

CONTACT

April 2022



Volume 63 - Issue 4
Sawston Free Church – Castle Camps URC

Churches Services and Dates for Your Diary

Future Services-(also available via zoom) SFC email: secretary@sawstonfreechurch.org.uk,
Castle Camps email: sarabdavey@outlook.com

Sawston Free Church:

03 April	10.30 Morning Worship – Rev Deborah McVey
10 April	10.30 Palm Sunday – Rev Phil Nevard
14 April	7pm Thursday – Maundy Service and Holy Communion – Rev Phil Nevard
15 April	10am Good Friday – Walk of Witness starting at Our Lady of Lourdes and ending at Sawston Free Church for coffee and hot cross buns,
17 April	10.30 Easter Sunday Holy Communion & Blossoming of the Cross – Rev Phil Nevard
24 April	10.30 Go4th with Rev Phil Nevard

The closing date for **May** Contact is **Wednesday - 20th April**

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

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The monthly magazine of
**Sawston Free Church United Reformed Methodist
& Castle Camps URC**

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Dear Friends,

I remember from my childhood a visiting preacher who told the story of a fabulous African American woman who, on every Good Friday, would tour the town's bakeries and buy a hot cross bun in each shop. I wish I could find the story so it is told properly, but I can't, so here it is from memory.

She would enter each bakery and queue up - looking sad and distressed, dabbing at her eyes with a tissue. When she got to the head of the queue she would order a hot cross bun, stifling a sob. Invariably the assistant would ask her if she was OK, and she would reply that it was just so, so sad what they did to him, how they nailed him to a cross and killed him. She would break out in tears - inconsolable. They would try to comfort her, but invariably the assistant or someone else in the queue would eventually say - "You DO know that wasn't the end, don't you? You DO know that he rose again?" She would look up from her tissue, shocked and stunned and ask, "What? He rose again? He's alive???" And her face would light up and she would sing and dance around the shop singing GLORY BE!!!

She would then go and do a repeat performance in every other bakery! She was well known for it - she did it every year - and new shop assistants or people in the queue were always drawn in.

I just love the infectious joy of that story, and I so hope it is true! But even if it isn't true, it contains a truth. At the end of Lent comes Holy Week leading up to Easter Day. Holy Week helps us pause and reflect on the last days of Jesus' earthly life. Yet if we do not engage with Holy Week we find that we jump straight from Palm Sunday - where there is often an atmosphere of joy and celebration - the crowds singing Hosannah - straight to the celebration of Easter Sunday. To skip the opportunities to journey with Jesus through that last week and experience with him the pain of betrayal, loss, capture, torture and death means that we lose some of the power of emerging from it all on Easter Day. Even if we always know what the ending will be.

There are opportunities to dwell for a moment in Holy Week. I urge you to have a look at the church calendar and our worship services through that week, and think seriously about being a part of them.

And in anticipation of the ending...

HAPPY EASTER!



Every blessing,
Phil



Eco Church

I mentioned at the March Church Meeting some of the actions that the Fabric Committee are taking to make our Church more environmentally friendly. I thought it might be helpful to write this note to help members digest what is being done and may be what more could be done.

For some years reducing costs and carbon emissions has been on our agenda. So far we have changed nearly all the fluorescent tubes to LED and about half the lights in the concourse. LEDs are much more energy efficient. Lynne likes this too because it reduces the electricity bill. Lights in the Manse are LED too. The new boiler in the Café is also a more efficient machine.

In the near future the Fabric Committee are looking to replace the up-lights in the Church and Back Hall with LEDs.

Following the recent extreme winds when 50 feet of manse fencing was blown down a replacement fence has been erected using recycled materials from the old fence and new hedging will be planted to demark the manse boundary. This will provide more habitat and be more resilient to strong winds.

We have been prompted by Phil to look at the eco-church suggestions put forward by Arocha. Check out their website <https://ecochurch.arocha.org.uk>

They suggest that all areas of our church life could be moved towards a more sustainable model. They challenge the church to consider the environment in:

- Worship and Training
- Buildings and Land
- Community engagement
- Personal life styles

Well the Fabric Committee can do some of this but to achieve eco-church status other sections of the church and individuals must be engaged.

