

# C O N T A C T

March 2022



# L e n t

Volume 63 - Issue 3  
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](mailto:secretary@sawstonfreechurch.org.uk),  
Castle Camps email: [sarabdavey@outlook.com](mailto:sarabdavey@outlook.com)

### Sawston Free Church:

06 March 10.30 Morning Worship – Rev Dr. Mike Wilson  
13 March 10.30 Morning Worship & Holy Communion – Rev Phil Nevard  
20 February 10.30 Morning Worship – Rev Phil Nevard  
27 February 10.30 Go4th with Phil Nevard

The closing date for **April** Contact is Friday **18<sup>th</sup> March**

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)

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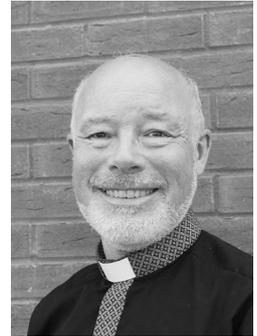
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& Castle Camps URC**

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Dear Friends,

We are entering the season of Lent. I don't know if you began it with pancakes or whether you went to an Ash Wednesday Service, either way, I'm guessing that many Christians see Lent as a longer and more miserable version of Advent. Lent doesn't have the candles or the endless variations of indulgent Advent calendars which give you a little gift each day. Lent is wedged in the Western consciousness as a season for giving things up - "what are you giving up for Lent?"



Often the answer is chocolate and we then begin to identify it as a useful time of dieting because we still need to lose a bit of the Christmas paunch. It has, of course, been linked to many and varied campaigns and it has been popular to give up buying new things for Lent as a timely eco-reminder. I once told a church that I was giving up answering the phone for lent. They were not impressed!

I'm not sure any of these things, however good or useful is really what lent is about.

More recently there is a chorus of voices which rebels against the rather negative-sounding idea of giving things up and has instead urged people to take something up for Lent - a daily act of kindness, a photograph every day - and these are great things to do, but they have the downside of turning Lent into yet another busy project.

The origins of Lent lie in the biblical account of Jesus fasting in the wilderness for 40 days while he prayed and reflected on how he would fulfill his calling. Over the centuries, the fasting element observed in the Church has diminished, though some traditions still refrain from rich foods or meat on Fridays and some Christians still observe some element of fasting. The fasting was and is always associated with more intense prayer and reflection and with a carving out of space for the practice of Spiritual Disciplines.

The point of giving things up for Lent was never about losing weight or saving the planet but rather it was about making space for prayer and contemplation. 40 days is long enough to have a good go at establishing a habit. Giving up half an hour of lie-in in the morning in order to observe half an hour of morning prayer and bible-reading and giving up half an hour of television in the evening to observe a Spiritual Practice

like "The Examen" (see elsewhere in magazine!) would be exactly in tune with how the Church has traditionally used Lent since the 4th Century.

Attending to the season of Lent, in my experience, always brings a depth of spirituality which can transform Holy Week and Easter Day into truly life-changing encounters with God.



Every blessing,  
Phil

PS If you do the maths, there are 46 days between Ash Wednesday and Easter Day, not 40. Six of those days are Sundays - they are never days of fasting and abstinence - they are days of celebration of the resurrection. So, in terms of giving things up, the Sundays don't count! If you DO give something up for Lent, then you don't have to give it up on the Sundays!

# Who am I?

5 STUDIES FOR LENT  
FOCUSSED ON THE "I AM"  
SAYINGS OF JESUS IN  
JOHN'S GOSPEL.



THURSDAYS,  
7:30PM  
ON ZOOM

STARTING  
9TH MARCH

FOR LINK  
CONTACT PHIL

## The Daily Examen Prayer

The Daily Examen is a technique of prayerful reflection on the events of the day in order to detect God's presence and discern his direction for us. The Examen is an ancient practice in the Church that can help us see God's hand at work in our whole experience.

The method presented here is adapted from a technique described by Ignatius Loyola in his Spiritual Exercises. St. Ignatius thought that the Examen was a gift that came directly from God, and that God wanted it to be shared as widely as possible. One of the few rules of prayer that Ignatius made for the Jesuit order was the requirement that Jesuits practice the Examen twice daily—at noon and at the end of the day. It's a habit that Jesuits, and many other Christians, practice to this day.

### **1. Become aware of God's presence.**

Look back on the day and note the times you felt God was with you, assisting. Feel God with you now and ask to become more conscious of God's presence. It may be helpful to repeat a phrase like, "Be still and know that I am God" (Psalm 46v10), or any other prayer that helps you become more aware of God's continual presence.

