



Inspire

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

Thoughts for the month ahead.



View from the Manse

Warmest Greetings! Do you have the February blues? I am afraid that I do – I am getting fed up with the cloudy skies and dull weather and looking forward to spring!!!! But we are not to wish our lives away, so I suppose I should try to embrace this month and make the best of it. February is not a particularly special month in the church calendar, and this year it does not even have Shrove Tuesday – better known as Pancake Tuesday – it is held on 1st March.

However, we do have a couple of baptisms to celebrate: the infant baptism of Faith Jones on 20th February and a baptism on-profession-of-faith of Annabel Barratt. Baptism is a public marking of the inclusion of people into the world-wide Christian church. We welcome these families and pray for God's blessings upon them.

This month we are exploring options as to how we may best assist migrants who have recently moved into the Dolphin Hotel to become settled into our area. We are thinking of offering tea and coffee and a chat on some Thursday afternoons whereby we can help the new residents practise their English. We are hoping that this will begin in March. If you are interested in coming along to help, do get in touch with the church office and leave your name and details.

Our Eco Faiths Subgroup continues to meet and is planning to create a place of Peace and Well-being in one of the green areas of St Ives. People interested in making our town as eco-friendly as possible are continuing to meet on the third Saturday of the month in our church hall 10 – 11.30 am. Do come along if you are interested to hear more.

February 2022

Services this month

| THE FREE CHURCH, ST IVES: | |
|---------------------------|---|
| Sunday 6th | Revd Dr Catherine Ball - Holy Communion |
| Sunday 13th | Reverend Roy Muttram |
| Sunday 20th | Revd Dr Catherine Ball |
| Sunday 27th | Revd Dr Catherine Ball |

| FENSTANTON URC: | |
|-----------------|---|
| Sunday 6th | Alison Jiggins |
| Sunday 13th | Revd Dr Catherine Ball - Holy Communion |
| Sunday 20th | Revd Dr Catherine Ball |
| Sunday 27th | Chris Baker |

Although we are still in the midst of winter, there are green shoots poking through the soil, giving hints of spring to come. Let us remain cheerful and positive and optimistic for the future, as God's Spirit is alive and at work in the world, seeking to bring peace and joy through the acts of kindness of friends and neighbours.

May we all be gentle and giving toward one another and look forward to greater freedom and fellowship as the days lengthen and hopefully the virus eases.

Love in Christ

Catherine



Just Sharing is open!

Monday to Saturday
(closed Thursdays)

10am - 3pm



Hadge Yeandle

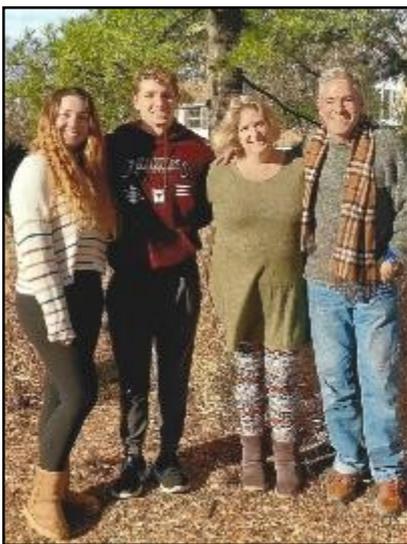
This is to let you know that Hadge Yeandle died in the early hours of Sunday 2nd January. He had a wonderful Christmas with all his family including grandchildren and great-grandchildren. He died at home in his sleep in his own bed, peacefully, with his family around him.



The family are planning to have a private family burial in the next couple of weeks in light of the Omicron variant. They are planning to have a full Thanksgiving service at the Free Church in the spring, hopefully when Covid will have eased. We will let you know more at a later date.

Please keep the family: Jenny, Kate and George and their children and grandchildren in your thoughts and prayers.

Greetings from, the Briggs Family



Some of you will remember an American family who worshipped with us for a while during Bill Mahood's time - Richard and Julia Briggs and children Georgia and Julian. Richard was in the USAF, stationed at the Alconbury base and Julia loved to sing. All are well and happily

living in the state of Columbia, USA and so we share this family photograph which came with their Christmas card.

