

# CONTACT

November 2022



Volume 63 - Issue 11  
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 November 10.30 Morning Worship – Tess Maddin  
13 November 10.30 Remembrance Sunday – Joyce Goodall  
20 November 10.30 Holy Communion – Rev Phil Nevard  
27 November 10.30 Go4th Team

The closing date for <b>December</b> Contact is <b>Friday – 18<sup>th</sup> November</b>
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The monthly magazine of  
**Sawston Free Church United Reformed Methodist  
& Castle Camps URC**

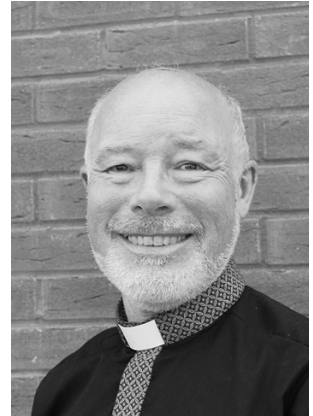
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Dear Friends,

Later this month, a choir that I am in will be singing Purcell's mini opera "Dido and Aeneas". It's a tangled tale which leaves Dido heartbroken. The most famous song from the opera is the so called "Dido's Lament"

Thy hand, Belinda, darkness shades me,  
On thy bosom let me rest,  
More I would, but Death invades me;  
Death is now a welcome guest.  
When I am laid, am laid in earth,  
May my wrongs create  
No trouble, no trouble in thy breast;  
Remember me, remember me, but ah! forget my fate.  
Remember me, but ah! forget my fate.



She urges people to remember her, but to forget her fate – she doesn't want her memory to trouble the breast of the one remembering. It's a noble thought. Remember me – but I don't want that memory to trouble you in any way.

November might be called the month of remembrance. We remember those killed and scarred in conflicts:

They shall grow not old, as we that are left grow old:  
Age shall not weary them, nor the years condemn.  
At the going down of the sun and in the morning  
We will remember them.

The point of this remembering is that it DOES trouble our breast – that the residue from our remembering is a deep-seated abhorrence of their fate, a powerful compulsion that our task is to work for a world where we don't have to remember anyone else in this way.

Week by week, Christians all around the world break bread and pour wine and hear these words recited: "Do this in remembrance of me." Our remembrance of Christ is our commitment to live out our lives in as Christ-like way as we can. Our remembrance of Christ is our commitment to live lives characterised by love.

May this be a powerful month of remembrance for you.

A handwritten signature in dark ink, appearing to read 'Phil Nevard', with a long, sweeping underline.

**Every Blessing,  
Rev'd Phil Nevard**

## 1<sup>st</sup> Sawston Brigades Enrolment

On Sunday 2<sup>nd</sup> October it was wonderful to see the church filled with beautiful Harvest displays on the windowsills, but that wasn't the most amazing thing. There was a buzz of excitement in the building. No, not because Phil, our minister had Covid and therefore was only visible on screen, but because we welcomed many new families and children to church for the annual enrolment of members of the 1<sup>st</sup> Sawston Girls' and Boys' Brigade.

This was the first time lots of the youngsters had experienced an enrolment service and it was wonderful to see their families coming to support them in making their promises to be "loyal and regular members, supporting Brigades activities and events, as best they can".

In church, we had 8 members of the Boys' Brigade and 9 members of the Girls' Brigade looking very smart in their uniform to make their promises, but we have nearly double that number on our register. We were also able to present one of our Girls' Brigade leaders, Mel Saunders, with her 10 year service certificate and badge.



In the service, Rev. Phil told us the story of Stone soup, where a stranger comes to a village and helps the villagers see that together, if they all give a little, they could create a delicious, nutritious soup. (the soup created on Sunday had some very strange ingredients and turned into a Jenga saucepan game, but it was fun!).

I would like to thank all the member of Sawston Free Church for supporting 1<sup>st</sup> Sawston Brigades over the past few tricky years, our numbers are growing, we have dedicated leaders who each week, provide fun activities for all who come and we share some of God's love and the Christian message too.

This is the question that Rev. Phil asked the congregation on the day, with the response, "With God's help, we will."





You are members of this church family. Will you support the work of the 1st Sawston Brigades Company, its officers and helpers and children, by continuing to maintain this church's life of worship and of service to Jesus Christ our Lord, so that these young people may grow amongst you in grace and in the knowledge and love of God and of his Son Jesus Christ our Lord?

