

February & March 2019

Inspire



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

View from the Manse



Have you ever seen the moon in daytime? This week I was walking my dog after lunch and saw a nearly full moon bright as day in the full sunshine! A little ditty popped into my head that went something like this:

Day moon, winter sun
shining on the willow trees,
Day moon, winter sun
casting shadows long and lean,
You bring a golden gleam, giving
hints of spring to come

We have had such a mild winter so far, that already the snowdrops are out, and the green shoots of our hyacinth bulbs are pushing out of the ground. Even the starlings have already had babies, which makes me worry that we may still have a real cold spell yet!

In the church calendar we are entering Lent – a time of waiting and reflection as we prepare our hearts for Good Friday and Easter. I must confess I hate waiting; however, sometimes we need to be patient, for it is in the waiting - with expectancy and hope - that we learn and grow and find meaning.

This Lent I will be leading a course called 'Treasures and Baggage' by Clifford Owen, a retired priest helping out during the interregnum at Fenstanton Parish Church. We will be meeting, with the parish church people, at Fenstanton URC on Monday evenings 7.30 pm, throughout Lent. Friends from the Free Church are very welcome.

Cont'd over.....

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**Deadline for April/May
17th March.
Publication date 31st
March**

Inspire Editorial Team

Feb/Mar Editor
Christine Curtis ☎350787

Mary Anthony ☎469530
Val Bush ☎469189

Copy preferably by email please to
office@stivesfreechurch.org

As we wait for the warmth and light of spring and as we follow Jesus' journey toward Jerusalem where he gave his life for the world and conquered over evil and death, let us allow God's Spirit to lead us step-by-step so that we might learn something new about following his ways.

Our first Sunday in February is the Just Sharing 27th Anniversary Service in which we will be informed about Fairtrade Fortnight this year and hear how the shop is seeking in its own small way to bring fairer trade in the world. We then have a joint evening service with Fenstanton on the 10th of February and 10th of March where we can continue to share in fellowship together.

The Women's World Day of Prayer is to be held on Friday 8th of March at Sacred Heart Catholic Church this year and all – both men and women — are invited. Ash Wednesday Holy Communion is at the Free Church at 10 am prayers in the porch chapel. The Lent course follows on Monday evenings throughout March. We celebrate café-style worship on 24th February and 31st of March at the Free Church, which will be Mothering Sunday and a baptism. All families are welcome!

May spring bring us new life and hope.

Love in Christ

Catherine

A Course for Lent.....

“Treasures and Baggage”



**To be held at Fenstanton URC at 7:30pm
each Monday in Lent.**

Leader: Catherine Ball

**This is a joint event with Fenstanton
Parish Church, Fenstanton URC and
The Free Church.**



FUN WITH THE SUN

(H)OURS OF SUNSHINE

Six local homes, seven years ago
Considered what might 'convert' us,
We little knew the answer was:-
“Photovoltaic Inverters”

Panels for our roofs we brought
To harvest from the sun.
Not only would we 'save the world'
But also have some fun.

We formed this group of like-minded
souls
All kept in monthly touch.
We found these new exciting roles
Amused us very much.

Six in St Ives and two up north
Compared our times of sun.
We in the south had higher worth,
In money terms - not fun.

Each day we hope the sun will shine
And get our meters ticking.
If so it may be just be “a glass of wine”,
Or supper “finger-licking”.

But wait! Have we not lost the plot
And ignored the real true reason.
Of all the blessings we have got.
Linked to the sunny season!

MJB
Jan 2019

From the Church Secretary

Church Secretary Checklist

One month into the New Year! Are your New Year Resolutions still in play? In January, I managed to keep the resolution to return to running 5k regularly. Now at 48 minutes, I am much slower than others in my family, but it is still an achievement for me to celebrate.



Today, after church meeting, I ran into the range known as 'endurance training' and realised that **STAMINA** was what was needed in my Church Secretary Checklist for February and March.

S. Surveys are running to consider our Mission for the next 5 years. Please do respond to churchsecretary@stivesfreechurch.org with your ideas to contribute to our vision for 2025.

T. Timings and rotas. We get feedback to improve on the scheduling at our church buildings with multiple user groups and church groups: including checking the temperature; room setups; and clearing away for the next group. There is still a lot of rota awareness workouts to do here.

