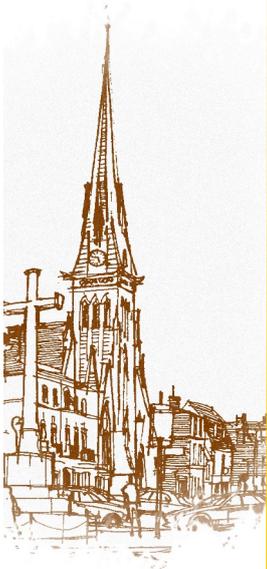


**August 2018**

# Inspire



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

## Prayer for Summer

**Creator of all, thank You for summer!  
Thank You for the warmth of the sun and the increased daylight.  
Thank You for the beauty I see all around me and for the opportunity to be outside and enjoy Your creation.  
Thank You for the increased time I have to be with my friends and family, and for the more casual pace of the summer season.**

**Draw me closer to You this summer.  
Teach me how I can pray no matter where I am or what I am doing.**

**Warm my soul with the awareness of Your presence, and light my path with Your Word and Counsel.**

**As I enjoy Your creation, create in me a pure heart and a hunger and a thirst for You.  
Amen.**

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## Inside August Inspire

- Page 1 Prayer for Summer
- Page 2 Farewell to Keith & Margaret  
Ken Woodham
- Page 3 From the Church  
Secretary  
SOS Lunchtime Concert
- Page 4 Fairtrade Foundation
- Page 5 Ordination of Josh Thomas  
Flower Volunteers Needed
- Page 6 Fenstanton URC Events
- Page 7 Tookey's Update  
Scone Baking  
Bank Holiday Snack Bar  
Thanks from Mavis  
Church Activities  
Community Activities  
Christian Aid
- Page 8 Contacts  
St Ives Worship  
Fenstanton Worship

**Publication Date  
for September  
Inspire will be  
Sunday 2nd  
September**

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*Copy preferably by email please to  
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## Farewell to Keith and Margaret

On the 1<sup>st</sup> July Keith and Margaret Cakebread were presented with a bouquet of flowers and a gift from Just Sharing as a small token of the congregation's thanks for all they have contributed over the many years they have been part of our fellowship. Somehow, whenever there was a hole to fill, a Cakebread would pop up to fill the void, whether in Tookey's, in Just Sharing or covering in the office.

For many years Margaret worked tirelessly behind the scenes as one of our cleaners and our housekeeper, quietly tackling whatever was (sometimes literally) thrown her way. She also managed Tookey's and helped build it up to what it is today. Latterly her ministry was through the wonderful flower arrangements which she ensured greeted visitors and congregation each week and in her unstinting support of the Tots Group. Keith has been a much valued editor of Inspire and a meticulous proof-reader!



Keith and Margaret both served as elders for many years and so many people benefited from their generous hospitality and pastoral care, especially the elderly and housebound. Keith quietly supported the staff both in practical ways and with pastoral concern. Latterly we have greatly enjoyed and been up-lifted by Keith's leadership of worship and his preaching of the Word.

They have served in many other ways as well and they will be truly missed. We wish them every happiness and good health for the future.

## KEN WOODHAM: 1926-2018

Ken Woodham, aged 91, died on 26th June at his home in Cumbria. He and his wife Diane (now widowed) were members of The Free Church for many, many years, giving so much of their time and energy in its support.

He was one of identical twins, but his brother died in infancy. When Ken was 18, he was conscripted into the Royal Engineers and served in Germany during the immediate post-war period. There he witnessed firsthand the utter devastation wrought by the war as he became involved in the rebuilding of German infrastructure, including roads and bridges.

Ken was a gifted artist, and it seems that it was this talent—along with his experiences in Germany—that led him to study architecture on a very demanding course. On graduation he joined a group of young men and women whose desire was, literally, to build a better post-war world. To give you an idea of his dedication and professionalism, one of his early buildings is now Grade 2 listed!

In the late 1950s he met and married Diane, their marriage quickly growing into a very loving and exceptionally strong relationship. Children followed—Kate, Martin and Bob—to whom Ken was a devoted and proud father; even indulgent at times.

