

Seek



March 2023

The Church and Parish of St Mark Cambridge

www.stmarksnewnham.org

The Vicar's Letter

I really like the month of March. For me it brings celebrations as my birthday, Mothering Sunday and our wedding anniversary all fall this month but it also feels like a step into Spring - the days lengthen, the daffodils appear and, often, the weather just warms up a little. The cold, dark, days of January and February with bare trees and heavy skies are replaced with odd bits of sunshine, buds and shoots, birds nesting and hares galloping over our fields. And this year, I have three weddings at Grantchester Church in March which just adds to the sense of celebration.

Now I perhaps have an over optimistic view of exactly what March is like – there are of course still wet and dark days – indeed I remember someone telling me that it is statistically more likely to snow on Easter Day than Christmas Day! - but overall it brings for me a sense of optimism of the spring and summer to come.

But of course, life doesn't magically become perfect just because the sun is shining. There is still sadness and difficulty in our world, in our own lives, but I think Spring is a great reminder that nothing stays the same. Those long forgotten flowers of last year, re-emerge despite the intervening months of snow and frost and darkness. The skeleton trees begin to turn green again as the leaf buds and opens. The days get a bit longer and a bit brighter. There is, even in difficulty, hope. A hint of things to come, a hint of a different time.

The other thing that March brings us is Lent. Lent began this year back on 22nd February and goes on until Easter Sunday on 9th April. The season of

Lent is a journey, a journey that involves the stories of Jesus and his friends through high points and celebration but also through bewilderment and the depths of sadness. When we reach Good Friday, we remember those first disciples experiencing what they thought was the end, Jesus their Lord, master and friend, dying. Hope extinguished and darkness descends.

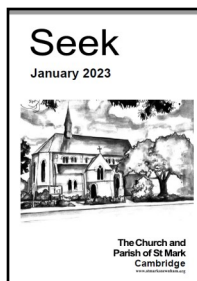
But of course we know it wasn't the end. Somehow amidst grief and despair, God brought new life, new hope, a new dawn and the lives of those disciples and others were not the same again – but there was again hope and life and celebration.

I hope March brings sunshine, birdsong, greenery – and times of joy, pleasure and good news! But if it also contains disappointment, or cold, or darkness, we can be confident that God is with us amidst the changing scenes of life, in joy and in sorrow. Christians believe in a God who is ever present – from the heights to the depths. May you know that presence, and the comfort and hope that brings, this Lent and beyond.

Rachel

The Revd Rachel Rosborough
rachelrosborough@hotmail.com

SEEK for 2023



The annual subscription for 2022 will remain at £5.00 (10 copies at 50p and the October issue free). Please would you give this to the distributors who will ask you for it when they deliver your next issue.

We are now beginning to review and reformat our advertisements for the year. If anyone is interested in advertising in Seek please let the editor know.

CCHP : January's Charity of the Month

The amount raised, including Gift Aid, was nearly £950. Very many thanks to all those who contributed so generously.

The Bible in Colour



The New Testament was originally written in Greek. Have you ever wondered what light the Greek text could shed on your Bible's translation? For six weeks after Easter, I will be leading a group that will explore the differences in the translations we have, offering insights from the Greek and inviting your thoughts and questions

about selected texts. I'm calling our meetings 'The Bible in Colour', and you're invited!

For over thirty years I taught introductory and advanced NT Greek in theological colleges in Nottingham and Cambridge before retiring a few years ago. Greek classes were always fun and full of laughter; I aim to continue that tradition with our group. We will meet weekly at St Mark's for an hour beginning on Wednesday 19th April at 3:30pm. Attendance at every session is not required, no prior knowledge of Greek nor any preparation is needed, just bring your Bible and curiosity!

If you're interested in trying this out, please email me (michaelangelot99@gmail.com) so that I can arrange the best meeting place at St Mark's.

Mike Thompson

Cam Sight : Charity of the Month



Local charity Cam Sight supports people of all ages who are living with the challenges of sight loss. Below you can read about some of the ways in which the charity offers support.

Please give generously on the 12th March.

Sue Payne

Do you struggle to read or see to carry out everyday tasks?

