



Inspire

The Newsletter of The Free Church (United Reformed) St Ives and Fenstanton URC

Thoughts for the month ahead.

View from the Manse...



This summer we have just had the hottest temperatures in the UK ever, having reached 40° C (104°F!!!) I don't know what you did – we tried to stay inside and in the shade that day. Unfortunately, we are told that this will be a more common occurrence in the coming years. I enjoy warm sunny weather, but that heat is just too hot for comfort. And it is obvious that our climate has been heating up for many years. As a child we had many feet of snow in Toronto – now there is barely a small snowfall all winter.

Climate change is a reality, and we need to take it seriously and do what we can to reduce our carbon footprint and reduce the use of fossil fuels as soon as we can. I am glad that we as a church continue to be involved in Eco Action and the subgroup Eco Faiths Group seeking ways of making our town more ecologically friendly. We still seek to reuse, recycle and repair things in the church and are pleased that the Eastern synod has agreed to give us a grant toward changing all the lightbulbs in the church to LED. This means they will use less energy, and not need to be changed so often.

Yet, I acknowledge that although I try to use my bike instead of drive to church, I do sometimes use the car. I do have a hybrid car, so hopefully use less petrol, but still need some. And we are travelling to Canada on an airplane this summer, which I know has a high carbon footprint.

The reality is that we do have some trade-offs as we try to be eco-friendly. One thing we can do is try to off-set it planting a tree, which we hope to do.

Nevertheless, we should not give up on our efforts, not only ourselves to do our best, but also to lobby our government to make sure they do what is possible to become net zero as soon as possible.

God loves this world and does care what we do with it. We know that God cares how we look after the natural environment including insects and animals, birds and fish.



Services this month:

THE FREE CHURCH, ST IVES	
7th August	Revd Roy Muttram
14th August	Mrs Gerry Swain
21st August	Revd Dr Catherine Ball
28th August	Revd Dr Catherine Ball

FENSTANTON URC	
7th August	Revd Christine Davies
14th August	Keith Cakebread
21st August	Revd Dr Catherine Ball
28th August	Revd Christine Davies

The Lord created such a wondrous world with such variety and intricacy and with many different eco-systems that are delicately balanced.

But many ecosystems are fragile and many animal species will soon be extinct unless we ensure their survival now.

May we all do our part and enjoy this beautiful time of the year, with long summer evenings and cool drinks as we enjoy tall grasses waving in a light breeze and burnt orange crocosmia, pale pink Japanese anemone, dazzling dahlias and deep pink and purple fuchsias to give us colour and delight in gardens. Have a great summer!

Every blessing,

Catherine



Just Sharing
The Fair Trade Shop
Monday, Tuesday, Wednesday and Friday
10am - 3pm
Saturday
10am - 3.30pm



Read online at: www.stivesfreechurch.org or visit our **Facebook** page

The Free Church, Market Hill, St Ives, Cambs PE27 5AL

Contact us at: office@stivesfreechurch.org

From the Church Secretary

By the time you read this, the hot weather may be a distant memory. Although understandably this affected attendance at our July Church Meeting, we still had a very useful meeting. Church Meetings are open to everyone but only church members can vote. In the autumn, the Elders will review their format and frequency, so if you have any thoughts or suggestions then please let me know. Our next Church Meeting will be after worship on Sunday 18th September.

The Church calendar is always less full in August – an opportunity to take stock and find some time and space to relax. In contrast, September is always a very busy month, and this year is no exception! On Saturday 10th September we'll be one of the churches on the cycling/walking route of the "Ride and Stride" fund raising event for the Cambridgeshire Historic Churches Trust (see <https://camhct.uk/ride-and-stride/> for more details). On Saturday 17th September, our building will be open for the Heritage Open Day. We'll need volunteers available to answer questions from visitors and there will be an Eco Faith stall in our foyer. Then on Sunday 25th September, we'll have our Harvest Festival café-style service, with any food brought donated to the St Ives Food Bank. Just into October, on Sunday October 2nd, we look forward to celebrating the 50th Anniversary of the URC by hosting a joint service with Fenstanton URC followed by a shared meal. So there are plenty of dates for your diaries!