Ken was man of strong Christian convictions and when—in the late 1960s—he became self-employed, his faith was reflected in his work. Much of it was for not-for-profit housing associations, which provide an affordable entry into home ownership—particularly for young people. Another important aspect of Ken's architectural career was working for free. He designed an indoor swimming pool for his children's local school; and also project managed the build, participated in the construction and helped to raise the necessary funds! This was typical of other pro bono work over many years, including helping with alterations at The Free Church.

Retirement to Cumbria five years ago did not exactly slow Ken's zest for life. He became involved in the bridge group, bowls club, art group, men's supper group, Men in Sheds and the local school, all of which were represented at his memorial service on 10th July.

*"Well done, good and faithful servant!" [Matthew 25:21—NIV]*



## From the Church Secretary

Sport, sport and more sport seems to abound at this time of year. It is great to watch and even to take part, refreshing us physically and mentally. It is hard work to keep up to speed with all the rules of each game. But, it keeps the umpires busy. It is a time when lots of our church committees go into recess for the summer, freeing up time for other things. However, the church buildings are in constant use and over the summer we are taking steps to ensure that the church buildings are fit for purpose.



Last year the 'Exhibition of Users' reminded us of the many groups that hire our rooms and enjoy our facilities. We strive to keep our buildings as a safe and pleasant environment to meet and work in.

We have done a fire risk self-assessment and are taking professional advice over our findings during the summer. You will notice the new evacuation chair in the church and the posters about fire safety. The hot dry summer reminds us of the importance of this and making sure that all those who hire our halls know about fire exits and drills. We will be visiting user groups in the autumn to go over this. We are therefore updating our Health and Safety policies and folder.

The United Reformed Church has a Child Charter and at General Assembly shared a version of this rewritten with children's input. As safeguarding lead, I will be asking others about their views on this version. We have also approved our current policy for safeguarding children and vulnerable adults, and the policy is on the church website. We expect user groups to follow our policy, if they do not already have one of their own.

One contract for the telecommunications in the church will come to an end and a small group have been researching the options to improve communications in the building and better use of modern technology. The group has been meeting for several months now. We are still discussing the best options and doing feasibility studies. Let us know if you have ideas on how the building could be better used.

As before, our first aid boxes are on all the landings and replenished by our trained first aiders.

We still appreciate help from church members as volunteers for surge capacity during vacation periods for setting and dismantling the room setups for those who hire our facilities. Not all of us are able to do this physical work now, but we are working on improving how we communicate the need for room setup changes on a weekly basis between our staff in the office and the caretaker. Hopefully we can introduce electronic rotas. The room setups are on the bill board in the hall, asking for assurance that the setups are the way users want the chairs and tables set up. So although I have left the NHS there is still plenty "Health and Safety" for me as Church Secretary to consider. It is with the help of the caretaker and the governance provided by the Trustees that we try to ensure good prevention procedures are in place and acted on. Multiple checks go on in the building every week.

Thanks to all those whose skills we have drawn on for all these this important areas of work. If people feel that I have taken some people away from their normal duties to help us "bottom" some of these issues, I can but only apologise and hope that we will return to normal duties for all in the autumn. Let's celebrate the skills of our colleagues. We should be very thankful the different skill sets of others. That is what makes teams effective and productive. And when we feel the need to be umpires, let's be considerate of one another. *Christine Macleod*

## Save Our Spire Lunchtime Concert

The Phoenix Players of St Ives originally got together to play the quintets of Mozart and Brahms, but were having such fun playing together that they started investigating some of the little known works for clarinet and string quartet. On 6th July an enthusiastic and fortunate audience here at the Free Church was treated to a splendid concert given by this group, consisting of: Beverley Budd, Clarinet; Naomi Levedo & Ruth Burrows, Violin; Simon Watkin, Viola; Felicity Wrenwood, Cello. The imaginative and lively programme started with the Allegro from Weber's Clarinet Quintet, and although this is a well known work the Phoenix Players played with total freshness. Beverley's clarinet was a revelation, and the personal harmony within the group was very clear, their pleasure in playing being transmitted to the audience.