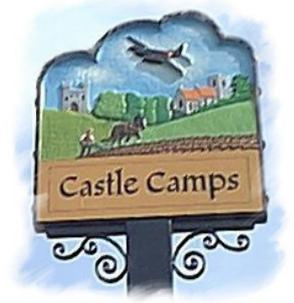
As individuals we can reduce the Church Carbon footprint by using the heating only when it is needed. Turn heaters off when not in use. Similarly turn off lights when leaving a room.

Gordon Heald

Chair of Fabric Committee

Greetings From Castle Camps

Thank Goodness it's Spring!



Change is such an amazing thing. It sometimes makes us uncomfortable, sometimes inspires awe and wonder, sometimes dread, sometimes relief. Whatever the feeling, change is important. If we don't change we stagnate and we do not grow.

Change has been the running theme with the Castle Camps Chapel in the last few years, much like many other small churches. When confronted by change one can either fight it or flow with it. You can guess which one will turn out best in the long run. In addition to learning the skill of flowing with the changes, we are also excited about them! New options and new opportunities, new services and offerings.

The building is nearly ready for us to use again and just in time for Spring and growth and newness.

All best wishes,

Sara Davey and Friends

Castle Camps

Springtime Prayer

By Ralph Waldo Emerson

For Flowers that bloom about our feet;

For tender grass, so fresh, so sweet;

For song of bird, and hum of bee;

For all the things fair we hear or see,

Father in heaven, we thank Thee!

For blue of stream and blue of sky;

For pleasant shade of branches high;

For fragrant air and cooling breeze;

For beauty of the blooming trees,

Father in Heaven, we thank Thee.

Reflections

At the beginning of the year I shared with you 'my favourite reflection/ pray book'. I just happened to forget to tell you the name of my book! It's called: 'God Calling' A J Russell

It's a wonderful book about two people praying each day for guidance. That was in 1932 and it's gone on to be republished many times over the years. Each month I'd like to share with you prayers which I think relate to us all.

Another start, Take courage. Do not fear. Start a new life tomorrow. Put old mistakes away and start anew. I give you a fresh start. Be not burdened. Be not anxious. If my forgiveness were for the righteous only, and those who had not sinned, where would be its need? Remember as I said, "To whom much is forgiven, the same loveth much". Why do you fret and worry so? I wait to give you all that is lovely, but your lives are soiled with worry and fret. You would crush my treasures. I can only bless glad thankful hearts. You must be glad and joyful.

Have no fear. Fear is evil and "Perfect love casts out fear". There is no room for fear in the heart in which I dwell. Fear destroys hope. It cannot exist where Love is, or where Faith is. Fear is the curse of the world. Man is afraid - afraid of poverty, afraid of loneliness, afraid of unemployment, afraid of sickness. Many, many are man's fears. Nation is afraid of nation. Fear, fear, fear everywhere. Fight fear as you would a plague. Turn it out of your lives and home. Fight it singly. Fight it together. Never inspire fear. It is an evil ally. Fear of punishment, fear of blame. No work that employs this enemy of mine is work for me. Banish it. There must be another and better way. Pray and ask me and I will show it to you.

These two 'readings' are especially difficult when we live in such uncertain times, with the current virus and now with war. It is only natural to worry, but of course what God is asking us to do, is to always pray. Pray for health and pray for peace. Pray for leaders to listen to each other and approach everything with love. The only way forward is through LOVE, individually and collectively.

Kate Leach

Update on GenR8

GenR8 is a local charity that is reliant on a dedicated team of volunteers who share the vision of reaching this generation of children with the good news that God loves them. During the last few months the volunteers have demonstrated amazing versatility and a willingness to adapt while unable to visit schools. Now many are 'film stars', as one head teacher commented when a team visited with the Advent presentation in December, a reference to the children having seen the team on the many videos GenR8 have produced. Other volunteers have racked up miles delivering Prayer Space materials or sewn Prayer Space bags, while others have endured hours of Zoom time to further the work of GenR8.