### **2. Look back with gratitude.**

Review the past 24 hours and notice what you're thankful for. What happened to make you feel blessed? Take a moment to give thanks to God for providing you with these blessings.

### **3. Take an honest look at your day.**

Note everything that happened over the course of the past 24 hours, your interactions with others, and your emotions. We often rush through each day, not pausing to reflect. Doing a deep, honest reflection of the past day causes us to learn more about ourselves and improve our future actions. Don't judge yourself, but take notice of these things.

### **4. Choose one part of the day, and pray about it.**

From doing your review, you might find something God is directing you to work on—an emotion, a relationship that needs mending, an unpleasant situation. Pray for it, ask God's guidance to resolve it.

## 5. Pray for tomorrow.

Ask God to guide you tomorrow, leading you to your highest purpose. Send love and light to tomorrow, praying for wisdom and strength. Feel deep gratitude, knowing God has already answered your prayer and tomorrow is already blessed. Take some deep breaths, and know that all is well.

Probably the easiest way to become familiar with the Examen is to download one of the many “Daily Examen” apps on your smartphone or tablet. The app will pray it with you and take you through the 5 steps one by one.

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## Coffee Chat and Baby becomes New Mums

Coffee Chat & Baby began last August in response to the huge impact of Covid and Lockdown on new mothers of young babies. We have welcomed them into a safe place in a quiet, calm setting, and given them the chance to talk with each other and us.

We've looked back over our sessions since August 2021, and are changing things a little - including our name. “New Mums” is now a drop-in group for new mothers and their young babies. We continue on Wednesday mornings, from 10 - 11am.

Our focus will be on offering New Mums time together, to meet each other and share ideas and experiences, leading to local friendships.

Posters and handouts will be available - so please use them to let people know of this gift to the community, and keep it in your prayers.

[newmums@sawstonfreechurch.org.uk](mailto:newmums@sawstonfreechurch.org.uk)

**Rosemary Heald**



**New Mums**  
Sawston Free Church  
High Street  
CB22 3BG  
Wednesdays  
10am-11am  
[newmums@sawstonfreechurch.org.uk](mailto:newmums@sawstonfreechurch.org.uk)



## Footprints Café at Sawston Free Church

Footprints Café has been an important part of the life and mission of Sawston Free Church for many years. The original vision and ethos continues today that is - serving our local community together with providing opportunities for adults with learning disabilities.

The café has a varied menu for their customers, it also provides the opportunity to have hot nourishing meals. Many regulars [some of whom live alone] particularly enjoy these meals and the companionship of the café.

Church members form part of a support group and the Footprints poem is displayed in the café.

Kevin McMullen recently wrote the following article on the history of the café:-

### The Story of Footprints Café – Twenty Years On.

Just over twenty years ago Kevin McMullen, then chairman of the Opportunities Without Limits (OWL) charity, spoke with Rev Peter Ball of Sawston Free Church (SFC) and asked if some OWL trainees could use the kitchen at the front of the church to serve cakes and teas to the general public on occasions; a pop-up café! The OWL charity was set up to provide community-based opportunities for people with learning disabilities and the idea of a pop-up café was one such opportunity.

This chance meeting and casual request coincided with a period when the elders of Sawston Free Church were considering how their church could serve the community and live its mission in a more interactive way. Discussions began and the outcome was the idea of a purpose-built café at the rear of the church and connected to the High Street via a glass covered passage way. Quite an ambitious dream!



Fundraising began apace and within eighteen months there were sufficient commitments from major donors, trust funds and charitable endowments to begin the building works. At a cost of around £500,000 the OWL Café at Sawston Free Church was opened in September 2003 by its patron, Dame Norma Major.

So began one of the most inspirational social initiatives ever seen in the Sawston community. A place where people with learning difficulties could claim visibility and status as trainees in a not-for-profit catering business. A place where people could gather and chat all day over a coffee or a glass of water. A place where the frail could ask for a meal delivered to their homes. A place where good food could be savoured. Partnerships with both Huntingdon and Cambridge Regional Colleges brought structure and purpose to the training programmes. The OWL Café flourished thanks to the support of the local community and Sawston Free Church as its benevolent landlord and partner.

Concerned about the sustainability of its diverse social enterprise activities, the OWL charity merged with the much larger Papworth Trust in 2011. The OWL Café transferred but its mission remained constant. The Papworth Trust continued to operate the café as a training base.

Sadly, around 2018 The Papworth Trust gave notice to Sawston Free Church that it would be withdrawing its services from the café. Naturally, the Free Church community was distraught at the prospect of its purpose-built café facility becoming an empty shell. To the rescue came Malcolm Mackintosh and a crowd of church and community volunteers.



