

# Seek



**March 2022**

**The Church and Parish of St Mark Cambridge**

**[www.stmarksnewnham.org](http://www.stmarksnewnham.org)**

## The Vicar's Letter



Some of you may remember that I was due to have a sabbatical in the Spring of 2020. I started the three-month period of leave on the 4th March

2020 and managed 11 days before the reality of a global pandemic hit and I had to cancel.

I am pleased to say that I will be taking the rearranged sabbatical this year starting on the 1st March.

The Church of England allow clergy to apply for a sabbatical, or, more precisely, a period of Extended Study Leave, in the Diocese of Ely of which we are part, after ten years in ordained ministry. This year, I will have been ordained fourteen years so I am feeling rather ready for the period of extended leave and, at the same time, realise what a great privilege it is. It feels like a real privilege that many others do not get, but also being a vicar is an unusual role – most of us work every weekend, and most evenings. Most full time clergy work six days a week and live and work in the same place. That means it is hard to take time off, or to step away, or to see family and friends and so a sabbatical feels like a good thing to encourage! I am very grateful to be allowed to do this and for all of the people that make it possible.

You may be wondering what I am going to be doing with my time. Well, the plan is broadly the same as it was two years ago - I am going to go to church! I will spend Sundays, and some other days, simply attending different churches, here in

Cambridgeshire, around the UK and in Ireland. Since ordination in 2008, I have rarely attended church when not leading the service, preaching or being responsible for those that are. I love doing these things but I am looking forward, on sabbatical, to being 'in the pew', to see how others 'do' church and to be re-inspired as to how best to continue to lead our lovely church congregations. I also know that I spend so much time being the vicar, that it sometimes feels as if I have forgotten what it is like to simply be a Christian, to be a worshipper, to be a church goer, and that is important for me to rediscover once again.

In addition to exploring church life, I will also be taking a bit of holiday; catching up on the many theological books that I have bought and not managed to read; doing a bit of writing and catching up with friends and family.

Please know that I will be praying for our churches and communities during this sabbatical and that you are never far from my mind. I love being your vicar and look forward to carrying on doing that to the best of my ability. The churches will be looked after by a whole range of wonderful people while I am away and I am really grateful for their ministry and commitment.

Rachel

*The Revd Rachel Rosborough  
rachelrosborough@hotmail.com*

### CCHP : January's Charity



The total raised for the Cambridge Churches Homeless Project, including attributable Gift Aid, was £1,351.97.

Many thanks to all those who contributed to this magnificent total.

## Caring Together : Charity of the Month



Caring Together is a wonderful charity, with nearly 40 years' experience of supporting carers in

Cambridge and surrounding areas. So it's great to have this opportunity to share our story with the members of St Mark's.

We provide information and advice, run services and campaign so that carers have choices.

A carer is anyone, including children, who looks after a family member, partner or friend who needs help because of their illness, disability, a mental health problem or an addiction, and cannot cope without their support.

Every year, Caring Together supports more than 17,000 carers (over 5,000 under 18 years old) and their families. However, there are an estimated 178,000 carers living in our region, and this number is rising. So we want to do even more by helping more carers and providing them with more support.

Three in five of us are likely to become a carer at some point in our lives, with many more of us likely to need the support of someone to help us.

This means caring is an issue that affects all of us.

### Helping people who are caring for someone

Carers tell us that looking after someone who cannot cope without their help and support day-in and day-out is hard. Really hard. A carer may be a husband, wife, mother, father, partner, grandparent, son, daughter, friend or neighbour. Whatever the

relationship is, we know their role in caring for someone is important to them and the person they care for.

Caring Together can provide carers with breaks from their caring responsibilities so they can take part in activities they enjoy. These breaks, and support from the charity, benefit the physical and mental health and the emotional wellbeing of the carer. This can make a real difference, both to the carer and the person they care for.

We know from national surveys that nearly half of carers are caring for more than 90 hours a week (or 12 hours a day). And the top priority for carers is support with their own health and wellbeing. All too often they simply don't know what support is available, or who to turn to.

Not surprisingly, the COVID-19 pandemic has made things worse, especially for young carers:-

74% said their ability to cope with their caring role has deteriorated during the pandemic

Over half of young carers said they had not had any respite or break from their caring role during the pandemic

60% felt their education has been negatively impacted

Your support matters.

Donations from the St Mark's community are vital to enable more help and support to be available to carers. They will make a real difference to carers, and you can be sure they will be spent wisely and carefully.

