



**DOWNING PLACE
UNITED REFORMED CHURCH
CAMBRIDGE**

PLACE MATTERS



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NEWSFLASH - OUR NEW PREMISES

Coulson Building Group were awarded the Cambridge City Council Considerate Contractor Award for the Downing Place United Reformed Church project on 10 August.

Coulsons commented: 'Yesterday we were presented with the Cambridge City Council Considerate Contractors award for our Downing Place United Reformed Church project. A significant number of issues were overcome to reduce the impact of our works on the surrounding area within the City including noise, parking, deliveries and general disruption to neighbours and members of public. This is the 10th time over the last 20 years we have received this award. Well done to all the project team involved!'

And Downing Place URC is on the shortlist in the "Social Infrastructure of the Year" category of the British Construction Industry Awards. There are nine on this shortlist. See:

<https://bcia.newcivilengineer.com/shortlist-2021>

It looks as though the results will be announced on 13 October 2021.

FROM THE MINISTER

Returning from a fortnight's leave one is aware of how refreshing such pauses in routine can be. We are grateful.

I have been reminded of youthful holidays with family friends, often at their home in Mevagissey. They were a family of catch phrases. When on journeys, one was the acronym, 'DDD', which referred to Daddy's Dreadful Detours – a euphemism for the ease with which the father got them lost. The mother frequently responded to any remarkable situation by saying, 'Twas ever thus'. Both these are now standard parts of my own vocabulary.



Looking at the contemporary world can be hauntingly discouraging precisely because it seems 'twas ever thus: international violence, religious difference and tension, plague, illness, inequality, poverty, discrimination, prejudice, and so on. 'Plus ça change', we resignedly say, as if because 'twas ever thus, 'twill for ever be. It's all too easy to let this tendency to helplessness overwhelm us, to give in to the myth that my contribution will always be too small to make a difference, and is therefore not worth the effort.

And yet, are there not today unprecedented opportunities to join in with interrupting that inevitability? I think of developments in science, technology, and communication. Our own lifetimes have seen such a revolution in knowledge, invention, and discovery that coronavirus vaccines could be developed at a fraction of the time anticipated. That did not just happen. It was the consequence of refusing to believe that the more it changes the more it stays the same, and instead seizing potential and letting it come to flower. It goes without saying that with opportunity comes responsibility. The opportunities afforded by modern advancements are not lavished upon us that we might simply enjoy the benefits ourselves. We receive them in an era when there are many circumstances in which to exploit them. I have in mind the continuing queues of refugees, ever present homeless people, and the unparalleled climate emergency.

Mark Carney, until recently Governor of the Bank of England, has published a book, *Value(s): building a better world for all*. (2021 William Collins). Inevitably, its focus is economic, but its application is so much broader. He writes, 'the dynamism of markets is clearly essential to our prosperity and wellbeing. But

markets ... need purpose. Through shared understanding and values, we can channel the dynamism of markets to create value for all.' (Page 471) And so Dr Carney emphasises the seven values that he opines are key to building a better world:

solidarity, fairness, responsibility, resilience, sustainability, dynamism, and humility.

I am writing this in the week that Afghanistan returned to the control of the Taliban, that Haiti succumbed to both earthquake and Storm Grace, and that Covid-19 continued to mock our attempts simply to live with it. All that seems to offer a compelling reason to follow Mark Carney's lead, instead of shrugging the shoulders as we say, 'twas ever thus'.

Downing Place Church has also been given opportunity. Against the backdrop of God's all-sufficient grace, our opportunity is rooted in our people, our premises, and our financial resources. Now that we have moved into the renewed building, I feel as if we are at the start of a new chapter in the church's story. We do well to revel gratefully in what we have been given. But not only so. Our opportunity also comes with responsibility to offer faithful worship and fruitful service. There are countless ways to do so. For example, this magazine lays stress upon the impact of dementia upon all who live with it as their own experience or upon those who love them. Similarly, this month's Harvest Festival (on September 26th) highlights the sustainability agenda. And the Autumn always brings many new students into the city. How do we respond with authentic demonstrations of God's love? I sense that there could be much of real worth for us to explore in Mark Carney's seven values. Alongside them, though, we have the model of Jesus Christ, whose living and dying and rising are the epitome of not surrendering to the temptation of 'twas ever thus', and instead offering what we have and are, be it widow's mite or real wealth.



May the Spirit that was in him arrest us and equip us as we grasp the opportunity with which we have been so blessed. After all, that Spirit's what was ever thus, and ever shall be.

Nigel Uden

PROFILE: KATIE MILNE

I was born and raised on a farm in the parish of Aberlemno, famous for its Pictish standing stones, in the county of Angus. My elder sister, two younger brothers and I enjoyed a very happy childhood which included a variety of rural activities such as rearing pet lambs, gathering potatoes during the ‘tattie holidays’ and attending agricultural shows and sheep sale rings across Scotland. Fast forward to 2021 and I am the proud aunt of seven, great aunt of two and godmother of seven – always pleased to talk about these special people in my life!

School days were spent at Pitkeneddy, a one-teacher primary just across the fields from the farmhouse, at Forfar Academy Primary and at St George’s School for Girls in Edinburgh. Family worship, christenings, weddings and funerals have been in Aberlemno Kirk for generations and I still treasure the opportunities I have to attend services there whilst on holiday.

Playing schools was a favourite pastime when I was growing up, although it has to be said that soft toys and imaginary people were easier to manage than brothers! I’m pleased to add that their non-compliance did not put me off and, in due course, I followed my sister to Homerton College in Cambridge.

As a student and young teacher in the 1970s, I worshipped at St Columba’s and vividly remember being welcomed by Ian and Hazel Morrison and also assisting Jenny Holmes with Junior Church sessions. My first memory of Emmanuel is when I was invited to read there at the wedding of friends in August 1982. Shortly after that I began attending Emmanuel and got to know the church family, many of whom are still active members of Downing Place. After a while my church attendance gradually lapsed, due to other commitments, but I am grateful to several members who kept in touch over the years and welcomed me back to Sunday morning worship in October 2019.



My love of Scottish country dancing and choral music developed during six years at St George's and four at Homerton. Membership of Queens' College Chapel Choir was also a fantastic chapter and I have the honour of organising quinquennial reunions for singers from that era. These are always wonderful occasions involving lots of catching up and rehearsing before evensong in chapel and dinner in college.



