

Seek



February 2025

The Church and Parish of St Mark Cambridge

www.stmarksnewnham.org

The Vicar's Letter



Dear Friends,

If you are lucky then perhaps by now you have caught a glimpse of snowdrops, quietly coming into flower at a time of year

when such vitality and fragile beauty can feel in short supply.

One traditional name for the snowdrop is the Candlemas bell. Candlemas is the lovely Christian feast celebrated on the 2nd February. It



is centred around the occasion when the baby Jesus was taken to the Temple in Jerusalem, and an offering made by his parents, in accordance

with the Mosaic Law. This was customary for all first-born sons, of course, but when Jesus was presented something very special happened. The Gospel tells us that there was an old man, named Simeon, to whom God had promised that he would not die before he had seen the Messiah. Simeon recognised that this time had come, and overcome with wonder he took Jesus in his arms and said:

'Lord, now let your servant depart in peace, according to your word; for my eyes have seen your salvation which you have prepared in the presence of all peoples, a light for revelation to the Gentiles, and for glory to your people Israel.' (Luke 2.29-32).

This exclamation has become one of the dearest prayers to Christians, and is repeated in our evening services and at Christian funerals, often as the coffin is brought out of Church to its place of rest. Simeon's words remind us that, just as the snowdrop, which under the frost and through the hard earth slowly establishes its roots and, as Candlemas comes, issues forth its delicate, jewel-like flowers, so God is always at work among us, even in the midst of winter, and in the shadow of death; that Christ's light is always with us, and it is a light that can never be put out.

Because of Simeon's reference to light, it has traditionally been a time when we bless candles – hence the name Candlemas. I am reminded of the famous quotation: 'it is better to light a candle than to curse the darkness'. These words have been attributed to all sorts of people, from John F Kennedy to Confucius. Whoever said it first, it certainly encapsulates the Christian vocation. Jesus told us to 'let your light shine' (Matthew 5.15), with good works and with thanksgiving. Jesus is the light of the world, but he shares that light with us all. Human beings uniquely can reflect the loving nature of God. We can also do a lot of damage! In every situation we each have a choice, whether to contribute to the darkness or add a spark of hope and love.



As I see it, the difference between letting out a curse and lighting a candle is that the latter takes time and stillness and care. Simeon watched and waited, and was therefore able to recognise the good, which he took hold of with both hands. While all this risks

sounding a bit glib, in our current climate, in which threats and insults are traded with alarming ease, it is rather subversive to hold one's tongue, take one's time and try to embed all one's actions within the trust that what is good and beautiful and true will ultimately come into flower for all to see. The snowdrop is a sign of this. Each of us can be too.

In friendship and faith,

Jim

The Rev'd Jim Robinson

Vicar of St Andrew and St Mary, Grantchester, and
St Mark's, Newnham

The Arthur Rank Hospice : the February Charity



We are inviting donations for the Arthur Rank Hospice Charity (ARHC) this month in grateful memory of our Church Treasurer, Stuart Lingard, and of the care he received from them.

Arthur Rank Hospice Charity is for adults in Cambridge and the whole county, its entire purpose being to give specialist end-of-life care and holistic support not only to the patients with serious advanced illness or life-limiting conditions but also to their families and their carers. It's all free of charge; a lot of the funding comes from the NHS, the County Council's long-term loan, and many other very generous givers. But naturally more is always needed, which is where we can come in.

Some of us will have had at least some contact already, perhaps through friends, relatives or neighbours who have all been helped. All who visit the Hospice are impressed by it as a place of light and life, peaceful, with an amazing atmosphere of calm and companionship. What also comes over strikingly and straightaway is the total dedication and enthusiasm of all those who work there. Everyone wants the patients and those close to them to live as fully as possible, and to make the most of the time remaining. Everyone wants to make every moment count.

The Living Well service provides many ways of helping this to happen: occupational and craft sessions, recreational opportunities, emotional, psychological and spiritual back-up, and bereavement counselling, too. There is pastoral care for those of all faiths, and of none.

