Church of The Good Shepherd Newsletter

"Iron sharpens iron, and one person sharpens the wits of another." Proverbs 27:17.

I was told the story of a man who had obviously lived through more than his fair share of dull sermons. In his will he left some money for the church to employ a man with a stick who was to – and I quote – "during the sermon, keep people awake and keep dogs out of the church."

This October I am sure at the Good Shepherd we will not need such an Starting this month on employee! Sunday Mornings we are looking at Paul's letter to the church in Ephesus. Each one of the ministry team will preach on a theme taken from the six chapters of the letter. Paul wrote to this new and growing church to encourage them in their fledging faith, answer some tough questions and let them know how great God is and what resources He has for His church. Helping them and us understand what is a Christian and what is a church.

In my own journey of faith, this letter has had a real impact and is a place I return to often. Paul's prayer for the church (below) is a prayer which I would encourage all to join in with me in their daily prayers as we pray for our church and community.

As well as the sermon everyone will receive an invitation to join a local house group. We'll be launching a number of new groups around the area to continue looking at the book of Ephesians and enjoying one another's company. I asked David Oxtoby, who has put the sermon series together, to say why these groups are so important. He wrote: "There's something special about when Christians come together to share fellowship and the study of God's Word. It excites the Spirit within us when we share with one

October 2009 another, building

another, building up each other in prayer, support and friendship. House-groups are a great way to meet together outside of the normal Sunday service, where we can chew on the previous Sunday's sermon, and simply enjoy fellowship and support with one another."

Details are available and even if you can't make all six weeks you would be welcome to come along and join in as much as you can. There are daytime and evening groups on a variety of nights and hopefully in a location not very far from you. I hope you can come along to what promises to be fun and interesting evenings and if you did have a snooze on Sunday morning you could catch up on what you missed!

David Maher

Paul's prayer for the church.

I bow my knees before the Father, from whom every family in heaven and on earth takes its name. I pray that, according to the riches of his glory, he may grant that you may be strengthened in your inner being with power through his Spirit, and that Christ may dwell in your hearts through faith, as you are being rooted and grounded in love. I pray that you may have the power to comprehend, with all the saints, what is the breadth and length and height and depth, and to know the of Christ that surpasses knowledge, so that you may be filled with all the fullness of God.

Now to him who by the power at work within us is able to accomplish abundantly far more than all we can ask or imagine, to him be glory in the church and in Christ Jesus to all generations, for ever and ever. Amen.

PARISH DIRECTORY

		• • • • • • • • • • • • • • • • • • • •
Vicar	Rev. David Maher	351844
Curate	Rev. Anthony Lees-Smith	425338
Honorary Assistant Curate	Rev. John Polkinghorne	360743
Reader	Linda Dean	328658
Churchwarden	Henry Disney	359396
Churchwarden	Terry Barringer	424584
PCC Chairman	Rev. David Maher	351844
PCC Vice Chairman	Henry Disney	359396
PCC Secretary	Ruth Banger	234409
PCC Treasurer	Ginni Carroll	01954 212993
PCC Electoral Roll Officer	Lilas Davison	354300
Administrator	Ruth Banger	234409
Altar Linen	Finsetta Cummings	352757
Assistant Treasurer	Bill Elsey	357622
Assistant Treasurer	Jim Bass	363156
Book of Remembrance	Horace Giles	359001
Chalice Bearers	Bill Elsey	357622
Chantry Book	D. d. D	224400
Child Protection Co-ordinator	Ruth Banger	234409
Children's Society Children's Work	Ruby Leyshon	352151 502969
Christian Aid	John & Alison Phillips Simon & Clare Redfern	740513
Church Cleaners	Ruth Banger	234409
Church Hall Bookings	Ruby Leyshon	352151
Church Heating	Horace Giles	359001
Coffee Makers	Gill Ambrose	858994
Coffee & Rolls	Fiona Blows	329822
Director of Music	Dorothy Holliday	234409
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
House Group	Terry Barringer	424584
Intercessors	John Lamont	565559
Jimmy's Night Shelter	Ann Callear	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
Sacristan	Harry Rose	01954 211553
Servers	Bill Elsey	357622
Sidesmen & Sideswomen	Terry Barringer	424584
Sidesmen & Sideswomen	Henry Disney	359396
Social Events Co-ordinator	Evelyn Walker	364067
Sound System	John Lamont	565559

READINGS FOR OCTOBER

Sundays and holy days

4 HARVEST FESTIVAL Hebrews 1: 1-4; 2: 5-12 Mark 10: 2-16

11 EIGHTEENTH SUNDAY AFTER TRINITY

Ephesians 1

Who are we in Christ and what is our inheritance?

