

CONTACT

August 2025



Volume 66 - Issue 8
Sawston Free Church

Churches Services and Dates for Your Diary

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

03 Aug	10.30am : Morning Worship – Jim Dalglish 03.00pm : Messy Church
10 Aug	10.30am : Holy Communion – Mike Wilson
17 Aug	10.30am : Morning Worship – Ann Barton
24 Aug	10.30am : Go4th
31 Aug	10.30am : Morning Worship – Penny Flynn

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

The closing date for **September** Contact is **Wednesday** 20th August

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to anne.nunn@btinternet.com**

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The monthly magazine of
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Dear friends,

August often brings a lull. Rotas are thinner. Groups take a break. The church calendar goes quiet. For some, it's a chance to catch their breath. For others, it's unsettling—not knowing what to do when things slow down.

But I wonder: what if that slowing is a gift?

We don't often think of rest as holy. But it is. In fact, God's people are commanded to rest. Sabbath wasn't a suggestion—it was part of the rhythm of life God built into creation itself.

In our world of constant productivity, we can start to believe our worth lies in what we achieve. But the Gospel reminds us: we are loved not for what we do, but simply because we are God's beloved.

This August, I invite you to practise the sacred art of doing less. Not out of laziness, but out of trust. Trust that the world won't fall apart without us. Trust that God is at work, even when we are still. Trust that space makes room for grace.

So whether you're travelling, resting at home, caring for grandchildren, or simply enjoying a cup of tea in the garden, I pray you'll know the quiet joy of God's presence.

And when we gather again in September, may we come not rushed and ragged, but rested and renewed.



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

Every Blessing,

Rev'd Phil Nevard
Phil

A Short Series On Prayer

Intercession – Holding Others in the Light (Phil Nevard)

Prayer doesn't always start with our own needs. Sometimes, our hearts are pulled outward—to a friend in pain, a news story that won't let us go, a neighbour who seems lost.

This is intercession: holding others before God. It's not about fixing their problems. It's about lifting them into God's care and saying, "Be near, Lord." It's love, spoken in prayer.

Intercession reminds us that the world doesn't revolve around us—and that we're all connected. When one hurts, we all feel it. When we pray, we become part of the healing.

Don't worry if your words feel clumsy. They don't need to be clever. You can light a candle, whisper a name, sit in silence. God knows. God sees.

Sometimes, as we pray, we're nudged to act—a call, a card, a kind gesture. That too is prayer. That too is love.

****A question:****

Who needs my prayer today?

****A response:****

Bring them to God now. Speak their name—or simply hold them in your heart.

Phil Nevard

Our Cans Will Help!

We now have a basket in the Church by the hatch to the Church kitchen. I have changed the site to make it more obvious.

Over the past few months the basket has not received many contributions. We are hoping that you will kindly donate tins of food that Terry and I will take to the John Huntingdon Charity in Sawston. They will distribute them to those who are in need.

There are various reasons why such problems arise and one may be that those children who receive free school meals in term time do not get them during the school holidays.

Suggestions for gifts are tins of fruit and vegetables, cereals, pasta, tea and coffee, also unused toiletry gifts, nappies, incontinent pads, and pet food.

