

# Seek

**February 2026**



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

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

**50p**

## The Vicar's Letter



Dear Brothers and Sisters,

If you watched the King's broadcast on television this Christmas you will have heard a stirring rendition of the traditional Ukrainian 'Carol of the Bells' performed at the programme's end. One of the singers, Iryna Marciuk, recently wrote to me to ask if I could give her any information about a Ukrainian composer reputed to be buried in St Mark's burial ground.

The name of the composer was Stefania Turkevych, and she was clearly an extraordinary person. She is heralded as the first professional female composer from Ukraine. Her first composition, a setting of the Divine Liturgy, was performed numerous times in Lviv Cathedral, but the majority of her composing was done in exile, fleeing the Soviets after the Second World War, who in turn banned her music from being played. Having studied in Vienna, Berlin and Prague, and after working across the UK, she ultimately settled in Cambridge.



I was able to confirm to Iryna that it is indeed in Cambridge that she still rests. We couldn't find any clue as to precisely where she is buried in our records, but I came across her grave just by walking the corridors of the burial ground. Something drew me to the spot, and it is indeed quite a distinctive grave (and definitely now beyond the churchyard regulations, alas, lest anyone get any ideas!). It depicts on it a flight of cranes, which Iryna tells me

is a symbol of longing for her homeland. There is a well-known Ukrainian song traditionally sung by the graveside which the image of cranes flying away relates to. This longing was also expressed in Stefania's own music, which was suffused with Ukrainian folk song and traditional melodies.



It is inspiring to imagine Stefania trying to stay faithful to her vocation, and to create works of beauty and meaning, whilst chaos and uncertainty surrounded her, and the supports of her life were removed. I think of how I struggle to do likewise under much less severe pressures!

There is of course an additional poignancy to Stefania's story as, this month, we pass through yet another anniversary of the latest Russian invasion of Ukraine. We continue to pray and plead for peace, remembering in our prayers all displaced persons who long for home. And we also recall, as also this month we enter the holy season of Lent and try to unburden ourselves of our too-worldly ways, that not one of us has our true and lasting home here on earth; that we are, in the words of St Paul, citizens of heaven (Philippians 3.20).

Iryna's interest in Stefania is part of a wider rediscovery of her work. Last month there was a UK premier of her Sonata for Violin and Piano (1935). I was deeply moved by words written by the violinist Roman Mints, in the publicity material for the performance. He writes:

*"Despite composing prolifically — symphonic works, ballets, chamber music, vocal cycles, operas for children — she remained largely unheard. Much of her music existed only on paper. She did not stop writing. She simply wrote without being listened to.*

*This was not silence imposed by censorship, but something quieter and perhaps more painful: the silence of mismatch. Of being out of step with the demands of one's time. Of continuing to speak in a voice that no one seems to be waiting for.*

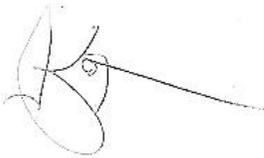
*And perhaps that is the most moving part of her story: she wrote not for her time, but for a listener who would one day be ready to hear her."*

We hear in these words an echo of Paul's teaching. It is the Christian vocation to resist falling into step with the mores of one's passing age;

but also to refuse to be swallowed up by its troubles, which are also passing away, their days numbered by the victory of the Cross.

'How shall we sing the Lord's song in a strange land?' asked the Jews in the Book of Psalms, during their exile to ancient Babylon. We might ask the same question of ourselves this Lent. How might we - how might you - sing the Lord's song, and proclaim with word and deed his music, with all its challenge and beauty?

In friendship and faith,



Jim

## **The Not So Bleak Midwinter**

Very many thanks are due to the Cantores Singers, directed by Jeremy Wong, and guests who brightened up a grey January Sunday afternoon with a varied and enjoyable programme. Their varied repertoire ranged from the 16th to the 20th century and included Christmas carols, traditional songs, a celebration of winter and a tentative welcome to the spring that is surely on its way. These were interspersed with music from the Thumbs-Up Recorder Duo and four superb readings, one of which even carried us into late summer.

