

# CONTACT

April 2021



Volume 62 - Issue 4  
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**

|          |  |
|----------|--|
| 01 April | 7.00pm Maundy Thursday - <i>Holy Communion</i> Rev Deborah McVey |
| 02 April | 7.00pm Good Friday - <i>Meditative Service</i> Rev Deborah McVey |
| 04 April | 10.30 Easter Service - <i>Holy Communion</i> Rev E.Caswell       |
| 11 April | 10.30 - Penny Flynn  |
| 18 April | 10.30 - Rev Dr Mike Wilson                                       |
| 25 April | 10.30 - Go4th  |

The closing date for **May** Contact is Monday **19<sup>th</sup> April**

**David Nunn is the editor, so please email your items  
to [contact@sawston.com](mailto:contact@sawston.com) or [anne.nunn@btinternet.com](mailto:anne.nunn@btinternet.com)**

| <b>Minister</b>            |   | <b>Tel</b> |
|----------------------------|---|------------|
| In vacancy                 | All church related matters to<br><a href="mailto:secretary@sawstonfreechurch.org.uk">secretary@sawstonfreechurch.org.uk</a> |            |
| <b>Secretaries:</b>        |   |            |
| Maggie Jones - Sawston     | 21 Hillside, Sawston  | 565637     |
| Val Spencer – Castle Camps | 20 South Road, Abington   | 892214     |
| <b>Elders: Sawston</b>     |   |            |
| Mary Simuyandi             | 28 New Road, Sawston  | 837433     |
| Anne Nunn                  | 10 London Road, Sawston   | 832913     |
| Mike Purdy                 | 42 Granta Road, Sawston   | 830903     |
| Sue Sisk                   | 63 Babraham Road, Sawston   | 833508     |
| Yvonne Sparrow             | 25 Edinburgh Ave, Sawston   | 473937     |
| <b>Joint Treasurers:</b>   |   |            |
| Lynne Hays                 | Baggot Hall, Station Road, Harston  | 871800     |
| Terry Penny                | April Lodge, 81 Brewery Road, Pampisford  | 833635     |
| <b>Contact Editors</b>     |   |            |
| David & Anne Nunn          | 10 London Road, Sawston<br>Email: <a href="mailto:anne.nunn@btinternet.com">anne.nunn@btinternet.com</a>                    | 832913     |
| <b>Church Bookings</b>     |   |            |
|                            | Maggie Jones, 21 Hillside, Sawston  | 565637     |
| <b>Church Website:</b>     |   |            |
|                            | <a href="http://www.sawstonfreechurch.org.uk/">www.sawstonfreechurch.org.uk/</a>  |            |
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The monthly magazine of  
**Sawston Free Church & Castle Camps URC's**  
**United Reformed – Methodist**

Whilst in vacancy please refer Church related matters to:  
[secretary@sawstonfreechurch.org.uk](mailto:secretary@sawstonfreechurch.org.uk) or [valeriespencer20@gmail.com](mailto:valeriespencer20@gmail.com) (CastleCamps)  
[www.sawstonfreechurch.org.uk](http://www.sawstonfreechurch.org.uk)  
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## Meditation Upon Waiting

*from the Interim Moderator*

The time of Lent is almost through. It is a time of waiting; waiting times punctuate the Church Year. The waiting time of Advent; the waiting time of Lent.

We have lived as best we can through the 40 days and nights when Jesus was in the wilderness, enduring temptations, surrounded by wild beasts but ministered to by angels. Lent is always a time of waiting. Waiting is part of our human experience, waiting for a big event or small, waiting for something to happen which is perhaps outside one's control.

In 2020 we waited an age for more connection, more time with others, and we learned how to achieve this on Zoom! We learned all sorts of things about waiting. Now in 2021 we have waited for the first vaccination and many now await the second to feel safe again. We are waiting with bated breath to see whether this covid virus truly is giving way to better times; the day when it will be a rare thing for someone to get ill and die from this dreadful disease. This has been our fervent prayer for over a year.

Waiting is now filled with longing to see and hug our most dear ones again, for this waiting has sometimes felt empty of action, there is nothing to do but wait. We have tried so hard to keep the faith and remain hopeful, and many have managed magnificently in very difficult circumstances. We know those who have been acutely lonely, many reading this. All have felt helpless at the little we've been able to do to change the situation for them.