Many volunteers have shown incredible loyalty and commitment over numerous years. Carol and David give their reflections on being involved with GenR8 below and choose three words they would use to describe GenR8.

Carol: *I first came into contact with GenR8 through Xcellr8, their annual residential weekend. I also held a respect for and had a history of serving with Scripture Union. One team member approached me with the idea of joining GenR8. So, I went to watch one of their presentations at a nearby school. I was enthralled – the time allocated seemed to whizz by – I was utterly engaged in all that took place and delighted at the response of the children – and indeed some of the staff. I was already being 'reeled in'! So it was that I joined my first tour in summer 2005. Coupled with my enthusiasm to work with and alongside children was my desire to see more of them come to a saving knowledge of the Lord Jesus.*

What has made me continue with this ministry? Each year I become more convinced, amazed even, at the impact GenR8 has on both children and adults. I have become more committed to the cause with each year, more aware of our commission to 'tell the next generation', more aware of the privilege it is to be able to do that very thing.

So many highlights along the way – long-term friendships have grown through serving alongside others who share the same passion; the children's faces as they watch the presentations unfold; when the message has had an impact – the children's laughter, and at times, their silence; meeting some of those same children several years later who immediately respond with the 'waves', only this time with deeper voices and far more extended arms!

*My three words to describe GenR8? **Telling God's Story***

David: *I've been involved in GenR8 from the beginning, when a team of six went into about ten schools, way back in 2001. I learnt such a lot from those who had more experience and talent than me, and soon embraced my alter ego in the form of 'Gordon' the puppet, as well as gaining the confidence to act, sing and talk about God in front of hundreds of primary school children, many of whom up until that point may have had a negative view of church and Christianity. It dawned on me that we might be doing something to address their preconceptions – we clearly stated that we were Christians, and then went on to deliver a presentation which the children found entertaining, funny and thought provoking. If GenR8 can do that – change the preconceptions of the literally thousands of children who we see two or three times a year throughout their time at primary school, so that they might look positively towards Christianity in the future, then we will have done a valuable work. If they also remember some of our sketches, songs and messages about God, and catch something of our enthusiasm for our Christian faith, so much the better. What a privilege to be involved!*

Three words to describe GenR8?

Mind-blowing *(I still can't really believe how many thousands of children we see each tour).*

Memorable *(many teenagers still talk about it as one of the best things about their time at primary school).*

Missional *(it takes the Good News to children where they are, and explains it in ways they can relate to).*

GenR8 South team visit all our local primary schools. In December they even did their presentation outside in the playground for the first time ever, not once but twice! GenR8 would like to thank Sawston Free Church for their ongoing support giving the South Team a space to practice.

Please pray for GenR8 as they seek a new Director for the charity.

If you would like to make a donation or become a volunteer, please see the GenR8 website (<https://genr8.org/>) or contact Dianne Conway (dianne.m.conway@btinternet.com)

(Please note that the views expressed in this article are those of the author and not in any way representative of the views of Sawston Free Church.)

I find that in October 2020, I mused over how President Trump might turn out to be a disastrous one-term president but, at the same time, might be credited by historians for causing the first steps to be taken in establishing meaningful relationships between Israel and the Arab world. I had in mind Isaiah 45:1, where God calls Cyrus, the Persian king, 'The rod of my anger' and claims Cyrus as his instrument as he conquers the Babylonians and frees the Judaeans to go home to Jerusalem.

I write this on the 20th day of the war in Ukraine. The parallel is again the slaughter of the sacking of Jerusalem and its ultimate fall in 586BC (Jer. 39), the deportation, and the subsequent restoration of Jerusalem as told in Nehemiah and Ezra. Vladimir Putin takes the place of Donald Trump.