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The experiences of every carer are unique and personal to them and those they care for. But the importance of the role of all carers, and helping them with the demands they face, is close to my heart.

What carers do has never been more important for those they care for, and for the burden they remove from our hard-pressed health and social services. So it's a privilege to chair a charity which serves

these remarkable people. Thank you for your support.

### Finding out more

If you or someone you know looks after a family member or friend, you can contact Caring Together at [www.caringtogether.org](http://www.caringtogether.org), or email to [hello@caringtogether.org](mailto:hello@caringtogether.org) or call 0345 241 0954.

**Stuart Evans**

*Stuart Evans is Chair of Trustees at Caring Together. He and his wife Brenda have lived in Newnham for nearly 40 years. They adopted three children as babies, two of whom have Learning Difficulties. And, later on, they cared for Brenda's parents (including the challenges of dementia) in their final years. So they have deep personal experience of caring for family members.*

## What Difference Does it Make?

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<b>9th March</b>		<b>WHAT DIFFERENCE DOES THE LIFE OF JESUS MAKE?</b> Michael Volland, Principal of Ridley Hall, Cambridge
<b>16th March</b>		<b>WHAT DIFFERENCE DOES THE GRACE OF GOD MAKE?</b> Simeon Zahl, Associate Professor of Christian Theology, University of Cambridge
<b>23rd March</b>		<b>WHAT DIFFERENCE DOES THE DEATH OF JESUS MAKE?</b> Mark Smith, Dean of Clare College, University of Cambridge
<b>30th April</b>		<b>WHAT DIFFERENCE DOES THE CHURCH MAKE?</b> Anna Matthews, Vicar of St Bene't's Church, Cambridge
<b>6th April</b>		<b>WHAT DOES GOD REALLY WANT FROM US?</b> Ally Barrett, Chaplain of St Catharine's College, University of Cambridge

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## Ambridge does *The Mysteries*

*Many of us had the pleasure of listening to the Ambridge Mysteries over the Christmas and New Year period. We are grateful to Nick Warburton for giving us this background information.*

*The Archers* planned to put on *The Mysteries* in 2021 and I was asked to write the script. It was to be in two parts – *The Nativity* and *The Passion*.

The scripts are a fairly loose adaptation of original medieval mystery plays. I wanted to use as much from Coventry as I could, Coventry being, as it were, Ambridge's local maker of mystery plays. So *The Nativity* is drawn from *The Shearmen and Tailors' Play* which is from Coventry and covers most of the nativity story. I also added bits from the Townley plays. It seemed a good idea to include the Townley *Creation* because of Ambridge's interest in rewilding and concern for the planet. God says to Adam ...

You must care for what I've made,  
Care truly or chaos will follow,  
Chaos and sorrow and grief.

For *The Passion* I used Townley again and included some vivid scenes from the York cycle. The York *Crucifixion*, for example, presents a graphic picture of real workmen with a job to do, keen to get the practicalities of their task right. There's a chilling contrast between the pride they take in their work and the suffering they cause Jesus. They know not what they do.

Lynda Snell, who in her bossy but caring way runs many of the village's enterprises, intended to cast and rehearse the show with an Easter performance in mind. She also sized up various locations round the village of Ambridge. Perhaps prompted by our own production of *The Frozen Fields* of a few years back, Lynda wanted her *Mysteries* to be a promenade production. She hoped to move her audience from place to place, from hillside to barn, to farmyard kitchen. So the *Creation* would be set on Lakey Hill as the sun came up in the east,

somewhere over Birmingham; Pilate's headquarters would be in the plush and curtained surroundings of Grey Gables, Ambridge's country house hotel. And so on.

In the event, COVID restrictions put paid to an Easter date and *The Mysteries* eventually went out on Boxing Day (*Nativity*) and January the 2<sup>nd</sup> (*Passion*). We did, though, stick to our plans to make it a promenade production. So the audience traipsed round the village, sometimes having to wait for the actors to catch them up. This was important because it made the folk of Ambridge part of the story. If they've walked with Jesus to His crucifixion on The Green, they're likely to have a closer understanding of the journey.

Like most villages, Ambridge meets with triumph and disaster, both as individuals and as a community. Being involved in this drama was for some of our characters a coming to terms with the past, and a path to some sort of redemption.