Malcolm generously underwrote the start-up costs of a new 'not for profit' café called 'Footprints' with the same mission – to be a community café operating as a training base for people with learning difficulties. Footprints Café opened its doors in July 2018.

In spite of a continuity of premises, staff, managers and mission, it took Footprints two years of endless paperwork to become accepted by Cambridgeshire County Council as an 'approved provider of services' for vulnerable adults. Just as that approval came through Covid hit and Footprints had to close in line with the whole hospitality sector.

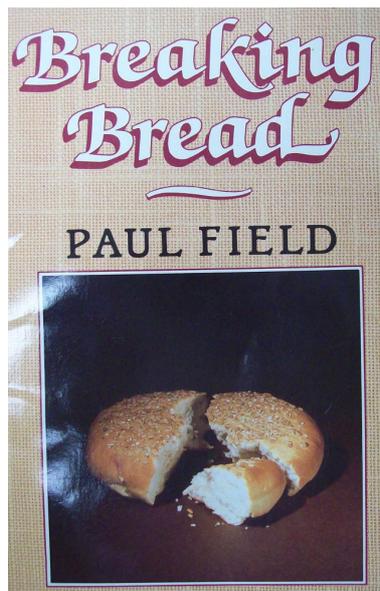


The reopening of Footprints in June 2021 mirrored the cautious emergence of the Sawston community from the shadow of Covid. Trainees gradually returned; the elderly and vulnerable customers were reassured by the social spacing afforded by the generous proportions of the Footprints building and, beyond measure, the landlord,

Sawston Free Church, was resolute in its commitment to provide the community with a space where friendship, food and support of the vulnerable could come together.

By any measure Footprints and its twenty-year legacy, constitute a valuable contribution to our Sawston community. It is a tribute to the generosity, benevolence and vision of a village that, in the past, has benefitted from other social entrepreneurs such as John Huntingdon and Henry Morris that Footprints is able to exist. And by any measure Footprints and its twenty-year legacy constitute a valuable contribution to our Sawston community. **Kevin McMullen**

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Remember “**Breaking Bread**”, Paul Field’s 1988 setting of the Communion service, which Sawston people sang most recently in 2010? If you’d like to join a group learning some of the songs for a Communion service sometime in the Spring, please have a word with Rosemary Heald soon. If you still have a music copy which you are prepared to lend out, that would be very helpful.

[rosemary.heald@tiscali.co.uk](mailto:rosemary.heald@tiscali.co.uk)

Rosemary Heald

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### **Church Workday – March 12<sup>th</sup> - 8am till noon**

Please come and help keep our premises looking good. There are various tasks to suit all talents and capabilities from painting to gardening, and a chance for a chat over cake and coffee.



**Please let me know if you can come it really helps me to plan the work.**  
**Thank You** Gordon (833983)

## The Peace Prayer of Saint Francis

Saint Francis of Assisi (1182-1226)

Lord, make me an instrument of your peace.

Where there is hatred, let me sow love;

Where there is error, truth;

Where there is injury, pardon;

Where there is doubt, faith;

Where there is despair, hope;

Where there is darkness, light;

And where there is sadness, joy.

O Divine Master, grant that I may not so much seek

To be consoled as to console;

To be understood as to understand;

To be loved as to love.

For it is in giving that we receive;

It is in pardoning that we are pardoned;

It is in self-forgetting that we find;

And it is in dying to ourselves that we are born to eternal life.

Amen.

We do not know the author of this classic prayer, and it was not until the 1920s that it was even ascribed to Saint Francis. By one account the prayer was found in 1915 in Normandy, written on the back of a card of Saint Francis. But it certainly emulates his longing to be an instrument of peace, reconciliation and redemption in our fallen world.



## Through Faith Missions



TFM is delighted to have moved into rooms at SFC to use as our main office. We are very grateful for the welcome we have received and the help to make this possible.

Who are we? We're a charity that partners with churches and other Christian organisations to share the gospel, involving many other Christians in the task. We employ 3 evangelists and 2 admin staff and regularly run missions and training events across the country. We have worked in Sawston a couple of times, once specifically with SFC in a mission, although some years ago now. The partnering bit is important to us; we don't come in and 'take over' but always seek to work with locals to encourage and foster an ongoing desire and ministry for outreach long after we have gone.

We were based in Coton for nearly 40 years but had to give up the office there in late 2019, just as we all went into lockdown and have been working at home since then with most of our resources in storage. So it is really exciting to be in a physical office again!

If you see us in the office please do drop in and say hello. Tao and myself will be there the most, with Tim, Dan and Georgina dropping in, often on a Thursday morning for our team meeting.