The cheerful Andantino from Busoni's Suite for Clarinet was beautifully played and very well appreciated. Coleridge Taylor's Allegro energico is not so well known: it made a lively and thoughtful addition to this wonderfully balanced programme. The Romberg was new to me, spellbinding as it surged off the pages. The concert ended with the final movement, the Rondo, of Weber's Quintet, the first movement of which we had heard at the beginning of the performance, a most positive end to a thoroughly joyous and rewarding concert.

This was the last of the year's concerts by the Phoenix Players, but I very much hope we shall have the privilege of further visits; we are indeed fortunate in St Ives to be able to call upon such talent from these committed musicians, and particularly thank those of the players who travel many miles to play for us.

Thank you very much for all the pleasure you have given us over the past years!

*Charlotte Jordan*

## From the Fairtrade Foundation



You probably know that Fairtrade wine is a thing. But did you know that Fairtrade wine from Lebanon is the thing? As in, flying off the shelves at around 500 Co-op stores?

### From Cannabis to Cabernet

Before the turn of the century, the fields of North Bekaa, a fertile valley between mountains, were known for illicit poppy and cannabis production, which came at great risk to growers who lived in violation of the law. Something needed to change.

Then in 2000, farmers in 11 villages established the Coteaux Heliopolis cooperative, replacing poppy and cannabis production with grapes for winemaking. With financial backing and logistical support from the French department of Oise, the farmers could establish a secure and stable livelihood by cultivating their new crop – the vines of Syrah, Cabernet Sauvignon, Tempranillo and Arinarnoa. Today, the cooperative's 250 farmers cultivate 240 hectares of vineyards, providing a sustainable livelihood for producers in the region.

### Opportunities for Refugees

The chance for producers to work in a legal supply chain – with stable prices and no risk of the authorities destroying their crops – has enabled Lebanese wine culture to blossom. Today, there are 50 Lebanese wine producers, compared with 14 in the early 2000s. But the benefits far outweigh mere dollars and cents (or the Lebanese pound). Coteaux Heliopolis promotes community cohesion between Muslims and Christians, and with more than one million Syrian refugees relocating to the Bekaa Valley, wine production has provided a valuable source of work for people eager to rebuild their lives. Lebanon itself endured a civil war between 1975 and 1990, when legendary winemaker Serge Hochar worked stoically to keep the industry alive, so the continued success of winemaking in Lebanon is a matter of pride to many. What's more, the transformation from cannabis to Cabernet Sauvignon has protected children from the potential harm caused by growing up around drugs.

### Organic, Vegan and Fairtrade



Today, the wine world is really beginning to pay attention. Pop down to the Co-op and pick up a bottle of Coteaux les Cèdres, the world's first Lebanese Fairtrade wine and a Coteaux Heliopolis favourite. This full-bodied wine –

the first in Lebanon and the Middle East to have both Fairtrade and Organic certifications – has the aroma of ripe strawberry and red cherry, a hint of rosemary and a touch of plum and nutmeg to finish. Oh, and not only is the wine organic, not only is it VEGAN, it's deliciously moreish, high-quality stuff. No wonder Coteaux les Cèdres made The Wine Merchant's Top 50 in 2013. And of course, it tastes all the sweeter knowing the first stock of Coteaux les Cèdres has already funded a fresh water tank to help address water shortages in remote parts of Lebanon.

The beauty of Fairtrade wine is that it caters to all tastes and budgets. Gone are the days when your pesky dinner party guest might pipe up and say, "Isn't Fairtrade wine expensive and tastes like vinegar?" That may have been true 14 years ago, but it certainly isn't today. Tesco have just launched a range of delicious and affordable Fairtrade wines, or for an extra couple of quid at Co-op you can pick up the high-end Coteaux les Cèdres in red or white (RRP £11.99).

## Ordination & Induction of Josh Thomas

In September 2017 the congregations of Fenstanton URC and The Free Church in St Ives welcomed Josh Thomas, Hannah and Isla as they joined us for Josh's final year as a Westminster College student. This final year's placement was under the supervision of Rev Dr Catherine Ball in the joint pastorate.

