

Once again Christian Unity Week will be with us. We may, perhaps, feel a little weary at the thought. Of course, it is true that Christ's people must fundamentally be one, for the faith we hold in common is much more important than the sectarian differences that might keep us apart. There is certainly good will and respect between local congregations, but any progress beyond that seems to be very slow and uncertain. When I think of Christian unity, two vivid experiences come to my mind.

One was a requiem mass for a brilliant young German physicist, a former student of mine and a devout Roman catholic, who tragically died young in a blizzard in the Alps. The college chapel was crowded with people who remembered Bruno with gratitude and wished to join in commending him to the merciful keeping of God. Yet when it came to communion, only a fraction of the believers present were able to come to the altar to receive the sacrament. The pain of separation was felt keenly by those of us who had to stay in their seats.

The second memory is also concerned with a Roman Catholic setting, a conference on science and religion organised by Jesuit astronomers, whose observatory is part of the papal palace at Castel Gandolfo. I was generously invited to celebrate an open air Eucharist according to the Anglican rite at which all the believers present were able to worship and communicate. It was a powerful expression of the fundamental unity that we all have in our Lord Jesus Christ.

I believe that the Spirit is truly and patiently at work in the universal Church to help Christians find and

experience an already existing unity in Christ. St. Paul (whose conversion we shall remember on the 25th) reminded the Corinthians that 'by one spirit we were all baptised into one body, Jews or Greeks, slaves or free'. We can add, 'Catholics, Anglicans, Free Church ...'

John Polkinghorne

A prayer for unity from the Roman Missal

O Lord Jesus Christ, who didst say to thine Apostles, Peace I leave with you, my peace I give unto you, Regard not our sins, but the faith of thy Church, and grant it that peace and unity which is agreeable to thy will, who livest and reignest with the Father and the Holy Spirit, one God, world without end.



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	Ruth Banger	234409
PCC Treasurer	Lynn Clift	353558
PCC Electoral Roll Officer	Lilas Davison	354300
Altar Linen	Finsetta Cummings	352757
Assistant Treasurer	Bill Elsey	357622
Assistant Treasurer	Jim Bass	363156
Book of Remembrance	Monica Shipp	353734
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
Church Heating	Horace Giles	359001
Coffee Makers	Irene Langley	367964
Coffee & Rolls	Fiona Blows	329822
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Flower Arrangers	Iris Brown	565956
Flower Arrangers	Jeanne Elsey	357622
Friends of Etterbeek	John & Elizabeth Lamont	565559
Fund Raising Events Co-ordinators	Eva Hutson	574070
Fund Raising Events Co-ordinators	Ruby Leyshon	352151
Fund Raising Events Co-ordinators	Evelyn Walker	364067
Good Shepherd Players	Liz Collinson	01954 251377
Good Shepherd Players	Ruth Banger	234409
Health & Safety Officer	Peter Covill	729573
Historic Churches Cycle Ride	Ros Lund	565303
House Group	Terry Barringer	424584
Intercessors	John Lamont	565559
Jimmy's Night Shelter	Ann Callar	357694
Lesson Readers	Lilas Davison	354300
Monday Club	Eva Hutson	574070
Newsletter Editor	Ruth Banger	234409
North Cambridge Area Deanery Synod	Rhodri James	357607
North Cambridge Area Deanery Synod	John Phillips	502969
North Cambridge Council of Churches	Ruby Leyshon	352151
North Cambridge Council of Churches	Michael Lovell	328521
Pastoral Care Co-ordinator	Linda Dean	328658
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
Social Events Co-ordinator	Evelyn Walker	364067
Sound System	John Lamont	565559

READINGS FOR JANUARY

Sundays and holy days

- 4 EPIPHANY – ALL AGE
Isaiah 60: 1-6
Matthew 2: 1-12
- 11 BAPTISM OF CHRIST
Acts 19: 1-7
Mark 1: 4-11
- 18 WEEK OF PRAYER FOR
CHRISTIAN UNITY
Revelation 5: 1-10
John 1: 43 - end
- 25 CONVERSION OF PAUL
Acts 9: 1-22
Matthew 19: 27 - end

Wednesdays

- 8 Acts 19: 1-7
Mark 1: 4-11
- 15 Revelation 5: 1-10
John 1: 43 - end
- 22 Acts 9: 1-22
Matthew 19: 27 - end
- 29 Hebrews 2: 14 – end
Luke 2: 22-40