The Hospice's ground-floor rooms all have windows to the patio or the gardens around. These rooms are all bright and friendly places, with an amazing mix of life, of friendly comings and goings, yet somehow of real calm, too, sheltered but not cut off from others.

The Bistro, for patients, staff and visitors alike, serves nutritious high-quality food from an excellent kitchen. It's the hub of the Hospice, a community space for all, where anyone can drop in and enjoy a coffee, snack or lunch with friendly companionship. And it's open every day from 9am – 4pm.

Park and Ride is a very short distance away, linked by a paved and lit footpath.

Victoria Kidd, their Community Fundraiser, writes:

"Arthur Rank Hospice Charity supports people in Cambridgeshire living with an advanced serious illness or other life-limiting condition and those who need end-of-life care. Our 'Outstanding' services

FRESHCUT **Turkish Barber**

45 Newnham Road
9.00 - 6.30 Monday - Saturday
10.00 - 5.00 Sunday
07552 679 356

A caring and professional service at all times

Richard Stebbings Ltd **Funeral Service**

Kendal House, Cambridge Road,
Impington, Cambridge CB24 9YS
Tel: 01223 232309
Fax: 01223 232319
Member of the British Institute of Funeral
Directors



- Independent family business
- Personal 24 hour service
- Private Chapel of Rest
- Pre-payment funeral plans
- Monumental masonry
- Floral Tributes



C & C BLINDS

SPECIALISTS IN BLINDS
ANY SIZE ANY COLOUR
FREE ESTIMATES

01223 211171 07761 262070

Vertical Blinds, Roller Blinds,
Venetian Blinds, Wooden Blinds,
Roman Blinds, Pleated Blinds, Repairs

Rothwell's **Carpet Cleaning**

Carpet Cleaning
Stone Floor, Upholstery, Rugs
In business since 1993
Www.Rothwell.biz

01638 428 060 and 01223 832 928

We're an honest local family firm.
Our large truck mounted machines mean more cleaning & drying power for the
best results possible. 100% satisfaction or it's FREE.
Call Oliver and Max Campbell for expert help today.

are provided free of charge to patients and their families. Our aim is to provide the highest quality care, helping people to make every moment count.

“Around 3,600 patients each year are cared for at the Hospice in Cambridge, the Alan Hudson Centre in Wisbech and in patients’ own homes via the Arthur Rank Community Team. This care supports people to improve their quality of life and fulfil their end of life choices.

“Alongside the care provided by the Inpatient Unit, Living Well services and Hospice at Home teams, patients can access: patient and family support (including counselling, bereavement, psychological and spiritual support); Lymphoedema care; physiotherapy, occupational, complementary and creative therapies; medical and pain outpatient clinics; Transitioning Young People Services, Caring Communities and advice from the Clinical Nurse Specialists within the Specialist Palliative Care Home Team or via the Palliative Care Hub (111, Palliative and End of Life Care option).

“A family member of a patient cared for by our Inpatient Unit recently shared the following message: ‘We wanted to thank you all for making Dad’s last week of life as good and comfortable as it could be. It meant so much to us as a family to know he was being so well cared for 24 hours a day. Each and every staff member we saw was so helpful, compassionate and empathetic, not just to Dad, but to each and everyone of us too. You are all truly amazing!’

“People are our greatest asset and make Arthur Rank Hospice Charity vibrant, welcoming and

engaging. Around 250 colleagues, over 600 active volunteers and thousands of supporters, are known collectively and fondly as ‘Team Arthur’.

“It will cost over £13 million to run our services in 2024/2025. Contracted services from the NHS are budgeted at £7.9 million. With the help of our community, we need to raise a further £5.1 million through donations, fundraising activities, retail sales, the Education and Conference Centre and the Bistro. If we fail to meet this target the difference will, reluctantly, have to be taken from our limited reserves. Sustaining services for people in our community is our focus and therefore we are extremely grateful to everyone who demonstrates their dedication, commitment and generosity and helps protect our reserves for the future. “

The charity’s work has given great comfort and support, and much hope, too, to thousands of patients, their families and carers, throughout the county, in all sorts of ways, over the last few years. It would be good to give them our support again to help them do yet more in the future. And (who knows?) perhaps we might, any one of us, one day need their services and their help ourselves.

