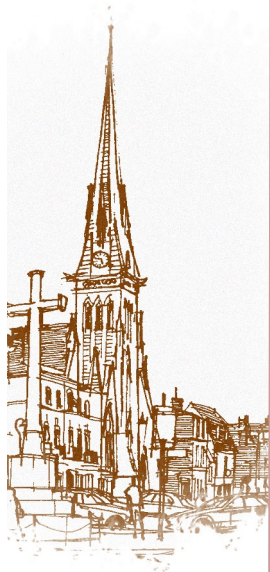


# January 2018

# Inspire



THE NEWSLETTER OF  
THE FREE CHURCH  
(UNITED REFORMED)  
SAINT IVES



## View from the Manse

Greetings of the New Year! What will the New Year hold for us? Who knows? What

will the weather be like for the rest of the winter? Will it be freezing cold, with snow and ice? Or, will it be mild and wet?

In December I thought that we might have a white Christmas this winter after the snow fall earlier in the month. But, we cannot predict the future. Nevertheless, it was a wonderful time and the Christmas services were lovely.

Life is like that. We don't know what is around the corner – and perhaps it is good that we do not know. Part of learning to trust in God, is to take each day as it comes, as a gift from God. To use it to achieve something, to enjoy company with family and friends, to serve others in some way and to acknowledge God, the source of life and love. If we will have hardships and difficulties, such as illness or bereavement, we pray that God will help us through them; if there will be joys and fun times, such as a wedding, an anniversary or a new birth, then we may celebrate and enjoy the happy surprises, and give thanks to God for them.

And there is opportunity to do new things and to continue to learn And there is opportunity to do new things and to continue to learn and to develop new habits of life.



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**Deadline for February 2018  
Inspire  
is Sunday 21st January**

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*Copy preferably by email please to  
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In January we join with our fellow Christians to worship together in the Week of Prayer for Christian Unity. Throughout the 18<sup>th</sup> to 25<sup>th</sup> of January at 10 am each morning in different churches around the town we pray and share with each other. On the 9<sup>th</sup> of January from 9 am to 3 pm Churches Together have our pop-up church in the Market Place – you are welcome to come along and be a Christian presence in our town.

Jesus learned obedience through challenges as he grew up, in preparation for the ministry he was to offer. We grow in our discipleship of Christ as we follow him throughout the various stages and ages of life. We learn how to respond in different situations as we experience them. We learn how to be patient, when we must wait; we learn to be calm when times are stressful; we learn how to bring peace when others are being angry and aggressive; we learn forbearance as we endure difficulties. We may experience pleasure; we may experience pain, but we can find courage to face the adventure of life in the security of the knowledge that God loves us and is with us. One of the most common thing that Angels or messengers of God say to people in the Bible is: 'Fear not.'

The poem below expresses this beautifully:

*I said to the man who stood at the gate of the year, 'Give me a light that I may tread safely into the unknown.' And he replied. 'Go out into the darkness and put your hand into the hand of God. That shall be to you better than light and safer than a known way!' So, I went forth and finding the hand of God, trod gladly into the night. And he led me towards the hills and the breaking of day in the lone East.*  
Minnie Louise Harkins 1875-1957

Let's go forward into the new year with hope and expectancy to see what God will do amongst and through us.

Happy New Year,  
Love and Peace,  
Catherine

## WARMER DOWN UNDER!!

Knowing that we had been fortunate enough to take a trip to Australia during November, Val asked me for a couple of "sunny pictures " to brighten up this edition of Inspire.

AWAY FROM IT ALL



Possibly more interesting is to think of what we take or leave from our travels, locally or to far flung places.



We found this sculpture in the Gardens by the Bay in Singapore.



Titled "La Famille de Voyageurs" (a travelling family) by the French sculptor Bruno Catalano, it depicts a family visiting the gardens before heading to the airport for their journey home. As they depart they take with them beautiful memories and leave a part of themselves behind. 'This piece with their dashed bodies and the deliberate lack of volume, invites you to mentally reconstruct the possibility of the human potential'.