The disciples experienced every human feeling throughout the waiting time of their 'Lent'. As Jesus set his face towards Jerusalem they feared for what was to come, he had spelled it out to them that he would suffer and die. They were full of fear and tiredness, finding themselves unable to stay awake to give Jesus courage in the garden of olives.

They didn't understand what he meant when he told them he had to wash their feet at that precious last supper meal. And his trial, his beating and crucifixion, what a huge sense of sorrow and of being let down by their teacher. They lived with Jesus through those days, not too close at times, Peter denying he knew him. They were full of disbelief when the women came to tell them they had seen the Lord, after their visit to the empty tomb. They were scared to death themselves at being arrested and potentially suffering the same fate.

They didn't recognise Jesus as the stranger on the road, who gave them such comfort, until they gave him hospitality, then they recognised him in the breaking of the bread.

Of course in time they were filled with joy when they witnessed his risen presence, in the garden, in the locked room and on that Emmaus road. It was awhile before Jesus' ascension, then another waiting time which preceded the wondrous gift of the Holy Spirit, Advocate, source of all that empowers and comforts us in our waiting. As we draw close to this greatest celebration of Easter, first we wait through Passiontide knowing those depths of sorrow with Jesus. Then we too can draw on their experience of being filled with joy even as we wait for whatever is ahead?

*May God bless you all, young ones and older ones in your waiting times and together may we know the wonder of his resurrection and combine our hearts in true praise and worship.*

*Christ is risen! He is risen indeed! Alleluia!*

**Deborah McVey**

When I was at school (a Roman Catholic school) much was made of Lent, and of fasting. Until I went to the Salesian College (at the age of nine) I knew nothing of Catholicism. I had gone as a younger child to a Methodist Sunday School and by the time I went to the Salesian College I was singing in a Church of England Parish Church choir - a very low-church church choir. So Lent came as a fascinating discovery.

We were taught about days of abstinence (which basically meant no meat on Fridays) as well as fasting. We were taught that there was merit (grace) in fasting and abstinence, and I rather gathered that it worked like the Green Shield Stamps from the grocer – you did your fasting and your abstinence, you collected your stamps, and when you died you cashed them in at the door of purgatory, thereby shortening your stay there before moving on to heaven. (For those who have no memory of Green Shield Stamps, they were not unlike an early, paper version of a store card credit system, but stickier. You couldn't buy direct from the shop with them. You traded in your full books of stamps for products advertised in a catalogue. We still cook our chickens in an enamel roasting pan bought with Green Shield Stamps.)

The school was always careful to make clear that though all this was obligatory for the Catholic boys, it was not obligatory for us non-Catholics (about five of them in my class usually). Of course, no-one ever did what wasn't obligatory, so no fasting for me. For the Catholic boys, 'fasting' translated into 'giving something up' which often meant sweets and chocolate. In my case, not fasting during Lent was quite entertaining. I could wander round at break time ostentatiously scoffing what others were trying to deny themselves. Clearly, my more irritating mannerisms set in quite early. My attitude to fasting did not change much over the years. I regarded it as a ritualistic game which, though harmless, was also fruitless. My quip was that I gave up abstinence for Lent. You may even have heard me say it.

Two discoveries have prompted something of a re-think. The first is that it has become clear in recent years that days of fasting (or the less demanding abstinence) are physically and mentally good for us. My own experience is that to train your body to cope with missing an entire meal one or two days a week seems beneficial in many ways. Firstly, the only way to lose weight is to eat less. Secondly, I find that not feeding your body as it expects to be fed makes it work harder to derive what it needs from its fat reserves, which not only does the physiological systems good, but also results in an unexpected but unmistakable sense of wellbeing. There is, of course, nothing whatever overtly spiritual about this. It is just healthier living.

The second discovery is that several of my favourite Christian people – Methodists in the main – fast during Lent. One in particular, whom I usually think of as the most carnal and least spiritual of my friends, gives up alcohol every Lent. This year I have followed suit. No can of beer with Match of the Day. No glass of wine with our Sunday dinner, and no reason

to finish the bottle as we go through the next week. I was completely tea-total until I was about forty (a reaction to my father's excessive drinking and the associated misery) and so I thought this would be easy. Anything but! I am anything but a heavy drinker, but how I miss my glass of wine! I just cannot wait for Easter Sunday lunch.

