

# Church of The Good Shepherd Newsletter

January 2008

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As I write this I am in the midst of Nativity play season, I have five more to go, and to be honest I'm really looking forward to them. I always love seeing how different schools find good and creative ways to retell the story of the birth of Jesus and make sure that everyone has a part. I have seen plays with foxes and camels, mice and spiders, all sorts of walk on parts which sometimes makes me wonder whether we are watching the story of Noah rather than of Christmas!

Even the Church of England has had a go at rewriting the 'traditional nativity'. Recently General Synod held a discussion over the three wise men. We have known for a while that the magi arrived later than the shepherds, which is why we celebrate Epiphany in January, but it also seems that the three who followed the star to Bethlehem bearing gifts for the baby Jesus may not have been all that wise - or even men, oh and there may have been more than three!

A committee producing seasonal material for the prayer book said the term "Magi" was a transliteration of the name used by officials at the Persian court, and that they could well have been women. "Magi is a word which discloses nothing about numbers, wisdom or gender embodied in the term," a Synod spokesman said. The description of them in Greek is 'Magoi' – a word from which we get our 'magicians'. They were sorcerers. What is more, they were star-gazers, astrologers if you like. They were people who watched the skies and, seeing a particular star, travelled to find the child whose life was connected with it. They were the

Russell Grants and Mystic Megs of their day!

This does, I grant you, challenge the Christmas card image we have of the wise men, muscling their way into a crowded stable, kneeling by a crib and giving gifts. But maybe it is good to challenge preconceptions once in a while because all too often we can be guilty of reading into the text traditions that are not really there and failing to see what *is* there.

For us the story is familiar, we expect to see the wise men riding over the hill on their camels. But for those listening to the story for the first time in the first century these were surprising visitors. Surprising, firstly because they were outside the Jewish faith, they were Gentiles. Surprising because Jewish Law forbade sorcery and astrology. (Deut. 18:11) and surprising because of the gifts that they brought.

There is much we do not know about the identity of the Magi. But what we do know is that they came and brought their gifts and gave them to Jesus. Each one of us has gifts which we can bring. We may find it surprising that God might choose us to serve him, but he does. We may find it surprising that God could empower us to do His will, but he does. We may find it surprising that God loves us, but he does.

As we begin 2008, celebrating Epiphany, and as we seek to build God's kingdom together in Arbury, let's follow the example of the Magi, bring what we have, and bring ourselves. And maybe, just maybe God will surprise us with what he can do!

*David Maher*

## *PARISH DIRECTORY*

Vicar	Rev. David Maher	351844
Honorary Assistant Curate	Rev. John Polkinghorne	360743
Reader	Linda Dean	328658
Churchwarden	Iris Brown	565956
Churchwarden	Henry Disney	359396
PCC Chairman	Rev. David Maher	351844
PCC Vice Chairman	Henry Disney	359396
PCC Secretary	Fiona Blows	329822
PCC Treasurer	Coral Hatley	313619
PCC Electoral Roll Officer	Lilas Davison	354300
Altar Linen	Finsetta Cummings	352757
Amnesty International	Audrey Disney	359396
Assistant Treasurer	Bill Elsey	357622
Assistant Treasurer	Jim Bass	363156
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Chalice Bearers	Bill Elsey	357622
Chantry Book	Tom Shipp	353734
Child Protection Co-ordinator	Ruth Banger	234409
Children's Society	Ruby Leyshon	352151
Children's Work	John & Alison Phillips	502969
Christian Aid	Simon & Clare Redfern	740513
Church Cleaners	Monica Shipp	353734
Church Hall Bookings	Ruby Leyshon	352151
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Coffee & Rolls	Fiona Blows	329822
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Flower Arrangers	Jeanne Elsey	357622
Friends of Etterbeek	John & Elizabeth Lamont	565559
Good Shepherd Players	Liz Collinson	01954 251377
Good Shepherd Players	Ruth Banger	234409
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Historic Churches Cycle Ride	Ros Lund	565303
House Group	Terri Barringer	424584
Insurance Secretary	Joe Fletcher	351107
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North Cambridge Area Deanery Synod	Rhodri James	357607
North Cambridge Area Deanery Synod	John Phillips	502969
North Cambridge Council of Churches	Ruby Leyshon	352151
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Planned Giving Secretary	Lilas Davison	354300
Registrar of Planned Giving Envelopes	Tom Shipp	353734
Rural Development Movement	Henry Disney	359396
Sacristans	Ian & Else Catchpole	474540
Servers	Bill Elsey	357622
Sidesmen & Sideswomen	Iris Brown	565956
Sidesmen & Sideswomen	Henry Disney	359396
Sound System	John Lamont	565559