Food for thought? Discuss!!  
**Barbara**

# Save Our Spire!

## SOS Concerts

On Saturday 2<sup>nd</sup> December, Michael Dale presented a programme of songs and arias from operas. Michael Dale, Shiona Cormack and Ami Walsh performed extracts from operas by Rossini, Saint-Saens and Mozart and songs by Brahms, Strauss and Britten. They were accompanied on the piano by Dr Kate Wishart. The concert was in aid of SOS and the 'Cambridge to Carnegie Hall Travelling Bursary.' Thank you to all who attended.



On Sunday 3<sup>rd</sup> December, over 60 people were treated to a Christmas themed programme of seasonal songs and carols beautifully performed by the Hemingford Ladies Choir. There were humorous readings by Daphne Meats and John Lowie. Solos were performed by Lindsay Benson. The choir was accompanied by Anna Aldous on the piano. Hemingford Ladies Choir also provided mince pies for refreshments. Donations received for this concert were for the Save Our Spire Appeal. The church would like to express sincere thanks for this wonderful gift for the spire appeal.

### FULL CIRCLE .....

At the beginning of 2017, we launched our programme for the year with a concert in January to start our fundraising events to come. And, of course, who else would step in to brighten the winter days was the Chamber Orchestra of St Ives with a lovely concert and a full house.

And now the year is almost at an end and the team of Save Our Spire are delighted to bring you a another concert to wind up the year and the myriad of events that have been so well attended.

So, the next concert brought to you by the

### **Chamber Orchestra of St Ives Winter Concert Saturday 13th January 2018 at 7.00pm.**



Tickets are £8 for Adults and £5 For children from Just Sharing or [www.ticketsource.co.uk/eventsstives](http://www.ticketsource.co.uk/eventsstives)

Programme: Der Freischutz Overture - Weber  
Two English Idylls - Butterworth  
Tales from the Vienna Woods - Strauss  
Symphony No 6 'Pastoral' - Beethoven

So we have all come full circle to complete all the events of the planned programme. The SoS team would like to warmly thank all those who took part, donated and gave their time.

## From the Church Secretary

Happy New Year. Have you got your 2018 diary by now? I like to open up my new diary, to thumb through the pages and to begin to explore what might be possible in the New Year. I usually flick through my diary to find the key dates like the timing of Easter, when we have bank and school holidays, or to find the date of the Royal Wedding or the Cup Final! These often set the stage for the year ahead.

It is fun to dream about the year ahead and to remember the dates that have special and sentimental meanings in our lives.



Sometimes my diary can fill up faster than I want it to. Being involved often leads to filling out the days when we are on a rota (or several). Then there are the dates for our hobbies, clubs and societies and family commitments and our church activities.

I recently went to a conference on promoting our mental health and wellbeing. I came to realise that as the diary fills up, it is important to keep some time and space for our own quiet times and prayers and relaxation. To build some slack into our busy lives.

Mental wellbeing is important for healthy lifestyles. Have you ever considered that some of our church activities might bring positive health benefits? The medical literature shows that a number of things help to alleviate stress. I began to recognise that through our involvement in our church activities that we are accessing some of these positive benefits. Which of these do you recognise? Meditation and mindfulness, relaxation exercises, bodywork like Tai Chi and Yoga. Positive social contact with others. Smiling and laughter. And getting enough sleep.

Mental wellbeing can also be improved through a healthy diet and exercise as well as through mentally based approaches such as mindfulness, counselling and cognitive behavioural therapy. These are among the things that have been documented to help us alleviate stress.

In all this, it is important to appreciate the pastoral care that goes on through Tookeys and Just Sharing each day, as well as with our congregation. Older people can be more vulnerable to loneliness which brings an increased risk of depression. Alleviating loneliness can have benefits for both mental and physical health through promoting independence and reducing risk. There are now campaigns to reduce loneliness. NICE has even produced guidance on community engagement to improve health and wellbeing and reduce inequalities, which is worthy of a read (NICE Guidance 44, 2016). Much of what we do as part of our community engagement brings benefits to ourselves and to others.