For more information, please see: <https://www.arhc.org.uk> 01223 675777

Please give generously under Gift Aid if possible. Donations may be made via the St Mark’s website. Alternatively, if you wish to give via bank transfer, contact treasurer@stmarksnewnham.org.

Tina Wilson



Buses from Newnham

On the next page you will find a copy of a poster prepared by Derek Cummings listing the times of all bus departures from Newnham into the City Centre and to the Railway Station and the Biomedical Campus. Derek has checked every time meticulously and at the point of publication they are all correct.

St Mark's Newnham Church and Community Centre

Buses from Newnham Barton Rd/Grange Rd and Newnham Rd Towards the centre (U1 to Railway Station and Biomedical Campus)

You can check for any cancelled buses at 'Service updates' at www.whippetbus.co.uk (which shows times from Girton or St Neots, not as below). Bus tracking is available on the Whippet or My Bus Trip app.s.

Key: U1 black 18/18A bus (SH/ST school holidays/school term) 75 and 199 italics				
06 33 first bus				
07 05	07 13	07 30	07 50 SH	
08 02	08 34 ST	18A 08 36 ST	08 42	08 45 SH
09 13	09 36	09 45		
(75) 10 10	10 15	*199 bus	10 33	10 46
*199 Tues/Fri to Market Square Gough Way 10 15 Pinehurst 10 20 Cousins 10 25				
18A 11 01	11 16	11 33	(75) 11 40	11 46
12 16	12 33	12 46		
18A 13 01	(75) 13 10	13 16	13 33	13 43
14 16	14 33	14 45		
18A 15 01	15 09	(75) 15 27	15 33	15 42
16 19	16 40 SH			
18A 17 04	17 04	17 40	17 50	
18 35	18 39 (last bus)			
then hourly U1 only:				
19 33	20 35	21 36	22 45 (last bus)	

Note: U2 buses leave from Rugby Club, West Road and Queens' between U1 times

Saturdays: U1: 08 07 09 05 and then 53 and 23 past hour to 18 33 then hourly to 22 44
18: hourly mainly 32/36 past the hour No 18A on Saturday

Sundays: U1: 08 35 then hourly service from 10 33 at 31/35 mins past hour to 20 07
No 18/18A on Sunday

Produced for the Community by St Mark's Church and Community Centre. Compiled by Derek Cummings and edited by Jane Plows.

Wayfarer Productions presents

THE BELOVED SON

A NEW PLAY BY MURRAY WATTS

WRITTEN AND
DIRECTED BY Murray Watts

PERFORMED
BY Andrew Harrison

From the creators of the acclaimed Mr Darwin's Tree and Fire from Heaven comes a remarkable new play The Beloved Son

From the creators of the acclaimed *Mr Darwin's Tree* and *Fire from Heaven* ...

The Beloved Son

The inspiring story of the Dutch Catholic priest Henri Nouwen who became one of the greatest spiritual writers of the Twentieth Century.

Written and directed by Murray Watts

Performed by Andrew Harrison

St Mark's Church – Friday 14th March at 7.30 pm

Let There Be Light

On the 5th January the gloom of a grey Epiphany Sunday afternoon was brightened by the performance in church of *Let there be light*, a compilation of words and music put together and produced by Nick Warburton. In addition to a section from the Ambridge Mystery Plays, originally compiled for radio by Nick, it included readings from the works of Edward Thomas, Wendy Cope, and Kenneth Grahame, performed by members of

St Mark's, and a new monologue by Jane Bower, as well as musical contributions by members of St Mark's choir.

As always, Nick had chosen a wide range of varied readings, each exploring an epiphany of one kind or another. It was a lovely way to celebrate the day and thanks must go to Nick for the occasion.