Having applied for teaching positions the length and breadth of the country to no avail, I left Homerton in June 1978 without a job. Fortunately this was not the case come September when I embarked on a career spanning 41 years: one at Ralph Sadleir Middle School in Hertfordshire and 40 at Stephen Perse Foundation (formerly Perse School for Girls) here in Cambridge. I held a number of different roles in the Junior School: class teacher, key stage coordinator, librarian, deputy head and acting head before taking on the permanent position as head in 2007. I still chuckle at the memory of a conversation between two pupils which floated through the open door of my office: 'Miss Milne is proper head now!' There were challenges, of course, but immense joy as every day unfolded and involved interactions with eager pupils, supportive parents and truly amazing

colleagues. What a privilege and blessing it was to realise the dream which I had as a little girl.

In July 2019 my sister and one of my brothers, along with their spouses, made the journey from Northumberland and Angus respectively to join me at a retirement lunch party with colleagues from across the years. We gathered on a beautiful summer's day at Homerton College – full circle! Since then, I have joined the governing body of a prep school in Suffolk, trained as a mentor for new head teachers in prep schools, become the independent listener for sixth form boarders at Stephen Perse Foundation and, most recently, I have been consultant head of Junior School at Northampton High School for Girls for six months.

So, I am still quite actively involved in education but the pace has slackened, for which I am grateful, and it is lovely to have more time for other pursuits. I am a keen, but very amateur, gardener and enjoy looking after a tiny plot in Cambridge and a larger one in Aberlemno. I was delighted when Margaret Reynolds invited me to support her endeavours with the planting scheme for the Courtyard Garden at Downing Place and I am excited about seeing that become established over the coming months. Travel also gives me great pleasure and a few weeks ago I thoroughly enjoyed my first-ever visit to Northern Ireland. Our day trip to the Giant's Causeway and Portstewart Strand was a real highlight and definitely surpassed my expectations. I wasn't quite prepared for the awesome scale or the dramatic changes in the physical geography from one stretch of that coastline to the next. An evening beach walk was the perfect end to this special expedition.



SUSTAINABILITY

SOLAR PANELS through SOLAR TOGETHER

SOLAR TOGETHER is a group buying scheme of Cambridgeshire County Council and others, by which you can install Solar Panels on a southerly facing roof at a cost that is more than 40% lower than standard costs. Several homes in Buckden, where we now live, took advantage of the scheme earlier this year and are now generating their own electricity and either sell the surplus back to the grid or store it in batteries for night-time use. The estimate is that you will have covered your initial investment and be in profit after 10 years but in the meantime your monthly power bills will be drastically reduced.

We registered interest in the scheme last September and this led to a first estimate of cost based on information we provided and on how many others across the county had shown interest. In order to proceed we paid a small deposit of £150 in December and the next step was a survey by the company that had won the contract. In our case, this was Greenscape Energy, a Suffolk based firm that had done many similar installations across East Anglia. Had they judged our roof unsuitable, our deposit would have been refunded. The whole process was, inevitably, slowed down by the pandemic but our roof was surveyed in early

April and within a few days we had a detailed quotation and specification. In our case, this was for 10 panels and a battery which is located with the inverter in our loft space. Scaffolding was erected and the installation took place over one day in mid-June, with a follow up visit to finalise the connection.

As a snapshot of performance, on a recent, sunny day our system generated 12.5kWh of which we used 5 kWh and sent 5 kWh to the Grid, from which we drew nothing. We put 4 kWh into our battery and drew 1 kWh from it. Our total installation cost less than £7,000.

SOLAR TOGETHER Cambridgeshire will be promoting the scheme again in the autumn so, if your roof faces between South East and South West with South as the optimum, and it isn't obscured by tall trees, simply search for Solar Together Cambridgeshire to register your interest. Not only will this be a great investment and reduce your monthly energy bills, but you will be making a real contribution towards mitigating the Climate Crisis, so you help yourself and you help the Planet.

This was originally written for Roundabout, the village monthly magazine.

Chris Wright

PLANTING OUR OASIS COURTYARD GARDEN

The target date for digging in the plants for our Oasis courtyard garden is now looking like week commencing 4 October.

Volunteers are welcome to help, probably on Wednesday 6 and Friday 8 October - we hope to include a picnic.

Plans are subject to the weather and to the prior installation of wooden screens as trellises for the climbers, so all will have to be updated at the last minute.

To see what is proposed and to pledge for remaining plants, see our lovely Garden webpage <https://downingplaceurc.org/courtyard-garden/> and to volunteer, speak to Margaret Reynolds or Katie Milne.



Going Car-less

The response of some mirrors that for bereavement
But for us, it is more like release.
Release, in response to gradually failing eyesight.
Release, even more, in response to slower reaction times.
Release from the responsibility of car ownership.

Feet, bicycles, buses, trains and kind family and friends
Take the place of the departed car.
Proceeds of sale and savings on tax and insurance
Provide a taxi fund when buses are not running
On Sundays and in the evening.

One car less on the road or driveway
Makes a small dent in our carbon footprint.
One tiny step towards a greener future
But each step, each drop of carbon fuel saved
Is vital if the Planet is to be saved.

Waiting and travelling take more time.
Time to observe and, even, talk to
Fellow travellers, 'Bus is late, again!'
'Is this the right train for Cambridge?'
Such can be the starting point.

In these later years of life
Rushing around is no longer an issue.
Time is available and welcome.
The car no longer hems us in.
Going car-less is release.

Chris Wright



CAMBRIDGE ECO-CHURCH ZOOM WORKSHOP
TUESDAY 21ST SEPTEMBER

The Eco Church team are inviting us to join a workshop on the afternoon of Tuesday September 21st. You might have spotted that this is the same day as our own Mission meeting in the evening. If two Zooms are a bit much for you on one day, please note that the last event was recorded – so this one will probably be available later too.

‘Hello friends

I’m sure many of you will have seen the release of yesterday’s IPCC report, warning amongst other things that global heating above 1.5 degrees celsius will be “catastrophic” for Pacific island nations and could lead to the loss of entire countries due to sea level rise within the next century. We want to use this momentum around climate action as an opportunity to freshly encourage you as Cambridge churches to continue your journey towards becoming an Eco Church.

Since our Eco Church event in April, we have seen the consequences of human-driven global warming, including extreme heatwaves causing devastating fires in Canada and Greece, along with horrific flooding in western Europe. We would love to continue supporting you and your church in taking positive actions to help our planet in crisis.

Therefore, we are inviting you to our Eco Church Workshop on Zoom at 2pm on Tuesday 21st September 2021.