These are the promises that the Leaders made:

The objectives of the Boys' and Girls' Brigades call you to help enrich the lives of young people, to help them to attain a sense of self-respect and responsibility, to aim for the highest they can achieve, and to give them every opportunity to become followers of Jesus Christ and positive contributors to their world. As leaders and helpers in 1st Sawston Brigades, will you pledge yourselves as leaders to promote these objects to the young people in your care? Your work as officers and helpers in the Brigades is not easy and will require a great deal from you. Will you be diligent in personal preparation and seek to equip yourselves in every possible way for this service?

The response was, again, "With God's help, we will."

At the end of the service, some of you may have heard the bell lyres and drum play a tune they have been working on. Our band is in the early stages of reforming, but Liz Sheridan is doing a great job at encouraging the musicians!

We are blessed with a great team of leaders, but as we grow, we are always on the lookout for more helpers, so please be in touch if you would like to find out more.

Thank you for your support in the work that Brigades does in the church, and I hope that young lives will be enriched by the activities for many years to come, with God's help!



**Lucy McGregor, Team Leader of 1<sup>st</sup> Sawston Girls' Brigade**  
**1stSawstonBrigades@sawstonfreechurch.org.uk**

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## Craft Group News.

I am very pleased to be able to tell you that our own SFC craft group has now restarted after a long break mainly due to Covid.

We meet fortnightly, as before on Mondays mornings but in Footprints cafe rather than the back hall of the church. It is light and warm and Angie and her colleagues have made us very welcome. At the time of writing we have met on 3 occasions and old members as well as new have joined us.



It made me very happy to see the joy there was at the first meeting as members met up again, greeted each other and caught up with news. Some had not seen each other for around 2 years.

If you would like to join us, there is a poster giving dates up to the end of November on the church notice board. Just come along to Footprints cafe about 10am with some craft work. Everyone buys their own tea/coffee at the counter so it is good for the cafe as well as those who get pleasure in being with friends for a chat.

If you would like any more information please give me a ring on 01223 473937.

**Yvonne Sparrow.**



## Thinking about a more eco-aware Christmas

Figures suggest an extra 30% of waste is generated over the festive period. Julian Kirby, Friends of the Earth lead plastic campaigner, said: "Christmas crackers come with excess packaging that can't always be recycled, as well as a lot of plastic toys that are immediately thrown away, so this is one festive product that you should think twice about." It is estimated that in the UK each year, more than 120 million crackers are pulled and then discarded.

Why not make your own crackers this year? Here's how to do it!



1 Cut a piece of wrapping paper to the length of three cardboard rolls, and wide enough to wrap around once. Glue a cracker snap down the centre of the paper lengthwise.



2 Place three cardboard rolls on the paper end to end, and put a line of glue on top of the middle roll only. Then roll the paper around the three rolls to seal the paper in place.



3 It's time to fill your cracker! Fill the middle roll with whatever you like: sweets, paper hats, or a positive personalised message.



4 Now seal your cracker. First move one of the end rolls so it sticks out of the wrapping paper by about 2cm.



5 Next, twist the tube sticking out and the middle tube away from one another, so that the paper between the two tubes twists and collapses in on itself. Tie a ribbon around the twist, and remove the end tube. Do the same on the other side, and tie with another ribbon.



6 You've made your first cracker! Admire your work, take a photo and share it using #crafternoon on Facebook or Instagram.

### Crafty variations

Instead of using printed wrapping paper, create personalised crackers by decorating plain paper with the names for your Christmas guests by decorating each one with their name.

Toilet roll tubes can be sterilised by cooking them in the microwave for 10 seconds



## Prayer Is A Little Bit Like Sunbathing

Archbishop Rowan Williams on 'Pause for Thought'

Terry Wogan Radio 2

Tuesday 18 October 2005

Archbishop Rowan uses a surprising and yet helpful image to help understand prayer which I draw upon from time to time:

*I think it's really dangerous if you think you are an expert on this one. But it is something that people ask about from time to time and sometimes it's the surprising images that help people.*

*I think here about sunbathing. I'm not much of a one for sunbathing myself; too much lying around and I get fidgety and a bit guilty. But there is something about sunbathing I think that tells us more about what prayer is than any amount of religious jargon.*

*When you're lying on the beach or under the lamp, something is happening, something that has got nothing to do with how you feel or how hard you're trying. You're not going to get a better tan by screwing up your eyes and concentrating. You give the time, and that's it. All you have to do is turn up. And then things change, at their own pace. You just have to be there where the light can get at you.*