So, I began to realise as I consider how best to fill up my 2018 diary, that it is good to leave some space and time for participating and enjoying these aspects of our church fellowship. Thanks to all our volunteers. Every blessing as you enter the New Year.

*Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and minds in Christ Jesus.*  
(Read more in Philippians 4:6-9) *Christine Macleod.*



## News from the Church Eco Group

### Date for your diary

February 18<sup>th</sup> 2018

A Pooled Lunch followed by a discussion on the ins and outs of Fracking.

We will be joined by **Clare Redfern, the Diocese of Ely Environment Co-ordinator**, also one of the editors of Green Christian magazine, and we hope her husband, Simon, will be able to come too. Simon is professor of Mineral Physics at the University of Cambridge, Department of Earth Sciences.

Clare has said "Climate change is now recognised by scientists as overwhelmingly caused by greenhouse gas emissions and linked to human activity. At the UN summit in Paris in Nov 2015, there were hopeful signs that the world's nations were beginning to agree on the need for collective action. This is a huge task, requiring us to learn together to respect and share the earth's limited resources, and develop renewable sources of energy. It demands a reordering of our priorities, and changes in our attitudes and behaviour. "

So we are looking forward to an interesting and informed debate on Fracking. More details in February Inspire.

### Straw Wars

After watching Autumnwatch on the BBC I was interested to find out more about the problem with plastic straws, which they mentioned.

I found that there is an ongoing petition asking Tesco to stop selling straws and start saving wildlife. Pubs are calling time on "wasteful" plastic drinking straws, which campaigners say are used only once yet take centuries to decompose. So is it time to refuse the straw and get used to sipping our drinks instead?

JD Wetherspoon is the latest pub to stop automatically putting straws in drinks, saying eco-friendly paper straws will be offered in its 900 pubs by the end of the year.

#### What's the problem with plastic straws?

Most straws are made from plastics such as polypropylene and polystyrene, which unless recycled take hundreds of years to decompose.

It means small plastic items like straws, coffee cup lids and plastic bottle tops are strewn in the ocean and on landfill sites - even though they may only have been used for the time it takes to finish a drink.

## Walking the Way - Eastern Synod Resources Roadshows - 2018

Led by: Revd Paul Whittle, Moderator, and Nicola Grieves, Children's and Youth Development Officer. All events starting at 7.30pm to 9pm. Further information from Nicola Grieves at Synod office on 01223 830770. Dates are firstly **9th January Tuesday 2018 - Whittlesford URC** and then .....

**11th January Thursday 2018 – Christ Church, Chelmsford**

**23rd January Tuesday 2018 – Ipswich Road, Norwich**

**30th January Tuesday 2018—St John's Ipswich**

## SURPRISE, SURPRISE!

What I thought was just a nice meal shared with the staff and cadet NCOs ended with surprise when it was announced that the NCOs wanted to give me a retirement present. This turned out to be a large cake, baked and decorated by Sergeant Rhiannon Davis-Day and Corporal Jade Daniels.

I am on record as saying that I don't know what I have done as an ATC Chaplain but I must have done something right to get this token of esteem.

Roy Muttram



## A FEW WORDS FROM FELICITY ....

Gilly and I set up COSI with the support and encouragement of Bill Mahood all those years back when our kids were small. As Mothers and Musicians, what we required was a local orchestra with a flexible rehearsal commitment. Bill offered the Church as a Home to the new venture, part of his mission to really bring the community into the church and encourage more music making within the church.

He showed great faith in me to facilitate some of this, for which I am very grateful. At the first rehearsal of the St Ives Chamber Orchestra, Andrew Lang (Double Bass) asked me if I wanted the group to be SICO or PSYCO for short - Oh Dear! I was slightly concerned about this when I

spoke with Bill the following morning he said "just call it Chamber Orchestra of St Ives COSI" - so much better!

I am personally very grateful for all the support and encouragement from the Church Members over the last twenty years or so and this is my chance to say a big thank you to you all.