## **READINGS FOR JANUARY**

*Sundays and holy days*

- 6 EPIPHANY  
Isaiah 60: 1-6  
Ephesians 3: 1-12  
Matthew 2: 1-12
- 13 BAPTISM OF CHRIST  
Isaiah 42: 1-9  
Acts 10: 34-43  
Matthew 3: 13-17
- 20 THIRD SUNDAY OF EPIPHANY  
Isaiah 49: 1-7  
1 Corinthians 1: 1-9  
John 1: 29-42
- 27 FOURTH SUNDAY OF EPIPHANY  
Isaiah 9: 1-4  
1 Corinthians 1: 10-18  
Matthew 4: 12-23

*Wednesdays*

- 2 Acts 10: 34-43  
Matthew 3: 13-17
- 9 James 5: 7-10  
Matthew 11: 2-11
- 16 1 Corinthians 1: 1-9  
John 1: 29-42
- 23 1 Corinthians 1: 10-18  
Matthew 4: 12-23
- 30 Hebrews 2: 14-18  
Luke 2: 22-40



## **REGULAR SERVICES IN JANUARY**

Sundays	8am Holy Communion 10am Parish Communion
Mondays	9.30am Morning Prayer
Tuesdays	9.30am Morning Prayer
Wednesdays	9.30am Holy Communion
Thursdays	9.30am Morning Prayer
Fridays	9.30am Morning Prayer

**The Church will be closed between December 26 and 29 (incl.) and on January 1. The Vicar will be available, if needed, during that period.**

## **SPECIAL SERVICES IN JANUARY**

Sunday January 20, 6pm, Service of Healing and the Laying on of Hands with Prayer

## **EVENTS IN JANUARY**

Sunday January 6 12 noon, Sunday Lunch Club in Church Hall.

## **CHILDREN'S SOCIETY**

Some months ago Ruby appealed to church members to consider supporting the Children's Society – we have a good tradition of supporting this Society and have had people filling their boxes at The Good Shepherd for many years. It is really good to report that we now have 13 people saving their odd coins for this cause and, when the boxes were opened recently, we had raised £151.45 in the last six months. This is an excellent total.

Anyone else interested in helping such a worthy cause?

## NEWS FROM OLD FRIENDS

On Saturday December 8 the choir sang carols in Lion Yard in aid of *Cam Mind*. We were delighted to have Tim Vickers with us – both because it was really good to see Tim again and to catch up on all the news, and because it meant we were again singing in four part harmony. Dorothy has written elsewhere in this Newsletter of our pressing need for more choir members. Do please consider if this is something you could do.

Here is a message for everyone from Tim. He can be contacted as follows:  
23 Norton Way North  
Letchworth  
Herts SG6 1BX  
OR vickerstimothy@hotmail.com  
OR 07709303455

Dear All,

A happy Advent and Christmas greeting to you all. I hope you are all in good spirits at the Good Shepherd. I would like to wish you all every blessing for the new church year.

Everything is going well for me in Luton. We have our deadlines for the new Stockwood Discovery Centre on 7<sup>th</sup> January, so I am busy preparing for that. Writing panels and interpreting objects which relate to the history of the area is a challenge, but one which I hope will have a great benefit to the many people who will visit the Museum in the next few years.

Aside from that, I am busy working on some exciting school projects and preparing for an exhibition on the Ancient Greeks which will arrive in Luton on March 15<sup>th</sup> and be with us until June 8<sup>th</sup> 2008. It is the largest group of Greek objects to have ever left the British Museum and I highly recommend a visit.

On other matters, I am currently entering the housing market, looking to buy a nice one bedroom flat in Luton. I currently live with my parents. I am attending St. George's Church in Letchworth (see Parish of Norton on the internet), and am involved in running an Emmaus course, a course for enquirers into the Christian faith (again, something you can find out on line) which has been really good fun. I'm also the step-mother in the annual panto of Cinderella on December 15<sup>th</sup>. I have found a local choir, though not a church choir, and we recently sang Byrd's four part mass at a concert, which was lovely.

I found my time at The Good Shepherd a really formative period for my faith, and my sense of calling from God is something I have become very aware of. So I am following that path to see where He leads me.

