had a very large garden with fruit trees, fruit bushes and a greenhouse. My father grew all our vegetables as well as masses of flowers. The dahlias at harvest time were particularly spectacular and we took bunches of these with our boxes. I had a sister and a brother close to me in age as well as a brother who was still at the toddler stage, so in hindsight it must have been difficult for my mother to make sure we were all ready on time and each had a decorated box.

At the back of the church was an area designated as the 'children's corner'. The pews had been turned to make a square and in the centre was a long low oak table. Books, texts and pictures were there for us to read and look at. There was also a small silver vase dedicated to the memory of one of our own Sunday school children who died in the flood which swept through parts of Felixstowe on 31st January 1953. At that time children were not told of 'bad' things which happened in the news, but we could not be protected from these events because they affected us. It was I suspect the first time most of us had to confront death and it was more poignant as it was the death of Margaret, a little girl we knew and had sat near Sunday by Sunday.

The Easter Day service was also a special one as we took decorated boxes or baskets of fresh eggs to church. I don't mean boxes like the nice neat ones we get from the supermarket today but any box we could lay our hands on filled with straw and full of eggs, some of which had been collected that morning from the chickens at the bottom of the garden. These like the harvest offerings were also distributed. Sitting here today thinking about this has made me really smile. As a 12\13 year old I was asked one year if I would like to go with the Sunday School teachers and the vicar to give away some of the eggs. This of course was a huge honour and a privilege. The eggs were somehow or other put together and we walked (no car) down to what was known as the Cottage Hospital. Once there, we split up and went to different wards. There, each patient was given a fresh egg!!! What happened after that remains a mystery. Did the nurses collect them and take them to the kitchens? How many were broken on the way? After all these years I shall never know the answer.

Memories of other things have also come back into my mind, Mothering Sundays, Sunday School Anniversaries and of course Christmas!

I was truly blessed in those early years. The teachers not only taught us, they loved us and guided us in so many ways and I still remember their names.

I could go on, but I think that is enough for now. I can still see the faces of those teachers, the rooms in which we met, I remember the choruses we sang and even some of the verses we had to learn by heart week by week, even after all those years. - but where I left my mobile, I can't remember that !

Thank you Mary for prompting me to remember what was a very happy and protected time in my life.

Yvonne

Boys' Brigade

It was very interesting to read in last month's Contact about the boys and girls helping out in this difficult time. We hear a lot about the Boy Scouts, but seldom anything about the BB, despite it being founded about 20 years earlier.

I was born and raised in Liverpool and was proud to be a member of the 70th Liverpool in the 1950s. I first joined the junior section, at that time called the Life boys. Our uniform included a hat similar to that worn in the Royal Navy. I remember that when we were coming back from our evening meeting, some of the local 'urchins' would shout out after us, "Lend us your 'at, lad, we're 'avin' soup!"

In 1953, I went up to the senior brigade (complete with pill box hat). At that time our officers were all ex WW2 officers and were extremely keen on our uniforms being immaculate. We had drill every week at the local school and we entered a battalion drill competition which we won.

We had a band and I played one of the drums. We met at the local school in the week, but once a month, we marched, complete with band, to the church where we held a service. This could mean marching on the roads in the dark and for safety we had bicycle front lights fastened to the leading drums and red rear lights fitted to the belts of the last men marching.

About this time, the Duke of Edinburgh's Award was established and some of us took part, spending weekends away trekking and camping in the North Wales hills. We didn't have fancy equipment; I walked with a pair of boots which had been my grandfathers. Also, we used bivouac tents which we had acquired from the Army and Navy Stores. I remember on one occasion, we were up in the Welsh mountains and about to set up camp for the night, when we found that we had left the tent poles behind! We had to cut some bits from a tree to help us out. There was no satnav and we used Ordnance Survey maps with a compass and we got lost from time to time! One of our treks took us to the top of Moel Famau and from there you could look across the Wirral Peninsula and see Liverpool. Little did I know then that in 1966, after marrying Jean and moving to the Wirral, our house would overlook the same mountain.