**Jane Plows**

## The February Charity : Lyn's house

This month's charity is local – very local, based here in Newnham- and serves people from across the city of Cambridge. Lyn's House is a Christian-inspired organisation providing a space for friendship and hospitality between people with and people without learning disabilities. Its mission is simple but profoundly affecting, transforming the lives of all those who are involved.



Central to the ethos of the Lyn's House community is that we seek to value each other not for what we achieve, but for who we are. This is worked out through friendships nurtured during regular meetings to share meals, enjoy events and outings, celebrate birthdays, and through prayer and worship. As core friends, volunteers, residents and supporters we endeavour to

develop lasting relationships that aspire to embody the fullness of life described in the gospels and that are so often missing from other settings where care is contractual, education is competitive, and human connection is compromised by online alternatives.

An intentional group of 3 young adults (typically recent graduates, postgraduate students and those beginning a new career) lives and prays together in accommodation leased from Queens' College in Grange Road, where there is space to share hospitality indoors, and enjoy the benefits of the beautiful gardens in good weather. Residents help make the house a place of mutual welcome for a number of small, mixed-ability groups made up of our core friends with disabilities, and our non-disabled volunteers, joining in with weekly meals and fortnightly tea parties during term time. The whole community of Lyn's

House encompasses a very wide range of gifts, including some which manifest in ways that can make daily life challenging for individuals and their families, but which, when accepted with patience and love, blossom and bear fruit in ways that can not only delight and inspire, but can literally change lives.

Although Christian-inspired, the Lyn's House community is open to people of all faiths and none. It was founded in 2013 and is now a registered charity (the 'Cambridge Friendship Trust'), managed by a committed group of volunteer trustees. Fundraising is essential to cover our running costs (including transport for core friends from home to Grange Road, food and rent) and to support the 'Growing in Friendship' project, currently underway in collaboration with the Centre for Spirituality, Health and Disability at the University of Aberdeen. Using Theological Action Research this project aims to use the experience of Lyn's House to promote greater understanding and build resources to share with other communities that include people with a wide range of intellectual abilities and to seek to worship, to grow, to connect and to change.



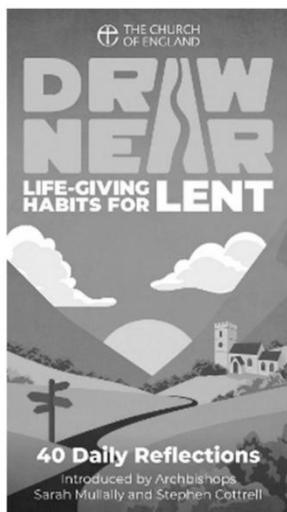
For more information about Lyn's House and its activities please visit the website:

<https://lynshouse.org/> The QR code will take you to the Annual Report, which is an especially good place to start. Please give generously on the 8th February or make a donation via the website.

Thank you for your attention, and in advance for your generosity towards Lyn's House, which will surely make a real difference.

**Anna Jones**

**(CTFTrustee)**



## Let's Draw Near

This year the Education & Discipleship team at St Mark's is planning a Lent programme based on the Church of England's *Draw Near: Life-giving Habits for Lent* course. Before Lent begins, we will be distributing at church for everyone a copy of *Draw Near*, a booklet of 40 daily reflections. Beginning with Ash Wednesday, each day's page includes a scripture reading and reflection on a theme of discipleship. The daily content will take less than five minutes to read, and we are encouraging everyone to try this short discipline each day for Lent this year.

Each week's material in the booklet is based on a particular theme. Beginning on Sunday 1st March and continuing for four more weeks, we will be having an informal twenty-minute meeting after coffee each week from 11:15-11:35 am in the Community Centre to hear feedback on the week's reflections. The sessions are intended to be opportunities to share questions and experiences and a chance to encourage each other as we seek to maintain the new Lenten discipline. It will be an experiment in faith, and we urge everyone to take part, whether or not they are able to attend the Sunday feedback sessions. Let's Draw Near!