Finally, church members will be receiving emails/letters in the next couple of months inviting nominations for the Eldership for the year starting in December 2022. Thinking of current politics, although our Elders election process may seem a bit complex, at least we don't have a "knock-out" system and you will not be asked to debate against other nominees while promoting your own credentials! The Elders work very much as a team alongside Catherine.

God bless, David Duffett

BANK HOLIDAY SNACK BAR

Monday 29th August

will be our next bank holiday snack bar



We require volunteers to help run the Snack Bar in the hall.

If you can spare an hour or two on this date, please look for the signing-on lists which will be on the landing table of the Free Church in early August.

Alternatively, you can phone me on:

01480 463117.

Thank you,

Mavis



CHRISTIAN MEDITATION

at Fenstanton:

The meditation session for next month will be on
TUESDAY 9th August at 2:30 pm,
Fenstanton URC*.

All are welcome to these sessions, even if you have not been before.*

They are held on the SECOND Tuesday of each month.

Guidance will be given on relaxing the body and mind and we will be using meditations and prayers from mostly Christian authors in all our sessions as well as short bible readings.

Meditation has been recommended by many doctors as positive to our health.

At the end of each session there will be the usual refreshments.

John Williams

jlec.williams44@yahoo.co.uk > 01480 463 117.

(*For those of you who have not been before, the URC church is on the green in Chequer's Lane opposite Ron's greengrocer's farm shop.)

TOOLS WITH A MISSION - FENSTANTON

([www/twmuk/about](http://www.twmuk/about))

We are a UK charity based in Ipswich, Suffolk, with centres across the country.

We have a mission to empower people in Africa living in extreme poverty to create their own livelihoods.

We do this by sending trade kits full of tools that are used in skills training centres, offering the trainees a way to put poverty in the past for good and begin their own sustainable careers.

We send around 18 containers to rural African communities every year, full of tools that have been collected from across the UK, and refurbished in our refurbishment centres.

We have a strong environmental focus, as our work helps to keep around 225 tonnes of tools out of landfills in the UK every year.

Check out the our friends at Fenstanton if you have any goods that Tools with a Mission could send to those who need them!

Irene Comes Calling again...

AN ECONOMIC SEE-SAW

Serendipity daydreams

On a lazy sunny day,

Makes worries mounting on our heads

Seem many miles away.

Purse strings straining tighter

As costs climb through the roof,

Sleepless nights of stressing,

Brown envelopes the proof.

Cut this out and cut out that,

Turn off all the switches,

Don't throw it - mend it - recycle,

Work you way through the hitches.

Look ahead, prepare the way,

The months ahead are calling,

Get your warmer woollies out

For winter could be calling.

God will help us through tough times,

We are capable we'll cope,

So lap up all the sunny days,

With prayer and love and hope.

Irene Carter

JUST IN CASE...

We have continuous high temperatures this summer...

HEAT EXHAUSTION	HEAT STROKE
Rise in body temperature	Body temperature above 40 degrees
Feeling exhausted, weak and fatigued	Deep, racing pulse which gradually becomes slower
Excessive thirst and feelings of nausea	Headache, nausea and/or vomiting
Giddiness, fainting and persistent headache	Dizziness and visual disturbances
Quick and sharp breaths	Irritability and mental confusion
Fast, weak pulse	Altered mental state which may progress to seizures and unconsciousness
Pale, cool, clammy skin	Flushed, dry skin

Poetry Please!

An invitation to the next meeting of our

St Ives Free Church Poetry Group

which meets at *Tookeys* on

Thursday 28th July at 2.30 pm

(the fourth Thursday of every month)



The Killer Question: What's Really Happening to our Planet?

Peterborough Cathedral

Tuesday 23 August 2022 19:30 - 21:00

Tony Juniper, Chair of Natural England, offers a fresh perspective on how we can reverse the damage to our planet.



Tony Juniper, Chair of Natural England and author of ***What's Really Happening to Our Planet*** will review the current state of the planet and the way in which our unchecked human activity could change the world forever. Drawing on insights from globally respected scientists, states people, cultural leaders and thinkers, he will offer fresh perspectives on how we can begin to reverse the damage.