The plays ended in the church – St Stephen's in Ambridge. The villagers sat in silence and darkness, waiting for something to happen. They were gathered in Galilee after the resurrection, and Galilee was also Ambridge, their home.

Someone struck a match to light a candle. Then candle lit candle, and light passed through the church, like dawn coming up over Ambridge. And with it came voices – words of recognition, whispered greetings, and importantly laughter – and the sound grew and spread until Jazzer, one of the villagers, started to sing a hymn ...

Summer and winter, and springtime and harvest,

Sun, moon and stars in their courses above,  
Join with all nature in manifold witness  
To Thy great faithfulness, mercy and love.

And, in their different ways, the villagers joined in.

**Nick Warburton**

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## Greenest households

I was having a bit of a panic over finding an Eco subject to talk about this month when I came across an article in the Times (May 2021). There was a photo of a young lady cycling down a street with the caption underneath 'Cities with high house prices, such as Cambridge, have some of the greenest households.' That's us folks!

Oxford has the second greenest households nationally because it has one of the best recycling rates in the UK. It seems residents have recycled at least half of all their waste since 2017. Generally, cities came out well as they tend to have better waste and recycling facilities and lower travel-to-work times so more people walk or cycle to work/school or use public transport.

However, I was delighted to see that Stroud in Gloucestershire (where I grew up) was one of the nation's top recyclers. After my father died we employed a house clearer. (My dad was a bit of a hoarder to say the least!) The 'clearance' man insisted that he was going to be able to recycle as much as he could and afterwards told me where most of it had gone.



The stuff went to charities in the main but evidently one lady took my dad's old rocking chair which was NOT in a good state and revarnished the wood and reupholstered it. Isn't that real recycling? The only things that the man

refused to 'clear' were the ten old car batteries (all charged up) in the garage that my dad had wired up to the house so that his would be the only house in the road that had lighting during a power cut! I wonder if the new owner uses them too. Hopefully not!

Which brings us back to energy usage again. Mind you, I think with energy prices going up I don't imagine that any of us will be wasting too much of it do you? Not sure I'll be going as far as cold showers though! My granddaughter told me she had cold showers. My daughter said, "Yes for one minute then 5 minutes of hot shower to warm up again!" Oh well.

Another interesting article that I read was 'How to cut your energy bills at home using geothermal imaging cameras.' Rupert Gregory used a thermal imaging camera on his home in Twyford. It seems that cold coming inside shows as a dark blur and anything giving off heat is orange or red. He tested it on the cat first and when that appeared orange the camera was deemed to be working. The thermal image of the outside of the house should be mostly on the blue spectrum. Yellow or orange indicates where heat is escaping from inside showing where more insulation is needed. It seems like a good idea for a lucrative business to me!

Unfortunately, it is not so easy to insulate older or listed buildings. You can't just replace stained glass windows with double glazed ones. There are lots of other things we can do though. Rachel and her team have been working hard to reduce the St Mark's church's carbon footprint and I am pleased to say that we are in line for an ECO Church Bronze award this year for their efforts. A big thank you to all those involved. It seems we get a wooden plaque that we can put up in the Narthex. I see that one in Edinburgh is made from recycled pews!

Hopefully March will bring us some warmer weather so the heating bills won't be so high.

Look after yourself and the planet.

Best wishes

**Rosemary (Ley)**

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## News from the Works Department (!)

The year 2022 will be busy at both Community Centre and Church. The PCC has approved the installation of acoustic panels in the large hall of the Community Centre. They will reduce reverberation by two thirds at least and will make it much easier to hear. The panels will be fixed on the walls in August by Chris Martin who will also redecorate. The fine ceiling will be left untouched but all the fluorescent lights will be renewed.



The PCC has also agreed that the lighting in the Church will be reviewed. We have 80 bulbs hanging above the central aisle and a hotch-potch of lights in the north aisle. Are these arrangements attractive, effective and energy efficient? We will invite the contractors who have modernised the lighting at Grantchester to meet us. If you are interested in this sensitive project and would like to be involved please let me know quickly.

The cleaning of the War Memorial has been deemed a success. Rosey Gardiner calls it a Beacon! A beacon of inspiration, perhaps, when we think of the sacrifices others made for us. We have been exploring whether to go further and complete the restoration by recutting and repainting the lettering. Two local firms are willing to undertake this. It is skilled, time consuming, arduous work. The cost will be several thousand pounds. The PCC have deferred a decision in order to see whether the War Memorial Trust and others will share this cost with us. It is, after all, a public Newnham Memorial paid for originally by public subscription. If you think this worthwhile and would like to help please contact Stuart Lingard or me.