Mark 10: 17-31

18 NINETEENTH SUNDAY AFTER TRINITY

Ephesians 2

We are saved by grace that we may be united and form a dwelling place for God

Mark 10: 35-45

25 LAST SUNDAY AFTER TRINITY Ephesians 3

The power of God at work within us, enabling us to accomplish far more than we could ask or imagine

Mark 10: 46 - end

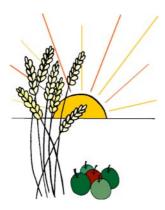
Wednesdays

7 Jonah 4 Luke 11: 1-4

14 Romans 2: 1-11 Luke 11: 42-46

21 Romans 6: 12-18 Luke 12: 39-48

28 Ephesians 2: 19 - end John 15: 17 - end



REGULAR SERVICES IN OCTOBER

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 OCTOBER

Sunday October 4 Harvest Festival celebrated at the 10am Holy Communion service. This will be a Parade Service and there will be a collection of items for Jimmy's. See page 14

Saturday October 10 at 11am wedding in church.

Sunday October 11 sermon series on Ephesians starts. See pages 1 and 15

Friday October 16 at 11am wedding in church

EVENTS IN OCTOBER

Sunday October 4 at 12 noon Sunday Lunch Club meets in the Church Hall.

Sunday October 4 at 8pm Social Evening in the Carlton Arms

Saturday October 17 at 10.30am Jumble Sale in Church Hall

Saturday October 24 Church cleaning morning 9.00 - 11.30. We shall be concentrating on the area near the North Door. See page 17

MEETINGS IN OCTOBER

Monday October 19 Standing Committee meets at 7.30pm at the Vicarage.







New babies

Congratulations Dave and Rachel [Britton] on the birth of Isaac Jonathan (above) on Wednesday 26th August, 6.45pm. He weighed in at 8lbs 5oz. What a happy little face! And congratulations to Jenny and James - Emma Florence [Thomas] was born on 25th August at 11.45 weighing exactly 7lbs, ten days early. We are all doing well and hope to be in church again soon.



Churches should publicise how they are tackling climate change

Anglican churches in Britain and Ireland should tell their brothers and sisters in developing countries more about what they are doing to tackle climate change

The plea was issued by Rachel Parry, USPG's Regional Desk Officer for East Asia, who attended a consultation on climate change in Hong Kong – and heard how some church communities were preparing to evacuate islands as sea levels rise. She said: 'It was really powerful to hear Pacific islanders sharing their vivid stories of the climate change realities.

We, in the developed world, are doing the most damage to the environment, but we see the least impact in our daily lives, so it is easy for us to feel distanced from the problem'. However, it is important that we tell our neighbours in the developing world about the initiatives being undertaken to try and mitigate some of the problem. This can serve to unite us even more strongly by demonstrating that this is a shared journey. No single community can go it alone.'

The consultation was co-sponsored by Episcopal Relief and Development, the Episcopal Church and the Anglican Province of Hong Kong Sheng Kung Hui. It was attended by around 30 church leaders from Australia, China, Hong Kong, Japan, Korea, Philippines, Polynesia, Solomon Islands, Britain, USA and Vanuatu.

Delegates spoke about rising sea levels, storm surges, floods and destroyed crops on islands in the South Pacific that have forced whole communities to evacuate. In some areas, churches are preparing people to leave islands where they have lived for thousands of years because the islands will be submerged within 30 years or less. Rachel said: 'What dioceses and parishes in Britain and Ireland are doing to cut carbon footprints and reduce waste needs to be shared globally so that our partners can see we are concerned and making efforts to limit further damage.' She added: 'The environmental issues that some communities are facing, which threaten their existence, should deeply concern us as churches, far more than many of the intellectual and academic theological debates of the moment.'

USPG is one of the charities we regularly support, this year we contributed to their work in Zimbabwe. This is another aspect of what they do.

Next month Clare Redfern will be helping us to think about how we individually and as a church can work to improve things. Watch this space!



Harvest thoughts

This is the great truth of time, God's timing. On the one hand, it is full of glorious opportunity: a *kairos* moment is world-changing. But if we miss it, what an opportunity is missed!

I know that the successful farmer is the one who harvests at just the right time, when the crop has ripened but before it can be ruined by bad weather. Getting the moment right is sometimes a bigger challenge than we think. We've all regretted a missed opportunity to say a helpful or encouraging word; we've all dithered, hesitant to take the risk, and seen the moment pass. But there have been those great moments when we got it right – and a relationship was mended, a new direction was taken, a chain of events was set in motion that brought a harvest of its own.