**THE CHURCH WILL BE
CLOSED BETWEEN MONDAY
DECEMBER 22 AND SATURDAY
JANUARY 3 EXCEPT FOR
SCHEDULED SERVICES.**

REGULAR SERVICES IN JANUARY

- Sundays 8am Holy Communion
10am Parish Communion
(first Sunday in the month is an All-Age service)
- 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

SPECIAL SERVICES IN JANUARY

Sunday January 18 at 4pm Songs of Praise
at The Good Shepherd. (jointly with other
Churches in North Cambridge).
Refreshments afterwards.

EVENTS IN JANUARY

Sunday January 4 12 noon, Sunday Lunch
Club meets in the Church Hall.

MEETINGS IN JANUARY

Monday January 19 7.30pm, PCC meets in
the Vicarage.





What is a Christingle?

On February 1 we shall be holding an All Age Christingle service. But what are Christingles and why should we be holding such a service?

What's the history of Christingles?

Christingles were established by the Moravian Church in 1747 as a symbol of Christ's light and love. The Children's Society (which is supported by many of us here who have their collecting boxes) introduced them to the Church of England in 1968. It was always a very popular service here at The Good Shepherd and those of us who have been here long enough to remember when we had it last, are delighted to see it back with us again.

How do you make a Christingle?

You will need

- a lighted candle (symbolises Jesus, the Light of the World)
- an orange (representing the world)
- a red ribbon round the middle of the orange (indicates the blood of Christ)
- four cocktail sticks with dried fruit and sweets (signifies the four seasons and the fruits of the earth)

Where does the money collected at Christingle services go?

The Children's Society works to make a difference for children who face danger of disadvantage in their daily lives; children who are unable to find the support they need anywhere else.

The Society works to

- keep children at risk on the streets safe and sound
- help disabled children
- support children in trouble with the law
- support young refugees
- help young carers



Start saving the odd coins to support our Christingle service on February 1 and you will make an immense difference to some child's life.

Our new Pastoral Assistant

My name is Alec Corio, and it is my privilege to introduce myself to you in this newsletter. From mid-December I will be ministering in Arbury as pastoral assistant at the Church of the Good Shepherd. I am hoping to be selected for training for ordination in the near future; my bishop feels that serving in this parish will allow me to explore its rich opportunities for pastoral care and live as part of a growing and vibrant church community. I will be working in the parish on Wednesdays and Thursdays visiting people, schools and care homes, and supporting David in his daily labours. I will also be worshipping with you in the week and on Sundays. This will not be my only job: I will also be undertaking some chaplaincy work at Addenbrooke's and working for another two days a week at Great St Mary's in the centre of Cambridge.

I grew up in north London, in an area quite like Arbury, where I went to school and did some youth work for the local church. I first came to Cambridge in 2002 to read history at Queens' college. There I became heavily involved with the college chapel, fascinated by medieval history and met my (now) wife, Samantha. The study of belief, particularly the belief-structure of medieval Christians, gripped me to such an extent that after my undergraduate degree I went on to take an MPhil in the same subject, and I hope at some point to continue with academic work in this area. I am particularly interested in the way that 'elite' theology interacts with popular faith and behaviour, and in concepts of sanctity. My studies have played a vital part in the development of my sense of vocation, and I always enjoy hearing about people's beliefs and ideas - particularly when they are different from my own.

After my MPhil I went back to North London, to work as pastoral assistant-cum-dogsbody at St Michael's, Highgate. I gained a stronger sense of calling to the priesthood through serving in a parish and experiencing more fully the challenges of ministry there. I certainly explored my vocation in many circumstances: as a youth worker, preacher, visitor of the sick, service planner, lightbulb changer and administrator. I spent a year at St Michael's, and returned to Cambridge this September in order to get married - my wife is still a student at Queens', working toward her PhD in economics.

In my spare time I enjoy mountaineering, playing and listening to music and (as seems to be the case with all clergy) drinking real ale.

I look forward to getting to know you - do stop and talk to me if you see me in the parish.



