



Inspire

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

Thoughts for the month ahead.

View from the Manse

Happy New Year!!!

I send good wishes despite the uncertainty of what 2022 will bring us and our world. I do hope and pray that it will be a better year for us all, that scientific research will continue to bring resources that will help with the new variants of Covid and that we will be able to live safely.

We are blessed to have the medical and social support in our town and recognise that we need to continue to care for each other and our neighbours. The church community is a special blessing, as we step forward into the 'new normal'. We hope that we may be able to keep our doors open each day of the week so people in the market square can pop in for prayer, or a cuppa, a hot meal, or gifts and crafts that are fairly traded. We give thanks for our new Cook Manager, Helen who starts this month and will head up the team at Tookey's Café. We give thanks, too, for Sue continuing to manage Just Sharing, our Fairtrade shop. As well, we thank Jo for coordinating morning prayers each morning in our porch chapel. We hope that all our different groups will start up again: Tots and Carers, Bowls Club, Poetry, and others. If you are interested in starting something new, do ring Gail in our office.

Over the past couple of years, we have adapted our worship according to Covid safety measures, and we will continue to follow guidelines so that we do our best to keep people healthy.

All is not doom and gloom – a new year is a good time to try something new. We may find that we have fresh ministries to take on as things change in our town – so we need to be open to new challenges and opportunities as well as sustaining our current projects.

We may not know what the future holds, but we know who holds the future, in his strong and loving hands.



January 2022

Services this month

	THE FREE CHURCH, ST IVES:
Sunday 2nd	Peter Davies
Sunday 9th	Revd Dr Catherine Ball - Holy Communion
Sunday 16th	Revd Dr Catherine Ball
Sunday 23rd	Revd Dr Catherine Ball
Sunday 30th	Sid Bridges

	FENSTANTON URC:
Sunday 2nd	Reverend Roy Muttram
Sunday 9th	Revd Dr Catherine Ball - Holy Communion
Sunday 16th	Revd Dr Catherine Ball
Sunday 23rd	Keith Cakebread
Sunday 30th	Revd Dr Catherine Ball

I said to the man who stood at the gate of the year, 'Give me a light that I may tread safely into the unknown.' And he replied. 'Go out into the darkness and put your hand into the hand of God. That shall be to you better than light and safer than a known way!' So, I went forth and finding the hand of God, trod gladly into the night. And he led me towards the hills and the breaking of day in the lone East.

King George VI Christmas broadcast 1939

Whatever 2022 holds – if we face it with God and each other we know we will be stronger together.

Love in Christ,

Catherine

Just Sharing is open!
 Monday to Saturday
 (closed Thursdays)
 10am - 3pm

Irene comes calling again.....

A RECIPE FOR THE FUTURE

Take a bowl of kindness
Add mindfulness, pure sight,
A drop or two of wonder
For the world and all that's right.

A tablespoon of patience,
Responsibility and care,
Humility, generosity
Respect for everywhere.

A colour mix of spices
Will season up the dough,
A dash or two of common sense,
Is kneaded, this we know.

Knowledge and pure genius
Would help to bind the mix,
A jug of tears and laughter
And some humour that can fix.

Transgression and confession
Is so human, pour it in,
A prayer for our forgiveness,
Is a must to counter sin.

God's blessing and his goodness
Will fire up our hope,
And somehow in the darkness
Together we will cope.

cc. IRENE CARTER

Pat retires from Tookey's



Catherine presents Pat with flowers on her last Monday. A longer article on Pat and Tookey's is being prepared for next month!

Tots Group have a very special visitor.....



N.B. we don't normally publish photo of young children for safeguarding reasons and only ever with parental consent. This gorgeous photo is of one of our Tots mums, our very own Sarah Bateman (Co-editor of Inspire!) with her younger child.

Church Meeting

Our next Church Meeting will be on 16th January after Worship.

The first Sunday in December saw the congregation donate “treats” for the Foodbank.



The donations were very generous and received most gratefully by our local Foodbank.