Personally, our family (Diane, Mark and John) has been connected with SFC for many years with both sons attending The Boy's Brigade and I may well know faces, if not always names, of a few people at the church. I look forward to strengthening this connection.

My own story is of growing up in a Christian home, attending Sunday School and finding Jesus as my saviour at the age of 13 at a BB camp. Life has been a 'journey' since then with ups and downs and yes, doubts along the way, however, I continue to be so thankful for all that God has done and is doing and (try) to love Him back more each day.

***David Baslington***

## The Power of the Dog

by Rudyard Kipling

There is sorrow enough in the natural way  
From men and women to fill our day;  
And when we are certain of sorrow in store,  
Why do we always arrange for more?  
Brothers and Sisters, I bid you beware  
Of giving your heart to a dog to tear.

Buy a pup and your money will buy  
Love unflinching that cannot lie —  
Perfect passion and worship fed  
By a kick in the ribs or a pat on the head.  
Nevertheless it is hardly fair  
To risk your heart for a dog to tear.

When the fourteen years which Nature permits  
Are closing in asthma, or tumour, or fits,  
And the vet's unspoken prescription runs  
To lethal chambers or loaded guns,  
Then you will find — it's your own affair —  
But . . . you've given your heart to a dog to tear.

When the body that lived at your single will,  
With its whimper of welcome, is stilled (how still!)  
When the spirit hat answered your every mood  
Is gone — wherever it goes — for good,  
*You will discover how much you care,  
And will give your heart to a dog to tear.*

We've sorrow enough in the natural way,  
When it comes to burying Christian clay.  
Our loves are not given, but only lent,  
At compound interest of cent per cent.  
Though it is not always the case, I believe,  
That the longer we've kept'em, the more do we grieve;  
For, when debts are payable, right or wrong,  
A short-time loan is as bad as a long —  
So why in — Heaven (before we are there)  
Should we give our hearts to a dog to tear?

## The Theology of Climate Justice

### Climate Justice: a common treasury

*In the fourth in a series of blogs, the Revd Simon Toppin, a presbyter working in the Gloucestershire Circuit, warns the actions of some are threatening the benefit of our last remaining commons for all.*

*(with thanks to Inform: The magazine for Orwell and Royston Methodist Church.)*

“The whole earth shall be a common treasury for all, for the earth is the Lord’s”.

These words of Gerrard Winstanley provided the inspiration for Winstanley and a few of his supporters to dig up the common ground on St George’s Hill in Surrey on April 1st 1649 in order to plant grain and vegetables for common use by those who needed food locally. It launched the Diggers movement and led to several Digger colonies appearing in other parts of the country in the first few years of Cromwell’s “Commonwealth”.

Winstanley argued that when God created the heavens and the earth they were given for the flourishing of all humanity. The earth was a “common treasury” and no-one had the right to seize part of that common treasury for their own benefit alone. “Was the earth made to preserve a few covetous, proud men to live at ease; or was it made to preserve all her children?” asks Winstanley.

Winstanley identified a profound injustice in the way a few wealthy people usurped the common, God-given natural resources of the physical world and used them for their own benefits while leaving the rest with barely enough on which to survive.

Despite the efforts of Winstanley and others the transformation of the commons into private possession has continued apace since 1649. But, even so, some commons do remain; most notably, the seas, the air, and “our” climate. No-one claims ownership of the air we breathe, the weather, or the climate which shapes the patterns of our weather – yet!

These last commons do survive but are exposed to an injustice similar to the one that Winstanley identified – the actions of some are threatening the benefit of these commons for all. Even worse, it seems that those doing least damage to the commons, the poorest citizens of the world who produce the least pollution (and have the lowest carbon footprint) are those most badly affected by damage done to the commons by others, through the carbon emissions that generate the global warming which, in turn, leads to droughts, heatwaves and devastating storms.

The Bible tells us that “the earth is the Lord’s and all that is in it” (Psalm 24:1).

God declares that “the land is mine; with me you are but aliens and tenants” (Lev 25:23).

We respond to climate injustice by challenging those who degrade the commons for their own benefit and at the expense of all other living things – and this means reflecting upon our own relationship with the commons too. For God has given the earth as a common treasury for all.



# Celebrate!



Eastern Synod  
Big Day Out  
Saturday 16th July  
Trinity Park, Ipswich



This is the day that the lord has made let us rejoice and be glad in it.  
Psalm 118

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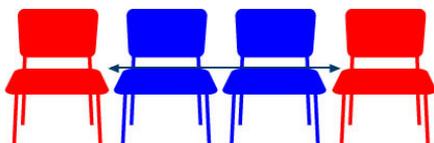
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## The Footprints Café



at

## Sawston Free Church

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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