Cam Sight's Low Vision Centre in Chesterton is open on Mondays and Tuesdays by appointment and provides information and advice and demonstrates a range of equipment and technology. For those who are unable to visit us, we can come to you via our Community Support and Mobile Outreach service.

Cam Sight's services also include:

- Peer support groups to meet others with similar experiences, share tips on how to do things differently and help one another.

- Support to apply for benefit entitlements, blue badges, bus passes, as well as assisting with any housing support matters.
- Magnification and lighting assessments as well as advice on other methods to make the most of your remaining vision
- Technology training and demonstration on how to use Apple and Android smartphones, tablets and voice-assistance technologies like the Alexa Echo
- Demonstrations such as kitchen and bathroom equipment, anti-glare specs or large print stationery.
- Volunteer befriending and emotional support services.
- Signposting to other external services for additional support, such as Sensory Services, RNIB, Age UK, Caring Together.

Visit www.camsight.org.uk or phone 01223 420033 to find out how we can support you.

A Lighting Legacy

From 1890 our predecessors saved and gave to replace their wooden church. In 1900 as the new brick church was nearing completion they had to make a critical decision: to have traditional gas lighting or install the “new “ electric lighting.

They chose electric.

All was ready for the Dedication of the Church on the 25th April the following year, with the great and the good assembled, but just before the service began the lighting failed! An electrician was quickly summoned and the service went ahead with only a slight delay. The old wiring is still visible high on the walls of the nave.

75 years later our predecessors ran a campaign to “preserve and Improve the church”. An excellent rallying call, don't you think? As a result the eight chandeliers we have today were installed in the

chancel and nave. They gave a good light but wouldn't meet today's standards for access and safety.

It is now 47 years on and we have to decide whether these chandeliers are still fit for purpose. Modern lighting from the walls would be more powerful, flexible and cheaper to run. As well as the questions about risk and future maintenance should we consider the overall effect the chandeliers have on the interior of our church? Are they too dominant? Do they preclude better ambient and feature lighting? Do they guide the eye with an open view to the Sanctuary?

Above all, should we face these issues now or leave them as our Legacy to those who will follow us?

Alan Jones, Church Maintenance Officer

The Cantus Singers of Cambridge

(Conductor: Alan Howard)

The next concert by the Cantus Singers at
St Mark's, Newnham, will be on

Saturday 1 April 2023 at 8pm

The programme comprises two beautiful
and contrasting works:

Parry: Songs of Farewell



and



Rutter: Requiem

Tickets £10 in advance from Margaret Hay
(mmh29@cam.ac.uk) or £12 on the door.

Under 18s free

Church Teams : the Arts Events Team

February brought an opportunity to learn more about Arts Events at St Mark's. Following a dramatic reading of the Creation Story during the 9.30 service, the team made a brief presentation during coffee in the Community Centre. The accompanying handout included the following information.

The church has had a tradition of using drama from the earliest times when the Walk to Calvary and the Empty Tomb were part of the Easter ceremonies. The laity became involved in the development of the Mystery and Miracle plays in the Middle Ages. The Puritan Age drove drama out of the church until a revival in the 1930s.

Drama, music and the visual arts supplement services, bring to life parts of the Bible, dramatise Christian lives, explore topics encountered in day to day living.

At St Mark's we have a tradition of large and small cast performances all of which have been well supported by the local community and have enriched the lives of the performers and backstage crews.

We do hope you will join us. No job in the Arts is too small or superfluous and the satisfaction of working in a team is immense.

Tea-making, directing, acting, props, sound, stage management, stacking chairs after rehearsals, singing, committee work, stewarding, playing music, hair/make-up, dancing, costumes, audio-visual assistance, sword fight choreography...

If this is a light bulb moment for you, we should love to hear from you.

A New Seat for the Church Garden



We have a New Seat in the church front garden.

It is eco friendly and paid for by an anonymous gift in the hope that it would represent Welcome, Peace and Hospitality, sentiments I am sure we would all endorse.

Alan Jones

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FashionCycle?