Liz & Stewart

Irene Comes Calling again.....

IN THE WEE SMALL HOURS

It's 3 o'clock in the morning
And the dark drags in the light,
My tired eyes so long for sleep,
But my mind gives up the fight.

I give in, get up tip-toe round
And slip out of the door,
The handle creaks, I hold my breath
'Till I hear his gentle snore.

The lovely thing about this time
Is quietness, stillness, peace,
A time when you can contemplate
With open mind release.

My Bible friend, my company,
It's pages draw me in,
Helping me to understand
The meanings held within.

Tranquil is this silent time
Noise, there's not a peep,
Relaxed, refreshed in mind and soul,
A prayer and then some sleep.

cc. IRENE CARTER

Just to let you all know that we are fine, but I have to shield because I cannot have the Booster (too risky for me they say). Geoff only going out if really necessary to lessen the chance of bringing virus to me. Doctor's orders I must shield so this is a poem from Prisoner Cell Block H. no. 117295

Charlotte has made marmalade in aid of the migrants who have moved into the Dolphin Hotel. (See Catherine's article on page 1) Please support this good cause if you can. The marmalade is available after worship and also from the church office or Tookey's during the week.

Farewell to Pat Clarke

Pat in her own words



I started work in February 2009, not sure the actual date, but it was a Monday and I'm sure I was a bit scared! Tookey's and the Monday snack bar are certainly a lot different now.

It has been a pleasure to see it grow and I feel proud at what we have achieved. None of it possible without everyone's support.

Over the years we have had many characters in the coffee shop and on a Monday, it would be impossible to pick out one. A sense of fun and good humour always prevails, plus good-natured banter.

All the volunteers, past and present are wonderful. They give their time and commitment so freely. It's a haven for our customers.

The last 2 years have been very difficult for all forms of industry but more so for hospitality. With everyone pulling together we have managed to weather the storm.

I wish Tookey's every success in the future and know I will miss every aspect of it. But, I take all the friends and memories I have made away with me.

There have been a few notable times while I was at the church, that my life was turned upside down. Without the support of staff members and volunteers, it would have made the times much more difficult to cope with. Another memory that I will cherish.

My heartfelt thanks to everyone for their kindness and how much I appreciate everything that has been said and given to me.

Pat



Farewell to Pat cont'd

On Sunday 9th January 2022 we had arranged a Farewell to Pat, in the capable hands of our new manager Helen Yates. However, Pat's family all went down with covid, and though Pat was testing negative it was decided that we shouldn't risk the Party. So, the cake and flowers which were already ordered, were taken round to Pat at her home in the hopes that it would cheer her up!

Catherine, Mavis and I delivered the goods, with John and Stewart in attendance with cameras to record the event. The cake and flowers were amazing and Pat was delighted.

Pat has been at the helm of Tookey's for 12 years, and in that time, she has worked wonders. From sandwiches, cakes and coffee, we have become renowned for so much more! Not only soups and all-day breakfasts, but a wide menu of cooked meals, which many of our regulars depend on for their main meal of the day! My own favourite is vegetarian lasagne, and there are so many to choose from.

Our new manager, Helen, has worked with Pat for quite a while and we wish her all the very best in her new role.

We hope Pat will enjoy a long and rewarding retirement, and we look forward to seeing her as a customer occasionally, once she has caught her breath! There is some talk of a rescheduling of the 'Farewell' so that members and all the volunteers can have a chance to wish her well—watch this space.

All our thanks and good wishes go with you Pat.
"Thanks for the memories"

Liz Denham

EVENTS DURING FEBRUARY AT FENSTANTON URC

1st & 15th February

Fenstanton Knitters and Natters

10-00 – 11-30AM

We knit for Charity, at the moment we are knitting hats for the Homeless and Innocent Smoothie Hat for Age UK. Our next project will be knitted chicks.