In 1958, the BB held 750 Camp, when 750 boys from around the World came to celebrate the 75th anniversary of the founding of the BB in 1883. I was lucky to be one of the team that erected the camps with bell tents etc. It was held at Lilleshall in Shropshire and we had Sir John Hunt as Commander and Rev. David Sheppard as Chaplain.

As a company, we normally had an annual camp, normally in the Lake District or Yorkshire. It was usual to go by train, but in 1959, we went to Dent in Yorkshire taking with us our uniforms and band equipment, so that we could march to church on the Sunday morning. To achieve this, we hired a removal van, loaded all of our kit in it, then we all climbed into the back with the top of the rear door open! I don't think that would be allowed today. When we arrived at the site, although it was

on the side of a river, there was no fresh water, so we had to take a metal bin, fitted in an old wheel chair, to the spring in the village; an arduous trip, but we didn't waste any water!!

Having risen through the ranks to sergeant (complete with foreign Legion peaked cap!), I finally left the BB in 1960, but have been forever grateful for the Christian upbringing.

Alan Hardy - Castle Camps - 19th November 2020

Dear Mrs Simuyandi,
Christian Aid Week 2020 was certainly a Christian Aid Week we won't forget!



The coronavirus pandemic affected so much of your planned fundraising but you triumphed, you persevered, and you went online.

We have been so humbled by the dedication shown by everyone that supported Christian Aid- not even a global pandemic could stop you from standing alongside the most vulnerable.

In total we have raised nearly 4 million pounds and we could not be more grateful for all your hard work and passion. Thank you.

***'Many thanks to all those who donated with the envelopes and on line to this worthwhile charity'
Mary, Pam and Tony.***

Shoebox Appeal 2020

A few months ago I had no idea if the shoebox appeal would run this year but Blythswood Care don't give up easily and they found a way to ensure that some of the poorest families in Eastern Europe would still receive a Christmas present in 2020.

So then it was over to you and you also found a way to support the appeal. Things were a little different. We couldn't have our "wrap and chat" evenings, or launch the appeal in our usual way. And our wonderful Brigades' team couldn't help pack and count all the boxes. But that didn't stop us!

We found a way to safely collect boxes from homes and financial donations meant we were able to fill boxes your behalf.

So to all the knitters, wrappers, packers and supporters - THANK YOU!

On the 5th November, a total of seventy-four boxes were collected by Blythswood Care. These will be delivered to men, women and children during December.

Please continue to pray for the volunteers and staff of Blythswood Care, both here and in Eastern Europe. And please pray for those receiving the gifts - that they may feel loved and cared for.

A video of our shoebox collection was shown during one of our morning services. If you missed that, or would like to see it again, it can be found on our Facebook page or at <https://tinyurl.com/boxestotal>

More information about the work of Blythswood Care can be found on their website <https://blythswood.org/>

***Thank you again for your support.
From, Valerie Kerr***

Church Foyer Windows

I have been asked to write a short paragraph about the floral displays that our team of flower ladies have been providing and arranging in the Church foyer each week since the church was closed at the beginning of March - our first Lockdown... It seems such a long time ago but here we are again!! Let's hope and pray life throughout the world will look better in the New Year.

We will be putting a Christmas Tree and an Advent Wreath in the foyer during December. They will both be lit up at dusk each day, so we do hope you can walk past or even stop and look from the safety of your car. We hope this will be a reminder to everyone that although we may still be closed, we are preparing for and looking forward to celebrating the birth of the baby Jesus.

Our team of ladies wish you all a Peaceful Christmas and Healthier New Year.

Take care and stay safe.