Josh enthusiastically and sensitively immersed himself in the life of both churches as he led Worship, a study group, participated at Weddings, Baptisms and Funerals and undertook pastoral visits. He even willingly attended and contributed to the many Elders and associated church meetings! And we mustn't forget Tots and Carers. Josh assured us that he found his time with us both helpful and enjoyable, and we certainly benefited from his presence.



It was therefore really good that twenty folk from St Ives and Fenstanton were able to travel to Hampshire recently to join in the celebration of Josh's Ordination and Induction to "Petersfield and Liss URC, with Beacon Church, Bordon". (Thank you for arranging the coach, Christine)

Saturday 30 June 2018 was a hot and sunny day; the Church in Petersfield was packed; the Service was a truly memorable occasion. The Wessex Synod Moderator, Rev Clare Dowling, led us through the Ordination and Induction of Josh with due solemnity and yet with a delightfully light touch. A real feeling of joy and promise was apparent.

The pastorate had been vacant when Josh and Hannah attended a family wedding there some two and half years ago. When the vacancy remained unfilled as Josh completed his training, it was, as several speakers mentioned "obviously meant to happen" - that is, that Josh would be led to Petersfield.

The service included a sermon from Catherine, the welcoming and laying-on of hands by a number of local ministers and church representatives and, of course, the formalities of Ordination and Induction. It was somehow very appropriate that Isla joined Josh for this part of the Service, surveying the congregation from his arms, as she had so often done in St Ives and Fenstanton.

The Church, although not large, has had a modern extension built and it was to this Church Family Centre that we all repaired for a wonderful Church Tea. We were all made to feel very welcome and did our best to be polite and take on the challenge of such a delicious spread. The Church Family Centre has a pleasant garden area adjacent – an ideal spot to eat, chat and enjoy both the occasion and the weather.

The day was very special and full of hope and anticipation. All our thoughts and prayers go with Josh, Hannah and Isla as they enter the next phase of their journey with and for Christ.

## Flower Volunteers Needed

A huge thank you to Margaret Cakebread for heading the small team of church flower arrangers over the years. Margaret will be greatly missed. I hope we will be able to follow her excellent example and keep our church looking attractive over the seasons for all those who come and use its facilities.

We do need more volunteers to help either with the large stands or small vases of flowers. Please contact me if you feel you can help. Any donations towards the cost of flowers are always welcome,

Valerie Temple 01480 466204



## Fenstanton United Reformed Church Activities & Events during September & October

### Hobbies, Crafts and Collections Saturday 15th September 10am - 4pm

On Show Outside:  
Vintage/Classic Cars & Tractors

In the Church will be:  
Knitting, Sewing, handmade Crafts & Jewellery, homemade Jams,  
Antique Dolls & Pram, Antique Bottles, Cards & Paper Craft

Pamper yourself with a hand massage  
Investigate your Family & Local History  
And lots more .....

Refreshments on sale

Entrance Fee is Just £1 and Children are free



## Fenstanton URC Harvest Weekend

**Our Harvest Celebrations this year will be on the 6<sup>th</sup> -7th October**

<b>Saturday 6th</b>	10am – 12noon	We will be decorating the Church, please come and help as many hands make light work!
	10am – 1pm	We will be collecting in old tools for Work Aid a charity that refurbishes them and sends them overseas. (See notice below)
	7pm – 9pm	The Bury and Ramsey Concert Band
<b>Sunday 7th</b>	9.30am	Church Service led by Rev Derek Newton We will be collecting the Sunshine Bags - these are small gingham bags to collect our pennies. A Penny a day when the sun shines for Church Funds. This has been going on for over 50 years, so let's keep it going!
	3pm	Song of Praise for Harvest with refreshments afterwards

## WORK AID

If you are sorting out your shed or workshop and have any tools surplus to your requirements please donate them to WORK AID. We are having a collection of these on Saturday 6<sup>th</sup> October at Fenstanton URC. Please bring them along between 10am—1pm. Thank you

**No electrical items please**

## Tookey's Update

We are currently looking for more volunteers to help in the coffee shop. At the moment we are short of 4 volunteers who used to work on Tuesdays and Saturdays. The working hours are 9:45am – 12:00 or 12:00 – 2:00 pm on both days.