You are welcome to come along, we are a friendly group and you will be made welcome. Just bring your knitting wool is available.



8th & 22nd February

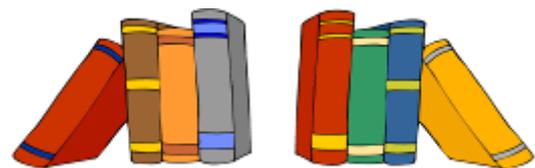
10-00 – 11-30am

Our regular Coffee Morning

Come and join us, we are a small friendly group



Books and Jigsaws on Sale



Saturday February 19th

9.30am to 12 Noon

MARMALADE FOR SALE AT FENSTANTON

Seville Orange Marmalade £2

Ginger Marmalade £2

Carefully made by Jean Ding

28 Bell Lane Fenstanton



Meet one of our regular user groups

BEREAVEMENT GROUP AT THE FREE CHURCH

When a person is bereaved they can be left wondering whom to turn to. It can be a problem and the advice is not always prominently displayed or easily found.

To lose any loved one is a traumatic experience, but sometimes to lose a husband, wife or partner can be even more devastating. Often it leaves a person completely on their own and wondering what is next, barely able to think or function.

Having personally experienced that loss of my very dear and loved husband, I can talk about this first hand. But I must stress that every death of a loved one is different and yet in many cases sets each person on the same path of life without that loved one. It sets the course for many a person who now finds themselves bereft and facing having to build a completely new solitary and often lonely life.

No longer able to share and talk things over to decide what to do as you have done for years with them, you are faced with deciding what to do on your own. For some ladies in particular you are suddenly having to face driving and taking care of the car, silly things like "how to check tyre's pressure" or "where is the oil dip stick" and "how do I check the water for the screen wash". For others men or woman maintenance of their property and for men in particular preparing meals just for one. So many, many things I cannot list them all here.

Many organisations can offer help in the form of a volunteer to visit you, or talk on the telephone or email if that is what you want. One such organisation is "Cruse Bereavement". But If in doubt ask your Doctor, they should have a number of organisations to refer you to including Cruse but also other NHS care lines as well. Even the people who organised the funeral, or your local Minister or Vicar all have good information to give you.

I now run two groups, one of which is held on Mondays 10.30 am to 12.00 Midday in The Free Church Centrum. We make tea or coffee in the Warren Room, which we take through into the church itself. Chairs are laid out for us and we can just talk or sit and listen to and with each other. We do not have designated talks or films or videos. We talk amongst ourselves about our bereavement if we want to, or just talk about day to day life and the things we do knowing that others will all understand. There is no set time, come and go at whatever time you want and suits you.

My sincere thoughts and wishes to everyone one who is bereaved. If you want to know more about my little group please call me please on **07594 979 904**. There is an answerphone and leave a message and your number –and I will call you back.

Sheila Devlin (Mrs)



St Ives & Huntingdon Friendship Bereavement Group

Nottingham Kindness



In 1973 my soon to be husband Mick and myself were motoring Up North in our ancient minivan for a camping holiday. Late at night, near Leeds, fortunately near a garage, the engine blew up. The owner of the garage who was just closing was unable to do anything that night. He took us to his smart house close to Headingley Cricket Ground. There were lots of beautiful pen and ink drawings lying around of elegant slim ladies showing off their fashions. The garage owner's wife told us that she was a professional fashion artist and I recognised her distinctive style immediately. They fed us and put us up. I was given their son Peter's room. Peter was waiting to go into the RAF and his room was full of beautifully made model aeroplanes. Peter would be about 60 now.

They both had very early starts and asked us if we would be so kind as to take their little sausage type dog for a walk round the cricket pitch in the morning. They told us to have as much for breakfast as we wished, leave the key under the dustbin and then collect the van as it would ready. When we picked it up, a new engine had been fitted and there was no charge!