The event will be discussion-based, so we would really encourage you as churches to come along with questions and stories of any steps you have taken since the April event. Our panel will be made up of a representative from A Rocha UK, who will be joining us to answer specific questions about practical steps for your church, as well as other churches engaging with Eco Church.

We will send you a more detailed programme of the workshop in the coming weeks.

Please book a free ticket using the following link: <https://www.eventbrite.co.uk/e/eco-church-workshop-tickets-166642689771>.

If you haven’t already joined our Eco Church Facebook group here’s a link to it: <https://www.facebook.com/groups/1126855107735991>. We will be using the page to share news and updates and encouragements.

Here is the link to the recording of the April event for you to share with friends and church family: <https://www.youtube.com/watch?v=xT1YWUz5K7A>.

God bless,

Just Love Cambridge Eco Church team’

AUTUMN HOUSE GROUPS

A series of six House Groups has been planned for the autumn to tie in with our focus on creation, the environment and sustainability. These will be led by Janet Tollington based on the following Old Testament texts that will enable us to explore the theme from different perspectives: Genesis 1:1 – 2:4a; Job 38-39; Psalms 8 & 104; Proverbs 8:22-31; Isaiah 40:21-31; and Ezekiel 47:1-12.

Groups will meet on Monday afternoons (2.30 – 4.00pm) and Tuesday evenings (7.30 – 9.00pm) in the weeks beginning October 11 and 18, November 1, 8, 15 and 22. Whether Groups will meet in person or virtually is yet to be decided but this will be clarified, with details of the hosts, in the relevant Weekly Bulletins and the next Place Matters. A general introduction and weekly handouts will be provided in line with previous recent practice.

MUSIC AT DOWNING PLACE

REVIEW OF THE ROLE OF MUSIC IN THE LIFE OF DOWNING PLACE URC

At the July Church Meeting, Nigel spoke about a review of the role of music in the life of Downing Place URC, and a working group being set up to undertake the review. In order to best inform the review, groups, members and friends with an interest in the musical life of the Church will be invited to advise and comment on music at Downing Place. The review group will consult widely, and aims to bring an update to the Officers' Meeting on 1st November.

The Terms of Reference for the review, brought to the July Church Meeting, encompass many aspects of church life. In the first instance, however, we will focus on music at Sunday morning services. Those of us who have come to those services, in person and/or via YouTube, will recognise the very special contribution of music to our worship, and the commitment of our many talented musicians – named, and unnamed. As a new church community, in our renewed building, it is a good time to be asking questions such as:

- how can music best contribute to worship in a city-centre URC?
- what has been your experience of music at Sunday morning services, before, and during, the 'lockdown'?
- congregational singing – what would you like/appreciate in the (near) future?

- what musical contributions of individuals and groups to worship do/will you find helpful?

The members of the music review group are: Tim Rowland, Penny Flynn, Yvonne Norgett. Alan Rickard, Mel Rose, Judy Rowland, Elizabeth Thomson

In the first instance, it would be helpful if any comments about music in the life of the church were addressed to me – preferably by email. In particular, it would be helpful at this stage to receive comments on some of the four questions listed above, and by 20th September if possible, before the next meeting of the music review group. Please be assured of confidentiality – while comments sent to me will be considered within the group, the names of those who sent them will not be shared (unless requested!).

In hopeful anticipation -

Tim Rowland
(Convenor, Downing Place URC Music Review Group)

THE NEW DIGITAL ORGAN CONSOLE

The weekly music notes have been providing lots of information about the organs whose sound is now available to players, but some people have asked how it works and what the large array of controls on the console are for.

The console is essentially a beautiful oak box containing a standard (Windows) computer, connected to all the keys and buttons as inputs, and to a set of nine powerful loudspeakers as outputs. It runs a program (an *app*) called Hauptwerk, which draws on real organ pipe recordings stored in the PC memory to generate the signals fed to the speakers in response to the keys the player presses.

Apart from the touch-screens at either side of the keyboards, the console might as easily be for a pipe-organ as a digital one (its makers do both), and the controls are largely organised in the same way. Each keyboard (three *manuals* for the hands, and the *pedal* for the feet) has its own distinctive set of sounds (*stops* or *ranks*), each with one pipe for each note on the keyboard. These are normally enabled (*opened* or *drawn*), singly or in combination, by pulling out the corresponding *drawstops*; on our instrument they are opened or closed by touching the drawstop picture on one of the touch-screens. Different organs, with wildly different arrangements of drawstops, can be presented to the player simply as different pictures on the touch-screens. Commonly, the pictures represent the panel of stops to the left and right of the real organ keyboards (the side *jamb*s); sometimes, the player chooses to have all the stops on one side and something simply decorative on the other, such as a picture of the real organ

pipes and case.

Different keyboards usually have stops of different character on them – with the pedal usually offering lower notes than the keyboards (sometimes from pipes as long as 32 feet!). They can be *coupled* together, so that a key pressed on one sounds the pipes for that keyboard *and* another. A few of the buttons on our console, labelled in red, couple keyboards in this way – all manuals can be



coupled to the pedal, and some combinations of manual can be coupled to each other. When the organ being played has fewer than our three manuals (e.g. Romanswiller), we simply ignore the top one; when it has more (e.g. Hereford), the extra manual is played by coupling it to another.

Most people will have noticed the large ‘venetian-blind’ shutters in pipe organs, which are opened and closed to control the volume of the pipes on some manuals. On our console, there are two large central *expression pedals* for this purpose, which of course simply tell the computer how loud the sound it generates should be.

For modest organs (20 stops or so), the player can usually manage to open and close stops individually, but help is provided for larger instruments by 8 of the small buttons (*pistons*) under each manual and above the pedal (*toe pistons*). These draw *combinations* of stops for the manual concerned; pressing a piston and the *Set* button (bottom left) together records the current combination instead. Two further sets of 8 (under the top manual, and above the left of the pedal) apply to the entire organ, and are called *general pistons*. Players commonly rely on the

pistons much of the time in preference to changing stops individually on the side jambs, which takes the hands further away from the keyboard, and for longer: less subtlety is possible but the instrument is much simpler to manage.

Pistons have been used on organs for some 200 years. The last 30 years have seen a new device called a *stepper* emerge, which achieves simplicity without sacrificing subtlety. Neither of our previous church organs had one, and it is a real step up in the facilities we now have. It allows the player to define a series of *frames* (up to 1000 of them!), each of which records the state of the entire organ, like a general piston, and then to recall them easily in turn. This is what players use when they have time to plan and prepare carefully at least – for music before and after services, and for recitals. When preparing, the player simply presses a couple of buttons to record a new frame every time they change any of the stops or couplers; then when playing, they can step forward to the next frame simply by pressing one of the pair of buttons under the middle of each keyboard, or a similar pair beside the expression pedals – the second is there to allow them to step *back* if they make mistake stepping forward too soon! Most of the buttons *above* the top manual are for managing the stepper, and the small LCD display top left shows the current frame number.