**Alan Jones, Maintenance Officer**

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# Migration



ROYAL  
OPERA  
HOUSE

About a month ago Sue and I made our annual visit to the Royal Opera House (ROH) in London and saw Verdi's Nabucco, well known for the chorus "Lament of the Hebrew Slaves". The opera is almost

certainly based on Psalm 137 with the wonderful opening lines in the first two verses: "By the rivers of Babylon we sat and wept when we remembered Zion. There on the poplars we hung our harps," and later, in verse 4, the cry, "How can we sing the songs of the Lord while in a foreign land?"

A story of a people displaced from their homeland, as slaves in Biblical times, but migrants or refugees in more modern terminology.

Migration is recognised as an important issue nowadays, which maybe is partly why the ROH chose this Opera at this time. In this context the printed programme included a long four page article "Experiences of Exile" by Katy Long, a project director for the California Migration Museum ([calmigration.org](http://calmigration.org)) and also a Cambridge PhD.

Katy's article, covering so many aspects of migration and refugees, is brilliantly written and I can pass it on to anybody who may be interested. It

is written with understanding and compassion but avoids any political viewpoint. It provided me with a much better understanding of refugees (or exiles), people with hopes and ambitions like everybody else, typically with families back home. The point is made of the courage required to get up and leave one's homeland, probably, in the case of most migrants, never to return, and points to the great pressures, maybe even to find enough food to eat, which they and their families may have been under. They may well encounter the generally negative perception of migrants or refugees in the country they eventually reach, mainly due to the media which seem unable to see beyond numbers to the actual human beings involved.

Seeing Nabucco and reading Katy's article reminded me that migration dates back over millennia. It can have any number of causes including seeking better land and climate for farming as in the case of early man leaving Africa, or wars, such as Nebuchadnezzar's conquest of Judah. Then, there were the many different peoples migrating to this island during the so-called Dark Ages or the 19th century migrations, for mainly political or economic reasons, to the Americas and Australia.

However, there has been a difference now and over the last fifty years and this comes down to one word, "Borders". No longer can people move freely between countries across national borders. Typical



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recent examples of this include the fence at the USA/Mexican border and, here, the patrols in the Channel.

I have been closely following what has come out of COP-26 last November towards helping Africa - the carbon footprint of the Continent is only about 3% of the World total, yet it has suffered enormously from climate change particularly droughts, exemplified by the continual southward march of the Sahara, and the plagues of locusts in East Africa. At the same time there is a high population increase in sub-Saharan Africa, with over 40% under the age of 30 years. This pressure on land has already resulted in quite well publicised conflict, for example in Nigeria between herders and pastoralists, as we also know from the news from Gombe Diocese.

So where will all these people and many others in the developing World affected by climate change go? In terms of 21st century exile, a decade ago there were 40 million displaced people worldwide, now there are 84 million of which 27 million are refugees and 48 million internally displaced persons. So there will almost certainly be many more migrants leaving their African homeland and migrating northwards in future.

So where can a new Jerusalem be established for displaced people or migrants? Katy Long's article is

very good on the subject of refugee camps. In an emergency, a refugee camp is a place of safety, a place where refugees can eat and sleep without fear. But over long years of exile, refugee camps start to resemble prisons where people are prevented from leaving. Unable to work they are left dependent on aid, the result being a terrible waste of human potential, with lives dulled by unrelenting boredom and the particular danger of children growing into frustrated angry adults.



Maybe the World's more wealthy countries, themselves the main cause of the climate change disasters in Africa, need to provide much more major funding, possibly through organisations such as UNHCR, so

that refugee camps can be self-sustaining with industry and good employment opportunities, effectively becoming a typical modern town, no longer a camp, leading to a "New Jerusalem".

**Chris Wagner**

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## To Make you Smile

*Bureaucracy is not a new problem...*

**Message from the Duke of Wellington, to the British Foreign Office in London, written in Spain, August 1812**



Gentlemen,  
Whilst marching from Portugal to a position, which commands the approach to Madrid and the French forces, my officers have been diligently complying with your requests, which have been sent by H.M. ship from London to Lisbon and thence by dispatch to our headquarters.