**Mike Thompson**  
for the Education and Discipleship Team



## St Mark's Church Mission Statement

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

## Men's Informal Coffee Group



Over the last few months, a growing number of men from St Mark's have gathered each Monday at 10:30 am for coffee at Wolfson College.

The group meets at the gate on Barton Road and then walks straight into the Porter's Lodge and through to the college's coffee bar. There is no formal programme, just drinks, chat and laughter. All St Mark's men are welcome to come and join the discussions.

**Mike Thompson**

## The March Edition of Seek

Contributions are always very welcome. Please send them to Jane Plows at [janemp@virginmedia.com](mailto:janemp@virginmedia.com) (01223 350120) by Sunday 18th February.

## Lent Lunches 2025

These lunches, hosted by Newnham residents and parishioners, have been a tradition at St Mark's for many, many years and are an enjoyable way for people to enjoy a simple lunch during Lent in return for a donation to a charity chosen by the hosts.

Please contact the hosts at least three days before to let them know that you wish to attend. Please bring your donation as cash. The hosts, contact details, address and charity are listed on page 9.

Please note that this year, in a change from the usual pattern, not all the lunches will be held on a Wednesday.

**Lent Lunches 2026**

**Monday** 23rd February – Sarah and Jon Perry  
Charity: Fauna and Flora International  
07778 809803 [sarahperrywarden@gmail.com](mailto:sarahperrywarden@gmail.com)  
11 Trumpington Road CB2 8AJ (look for the large white rock)

Wednesday 4th March – Sue and Chris Wagner  
Charity: UMOJA UK  
07738 698884 [susan.wagner1@ntlworld.com](mailto:susan.wagner1@ntlworld.com)  
58 Gough Way

**Sunday** 8th March – Nigel Porter  
Charity: Age UK  
01223 366976 07920 242717 [nigel.porter@rocketmail.com](mailto:nigel.porter@rocketmail.com)  
11 Eltisley Avenue

Wednesday 18th March – Sue Elliott and Sue Payne  
Charity: The Arthur Rank Hospice  
01223 560150 01223 328966 [susanruthpayne@gmail.com](mailto:susanruthpayne@gmail.com)  
16 Eltisley Avenue

Wednesday 25th March – Julia Bevington and Marie Miller  
Charity: Centre 33  
07977 560445 [bevington@btinternet.com](mailto:bevington@btinternet.com)  
18 Lammas Field

Wednesday 1st April – Jane Plows  
Charity: Parkinson's UK  
01223 350120 [janemp@virginmedia.com](mailto:janemp@virginmedia.com)  
48B Selwyn Road



**Dasha Tenditna**  
 Photographer  
 portraits, events,  
 documentary, lifestyle

+44 777 131 2301  
 Instagram@dasha\_tenditna  
 FB: dasha tenditna  
 Email: dasha.tenditna@gmail.com

**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 - 4.00pm**

**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  
 07778338437  
 csm.decorating@googlemail.com



**CHIROPODIST and  
 PODIATRIST**

**BEECHWOOD PRACTICE  
 41 HILLS ROAD**

**Celia Kenney, B.Sc. (Hons) Podiatry,  
 M.Ch.S, S.R.Ch.**  
 Available for home appointments  
 07939 227195

**DRIVE VOLLEY**

**PROFESSIONAL  
 RACKET STRINGING  
 SERVICES**

**Quick Turnaround  
 and Home Delivery Available**

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

**Contact Us:**  
[www.drivevolley.co.uk](http://www.drivevolley.co.uk)  
 07703 358660




**Millington Road  
 Nursery School**

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](http://www.millingtonroadnursery.co.uk)

## SEEK for 2026



This is a belated thank you to all our distributors who, month by month, ensure that over 200 copies of SEEK are circulated throughout the parish, and to thank, especially, Sue Wagner who coordinates this distribution.

It is a good time too to thank our printers, Parrot Print, for their helpfulness and efficiency.

Please be ready to pay your distributor the annual subscription of £5.00.