Christmas wishes,

Tim Vickers  
Sometime parishioner of The Good Shepherd, Cambridge

### FROM THE PARISH REGISTERS Holy Baptism

November 25

Levi Reese Jones, 9 Arbury Court

## ... AND AN OPPORTUNITY TO MAKE NEW FRIENDS

[Rachel is in training at Westcott House and will be with us at The Good Shepherd during the Lent Term 2008]

I grew up in Nashville, a little city half way between the mighty Mississippi river and the Appalachian mountains. While no longer bustling about in either hoop skirts or cowgirl boots, I've retained a fondness for sweet iced tea served with mint, the country twang of Johnny Cash, and the strange grace of southern gothic stories. My plans to grow up and be a medical doctor got ship-wrecked on England's fair shores, when after a summer holiday spent visiting churches, it occurred to me that I might be called to wear a stole rather than stethoscope. After three years of post graduate studies at Peterhouse and library work at the Leys School, I took a break from Cambridge and moved to London. There I battled the elements living on a long boat named the Scarlett and worked as a lay assistant in an East End parish before returning to Cambridge to train at Westcott House. I am married to David, an Australian, who is serving as curate at Little Saint Mary's in Cambridge. I am looking forward to meeting you all very much.

*Rachel Greene*



## FUNDAMENTAL FAITHS

A tiresome man from Bible Belt  
Condemns all faiths but his alone.  
He thus commits a sin against  
The Holy Ghost by setting bounds  
To love of God without so much  
As by His leave. Another man,  
Psychiatrist by trade, condemns  
Religion's claims as myths espoused  
To fill the voids derived from lack  
Of self esteem: and yet when asked  
To give the grounds for his beliefs,  
In flimsy theories built on sand,  
He loses cool and splutters like  
A faulty safety valve atop  
An angered pressure cooker. Both  
These fools are dug so deep within  
Their private pits they cannot see  
The landscape as a whole. For both  
Are deaf to other points of view,  
And make such puerile dins they  
drown  
The voice of Holy Spirit's Word.  
They're blind to grace that shapes the  
lives  
Of humble folk that God, who's known  
By many names, confers without  
Concern for strange beliefs they hold.  
As Christ confirmed, the House of God  
Has many rooms. His mercy knows  
No bounds. His love is ocean wide,  
Extending far beyond our reach,  
Beyond what human minds can grasp.

*Henry Disney*

## **Michael and Zuzana's Trip to Nepal**

Anandaban Hospital is situated about 30km from Kathmandu in the hills. It is the Leprosy Mission's centre of operation. There are about 90 beds at the hospital of which 75 are for leprosy patients, but these are not all full.

Reconstructive surgery is pioneered at the hospital both for the hands and the feet. Leprosy affects the peripheral nerves and so the hands and feet are often the first limbs to be affected by the disease. Leprosy affects the hands by preventing the patients from closing their finger tendons, for example if they want to carry something, or lift something up to their mouths. People end up trying to hold objects insecurely between the palms of their hands. Reconstructive surgery on the hand tendons makes it possible to clasp objects securely again. Surgeons cut one of the functioning tendons normally in the middle finger and divide it into all four fingers of the hand. The middle finger then controls the motor functions of all four fingers.

Leprosy also affects the feet by preventing patients from lifting their ankle upwards. Instead, through a weakening of the muscle, the ankle drops causing what is called dropped foot. The front of the foot and toes are dragged along the ground causing severe damage to the toes and ulcers to the front of the foot and may lead to amputation. To overcome this problem the same process is used of taking a tendon from the lower leg which controls the sideways movement of the feet, cutting it and redirecting it to control the upwards movement.

It is one thing to undergo such complex surgery, but a completely different thing to learn how to close your hand or lift your foot using a

method that is totally unfamiliar to you. You have to begin learning again just as a child, and hopefully the action will become second nature to you eventually. In the meantime practice is essential and physiotherapy plays a very important role in the work of the mission in the recovery process, in discharging patients from the hospital, and in the continuing care for the patient.

Physiotherapy takes place in three stages: Pre-operative, Post-operative, and Preventative. The first two stages allow individual tendons to be flexed and strengthened. We were able to see a 12-year old boy who had received surgery on his hand to enable him to clasp his fingers. He was being encouraged to complete activities or play games which involve the particular movement of picking up a small object with his finger tips and moving it to a different place e.g Connect4 – physiotherapy with fun. A major problem resulting from the loss of sensation is the inability to measure the strength of your grasp – the risk of dropping an object because the pressure of your grasp was too weak against the risk of breaking an object because the pressure of your grasp was too strong. If you were holding a glass, the potential for injury either to your hands or your feet would be quite great for both outcomes.