Rosemary Harriss



Easter Cross



Abbie's Arrangement



Given in memory of
Alan Cleveland ...



also of Mary's parents'
anniversary



Harvest



Remembrance

Christmas by John Betjeman



The bells of waiting Advent ring,
The Tortoise stove is lit again
And lamp-oil light across the night
Has caught the streaks of winter rain
In many a stained-glass window sheen
From Crimson Lake to Hookers Green.

The holly in the windy hedge
And round the Manor House the yew
Will soon be stripped to deck the ledge,
The altar, font and arch and pew,
So that the villagers can say
"The church looks nice" on Christmas Day.

Provincial Public Houses blaze
And Corporation tramcars clang,
On lighted tenements I gaze
Where paper decorations hang,
And bunting in the red Town Hall
Says "Merry Christmas to you all."

And London shops on Christmas Eve
Are strung with silver bells and flowers
As hurrying clerks the City leave
To pigeon-haunted classic towers,
And marbled clouds go scudding by
The many-steepled London sky.

And girls in slacks remember Dad,
And oafish louts remember Mum,
And sleepless children's hearts are glad.
And Christmas-morning bells say "Come!"
Even to shining ones who dwell
Safe in the Dorchester Hotel.

And is it true? And is it true,
This most tremendous tale of all,
Seen in a stained-glass window's hue,
A Baby in an ox's stall?
The Maker of the stars and sea
Become a Child on earth for me ?

And is it true? For if it is,
No loving fingers tying strings
Around those tissued fripperies,
The sweet and silly Christmas things,
Bath salts and inexpensive scent
And hideous tie so kindly meant,

No love that in a family dwells,
No carolling in frosty air,
Nor all the steeple-shaking bells
Can with this single Truth compare –
That God was man in Palestine
And lives today in Bread and Wine.



I write this the day after President Macron 'invited' Muslim leaders in France to agree a 'charter of republican values' as part of a broad clampdown on radical Islam (1). He gave the French Council of the Muslim Faith fifteen days in which to work something out with the Interior Ministry. The Council has already agreed to a system whereby the official accreditation of Imams could be withdrawn from individuals who transgress. The charter will state that Islam is a religion and not a political movement, and prohibit 'foreign interference' in French Muslim groups.

In the light of what has been happening recently in France it all sounds very reasonable, except that it is remarkably similar in its language to what the Chinese government has imposed for decades upon the Chinese Christian Church: that under pain of being banned, it does not engage in politics; that it does not invite foreign intervention in its affairs; and that it unequivocally supports the Chinese State. How can we deplore what the Chinese are doing to Christians in mainland China (and which, we fear, they will very soon be doing to Christians in Hong Kong) but applaud what Macron is attempting with Muslims in France?

I suppose one might argue that Islam and Christianity are very different. The prophet Mohammed designed Islam to be an aggressively militant political movement as well as a religion. Jihad is in its DNA. Christianity, on the other hand, was avowedly pacifist for its first three hundred years and, we might claim, has been peace-oriented ever since. The injunction to submit to the secular authorities is embedded in its scriptures (Rom 13: 1-7). Christians let themselves down (and let down Jesus, their Lord) when they forget this (which, admittedly, they are far too prone to do).

The Muslims might respond: Allah (God) is a lover of peace, and is just and merciful, which is not what one learns about the God and Father of Jesus Christ when listening to Christian worship.

That last might surprise us Christians. Yes, we used to preach wars, and sing 'Onward Christian Soldiers', but that is all over now. Today we preach a God of peace, love and forgiveness, and our worship reflects this.