And finally, Hauptwerk provides various other facilities not possible in pipe-organs. *All* of the above together compose a *combination set*, and 64 such sets are readily available so that each player can have their own (or several of them): the LCD display top right shows which set is in use, and the buttons beside it scroll through them. The menus at the top of the touch screens allow the overall volume, pitch and tuning to be changed, or a different organ to be loaded (which needs 30-50s); the mouse beside the left jamb makes it easier to hit the smaller menu items reliably. A headphone socket allows practice without the loudspeakers – welcome by other users of the building!

Owen Saxton

LISTENING AND THINKING MISSION

It seems a long time ago – that day when we met at Netherhall School to talk and pray together about the openings for mission that God might be leading us to in our planned “new” premises on the Downing Street/Downing Place site. That day we were full of ideas, full of enthusiasm, full of vision. Those plans have stalled since then, for reasons well known to us, but as a new “normal” begins to take shape around us we need to turn again to seek the way forward together.

This is the reason that the Evangelism and Service group is planning a meeting on Zoom on **Tuesday, 21st September at 7.30** (note the revised time). Please put this in your diaries. We hope that as many as possible will be able to join in this, so that we can look back (briefly) and look forward (prayerfully), to hear what is happening already and discuss how we can go forward together.

First, though, we hope everyone will take part in some preparatory listening and thinking around the questions below, suggested in the URC’s publication *New Reality, Same Mission*. If any of you are really unable to join in the live meeting we hope you will at least be able to share with us in this and send in your responses via your elder or a member of the Evangelism and Service group.

Questions about ourselves, our communities and our church.

1. How have I /you /we been affected by what has happened in the last two years?
2. How have our neighbours and our own local communities as well as our church been affected?
3. How are people – of different ages and backgrounds – feeling at the moment?
4. Who, in our communities, society and nation might have been “pushed to the margins”? Which people, groups or voices are not being heard?
5. Where have we seen God at work in this period?
6. What is our mission for God in this moment? What have I/you/we to offer?

Janet Bottoms

NEWS FROM CHARITIES WE SUPPORT



A message from Mark Allan, Jimmy's CEO

After more than a year of collaboration, I am delighted to announce that last week we opened six further pioneering modular homes, bringing the total number to 22.

As you will know, we place the home at the centre of all we do. We know that a home provides a stable and solid base from which to tackle other issues in someone's life. Where possible, we place the goal of someone moving into, and remaining in, an independent home as central to all the support we provide.

Our new modular homes are the perfect way to achieve this: providing self-contained independent housing for those seeking to continue their journey onto full independent living. We are immensely grateful to the Hill Group which has provided these final modular units and Cambridge City Council which has gifted us the land.

This partnership typifies Cambridge's visionary spirit and collaborative approach to ending homelessness in our community.

To rebuild a life today or find out more about what we do please visit

<http://www.jimmyscambridge.org.uk/>.

Mark



Another fantastic set of results!



Celebrating our students' achievements

Students at Red Balloon are celebrating another great set of exam results. Of children who took GCSE Maths, for example, 86% received grades 4 to 9 (the old grades C to A*), and 86% achieved the same in English Language. They also gained a whole host of other attainments alongside, including BTECs and NCFE qualifications, in subjects ranging from animal care to music.

Rising above challenges

Students and staff have coped with enormous challenges over the last 18 months, having to make considerable adaptations to the assessment regime brought about by COVID. We are incredibly proud of what they've achieved.

This results day, despite all the challenges they've faced, our students have achieved not only impressive qualifications but have graduated on from Red Balloon to re-join their communities, whether moving on to further education, training or work.



Bright futures, thanks to you

No grade on a certificate can ever express just how amazing our students are. We're proud of the progress they've made and how much they've grown as individuals.

We feel privileged to have been part of their journeys, and we hope you are proud to have been part of their journeys too; they wouldn't be where they are now without supporters like you.

Thank you for the part you have played in their successes and in providing our students the bright futures they so deserve.

*Rob Watson
Director of Education
Red Balloon*



Our news

We have received a message from Christian Aid to say that our Downing Place e-envelope has raised £968.75 (including giftaid). Many thanks to all the generous givers. The e-envelope has now closed – until next time

Ted Dennison is still grateful to have used postage stamps to be sent to Christian Aid to help their fund raising. Please bring them in to church, or send them to Ted direct.

Tea party for Christian Aid supporters

You are invited to join the Cambridge Christian Aid Committee and supporters to look back at Christian Aid in 2021, and ahead to 2022.

Pamela Cressey is offering hospitality, in the garden if the weather permits, otherwise safely distanced indoors.

When: Saturday 4th September, from 3 pm

Where: Pamela's home in Girton. Parking available in nearby roads.

No charge, but donations to Christian Aid always welcome.

Please let Sheila Porrer know if you can come.

Christian Aid Appeals

Christian Aid has two main current appeals, the Harvest Appeal and an appeal for Haiti. More information is on the website.

The Harvest Appeal

The Harvest Appeal seeks to support the work of women setting up small businesses, and focusses on Malawi and a group of women harvesting the fruits of the baobab tree and selling the juice in local markets. Christian Aid has supported them with finance and equipment, such as solar powered refrigerators to store the juice safely.

The Haiti Appeal





On Saturday 14 August, a 7.2-magnitude earthquake struck Haiti at Les Cayes, 75 miles west of the capital of Port-au-Prince. On Tuesday 16 August, Tropical Storm Grace, flash floods and mudslides have now caused further devastation on the island.

To date the earthquake has claimed more than 1,400 lives, injured almost 7,000 people and destroyed 83,000 homes. Families are seeking safety wherever they can with nothing but the clothes on their backs. Entire communities have been made homeless.

Right now, people who have lost everything need emergency shelter, food, drinking water and access to healthcare. Christian Aid's local partners are on the ground ready to respond, but need your help to reach more of the most vulnerable people – women and girls, older people and people with disabilities are all most at risk.

Please give what you can today to help Christian Aid reach people most at risk in Haiti.

Donate via the website if you can, but cheques made out to Christian Aid can be sent to Christian Aid, PO Box 100, London. SE1 7RT, or you can telephone 02075 232269 to donate by phone.