Preventative physiotherapy is essential to ensure that the patient cares for his new limbs and avoids actions which might cause the same injuries recurring. Remember these original injuries were caused through a loss of feeling in the peripheral nerves, so to prevent something which you can't even feel happening is difficult indeed. For us, it would be a natural reflex to let go of a sharp object if it were cutting in to us, or to remove a stone from inside our shoes.

A result of these repetitive injuries are ulcers, which are themselves a serious threat to the patient's limbs. The patients at the hospital have to have their ulcers cleaned and dressed daily. The patients are encouraged not to walk on their feet as this will cause further damage to the ulcers. There are always some patients who refuse to do as they're told – the doctors had created an access to the ulcer for one patient through the top of his foot so that the ulcer could weep and be cleaned while the bottom entrance had been sown up and a plaster cast placed around the sole to protect the ulcer while walking. Another patient had had a similar operation where the plaster cast had been made to completely cover the foot, and a whole drilled through the sole of the cast to give access for cleaning.

Even once these ulcers have healed, there is always the hazard of a repeat injury. Damaged skin is always less flexible and supple than healthy skin, and continuous friction on the skin will cause further damage. The skin is also dry and does not sweat because of the loss of peripheral sensation, and patients have to soak their skin to prevent their skin from drying. This prevents cracking and further damage. Patients also have to learn about the importance of footwear to protect their feet and how essential it is to use their footwear. It is often embarrassing to wear bulky black boots in a hot country because they look out of place among your neighbours who wear sandals. Footwear is made for the patients at Anandaban, and they are expected to make a contribution towards their cost in order to help them value them – otherwise they would discard the shoes when they went home.

A sad fact of leprosy is that patients will never regain their lost feeling and physical healing will come at a cost – loss of mobility, sensation, and with the scars of leprosy, which give rise to the social stigma. These are the real things that the patients ultimately want the hospital and the mission to cure. They return to their communities with the same injuries and are rejected – the disease is now gone, but the fear of the disease still goes on in people's minds.

As for the future of the hospital, Shovakhar, the hospital's administrator told us that, because of the decline of new cases of leprosy, they want to expand their work outside the walls of the hospital by supporting more communities affected by leprosy. But because of the lack of government support for the mission, progress will be slow. They also hope to set up an office in Kathmandu itself and maybe turn it into their headquarters in Nepal. (The location of the hospital is far from ideal because it is very isolated, even though it is very beautiful, and the access to the hospital by road is rough and often very muddy.) Within Nepal the current political and economic position is unstable. Currently the general election has been postponed indefinitely. There are also difficult trading relations with India who they have always maintained very close links, and the Nepalese government has not been able to resolve this.

#### Postscript

We were able to visit one of these communities after our trek to Everest. Most of the people in this community had not received treatment at Anandaban but from the local Nepalese leprosy clinic. One couple lived in a small house where they worked as tailors making clothes – trousers, jackets etc. The husband had lost his fingers through leprosy but he had been trained as a tailor by the

mission. While we were there he was working on a pair of men's trousers and was using implements like scissors as his fingers to enable himself.

The other leprosy patients lived in a "leprosarium" attached to the clinic. It had been built because of the stigma of leprosy to house the leprosy patients who had been uprooted from their homes and communities. One man there was fighting to maintain his independence despite having lost his fingers and toes. His family had left him when they discovered he had leprosy. While we were there he was making himself a table.

Another woman came and joined us who had lost her legs below her knees – she was using a trolley for mobility, but she said she had to crawl on her knees to do things, and this in turn was causing ulcers on her knees and hands. These problems were leaving her with difficulties looking after herself, and she had no one at the leprosarium to support her. She had to wash and dress and take herself to the toilet and also cook for herself without any help. Her daughter had left her and traveled to Australia to live there.

