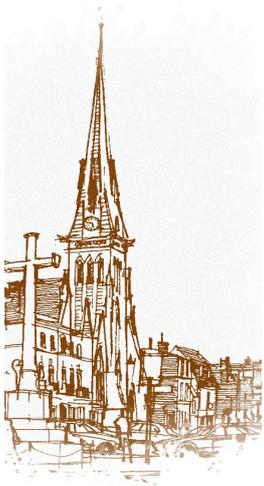


# August/September 2019

# Inspire



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

## SEASONS CHANGES



Leaves will fall, soft but bright  
God changes the season from day to  
night

When hedgerows will blossom with  
such affluence.

And I am armed with pots for all that  
the season brings

As September flows into Autumn to  
celebrate;

The harvesting that will bring joy to  
the cooler days

And long nights of dark and dismal  
hours.

Preparing ourselves - books to read  
and music to listen to

Over the long times in cosy  
armchairs.

Camera at the ready to find the  
beauty and riches of

The season with varying shades of  
rainbows hues.

Bonfires sparkle with fragrance and  
fun and

The berries again show us the joy of  
their abundance.

VEB 2019

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**Next Inspire Publication  
date for October/November  
29th September**

### Inspire Editorial Team

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Copy preferably by email please to



## South Parish Garden Party

A garden party was held for the south parish members on 22<sup>nd</sup> June hosted by Veronica. 23 people enjoyed a lovely summer's afternoon on a manicured lawn, surrounded by flowers and shrubs.



Beautiful blooms added a lovely fragrance to the event.



Tea, coffee and cold drinks such as elderflower cordial were served throughout the afternoon by a team of elders.



'La piece de resistance' of the event was a plentiful supply of strawberries-and-cream-filled scones, but other cakes and savouries were also enjoyed.



Several who attended enjoy second helpings!



The best thing, though, was the friendship and fellowship shown in lively conversations.



Thank you to Veronica, to elders who served the food and drinks, as silver service experts, and especially to those who came to help make the event so enjoyable.

## ECO SLOT - Research teams traversing partially melted fjord to retrieve weather equipment release startling picture



A team from the Danish Meteorological Institute travels across the melted sea ice to retrieve equipment. Photograph: Steffen M Olsen/Twitter

Rapidly melting sea ice in **Greenland** has presented an unusual hazard for research teams retrieving their oceanographic moorings and weather station equipment.

A photo, taken by Steffen Olsen from the Centre for Ocean and Ice at the Danish Meteorological Institute on 13 June, showed sled dogs wading through water ankle-deep on top of a melting ice sheet in the country's north-west. In the startling image, it seems as though the dogs are walking on water!

## AFTERNOON TEA, BOAT TRIP AND SHORT ACT OF WORSHIP Sunday 11th August 2019



The Church Eco Group are organising afternoon tea, a boat trip on the River Ouse and then a short Act of Worship afterwards back at the church. Tea will be from 4pm, the boat trip at 5pm and at 6pm for Worship.



Please sign the list on the table upstairs outside the Centrum if you would like to join us.

Tickets are £8 per person

For further details contact Mavis Williams or Mary Anthony

**Heritage Open Days** This year, the Heritage Open Days will be held on

**Friday 20th, Saturday 21st and Sunday 22nd September.**

Church Meeting agreed to have the Free Church open on those days,

Friday and Saturday from 10am to 4pm and Sunday from 1 30pm to 4pm

(following Church Meeting).

We need people to 'meet and greet' on these three days. We will be asking two people at a time to be there for two hours at a time. Contact Helen Ackroyd

## CHURCH WEEKEND AWAY AT LAUNDE ABBEY 2019

This year we returned to Launde Abbey in Leicestershire for a weekend of fellowship, learning and fun. It is so peaceful there, surrounded by gently rolling countryside and the only sounds are of birds and sheep. Everyone (24 of us) immediately relaxed on arrival.

Rev Peter Ball was our speaker, leading us through the theme of "Community in Christ" based on Paul's letter to the Ephesians. Interactive discussions looked at the early church, our church community and how we can be a community for all in today's world in our community of St. Ives and the surrounding area. We shared our own experiences and aspirations. The three sessions were a good mixture of the serious and a light hearted touch.