Cambridge Street Pastors Caring, listening, helping

The Cambridge Street Pastors and NightLite badly need new volunteers – have you considered this?

Eileen Hori of Cambridge Street Pastors writes that the teams are loving being back on the streets. Things are busier than ever and they have been able to help people every night – “caring, listening, helping without judgement and willing to share our faith if asked”.

The plan is to re-launch NightLite – now in our new Emmanuel room at the back of the Sanctuary – on 4th September, Covid permitting. Every night they need at least three Street Pastors on patrol and three volunteers in NightLite (with a security guard bringing the team to four).

Training is provided “on the job” in NightLite, although all volunteers are encouraged to go through the Street Pastor training programme; this means it is possible to start helping after observing (and going through paperwork) and thus gain experience immediately while training.

If you are interested, please check out the website or contact Iain Spence at director@cambridgestreetpastors.org.uk or Eileen Hori at admin@cambridgestreetpastors.org.uk

SPECIAL CAUSE FOR SEPTEMBER



The name Macmillan comes from Douglas Macmillan, who founded the Charity in 1911 following the death of his father from oesophageal cancer. Douglas gave his £10 Birthday gift from his father as the first donation to founding a charity with the aim of ‘promoting quality cancer care and information for everyone.’

The fact that one in two people will receive a cancer diagnosis at some time in their lives means that most of us will know someone who has been touched by the condition.

Most people know Macmillan for their wonderful specialised nurses and doctors. What you may not know is what else the Charity does.

Medical health professionals - Macmillan provides a wide range of health

professionals, from dieticians and radiographers to physiotherapists and haematologists, who on top of their basic training, have completed specialised courses through Macmillan.

Financial help - A large part of Macmillan's work is to make sure that no one is penalised for going through a cancer diagnosis. On average, such a diagnosis causes a deficit of £507 per family per month. One off financial grants can also be made for immediate crises.

Information - The need for updated and informative leaflets on all cancers is integral to the Macmillan vision. There are many Macmillan funded information and drop-in centres throughout the country, usually attached to or nearby a hospital. In Addenbrooke's, Macmillan has a 'pod' situated in the Oncology department, providing not only advice and information but staff to give emotional support.

Emotional and Practical help -

Any cancer diagnosis is life-changing and worrying. Therefore apart from information about all cancers, Macmillan provides emotional support from trained professional staff right through the cancer 'journey', even to advice for both employees and employers about returning to work.

Macmillan contacts - 0800 808 00 00. This phone number is your first port of call for any cancer associated problems or visit the website, www.macmillan.org.uk.

Macmillan really is the only cancer charity which is a 'one stop shop'. It provides a complete package of care, not only for cancer patients, but also for their families. The Cambridge Macmillan Fundraising Group has been raising money for over 50 years. The local funds, raised through the Group, go towards the care for cancer patients and their families in Cambridgeshire.

Covid 19 has devastated the fundraising work of the Charity. We are therefore, so grateful to have been selected as the September 'charity of the month' at Downing Place U R church. Please help us to continue to fulfil our Founder's vision of being able to provide the highest quality of care, to all cancer patients equally.

On this occasion, we have been asked to donate to the local branch so please send donations to the Church bank account, or a cheque made payable to Downing Place URC and we will make a single payment to the local branch at the end of the month.

DEMENTIA CARE

People living with dementia are one of the communities we in Downing Place are hoping to be able to support in our new premises, and this autumn Place Matters will be taking a look at aspects of dementia care in Cambridge.

In this issue we hear about two Cambridge based charities, *Dementia Compass* and *The Memory Notes*, and the ways in which they enrich the lives of people with dementia and their carers, and also about fiddle muffs and blankets and how we might make a difference there.

In our next and future issues we hope to have more on different forms of local provision, so that we can learn about the work that is being done, and reflect on how we might contribute.

We are very grateful to all those who have contributed. If you have any thoughts, experiences, or information you would like to share, please do get in touch with the editor, Sheila Porrer.

DEMENTIA COMPASS



DEMENTIA
COMPASS

Dementia Compass, a Cambridge based organisation dedicated to opening up opportunities to people living with dementia and to their carers, was founded by Edye Hoffmann ten years ago.

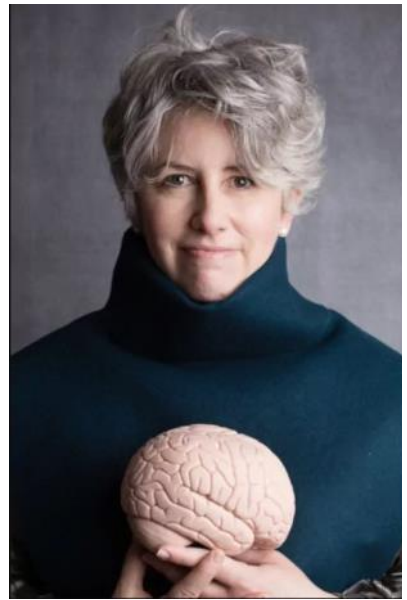
Edye's commitment to action on dementia grew from her own experience, when a member of her husband's family developed early onset dementia. Edye, who had just arrived in this country from America, set out to get to know the person behind the dementia, and this experience together with her background in community organising led her to look around for ways of reaching out into the wider community.

After working with care home residents and then studying dementia at Bradford University Edye knew this was a field where she could make a difference. Her determination to enrich the lives of people with dementia and the lives of their carers led her to set up Dementia Compass in Cambridge. She has had support from an amazing community of volunteers willing to use their unique talents to support her work.

Dementia cannot be prevented or cured, but there are things everyone can do to counter its effects. General health and fitness play a big part – healthy diet and physical exercise, concentrating especially on the cardiovascular system – it stands to reason that the better the blood supply to the brain, the healthier the brain will be. Uncorrected hearing impairment places an extra burden on the brain, which doesn't help. Key is social interaction, nourishing the abilities people still have, concentrating on the person behind the dementia. And social engagement outside the home is hugely important. No family should be left to cope alone after a diagnosis of dementia. Church communities have a valuable role here.

Dementia Compass seeks especially to offer social engagement through its community programmes. First, there is the museum programme “Portals to the World”. In normal, non pandemic times, people with dementia and their carers attend courses at one of Cambridge's museums. They hear lectures and demonstrations from experts, and are then encouraged to do something creative themselves. The Fitzwilliam offers exceptional opportunities to engage with art works, and follow this up with a practical session of painting or modelling. The Fitz has been working with dementia for 25 years altogether, and the Zoology Museum is now also taking part in the programme, with other Cambridge museums such as the Sedgwick and the Museum of Classical Archaeology also planning to offer sessions.