In the Old Testament story, there are not words fully to do justice to the appalling suffering of the inhabitants of Judea as the country was slowly crushed to death by the mighty Babylonian army. That said, the majestic, anguished poetry of Lamentations and some of the Psalms contains some of the finest literature of lament ever written.

In our own day, is it not heart-rending to hear hard-boiled professional reporters moved to tears of sorrow and anger as they report from the devastation in Ukraine? Nothing should be allowed to alleviate our horror at what is unfolding. And yet.... And yet... . The story of the fall of Jerusalem, just like the story of the crucifixion, teaches us that Christians must always leave room for 'And yet...' in the midst of appalling injustice and suffering.

We have been agonising for months, if not years, over the easy complacency of our lawmakers regarding climate change and the urgent need to rid the world of its over-dependence on fossil fuels. It seems to me that Liz Truss' remark in New York a few days ago, 'The Age of Complacency is over,' though intended by her to be understood as about Russian imperialistic ambitions in Eastern Europe, applies rather more widely than perhaps she intended.

For suddenly we have political leaders all over the Western world urging their populations to understand that however economically painful it might be in the short term, the West just must, as a matter of top priority, find ways to make itself independent of fossil fuels. The primary reason is the need for Europe to be independent of Russian oil and gas. But though the West is currently looking to Arabia to help it solve its immediate problem, the West is

also thinking that in the long run it would not do to find itself dependent on Arab fuel any more than to be dependent on Russian fuel. So as never before, research and development money is being poured into solving the problems of making hydrogen on a large scale, on harnessing tidal power, on far safer and cleaner forms of nuclear power, and so on.

Would it not be ironic were we, in fifty years from now, to acknowledge that by his bizarre, hideous and monstrously tragic miscalculation, it was Vladimir Putin, by jerking the industrial world out of its complacency, who saved the world? It is a kind of irony which Isaiah and his fellow Old Testament authors would appreciate. They would theologise long and deeply about the ways of God.

Golden Dream



Sawston Free Church has supported Christian Aid for many years - most recently with the cream tea in the Challis Garden. Christian Aid works all over the world with the poorest of the poor. This is a small insight into some of their work in Bangladesh where the constant threat of flooding often devastates the poorest communities.

Major flooding from the sea over 70 kilometres away, has left the ground unusable in a small village in South West Bangladesh. Christian Aid partner, The Christian Commission for Development in Bangladesh, worked with the villagers to find ways to help them should flooding happen again.

Previously flood water drained away naturally but a dam was built to stop sea water entering the delta. This altered the flow so now water can't drain away sufficiently, leaving the ground salinated and unable to sustain crops. At one point the people dug up the bulbs of water hyacinths or lilies to eat. They are not nutritious but fill up the stomach.

The first thing CCDB suggested was to set up the Sonalir Shopnaw Mohila forum. The forum members were then encouraged to build a small hut to meet in and to decide what they felt was needed for their community.

This process has taken a while but now the hut is well used for climate change adaptation training and basic literacy. Inside they keep books on climate change, a megaphone to use as an early warning system, torches, bottles of water and a radio. The forum members meet once a month to discuss any current issues and are well informed about climate adaptation.

The first project involved raising the platform for the pump to 6ft above ground level. This means that if a flood happens the villagers can still get water. CCDB have given the forum saline tolerant seeds and encouraged them to diversify away from crops. They have also tried growing turmeric on floating gardens made from layers of water hyacinths.

The Vice President of the forum, Shova Biswas, explained how she had been in the forum for 3 years and how support and training from CCDB has changed their lives.

“We have been able to save money and become more self-reliant through selling fish and chickens. We are using saline resistant seeds but the yield is not always so good. They have made us more aware of the issues and the benefits of working together. CCDB also helped with some basic education. Now, I can write a little English and read Bangla. This helps my children.”

Shova hopes one day that she can travel and tell her story. “Being a lady from a poor area we have already gained and, in the future, can gain more. This forum’s name means ‘Golden Dream’ and I hope our dream will be fulfilled.”