## Foodbank Dates

Please bring donations for the foodbank to church on Sunday 1st February.

Or leave them on Thursday 5th February at 19 Kings Road (Eleanor Scott) 9.00 am - 3.00 pm, or at 1 Millington Road (Rosey Gardiner) 8.00 am - 6.00 pm.

There is also a Tuesday morning collection point from 11.00 am to 12.00 noon at the Gough Way island with the postbox. In addition donations may be left up to the Thursday evening in the black plastic box on the driveway of number 14 Wootton Way, the home of Sarah Smalley and Martin Richards.

There is a collection point at the Co-op too.

## From the Register

<b>Funerals</b>	24 <sup>th</sup> November 2025	Evadne Wallis
	8 <sup>th</sup> January 2026	Nancy Lane Perham
<b>Baptism</b>	18 <sup>th</sup> January 2026	Adrian Sermeño

## Just the Price of a Coffee . . .



A couple of weeks ago I ventured into John Lewis. Not the ideal time, as the January sale had just started and it was mid-morning on a Saturday. I made my way through the throng along the 100 yard walk through the perfumery stands which seem to cover more acreage every time I go in. I had a mission and I was headed for the kitchen department. After making it past the frying pans and saucepans, which may have detained me on another occasion, I got to my destination: kitchen electrical equipment. There was a large choice of coffee making machines now on display, with dedicated staff anxious to tell you all about the impressive technology in these models. My jaw dropped at a few £1729 models, but they were outclassed by the top machine at £2,090. So that you do not think I have mistyped that figure, that is just under two thousand one hundred pounds (you do get 'automatic milk allocability')

However, I was looking for a modest shelf, where before Christmas I had noticed a small number of cafetieres priced at £10 for the small version and £12 for the family size. I thought that was a tempting bargain, but I did not need either as I had both sizes at home in perfect working order. I felt a bit disappointed that I could not take advantage of this pricing. However, in the next few weeks I managed not only to knock the family size one off its high shelf but also to drop the small one (happily empty) onto the kitchen floor, shattering the glass of both, of course. Hence my post-Christmas mission to replace them. The story has a happy ending as, after some searching, I found an even smaller number (back of the shelf rather than displayed) at the same price and I bought one of each for £22 in total. This was slightly less than the cost of 3 coffees and pastry in the shop's cafeteria. However not buying the £2100 coffee machine would have covered the cost of a cappuccino served in comfort by a barista once a week for more than 12 months.

I believe the cup of coffee I produce at home, with a cafetiere and two scoopfuls of ground coffee, is equal or superior to any home produced machine coffee. I do like to grind my own choice of beans but am not convinced that doing this is necessarily superior to using ground coffee of the same quality and strength. The advantage of grinding the beans is to allow a coarser grind which is best suited to the cafetiere brewing method. Either way, a small pack of ground coffee can produce at least 15 medium size cups of delicious coffee. Using a cafetiere, the cost per cup is around 25p to 30p.

I have been using a cafetiere as one of my main methods of making coffee for about 40 years. I have always assumed that this was what it was known as throughout the world. I have discovered that this is not correct: Americans apparently call it a 'French press', Australians a 'coffee plunger.' And in Germany it is known as 'Stempelkanne'

I had no idea that it has a history much longer than the time in the 1980s when I first came across one in a mall café where I had to ask the owner how we dealt with the 'cafetiere' delivered to our table. I was used to the café filter and percolator methods and thought it was a variation of one of those. Apparently, the first patent of the device dates back to 1852, but it was not efficient in fully separating the grounds from the finished brew. An improved plunger patent was applied for in 1929. But the idea did not catch on until the present design was developed in 1958 by a French coffee lover called Chambord who invented the four part plunger with a fine mesh and metal flexible spring coil which fits snugly into the glass jug. I do not remember seeing one in French cafés, where an individual metal filter was provided to sit on every cup. When an English firm bought the patent for the Chambord design, the cafetiere became very popular.