Creativity and self expression is an important part of managing dementia – even someone who can no longer sign their name can hold a brush or handle clay. People come in pairs – individuals with their carer – and both are able to move beyond the limitations of dementia. There may even be the opportunity for the carer to have moments of respite as they work on their own project or chat with



Edye Hoffmann

other carers.

Music is a helpful resource for dementia too. Edye set up the D'music'a choir in Fulbourn which is another facet of Dementia Compass's work. Seeing that people with dementia were being excluded from their traditional choirs, she encouraged them to keep singing and enjoying it. The D'music'a choir operates just like any other choir – periods of rehearsal followed by a public concert three times a year. The difference is the lack of pressure – there is no need to learn new music under pressure, to read music or even find a page number. And members enjoy vital social contact, the chance to enjoy singing, but also being able to give something back to society in the form of an enjoyable concert.

Another initiative was the “United by Memories” Dementia sports café, aimed at sports enthusiasts, and partnered with Cambridge United's Community Trust. Once a month people were invited to share sporting memories over tea and biscuits. Edye Hoffmann commented that this was especially useful for men, who might be less attracted by the arts and music their spouses enjoyed. Here they can share sporting talk and memories, helped by being in the stadium and by memorabilia from the team's museum.

Of course the last eighteen months have presented a huge challenge to those with dementia and those seeking to engage with them. With the NHS under pressure access to memory clinics has been restricted, diagnosis and advice have been delayed.

The pandemic has cut social interaction back severely. Even where people do meet, masks pose a big problem to those who rely on non-verbal communication. The D'Music'a choir could not sing together, the Cambridge United tea parties stopped and the live museum visits were suspended. Dementia Compass, like so many other communities, has had to find new ways of supporting people while protecting them from infection. Zoom sessions with presenters from the museums have been very effective.

Portals to the World is now planning a flexible hybrid programme, a mixture of in person and remote events. Perhaps a Zoom session will be backed up with a handout which can be followed up at the museum later in an individual visit. Cambridge United have set up telephone support to those without access to computers.

The form of the programmes in the near future is still uncertain, but one way or another Dementia Compass continues to provide sustainable long-term support to families having to navigate the dementia journey.

Thanks to Edye Hoffmann, who talked (via Zoom) to Sheila Porrer.

THE MEMORY NOTES - SINGING FOR HEART AND SOUL AND MEMORY

Sylvia Dannreuther told Sheila Porrer about The Memory Notes.

The meetings of the singing group The Memory Notes in Histon are the highlight of the week for many people living with dementia, and their carers. For a couple of hours on a Wednesday morning they can meet friends, make new friends, chat, enjoy tea and cake, and above all sing together.



Sylvia and Rowena recording a video message, June 2020

The group was founded in 2015 by Rowena Whitehead and Sylvia Dannreuther. Rowena is an experienced singing teacher, and has run choirs and community singing groups in Cambridge for many years. In 2011 Rowena and Sylvia, also an enthusiastic singer, decided to explore the benefits of singing for those with dementia. They started up in Sawston (a group there still continues), but moved in 2016 to Histon. Why Histon? Central Cambridge was too busy and too expensive. St. Andrew's Church in Histon had a free room they could use, and went on to build a Community Centre in the village (designed by none other than Arch'angel Architects!) with ideal accommodation for the group. The Church was very supportive, and Histon was accessible from Cambridge and the surrounding villages.

The group is independent, but is grateful for funding from local charities and especially the Talking in Tune charity, which supports local groups promoting

singing for people with specific conditions of which dementia is one. Their website can be found at <https://talkingintune.wordpress.com/>. Talking in Tune also caters for those with lung conditions – now including Long Covid - through the group Singing For Breathing.

Rowena is the musical director – she and Sylvia, the Co-ordinator, plan the structure of each meeting (always allowing for the unexpected request!). To support them they have a dedicated group of volunteers who prepare the room, set out the refreshments, join in the singing and chat with everyone. The meetings begin with half an hour of socialising over tea/coffee and cake, followed by an hour of singing – a wide repertoire of familiar songs – no written music – accompanied sometimes by a guitar or percussion instruments. There is often an opportunity to dance at the end – even those in wheelchairs can join in – and every session ends with “Thank You For The Music”. From time to time there are parties for special occasions. You can see a film of the group in action, and an interview with an enthusiastic member, on the Memory Notes website - <https://talkingintune.wordpress.com/our-groups/the-memory-notes/>

The group aims to be as inclusive as possible. People living with early or mid-stage dementia come with their carers, who also enjoy the chance to relax for a while and of course join in all the singing. Care home residents are also welcome, alongside those still living at home. Numbers do have to be capped, in order to preserve the friendly atmosphere – there is usually a waiting list and demand is huge. Part of Sylvia’s role is to make contact with people before they join to ensure they can benefit from the group; no-one is ever asked to leave the group; when the time comes when they can no longer enjoy meetings, there’s a gentle goodbye. Carers are always welcome to continue coming to the group, and several have done so over the COVID sessions while their loved ones in care homes have not been able to take part. Meetings continue all through the year – continuity and routine are very important for those with dementia.

But, as we all know, in March last year everything had to stop. The pandemic has affected us all, but for those with dementia, and for their carers, it has been devastating, depriving them of crucial social contact. Rowena and Sylvia had already recognized how vulnerable their people were even before the official lockdown, and the weekly meetings were suspended. How could they keep things going? At first Rowena and Sylvia made music videos together and sent them out, then they had to isolate and could not record together. So they recorded CDs with favourite songs, then tried Zoom meetings – would people be able to handle this, would the sight of several people on screens be too bewildering? But Zoom did take off, and weekly Zoom meetings were set up and have continued successfully throughout the pandemic.

Now there is a chance of a return to normal. Outdoor meetings in the Church garden have been held successfully over the summer – weather permitting – and now they hope to return to indoor meetings in September and build the group up again to be able to give their guests the joyful experience of making music together.

With thanks to Sylvia Dannreuther.



Meeting in the garden of St. Andrew's Church, July 2021

A BIT OF COMFORT ON HAND

I imagine that comfort and calmness are feelings we might all be able to relate to wanting in our lives. Sadly, those with dementia, especially as it advances, often seem to struggle to find these things in theirs. I am in no doubt that we have people within our community who will sadly relate to this as they know the condition well, either living with the condition's extreme unpredictability themselves or supporting family or friends who have been diagnosed with it.