Week of Prayer for Christian Unity celebrates 10th Anniversary of the North Cambridge Youth Worker Project

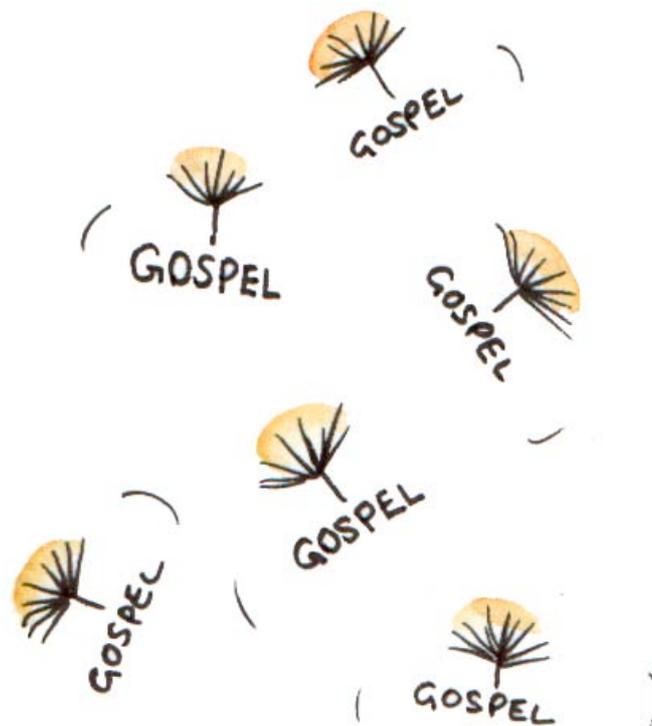
This January is an important occasion for Romsey Mill as it looks back over 10 years of working together with the Churches of North Cambridge. It is also an important time for the churches of North Cambridge as they look for more ways of reaching out to people in North Cambridge through Romsey Mill.

To mark this anniversary, the North Cambridge Council of Churches is holding during the Week of Prayer for Christian Unity a Songs of Praise. We will be gathering together with Romsey Mill to show our support and commitment to them. The North Cambridge Youth Worker Project is an amazing project dedicated to helping youngsters develop and become more mature and confident and giving them a sense of worth. It is about building lasting relationships with each other and learning to stand up and be counted. This is ever so important because it helps these youngsters to know that all things are possible. Supposing Jesus' disciples had turned round at the Feeding of the Five Thousand and said to Jesus, "What's the point, those five loaves and two fishes won't feed this crowd!" They didn't because they had confidence in Jesus and confidence in themselves. We take it for granted in our own lives.

So let's take this opportunity of showing our support for these youngsters, so that they know we are behind them all the way. We need you to support this event. We are asking people from within our churches to contribute hymns and songs which have inspired them and given them confidence to stand up and be counted. This is going to be a great occasion celebrating our faith and trust in Jesus and our unity.

**Sunday 18 January 2009 at 4pm
Church of The Good Shepherd
Mansel Way, Arbury**

Michael Lovell



Wholeness and Healing

I was lucky enough to be able to attend the Ely Diocese Day of Celebration for Wholeness and Healing on 8 November in Ely. **Sheila Cassidy** was the guest speaker this event. Here is a summary of what she said.

Having finished my training as a doctor, I went to work in South Africa in Peru to help the people there. The community I worked in was a very poor community. After I was released from prison in Peru, having been held there as a political prisoner, I rebelled against medicine and spent a year and a half exploring my religious vocation at a convent. After this I tried the life of a hermit for another six weeks before running out of money, and returning to the only profession I knew, Medicine. As soon as I returned to Medicine, I suddenly felt thoroughly at home, and what is more, I felt more comfortable with very sick and very frightened people. During this time, I was invited to become Director of St Luke's Hospice. However I spent much of the time travelling and speaking about my work among the sick and the dying which was then a very new area of ministry within medicine. Because of my long periods of absence from St Luke, I was eventually sacked after 10 years there. I spent a further 10 years trying to bring the work of palliative care into hospitals. There have been 2 major involvements for me recently: "Fighting Spirit" is a counselling group for people in the early stages of cancer; "Jeremiah's Journey" is a programme for bereaved children.