Unlike the first form of fasting – just dropping a meal every now and again – this second is most certainly spiritual. Maybe flushing all the residual alcohol out of my body does me a physical good, but the main consequence is that every time during Lent that I sit down to a main meal of the day I am reminded that it is indeed Lent. As a preacher I always dwell upon Lent in the sense that I prepare all week for the services on Sundays, and so in my study dwell all week upon the Lenten readings. But this is different. It brings Lent out of my study and to my dining table.

One of the things I am delighted to discover about being seventy is that there are so many new things I am still able to learn. Life at seventy is certainly *not* about just ticking along living out all you spent a lifetime learning. And thank God for that! Here is just one more thing learnt. Who would have thought that this fasting thing, with two thousand years of Christian wisdom and living behind it, was actually worth my attending to?

Some of us are very slow learners.

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### **Letter To My Children**

Thank you for the love you give,  
And all the joy you've brought,  
For all of the times when you were small,  
And filled each waking thought,  
For all of the laughter, smiles and tears,  
The studying and stress,  
The memory of muddy boots,  
That special party dress.

The days the house filled up with friends,  
I never knew each name,  
The growing up, the leaving home,  
How quiet life became.  
The letters, cards and photographs,  
Each played its special part.  
But thank you for the love we share,  
Still growing in my heart.

***Jean Hardy (Castle Camps)***

## Greetings from Castle Camps



We are all feeling that there might be a little light showing at the end of the Tunnel at last. We hope you are feeling the same. The lighter nights have arrived and we are looking forward to the Spring weather.

Spring is moving on a little from Snowdrops to Daffodils and the birds have been hunting for nesting sites. The sun is shining on all the dusty bits I have missed when house working to shame me.

Because we can't go anywhere, we have very little news so we have attached an article written for our church magazine in 2011 but referring to events 55yrs ago. I hope you won't find it too boring but I am scraping the barrel a bit.

*This is the last time I shall be writing for our joint magazine, as I am standing down from being secretary.*

I am delighted to say that Sara Davey has agreed to take over the role. If you have not yet met Sara and her husband James, then I'm sure you will very soon. They are a delightful breath of fresh air and we are so lucky that they are helping.

James's mother, Rev. Hilary Davey also does Zoom services for us and is a sweet and gentle person. Whenever we feel that our position is precarious some thing comes along to rescue us. We are so very fortunate.

Best wishes and love and joy to you all.

***Val and Friends.***

## Every Day Is Mother's Day

Every woman who has given birth will remember the day her baby was born. It is a life changing experience. Some fathers too experience a great outpouring of emotion when they become a father for the first time; for others it is a more gradual experience and for some it is a huge overpowering anxiety and for some it is a problem.

I have been lucky enough to assist in this wonderful human phenomenon on numerous occasions when I worked as a midwife 46 years ago.

In those days, delivering babies was not as "mechanised" as it is now. We were trained to be able to deliver babies anywhere should the need arise, and it did from time to time, car parks being a frequent venue. I think the poor parents rushed to the unit and the relief of getting there at last proved too much and some babies made their entrance into the world on the back seat of the car!

After completing my training as an SRN as it was in those days and gaining experience in general nursing, I decided to do the pupil midwifery training which was 18 months followed by 6 months supervised practice.

There were 12 of us who started the training together and over the first few months 4 decided it was not what they wanted to do. Those of us who stayed the course had a mind-blowing interesting time. We had a lot of theory, before we started out in the community working with an experienced teaching Midwife. Unlike today, babies were usually born at home; only women having their 6<sup>th</sup> baby or some obstetric complication were delivered in hospital.

Home deliveries were wonderful. We visited the women in their own home to give ante-natal care and they only had one hospital appointment at about 6 months just to make sure all was well. We knew our patients really well by the time the baby was due and pregnancy was not treated as an illness.

I was in a rural area and had a dreadful old Mini to travel around in. When a mother started labour, she would ring and we would go, whatever time of day or night, even on a day off, it made no difference, but who would have wanted to miss all the excitement.

The mothers were so relaxed. I remember one woman was determined to finish the ironing before she took to her bed and nearly didn't make it. The other children would be admiring the new baby as soon as we had cleared up and there was no upset as mum was still there and had not disappeared into hospital to return with a newcomer. Fathers were very useful and busy, so they did not have to feel like a spare part in the labour wards.