*Now people often get the impression that prayer is anxiously putting on your best clothes, and finding acceptable things to say in the right sort of language, generally getting your act together – oh, and concentrating, of course. But when in the Bible Jesus advises his friends about how to pray, he tells them not to worry about any of this. Just say, 'Father', he tells them. Just be confident that you're welcome as you would be at home. All you need to do is to be where the light can get at you – and in this case, the light of God's love.*

*So you give the time and let go of trying hard (and actually that's the really difficult bit). And God is there always. You don't need to fight for his attention or make yourself acceptable because he's glad to see you. And he'll make a difference while you're not watching, just by radiating who and what he is in your direction. All he asks is that you stay there with him for a bit, in the light. And for the rest, you just trust him to get on with it.*



## 50<sup>th</sup> Anniversary Service



It was joy to see our stage piled high with 57 shoe boxes on Sunday, destined to be collected on 31<sup>st</sup> October by the Blythwood charity and taken to Eastern European countries and Ukraine. Thank you to everyone who decorated a shoe box and filled them so generously with such love and thought. The boxes were filled with toiletries, hats, gloves, warm socks, pyjamas, tooth brushes and paste, underwear and scarves, shower gels and soaps, also with pens coloured pencils note pads, candles sweets and toys etc. The



Charity also add a Bible story book or a calendar with Bible verses for adults and a story book for the children. Our small team collected boxes from the congregation, our Brigades and friends from St. Mary's and will be distributed into Europe in time for Christmas to so many people who have so little. Thank you to all who gave to this wonderful 2022 appeal.

***Rosemary Livings and the team.***

## Budget Meal Plans to help with the Cost of Living Crisis

The BBC has engaged top chefs and nutrition experts to suggest weekly budget meal plans to help keep costs down. We haven't got the space to print the full lists of ingredients and instructions, but we have included the web-links where all the recipes and ingredient lists can be found.

The budget-friendly meal plans cover a week's worth of dinners for four adults, coming in at under £28 in total.

### **Family £1 recipe meal plan**

[https://www.bbc.co.uk/food/articles/budget\\_family\\_meal\\_plan\\_for\\_four](https://www.bbc.co.uk/food/articles/budget_family_meal_plan_for_four)

#### **Day 1: Beany quesadillas**

A Tex Mex-style supper in under 20 minutes, these cheesy chilli pockets are easy to assemble and bake quickly in the oven rather than one at a time in a pan (though you can follow the recipe tips to cook them on the hob if you prefer). Any leftovers can be eaten cold the next day or reheated in the microwave.

#### **Day 2: Easy roast chicken and vegetables**

A fast family roast with gravy that's designed to be economical but delicious. It's almost all cooked in one roasting tin in the oven, so you'll be saving washing up and using your hob less, too. If your roasting tin isn't large enough to hold the chicken and vegetables in a single layer, use two tins instead.

#### **Day 3: Creamy chicken and rice**

An easy risotto-style dish that uses cheaper long grain rice instead of short grain arborio rice. Add the stock all in one go at the beginning for a hands-off dinner that can cook while you get on with other things. Use leftover chicken from yesterday's roast and any frozen or cooked vegetables you like.

#### **Day 4: Egg and bacon hash**

Eggs and bacon make a great standby supper, but if you cook them with potatoes to make a hash they become a proper meal. This is a handy dish to cook if you have boiled or roast potatoes leftover from another meal.

#### **Day 5: One pan pasta bolognese**

A brilliantly easy one-pan budget bolognese that simmers at the same time as the pasta. Using lentils means you need less mince, which not only helps to cut costs but also reduces the dish's saturated fat and adds fibre.

#### **Day 6: Sticky sausage and potato traybake**

Sweet and sticky sausages with colourful roasted veg makes for a brilliant all-in-one traybake that the whole family will love. Use whichever sausages you prefer and choose your largest oven tray so that everything fits in and cooks evenly.

#### **Day 7: Tuna and sweetcorn pasta**

An easy family favourite that incorporates healthy fish within a tight budget. Use your favourite pasta shapes and feel free to add alternative frozen, fresh or tinned vegetables too.



## **Vegetarian family £1 recipe meal plan**

[https://www.bbc.co.uk/food/articles/budget\\_vegetarian\\_family\\_meal\\_plan\\_for\\_four](https://www.bbc.co.uk/food/articles/budget_vegetarian_family_meal_plan_for_four)

### **Day 1: Creamy mushroom pie and vegetables**

A veggie alternative to a Sunday roast, this flavoursome pie is surprisingly simple to rustle up. It makes the perfect centrepiece for a family meal and lends itself to being prepared ahead of time.