OK I admit it. I've bought some new clothes. We were going to stay with friends that we hadn't seen for years and I had 'nothing to wear' of course. Well, nothing that they had not seen before the 'lock down' and anyway John Lewis is doing a 'FashionCycle,' a promotion whereby you bring in 5 items of clothing to be recycled and get £5 off new ones. (I know... I am a sucker!) However, I was not the only one. I was in the queue at the pay desk with a lot of other ladies doing the same exchange. It was quite a long queue too. That may have been because the lady that was being served had been told that underwear was not exchangeable so she proceeded to take all the 'items' out of their boxes and wave them in the air to check there were no faults. Mmm, nice!

I looked up on the John Lewis website to see what they were going to do with the clothes that were brought in. It seems that they will be sent to The Salvation Army Trading Company (Satcol). Satcol's sorting centre will separate the textiles into three graded types: A for onward selling in charity shops; B for selling to secondary markets; and C if the textile is end of life or not re-wearable.

Those items graded as C will go through a textiles sorting machine where different materials will be separated. These are then sold for onwards repurposing into various products, including pet bedding and carpet underlay.

An example of repurposing could be the fingerless gloves made from upcycled cashmere by the UK company, Turtle Doves. I didn't feel so guilty about buying those! Mind you they could probably be made at home from the sleeves of old sweaters. Still, they have been very warm and cosy to wear this winter.



By the way, have you heard of 'clothes swapping'? It is one of the measures suggested by A Rocha in their ECO Church Project. I was talking to my husband about this and he asked, "Well Rose, how would you feel when you saw your jacket 'walking' down the street in Newnham?" He means of course that expensive tweed one from Jaeger that I can no longer fit into! He has a point there, I guess. On reflection I think that particular jacket had better go to a charity shop far, far away....

Strangely enough, I was tidying up my desk this morning and came across a slip of paper torn from an old pew slip. It was the gospel of the day and seemed to be very relevant to me! Let me quote part of it.

"Consider the lilies, how they grow: they neither toil nor spin: yet I tell you, even Solomon in all his glory was not clothed like one of these. But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the oven, how much more will he clothe you – you of little faith!"

Rosemary Ley

Cambridge City Foodbank Dates for March

St Mark's Church – Sunday 5th March

1 Millington Road or 19 Kings Road on Thursday 9th March 9am – 4pm

Gough Way – Every Tuesday morning 11am - 1pm at the Gough Way island with the postbox.

MACMILLAN CANCER SUPPORT

Macmillan Cambridge Quiz

Are you looking for something to do over the Spring holidays?

Do you have visitors wanting to know about Cambridge?

Then here is the answer.....

The Macmillan Cambridge Quiz runs from 1st to the 30th April and there are no time constraints. It begins at the Fitzwilliam Museum, continues around the centre of the city and ends at the Round Church.

By clicking on <https://macmillan-org.enthuse.com/cambridge/profile> from 13th March you will be put on the Quiz's database and will receive the 40 quiz trail questions (designed for all ages) and a map of the route on the 1st April.

You will also receive the answers in mid-May.

If you choose to send in your answers, you will go into the draw for the Book Token prizes. We ask for a suggested price of £6 per ticket but would be happy to accept more!

All the money will go towards helping cancer patients and their families in Cambridgeshire.

Good Luck!

'even if you think you know Cambridge well, we can guarantee that some of the questions will defeat even those who were born and bred here!

The Sad Demise of Traidcraft



TRAIDCRAFT
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Traidcraft was set up in 1979 as a fair trade organisation with the aim of changing lives through trade while saving vanishing traditional skills, especially in developing countries. It started with jute products from Bangladesh and expanded rapidly to tea coffee etc!

Traidcraft was begun by radical church-based individuals who worked with others through the complex challenges of getting goods directly from farmers and craft workers to shoppers. Initially the majority of their sales went to churches either to be used there (tea, coffee, biscuits) or to be sold from the church. Later Traidcraft co-founded the Fair Trade Organisation making fair trade goods widely available in shops. At St Mark's Rita and Stuart

Lingard ran a very successful Traidcraft Stall for many years, after which we bought the tea, coffee and biscuits used for church events directly from Traidcraft.



® Thanks to Traidcraft, fair trade food items are available in many shops, but I fear the handcrafts (made mainly by women) will not find an organisation able to deal with the complex marketing.