A. Answered prayers. Remembering to be thankful for what is already achieved and to pray constantly. Loving what we do.

M. Mission and Outreach. We are expecting to be called in for our Local Mission and Ministry Review (LMMR). The minister and I will facilitate the refresh of our 2012 Pastorate Profile.

I. Investing in people. Developing staff and volunteers is the duty of all employers. In February and March, we plan to have developmental appraisals for our staff. Some of the early feedback suggests that we could also do more to help the experience of our volunteers.

N. Nutrition. Living and working in St Ives and surrounds, it is great to have a ready supply of warm healthy meals on our premises. Cooking from the raw ingredients is something that we should all do more of for our health, and we can praise the cooks and helpers in Tookeys – and learn from them!

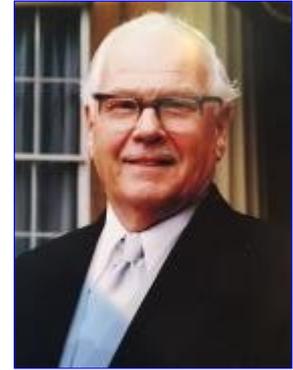
A. Automation. Improving communications is a constant theme. Thanks to Alan and others who are helping us to do this with faster broadband, better use of software and to the elders who distribute communications to our members. Nor forgetting the Inspire team, who keep us Inspired all year round. The magazine will now be bi-monthly but will continue to keep us informed, thanks to the work of our editors.

STAMINA. Let's all pull together to reach our goals in 2019.

Christine Macleod.

Remembering Allan Forrest..... 1925 – 2018.

Allan, who died just before Christmas, was born in Glasgow in 1925 but moved to New Barnet in London as a child. During the war he briefly lived back in Scotland but soon moved back to London where he continued his involvement in the local church and where he met Eileen, the love of his life!



Allan served in the RAF as a wireless operator during and after the war. When he was demobbed he had to decide what to do with life and decided that he wanted to be a miller, a decision he never regretted! He learned his craft “on the job” and by correspondence course. His first post as a mill manager was at St Neots. By now he and Eileen were married and the family grew rapidly with the arrival of their three little girls, Heather, Fiona and Lorna. Jobs in other mills followed and he became a tutor on the correspondence course, developing and encouraging others to develop the craft of milling. He even built his own “Midget” mill so he could refine his ideas and develop new techniques. He was key to the development of high quality wholemeal flour which is so popular nowadays. His last job brought them to Houghton in 1987 where he became Custodian at the famous National Trust mill. These were happy times and he and Eileen immersed themselves in village life, worshipping when they could at Houghton Chapel. He served as Treasurer of the Houghton Chapel Retreat Centre for many years. Throughout this time Allan continued to tutor people all over the world in the skills of milling and he was awarded the MBE in 1994 for his services to the milling industry. The photo above was taken at Buckingham Palace when he was presented with his medal.

When he finally “retired” they moved in to St Ives although he still passed on his knowledge to the new custodian at the mill; some of the artefacts on show there were donated by Allan. Now no longer working at weekends he and Eileen joined the Free Church and soon became very involved. They helped in Tookey’s regularly for 14 years, also stewarding, preparing communion and helping with the Lunch Club and Snack Bars. Their infectious good humour and genuine interest in everyone they met brought so much to these roles and to our fellowship here at the Free Church.

Allan was a true gentleman, someone of great humility and a much loved Member who will be truly missed. Our sincere condolences to Eileen and all the family.

C.A.C.

A message from Eileen:

"Eileen and her family are most grateful for all the cards of sympathy they have received since Allan died. We have found them to be a great comfort and encouragement, and we do thank you all so very much. We especially thank so many friends turning out on a cold wintry afternoon for the thanksgiving service at the church. You gave Allan such a joyful send off."

A View from the Pew

COUNT YOUR BLESSINGS – NAME THEM ONE BY ONE!

I was born just before the war in the East End of London to a mother aged only seventeen. My parents were very poor and produced 6 children in quick succession. By the time I was three I had two siblings. When the war started I was the first to be evacuated. This was to prove to be one of my first blessings.