Well, I went through the hymns and songs that have featured in worship that I have had a hand in recently. *For all wreaths of empire meet upon his brow. Crown him as your captain. Praise him for his matchless power. Before the Saviour's face the ransomed nations bow. How great is our God. Power and majesty, praise to the king. At the name of Jesus every knee shall bow. For all wreaths of Empire meet upon his brow. Christ triumphant, ever reigning, Saviour, Master, King. Priestly king, throned for ever. Arise O God. The fullness of the nations call. Lift up the standard of your cross. Majesty, kingdom authority flows from his throne. King of all kings. He sits at God's right hand till all his foes submit and bow to his command. Jesus shall reign where'er the sun does his successive journeys run. His kingdom stretch from shore to shore. The name all-victorious of Jesus extol, his kingdom is glorious, and rules over all. All his foes shall own his name. I cannot tell how we will win the nations, how he will claim his earthly heritage. At last, the Saviour of the world is king. Mary did you know that your baby boy would one day rule the nations? It is God who holds the nations in the hollow of his hand. Power and majesty, praise to the king.*

To me, all that sounds rather like a religion anxious to use divine power to achieve its territorial ambitions.

To my sorrow, some of my favourite hymns feature in that list. My beloved Charles Wesley is not excused, still less Isaac Watts. Nor is this an historical thing: many modern worship songs are alarmingly aggressive in tone. Should we justify ourselves by saying 'Well, we know what we *mean*'? I don't think so. There is absolutely no need to express Christian praise and worship in such language. Look at the language of John Bell and Graham Maule, for instance.

When George Herbert wrote the line 'King of Glory, King of Peace' he encapsulated a profound truth that seems to elude too many of our hymn writers. The glory of Christ is not this world's glory. It isn't peace *after* a glorious worldly victory. It is gloriously unworldly peace won by a gloriously unworldly victory. As Jesus told Pilate, if he were to be called a 'king', then his 'kingdom' would *not* be of this world (John 18:36).

Far too often we Christians sing hymns that suggest that Jesus shall come on clouds of this-world's glory, and establish a this-world empire for ever. That sounds to me more like the Third Reich than the Kingdom of Heaven.

I am making a new resolution to watch my worship language.

(1) <https://www.bbc.co.uk/news/world-europe-55001167>

=====

Apple and Pumpkin Jam

Ingredients:

2lbs apples (when peeled and cored)
2lbs pumpkin (when peeled and cored)
1/2 pint of water
Cloves, ginger or cinnamon as preferred

Method

Peel, pith, seed and cut pumpkin into cubes, and do the same with the apples. Put fruit into the pan with water and spices (tied in muslin):

Simmer until tender: remove muslin bag. Liquidise the mixture and allow 1lb of sugar to 1 pint of puree. Put back into pan, stir until the sugar has dissolved. Boil fast for 15 mins or until set and pour into sterilized jam jars.

Beryl

Lincolnshire Plum Bread

Ingredients:

1 lb mixed fruit
8 oz sugar
1 cup of water
½ lb butter
1 lb self raising flour
2 eggs

Method

In a saucepan, put fruit, sugar, water and butter. Mix this together over low heat until melted. Add flour, then eggs – put mixture into two loaf tins.

Bake at 300F (150C), Regulo 2 for 1½ hours.

This is delicious buttered and eaten with cheese.

Thanks to Jean Hardy – Castle Camps

ThinkTwice

ThinkTwice is a Christian mental health charity. It exists to assist others in their own struggles, and those who stand beside them.

Their aim is to increase awareness and understanding of mental health in the church and decrease stigma so that people are as able to be open about their mental health condition as they are about having the flu.

They have recently published some new resources for churches including a short Bible Study (one session) for a small group. If this is something you would be interested in taking part in, please contact me, Valerie Kerr, or Maggie Jones.

The following poem has also been released. I would also encourage you to watch the spoken version on YouTube. <https://youtu.be/TjnmZleFY>

Spoken Word by Meg Cannon (With thanks to Valerie Kerr)

We asked to hear your stories and what you thought about mental health and the battles you've fought.

We asked to hear what you've been through because we care, because we've been there, and we think that your stories are important to share.

You said we've had inpatient treatment, we've been overwhelmed with shame, we've been so angry at God and why he would allow the pain and yet we have found hope and comfort in his name.