We have enumerated our saddles, bridles, tents and tent poles, and all manner of sundry items for which His Majesty's Government holds me accountable. I have dispatched reports on the character, wit, and spleen of every officer. Each item and every farthing has been accounted for, with two regrettable exceptions for which I beg your indulgence. Unfortunately the sum of one shilling and nine pence remains unaccounted for in one infantry battalion's petty cash and there has been a hideous confusion as the number of jars of raspberry jam issued to one cavalry regiment during a sandstorm in western Spain. This reprehensible carelessness may be related to the pressure of circumstance, since we are war with France, a fact which may come as a bit of a surprise to you gentlemen in Whitehall.

This brings me to my present purpose, which is to request elucidation of my instructions from His Majesty's Government so that I may better understand why I am dragging an army over these barren plains. I construe that perforce it must be one of two alternative duties, as given below. I shall pursue either one with the best of my ability, but I cannot do both:

To train an army of uniformed British clerks in Spain for the benefit of the accountants and copy boys in London or perchance.

To see to it that the forces of Napoleon are driven out of Spain.

Your most obedient servant,  
Wellington

## Rose Upson

We are pleased to welcome Rose Upson who has joined us for a short while. Rose writes, "Hi, my name is Rose. I'm a third and final year ordinand at Ridley Hall. I'm pleased to be on attachment at St Marks and St Andrew & St Mary. Sadly, it will only be for one term but I'm determined to make the most of it. I'm looking forward to meeting you all.

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# *A Face, Another Face*

*Drama and music for Holy Week*

by Nick Warburton

*"On his last patrol the street-lamps all go out. Darkness  
falling in the gap."*

One Friday in the city, six people, six stories ...

Inspired by the Seven Last Words from the Cross,  
*A Face, Another Face* is offered as part of  
St Mark's observation of Holy Week.

St Mark's Church

Palm Sunday, 10th April at 7.30 pm

Free Entry

## **Prayers for March**

Michael Mayne says in *Dust That Dreams of Glory* that, when he was ill, he found it "virtually impossible to pray. The most I could manage on good days was the saying of a psalm and reading a short passage from the New Testament ... And what I discovered during those really bad weeks was that it didn't matter that I couldn't pray, because as part of the local Body of Christ I was being prayed for, upheld and supported by other members of the community. I had to learn that most difficult of lessons: what it means to receive and be served by others rather than doing all the running myself."

Here then are three short prayers, for ourselves or for others who may feel troubled ...

*Adapted from Isaiah ...*

When I pass through deep waters, may you be with me. When I pass through rivers, may they not sweep me away.

*From Psalm 27 ...*

The Lord is my light and my salvation; whom then shall I fear? The Lord is the strength of my life; of whom then shall I be afraid?

*And this, the fisherman's prayer, turned up in The Archers on Radio Four last year. It was given by one of the characters to her daughter to help her through her own hard times ...*

Dear God, be good to me. The sea is so wide, and my boat is so small.

**Chosen by Nick Warburton**



# Services at St Mark's Church, Newnham in March

## Communion (BCP) at 8.00 am every Sunday

### Sunday Morning Services

6th March at **9.30 am** Communion with Junior Church

13th March at **9.30 am** Morning Worship

20th March at **9.30 am** Communion with Junior Church

27th March at **9.30 am** Communion with Junior Church

### Sunday Evening Services

6th March at **6.00 pm** Zoom Evening Worship

### Tuesdays

Communion (BCP) every Tuesday at **11.00 am**

1st March at **3.30 pm** Messy Church (with pancakes)

## Ash Wednesday

2nd March at **7.30 pm** Joint Service for Ash Wednesday at Trumpington Church



## Regular Groups

### Monday Bible Study

10:00am, alternate weeks – contact: Sue Wagner, 01223 563435

### Tuesday Home Groups

7:30 pm, weekly – contact: Andrew Watts, [aa.watts@hotmail.co.uk](mailto:aa.watts@hotmail.co.uk) or Mike Thompson, [michaelangelot99@gmail.com](mailto:michaelangelot99@gmail.com)

### Prayer group

Times to be confirmed – contact: Anne Howie, 01223 356140

### Choir

The choir normally sings on the first three Sundays of the month at our 9:30 am service. Rehearsals are 6:00 pm – 7:15 pm on the first and third Fridays of the month and from 9:00 am on Sundays. Contact: John Wyatt. [mandyandjohnwyatt@gmail.com](mailto:mandyandjohnwyatt@gmail.com)