Seek is printed by

Parrot Print Ltd

01487 711107

rb@parrotprint.co.uk

www.parrotprint.co.uk

Christmas in Lithuania

This December we were invited to spend Christmas in Lithuania with our “granddaughter-in-law”, Ruta, and her daughter (our great-granddaughter) Meile, aged nearly 3 years. Ruta was formerly our grandson’s partner. Lithuania is the most southerly of the small Baltic States, and it borders Latvia, Kaliningrad, Poland and Belarus. It became independent of the Soviet Union in about 1990 and is now a democratic member of the EU, the currency being Euros.

The weather, on arrival at the capital, Vilnius, a week before Christmas Day, was cold and wet and we were rather disappointed that snow had not yet settled. However, Ruta’s welcome and Meile’s smile more than made up for that. Ruta’s apartment is a 15 minute drive from the airport. The apartment is in a block dating from the post-WW2 Soviet era, but it has been refurbished to a very good standard.

We were very happy to be with Meile at her delightful age. She is particularly fond of a collection of small toy vehicles – especially fire engines. Ruta speaks to her in English and Lithuanian, which she also hears at her nursery school. She is starting to speak both languages.

Vilnius has a lovely Old Town area as well as many impressive new commercial buildings. On Sunday evening we went to hear choirs singing in the courtyard of the Presidential Palace in the Old Town and to admire the magnificently decorated Christmas tree outside the cathedral.

On Christmas Eve Ruta drove us about 160 miles to her home village of Varniai in the north west of the

country to be with her parents and aunt for the occasion. We were warmly greeted for lunch with Sauerkraut soup and faced with a table groaning with all sorts of dishes. Both on this day and Christmas Day the system was to help ourselves from the dishes – as much or as little as we might manage. Towards evening we opened our presents and then walked to the (Roman Catholic) church for the service which started at 8pm. The church was packed and we had to squeeze into the back of the nave with Meile in her pushchair. The service at that stage seemed to be responsorial between the priest and a very good choir. The mass came later, but before that Meile started to compete with the priest with loud “Hurrahs” in Lithuanian, and as it was quite cold we did not stay for the mass. Interestingly, when we got back to Ruta’s parents house, a large communion wafer was produced which, so I understood, the priest distributed to householders when he called to invite donations to church funds.

After lunch the following day we drove back to Vilnius and the next day (Dec 27) it was back to Stansted. Despite the fog we landed without incident, but had to get back to Cambridge on a rail-replacement bus for part of the journey. Getting to and from the airport seems to be the most difficult part of an overseas journey!

We were so pleased to have spent precious time with Ruta and Meile, and with Ruta’s kind and hospitable parents.

Peter and Kaija Hampson

St Mark's Church Mission Statement

To be the people of God in this place and to work to make God more real for our community.

**Dasha Tenditna**
Photographer
portraits, events,
documentary, lifestyle
+44 777 131 2301
Instagram@dasha_tenditna
FB: dasha tenditna
Email: dasha.tenditna@gmail.com

Advertise in this magazine
11 editions each year and also online
Small advertisement £45 per annum, Large advertisement £80 per annum.
Contact the Editor
janemp@virginmedia.com

**Greenwood homecare**
Do you need care visits at home?
Greenwood Homecare provides quality care in Cambridge and the surrounding areas
✓ FREE ASSESSMENT
✓ DAY, LIVE-IN OR NIGHT CARE AVAILABLE
FOR MORE INFORMATION
Visit: Greenwoodhomecare.co.uk
Email: bethase@greenwoodhomecare.co.uk
Call: **01223 850938**

Newnham News

Referendum

On the 17th January Cambridge City Council posted the following statement.

"The referendum on the South Newnham Neighbourhood Plan took place on 16 January 2025.

More than half of those voting in the referendum have voted in favour of Cambridge City Council using the South Newnham Neighbourhood Plan to help it decide planning applications in the neighbourhood area.

We will now move forward to formally making (adopting) this Neighbourhood Plan".

Road Closures

Local residents have been alerted to forthcoming traffic disruption. A Temporary Traffic Regulation Order says that closures are necessary to excavate "approximately 156m in carriageway for installation of high voltage electricity ducts and cables". The roads affected at various times during the period of 15 February to 14 March are Eltisley Avenue, Grantchester Street, Merton Street, Derby Street, Newnham Croft Street and Grantchester Meadows.