I am going to talk today about emotional distress among the dying, not just among patients but also about the knock on effect their distress has on their families and friends and upon the medical staff caring for them. John Dunn wrote that "no man is an island" and it is true in this context –

you cannot treat the patient on their own because their sickness/suffering affects the

family and beyond. Their emotional distress is about fear, loss, anger, guilt, and powerlessness. When I look at the greatest cause of emotional distress, it is not so much a fear of death, but rather the manner of their dying, and your religious belief offers little comfort here. People are afraid of the humiliation of dying – the fear of vomiting, incontinence, loss of control, pain, disability etc. What can you say in these circumstances to someone who faces this desperate journey through the rest of their lives? "I will be there" – I will be alongside you. One thing I have found to be true from my own experience – it is easier to be alongside strangers than to be with family in times of suffering.

Why are people afraid of death? It is difficult to approach people to find the right words to say. People do not want to talk openly about their fears. I have found the best approach is to ask "are you afraid of death" and wait for an answer for as long as it takes – people will naturally squirm away from the topic. Then to ask the question "why". Often people say it is the fear of pain. Over the past decade there have been great advances in the use of morphine for pain control, and it is possible to control most types of pain. Doctors also regulate more thoroughly the prescription of morphine, not least because of the Shipman affair. A second cause of fear is judgement – what will happen after I die. Some people experience very vivid dreams/thoughts/nightmares. I have met one person who dreamt of being buried alive, and another person who kept feeling that he was falling through outer space. Both these experiences left the patient terrified and in a cold sweat. Without the opportunity to share these deep fears a patient can suffer enormous emotional distress. The best place to start from when unravelling these experiences is to ask "why" – why do you feel this way. Another fear for people is the fear of being a burden. Patients sometimes ask doctors to help them kill themselves, and many

doctors do not know how to react to this kind of request – “It’s against the law”. This does not help the patient. A better follow up again is why – why do you want to kill yourself? Patients often don’t realise that, within palliative care, they are not being a burden because their carers and medical staff actually do want to care for them and for them it is even a great privilege.

Another great fear is the feeling of loss. Sick people fear the loss of energy, appetite, the feeling of nausea or of just feeling awful. In these circumstances they can dread visitors. People also fear the loss of their skills. For example, a painter who ends up in palliative care fears that he will not be able to paint again. Likewise, a mother with young children fears that they will not be able to be a mother to her children – to cook their meals, wash their clothes. A patient can in this way lose their sense of self-worth. In these sets of circumstances it is better to allow the patient to retain as much of their independence as possible – others mustn’t take these skills away from them. Sick people also fear the loss of their beauty. There is a big emphasis in palliative care upon the need for patients to have their hair done, nails manicured etc. There can also be a sense of the loss of intimacy or even sex within a relationship. Loss can have a major impact upon a patient’s emotional well-being.

Anger is another cause of distress. Occasionally, doctors fail to diagnose a patient’s illness leading to a patient’s anger at their doctor. It is also common for patients to ask the question – why me? A reply to that is “why not me?” People often say, “But I’m not ready yet”, but is anyone ever ready? Sometimes peace can come from handing things over to God. Once, during my years of imprisonment and torture, I had received a severe torturing and had been returned to solitary confinement for a long period of time and I was left believing that now I was going to die. I kept on pleading with God that I

would be able to escape, demanding it of God. Finally I asked God that his will be done, and suddenly I felt peace. Anger is a very personal experience and another person cannot take your anger away from you. It can also stay with you a long time. I have suggested to people who are angry inside that they try to express some of their anger by writing a psalm. The psalms are a place where we can find anger expressed in words. It is sometimes a reassurance to find that people have always been angry, and writing an angry psalm can help us to express some of the anger welling up within us.

When you know you are going to die it is like going on a journey you are not going to return from. When you begin your journey you have to say your final goodbye to everything you are leaving behind. This can be very painful for everyone but for different reasons. For me, because I love my dogs, the hardest goodbye would be to them. What would I say to them? I’ll be back soon? Be good? I’m going to go away for a long time? What would be my greatest concern? Who will look after them while I am away/when I’m gone? Will they be okay? The same can be said for a mother with children, a dying wife. We need answers to these questions – to give us peace.

Suffering and dying also reveal feelings of sadness and powerlessness. These are not emotions to feel frightened of or ashamed of. These need to be expressed too. Doctors often ask themselves : Wasn’t there something I could have done to save that person’s life? These experiences can often leave you in a state of depression or insomnia.