This year Christian Aid is from May 15th to 22nd. Please look out for posters nearer the time advertising our fund raising activities. We have a speaker from Christian Aid during the service on Sunday 22nd May of Christian Aid week.

This Christian Aid Week, we stand with the women who are *‘standing strong against the threat of drought’*.

In rural Zimbabwe, vulnerable communities face the threat of more intense droughts, floods, and storms. Here, 7 out of 10 women rely on farming to provide for their families, but with no rain, women can't grow enough food.

It’s unjust that drought robs women of the power to provide food for their families. But together, we can restore justice to our world this Christian Aid Week and beyond. We won’t stop until everyone can live a full life, free from hunger.

Every gift. Every action. Every prayer. Every one of us can change lives.

There will be a fundraising car boot sale at a venue near Sawston in May/June. So please contact me or Pam if you have any items you wish to donate to the sale.

We need...

Brik a brac, china, glass, kitchenware, scarves, and jewellery, but please **NO** books, dvds, videos, clothes, or toys.

Many Thanks

Mary Simuyandi

When It's Gone It's Gone.

Terry and I have had many microwave ovens over the years. None of them have lasted long! One blew up and the last one dribbled down the wooden cabinet and all over the kitchen floor. So, when it finally stopped working we had a serious discussion about buying another one.

We came to the conclusion that we only heated things up in it, apart from porridge which we did make. This was serious as I get up early, make the porridge and then Terry warms up his share when he comes down later. After several days of reheating the porridge in a saucepan we decided to buy a Slow Cooker to do the job. Problem solved!

I am now enjoying cooking with Slow Cookers as our first one has been joined by a bigger one! I cannot find out how to cook the porridge over night and I am hoping some reader will let me know. However, my recent chicken dish went down well, and I have managed to buy some recipe books for this method of cooking. I am hoping to make an egg custard, as Emily, my mother-in-law used to cook these when we went to her home for Sunday lunch. Rice pudding will also be on the cards, as we always have a tin when we need cheering up!

So why not dig out your slow cooker from the back of the cupboard, you can save electricity and have some fun.

Beryl

=====

'The days that make us happy make us wise,' by John Masefield

It is surely wise once in a while to pause and take stock of life, to repeat and ponder on the direction we are taking, the routes we have journeyed, the decisions we have made and will make. Such times, maybe when we are alone, or when we share in worship'.

The words in our covenant service challenge us as we listen to the words of scripture. The annual service words, *'we are no longer our own but yours'*, are serious words with great meaning and commitment to this calling. It was a privilege to share in the covenant worship with our minister, Rev Charity, among us again on such a special occasion.

We have so much to be thankful for over these last few months. Being able to have worship each Sunday organised by the stewards, technical team and preachers, with all the constant alterations that happened. Thank you to you all.

Many things in life can make us lonely. Lord, we pray for those who are lonely today, who feel the loss of love and friendship, who feel isolated or unwanted, who fear being out of place or pushed to the side. Give them the rich experience of belonging to your Kingdom, and to feel at home in your family, the Church. Give us eyes to recognise the lonely people around us, and to offer friendship and love in the name of Jesus Christ.

Lord, you have taught us that all our doings without love are worth nothing. Send your Holy Spirit and pour into our hearts that amazing gift of love, peace and joy.

Amen.

Joan Germany (Thank you to Inform, the magazine for the Methodist churches in Orwell and Royston)

Ukraine – How Can I Respond – Phil Nevard

The church has a few visual ways in which we have highlighted the plight of Ukraine and her people. We have the ribbons with the peace candle on our railings. We have the Ukraine banner with the peace dove and the peace-cranes mobile in our worship space, made by our Messy Church children. Many people are wondering how they can respond.

Here's a list of ideas - some, perhaps not all, may be useful for you.