Coming from a poor and unloving home I was transported to a Christian home full of love. I had new clothes for the first time in my life and I was known to swank in my lovely dress and white shoes and socks. It was at this time that I was introduced to the lovely Flower Fairy stories which I love to this day. I learned to love Sunday school. I was to live with them until I was 12. They are still my family and I have a war-time brother and sister.



I used to go to London for a week or two just to keep in touch with my family but my mother couldn't relate to me because I was too "posh". She was glad when I went back!

On one such visit when I was about 12 years old I went into the Methodist church for Sunday school. Stanley was the Sunday school superintendent. He was sixteen years old! He said that he knew from that moment that he would one day marry me....and he did...another big blessing!

I am sitting in my study about to do my singing exercises for the day ...another big blessing and I am reminded of all the wonderful gifts God has given to me. As some of you already know; I didn't realise that I had a good singing voice until I was in my seventies! I thank God and my dear friend Michael for this. Now I have a wonderful new interest in my life. What a wonderful gift I was given - and at such a late stage in my life!

He doesn't stop at one or two...He continues to bless us with gifts through every hour of every day.

In church, I look around me at the lovely faces of all my friends and realise how fortunate I am! God has blessed me with so many gifts. I couldn't begin to count them as there are so many and they come in so thick and fast from the time I awaken in the morning. when I hear the birds singing until I see the bright moon when I close my eyes at night ready for sleep. I thank the Lord for the music of life that we take so much for granted like the sound of someone laughing or we see a baby's smile.

***Give us wisdom to enter this day with good sounds,
tones and pitches and words that affirm, encourage, cherish,
our sounds affecting the world in a positive way.***

THANK GOD FOR HIS GREATEST GIFT OF ALL - JESUS CHRIST!

Rosemary Whiffen

Community Activities

| | | |
|--------------|------------------|--|
| Mondays | 10:00 | CRUSE |
| Tuesdays | 20:00 | St Ives Photographic Club |
| Wednesdays | 14:00 | Senior Citizens Club |
| Thursdays | 09:45 | Sunny Steps |
| Sat 2nd Feb | 09:30 - 15:30 | Saints Crafters Fair |
| Thu 7th Feb | 19:00 | WI |
| Fri 8th Feb | 10:00 | COPE |
| Tue 19th Feb | 10:00 | Alzheimer's Support Drop-In Cafe |
| Wed 20th Feb | 19:00 | St Ives Gardening Club |
| Sat 23rd Feb | 10:00 - 17:00 | St Ives Photographic Club presents Interprint |
| Wed 27th Feb | 19:30 | RSPB |
| Sat 2nd Mar | 09:30 - 15:30 | Saints Crafters Fair |
| Sun 3rd Mar | 14:30 | Deborah Biggs Music Tuition Charity Spring Concert |
| Thu 7th Mar | 19:30 | WI |
| Fri 8th Mar | 10:00 | COPE |
| Sat 16th Mar | 19:00 | Hemingford Ladies' Choir Concert |
| Tue 19th Mar | 10:00 | Alzheimer's Support Drop-In Cafe |
| Wed 20th Mar | 19:00 | St Ives Gardening Club |
| Wed 20th Mar | 19:30 | RSPB |
| Thu 4th Apr | 19:30 | WI |
| Sat 6th Apr | 09:30 - 15:30 | Saints Crafters Fair |

Church Activities

| | | |
|--------------------|------------------|--|
| Mondays | 19:00 | Bowls Club |
| Wednes- days | 10:00 - 11:30 | Tots & Carers Term time only |
| Mondays in Lent | 19:30 | "Treasures and Baggage" - Course for Lent at Fenstanton URC |
| Tues 12th Feb | 14:30 | Meditation at Fenstanton URC |
| Wed 27th Feb | 19:45 | Poetry Group in Tookey's |
| Fri 1st March | 11:00 | World Day of Prayer At Sacred Heart |
| Tues 5th March | 14:30 | Meditation at Fenstanton URC |
| Sun 17th March | 12:15 | Church meeting |
| Wed 27th March | 19:45 | Poetry Group in Tookey's |
| Fri 29th March | 19:00 | Quiz in Aid of Church Funds |

Christian Meditation at Fenstanton URC

This will take place as usual on the second Tuesday 12th February at 2:30 pm but please note that in March we will have to hold it a week early on **Tuesday 5th March** and not the 12th.