I leave you with this question: if we can easily prepare a perfect cup of coffee at home for under 30p, why are we prepared to spend 12 times more in a café? And who is prepared to pay over £700 let alone over £2000, instead of £15 or so, to provide a very good cup of coffee at

home? Confession Time: I love coffee out and enjoy the experience at least once a week. And I do have as a present a small coffee maker in addition to my cafeteria and coffee grinder for convenience, but it does cost 57p a cup, twice as much as a cafetiere equivalent.

Our Sunday after morning service coffee has been made by the cafetiere method for some years now! So, we get a good coffee on Sunday morning for nothing, and we should all be very grateful to the volunteers who make it for us.

**Derek Cummings**



St Mark's Arts Events  
presents

## *Bound by Love*

Friday, 13th February, 7.30pm

An evening of words and music from  
**Jane Bower - readings and songs**

**Peter Britton - piano**

**Philippa Jones - cello**

Jane and friends invite us to reflect upon and enjoy myriad expressions of love on this St Valentine's Eve.

**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




**CHIMNEY SWEEP**  
 Professional and insured  
 Certificates issued  
 Advice given and problems solved  
 edcleansweep@gmail.com  
 07919 888990  
 www.cleansweep.co.uk  
**CLEAN SWEEP**



Based in Haslingfield



**Do you need care visits at home?**



Greenwood Homecare provides quality care in Cambridge and the surrounding areas

✓ FREE ASSESSMENT  
 (SEE US OR WE VISIT - FREE OF CHARGE)

FOR MORE INFORMATION  
 Visit: [www.greenwoodhomecare.co.uk](http://www.greenwoodhomecare.co.uk)  
 Email: [info@greenwoodhomecare.co.uk](mailto:info@greenwoodhomecare.co.uk)  
 Call: **01223 850938**



**Anna Taylor**

Plan, plant & care for gardens  
 Renovation over replacement  
 Focus on sustainability & nature  
 Sensitive, knowledgeable & reliable  
 annataylor.co.uk 07854882831

**C AND 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

**FRESHCUT**

**Turkish Barber**

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

**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

## Around and About

### The Investiture of Professor Timothy Cole CBE



Tim and Angie Cole have been regaling friends with descriptions of Tim's investiture as a Commander of the British Empire by Princess Anne at Windsor Castle on the 13th January. His award was for Services to Medical Statistics, a seldom recognized field.

Tim was accompanied by Angie, their son Jonathan and granddaughter Simone. It was a day of great pageantry and ceremony as they were guided through the State Rooms, hung with portraits of earlier royalty, to the Grand Reception Room where the investitures take place. With his family watching, the Princess Royal, in the uniform of Admiral, placed the medal over Tim's head and engaged him in conversation for a minute or two before shaking his hand and bidding him farewell. The Coles were joined by other members of their family for a celebratory lunch after the occasion.

### Tony Palmer

Congratulations to Tony Palmer who reaches his hundredth birthday on Sunday 8th February. He will mark the day with his family but we look forward to celebrating the occasion with him on the following Sunday, the 15th February. Tony has been singing with the St Mark's choir for 60 years and I understand that he has been singing in choirs of one kind or another for nine decades.

**Seek** is printed by

Parrot Print Ltd

**01487 711107: [rb@parrotprint.co.uk](mailto:rb@parrotprint.co.uk) [www.parrotprint.co.uk](http://www.parrotprint.co.uk)**

## Wildlife Trust BCN update for February

Look out for early signs of spring on our nature reserves in February:

- **Frogs, toads, and newts** may migrate in late Feb if the weather is mild. If you find an animal at risk, please don't move it far, and use gloves or wet hands.
- **Great spotted woodpeckers** can be heard drumming in woods in late winter
- **Lesser celandine** is a low-growing wildflower found in woodlands. It flowers late winter into early spring and has long, bright yellow, glossy, petals, and heart-shaped leaves.
- **Rooks and herons** both nest communally, and early, in tall trees
- **Peacock** and **brimstone butterflies** overwinter as adults and can be seen throughout winter on warm days
- **White-tailed** and **buff-tailed bumblebee** are often the first queens to emerge and can be huge!