We've grappled with our Christian faith, living with depression and OCD suicidal thoughts, self harm and anxiety.

The loss was all encompassing and resulted in PTSD, Sometimes we're in a strong place of recovery, but then for reasons unclear we find we're not.

We've have had feelings of loneliness, emptiness and at times a real sense of worthlessness

We have been hurt and hurt ourselves

We've had flashbacks, no sleep

Wide awake, debilitating

We can find it so hard

Opening up and communicating

And the thing that we can find so frustrating is *we don't know why.*

Our poor mental health is not a sign of weak faith.

We have experienced our faith deepening as we called out to God in despair.

We have felt supported by our church through listening, love and prayer.

And although the listening doesn't necessarily change how we feel, to be heard means the world

This side of heaven we'll know sorrow

And the reality is, this is me today, but it could be you tomorrow
We are church, family.
Broken humanity
Yet together finding sanctuary
Where we come as we are
To find rest, and restoration, a safe space
Father when we see people broken or people who say they can't cope God would they find in you
and in the church a refreshing sense of hope. And for those whose minds are a painful place, would
they be met here with so much grace

As many come through the churches doors would each person know that they are yours. That you
are healer and in our times of lamentation it's in you that we can find true restoration

Help the church to be refreshing, not condemning

May this be a place where we are energised and not ostracised, God help us to empathise.

Sometimes we've got it wrong,
We haven't known what to say, or what to do But in those times that we try to be a support God,
would we look to you.
Guide us to be your loving hands to always be your feet, may our churches be a place where
brokenness and mercy meet. By your spirit please meet us here and make us complete.

May we be prepared to walk the long road, sharing the grief, lightening the load.
Because loving one another is what you ask us to do.
We all have 'mental health' God this isn't an issue for a few.
Help us to do our best and strive to be a place where all those who enter find hope and sanctuary
Amen

*A Prayer For Putting on a Face Mask written by the Right Reverend Richard Bott, current Moderator
of the United Church of Canada*

Creator,
as I prepare to go into the world,
help me to see the sacrament
in the wearing of this cloth -
let it be "an outward sign
of an inward grace" -
a tangible and visible way
of living love for my neighbours,
as I love myself.

Christ,
since my lips will be covered,
uncover my heart,
that people would see my smile
in the crinkles around my eyes.
Since my voice may be muffled,
help me to speak clearly,
not only with my words,
but with my actions.

Holy Spirit,
as the elastic touches my ears,
remind me to listen carefully -
and full of care -
to all those I meet.

May this simple piece of cloth
Be shield and banner,
And each breath that it holds,
Be filled with your love.
In your Name
And in that love,
I pray.

May it be so.
May it be so.

(Link: <https://www.united-church.ca/community-faith/welcome-united-church-canada/organization-and-governance/moderator/right-rev-dr>)

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at

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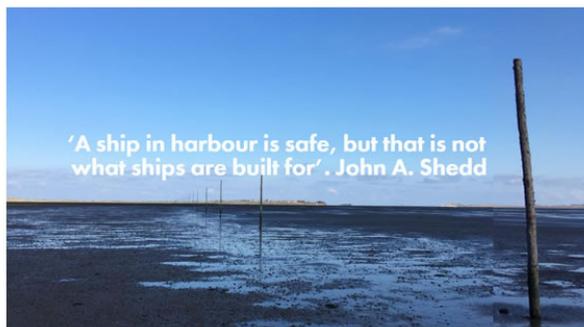
The **Footprints Café** is a community cafe offering a wide range of reasonably priced Snacks and Meals together with Teas & Coffees, Cold drinks, Cakes and Pastries.

We are open Monday to Friday from 8.30 am to 3.30 pm. Breakfasts are served until 11.30 am.

The **Footprints Café** is located at the back of Sawston Free Church. Car parking behind the church.

NEW! Children's menu

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