Alongside a wide range of symptoms, restlessness may be present in someone with dementia and in addition to other tools, some that are gaining recognition and respect from families and medical professionals alike are twiddle/fiddle muffs and twiddle/fiddle blankets.

The handmade muffs are tubes created either in yarn through knitting or crocheting, or fabric through sewing. Attached safely to them are items to keep the owner's hands busy, these may include zips, buttons, ribbons, and pockets but that is by no means an exhaustive list. Although not something that benefits everyone, they give a source of visual, tactile, and sensory stimulation to those who own one. Twiddle blankets, made in similar ways, can be provided in cases where the comfort of a greater weight of material might be more what is called for, to keep people warm and their hands active and flexible.



Twiddle Muff © Oxford University Hospital

One organisation in our region that is employing these tools is the East of England Ambulance Service. Having developed a Dementia Strategy they asked their supporters to create a collection of twiddle muffs so that each ambulance in their fleet could have one on board for when they were called to a patient who might benefit from it. The patient is then able to keep it through their treatment

and when they are discharged.

Cambridge University Hospitals have also joined a growing number of other hospitals in urging crafting volunteers to make them so that they can use them in both in and outpatient settings.



Twiddle Muff © East of England Ambulance Service

I am slowly learning about more members of our congregation who support charities in different ways, and/or are crafters. I wonder whether we might be able to create a collection of twiddle muffs and blankets to be donated to local care homes, hospitals, or organisations. Please don't be put off if you aren't a natural craftsperson or if something might prevent you from being able to produce the full pieces. Firstly, they don't need to be complicated, but it also might be that you can help in other ways, such as donating items that can be put onto the muffs or blankets or making parts of the items which could be assembled by others.

Obviously, we would want to be Covid-safe and if we were to want to donate anything we would discuss how best to do this for all concerned.

If you might be interested in this initiative, please do contact me via email or do come and chat to me about it when I'm at church.

Jess Uden

NB It is interesting to note that these tools aren't only being used in a dementia setting, there is evidence of them helping those who have other additional needs, those who are in hospices and various other situations.

CHURCH LIFE

THE GIBSON LUNCH CLUB



It is with regret that we must postpone the restart of the Lunch Club due to the ongoing safety issues around Covid 19. At the meal we like to sit six folk at a table in order that there be good conversation as well as good food.

The Lunch Club team are to meet in September to map out our future plan: and we still hope to hold a special Christmas meal at an outside venue, as we have done every year since the club was started some twenty two years ago.

Dixon Hutchinson



LECTIO DIVINA

We plan to hold further sessions of Lectio Divina in September, starting on Thursday 16 September and running for six weeks. Sessions will be led by Deborah McVey via Zoom and will begin at 8.30am.

Lectio Divina is a very rich and rewarding way to engage with Scripture, with plenty of time to reflect quietly and opportunities to share your experience with the rest of the group if you feel inclined. New and returning readers welcome! Please contact Deborah McVey for more information.

THE CHERRY HINTON ROAD TUESDAY FELLOWSHIP



The Cherry Hinton Tuesday Fellowship has continued to meet weekly mainly in people's gardens where we could meet outside. On June 22nd, we had an inspiring talk by Pat Heap in St

Athanasios Church Hall. She talked about the time when she gave a weekly religious talk on Radio Cambridgeshire and how she met up with some of the participants later on and discovered how Christianity changed their lives.

We had another thought provoking talk on July 27th in the church hall which was addressed by Pamela Cressey on the theme of modern slavery. She had come across victims of trafficking when she was chaplain to the Oakington Immigration Reception Centre. She stressed the importance of identifying victims in our everyday lives and taking action by reporting them to the relevant authorities where help can be given. On this occasion we gave £50 to the Medaille Trust.

Since then we have continued to meet in people's gardens and we hope to have

an outing to the Orchard, Grantchester at the end of August. Everyone is welcome to join us. Please contact myself if you would like to come along.

Penny Milsom

LUNCHTIME CONCERTS - WEDNESDAYS AT 1PM

Free Lunchtime Concerts with a retiring collection for our monthly Special Cause. Booking is not necessary. Come and bring friends!

1 September	Eric McElroy (piano)
8 September	Trio Amicitia
15 September	Cambridge Chamber Ensemble
22 September	Joe Chu Yu Yang (piano) & Irene Loh (violin)
29 September	Katharina Megli (mezzo-soprano) & Ilga Pitkevica (piano)

LOOKING AHEAD

MEET THE NEW SYNOD MODERATOR THURSDAY 14TH OCTOBER

Rick Mearkle, Minister of St Neots URC, writes on behalf of the Cambridge Area Partnership Pastoral Advocates:

We have arranged a gathering of the partnership to meet the new Synod Moderator on Thursday evening 14th October. The intention is to have a meeting that is both in person and online. Details of the meeting will be sent out closer to the time. Would you please reserve this date and share it with others who may want to attend?



REDEDICATION WEEKEND

The festive events for re-dedicating the premises of Downing Place United Reformed Church are being planned for the first weekend in November.

On **Saturday 6th November** at 2.30pm there will be a Service at which the Moderator of the General Assembly of the United Reformed Church, The Revd Clare Downing, will lead the prayers of dedication, and the URC's General Secretary, the Revd Dr John Bradbury will preach. Civic and church guests will be present. This will be followed by a buffet tea, with a cake so that we can finally say farewell, in person, to John.

On **Sunday 7th November** at 11.00am there will be a service of Holy Communion at which the Moderator will preach. This will be followed by Coffee.

We have realised that we cannot all come to both those occasions, and so in future editions of the Weekly Update people who are part of the Downing Place family will be invited to indicate by the end of September which of the two they would prefer to attend. Thereafter we will open up the invitation beyond the immediate Downing Place Church community.

Finally, in the weeks immediately before the weekend, we will be able to see if there are spare places on either occasion in order that any who may wish to attend both services can be offered the opportunity.

At this stage you need do nothing. This is a simple notice so that you are ready to respond to what will soon appear in the Weekly Update.

N.P.U.

TWO EARLY NOTICE DIARY DATES

At the beginning of next year, we will be receiving two visiting preachers from Scotland.

On **Sunday 16th January 2022**, the Right Revd Dr Keith Riglin, Bishop of Argyll and the Isles. Bishop Keith was minister of St Columba's before Nigel.