We will be using texts by Christian writers as well as from the Bible, with the usual preparation of quiet relaxation techniques. Meditation has been proved to help health, come along and try it, you will be most welcome.

Any questions you may have please telephone John on

01480 463117
or email jlec.williams44@yahoo.co.uk

Thank you,

John Williams.

Fenstanton Worship

| | | |
|-----------------|-------|--|
| Sun 3rd Feb | 09:30 | Revd Derek Newton |
| Sun 10th Feb | 09:30 | Revd Dr Catherine Ball - Holy Communion |
| | 18:00 | Revd Dr Catherine Ball |
| Sun 17th Feb | 09:30 | Revd Dr Catherine Ball |
| Sun 24th Feb | 09:30 | Keith Cakebread |
| Sun 3rd Mar | 09:30 | Revd Derek Newton |
| Sun 10th Mar | 09:30 | Revd Dr Catherine Ball - Holy Communion |
| | 18:00 | Dr Christine Macleod |
| Sun 17th Mar | 09:30 | Revd Dr Catherine Ball |
| Sun 24th Mar | 09:30 | Pauline Zahner |
| Sun 31st Mar | 09:30 | Revd Roy Muttram |
| Sun 7th Apr | 09:30 | Revd Derek Newton |

On Friday 1st March the ***World Day of Prayer***, "Come – Everything is Ready" written by the women of Slovenia will be held in the Sacred Heart Church at 11am. The Service is open to all women, men and children and is an ecumenical event so it is hoped that there will be representatives of the 7 Christian Churches who are members of CTSI, taking an active part in this Service.

Following the Service a Lenten Lunch of soup, bread and cheese will be served in the hall when a donation towards Winter Comfort will be requested.

The Communal Christmas Card raised the sum of £135 for Lesvos Solidarity, a Charity for Syrian Refugees. Next year I will endeavour to get the Card out earlier to be environmentally friendly.
Ann Pike.

Free Church Worship



Porch Chapel prayers 10am Mon—Sat

| | | |
|-----------------|-------|--|
| Sun 3rd Feb | 11:00 | Revd Dr Catherine Ball - Holy Communion Just Sharing Annual Service |
| Sun 10th Feb | 11:00 | Revd Peter Ball |
| | 18:00 | Revd Catherine Ball - Joint at Fenstanton |
| Sun 17th Feb | 11:00 | Revd Dr Catherine Ball |
| Sun 24th Feb | 11:00 | Revd Dr Catherine Ball Café Style |
| Sun 3rd Mar | 11:00 | Revd Dr Catherine Ball - Holy Communion |
| Wed 6th Mar | 10:00 | Revd Dr Catherine Ball - Holy Communion for Ash Wednesday |
| Sun 10th Mar | 11:00 | Revd Roy Muttram |
| | 18:00 | Dr Christine Macleod Joint at Fenstanton |
| Sun 17th Mar | 11:00 | Revd Dr Catherine Ball Followed by Church Meeting |
| Sun 24th Mar | 11:00 | Gerry Swain |
| Sun 31st Mar | 11:00 | Revd Dr Catherine Ball Café style & Baptism |
| Sun 7th Apr | 11:00 | Revd Dr Catherine Ball - Holy Communion |

Dear Friends,

Just a reminder that there is to be held "A Quiet Day for Lenten Reflections" at Little Gidding on Saturday April 6th.

There are 24 places and the cost would be £26. It is a lovely place and we are kindly cared for.

Please do contact Joey or Gerry or John W. if you would be interested. Quiet of course is not the same as silent!

Lent Collection for Traidcraft Exchange Suggested donation £1 per Sunday In the Traidcraft basket

As you will have heard Traidcraft, like many other businesses, has recently had a tough trading time. Traidcraft has decided to continue trading, but to reduce their range of goods. Over 8,000 artisans and producers stand to lose their jobs or experience a decline in their income as a result, with producers from India and Bangladesh among the worst affected.