Here are a few things you can do to help wildlife when visiting nature reserves or other wilder green spaces:

**Keep your dog out of the water:** Topical flea treatment can affect aquatic invertebrates, and the food chain they are part of, plus dogs disturb sediment which then covers aquatic plants and reduces their ability to oxygenate in the water.

**Avoid muddy paths:** If you know it will be especially muddy, please walk elsewhere to avoid churning paths. If you end up on a muddy path, please stick to the middle so you don't spread the damage. It helps if you wear appropriate footwear.

**Record and report:** The Wildlife Trust BCN is always happy to hear about positive wildlife encounters; send us a photo if you can! It would be great if you could submit a formal wildlife record via the Cambridgeshire and Peterborough Environmental Records Centre.

## Previous Parishioners



In the North Transcept, over the piano, there is a wooden board which commemorates the lives of those who contributed to our church in the first half of the last century. Susanne Thompson drew my attention to them and she began some online research to find out more about them.

One of them reads “To the Memory of George Crewdson, Canon of Carlisle, who died Feb.18<sup>th</sup> 1920 and of Salome Mabel his daughter who died Sept 22<sup>nd</sup> 1919. During their 10 years at Whitstead, they rendered willing and ready help in Church and parish, and gained the loving appreciation of all with whom they served”.

Who were they, where is Whitstead and why was St Mark’s remembering a canon from a northern diocese? Susanne’s research established that George Crewdson came from a Cumbrian family, attended Trinity College, Cambridge as an undergraduate, was ordained and worked as a parish priest in the north until his retirement. When his wife died in 1910 he seems to have retired to Cambridge, apparently accompanied by his unmarried daughter, and to have set up home in Whitstead, the white house opposite the church, which is now part of Newnham College. They are buried in Grantchester Churchyard.

I managed to fill in some gaps by consulting the parish magazines of the time. It seems that both father and daughter became closely involved in the work of the church, Canon Crewdson becoming increasingly valued as a non-stipendiary priest taking services.

His death is recorded in the Parish Magazine of March 1920. Septimus Symonds, the vicar, writes, “‘To know him was to love him.’ Coming here from Windermere, after a long life of active service, he brought a rich experience of parochial work which again and again proved

## **latham** builders

40 Grantchester Road, Newnham, Cambridge  
**Lathambuilders@outlook.com lathambuilders.com**  
 07528 772899

**Rothwell's**  
Carpet Cleaning

## **Carpet Cleaning**

**Stone Floor, Upholstery, Rugs**

In business since 1993

**01638 428 060 and 01223 832 928 www.Rothwells.biz**

We're an honest local family firm.

Our large truck mounted machines mean more cleaning and drying power for the best results possible. 100% satisfaction or it's FREE.

*Call Oliver and Max Campbell for expert help today.*

## **DS** ELECTRICAL

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

**07870 372788**

[www.ds-electricalservice.co.uk](http://www.ds-electricalservice.co.uk)

**Call for free friendly advice**



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

**07411599219**  
[WWW.COEHOME.CO.UK](http://WWW.COEHOME.CO.UK)  
[INFO@COEHOME.CO.UK](mailto:INFO@COEHOME.CO.UK)

## **PAUL WALDMANN**

**Designs in Wood**

**41 Norfolk Street**

[paulwaldmann169@gmail.com](mailto:paulwaldmann169@gmail.com)

[www.paulwaldmannndesign.co.uk](http://www.paulwaldmannndesign.co.uk)

**01223 314001 07740 167055**

**Cabinet making**

**Furniture restoration**

**Interior woodwork**

**(fitted cupboards, bookcases, etc.)**

valuable, to me personally, and to our Committees... While he was away for a change last June he failed, and returned in a very weak condition from which he seemed to be recovering until the end of September when the overwhelming blow of the sudden accident and succeeding death of his daughter again turned him downhill. Just before Christmas he had a bad fall in his house, after which he never left his bedroom... We shall long remember him and Miss Mabel Crewdson."