There is a Chinese symbol for listening that I would like to look at finally. There are four parts to this symbol. The first part is listening with the eye – looking at body language, emotions, and appearance and trying to understand better. The second part is listening with the ear – not just listening to the content of what is said, but also listening to the voice – searching for

the feelings of shame, bitterness, abandonment. The third part is listening with undivided attention – giving someone your total concentration, your undivided attention – this can be the symbol of the greatest respect. The fourth part is listening with the heart – showing empathy – trying to imagine yourself living with incontinence, with sickness, with addiction, with loss – don't ever say to someone, "I can imagine"; "I know how you feel" – try saying something like "that must be dreadful" or maybe "life is shit".

Any questions?

1. *What do you say to someone who is in denial – who does not seem to have taken in that they are going to die?*

Often it is the case that denial is that person's way of coping with that situation. They do not want to break down in tears and so they pretend it is not happening. What do I say? I usually ask the question – how much do you understand about your illness? It is important that someone who is treating the patient – who knows the actual situation – explains the prognosis to them. Don't just launch in to the prognosis yourself, but rather ask, would you like me to explain? Again don't just assume that they would. Ask again, would you like to just take one day at a time?

People who have been diagnosed with cancer often go into denial on a day to day basis because they need to do something to take their mind off it. They have to put the cancer on the back-burner and just get on with life.

2. *Do we need permission to die? From our families? From ourselves – Is there something we still desperately want to do in our lifetime? From God?*

There is never a right time to die. People often say, I don't feel ready

to die, it's not my time yet. From our families, we sometimes need to say goodbye – need the reassurance that someone will be there to look after them – need to mend broken relationships. From God, we sometimes need forgiveness for something that happened in the past which does not lie easy on our conscience. Many people do not have the chance to ask permission because death came suddenly and unexpectedly.

3. *How do you sustain your positive mental attitude over the long haul in hospice work?*

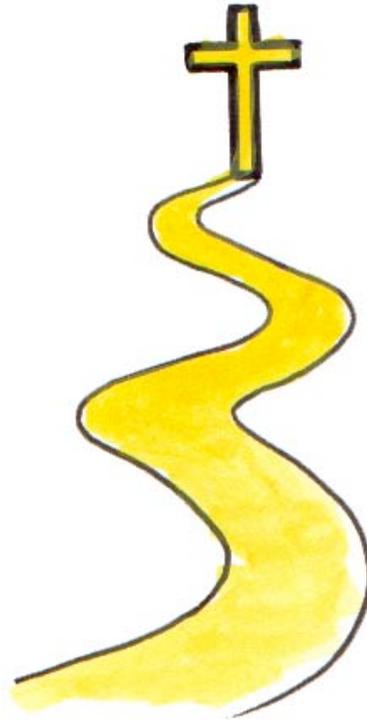
Rest is very important in this kind of work. You cannot go on giving without some cost to yourself. For me shopping is very important. I love shopping. Some people look forward to holidays. I think it is also very important to be a member of a team with whom you can share your problems. If you work on as a one man band it will obviously have implications on your own health. Cooking and exercise are also pastimes which offer relief and relaxation.

4. *Some people think that life is not worth living. What do you say to them?*

There are many possible reasons for why they have written off life. It might be a relationship issue or it might be a work issue. Has their emotional state deteriorated into depression? Are they manically depressed? Are they sleeping at night? What are their thoughts? The cause might be a work relationship or a project with unachievable deadlines. It might be a closer relationship at home. A feeling of complete uselessness. I am completely useless. I can't do anything right. I am worthless.

Try to persuade them or someone close to them to take them to see a doctor. The doctor can prescribe some anti-depressants or some sleeping tablets. Some people have had their lives messed up by their parents and now they take it out on their own family and friends. Only by talking about these issues and their causes can a way ahead be found.