The talk will be hosted by Dr Pete Brotherton, Director of Science and Climate Change at Natural England and Environmental Officer for the Diocese of Peterborough. It will be followed by questions from the audience.

Tickets: £10 per person + booking fee. Includes a glass of wine or soft drink during the evening.

More info at

www.peterborough-cathedral.org.uk/events/events.aspx

The best way to protect nature is to leave it alone.

The CC strimmed the verges in June.

All went; hawkweed, poppies, birds foot trefoil, yarrow and cornflower; not too bothered about the grasses (wind pollinated).

In the photo, you can see a mallow, the fairy cheese plant spared because it's inside the fence but our high street is straight with good vision; no reason to cut.



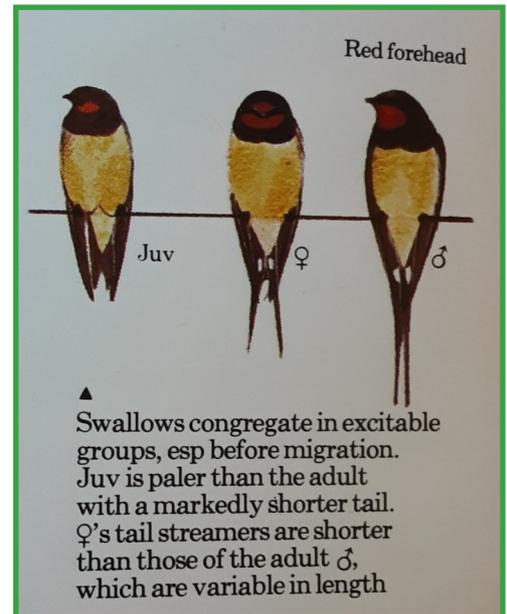
Next spring I've been told to put a 'Do Not Cut' sign out.

Why don't you as well and we shall see...

Two brand new nests this year and one already has three chicks.

I couldn't tell their gender until I came across this (see right).

Are your swallows doing well?



All the best,
Charlotte



FENSTANTON UNITED
REFORMED CHURCH
CHEQUER STREET

BOOKS

&

JIGSAWS

ON SALE: Saturday 20th August

09.30AM - 12 NOON



The Fenstanton News

FENSTANTON UNITED REFORMED CHURCH

Hobbies Crafts and Collection Day

Saturday 17th September



If you have a collection you would like to display, please let me know.



If you have a **Vintage/Classic** vehicle, please bring it along on the day.

There will be tractors, motorbikes and cars!

For more details ring Jean
01480 498221. Thank you.



This is an important year as the URC is marking this special year by holding several events around the country.

The Thanksgiving Service and Celebration of the URC's 50th anniversary will be held in London at the Methodist Central Hall, Westminster, Storey's Gate, London SW1 9NH on:

Saturday 1st October 2022 from 2.30pm to 5pm.

Check for tickets on the URC website and you can also find other events around the country at urc-eastern.org.uk/events

Tookeys Café



Our church runs a coffee shop named after one of the early leaders of the church, Job Tookey's.

It serves a variety of teas and coffee, meals, sandwiches, soup, scones and cakes. It is staffed by a part time paid manager and a team of hardworking volunteers.

We are very grateful to the volunteers who help run Tookeys. If you think you would like to volunteer, then please contact our church office, Monday to Friday 9am - 1pm to let us know.

Through volunteering you will meet new people and enjoy taking an active part in our local community. Whether it's for a short session of two hours during the week or a slot on Saturday, you will be well trained and supported in the service of our yummy hot and cold dishes and drinks.



The Saints Crafters



This group is a collection of special individuals who make all their own goods. It's made up of a many and varied artists and crafters which tends to make every event on the first Saturday of the month quite different.

The name originates from those who met first at a fair many years ago. Now thirteen years later from the first event we're still going strong. The Saints name was chosen as most stallholders came from St Ives, St Neots and various areas between the two.

We've seen many changes over the years as our guest stallholders come and go and keeps the variety for each event. Some example guests included woodworker, ceramicists, and all kind of artists and we are always looking for new and varied crafters.