I really will miss you all, however I am also excited to be starting the adventure of the next phase of life exploring pastures new.

I will do some musical visitations next year with COSI concerts in January and July.

Musical Love to you one and all  
Felicity Claire xxx



## A Welcome Return .....

to John Williams who will be coming back to us for our Meditation sessions in the Fenstanton URC church once again.

Last month, in the December issue of Inspire you may have found he put that into action for when he returns on Tuesday 9th January 2018 at 2.30pm.

Look out for further information and dates in the coming issues of Inspire.

Contact John on 01480 463117

### Church Activities

Mondays 19:00 Bowls Club

Wednesdays 10:00 -  
11.30 Tots & Carers  
Term time only  
Starts 10th January 2018

Tue 9th Jan 14:30 Meditation led  
by John Williams at Fenstanton

### Community Activities

Mondays 10:00 CRUSE

Tuesdays 20:00 St Ives Photographic  
Club

Wednesdays 14:00 Senior Citizens Club

Thursdays 09:45 Sunny Steps

THE SAINTS CRAFTERS  
ARE BACK FOR THEIR NEXT  
SEASON ON  
**SATURDAY**  
**3RD FEBRUARY**

ADMISSION IS FREE  
09.30AM TO 4.00PM

Wed 3rd Jan 11:00 U3A Current Affairs

Mon 8th Jan 13:30 U3A French

Fri 12th Jan 10:00 COPE

Sat 13th Jan 19:00 COSI Winter Concert

Tue 16th Jan 10:00 Alzheimer's Support  
Drop-In Cafe

Wed 17th 11:00 U3A Current Affairs  
Jan

Wed 17th 19:30 St Ives Gardening  
Club  
Jan

Fri 19th Jan 10:00 U3A Local History

Mon 22nd 13:30 U3A French  
Jan

Wed 31st 19:30 RSPB  
Jan

Thu 1st Feb 19:30 WI

Sat 3rd Feb 09:30 Saints Crafters Fair  
-  
16:30

Wed 7th Feb 11:00 U3A Current Affairs

**John and Ann Pike would like  
to thank all those who sent  
Christmas cards and wish  
them a happy and  
peaceful 2018.**

#### DEMENTIA FRIENDS CAFÉ

is on  
TUESDAY 16TH JANUARY 2018

DROP IN FROM  
10AM

ALZHEIMERS SUPPORT

#### PS: As At 29th Dec 2017

The latest figure on the SoS  
Totaliser SO FAR is

**£37,820**

This includes £220 raised from  
The Hobby Horse Boxing Day  
Hunt organised by the St Ives  
Town Team.

**Well done to everyone!!**

## Contacts

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### Flower Convenor

Margaret Cakebread 462726

### Eco Group Convenor

Mary Cox 300103

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Open 9am - 1pm Monday to Friday

**Room Bookings should be made through the Church Office**

*The Free Church is committed to the safeguarding of children and vulnerable adults.*

## Free Church Worship

### Chapel Prayers 10am Monday - Saturday

Sun 7th 11:00 Revd Dr Catherine Ball -  
Jan Holy Communion

Sun 11:00 Revd Derek Newton  
14th Jan

Sun 18:00 Josh Thomas  
14th Jan At Fenstanton URC

Sun 21st 11:00 Revd Roy Muttram  
Jan

Sun 11:00 Revd Dr Catherine Ball -  
28th Jan cafe style service: Dementia  
Friendly

Sun 4th 11:00 Revd Dr Catherine Ball -  
Feb Holy Communion



## Fenstanton Worship

Sun 7th 09:30 Revd Derek Newton  
Jan

Sun 14th 09:30 Revd Dr Catherine Ball -  
Jan Holy Communion

Sun 14th 18:00 Josh Thomas  
Jan Shared with St Ives URC

Sun 21st 09:30 Revd Dr Catherine Ball  
Jan and Parish Church

Sun 28th 09:30 Keith Cakebread  
Jan

Sun 4th 09:30 Revd Derek Newton  
Feb