Remember,  
an orange  
rarely

Workshops  
further  
painting  
stones  
hedgehog,  
flowers and  
and  
were taken  
which  
always be  
moment.



life is a peach not  
– it is messy and  
neatly segmented!

covered meditation,  
discussion and  
stones. Who knew  
would become a  
puffin's head or  
hearts?? Morning  
evening prayers  
in a variety of styles  
turned out to  
appropriate for that



Freda celebrated 40 years since she first came to the Free Church in St. Ives and Hilary and Lawrence their wedding



anniversary, with a lovely cake brought along by Freda to go with our Saturday afternoon cup of tea.

During our free time on Saturday afternoon it rained but it didn't stop people taking time out to explore the grounds, spot Kingfishers, fail to find Ospreys at Rutland Water, or go for a doze!

Our own version of "Desert Island Discs" was a big hit on Saturday evening. It was an eclectic mix of music ranging from Lindisfarne, the Proclaimers, Michael Ball, Elbow, to Chopin, Bach in a Jazz style, and an operatic aria involving a train! The reasons for choosing the tracks were interesting too.

A weekend of good company, good food, interesting study, and fun, people want to do it all over again in two years' time. If you haven't been able to come before, do come next time!

*Barbara Duffett*

## FROM THE CHURCH SECRETARY

Have you ever thought that we are a community hub!

As the summer holidays are here, we can take stock and celebrate some of the activities in our church. Sally Runham did a presentation to the July Church Meeting on behalf of our Organisation and Operations group. We realise that our church centre is an important resource in the community. There are facilities for interactive activities. The church operations and the many user groups content meet needs of socialisation, exercise classes, counselling and wellbeing. The view of the church meeting was to develop this further. Our consultation on the best use of our buildings and facilities is still open and if you have ideas please send them to [churchsecretary@stivesfreechurch.org](mailto:churchsecretary@stivesfreechurch.org).



Our thanks to our many volunteers. To help each other we have now arranged three mandatory training sessions for all our volunteers and staff. These will cover fire safety, safeguarding, health and safety and equality and diversity. Our minister will also talk about the Christian ethos of the environment within which we all work.

The choice of dates is Tuesday 13<sup>th</sup> August at 2pm or Wednesday 21<sup>st</sup> August at 7pm or Thursday 29<sup>th</sup> August at 2pm. All the sessions are upstairs in the Centrum. Invitation letters have gone out thanks to the work of Andy Fleming, Irene McCormick and Joanne Dodds.

At this time of year, we also start the election process for church elders who will also be trustees. Our thanks to John Pike and Peter German who have been trustees for six years and from December will have a well-earned sabbatical. We have six remaining trustees, another four who are up for re-election and eight additional vacancies. The nomination papers will be coming out to church members in August for return by Sunday 6<sup>th</sup> October 2019.

Thanks also to Mary Cox who has been the successful convenor of the Church Ecology Group for many years, making us much more aware of the stewardship of our planet and what we can do for the sustainability agenda. Although Mary has stood down now her legacy continues, and the eco boat trip and tea is planned for 11<sup>th</sup> August.

With many user groups we have been stretched on several occasions during the last term with room setups. My summertime plea is that we all comply with room booking arrangements made through our church office. So, if a group changes room without notice or takes more tables or chairs than expected, it may mean that the next group in is short or that a room setup is not possible because of an unexpected occupancy of the room. So please try to let the office know early of any planned changes and if you do borrow something extra, please put it back. It is useful to remember that we are a community resource and so we must share our resources fairly.

We are always looking for people able and willing to take up roles. Over the summer please take time to think if that somebody needed to take on a role, might indeed be you! Being part of our community effort can be fun and fulfilling.

*Christine Macleod  
Church Secretary*

### Church Activities

Mondays	19:00	Bowls Club
Wednesdays	10:00 - 11:30	Tots & Carers (not August)

### 13 WAYS TO SAVE WATER HEATWAVE OR NO HEATWAVE

It's holiday time and here are some easy tips to save water whatever the weather.

1. **TURN OFF THE TAPS** - Keep consumption under control - save 6 litres of water by turning off the tap after brushing our teeth. Fix leaky taps. **60 litres** of water could be saved every week.

2. **BOIL WHAT YOU NEED** - just the cups!!

3. **SHOWER WITH LESS** - A power shower uses up to 17 litres minute.