We began with a test fair at the St Ives Parish Church hall as at the time there was nowhere else available. But, this didn't stop the first six or seven of the group working hard to put the word out that we were here to stay. Following on, in April 2009, we found a happy, permanent home in the centre of St Ives at the Free Church Hall.

The Saints Crafters is very fortunate to have a long relationship with Huntingdon Society for the Blind. Apart from having their own shop in Huntingdon, they bring lots of tombola prizes for every fair every month. We also ask that stallholders give a prize as well. Making cards, jewellery, glasswork, candles, and a huge collection of all kinds of textiles and creations as well as a huge variety of other crafts, we welcome one and all who attend our fairs each month and we now find ourselves a well-established event in the centre of town.



Also, apart from the monthly fairs, we have a Christmas Fair in the Corn Exchange, St Ives which means that there is more room for more craftspeople,

the charity has their tombola and run the coffee shop as well all fitting into the Charter Hall on the last Saturday of November.



Apart from the members we have a great selection of guests who take a table and many return as they enjoy the venue and the relaxed atmosphere that the venue maintains.

The Saints Crafters look forward to meeting new artists and crafters, all of whom who see themselves as a real crafter who make their own

The next fair is on the usual first Saturday on 6th August and doors open at 09.30am until 3.30pm.

We look forward to welcoming you.



What's on in

AUGUST



Mon - Sat	10:00	Chapel Prayers
Mon - Sat (not Thurs)	10:00 - 15:00	Just Sharing shop
Mon - Sat (not Thurs)	9:45 - 14:00	Tookeys Café
Mondays	9:30 - 13:30	Tookeys Snack Bar
Sundays	11:00	Worship
Mon 1st	10:30-12:00	Bereavement and Friendship Group (CRUSE)
Wed 3rd	11:00	U3A Current Affairs
	14:00-16:00	Senior Citizens Club
Thu 4th	12:00-14:00	Keep Fit FaME (Falls Management Exercise)
	19:00	W.I.
Sat 6th	09:30-15:30	Saints Crafters
Mon 8th	10:30-12:00	Bereavement and Friendship Group (CRUSE)
Tue 9th	12:00-14:00	Diabetes Prevention Group
Wed 10th	14:00-16:00	Senior Citizens Club
Thu 11th	12:00-14:00	Keep Fit FaME (Falls Management Exercise)
Sat 13th	19:30	St Ives Community Choir Concert
Mon 15th	10:30-12:00	Bereavement and Friendship Group (CRUSE)
Tue 16th	10:00-12:00	Dementia Cafe
Wed 17th	14:00-16:00	Senior Citizens Club
	19:30	RSPB
Thu 18th	12:00-14:00	Keep Fit FaME (Falls Management Exercise)



Did you enjoy the UEFA Women's Euro 2022 final?

Well done, Lionesses!

September edition of Inspire

If there's anything you'd like us to include in September's Inspire, please email it to:

office@stivesfreechurch.org

Deadline to receive content is 26/08

Contacts

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Open 9am—1pm Mon/Wed/Fri

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Valerie Temple 466204

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Joey Dyke 07787 370201

Tookey's Manager

Helen Yates 07921 462640

Just Sharing Manager

Sue Billings 496570

Assistant Manager

Rosemarie Smith

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

Fri 19th	10:00	U3A Local History
Sat 20th	10:00	Climate Café: St Ives Eco Action
	09:30	Diabetes Prevention Group
Mon 22nd	10:30-12:00	Bereavement and Friendship Group (CRUSE)
Wed 24th	14:00-16:00	Senior Citizens Club
Thu 25th	12:00-14:00	Keep Fit FaME (Falls Management Exercise)
	14:30	St Ives Free Church Poetry Group
Mon 29th	10:30-12:00	Bereavement and Friendship Group (CRUSE)
		(Bank Holiday)
Wed 31st	14:00-16:00	Senior Citizens Club



August Editors are:

Val Bush and Sarah Bateman



A concert in the Free Church Saturday 13th August at 7pm



A piece of history... How Market Hill used to look...

photo (left) taken pre 1919 and colour enhanced

Picture shared by Bernie Sawford on Facebook

NEXT CHURCH MEETING:
Sunday 18th September