To help their suppliers through this difficult time Traidcraft Exchange has made an appeal for funds. The February Church Meeting agreed to support this appeal with a collection through Lent, suggesting a donation of a £1 each Sunday. The first Sunday will be 15th March, and there will be a Traidcraft basket to receive donations at the back of the church.

Hand-embroidered card manufacturer Swajan, (above) based in Bangladesh, employs over 750 people, many of them women. Traidcraft Exchange said the company faces a 65 per cent fall in orders. 'For years artisans from poor and isolated regions have been able to sell to the UK fair trade market. Now that existing deals are coming to an abrupt end we owe it to them to cushion the blow and help them chart a new future,' said Kate Dixon, spokesperson for Traidcraft Exchange. 'Every supplier has different needs – some will need help finding alternative fair trade buyers and some will need short term direct financial support.'

Donations to the urgent producer appeal can also be made via the Traidcraft Exchange website www.traidcraft.org.uk/producers and over the phone at +44 (0)191 497 6445



Christian Aid Campaigns Roadshow

What: Campaigns workshop focused on Christian Aid's climate campaign, The Big Shift

When: Saturday 16th March, 2-5pm

Where: St Mary's Church, 1 New Road, Peterborough, PE1 1TT

Why: This is a brilliant opportunity to join others to learn, share and act.

There seemed to be plenty of bad news in 2018. Extreme weather, driven by climate change, hit every populated continent, killing, injuring and displacing millions and causing major economic damage costing billions of dollars.

The scientists of the Intergovernmental Panel on Climate Change provided yet more evidence at both the urgency of the climate situation, and the impacts we face if we do not respond. These impacts are already being felt in some of the poorest communities, so for Christian Aid; this is absolutely a matter of justice.

But the solutions do exist; we just need the prophetic imagination and political will to get us there. We need to come together and get powered up for climate justice.

We hope you'll join us at our campaigns roadshow events to learn more about the Big Shift, a campaign to stop the biggest banks funding climate change. And more importantly, to pray, reflect and plan how you and your community can respond. There'll be an opportunity to take action together.

The time is always right to do what is right.

The Bishops' Bench, otherwise known as "The House of Lords"!

In July of the year 1998, Hazel and I were to move into our retirement home provided for us by the URC in St. Ives. On previous exploration of town and Church we were pleased to discover that the minister was none other than Bill Mahood. We knew Bill very well from our shared time of training at Paton Congregational College in Nottingham in the 1960's.

The week before we were due to move we had a rather strange but welcome 'phone call from the Revd Ralph Ackroyd.(father of Helen). He was welcoming Hazel and me to the Free Church of St.Ives and as an addition to the "Bishops Bench". He went on to clarify just what this 'Bench' was. Already in the congregation there were five retired URC ministers in the church namely, Ralph, David Dale Cyril Franks, Stuart Jackman, and dear Roy Muttram who all, apparently sat in the same part of the church, and we would be joining this illustrious body of clergy.

So on to our first visit after the move to this lovely town. Of course we'd no idea where the particular area was in which the fraternal body sat and in some way we were rather shy of knowing or asking. So we came into the worship centre and just headed for the kind of place we like to sit together on the few occasions this had been possible up to this point of time. This for us was on the right as you enter and three or four rows from the front. Lo and behold we were in the midst of those Bill called the "Bishops Bench" without being aware of it!

And what wonderful fellowship we became blessed with in the ensuing years, later to be joined by David and Josie Viles, then Stan and Rosemary Whiffen, meeting twice a year as a group of Ministers and wives. Those of us who are still around still meet twice a year at the Manse by kind invitation of Catherine, joined by one or two other friends involved in ministry of some kind. A very welcoming and happy beginning for Hazel and myself continues at the Free Church to this day. Praise the Lord!

Yours in Christian fellowship, Derek Newton.