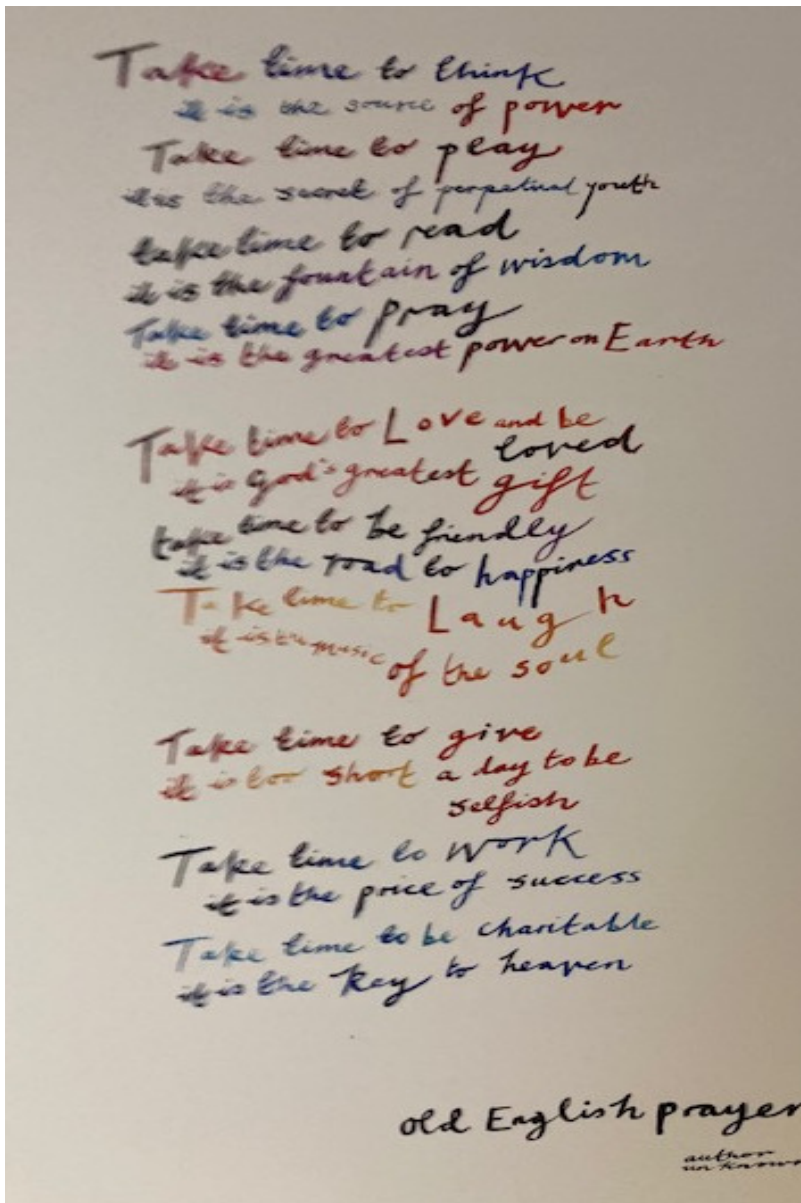
I hope that you will consider putting an extra item on your shopping list.

With many thanks

Beryl

What Is A Prayer?

The following prayer was displayed on the wall outside the chapel at Addenbrookes



Old English Prayer

Take time to think
It is the source of power
Take time to play
It is the source of perpetual youth
Take time to read
It is the fountain of wisdom
Take time to pray
It is the greatest power on Earth

Take time to love and be loved
It is God's greatest gift
Take time to be friendly
It is the road to happiness
Take time to laugh
It is the magic of the soul

Take time to give
It is too short a day to be selfish
Take time to work
It is the price of success
Take time to be charitable
It is the key to heaven

Author Unknown

With thanks to Mary Simuyandi

God Calling

Forget-Forgive

*Our Lord, we thank Thee for so much.
We bless Thee and praise Thy glorious name.*

Fill your world with Love and Laughter. Never mind what anguish lies behind you. Forget, Forgive, Love, and Laugh.

*Treat all as you would treat Me, with love and consideration.
Let nothing that others do to you alter your treatment of them.*

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Wise words. Many blessings to you all.

Kate Leach

Step by Step Guide Collecting stamps

Thank you for choosing to support Kidney Care UK by collecting used stamps. You've worked hard collecting the stamps, so we've kept it easy and free to send them to us, simply follow the steps below.



1. Collect your used stamps.
In fact, collect everyone's used stamps; from work or local businesses to those from your neighbours, family and friends.
Please note we do not accept any pre-printed or pre-paid stamps or labels (such as the large gold labels from the post office).



2. Please trim and separate your stamps.
Please trim your stamps to have a finger's width (or 1cm) of paper all the way around – and then separate into British or Foreign stamps (Channel Island and Isle of Man count as foreign)



There is a collection box for stamps and old / foreign notes and coins at the rear of the church.

Keep on collecting,
It makes a difference!

Thanks,
Pauline

Junior Church

Junior Church have continued to meet every Sunday morning, and we have explored themes such as God wants us to be kind, Trinity Sunday, encouraging each other, and learning more about the disciple Paul. Most weeks we do crafts and games along those themes. On Father's Day we learnt about God the Father as well as appreciating our own Dads, and the children made Father's Day cards.