The amazing experience of being present at the birth of a baby is unforgettable. It is a wonderful piece of engineering and I defy anyone to ever be unmoved. It is such a joyous thing to see the delight as parents welcome their newborn.

After becoming competent to work safely, we pupils were moved into the hospital to gain experience. Most of the deliveries were not so straightforward, so another learning curve began.

One of the things we dreaded most were the “Flying Squad” calls, when a Doctor and Midwife and an incubator would screech off in an ambulance with sirens and flashing lights. We had some pretty frightening experiences, but usually returned with a relieved mother and the baby in an incubator.

Nowadays, things are very different and people’s expectations have altered. Ante Natal care is much advanced and the use of scans and ultrasound is routine.

Everything is concentrated on getting a healthy baby and a healthy mother. Things can’t go back but we did some pretty good work with very little in the way of equipment. One thing will never change and that is the amazing wonder of it all.

Throughout my midwifery career, I had to keep a record of all the labours that I was present at and all of the care given before and after delivery. Unfortunately I lost this record book at some point. You never know, I might have ushered some baby into the world, who later became famous!

**Val Spencer**  
**March 2011**

### **God's Interesting Plan!**

*‘This is Very Interesting... Enjoy!’ from Kate Leach*

When GOD solves our problems, we have faith in HIS abilities.

When GOD doesn't solve our problems, HE has faith in our abilities.

One may observe God's plan in the hatching of eggs...

--those of the Canary in 14 days.

--those of the Barnyard Hen in 21 days

--Eggs of Ducks and Geese in 28 days.

--those of the Mallard in 35 days.

--Eggs of the Parrot and the Ostrich hatch in 42 days.

(Notice, they are all divisible by seven, the number of days in a week!)

And, we can see God's Wisdom in the making of an Elephant.....

The four legs of this great beast all bend forward in the same direction. No other quadruped is so made. God planned this animal with a huge body...too large to live on two legs. For this reason, He gave it four fulcrums so that it can rise from the ground easily.

The Horse rests on its side and rises from the ground on its two front legs first.

A Cow rests on its belly but rises from the ground with its two hind legs first.

How wise the Lord is in all His works of Creation!

Each Watermelon has an even number of stripes on the Rind.

Each Orange has an even number of segments.

Each ear of Corn has an even number of rows.

Each stalk of Wheat has an even number of grains.

Every bunch of Bananas has on its lowest row an even number of Bananas, and each row decreases by one, so that one row has an even number and the next row an odd number.

All Grains are found in even numbers on the stalks or cobbs.

Amazing! But there is more...

The Waves of the Sea roll in onto shore Twenty-six to the Minute in all kinds of weather.

God has caused the Flowers to Blossom at certain specified times during the day and during the year to brighten your days all day long.

Linnaeus, the Great Botanist, once said that if he had a Conservatory containing the right kind of Soil, Moisture, and Temperature, he could tell the Time of Day or Night by the Flowers that were Open and those that were Closed.

The Lives of each of us have been ordered by the Lord in a Beautiful Way for His Glory, if we will only Entrust Him with our Lives.

If we try to Regulate our own Lives, we will have a Mess and a complete Failure.

Only God, who made our Brains and Hearts, can Successfully Guide them to a Profitable End.

Life without God is like an Unsharpened pencil - it has no Point.

I pray God will bless you in ways you never even Dreamed.

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### **Just For Fun.....**

One rainy Sunday afternoon a young couple were on their way to church to get married, when all of a sudden their car went out of control and they were both killed. The couple soon found themselves standing in front of St Peter at the pearly gates. The young woman asked St Peter if they could get married in Heaven since their time on earth was cut short. He replied that he would get back to them on this matter.

A month later St Peter announces to them that they can, in fact get married.

To his surprise the young woman asks. "I was just wondering, that if it doesn't work out, can we get divorced?"

With a very stern look St Peter said. "Now look here lady, it's taken me a month to find a preacher up here, do you honestly think I'm going to find a lawyer?"

# A CALL FOR NATIONAL REPENTANCE

*A Dramatic Answer to Prayer: The Miracle of Dunkirk*

WATCH • PRAY • SHARE

A **FREE** short film describing God's deliverance in response to the National Prayer Day at the time of Dunkirk showing how the UK has turned away from Him and how we need to turn to Him.