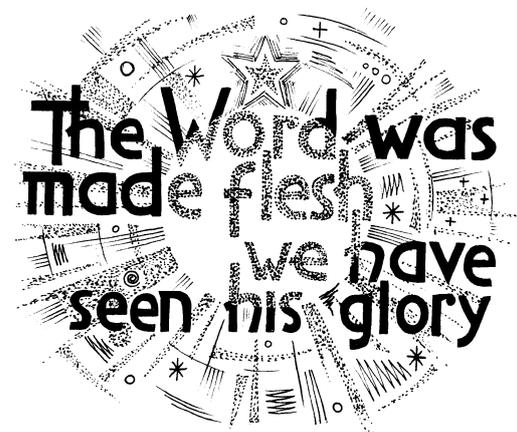
We met a lady whose husband had had leprosy and they had little to live on. One way in which the Leprosy Mission could help her was with the education of their children. The mission sponsors their education. This is an important way in which the mission works.

While we were there with that community we could feel what a difference the mission made by the presence of people who cared. The leprosy patients needed that presence and support to make them feel loved. When everyone has left you, life is very lonely.

The mission also encourages the formation of self-help groups which encourage and support each other.

Finally, we went to visit another family. For this family the mission had helped them to build a house by buying them some land which they had found so that the family could build a low cost house. The mission regularly funds eight houses every year. In return for the love which has been shown to her family, the mother now works for a leprosy organisation in Nepal passing that love on to other leprosy patients.

*Michael and Zuzana Lovell*



### **Saint Theresa's Prayer**

May today there be peace within.

May you trust God that you are exactly where you are meant to be.

May you not forget the infinite possibilities that are born of faith.

May you use those gifts that you have received, and pass on the love that has been given to you.

May you be content knowing you are a child of God. Let this presence settle into your bones, and allow your soul the freedom to sing, dance, praise and love.

It is there for each and every one of us.

## Housegroup

Every church has one but no one seems to know what they do: yes Housegroup, that mysterious church collective! Well, the Good Shepherd Housegroup meets on Monday evenings and is a chance to look a bit deeper at different themes and subjects that define our faith. We are a mixed bunch spread right over the age range and certainly right through different schools of thought!

So what do we actually do? A lot of talking, discussing and even, dare I say, disagreeing about what we have read and think about it. But most importantly it is a time for fellowship and a lot of good fun. Also, in true Good Shepherd tradition good food is never that far away!

In the past, we have looked at prayer and we have just finished following the story of David and Saul. We ended up getting much more from the often familiar parts of this story than I think any of us expected, and through the weeks have had incredibly deep and far ranging discussions. The edited highlights include questions such as “Is anger or hate ever justified?”, “What do you say to someone in despair, to give them hope?” and the particularly controversial and provoking “when is it right to rebel against authority?”

We have seen David develop from a young boy with a passionate absolute belief in the power and will of God and then through his adult life and the complications that brings. His relationship with Saul went from one of son and father to that of extreme rivalry and jealousy (on the part of Saul). The somewhat unexpected responses of

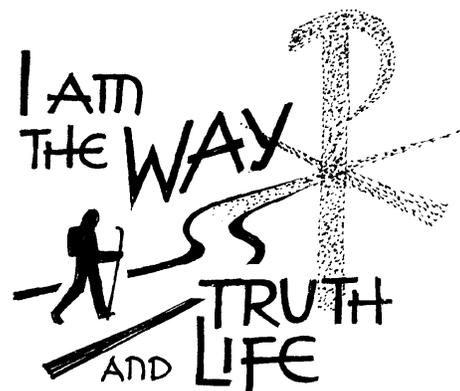
David to Saul’s behaviour (such as not killing him when he had the chance) were especially thought provoking as we applied them to our own lives and actions.

Whilst I can’t say that we always ended the evening with everybody in agreement, we did always finish with a quiet time to think and reflect, and often it was the disagreements that gave us particular pause for thought through the rest of the week. Also, it proves that no matter how well you think you know people you can never totally predict what they will say on a given subject, and for that alone it’s worth coming along!

The next series will take the form of a Lent course where we will be following this year’s York Course, which promises to give us plenty to think about, and it would be really great to see new faces and hear new ideas. No qualification needed just good humour and some opinions will get you a long way!

So keep your eyes peeled for the start of the next series and we look forward to seeing you there.