Please contact Pat Clarke for further details on 01480 468886 or 07876354442.

## Scone Baking

Scones are baked in Tookey's kitchen. Volunteers currently work once a month on Tuesdays or Thursdays. We work in pairs, one weighs the ingredients and the other shapes them into scones and bakes them. When they are cooled, we pack them into bags of 4 and put them in the freezer. This can take an average of 2-3 hours depending on the amount needed.

At the moment I have no-one to work with and therefore need someone to do the baking. If you can help, please contact me on 01480 463117. Thank you.

*Mavis*

## Bank Holiday Snack Bar Monday, 27<sup>th</sup> August

We will be looking for volunteers to help at the snack bar. Even if you can only do an hour at lunch time it will be helpful so that others may have a lunch break. Look out for the list to sign on the landing table nearer the time.

Many thanks *Mavis*

## Church Activities

Wednes- days	10:00 - 11:30	Tots & Carers Term time only
Tues 14th Aug	14.30	Christian Meditation At Fenstanton URC Led by John Williams

## Community Activities

Mondays	10:00	CRUSE
Wednes- days	14:00	Senior Citizens Club
Thurs- days	09:30	Sunny Steps
Thu 2nd Aug	19:30	WI
Sat 4th Aug	09:30 - 16:00	Saints Crafters Fair
Fri 10th Aug	10:00	COPE
Sun 19th Aug	16:00	Michael Dale Thanksgiving Memorial Service
Tue 21st Aug	10:00	Alzheimer's Support Drop-In Cafe
Sat 25th Aug	09:00 - 17:00	Art Exhibition
Sun 26th Aug	13:00 - 15:00	Art Exhibition
Wed 5th Sep	11:00	U3A Current Affairs

## Thanks

A big thank you for all the prayers, visits, emails, cards and phone calls that I received after my recent hip operation. It was comforting to know that so many of you were thinking of me.

I am making good progress and now that the football and tennis have finished I look forward to getting back to work in Tookey's as soon as possible.

*Mavis*

## Date for your Diary

On Sunday 9th September  
Pam Richardson, Christian Aid's  
Cambridgeshire Regional  
Coordinator will be with us for our  
morning service at 11.00am



## Contacts

### Minister

Revd Dr. Catherine Ball 352058  
Mobile: 07714 081930

### Church Secretary

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Vacant

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### Freewill Offering Treasurer

Babs Moore 352627

### Resident Musician

Brian Lodde 354647

### Flower Convenor

Valerie Temple 466204

### Eco Group Convenor

Mary Cox 300103

### Chapel Prayer Coordinator

Gerry Swain 468053

### Tookey's Manager

Pat Clarke 468886

### Just Sharing Manager

Sue Billings 496570

### Asst Manager

Rosemarie Smith  
[justsharing@stivesfreechurch.org](mailto:justsharing@stivesfreechurch.org)

### Church Office 468535

[office@stivesfreechurch.org](mailto:office@stivesfreechurch.org)  
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

### Porch Chapel Prayers

10am

Monday—Saturday



Sun 5th Aug	11:00	Revd Dr Catherine Ball Holy Communion
Sun 12th Aug	11:00	Revd Roy Muttram
Tues 14th Aug	14.30	Christian Mediation at Fenstanton URC Led by John Williams
Sun 19th Aug	11:00	Revd Dr Catherine Ball
Sun 26th Aug	11:00	Revd Dr Catherine Ball Cafe Style Service
Sun 2nd Sep	11:00	Revd Dr Catherine Ball Holy Communion

## Fenstanton Worship

Sun 5th Aug	09:30	Revd Derek Newton
Sun 12th Aug	09:30	Revd Dr Catherine Ball - Holy Communion
Tues 14th Aug	14.30	Christian Meditation At Fenstanton URC Led by John Williams
Sun 19th Aug	09:30	Revd Dr Catherine Ball
Sun 26th Aug	09:30	Revd Roy Muttram
Sun 2nd Sep	09:30	Revd Derek Newton