The Porch Chapel Doors

Having spent several months deliberating about the Porch Chapel doors, it was decided in December that we should proceed with inserting a glazed panel in each leaf. Who would undertake this quite difficult and delicate task? Fortunately, we were led to Michael Palmer, whose joinery skills and craftsmanship have produced the excellent result now to be seen. Thank you Michael - who is seen in this photograph putting the final touches to our 'see-through' Chapel doors. SD



**Our grateful thanks
to the anonymous
donor who made
this work possible!**





Israel and occupied Palestinian territory

A chance to be themselves

The YMCA's family intervention work is one of the programmes funded by Christian Aid. Weekend camps are organised at their centre in Beit Sahour, near Bethlehem in the West Bank, bringing together counsellors, trainers, young boys who have faced imprisonment and their families for team building. They take part in fun games designed to create team spirit and confidence as well as developing leadership skills. Tree stumps, set in the grounds of the buildings in Beit Sahour, are used for balancing and team spirit building while the swimming pool and adjoining hard area amenities encourage sporting activity. Many of these young boys, especially those from the refugee camps, have not had the luxury of being able to play sports because open spaces and facilities are non-existent in the camps and limited or of poor quality in the West Bank.

Twice yearly away days are also arranged for the wives, mothers and sisters involved with those needing counselling. These days away are vital to the women as they provide them with a safe and secure environment with the chance to meet others in the same situation. Swimming in the onsite pool is always the highlight, with laughter filling the air as stress is released and problems shared. Many of the women struggle to understand the changes in their children after time in jail and want to keep them safe. However the young men want to be out with friends and this causes friction. The women know this may lead to more trouble and arrests and so continually worry. It is often the women who will keep a family going when husbands or sons are in jail.

So for the young men and their families these away days are a chance to recoup, refresh and revitalise as they continue to live with the difficulties experienced as a result of the Israeli occupation.

Image:

[YMCA swimming pool at the Beit Sahour centre which is used as part of their family intervention work](#)

Join us for a

QUIZ

**In aid of church funds
Friday 29th March
7 for 7:30pm**

**Fish and Chip Supper
(vegetarian option)**

**Tables of no more than 6
£10 per head**

**Bring your own drinks
and nibbles!**

**Tickets available from early
February from Sally & Neville -
461985
or John & Mavis 463117**

**Last date for
tickets
24th March**

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From Sue Billings:

I am writing to thank all of you for your kindness and support over the last 20 months.

It has been a very difficult time, and I would have been unable to carry on at Just Sharing as well as taking care of Derek without that support.

I was very touched that so many of you were there, at the funeral, to be part of his last service.

Thank you.

With much love, Sue x

Just Sharing, The Fair Trade Shop in The Free Church



Just Sharing our Fair Trade shop continues to play a significant part in the life of the church and the town. All that we do in Just Sharing has benefits for producers in developing countries. Fairtrade is about better prices, decent working conditions, local sustainability and fair terms of trade for workers and farmers in the developing world.

At Just Sharing we try to do our bit in this worldwide organisation by our continuing presence in the town. It is a privilege to welcome our customers into the shop to view and hopefully purchase items from our beautiful range of goods. To that end please come into the shop and take a look at our newest stock arrivals. Sue and the team continue to source new craft items to tempt you.



We are well known for our selection of cards for different occasions - whether it's for a baptism, ordination, birthday, anniversary or other occasion - we have them all.

We also have a good selection of crafts, teas, coffee, biscuits, jams, marmalades, chocolate and confectionary.



friendly team of staff and volunteers will be pleased to assist you.

We look forward to welcoming you into the shop - our
Mary Anthony

Contacts

Minister

Revd Dr. Catherine Ball 352058
Mobile: 07714 081930

Church Secretary

Christine Macleod 465921
churchsecretary@stivesfreechurch.org

Associate Church Secretary

Vacant

Communications & Media Convenor

Peter Davies 495835

Webmaster

alan@stivesfreechurch.org

Finance & Property Convenor

Peter German 352401

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

Church Office 468535

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.

Pause for thought.....

REFUGEES

By Brian Bilston

They have no need of our help
So do not tell me
These haggard faces could belong to you or me
Should life have dealt a different hand
We need to see them for who they really are
Chancers and scroungers
Layabouts and loungers
With bombs up their sleeves
Cut-throats and thieves
They are not
Welcome here
We should make them
Go back to where they came from
They cannot
Share our food
Share our homes
Share our countries
Instead let us
Build a wall to keep them out
It is not okay to say
These are people just like us
A place should only belong to those who are born there
Do not be so stupid to think that
The world can be looked at another way

(now read from bottom to top)