A glass of wine, a convivial atmosphere and ...

Desert Island Picks



Another in our occasional series of conversations
with members of the St Mark's community.

Jim Robinson

will be choosing his favourite music and readings on ...

Friday 7th February

at 7.30 pm

St Mark's Community Centre (large hall)

Foodbank Dates

Please bring donations for the foodbank to church on Sunday 2nd February.

Alternatively, on Thursday 6th February leave them at 19 Kings Road (Eleanor Scott) 9.00 am - 3.00 pm, and 1 Millington Road (Rosey Gardiner) 8.00 am - 6.00 pm.

(There is also a Tuesday morning collection point from 11.00 am to 1.00 pm at the Gough Way island with the postbox. In addition, there is a collection point at the Co-op).

Candlemas Traditions

Various traditions have developed about Candlemas over the years, including the following:



Weather Predictions

Candlemas was the day when some cultures predicted weather patterns. An old English song goes: *If Candlemas be fair and bright, Come winter, have another flight; If Candlemas bring clouds and rain, Go winter, and come not again.* Thus if the sun cast a shadow on Candlemas day, more winter was on the way; if there was no shadow, winter was thought to be ending soon. Of course, this practice led to the folklore behind "Groundhog Day," which falls on the 2nd February.

Crêpes and Coins

It is traditional to eat crepes (thin pancakes) on Candlemas in some parts of Europe, such as France. Each family member prepares and cooks a crêpe while holding a coin in hand. This is believed to assure wealth and happiness until the next Candlemas celebration. Another tradition involves taking turns to flip the pancake with a flick of the wrist, deftly manoeuvring the pan with the right hand while holding a coin in the left. The crêpe must not fall, stick to the ceiling, or come back down in shreds. Achieving this feat successfully will bring happiness.

C.S. MARTIN PAINTING & DECORATING

For a complete and reliable interior and exterior decorating service

Free estimates and advice
Over 25 years experience

Please contact Chris on 01223 233613 or 07778338437

csm.decorating@googlemail.com





ARE YOUR LOCKS BEHAVING BADLY?

Specialist in UPVC & Wooden Doors No Call Out Charge No Fix No Fee
All Work Fully Guaranteed 10% Senior Citizen Discount

For More Advice & Help Call Christopher: **07772 111 222** www.christopherthelocksmith.co.uk

A Local Trusted Family Business Since 1989 We Value Old Fashioned Customer Service We Service All Old And New Doors

CHIROPODIST & PODIATRIST

BEECHWOOD PRACTICE

41 HILLS ROAD

Celia Kenney, B.Sc. (Hons) Podiatry,

M.Ch.S, S.R.Ch.

Available for home appointments

01223 315541 07939 227195



Extra sockets to full re-wires Part P registered Inspections and Testing

07870 372788

www.ds-electricalservice.co.uk

Call for free friendly advice



CHIMNEY SWEEP

Professional and insured
Certificates issued

Advice given and problems solved

edcleansweep@gmail.com

07919 888990

www.cleansweep.co.uk

Based in Haslingfield



DRIVE VOLLEY

Quick Turnaround
and Home Delivery Available

**PROFESSIONAL
RACKET STRINGING
SERVICES**

Find us at:
Cocks and Hens
Grantchester Road
Cambridge
CB3 9ED

Contact Us:
www.drivevolley.co.uk
07703 358660



Regular Groups

Monday Bible Study

10:30am, 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 February

Candlemas (2nd February)

Hear the words of our Saviour Jesus Christ:

‘I am the light of the world.

Whoever follows me shall never walk in darkness but shall have the light of life.’

Let us therefore bring our sins into his light and confess them in penitence and faith.

Lord Jesus, illuminate the darkness in our hearts

Open our eyes to your saving love

Unstop our ears to hear your living word;

May almighty God have mercy on us, forgive us our sins,

and bring us to everlasting life, through Jesus Christ our Lord.