We love the energy and enthusiasm of the children in our group, and it is a joy to teach them more about the love of God in our lives. We would welcome another couple of leaders or helpers to be on the rota. Please do consider lending us a hand and being part of the team, just let myself or our minister Phil know if this is something you feel able to do.

Please note that there will be no Junior Church during August, so that the leaders can have a well-deserved break, particularly as many children are also away during the school holidays.

We will resume on Sunday 7 September and the annual Junior Church Dedication of children and helpers will be the following week on 14 September.

The photo was taken on 20 July at the Songs of Praise service when our theme was Jesus is The Way, the Truth and The Life, and the children made their own mini signposts.



Julie Robinson

Junior Church Co-ordinator

julierob@outlook.com

As I see it ...

by Mike Wilson

Dissenters

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

The Lollards were very early English Dissenters who advocated personal piety (as opposed to observance of the disciplines and rituals of the Church) and advocated the distribution of Wycliffe's English-language Bible. They were deemed to be seditious, and persecuted.

Ella Al-Shamahi is a dissident. Wikipedia describes her as 'a British explorer, paleoanthropologist, evolutionary biologist, writer and stand-up comic.' The presenter of 'Humans', a current BBC series about the evolution of *homo sapiens*, she is formidably bright.

Born in Birmingham in 1980 of Yemeni Shia parents, Al-Shamahi grew up sharing the beliefs of her community. Fuelled by missionary zeal, she decided to study science in order to refute evolutionary theory and prove the Qur'an correct. Along the way, she accepted an arranged marriage. To her initial dismay, her studies transformed her.

In a long interview-article in the Guardian/Observer (04jul25), she describes the trauma of turning her back on much of her cultural and theological heritage, including creationism and her arranged marriage. It is heart-rending. Yet she remains a Muslim - faithful but dissident.

Al-Shamahi is also a faithful but dissenting scientist. She asks awkward questions of the scientific community. Why are there so few right-wing scientists, or deeply-devout religious scientists? Answer: Because they are not welcome. (Long ago, I deliberately did my PhD in a philosophy department rather than a theology department precisely because I relished the repeated question, 'What on earth is a Methodist minister doing here?') I don't think it is possible to deny that the dominant culture within the scientific community is liberal and anti-religious. The conventional assumption within science is that religion is irrational and incompatible with science, which, to those on the outside, is patent nonsense. There is a similar, more nuanced but equally significant, prejudice against right-wing politics. Donald Trump is very conscious of it. It lies behind his attack on Harvard.

It is often said that the basis of good government is a good opposition. (A wit once remarked that the Labour Party cannot fly without its left wing.) Al-Shamahi's point is that the scientific community *needs* people who passionately and coherently dissent from the majority view. Turfing dissenters out because they are not 'one of us' is disastrous.

I know an extremely intelligent Anglican priest who is (I think) my only close friend who doesn't believe that human activity is responsible for climate change. She draws my attention to recent archaeological discoveries of sophisticated societies that thrived in pre-Roman times in places where the ice-cap has now receded. She also reminds me that the Romans had vineyards around York. We were there before the ice, she says. We shall be there, afterwards. What goes around, comes around. No problem.

She is not wrong. She is right! And she is *very* annoying. She is the perfect dissident. Should I say, 'You cannot be my friend because you don't ignore the facts that I choose to ignore'?

To be a dissenting scientist is far from easy. To be a dissenting Shia Muslim is far from easy. To be a dissenting Jew is not easy. To be a dissenting Christian is not easy. Indeed, a dissenter all my life, I find the Church institution more intolerant to debate now than I have ever known it. There are too many issues that may no longer be discussed. It is unhealthy.

Jesus, I believe, was a faithful Jew. He was also a radically dissenting Jew. He's my guy.

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1 Timothy Study part 3 – Leading with Integrity (Phil Nevard)

Chapter 3 of 1 Timothy lays out qualifications for leaders in the church. But this isn't a checklist for the elite—it's a description of mature discipleship.

Paul speaks of qualities like gentleness, faithfulness in relationships, self-control, hospitality, and sincerity. These aren't flashy attributes. They're about character—the sort that is formed slowly, over time, through practice and prayer.