Big smile from the husband who said "who knows, one day you might be able to do something for somebody else". What incredible generosity to such scruffy, unknown youngsters in their smelly Afghan coats. I didn't take a note of the address and we were never able to send flowers or thank them properly. What a beautiful act of humanity. **Charlotte**

What's on in: FEBRUARY

| | | |
|---------------------|---------------|--|
| Mon - Sat | 10:00 | Chapel Prayers |
| Mon - Sat (not Thu) | 10:00 - 15:00 | Just Sharing shop |
| Mon - Sat (not Thu) | 9:45 - 14:00 | Tookeys Café |
| Mondays | 09:30 - 13:30 | Tookeys Snack Bar |
| | 19:00 - 21:30 | Indoor Bowls Club |
| Wednesdays | 10:00 - 11:30 | Tots & Carers |
| Sundays | 11:00 | Worship |
| Wed 2nd | 10:00-12:00 | U3A Current Affairs |
| | 14:00-16:00 | Senior Citizens Club |
| Thu 3rd | 09:45-10:45 | Sunny Steps |
| | 12:00-14:00 | Keep Fit FaME (Falls Management Exercise Prog) |
| | 19:00 | WI |
| Sat 5th | 10:00-15:30 | Saints Crafters |
| Mon 7th | 10:30-12:00 | Bereavement and Friendship group (CRUSE) |
| Wed 9th | 14:00-16:00 | Senior Citizens Club |
| Thu 10th | 09:45-10:45 | Sunny Steps |
| | 12:00-14:00 | Keep Fit FaME (Falls Management Exercise Prog) |
| Mon 14th | 10:30-12:00 | Bereavement and Friendship group (CRUSE) |
| Tue 15th | 10:00-12:00 | Dementia Cafe |
| Wed 16th | 11:00 | Current Affairs |
| | 14:00-16:00 | Senior Citizens Club |
| | 19:30 | HRAA Gardening Club |
| Thu 17th | 09:15-14:00 | Shirley's Coffee Shop in Tookeys Cafe |
| | 12:00-14:00 | Keep Fit FaME (Falls Management Exercise Prog) |
| Fri 18th | 10:00-12:00 | U3A Local History |
| Sat 19th | 10:00-12:00 | Eco Group |
| Mon 21st | 10:30-12:00 | Bereavement and Friendship group (CRUSE) |
| Wed 23rd | 14:00-16:00 | Senior Citizens Club |
| | 14:30 | Poetry Club |
| | 19:30 | RSPB |
| Thu 24th | 09:45-10:45 | Sunny Steps |
| | 12:00-14:00 | Keep Fit FaME (Falls Management Exercise Prog) |
| Fri 25th | 13:00 | COSI lunchtime concert - Clarinet Quintet |

Contacts

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Open 9am—1pm Mon/Wed/Fri

Room bookings should be made through the Church Office

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Sue Billings 496570

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

Phoenix Players of Stives Romberg

Brahms

Lunchtime Concert

Presented by
Your local Clarinet Quintet

Schubert

Baermann

Clarinet Quintet - Friday 25th February @ 1pm

1pm

Free Church

Donations in aid of the Free Church, St Ives

Tots and Carers
baby and toddler group

Includes: craft, video Bible story, large play

WEDNESDAYS 10 - 11.30am (free time only)

Approved by Cornwall's Safeguarding Children's Board

FREE CHURCH HALL, ST IVES

February Editors are:

Mary Anthony &
Sarah Bateman

New! New! New!

TOOKEYS CAFÉ

is now serving
BACON AND EGG ROLLS!

£3.50

MADE TO ORDER

EAT IN or TAKE AWAY

Every Monday, Wednesday and Friday

TOOKEYS CAFÉ

Monday Snack Bar

ALL DAY BREAKFASTS

BACON ROLLS AND MORE

9.30am - 1.30pm
Mondays

Plus our usual menu

March Edition

If you have anything that you would like us to include in the March edition of Inspire then please email it to the office and Gail will forward to the right person
office@stivesfreechurch.org
Deadline to receive content for the March issue is: 18th February.