Lord Jesus Christ,

Light of the nations, make your home among us,

and present us pure and holy to your heavenly Father,

Your God, and our God.

For love and relationships

Heavenly Father, we thank you for the gift of love.

We ask for your guidance to nurture our relationships with each other;

Strengthen our bonds each day.

Help us grow in understanding, kindness, and patience.

May our love reflect your unconditional love for us.

Keep us united in both joyful moments and challenging times.

Fill our hearts with peace and our actions with compassion.

Guide us to make decisions that honour you and draw us closer together.

Let our love become a beautiful testimony of our grace.

Amen

Chosen by Lizzy Jarvis

La Maison du Steak

125 Hills Road
Cambridge, CB2 1PG
01223 324258
info@laimaisondusteam.co.uk/

We are more than just a Steak House. Come and discover us!





PAINTING & DECORATING
INTERIOR & EXTERIOR
WALL & FLOOR TILING
PLASTERING
WOODWORK
REPAIRS

07411599219
WWW.COEHOME.CO.UK
INFO@COEHOME.CO.UK



Thinking of selling or letting?

Then contact the experts on **01223 323130** or visit rah.co.uk

LOCAL HANDYMAN

Andy Beeton

- General gardening and house maintenance
- Small painting jobs or repairs
- Also professional plasterer

FREE ESTIMATES

07800 871738

andrew.beeton48@gmail.com



Set down a leafy lane, our Ofsted Outstanding rated nursery cares for 2-5 year olds in a stimulating and fun atmosphere with excellent outdoor facilities.

Established over 50 years ago, we offer a happy, safe and secure environment with fully qualified staff.

Registered with the Government Early Years Funding Scheme

01223 356565

4a Millington Road, Newnham, Cambridge
www.millingtonroadnursery.co.uk

THE DERBY STORES

Newnham Post Office

Delicatessen/Newsagent

Jean and Neera

01223 354391

*Off licence, Provisions, Cakes/Biscuits,
Cheese Counter, Luxury Ice Cream*

6.00am - 6.00pm daily

Sunday 6.00am - 2.00pm

Garage Services : GP Motors

Newnham Service Centre
Eltisley Avenue
Cambridge CB3 9JQ
Tel: 01223 355574

www.gp-cars.com

e-mail: enquiries@gp-cars.com



PAUL WALDMANN

Designs in Wood

41 Norfolk Street

paulwaldmann169@gmail.com

01223 314001 07740 167055

Cabinet making

Furniture restoration

Interior woodwork

(fitted cupboards, bookcases, etc.)

www.paulwaldmannndesign.co.uk

latham
builders

40 Grantchester Road, Newnham, Cambridge

Lathambuilders@outlook.com lathambuilders.com

07528 772899

Beginners

PIANO TUITION

in your own home

Tel: 07834 420739

maureen.pritchett@gmail.com

Registered with Ofsted

Services at St Mark's Church, Newnham in February

Communion (BCP) at 8.00 am every Sunday

Sunday Services

2nd February at 9.30 am	Communion (Joint Service with Grantchester)
9th February at 9.30 am 6.00 pm	Morning Worship with Junior Church Choral Evensong (See below)
16th February at 9.30 am	Communion with Junior Church (Joint Service with Grantchester)
23rd February at 9.30 am	Communion with Junior Church

Regular Weekday Services

Monday - Friday at 9.00 am Morning Prayer

Tuesdays

Weekly Communion (BCP) at 11.00 am followed by refreshments



The March Issue of SEEK

All contributions are welcome. Please send them by Friday 14th February to Jane Plows at janemp@virginmedia.com (350120) or contact any member of the committee.

Choral Evensong

Throughout 2024 Choral Evensong was celebrated at Grantchester Church every other month. With the church building in Grantchester currently closed, we are blessed to have Choral Evensong held in St Mark's for the next three months!

Sunday 9th February, 6.00 pm

Our 'regular' Choral Evensong with singers from Grantchester, Newnham and Cambridge under the direction of Marcus Cox.

Please come along to worship in this traditional service and enjoy some superb music. All welcome!