### **Day 2: Budget veggie bolognese**

This rich, family-friendly bolognese is packed with vegetables and lentils. Any leftovers keep well in the fridge for a couple of days and can be frozen too.

### **Day 3: Creamy pasta with broccoli and sweetcorn**

The perfect creamy pasta dish for busy weekdays, this meal goes from pan to plate in just 15 minutes. You can use any pasta shape you like here, so if you already have some in the cupboard just throw it in! The lemon zest adds freshness and zing, but you can leave it out if you prefer.

### **Day 4: Easy bean burgers with potato wedges**

A really easy and cheap way to make homemade veggie burgers. Serve them in toasted buns with potato wedges (which are normally cheaper as well as better for you than oven chips) and a quick dip.

### **Day 5: Easy veggie massaman curry**

A creamy vegetable and coconut curry that's great just on its own, or can be served with rice or flatbread for a more filling meal. Leftovers keep well in the fridge for a couple of days and can be reheated in the microwave.

### **Day 6: Simple veggie fajitas**

A simple supper for any night of the week which will go down well with all the family. This is a great recipe for using up any leftover vegetables you have in the fridge, as well as making the most of your spice cupboard (although a shop-bought spice blend is included in the cost if you need it).

### **Day 7: Veggie sausage and mash**

This veggie version of the classic comfort food dish is an easy supper for all the family. You can serve the sausages without the gravy for younger members of the group if you like, or turn it into a vegan meal by swapping the milk and butter for plant-based alternatives.

(With thanks to Phil)

## Oh What a Picture!

My first job, at 16, was as a photographic assistant. Developing films and printing and also doing enlargements, I loved it. My boss announced that the Queen was coming and he had been asked by the local paper to take photographs of the visit. He duly received his Press pass and had one for me too!

I borrowed a camera and with my Press pass I was allowed access to photograph not only the Queen but Prince Philip, Prince Charles and Princess Ann. Suffice to say I was nervous. I rushed ahead snapping as I went, when all of a sudden the camera jammed, horrors. I quickly rewound the film and opened up the back, it hadn't rewound, all ruined! Shaking, I put another film in and got it going. I ran as quickly as I could to catch them up, I started snapping furiously.

Back in the Lab I found I had:

- pin sharp pictures of the back of the Queen's hat
- the back of Princess Ann's hat
- the back of Prince Philip's head
- and the back of Prince Charles head!!!

Suffice to say, my pictures didn't make the front page.

I learnt two very good lessons that day:

1. Never use equipment for an important occasion without testing it first.
2. I didn't like invading someone's space,

I wouldn't like it done to me, so how could I do it to anyone else?

I continued with photography on an amateur basis after going into commerce. I did a lot of photography around Europe in 1972 and sold some pictures. But the knowledge I gained in photography, (developing films and printing) came in handy when I went into marketing and advertising and eventually into gift product development.

I wish I'd written to the Queen and told her of my fiasco, as she was apparently highly amused when things went wrong.

***Kate Leach***

### **SFC - Church Workday – November 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)





*(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.)*

Radio 4's programme 'Sunday' can make extremely good listening. I thought the edition of 23<sup>rd</sup> October 2022 particularly good. Its connecting theme was 'Forgiveness.' Three instances:

First, Ann Widdecombe, the former Minister of State, discussing the quality of the current British political debate. She remarked about its viciousness.

People are today judged and condemned on the basis of a single rash remark, she suggested. There is no opportunity to say, 'Well, perhaps I should not have said it like *that*. How would it be if I said it like *this* instead?' The upshot is that the best people, the most creative and inventive people, either say nothing or else venture something experimental, different or merely unfashionable only to get shot down in flames and dismissed. Expressing it theologically, Widdicombe (a former Anglican, now Roman Catholic) lamented the lack of forgiveness in modern social debate. She might have added 'compassion', 'generosity' and 'trust'. Instead of nuanced and constructive conversation, she thinks, we get a mindless slanging match of slogan-throwing and condemnation. Long ago, Karl Popper (1902–1994) remarked that experimental science advances by clarifying what is not true, more than what is true. Surely, more broadly, it is true that if we are not allowed to risk getting it wrong, we are not allowed to risk getting it right either? To be able to risk getting it wrong, we need a compassionate, generous, trusting and *forgiving* society.