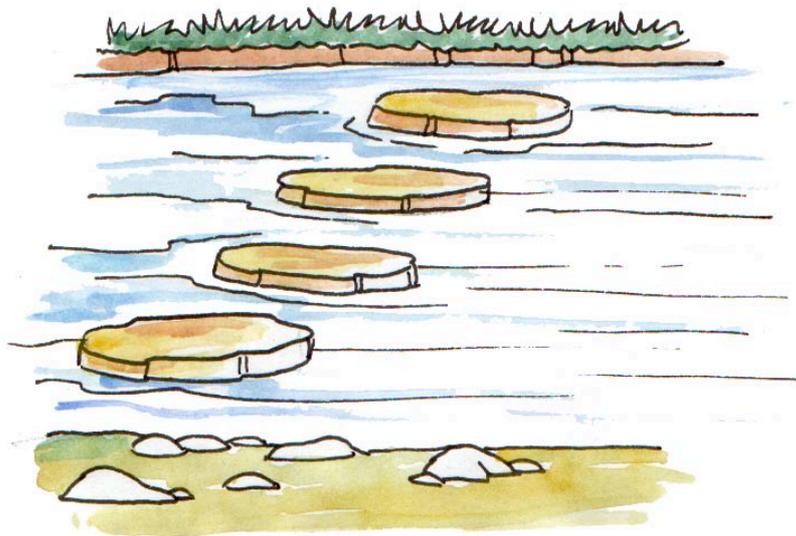
Michael Lovell



**From the Parish Registers
Holy Baptism**

December 7

Esme Anna Hurst



Sin in a pub?

In September I began my course to become an Authorised Lay Minister (ALM). The Authorised Lay Ministry Programme offers several modules and the one I had chosen was Social Awareness. The brochure said that it was a module for those who:

- are part of a church that wants to develop this ministry and wants to ask questions about their place in the local community
- are interested to know more about how their church can respond effectively to world issues
- want to discover ways in which to raise awareness of social issues through worship

We began with a day in which all ALM participants met in the Methodist Church in Ely for worship, prayer and to get to know each other. We were also fortunate enough to have Bishop David to speak to us. You can imagine how delighted I was when the service started with “Cwm Rhondda”! We also renewed our baptismal vows and were duly sprinkled!!

It was a wonderful day and left me feeling that I was about to undertake an exciting journey of faith.

There are only four of us doing our module. We have two group leaders, Fiona and Edward, who have made our sessions great fun as well as challenging! Several of our meetings have been held in a pub in Quy – with chips!! We also went as a group to hear Jean Vanier, founder of the L’Arche communities, speak at Great St Mary’s. L’Arche is a network of homes where people with disabilities, volunteers and staff live together in community. He pointed out that: volunteers:

“discover too that Jesus is not only hidden in the poor around them but in the poor person within their own being.” It was a truly inspiring talk which gave much food for thought.

We spent a whole day in Burwell with one of the ministers from Cambourne, where we discussed the meaning of community and the challenges faced by creating a new village.

And now back to the title of this article. Yes, we did ‘do’ sin in a pub! We were asked to think about sin and how it could be defined. One definition that we all agreed with was:

“Sin is not primarily a religious impurity, but rather it is the social, political and economic oppression of the poor.”

So, as you can see, I have been having a very interesting time! I would like to thank David and the PCC for sponsoring me on this course and for all who I know have been remembering me in their prayers. Please do continue to pray for me over the next six months as I try to learn more about social awareness and how it is relevant to our situation here at the Good Shepherd. Thank you.

Liz Collinson





Pictures from the Christmas Market on November 29



Jean Garner won the Mince Pie Competition at the Christmas Market. Here she is being presented with her Certificate at the end of the Advent Service on the following day

Today

His world's a tangled ball of string.
The news is doom and vicious crimes.
His friends were nearly killed in crash.
He dreams of life in former times.
But then too many children died
Before their teens, and petty theft
Had earned the rope or transport far
Across the seas. Their cousins left
Behind were dressed in rags and lived
On scraps. Our lives today are eased
Compared with past, as gadgets gift
Relief from heavy chores. We're pleased
To deal with washing fast, and dust
Is sucked from floors without a thought.
Today to travel only takes
A day or two at most. Then, fraught
With hazards all the way, it took
From weeks to months or more, and mail
Was same. The phone and internet
Have shrunk the globe. Our foods for sale
Have come from every clime. Today's
The time I want to live, when gays
And mental cripples live in peace
And freedoms slowly won increase.

Henry Disney

To help the post-Christmas blues ...

1. I can only please one person per day. Today is not your day. Tomorrow is not looking good either.
2. I love deadlines. I especially like the whooshing sound they make as they go flying by.
3. Tell me what you need, and I'll tell you how to get along without it.
4. Accept that some days you are the pigeon and some days the statue.
5. I don't have an attitude problem, you have a perception problem.
6. My reality cheque bounced.
7. I don't suffer from stress. I am a carrier.
8. You are slower than a herd of turtles stampeding through peanut butter.
9. Do not meddle in the affairs of dragons, because you are crunchy and taste good with ketchup.
10. Everybody is somebody else's weirdo.
11. Never argue with idiots. They drag you down to their level, then beat you with experience.