*Jo Wood*



**Week of Prayer  
for Christian Unity  
18-25 January 2008**

This year we will be celebrating the 100<sup>th</sup> anniversary of the Week of Prayer for Christian Unity – a landmark year when we can look at how far we have traveled as churches along the path to unity. In the past, churches viewed each other as outsiders, but now we recognise each other as Christians together, and we are eager to show this in everything we do. Each year different the National Councils which form the World Council of Churches take it in turn to prepare the worship materials for the Week. This year the churches in USA have planned the material that the churches in UK and around the world will be using based on a passage from the New Testament, 1 Thessalonians 5 .v. 12-18. The theme this year is “**pray without ceasing**”. This coming year, as we celebrate this centenary, may we pray without ceasing that the unity for which Jesus Christ prayed may be a reality among Christians today.

There are two main events planned together among our local churches apart from their own worship and prayers:

**Sunday 20 January** Afternoon Tea at 4pm followed by Ecumenical Songs of Praise at St Lawrence’s Catholic Church, Milton Road, in front of Milton Road Library.

**Tuesday 22 January** United Service at 7pm in St Georges Church, turn off Milton Road into Fraser Road.

Please try to support one of these events.

Michael Lovell  
Good Shepherd Representative on the  
North Cambridge Council of Churches

**ZOHELETH  
by J. Francis Hudson**

I read this book because I wanted to know more about King David and also I like thrillers. I have never been “comfortable” with all the praise and adulation heaped on King David by Christians. I found it difficult to understand why, when David slept with the wife of his friend and then finding she was pregnant he arranged for her husband to be killed. It all seemed to be glossed over!

The book begins with David as an old and weary man. It tells the story of his household with conspiracy and intrigue abounding and David in anguish with his troubled conscience. Although he never doubted the love of God for him, he could not believe that God could forgive him, especially as everything seemed to be going wrong around him. The only good thing for him was his friendship with a servant and later confidant (whom he had recognised as a descendant of royal birth). They both shared a love of music and he taught Zohelath the harp and songs that were sung in the Tabernacle. He was a great strength to the King when David was in despair.

Had I studied the psalms in more depth I might have understood the torment that David was going through, for many of them from 38 onwards describe his anguish. Eventually, of course, he accepts God’s forgiveness, regains his strength and will to live. How like so many of us.

A jolly good read, I could not put it down.

*Lilas Davison*

## IN THE CHURCH HALL

<b>THE MONDAY CLUB</b> Monday 2.30 - 4pm	Maureen Carter	369996
<b>THE GOOD SHEPHERD CUBS</b> Monday 6.30 - 8pm	Charles Brown	07720 441123
<b>LINE DANCING</b> Tuesday 10.15 - 11.45am	Mrs B Wright	426517
<b>KEEP FIT 50+ GROUP</b> Tuesday 2.30 - 4pm	Mrs V Ford	870711
<b>THE GOOD SHEPHERD RAINBOWS</b> Tuesday 6.15 – 7.15pm	Miss Rachel Marsh	574520
<b>CARERS &amp; SUFFERERS OF DEMENTIA</b> Wednesday 10 – 12 noon	Jo Hughes	0776 6058767
<b>THE 18<sup>th</sup> &amp; 25<sup>th</sup> GOOD SHEPHERD BROWNIES</b> Wednesday 6 - 7.15pm	Mrs Pat Marsh	574520
<b>THE CAMERA CLUB</b> Wednesday 7.30 – 9.30pm	C.N. Hall	350516
<b>GUILDHALL RETIRED MEMBERS CLUB</b> 2 <sup>nd</sup> Wednesday of the month 2 - 4pm	Yvonne Wisbey	523549
<b>ROYAL BRITISH LEGION</b> 3 <sup>rd</sup> Wednesday of the month 2.30 - 4.30pm March to November	Mary Glasscock	155 Minerva Way CB4 2TZ
<b>T G W U</b> 4 <sup>th</sup> Wednesday of the month 2 – 4pm	John Drake	244030
<b>CAMBRIDGE INSTRUMENTS PENSION FELLOWSHIP</b> 3 <sup>rd</sup> Thursday of the month 10am - noon	Mr Richard Luff	424027
<b>THE GOOD SHEPHERD BEAVERS</b> Thursday 6.15 - 7.15pm	Alan Leader	563233
<b>CHURCH TODDLERS' CLUB</b> Friday 9.15 – 11.30am	Linda Dean	328658
<b>TAI CHI</b> Friday 2 – 3pm	Mike Tabrett	503390
<b>THE SUNDAY LUNCH CLUB</b> 1 <sup>st</sup> Sunday of the month noon – 1.30pm	John & Elizabeth Lamont	565559

*TO BOOK THE CHURCH HALL*

Please ring 352151  
( evenings )