

C O N T A C T

July 2025



Volume 66 - Issue 7
Sawston Free Church

Churches Services and Dates for Your Diary

SFC Services-(also available via zoom) SFC email: secretary@sawstonfreechurch.org.uk,

06 July	10.30am : Morning Worship – Paul Whittle 03.00pm : Messy Church
13 July	10.30am : Holy Communion – Deborah McVey
20 July	10.30am : Morning Worship – Songs of Praise led by the Elders Please contact Mary Simuyandi with your favourite hymns
27 July	10.30am :Go4th

Please Note: Our Minister Rev'd Phil Nevard is on Sabbatical

The closing date for **August** Contact is **Friday 18th** July

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to anne.nunn@btinternet.com**

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The monthly magazine of
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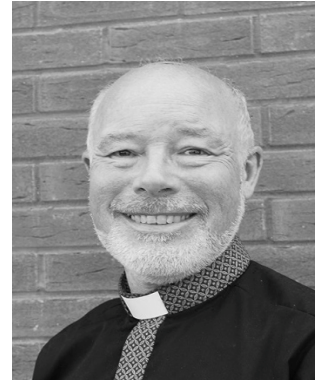
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Dear friends,

July is the season when everything seems to swell with life. Gardens are blooming. Fields are full. Even the weeds are exuberant.

There's a quiet joy in watching things grow—sunflowers leaning towards the light, tomatoes ripening on the vine. It takes time, patience, care. No plant can be rushed, and neither can we.



Jesus used growing things to talk about God's kingdom: mustard seeds, fig trees, wheat and weeds, vines and branches. Maybe that's because growth is one of the ways God still speaks to us—through the seasons, through the soil, through the long work of becoming.

Sometimes in church life, we get so focused on programmes and outcomes that we forget this truth: spiritual growth isn't something we can manufacture. It's something we tend. We can water, feed, prune. But God gives the increase.

So if you're feeling stuck or tired, let this season remind you: it's OK to grow slowly. It's OK to rest in the sun. It's OK if you can't see the results yet.

Trust the process. Trust the gardener.

And maybe, if you have time, wander into a garden, or just notice a single flower by the roadside. Pay attention. Something holy is happening in that small miracle of life.

A handwritten signature in black ink, appearing to read 'Phil Nevard', with a long horizontal line extending from the end of the signature.

Every Blessing,

Rev'd Phil Nevard
Phil

A Short Series On Prayer

Confession and Absolution – Telling the Truth

There's something brave about confession. To say, "I got it wrong" takes honesty—and hope. Hope that grace will meet us there.

Confession is never about shame. It's about being real with God. It's about laying down the burden of pretending and opening our hands to mercy. We say, "Lord, I missed the mark." And God says, "I know—and I love you still."

In worship, we confess together. I find comfort in that. We're not alone in our failures. We are human. And we are loved. After confession, we hear words of absolution—not because the minister is magic, but because we need to hear, out loud, that forgiveness is real.

Sometimes it helps to write things down. Sometimes it helps to speak them aloud. Always, God is ready to listen—not with judgment, but with healing.

****A question:****

What do I need to lay down before God today?

****A response:****

Tell God honestly what's on your heart. Then take a breath, and receive forgiveness.

Phil Nevard

A special 12-year-old who people feel “fortunate to be around” has been named the March recipient of the Lundie Memorial Award.

Abbie McGregor, who attends Sawston Free Church in Eastern Synod, initially began helping serving refreshments for the church’s holiday club and really enjoyed it.

Julie said Abbie’s kindness and caring nature shone through and naturally led to her embracing church life.



In particular, Abbie helps with junior church, leading games for the younger girls within Girls’ Brigade and assisting with Messy Church.

“I was so surprised about winning, but also excited about being chosen. I appreciate the recognition of my help, and I will continue to do so in the future,” said Abbie.

“A church community is a wonderful hub of kindness and compassion for all. Involving yourself in it is an amazing way to give back to the church and carry on the will of God.”

Abbie hopes to encourage others to get involved, especially those of a similar age to her. She was nominated by Julie Robinson, Sawston Free’s Junior Church Coordinator.

Julie said: “Abbie is one of those very special young people you feel so fortunate to be around.”

Each recipient of the Lundie award receives £100. Abbie is thinking about using hers to buy some youth Bibles to be used at Sunday morning church services.



Update on 1st Sawston Girls' Brigade and Boys' Brigade



On Tuesday 13th May 2025 we celebrated our annual awards, presided over by our Guest of Honour and ex GB captain, Julie Robinson.

Every young person that attends Girls' Brigade or Boys' Brigade received at least one award.