Second, Martin Forde K.C. and his report commissioned by Sir Kier Starmer on the Labour Party's new programme of education and training, which is aimed at eliminating Anti-Semitism from the party:

Forde describes the programme as 'didactic, top-down, and one-dimensional.' It does not provide, he says, 'a space in which different issues, such as attitudes towards Israel, can be safely explored in a nuanced way' (Report: E9.2). At the heart of this are two words: 'Anti-Zionism' and 'Anti-Semitism.' I think it true to say that Jeremy Corbyn was expelled from the party for expressing 'Anti-Semitic' views. He would say that he is not anti-Semitic, but deeply anti-Zionist. Moreover, he would say, there is a significant body of Jews within the Labour Party (and beyond) who agree with him, most notably within '*Jewish Voice for Labour*', which advocates 'universal human rights and dignity; justice for all; freedom of expression; and democracy,' (see its website) and who see no conflict at all between advocating that Palestinians should have exactly the same legal rights in Israel as do Jews and that Israel should continue to be a predominately Jewish state. Forde says that the so-called 'education' programme isn't education at all. It merely rubber-stamps some remarks, and condemns others out of hand. Like Widdecombe, Forde is protesting that any truth-seeking organisation should foster rather than forbid a space that makes possible compassionate, generous, forgiving and nuanced conversation.

Third: IICSA – The Independent Inquiry into Child Sexual Abuse

This Inquiry was set up by the then Home Secretary, Theresa May, in 2014. It has now made its final recommendations, one of which says:

*'The Inquiry has concluded that mandatory reporting is required so that those who work with children in certain roles are under a legal duty to report child sexual abuse to the police or social services'* (Art. 69)

Clearly, a law making it a criminal offence not to report someone known to you to be a child-abuser would be a direct and fundamental challenge to the practice of personal confession held by the Roman Catholic Church at least since the Fourth Lateran Council (1215), and to those parts of the Church of England that follow suit.

According to the solicitor Richard Scorer, Cardinal Vincent Nichols accepted at the Inquiry both that there was no possibility of the Catholic Church abandoning the security of the confessional seal of utter confidentiality, and that 'there is a tension between the confessional seal and the interests of children.' (Radio 4 Sunday 23 Oct 22 03.12 min approx.).

Obviously, the Roman Catholic Church has its reasons for its unique practice of personal confession and its absolute seal. That countless Christians have thereby been blessed and set free to live good lives is undeniable. The pros and cons were argued at IICSA, and are all over the internet. I raise it here because it constitutes a third example, within a forty minute radio programme, of the centrality of Christian issues of forgiveness to the health of our society.

The first two examples seemed to say, in their different ways, 'For there to be healthy, nuanced, constructive and mutually beneficial conversation in our society, compassion, generosity and forgiveness are fundamentals to which we must go to great lengths to protect.'

The third example seems to raise a rather different issue: IICSA seems to be saying, 'In the interests of society, there comes a point at which the protection of an individual's freedom to speak comes into direct conflict with the protection of those for whom Christ cares most – the most vulnerable and innocent in our society.'

***Forgiveness and freedom – two fundamental, biblical, Christian values: How could anyone ever suppose that ours is a simple faith?***

## **Reflections Turn Again**

*“Draw near to God and he will draw near to you”. JAMES 4:8*

This is a law in the spiritual life. You must turn to me before you are conscious of my nearness. It is that turning to me you must cultivate in every circumstance. A glad turning of thankfulness, or a turning of weak appeal.

It is so wonderful that naught is needed but that mute appeal. You have no need to voice your longing. No need to plead, no need to bring gifts. How wonderful to feel you can so simply claim help, and so promptly, so lovingly, it is there.

Not only help, but comfort and joy of Divine nearness and companionship. A nearness that brings sweetness into life, and confidence, and peace.

Never fear, never lose heart. Draw near to me, and in that nearness is all you need. My Presence alone can transform conditions and lives - bring Harmony and Beauty, Peace and Love.

*Such comforting word - many blessing to you.   **Kate Leach***

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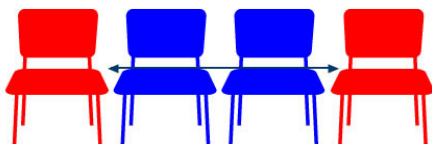
[contact@sawstonfreechurch.org.uk](mailto:contact@sawstonfreechurch.org.uk)

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

You can now join us in church,  
or from the comfort of your home using Zoom!

Email [secretary@sawstonfreechurch.org.uk](mailto:secretary@sawstonfreechurch.org.uk) for more details

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## 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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