On **Sunday 20th February 2022**, The Lord Wallace of Tankerness, Moderator of the General Assembly of the Church of Scotland. As Jim Wallace, the Moderator was an undergraduate at Emmanuel College. He was received into Church Membership in Cambridge, making his initial profession of faith at St Columba's, and taking communion for the first time the following Sunday at Emmanuel URC.

It will be a privilege and a joy to welcome these two friends.



Aberlemno Pictish Cross (see p. 6) Photograph by Neil Howard
<https://www.flickr.com/photos/neilsingapore/4854157271>

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DIARY

Services are conducted by the Minister, except where shown

Day	Date	Name	Time	Location
Sun	29-Aug-21	Sunday Worship	11:00am	Downing Place URC
Tue	31-Aug-21	Cherry Hinton Road Tuesday Fellowship	2.30pm	St Athanasios' Church, Cherry Hinton Road
Wed	01-Sep-21	Lunchtime Concert: Eric McElroy (piano)	1:00pm	Downing Place URC
Thu	02-Sep-21	Knit One Give One	1:30pm	Downing Place URC
Sat	04-Sep-21	Induction of Revd Lythan Nevard as Eastern Synod Moderator	3:00pm	Stowmarket URC & livestream via https://youtube.com/channel/UCtYncbpZJ4PKBBrjrcXBHrw
Sun	05-Sep-21	Sunday Worship with Communion	11:00am	Downing Place URC
Sun	05-Sep-21	Induction of Revd Phil Nevard as minister of Castle Camps, Sawston and Whittlesford URCs . All welcome to attend in person or by Zoom.	10:30am	Sawston Free Church & Zoom
Mon	06-Sep-21	Officers' Meeting	4:00pm	Zoom
Mon	06-Sep-21	Buildings Group Meeting	6:00pm	Gibson Hall
Tue	07-Sep-21	Cherry Hinton Road Tuesday Fellowship	2.30pm	St Athanasios' Church, Cherry Hinton Road
Wed	08-Sep-21	Lunchtime Concert - Trio Amicitia	1:00pm	Downing Place URC
Thu	09-Sep-21	Knit One Give One	1:30pm	Downing Place URC

Day	Date	Name	Time	Location
Thu	09-Sep-21	World Church and Public Issues Group Meeting	7:30pm	Zoom
Sun	12-Sep-21	Sunday Worship with Baptism of George Garner led by Revd Derek Wales	11:00am	Downing Place URC
Mon	13-Sep-21	Foodbank Meeting	7:30pm	Gibson Hall
Mon	13-Sep-21	Worship, Discipleship and Spirituality Group Meeting	7:30pm	Jnr Church Room
Tue	14-Sep-21	Cherry Hinton Road Tuesday Fellowship	2.30pm	St Athanasios' Church, Cherry Hinton Road
Tue	14-Sep-21	Elders' Meeting	7:30pm	Zoom
Wed	15-Sep-21	Lunchtime Concert - Cambridge Chamber Ensemble	1:00pm	Downing Place URC
Thu	16-Sep-21	Lectio Divina (<i>see page 32</i>)	8.30am	Zoom
Thu	16-Sep-21	Knit One Give One	1:30pm	Downing Place URC
Sun	19-Sep-21	Sunday Worship with Baptism of William Cleary	<u>10:30am</u>	Downing Place URC
Sun	19-Sep-21	Church Meeting	12:15pm	
Sun	19-Sep-21	Open Table Communion Service	7:00pm	Downing Place URC
Tue	21-Sep-21	Eco Church Workshop (<i>see page 11</i>)	2.00pm	Zoom
Tue	21-Sep-21	Cherry Hinton Road Tuesday Fellowship	2.30pm	St Athanasios' Church, Cherry Hinton Road
Tue	21-Sep-21	Mission Open Meeting (<i>see page 16</i>)	7:30pm	Zoom
Wed	22-Sep-21	Lunchtime Concert - Joe Chu-Yu Yang (piano) & Irene Loh (violin)	1:00pm	Downing Place URC

Day	Date	Name	Time	Location
Thu	23-Sep-21	Lectio Divina (<i>see page 32</i>)	8.30am	Zoom
Thu	23-Sep-21	Knit One Give One	1:30pm	Downing Place URC
Sun	26-Sep-21	Harvest Festival Worship led by church members	11:00am	Downing Place URC
Tue	28-Sep-21	Cherry Hinton Road Tuesday Fellowship	2.30pm	St Athanasios' Church, Cherry Hinton Road
Wed	29-Sep-21	Lunchtime Concert - Katharina Megli (mezzo- soprano) & Ilga Pitkevica (piano)	1:00pm	Downing Place URC
Thu	30-Sep-21	Lectio Divina (<i>see page 32</i>)	8.30am	Zoom
Thu	30-Sep-21	Knit One Give One	1:30pm	Downing Place URC
Sun	03-Oct-21	Sunday Worship with Communion	11:00am	Downing Place URC

MEMBERS PREACHING ELSEWHERE

September

5	Chris Baker	Melbourn
	Janet Bottoms	Fowlmere
	Liz Caswell	Stetchworth and Cheveley
12	Janet Bottoms	Fulbourn
	Janet Tollington	Buntingford
19	Penny Flynn	Bassingbourn and Melbourn
	Janet Tollington	Stetchworth and Cheveley
26	Chris Baker	Fenstanton
	Janet Bottoms	Stetchworth and Cheveley
	Augur Pearce	Melbourn
	Janet Tollington	Salisbury & Andover (over Zoom)

October

3`	Janet Tollington	Melbourn
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LECTIONARY

5th September –

a service marking the 1500th anniversary of the birth of St Columba

Isaiah 35.4-7a

Psalm 125

James 2.1-10 and 14-17

Mark 7.24-37

12th September -

an All-Ages Service with Infant Baptism and
the dedication of the Children's Ministry for the new year

Readings to be advised

19th September

Jeremiah 11.18-20

Psalm 54

James 3.13-4.3 and 7-8a

Mark 9.30-37

26th September –

Harvest Festival led by the Sustainability Group

Readings to be advised

3rd October

Genesis 2.18-24

Psalm 8

Hebrews 1.1-4 and 2.5-12

Mark 10.2-16





MAGAZINE EDITOR: Sheila Porrer

ITEMS FOR MAGAZINE:

Please send items to both Sheila Porrer and Ann Auger
(ann@downingplaceurc.org)

WEB EDITOR: Ann Auger

Please send all items to be included in the October edition to both Sheila and Ann by the cut off date of **Wednesday 15 September**

The October edition will be available from **Sunday 26 September.**