Boys' Brigade award one badge per year which represents all the elements of Boys Brigade values through their areas of Get Active, Get Into the Bible, Get Creative, Get Learning, Get Adventurous and Get Involved, whereas Girls' Brigade recognise skills learnt for every 6 weeks of badge work covering specific values.

This year the youngest girls (N:vestigators) have looked at their senses in the badge called Our Bodies, as well as a Friendship and Food badge involving cooking a variety of savoury and sweet food.



For the Awards evening, they prepared a quiz for the audience which was interactive, touchy, feely and smelly!

The Juniors, now called N:gage, worked to gain their badges on Trust, Courage and Sharing.

Each badge focuses on a Biblical figure and for their Courage badge, we looked at Paul and his missionary journeys, linking it with the World Day of Prayer and the Cook Islands.

We looked at the letters that Paul wrote to the early Christians and for our Awards evening, they told us about Paul's courage in sharing the love of Christ, encouraging and inspiring followers.

The Senior girls, now called N:Counta have worked hard this year to earn their badges of Girls' Brigade Values, Creativity and Entertaining.

For the Creativity badge, they made up and performed a worship dance following a visit from a dance leader from C3 church which they recorded and we watched at the Awards evening.

Not only that, they planned, prepared and cooked a 3 course vegetarian meal for parents and invited guests.

Helped by Mary Simuyandi and Sue Sisk, the menu included cocktails on arrival with canapés of smoked salmon or cucumber blennies.

The main course was butternut squash and lentil curry with rice, finished off with blondies and home made caramel fudge ice cream.

It was a delicious evening and the girls definitely earned their Entertaining badge.



The younger boys, Anchors, used the letters of Anchors to tell us about some of the activities they get up to on a Tuesday evening.

The Junior boys rose to the challenge of building a tent in just over 3 minutes which was impressive to say the least! Lots of teamwork involved to get the poles in the right place!

Julie Robinson shook each of the 30 youngsters hands when they received their badges and awards. After all of them had been handed out, she spoke about the skills gained by coming to Girls' Brigade and Boys' Brigade that will help them in many walks of life.

She recalled seeing the Girls' Brigade and Boys' Brigade band parading behind the armed forces at the recent commemorations of 80 years since VE day and demonstrated to the youngsters that they are part of an international organisation that they should be proud to belong to.

Rev Phil also added his congratulations to all the youngsters being awarded, and told us that there was a scroll that the Junior girls had missed - he produced a scroll that Paul had written and started reading it - in Greek!

Thankfully he translated it for us which is on the following page. It sums up how lucky we are to have leaders, families and youngsters who come each week to Brigades and fill the church building with laughter, learning and love.

Hopefully the message that God is for all of us and he loves each one of us will hold firm in many hearts.

If you want to know more about 1st Sawston Girls' Brigade or 1st Sawston Boy's Brigade, please contact Lucy McGregor or David Lloyd or send an email to 1stSawstonBrigades@sawstonfreechurch.org.uk

Songs of Praise service July 20th at 10.30.

This service will be led by you, the church, and we need your hymn requests to be sung at this service! Please let Lucy or myself know any requests by July 6th .

Also, if possible also tell us why you like your choice?

It will be a happy morning of praise.

Thank you, Mary.

A Letter from Paul to the Sawston 1st Brigades

Grace and peace to you from God our Father and the Lord Jesus Christ.

To the brilliant children, the faithful leaders Lucy and David, and all the amazing leaders and helpers at the Sawston 1st Brigades,

I thank God every time I hear about what you're up to. Word has reached me—even across the centuries—that you've been toasting marshmallows, learning to pitch tents, making pancakes and pizzas (which I've never tried, but sound marvellous), and practising games for your competitions. I even heard you managed a sleepover in the church. I hope no one snored too loudly!

You've also been learning about the Cook Islands and about St David. And you've made gifts for others, just as Jesus taught us to do—what a beautiful thing to give something away with love. Your band is sounding strong with all those cornets and drums. Just remember—make a joyful noise, even if it's not always in tune!

Children of Sawston, you are not just learning skills—you are growing in love, courage, and faith. I can see in you the same spark I saw in young Timothy, who was also part of a church family and learned about Jesus from those who loved him. Never think you are too young to show kindness, or to help someone, or to say a brave word of truth.

Hold onto the fun, but also hold onto what is good. Follow the example of your leaders, who are showing you what it means to walk the way of Jesus—not perfectly, but faithfully, with patience and joy.

Above all, know this: you are loved. Not just by your captains or your church, or your family but by the One who made you. Nothing you do can make God love you more, and nothing can make God love you less.