***A Dramatic Answer to Prayer: The Miracle of Dunkirk*** is a call for personal and national repentance. It shows that there is hope; but only through repentance.

Download and show in your church to encourage and challenge your congregation.

Go to [www.youtube.com/watch?v=a8vyfp0aVHk](http://www.youtube.com/watch?v=a8vyfp0aVHk) or search "A Dramatic Answer to Prayer. The Miracle of Dunkirk" on YouTube. Forward the link to friends on WhatsApp and social media

To receive this video link on your smart phone simply text DUNKIRK to 07884 048379  
Pastor John of Strengthen The Faithful, [strengthenthefaithful@gmail.com](mailto:strengthenthefaithful@gmail.com)



**A CALL FOR PERSONAL AND NATIONAL REPENTANCE**

## Free film for the use of Churches, Bible study and Prayer groups.

The *Wartime Miracles* Leaflet which was posted to 25,000 churches across the British Isles two years ago has now been turned into a free film, ideal for use during the pandemic and the aftermath. This ten minute film initially explains how the Lord answered the prayers of the Nation, bringing about the Miracle of Dunkirk with a calm sea descending upon the English Channel. It then goes on to show how the Nation has turned away from Him and rejected His Commandments. As the film points out, "How can a Holy God bless or protect a Nation from evil, while it rejects His Laws?" This punchy film will cause much soul searching and is a clarion call for both

personal and National Repentance. While on the one hand it clearly shows that the Lord is willing and able to deliver a Nation, showing that help is indeed available, it also soberly explains that such Divine help is conditional upon repentance. In short, the film explains that there is hope, but only through repentance. The widespread sharing of this film will both inspire and challenge those with faith and those with none.

*"Behold the Lord's hand is not shortened that it cannot save nor His ear heavy that it cannot hear, but your iniquities have separated you from your God so that He will not hear."* Isaiah Ch. 59vs 1, 2.

The film can be viewed on the link below or by going on to YouTube and searching for "A Dramatic Answer to Prayer. The Miracle of Dunkirk".

<https://youtu.be/a8vyfp0aVHk>

The charity Camcrag continues to support refugees in Calais, Dunkirk and in other countries. It is a registered charity which works to help refugees in Northern France and elsewhere.



In spite of these difficult times, collections of goods to be sent continue to be collected and sorted and when transport is available consignments are sent to where they are needed.

Now, we have a local hub in Sawston where goods can be dropped off and sent on.

Please contact us if you have any items on the list below that you are willing to part with.

*All items should be CLEAN and FRESH SMELLING and devoid of dog hair!*

*Please wash items before donating.*

*They should be in good condition: no holes, rips, broken zips etc.*

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- children: sizes 22 - 39 trainers/sturdy shoes/boots
- men & teenage: sizes 39 - 43 trainers/sturdy shoes/
- women & teenage: sizes 38 - 41 trainers/boots/  
sturdy winter shoes/casual/sandals/ flip flops/crocs /wellington boots

#### **BRAND NEW UNDERWEAR & SOCKS**

- children & teens: all sizes
- women: small, medium & large
- men: SMALL & MEDIUM ONLY

NO LARGE or EXTRA LARGE

#### **CLOTHES**

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S & M sizes only
- women: jeans/leggings/long sleeve & short sleeve t-shirts/blouses/jumpers/  
sweaters/dresses/skirts/jackets S, M, L
- teenage: jeans/long & short sleeve t-shirts/hoodies/shirts/sweaters/jackets  
S & M SIZES ONLY
- children age 2 -12: jeans/long & shortsleeve t-shirts/hoodies/shirts/sweaters/  
jackets /dresses/leggings

#### **ACCESSORIES**

- hats/scarves/gloves

#### **HYGIENE**

- shampoo & conditioner
- shower gel
- toothbrushes & toothpaste
- hairbrushes/combs NEW ONLY

**We don't need:** hotel or sample sizes of anything, pre-used bottles, tampons

## **WARMTH & SHELTER**

- winter tents ▪ sleeping bags
- blankets
- sleeping mats
- hot water bottles

**We don't need:** duvets, duvet covers, sheets.

## **MEDICAL**

- all medical supplies
- Covid disinfectant
- hand sanitiser
- masks
- lice treatment

### **We don't need:**

ski suits, sleep wear, dressing gowns, belts, men's large clothes, used underwear, shoes with heels, any clothes or shoes stained, any clothes or shoes inappropriate to living in a camp, anything broken or undignified

*Thank you.*

*Email donations@camcrag.org.uk*

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## **Recipe Corner**

Fish fingers are so versatile. One of my friends grills them and puts them in bread rolls to produce fish burgers. I thought up a variation on the theme and produced a fish finger flan when we seem to have an overload of these items.