We need leaders who are steady, who are safe, who can be trusted. And we need communities that nurture these qualities, not just in a chosen few, but in all of us.

Paul is concerned with both behaviour and reputation—not to encourage pride, but to protect the community's witness. When leaders fall, it hurts more than just them. It shakes faith.

But there's hope here too. Because none of us live this out perfectly. We all depend on grace. And part of leading with integrity is knowing our limits, being honest about our flaws, and leaning on God.

This chapter is also a good reminder that leadership in the church is not about status. It's about service. About reflecting something of Christ—the true Shepherd—in how we care, how we speak, how we live.

****Reflection question:****

What qualities do you value most in the people you trust?

****Simple response:****

Pray for the leaders in your church today, and ask God to strengthen them in wisdom and love.

August Prayers



Please pray for the holiday club “The Clubhouse”. For the setting up on Monday 4th August and for all the children, leaders and helpers from Tuesday 5th to Friday 8th August.

Lord you have my heart
And I will search for yours
Jesus take my life and lead me on.

Lord you have my heart
And I will search for yours
Let me be to you a sacrifice.

And I will praise you Lord
I will praise you Lord
And I will sing of love come down
I will sing of love come down
And as you show your face
We'll see your glory here.

Martin James Smith

God of Mission
Who alone brings growth to your Church,
Send your Holy Spirit to give
Vision to our planning,
Wisdom to our actions,
Joy to our worship,
And power to our witness.
Help our church to grow in numbers.
In spiritual commitment to you,
And in service to our local community,
Through Jesus Christ our Lord.
Amen

ccl. 180039

Anne Pegram

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. Please contact Maggie Jones for further details.**

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.

Maggie Jones

Holiday Club Coordinator

07917 122913

maggiejones8207@gmail.com

50 Faces of the Holy Land



Exhibition in Ely Cathedral from 28th July – 10th August 2025

Previously displayed in the Houses of Parliament, the poignant and impactful “50 Faces of the Holy Land” exhibition showcases the resilience and faith of the Christian community of the Holy Land – traditionally defined as the area of Israel, Gaza, the West Bank and Jordan.

From the news unfolding in our media every day we see the daily suffering of our brothers and sisters; through the exhibition, Friends of the Holy Land seeks to raise awareness and support for its mission to help the Christian community in crisis.

To mark the 50 Faces of the Holy Land exhibition’s time in Ely, special prayers will be said at Evensong at the Cathedral at 5.30pm on Tuesday 29th July service attended by The Rt Revd Dagmar Winter, Acting Bishop of Ely. This reflective service will bring the local community of the Cathedral together, along with the wider community of Ely, to pray for peace. All are most welcome to attend.

The Evensong service will be followed by a simple reception where there will be an opportunity to speak with Brendan Metcalfe, CEO of Friends of the Holy Land who will provide an update on the life-changing projects supported by the charity as well as little reported news from his network of contacts in the Holy Land.

Tickets: Entry for services is free. At other times, entry to the exhibition is included with your Cathedral visitor ticket or pass. Visitor tickets can be purchased online in advance or on arrival on the day.

Please check for any changes to opening hours before visiting. The exhibition is in the Lady Chapel.

August Flower Rota

If you would like to be included on future months, please mention it to any of the Flower team who will arrange them for you. Of course we are always happy for anyone to arrange their own flowers just let us know.

The flowers will always be given away to someone in need of a Thank You or as support from the Church.

03 rd August	Rosemary Livings
10 th August	Rosemary Livings
17 th August	Julie Robinson
24 th August	Joan Jeffreys
31 st August	Wendy Hocken



Many thanks,

Rosemary Harriss, Rosemary Livings, Dawn Haughton, Vivien Ford .

***With Thanks to Inform Magazine - Methodists Churches in Royston,
Haslingfield and Orwell.***

From the Minister's Desk

Beloved Friends, this summer, we gathered in Telford for Conference 2025, not only to make decisions but to remember who we are and why we serve. We arrived carrying stories: of faithful witness, of painful struggle, of prophetic hope. Some stories came dressed in policy proposals. Others whispered through corridors, unspoken but present. This year, the theme guiding our collective life is as moving as it is challenging: "Our Story, Our Song."