A Facebook photo of the Christingle service.



A regular feature at Fenstanton URC is the “Knitters and Natters” Group. Dressing up like this is not compulsory!



The Chamber Orchestra of St Ives

COSI

The full orchestra will be playing a concert at the Free Church on Saturday 8th January at 7pm. This will include Beethoven’s 5th Symphony and Elgar’s “Wand of Youth Suite”.



There will also be 1pm lunchtime concerts at church on

Friday 28th January—COSI strings

and

Friday 25th February—Clarinets

Interested in coming along? Ring Jean on 498221

Meet our regular user groups.....

Sunny Steps Dance and Movement Classes

My name is Alison and I run Sunny Steps, a dance and movement class for 2- 4 year olds, in the St Ives Free Church.

I am there every Thursday in term time, from 9.45-10.45am.

Sunny Steps is a gentle introduction into the wonderful world of dance and each week we move and dance through different themes and ideas and I use a variety of music and sounds to help us along.

Parents and carers are encouraged to join in as well, as the children are still very young and I want to do everything possible to make them feel confident and happy.

Booking is essential for these classes and if you'd like to enrol, please email me at info@sunnysteps.co.uk



DEMENTIA CAFÉ– from Agi Peach

The St Ives Dementia Friendly Community Café

Dementia Café

This is a monthly drop-in café for those who live with dementia and for their carers.
Somewhere to relax, chat about experiences and share information.
Former carers most welcome.
The meetings will usually include a speaker or some form of light entertainment.

When? Every 3rd Tuesday of the month 10.00-12.00pm
Where? The Free Church, Market Hill, St Ives, PE27 5AL

£2.50 per person per session
For further info, contact George on 07725 588145
george.smerdon@btinternet.com

Working to become Dementia Friendly 2021

The Dementia Café is supported by the St Ives Dementia Friendly Community Group and the St Ives Town Council

The St Ives Dementia Café is a monthly drop-in café held at the Free Church, for those who live with dementia and their carers. Former carers are most welcome.



The Café is run by volunteers of the St Ives Dementia Friendly Community Group, on every 3rd Tuesday of the month, from 10.00-12.00. It provides a place to relax and share experiences. The meetings usually include a speaker or some sort of light entertainment. Recently we have had a talk on managing sleep, visitors from Madeleine's Patch - we are considering a follow-up trip to see them in the spring -, a joyful singing session with John Pilbeam, and a visit from a representative of the Alzheimer's Society.

The Café is a fun social event with wonderful cakes baked by our volunteers, a hub to provide useful information to those who care for people with dementia, and an opportunity to find support and friendship amongst people on a similar journey.

A simple thank-you!

A thank-you can mean so much especially when it's unexpected! A few days before Christmas an unexpected email landed in Alan's inbox from a name I remembered from the past. I'll call her Ali. Ali was part of a church family in Mill Hill back in the 60s. The family were all highly intelligent; the father had severe mental health problems and the mother sometimes struggled to cope. My mother often used to take freshly baked cakes and scones round. Ali, now a professor, had written to thank me for something very small I did many years ago. She was (and still is) about ten years younger than me and apparently I spent time one day sitting on the lawn showing her how to make a daisy chain. No big deal, I don't even remember, but Ali never forgot and wanted to say "thank you". So she used to power of technology to search on Dad's name as she remembered him well. "Ross Calvert" brought up a photo in KIT of dad dancing with Margaret McQuitty! From that she was able to locate Alan's email address! It was wonderful to hear from her again! Who knows what impact small acts sometimes have..... **Chris Curtis**

I simply couldn't think of a title for this.....