So keep building tents and friendships. Keep learning and laughing. Keep looking out for one another. And keep your eyes open for the God who is always with you—at camp, at church, and even while having to tidy up!

The grace of our Lord Jesus be with you all.

Paul, servant of Christ

As I see it ...

by Mike Wilson

Wesley House – Mk 3

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

On Saturday 21st June, Margaret and I attended the last public occasion at Wesley House, the Methodist College on Jesus Lane. In October, the House will re-open at its new location, a rented commercial office suite on Castle Mound. The worship was strong, confident, and joyful. We praised God for all that is past, and proclaimed our trust in all that is to come.

The House was funded and founded in the 1920s by Michael Gutteridge and his friends, whose vision was for the (then) Wesleyan Methodist Church to have a cadre of ministers trained to the highest academic standards at what he regarded as the centre of the secular world's intellectual attack on the Christian religion – the University of Cambridge. His vision was that thereby the Wesleyans would have voices able to stand up to all the secular world could throw at them. It also put the Wesleyans shoulder to shoulder with the Church of England and the Presbyterians, who already had colleges in Cambridge. A very cramped site was purchased from Jesus College, with Jesus College retaining a first-interest should the site ever go back on the market.

Wesley House was from the start anti-elitist. Its' alumni went where every Methodist minister went, to rich and poor alike, and to every corner of Britain and the world. Among them was Margaret's father, Paul Jefferies, who went out to China in 1942, and was pitched into first the war with Japan and then the Chinese Revolutionary War. His name is still revered in Hunan. He is one of many.

For all its noble vision, it has to be admitted that Wesley House was also something of a vanity project. It was built to mimic the Cambridge style. As a building, it was cold and, for all the high-quality materials used, it was grossly inefficient and expensive to maintain. In addition, putting students through the Cambridge degree system was (and is) extremely expensive. Thus some fifteen years ago a cash-strapped Methodist Church decided that it could no longer afford to use Cambridge as an initial training college, and withdrew all its students.

The college trustees decided to re-envisage the Gutteridge vision for the modern age. Having no money except the building itself, they sold the entire site back to Jesus College, and then took a 100-year lease-back on a peppercorn rent on one third of the site, together with a hefty cash component, which they spent mainly on adapting what they were left with into the present college.

The new international post-graduate college for the promotion of Wesleyan Theology did very well. Students came from all over the world for residential courses, some to do doctoral degrees, and all to study how Wesleyan insights could assist their home churches apply the Christian faith for the healing of their modern context. Often these contexts were tragic, even violent. To sit listening to these wonderful women and men talking about home at community evening meals was both thrilling and humbling. Throughout this period, two trends emerged: the numbers of students on-line grew steadily together with the number of courses being delivered online, and Wesley staff increasingly jetted around the world to

deliver Wesley House courses in universities and seminaries around the world – but primarily in the USA and various African countries.

Then came Covid. Covid changed *everything* - not just for Wesley House, and not just for every theological training college in the world, but for every college and university around the world. Indeed, as the world emerged from Covid, it became clear that, world-wide, just about everything to do with how we human beings associate with each other had changed - from the simple task of shopping, onwards. In education, it is thought that over one hundred universities in Britain are currently drastically restructuring in a bid to avoid bankruptcy. (The professor from Washington whom I sat next to last Saturday told me that it is exactly the same in the USA.) For Wesley House, it became clear that we had built a fine college to do a wonderful job for us, but that the job it was built to do no longer existed. The Wesley House Trustees faced exactly the same issues as everyone else – empty premises, no students in residence, no income from rentals, and bankruptcy.

Believing that the current situation could only get worse rather than better, the Trustees decided that the sooner they made their decision the better. They realised that what was killing them wasn't the cost of delivering the courses, but the cost of maintaining the building. (How many congregations struggle week-in week-out with the fact that their building is killing them?) Accordingly, they operated the buy-back clause built into the lease from Jesus College, pocketed a considerable sum of money, and rented cheap (by Cambridge standards) efficient office accommodation into which they will move over the summer in time to open for business in October. When they have conferences to host, they will rent from the colleges round about. When they have students in residence, they will rent accommodation for them on the market. And when they don't, they will continue to deliver their courses on-line, around the country, and around the world.