1. You could download and display the "We Pray for Ukraine" poster that the URC magazine "Reform" has made available: <https://urc.org.uk/wp-content/uploads/2022/03/we-pray-for-ukraine-poster.pdf>

2. You could donate money directly to the DEC's appeal:
<https://www.dec.org.uk/appeal/ukraine-humanitarian-appeal>

Many charities have said that it is better to give money than to try to fill lorries with items donated in the UK. It is hard to get them to the right place, they present a logistical problem of storing them and distributing them, and all of the items can be bought and distributed much more quickly much closer to Ukraine.

3. You could consider offering a home to Ukrainian Refugees in your own home, if you have spare room. A well established charity organising this is Refugees at Home:
<https://www.refugeesathome.org/>

The Govt. scheme is here: www.homesforukraine.org.uk

4. You could think again about being involved in our own Sawston initiative to befriend and support a refugee family in the village in a house which has just been purchased. You could join the team who will be making them welcome and supporting them as they find their feet in a strange country. Talk to Phil if you are interested.

5. You could commit yourself to praying regularly for Ukraine. There is a good collection of prayers and prayer resources here: <https://urc.org.uk/your-faith/prayer-and-worship/praying-for-peace-in-ukraine/> Or here: <https://www.methodist.org.uk/our-faith/prayer/ukraine/>

6. If you are helping children think this through then there are some fantastic colouring-in images here: <https://www.colouringheroes.com/ukraine>

7. Action for Children have some REALLY helpful advice on how to talk to children who are anxious about what they hear on the news:
<https://parents.actionforchildren.org.uk/mental-health-wellbeing/anxious-feelings/talk-to-child-news/>

Every Season Brings a Change

In "The Geography of Light" Carrie Newcomer touches listeners with her lush voice and these beautiful words: *"Leaves don't drop, they just let go, and make a place for seeds to grow. Every season brings a change, a seed is what a tree contains. To die and live is life's refrain."*

With Spring the flowers will grow again and the birds that have wintered in warmer climes will fly back to our gardens and our fields, and before we know it, the warmth of summer will be here! The Bible reminds us about the seasons of the year.

The Bible was clearly written when the vast majority of people worked on the land and even if they were city dwellers their lives would still have been regulated by agricultural seasons: the time to sow the grain, and the time to harvest. Until recently, life in Britain would have been dominated by farming life too: from the way people worked and the jobs that needed doing, to the types of fruits and vegetables that were available in the shops. In our modern consumerist world, we don't really have "seasonal" fruit and vegetable any more. Most things are now available all year round.

The changing of the seasons had an important spiritual message for many people too. The progression from one season to another marked the passage of time and created a sense of order. A passage in the book of Ecclesiastes in the Bible says, "For everything in there is a season, and a time for every matter under heaven.... A time to plant, a time to pluck up what is planted (Ecclesiastes 3:1 -2). There is a rhythm in our daily lives. However much some of us may dislike the cold, long nights of winter, and however much the coming of spring seems to drag in February, each of the seasons gives us that sense of time and rhythm that we really need.

For many Christian writers, the earth could at one time be so cold and seemingly dead in the winter and suddenly be full of life in the spring, just like the death of Jesus Christ on the cross. It seemed that all was lost, but on Easter Day, Jesus was resurrected and appeared to his friends, new life had come. The coming of spring was seen as metaphor for the hope and promise of new life. This sense of hope for the future can also be used in our lives today. There will always be times when we feel like winter, because life is not always easy, and life is not always joyful like the spring, but Christians draw hope in the new life that will come with the spring.

Gracious God, thank you for journeying with us through all the seasons of our lives. May we live ever more fully with your healing and hope, your love and your light. Amen.

Revd Charity Nzegwu.

(Thank you to Inform, the magazine for Methodist churches in Orwell & Royston)

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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.

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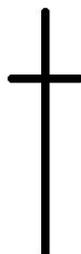
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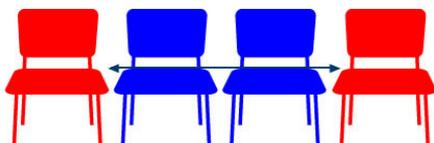
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**We're back to normal
Every Sunday at 10.30am
but with a difference!**

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in person



online