4. **SAVE UP YOUR DIRTY CLOTHES** - Full wash loads uses less water and energy that 2 half loads.

5. **GET A LOW-FLUSH TOILET** - Average flushes per household is 5,000 times per year. Modern systems uses 6 litres or 4 with a reduced flush - the old are 13 flushes.

6. **EAT LESS MEAT** - Meat and dairy herds are very water-intensive. Cutting down reduces your water footprint hugely.

7. **STEAM YOUR VEGETABLES** - Steam food cuts waster use and retains more of natural nutrients. Leftover boiled water - use as stock for soups. Cool it down to water your plants.

8. **REDUCE FOOD WASTE** - More than half of the 7 millions tons of food and drink is binned every year in UK homes.

9. **TIME YOUR GARDEN** - Early morning or end of the day is the best time to water outdoor plants. Heat will otherwise evaporate in the sunlight and heat.

10. **CATCH RAINWATER** - Water butts saves up to 5,000 litres of water a day. Cut water use by 33% by watering manually rather than using automatic sprinklers.

11. **NO MORE WASHING UP** - Whether you do the washing up in a bowl - save more water by filling the dishwasher.

12. **BE PLUMBING AWARE** - check your pipes everywhere. Find your stop valve in case of burst pipes.

### Community Activities

Mondays	10:00	CRUSE
Tuesdays	19:30	St Ives Photographic Club
Wednesdays	14:00	Senior Citizens Club
Thursdays	09:30	Sunny Steps (not August)
Thu 1st Aug	14:00	U3A British Music Hall
Sat 3rd Aug	09:30 - 15:30	Saints Crafters Craft Fair
Tue 6th Aug	14:30	Eco-Group
Fri 9th Aug	10:00	COPE
Sun 11th Aug	16:00	Eco-Group Tea, Boat Trip and Quiet Service
Thu 15th Aug	14:00	U3A British Music Hall
Tue 20th Aug	10:00	Alzheimers Support Drop-in Cafe
24th - 26th Aug		Art Exhibition Saturday – Monday
Mon 26th Aug		Bank Holiday Snack Bar
Wed 28th Aug	19:45	Poetry Group in Tookeys
Wed 4th Sept	14:00	U3A Current Affairs
Thu 5th Sept	19:00	WI
Sat 7th Sept	09:30 - 15:30	Saints Crafters Craft Fair
Sat 14th Sept	18:30	RAF Concert
Tue 17th Sept	10:00	Alzheimers support drop-in cafe
Wed 18th Sept	14:00	U3A Current Affairs
Wed 18th Sept	19:00	Gardening Club
Fri 20th Sept	14:00	U3A Local History
Fri 20th Sept	19:30	Civic Society
Wed 25th Sept	19:45	Poetry Group in Tookeys
Wed 25th Sept	20:00	RSPB Meeting

13. **DON'T FUND THE "WATER-GRABBERS"** - Companies and investors do this - make sure your savings or pensions aren't invested here.

More information from the Energy Saving Trust

**Fenstanton Worship**

Sun 4th Aug	09:30	Revd Derek Newton
Sun 11th Aug	09:30	Revd Dr Catherine Ball Holy Communion
Tues 13th Aug	14.30	Meditation led by John Williams
Sun 18th Aug	09:30	Revd Dr Catherine Ball
Sun 25th Aug	09:30	Keith Cakebread
Sun 1st Sept	09:30	Revd Derek Newton
Sun 8th Sept	09:30	Revd Dr Catherine Ball Holy Communion
Tuesday 10th Sept	14.30	Meditation led by John Williams
Sun 15th Sept	09:30	Revd Dr Catherine Ball
Sun 22nd Sept	09:30	Revd Roy Muttram
Sun 29th Sept	09:30	Revd Dr Catherine Ball

**Free Church Worship****Porch Chapel Prayers at 10am  
Monday to Saturday**

Sun 4th Aug	11:00	Revd Derek Newton Holy Communion
Sun 11th Aug	11:00	Geraldine Swain
Sun 18th Aug	11:00	Revd Dr Catherine Ball Cafe- Style service plus Baptism
Sun 25th Aug	11:00	Revd Dr Catherine Ball
Sun 1st Sept	11:00	Revd Dr Catherine Ball Holy Communion
Sun 8th Sept	11:00	Revd Roy Muttram
Sun 15th Sept	11:00	Revd Dr Catherine Ball
Sun 22nd Sept	11:00	Revd Dr Catherine Ball Har- vest, cafe-style worship
Sun 29th Sept	11:00	Nicola Grieves

**THANK YOU**

" An enormous thank you from the Curtis family for the love and support received on the recent death of Helen's partner, Marcus, and for all those who came to the service to support us. And especially to Catherine for the very thoughtful service".