Why stay in Cambridge when almost anywhere else would be cheaper? Partly because Michael Gutteridge's bequest, which still governs the college, is for it to be 'within the confines of the University of Cambridge.' But far more importantly, the House is still part of the Cambridge Theological Federation, which is a massively influential and important body for debate within and beyond the ecumenical church. Also, the House still has its relationship with the University as an affiliated college, and still contributes to, and can give its students access to, all the thrilling, influential debate (especially in the inter-faith understanding) that goes on there. And thirdly, as we were advised by a management consultant fifteen years ago when deciding whether and how it might be possible to stay in business, 'Cambridge is the biggest selling point you have.'

Today, the House has more students than ever before. Most of them will, in all probability, never come to Cambridge. That is the modern world. But, they will have 'Cambridge' on their CVs, which will help them professionally, and, far more importantly, they will have been fashioned in the vigorous, biblical, reconciling, liberal, peace-making and generous Wesleyan theology that the House has always taught.

As I type this out (late again!) for our amazingly patient editor, I have at the back of my mind the word of Jesus that I shall preach on next Sunday (29th June): Luke 9:62, 'No-one who puts a hand to the plough and ploughs looking backwards is fit for the kingdom of God.'

God Calling

For those who are new to 'Contact' I would like to let you know where 'God Calling' came from.

Many years ago my dear Aunty Mable (always known as Mabs) gave me a well worn copy of 'God Calling' and of course I thanked her for it. I didn't realise at the time how much I would rely on it and how much I would value it, to this day. It eventually fell to pieces.

While visiting my parents I came across a Christian book shop and asked the assistant, "if by chance she knew how I could get another copy of this wonderful little book." "Yes", she said. "How many would you like?"

I bought quite a few and gave them to friends. Now, you can buy it on Amazon! It was written by two woman who wished to remain anonymous, only to be called "two listeners". A J Russell had it published many years ago and it continues to be reprinted. ISBN 978-1-55748-110-8 PS:

It was my dear Aunty Mabs who told me about Jesus when I was little and sparked my Christian journey, I adored her and she lived to 99, just a few months short of 100!

This month I thought you might like the 6th June piece.

How Men See Me

I came to help a world. And according to the varying needs of each so does each man see Me.

It is not necessary that you see Me as others see Me—the world, even the Church,

My disciples, My followers, but it is necessary that you see Me, each of you, as supplying all that you personally need.

The weak need My strength. The strong need My tenderness.

The tempted and fallen need My salvation. The righteous need My pity for sinners.

The lonely need a friend. The fighters need a leader.

No man could be all these to men—only a God could be.

In each of these relations of Mine to man you must see the God.

The God-Friend, the God-Leader, the God-Saviour.

=====

Kate

1 Timothy Study part 2 – Living the Gospel in Daily Life (Phil Nevard)

In chapter 2, Paul moves from the big picture to everyday life. His first instruction is simple but powerful: “First of all, then, I urge that supplications, prayers, intercessions, and thanksgivings be made for everyone.”

This kind of praying shapes a community. It stretches our hearts beyond our own needs. And it places us in an attitude of peace—so that, as Paul says, we might live “a quiet and peaceable life in all godliness and dignity.”

There’s a practical holiness here. A call to be the kind of people whose faith is visible not through shouting, but through steadiness. Through prayer. Through kindness. Through quiet trust.

This chapter also contains verses that, for many, raise difficult questions about gender roles and leadership. It’s okay to wrestle with scripture. What’s important is to do so with care, with humility, and with a heart tuned to the gospel of Jesus—who honoured women, welcomed outsiders, and overturned assumptions.

Let’s not miss the thread running through the whole chapter: God “desires everyone to be saved and to come to the knowledge of the truth.” Our task, then, is not to create barriers, but to build bridges.

Faith lived out is not just a Sunday matter. It shows up in how we speak, how we treat others, how we pray, how we carry ourselves in the ordinary moments.

****Reflection question:****

Where is God calling you to practise quiet faithfulness in your everyday life?

****Simple response:****

Choose one person or place to pray for every day this week.

SFC - Church Workday – July 12th - 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)*



HOLIDAY CLUB 2025 – “THE CLUBHOUSE”

Tying in with the URC theme for the year, **All Are Welcome**, we are all invited into



The Clubhouse, a place where everyone is welcome, no matter who they are, where they come from, whether or not they know they already belong. Throughout the Bible we find stories of where God welcomes all into the family, into fellowship together. We will explore some of these stories while thinking about how we welcome others and how God welcomes us. So grab a beanbag or a chair, or a mat to lie on and come on in!

Please come along – **for end Reception through to Year 6**. Places must be booked in advance.

We are looking for volunteers to help out at Holiday Club.

We need volunteers to help set up on Monday 4th August and then help put things away afterwards on Friday 8th August early afternoon.

We need other volunteers to help with various other tasks – security and making refreshments.