### **Fish Finger flan**

Line a flan dish with short crust pastry and fill with pre-cooked vegetables or leftover ones. Cut fish fingers in half and fill the dish with them. Then beat up a few eggs enough to fill the dish and cover the contents. Cook at 180 c for about 30 minute until the pastry is cooked and the contents are set. When Terry and I were courting he used to visit my flat in Ely for meals at week ends. So over three years he did get to know what my cooking skills were like. Just do not mention the rabbit stew!

**Editors note:** 'Come on Terry....sounds like another interesting article'

### **Apple Amber**

This makes enough for 3-4 portions or in our case two portions (Terry!)

1b of Bramley apples, 2 tablespoons of water, 2 oz sugar, 2 egg yolks 1 oz of butter or margarine. For the meringue 2 whites of egg and 4 oz of castor sugar. Short crust pastry made up, to line the sides of a pie dish.

### **Method**

Skin and slice apples, stew in water and mash.

Add sugar to sweeten, stir in butter and egg yolks.

Line the sides of the pie dish with the pastry and tidy up the edges.

Pour the apple mixture into the dish and bake till set on 170 c.

Prepare the meringue and cover the apple mixture with this and bake until set at 140 c.

***With thanks to Beryl***

## Positive Events To Report

In a world where we are constantly bombarded with negative, sad and often tragic news, it was so uplifting to read two articles with extremely positive events to report.

The first was written by Melanie Swan, a Middle Eastern journalist reporting on a ground breaking event of 30 young Rabbis from countries including Ukraine, Turkey and Isreal. They have joined together to help build up the Jewish community in the UAE. This community of between 500 and 1000, has previously been kept rather quiet and secretive. Most are expatriates who work in fields such as Finance and Real Estate.

The internship project is the brain child of Brooklyn born Rabbi Levi Duchman, an orthodox Jewish emissary to the UAE who hopes the young rabbis will learn from their experiences of the Arab world and in turn it may break down many of the myths, fears and misconceptions between Jews and Muslims.

Rabbi Duchman, a member of the Alliance of Rabbis in Islamic countries organisation, is fluent in Hebrew and Arabic and only 27. He hopes the group of young Rabbis aged 20-25 will become leaders of a new generation of rabbis pioneering coexistence. He believes this will be a real bridge builder, opening the hearts of people in other countries who share the values of peace. He goes on to say. What better way to do it than by training young Rabbis in the UAE and to take their positive experiences back to their own countries and Jewish communities.

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The second article, written by James Rothwell, was from Israel where they have been developing their own ground breaking drugs in the war against Covid. Firstly, they have not only managed to inoculate a large proportion of their population against Covid, but they have also developed an extraordinary drug called 'Allocetra'.

This has been trialled on patients with severe symptoms who are so sick they are liable to develop life threatening organ failure. Once Allocetra is injected they have found it has made astonishing changes to these patients within 2 hours! It has helped them to breathe better, to cease coughing and to reduce their temperature. The drug is now commencing its third trial phase, watch this space! The second drug they have trialled is called 'Exo CD24'. This was tested on 'moderate to severe' patients who all recovered within 5 days. It is truly astonishing how inventive humans can be. There is so much we need to be extremely grateful for, the scientist and the peace makers.

***Thanks be to God.***

***With thanks to Kate Leach***

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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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## Has 2020 been a tough year for you?

I provide a safe, encouraging, non-judgemental space for you to explore issues, such as social anxiety, stress, low self-worth, depression, rebuilding confidence, in areas of work, relationships, friendships and family issues.

As a visually impaired man, I have become aware that this has further facilitated my non-judgemental attitude towards clients.



I charge £43 per hour, £22 concessions.

I can currently provide counselling face to face, by telephone or via Zoom. I have daytime and evening availability.

Please text or leave a voicemail on 07857 007883 or email [alan.chamley@virgin.net](mailto:alan.chamley@virgin.net)

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