**CHRISTIAN MEDITATION  
at Fenstanton:**

**PLEASE NOTE:** The next meditation sessions will be on Tuesday 13th August at 2:30pm and Tuesday 10th September at 2:30 pm, both at Fenstanton URC\*

All are welcome to these sessions, even if you have not been before\*, give it a try.

We will be using meditations and prayers from Christian authors in all our sessions as well as short bible readings.

Contact:- John Williams, <jlec.williams44@yahoo.co.uk> or 'phone 01480 463 117.

(\*The URC church is on the green in Chequer's Lane opposite Ron's greengrocer shop.)

## AFTER THE PARTY WAS OVER .....

This is what happened after the sunny Garden Party on 12 May.

Ali, Willie and I visited Pikpa Refugee Camp on the Greek island of Lesbos at the end of May. Pikpa is for the most vulnerable, lucky enough to have escaped the horrors of the notorious, and enormous, Moria Camp (also on Lesbos).



The holiday was more rewarding than can be imagined. We met the friendly volunteer Camilla Gavin, an interior designer from Frome, who kindly answered our questions while showing us certain areas of the calm, tranquil camp set in a pinewood. We saw the sewing room, also used for language lessons, and Camilla demonstrated how beautiful bowls and bags were made out of the million or so life-jackets that have been, and are still being, discarded on the shore of the island. These bowls are for sale at the camp and at 'Nan', a lovely restaurant run by the refugees and locals, with super-doooper Middle Eastern/Greek food. Yummy!

The most moving experience at Pikpa was meeting lovely Najime from Basra. He has cerebral palsy. I cannot begin to imagine how he got to Greece, but obviously terrible for him to have. He has a lot of health problems but is resolutely upbeat. His English is limited but is getting better.



Pikpa was meeting lovely Najime from Basra. He has cerebral palsy. I cannot begin to imagine how he got to Greece, but obviously terrible for him to have. He has a lot of health problems but is resolutely upbeat. His English is limited but is getting better.



Camilla told us that emptying the septic tank is a particular nightmare, as disposal companies have formed a cartel and charge 2,600 euros a month to empty it. So – our garden party managed to 'see to the tank' for one month. Lesbos Solidarity would like to get a new system to convert the sewage into grey water, but that would cost 20,000 euros and there are questions about land ownership as they are squatting, so it would be a very risky investment.

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[We then visited the Mosaik Refugee Support Centre in Mytilene, where we met Chloe Haralambous from New York, and Saed, an Afghan who runs Mosaik. He lives at Pikpa in one room, with his wife Manija, who is a translator for Médecins Sans Frontières, their two-year-old son Wally, Manija's sister Najebha and their elderly mother.



Saed has a degree in engineering and he and his wife (who is also a cardiac nurse) speak perfect English. They had to leave Afghanistan after receiving death threats (they are from a minority Muslim religion). They are all utterly delightful.



At Mosaik we also met Efi Latsoudi, a psychologist and humanitarian, winner of the prestigious UNHCR Nansen

Refugee Award in 2016, and one of the founders of Pikpa. She loved the little soapstone angels from our Fair Trade shop here at the Free Church, St Ives. She gave me the warmest hug ever. Do look her up on YouTube: 'Efi Latsoudi – Human Solutions'

She was inspirational – an amazing, strong woman.



Many people told us that the best way to help the wonderful local people of Lesbos is to go there for a holiday.

The island is heavenly, and has done so much to help the desperately needy refugees.

We conclude with the worrying news that has emerged since we returned. There is now a new mayor of Mytilene and this man is a supporter of the far right. He wants to close Pikpa and fought the mayoral election on that promise. He has the power to do it. The camp has effectively been 'on loan' from the town council since it opened about five years ago. At that time thousands of people were arriving on the island every day, and the then mayor gave the keys to Pikpa Solidarity to turn it into a refugee camp.