Poor man, having lost one son in infancy, he lost his wife and two of his daughters in his final decade!

Mabel's death was indeed tragic. In the Parish Magazine of October 1919 the vicar writes, "It is a hard task for me to write of our loss in the cutting off of such an invaluable worker as Miss Mabel Crewdson. When fetching some books for our Missionary Study Circle she collided with a Motor 'bus at Regent Circus on Saturday, Sept. 20<sup>th</sup>, and passed away at the Hospital on Monday, the 22<sup>nd</sup>... For the Parish, the gap thus caused is great, for Miss Crewdson as assistant organist was at her post almost every evening of the week, and played at most occasional services and meetings held in the Church or Parish Room. She superintended - practically conducted - the Junior Sunday School in the afternoons, and taught in the Upper School in the mornings. She worked at and played for the Girls' Band of Hope... She organized the decorators of the Church at the Festivals, and arranged the vases every week... In all these departments her bright spirit and winsome smile encouraged and cheered those working with her who were at that time depressed and she won the hearts of the children and the deep confidence of her fellow workers."

No wonder she and her father are recorded with gratitude by members of the parish.

**Jane Plows**

## Regular Groups

### Monday Bible Study

10:30am, alternate weeks – contact: Sue Wagner, 07738 698884

### Monday Informal Men's Group

10:30am, weekly – see page 7 for details

### Tuesday Home Group

7:30 pm, fortnightly – contact: Mike Thompson, 07957 735860

### Thursday Home Group

7:30 pm, weekly – contact: Andrew Watts  
aa.watts@hotmail.co.uk

### Choir

The choir sings every Sunday morning during term time and one Sunday evensong per month. Contact Marcus Cox at

[singing@stmarksnewnham.org](mailto:singing@stmarksnewnham.org)

Rehearsals

every Friday evening during school term time (*Junior Choir: 5:15 pm – 6:00 pm, Adult Choir: 6:00 pm – 6:45 pm*).

## La Maison du Steak

125 Hills Road

Cambridge, CB2 1PG

01223 324258

[info@laisondusteak.co.uk](mailto:info@laisondusteak.co.uk)

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



## ARE YOUR LOCKS BEHAVING BADLY?

Christopher  
LOCKSMITH

🔧 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](http://www.christopherthelocksmith.co.uk)

A Local Trusted Family Business Since 1989

We Value Old Fashioned Customer Service

We Service All Old And New Doors

## Prayers for Lent

Lord,  
Walk with me  
from my darkness  
to the light of Easter.  
Meet me at my tomb of despair  
with your healing power.  
Help me to choose hope  
time after time  
so that I can always  
begin again.  
Amen

Forgive us Lord for our apathy,  
for our lack of courage to speak out.  
Forgive us when we walk past and don't offer help.  
Forgive us when we get it wrong.  
*From the Methodist Church website*

### **A special Lenten fast (Cafod)**

Give up harsh words: use generous ones.  
Give up unhappiness: take up gratitude.  
Give up anger: take up gentleness and patience.  
Give up pessimism: take up hope and optimism.  
Give up worrying: take up trust in God.  
Give up complaining: value what you have.  
Give up stress: take up prayer.  
Give up judging others: discover Jesus within them.  
Give up sorrow and bitterness: fill your heart with joy.  
Give up selfishness; take up compassion for others.  
Give up being unforgiving: learn reconciliation.  
Give up words: fill yourself with silence and listen to others.

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

**Communion (BCP) at 8.00 am every Sunday**

### Sunday Services

1st February at <b>9.30 am</b>	Communion
8th February at <b>9.30 am</b>	Morning Worship
15th February at <b>9.30 am</b> <b>6.00 pm</b>	Communion Choral Evensong
22nd February at <b>9.30 am</b>	Communion

### Ash Wednesday Service

18th February at **7.00 pm** Choral Communion with Ashing

### Regular Weekday Services

**Monday - Friday at 9.00 am** Morning Prayer

### Tuesdays

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

## 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