We need volunteers to help with the children.

This is a really special Holiday Club. The resources, crafts, games, stories etc have already been designed by Nicola Grieves(United Reformed Church Eastern Synod Children and Youth Development Officer) and her colleagues. Nicola provides most of the resources needed and has a meeting with the volunteers every day before Holiday Club starts to guide them on the morning's varied activities. Nicola is so talented and skilled when working with children, and of course very professional.

Everyone loves her! She is great fun, smiles a lot, has a deep faith and knows the bible well. There's no need to worry about preparing beforehand – it's all done for you.

Volunteers gain a lot from Holiday Club – it's such a very rewarding experience getting to know the children and working with them. You may come away exhausted – but it's a nice exhausted and you will treasure the experience.

More information on the theme can be found at <https://urc.org.uk/your-faith/children-young-people/children-youth-work/holiday-club-materials/> - select **The Clubhouse.**

And we ask for volunteers to PRAY for Holiday Club.

We need volunteers from our local churches in order to make Holiday Club happen. We really cannot do it without you. If you would like to know more, please ask Mary or Matthew.

And please let me know if you are interested in helping by 10 July.

Thank you!

Maggie Jones

Holiday Club Coordinator 07917 122913 maggiejones8207@gmail.com

Messy Church

We hosted a special Pentecost Messy Church in June and although it was the end of half term week we had five families attending. A lot of fun was had by all.



Matthew demonstrating wind mills



We made paper windmills, and baked scones with orange/red ingredients to advertise the fire of Pentecost.

We also matched greetings in different languages with their county's flags and put on a world map.



Saying prayers with children underneath

We used the parachute saying prayers and demonstrated the wind made from the parachute when the prayers were sent.

It was a great fun, afternoon. followed by a yummy tea

Savoury muffin bake-off

Do you fancy a savoury muffin bake-off? At Messy Church (1st July) our young guests under Lucy's guidance joined together to make a single batch of savoury muffins which they thoroughly enjoyed as part of their tea at the end of Messy Church. The following Sunday (Pentecost) at our bring-and-share lunch Matthew made Welsh rarebit muffins which seemed to go down well.

Below are the recipes that were used for both of these savoury muffins, so you can try them for yourselves.

Lucy's Messy Church Muffins (based on a recipe from Sarah Rossi):

- 250 g Self-raising flour
- 1 tsp Baking powder
- 1 tsp Salt
- 200 g Grated cheese
- 1 carrot (grated)
- 1 red pepper (deseeded and chopped)
- 2 Eggs, Beaten
- 100 ml Oil, Sunflower or vegetable
- 250 ml Milk, Semi-skimmed or whole milk

Preheat the oven to 200°C/400F fan, 220°C/425F or Gas Mark 7.

In a large bowl mix the dry ingredients including the cheese, carrot and red pepper.

In a separate bowl mix the wet ingredients.

Add the wet ingredients to the dry ingredients and mix until just combined, then put the mixture in 12 muffin cases in muffin trays. Bake for 20 to 25 minutes.

Matthew's Welsh Rarebit muffins (based on a BBC Good Food recipe):

- 225g self-raising flour
- 50g plain flour
- 1 tsp baking powder
- ½ level tsp bicarbonate of soda
- ¼ tsp salt
- 100g strong cheese, half grated, half cubed
- 90ml vegetable oil
- 150g Greek yogurt
- 125ml milk
- 1 egg
- 1 tbsp Worcestershire sauce
- 6 cherry tomatoes cut in half

Preheat the oven to 180°C fan, 200°C or Gas Mark 6.

In a large bowl mix the dry ingredients including the cheese but not the half tomatoes.

In a separate bowl mix the wet ingredients.

Add the wet ingredients to the dry ingredients and mix until just combined, then put the mixture in 12 muffin cases in muffin trays. Put half a cherry tomato on each muffin. Bake for 20 to 25 minutes.

In a proper bake-off, the judges should be able to see and taste the muffins at the same time. This might be a bit challenging on your own, but you could consider inviting someone else to make the muffins following the other recipe so you can judge them together. Alternatively I think that both of these muffins freeze well so you could make separate batches for the freezer and defrost some of each type for a proper comparison. **Enjoy!**

Our Christian Aid total raised for 2025 was £979.09.

A very Special thanks to everyone who helped in raising this enormous amount including the folk at St Mary's.

Thank you all so much.

Mary and the team.



SATURDAY
13TH SEPT
2025

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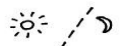
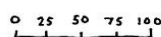
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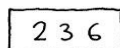
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The Footprints Café



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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