Recognising a Stroke

A neurologist says that if he can get to a stroke victim within three hours he can totally reverse the effects of a stroke ... totally. He said the trick was getting a stroke recognised, diagnosed and then getting the patient medically cared for within three hours, which is tough.

Remember the THREE STEPS **STR**

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognise the symptoms of a stroke. Now doctors say a bystander can recognise a stroke by asking three simple questions.

- S Ask the individual to **SMILE**
- T Ask the person to **TALK** and speak a simple sentence (coherently)
(i.e. it is sunny out to-day)
- R Ask him or her to **RAISE** both arms

If he or she has trouble with any of these tasks, call 999 immediately. Ask the person to stick out his tongue. If the tongue is crooked, if it goes to one side or the other, that is also an indication of a stroke.

This was supplied by Libby Lamont and is taken from *Lifeline*, the Newsletter of the Cambridge Cancer Centre.

I sit in church, Lord,
Very aware of your presence,
Glad I can draw aside
From the hustle and bustle of the
street,
Yet even in here
I can hear
The regular beeping of the pedestrian
crossing monitor,
The distinctive rattle of the diesel taxi
engine,
The screech of brakes at the traffic
lights.
Somehow I hear you telling me
Never to sever the relationship
Between the silence of mystery in
worship
And the noise of everyday life,
For in the junction of the two
Is you
The Lord of Heaven and Earth.
Martin Wallace *Book of a Thousand
Prayers*

With apologies

[Because our computers failed to communicate with each other, this statement from Bill and Jeanne failed to reach the December Newsletter. They are explaining why they made their donation to Papworth instead of sending Christmas cards this year]

“Following the Heart Surgery that Bill had in 2004, we joined the Cambridge Zipper Club which raises funds to purchase amenities and equipment for Papworth Hospital, and this is now the main Charity we support.

The last major purchase was a Heart/Lung Life Support Machine, and this year our target is an Electric Bed costing £3,300, which will enable Heart Patients to be treated more efficiently, both before and after Heart Surgery.”

Bill & Jeanne

IN THE CHURCH HALL

THE MONDAY CLUB Monday 2.30 - 4pm	Eva Hutson	574070
THE GOOD SHEPHERD CUBS Monday 6.30 - 8pm	Charles Brown	07720 441123
LINE DANCING Tuesday 10.15 - 11.45am	Mrs B Wright	426517
KEEP FIT 50+ GROUP Tuesday 2.30 - 4pm	Mrs V Ford	870711
THE GOOD SHEPHERD RAINBOWS Tuesday 6.15 – 7.15pm	Miss Rachel Marsh	574520
CARERS & SUFFERERS OF DEMENTIA Wednesday 10 – 12 noon	Jo Hughes	0776 6058767
THE 18th & 25th GOOD SHEPHERD BROWNIES Wednesday 6 - 7.15pm	Mrs Pat Marsh	574520
THE CAMERA CLUB Wednesday 7.30 – 9.30pm	C.N. Hall	350516
GUILDHALL RETIRED MEMBERS CLUB 2 nd Wednesday of the month 2 - 4pm	Yvonne Wisbey	523549
ROYAL BRITISH LEGION 3 rd Wednesday of the month 2.30 - 4.30pm March to November	Mary Glasscock	155 Minerva Way CB4 2TZ
T G W U 4 th Wednesday of the month 2 – 4pm	John Drake	244030
CAMBRIDGE INSTRUMENTS PENSION FELLOWSHIP 3 rd Thursday of the month 10am - noon	Mr Richard Luff	424027
THE GOOD SHEPHERD BEAVERS Thursday 6.15 - 7.15pm	Alan Leader	563233
CHURCH TODDLERS' CLUB Friday 9.15 – 11.30am	Linda Dean	328658
TAI CHI Friday 2 – 3pm	Mike Tabrett	503390
THE SUNDAY LUNCH CLUB 1 st Sunday of the month noon – 1.30pm	John & Elizabeth Lamont	565559

TO BOOK THE CHURCH HALL

Please ring 352151
(evenings)