Everyone is terribly worried. The EU and local elections have really brought out the worst far-right people imaginable. All the refugees have undergone extreme trauma and hardship in their lives and on their journey to Pikpa; the volunteers are trying to provide some stability for them before they move on to an uncertain future. Many of them can never find words to tell their stories.

The bowls they make at Pikpa all have written on them: 'No one puts their children in a boat unless the water is safer than the land.'

Charlotte  
May 2019

## CIVIC SUNDAY PARADE

On Sunday 16th June, St Ives had the usual annual civic service at the Parish Church followed by a parade along today the Market Hill for the new mayor to inspect. A surprise awaited those from the Free Church who were coming out of church after morning service!!



Those of us leaving Church by the front doors after worship last Sunday were pleasantly surprised to find the RAF Wyton Area Voluntary Band standing smartly to attention whilst being inspected by the town's new Mayor - Councillor Daniel Rowe - during the annual Civic Sunday Parade. Seen in this photograph of the band, can you spot one of our own church members playing the trombone - Squadron Leader Jim Riddell.....

Thanks to Stewart and Jim for their contribution! (Ed.)



HOBBIES, CRAFTS and COLLECTIONS DAY  
ON  
Saturday 14th September 2019  
At  
FENSTANTON UNITED REFORMED CHURCH  
From 10.00am - 4.00pm

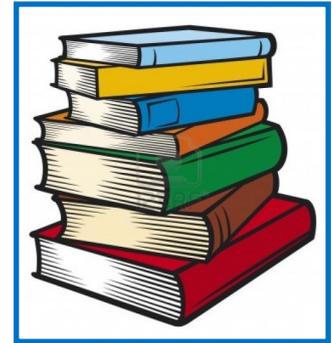
If you have a Vintage/ Classic car please bring it along.

Refreshments and bacon rolls available

## Faith, Hope and Poetry

### The Free Church Poetry Group

We meet on the last Wednesday of each month to share our love of poetry. The theme for each meeting is chosen in advance and we all hunt for poems to share with the group – be they profound, comic or just lovely to read. Some months we may simply select just one poet and explore their works together.



We meet in Tookey's, the Free Church Coffee Shop  
7.45 – 9.15pm and always start with coffee!



**Themes for the autumn meetings:**  
September 25<sup>th</sup> - Poems and Places  
October 30<sup>th</sup> - Autumn with Mr Keats and Mr Clare  
November 27<sup>th</sup> - Benjamin Zephaniah

**Newcomers and returners always welcome!**

For further information ring:

Mary: 01480 300103 or Lin: 01480 468055



### **BANK HOLIDAY SNACK BAR**

The last Bank Holiday snack bar for this year is on Monday 26<sup>th</sup> August. This is usually very busy and we will need plenty of volunteers. Please try to come along and help, if only for an hour, so that people can have a break.

Look out soon for the volunteer list on the landing table and indicate what times you will be available.

Many thanks, Mavis

## Contacts

### Minister

Revd Dr. Catherine Ball 352058  
Mobile: 07714 081930

### Church Secretary

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

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Vacant

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### Freewill Offering Treasurer

Babs Moore 352627

### Safeguarding Lead

Christine Curtis 350787

### 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.*

## Pauses for Thought .....

### Don't let your harvest go to waste!

Wasted food is a waste of money and has a big impact on climate change.

We throw away the equivalent of 1 in every 5 bags of food shopping which end up in landfill sites where they rot and release harmful greenhouse gases.

Left-over food can be used in many other dishes.

"Best before" dates are for quality so food doesn't need to be thrown out on the stated date.

Recently bought items can go into the freezer if you don't have time to eat them.

If food has to be discarded then fruit, vegetables and meats can be put into your council green bin.

Do not put meat in your own garden compost bin as this attracts vermin.

Better still, check cupboards, fridges and freezers and make a list before you shop so you don't buy too much.

This saves time and money too. Mavis

We plough the fields and scatter  
The good seed on the land,  
But it is fed and watered  
By God's almighty hand:  
He sends the snow in winter,  
The warmth to swell the grain,  
The breezes and the sunshine  
And soft refreshing rain



We thank you then, O Father,  
For all things bright and good,  
The seed time and the harvest,  
Our life, our health, our food.  
No gifts have we to offer  
For all your love imparts,  
But that which you most welcome  
Our humble, thankful hearts.

(Rejoice and Sing 1991)