New Look Inspire

The New Look Inspire—a joint publication between The Free Church and Fenstanton URC will be published monthly. Sarah Bateman, who works for us part-time will put together the front and back pages and your normal editors—ie Mary A, Val Bush and I will do the middle part on a rota basis. Your editors this month have been Sarah Bateman and Chris Curtis, February will be Mary Anthony and Sarah Bateman. To avoid confusion please send all articles and Information to the Office and Gail will forward it to the right person—

office@stivesfreechurch.org

Feedback please to davies.peter21@sky.com

Pray for Afghanistan ⁱ

Come, Jesus...
Come, our Saviour,
come to all the people in Afghanistan,
in this bleakest of winters.
Come, with food and water,
to feed the hungry and refresh the thirsty
ones.

Please donate now to help families survive winter.

Christian Aid, a member of the Disasters
Emergency Committee.

Welcome to a new season of Poetry at the Free Church



The Free Church Poetry Group—sometimes known as ***Faith, Hope and Poetry***—started about five years ago. Until coronavirus struck about 10 of us used to meet once a month in Tookey's. We chose a theme for each meeting—sometimes a subject such as Summer or trees, sometimes we chose a particular poet we loved, or wanted to find out more about. We brought along the poetry and shared with each other, either reading ourselves or letting another do that. William Wordsworth and Seamus Heaney are big favourites. Sometimes we go for less known poets.

We have been meeting on Zoom during lockdown but felt confident enough to try meeting at church again and see how it works out. We were not sure whether most people would prefer an afternoon or an evening meeting so in September we had both.

We discussed the pros and cons—and whether to meet in the Warren Room or Tookey's and in the end we have decided to meet on the last Thursday of the month in Tookey's at 2:30pm for the time being.

Our next meeting will be on Thursday 27th January at 2:30pm in Tookey's and our theme will be "Green".

For more information contact Mary Cox .

tel 01480 300103 e-mail Mary@jmcox.co.uk

'Twas the season to be jolly at Tookeys!

The Senior Citizens Club enjoyed their Christmas party in Tookeys (see left and right photos).

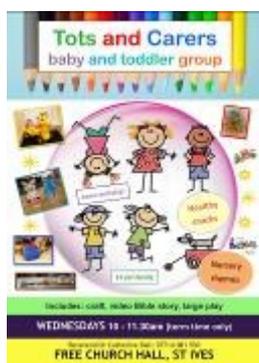


The Hemingford Ladies' Choir also celebrated (see photos below left) and it was a pleasure to cater for both parties. A good time was had by all!



What's on in: JANUARY

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
Wednesdays (starts 12th)	10:00 - 11:30	Tots & Carers
Sundays	11:00	Worship
Sat 8th	09:30-15:00	Saints and Crafters
	13:00	COSI concert-full orchestra playing Beethoven's 5th Symphony
Mon 10th	10:30	Bereavement and Friendship group (CRUSE)
	19:00-22:00	Indoor Bowls
Wed 10th	14:00-16:00	Senior Citizens Club
Thu 13th	09:45-10:45	Sunny Steps
	12:00	Keep Fit FaME (Falls Management Exercise Prog)
Sat 15th	10:00-12:00	ECO group
Mon 17th	10:30	Bereavement and Friendship group (CRUSE)
	19:00-22:00	Indoor Bowls
Tue 18th	10:00-12:00	Dementia Cafe
Wed 19th	14:00-16:00	Senior Citizens Club
	19:30-22:00	HRAA Gardening Club
Thu 20th	09:45-10:45	Sunny Steps
	12:00	Keep Fit FaME (Falls Management Exercise Prog)
Fri 21st	10:00-12:00	U3A Local History
Mon 24th	10:30	Bereavement and Friendship group (CRUSE)
	19:00-22:00	Indoor Bowls
Wed 26th	14:00-16:00	Senior Citizens Club
Thu 27th	09:45-10:45	Sunny Steps
	12:00	Keep Fit FaME (Falls Management Exercise Prog)
Fri 28th	13:00	COSI Strings concert
Mon 31st	10:30	Bereavement and Friendship group (CRUSE)
	19:00-22:00	Indoor Bowls



February Edition

If you have anything that you would like us to include in the February edition of Inspire then please email it to:- office@stivesfreechurch.org
Deadline to receive content for the February issue is 25th January.

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