All we can now do as a church is to keep reading the labels in the shops.

Eleanor Jones

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Coronation Fair



**Following on from the very successful Autumn Fair, there
will be a Coronation Fair
in front of the church
on the morning of Monday May 8th.**

**Again there will be book, cake and plant stalls plus teas and
coffees with extra craft and games to celebrate
the Coronation.**

Do keep the morning free to come and celebrate.

More details next month.

Regular Groups

Monday Bible Study

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

Tuesday and Thursday Home Groups

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

Prayer Meeting

11.00 am every Friday at 10 Stukeley Close – 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.

Prayers for March

Lord God, with Lent we approach the springtime of the year when the face of the earth is renewed and life emerges out of death.

We pray that this season of Lent may be a veritable springtime for our souls, so that our lives, quickened by the breath of the Spirit and warmed by the sunshine of your love, may bear abundant fruit and be made radiant with the beauty of holiness; through Jesus Christ our Lord, Amen.

Frank Colquhoun

O Lord our God, long-suffering and full of compassion: Be present with us, we beseech thee, as we enter upon this season in which we make ready to recall our Saviour's sufferings and to celebrate his triumph. Grant us the aid of thy Holy Spirit, that, as we acknowledge our sins, and implore thy pardon, we may also be enabled to deny ourselves, and be upheld in the hour of temptation; through Jesus Christ our Lord. Amen

Adapted from Prayers for the Christian Year

A prayer of Julian of Norwich

In you, Father all-mighty, we have our preservation and our bliss.

In you, Christ, we have our restoring and our saving.

You are our mother, brother, and Saviour. In you, our Lord the Holy Spirit, is marvellous and plenteous grace.

You are our clothing; for love you wrap us and embrace us.

You are our maker, our lover, our keeper.

Teach us to believe that by your grace all shall be well, and all shall be well,

and all manner of things shall be well. Amen

Chosen by Tom Buchanan

The April Issue of SEEK

All contributions are welcome. Please send them by Wednesday 15th April to Jane Plows at janemp@virginmedia.com (350120) or contact any member of the committee.

Services at St Mark's Church, Newnham in March

Communion (BCP) at 8.00 am every Sunday

Sunday Services

5th March at 9.30 am	Communion
12th March at 9.30 am	Morning Worship with Junior Church
19th March at 9.30 am	Communion with Junior Church
<i>Mothers' Sunday</i>	
26th March at 9.30 am	Communion with Junior Church

Mondays

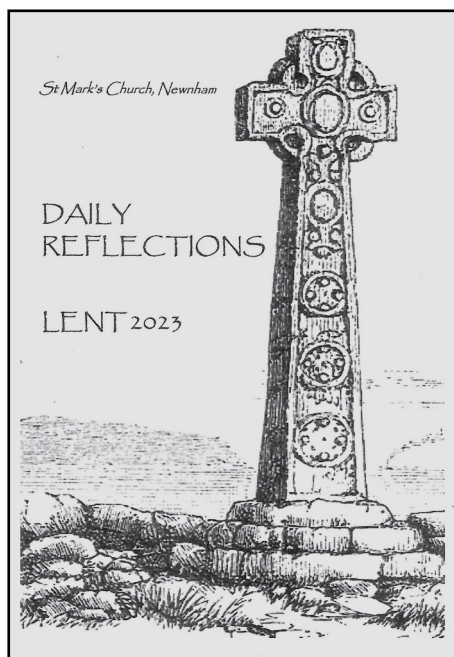
27th March (and all Mondays during Lent) at **5.00 pm** Evening Prayer

Tuesdays

Weekly Communion (BCP) at **11.00 am** followed by refreshments

7th March from **3.30 pm to 5.30 pm** Messy Church

Daily Reflections for Lent



At St Mark's this year, rather than Lent Groups or talks, we want to encourage each person to take time to tend to their own spirituality and discipleship, our own walk with God. Part of the journey includes our Sunday services when we gather together for worship and prayer, word and sacrament, and, for some, Evening Prayer each Monday during Lent.

Pick up this booklet in the Narthex. It is intended to bring us together, reading and praying from the same material in our own homes, or in our small groups, which will add to the sense of a church waiting on God together.