We inducted the Revd Richard Andrew as President and Mr Matthew Forsyth as Vice-President of the Methodist Church. Their ministry among us has begun with depth, warmth, and honesty. But more than that, they have given us an invitation. Richard Andrew offered a phrase that has echoed through my spirit ever since: "Move at the speed of love."

On first hearing, it sounds lyrical, even gentle. But do not be mistaken, this is no soft comfort. It is a call to action, to set our rhythm not by institutional pace or convenience, but by the movement of compassion, justice, and grace. As someone who has been called to move, often across cultures, systems, and silences, I cannot hear that phrase without a holy interrogation rising in me. What does it mean to move at the speed of love when some of us have waited so long to be seen, to be believed, to belong? What does it mean to move at the speed of love when wounds are still raw, when the world is still wrestling with issues such as ableism, racism, exclusion, economic disparity, poverty, hunger, wars, conflict, ageism and many other -isms? Love, in its biblical fullness, is not passive, it liberates, it interrupts. It binds up wounds and breaks open unjust structures.

Matthew Forsyth spoke tenderly and prophetically about stories and the power of hearing those who have often been left out of the narrative. He reminded us that songs do not only rise from organs and hymnbooks. They rise from grief groups, community cafés, food banks, and church halls where children colour the Gospel in crayon. The Methodist Church has always been a singing people, but what if the Spirit is asking us to learn a new melody? One born in exile, in struggle or in joy that dances even with broken feet. Conference considered matters that touch every part of our shared life. We reflected on amongst other important issues, how we station our ministers, how we confer and discern together, not merely as a process, but as part of our threefold ministry of presbyters, deacons and the whole people of God. We asked hard questions about how we oversee, how we appoint into volunteer roles, and how we honour the trusteeship that undergirds our calling to serve the present age.

We considered finances and economic justice, naming the real pressures faced by local churches, and asking again what it means to hold our resources in common for the sake of mission. We opened sacred space to discuss childlessness and the choice to be child-free, a conversation long overdue in our pastoral and theological imagination. We reflected on our ways of working, our accountability, and the need for governance that does not merely

function but serves. As always, worship held us. The prayers were moving, the singing was glorious, that kind of singing that makes the floorboards ache with holy weight. For me, as for many, the reception into Full Connexion and the ordination services remain the epitome of our being, not just ceremonial acts, but declarations of faithfulness, witness, and hope. In those moments, I see not just individuals stepping forward, but a whole Church daring to say, "Here we are, Lord. Send us.

"So now we return to circuits, churches, chaplaincies, communities, and callings. We return with the charge to move at the speed of love, not love that waits forever, nor love that rushes past pain, but love that holds, lifts, and dares to act. We return to listen for stories long silenced, to sing new songs born of truth, and to be willing to let our structures bend toward justice. Perhaps, just perhaps, we return to write a new verse of the Methodist song, one where every voice finds space, every story is held with dignity, and where our worship rises not only from our lips but from the way we live together in Christ. This is our story. This is our song. We will sing it, not alone, not unchanged, but together, in hope and in justice.

As we move through August, I pray that each one of us finds time to rest, to rejuvenate, and to renew. Whether you are travelling, serving, grieving or simply catching your breath, may you know the Spirit's quiet presence holding you. May your story be honoured. May your song be heard, and may you remember, even in rest, to move at the speed of love.

***With grace and strength,
Reverend Charity Tozivepi-Nzegwu***

=====

He Is Alive

Doubting despairing, they all walked away
Their dreams were in tatters, nothing to say.
The man who they'd followed, the man they'd believed
Was hung on a cross as some of them grieved.

The dreams he had painted of a kingdom on high
Where illness was banished and no babies cry
Were gone like the mist in the sun's warming rays
But Oh what a difference occurred in three days

A tomb that was empty, a faith born to thrive
As elated disciples shout "He is alive"
He walked by their side, repainted their dreams
There's nothing he can't do, or that's how it seems

And now this same Saviour an invite imparts
To walk alongside us and live in our hearts
His cross stands there empty and helps us recall
That Jesus has risen and lives for us all.

Bob Hayzen

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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.

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