Stephen Rand Quiet Spaces

And God showed me a little thing, in the palm of my hand, round like a ball, no bigger than a hazelnut. I gazed at it, puzzling at what it might be. And God said to me, "It is all of Creation." I was amazed that it could last and did not suddenly disintegrate and fall into nothingness, for it was so tiny. And again God spoke to me, "It lasts, both now and forever, because I cherish it. " And I understood that everything has its being owing to God's care and love. We need to realise the insignificance of Creation and see it for the emptiness it is, before we can embrace the uncreated God in love.

Julian of Norwich All will be well







We had a marvellous time on Saturday September 12 – the sun shone, we had loads of visitors and we raised over £600 for Church funds. Ruby, Evelyn and Eva put in an immense amount of work on this with lots of careful planning and it all came together on the day. We had our moments – the worst spelled advert ever in *Cambridge Evening News* and Zoe Maher fell out of a tree and broke her arm – but all in all we had a marvellous day as you will see from these excellent photographs taken by Dave Wilson (see next page also). A special thank you to Dave W. for rushing me the pictures for this issue. I'm sorry they are only in black and white (can't afford another colour page!) but if you have a computer you will find them all in glorious colour on the web page www.churchofthegoodshepherd.co.uk

















Sweet Quiz

Jean Samson kindly provided yet another enjoyable quiz. How many can you solve? (Answers on page 12)

1)	Infants that wobble	11)	A nut can give you a beating
2)	Wise Guys/Know it alls	12)	Take a break
3)	Where refined people live	13)	What you see in the night sky
4)	A sport for a Prince	14)	Complete member of a teachers' union
5)	Where Mum goes for a drink	15)	Let them eat (but only in Yorkshire)
6)	Cocoa made coat fasteners	16)	Shuts up a never ending talker
7)	100% precious metal	17)	What a male uses to look out for a female
8)	A pleasant Middle East country		cow
9)	Where 9, 10 and 11 come	18)	Meaningless rubbish
10)	Where money is produced for	19)	Crackpot in Latin America
royalty	y	20)	Dark witchcraft



A few more of the Church Magazine bloomers Geoff Leyshon kindly sent me

Next Thursday there will be tryouts for the choir. They need all the help they can get.

Irving Benson and Jessie Carter were married on October 24 in the church. So ends a friendship that began in their school days.

At the evening service tonight, the sermon topic will be 'What Is Hell?' Come early and listen to our choir practice.

Weight Watchers will meet at 7 PM at the First Presbyterian Church. Please use large double door at the side entrance.

Don't let worry kill you off - let the Church help.

Greenbelt Festival

35 years old, the 'nice people's pop festival' as it was once called, has remained close to its roots in a concern for justice, peace, the environment and all aspects of celebration of the arts within a broad Christian vision.

Now at Cheltenham racecourse, facilities are much more comfortable than those provided years ago in muddy fields miles from habitation, and it is no longer necessary to camp or bring a caravan in order to take part. That said, music from the main stage and in vast marquees until the early hours of the morning, early morning and late night worship and a wealth of activities, mean that it is best to stay on site over the whole bank holiday weekend in order to make the most of the Friday to Monday event.

In preparation for the festival a whole band of volunteers spends weeks preparing, including transforming the racecourse with artworks, such as the giant snail pictured. Whenever we saw it there were around a dozen children inside, playing, talking, singing, or just peering out of the portholes at the unfortunate grown ups who were far too big to get inside. The art continued throughout the festival with endless opportunities for people to join in painting, writing, making music, drama etc. original performers disguised themselves as old ladies, rushing around at high speed on what appeared to be motorised shopping trolleys.

Two government ministers, Douglas Alexander and David Lammy were interviewed about their faith and their communities and families which had brought them into politics at the highest level. Both are MPs for the areas in which they grew up. Bishop Gene Robinson ably defended his



position as an openly gay bishop in the United States, making the point that bishops are elected by their diocese. He was the choice of the people and feels it his mission to stand for the need of the Church to be fully inclusive. His words came back to me this week as I heard of the posthumous apology from the Prime Minister about the way the great code breaker, Alan Turing, had been treated in the 1950s.

In this Darwin anniversary year several contributors spoke about issues of science and faith, with Alistair McGrath and others providing ideas for countering both atheism and fundamentalism. And for those who had had enough of serious issues, stand up comics always have a greatly appreciated place at Greenbelt.

The highlight of the weekend is always the open air worship on Sunday morning. This year, because of the fear of spreading 'flu, it was not a Communion. Instead all were invited to anoint each other with olive oil from Palestine, using balls of cotton wool—real physical contact without quite touching! The theme of the service was reconciliation in the Holy Land, with participants from Israel and Palestine who are involved in peace making. They contributed in their own way, with a Jew reading the scriptures in Jewish, and a Palestinian woman singing beautifully in Arabic.

We came away encouraged, informed, entertained, challenged, with a wealth of memories, of contacts, of ideas. Now, next year?

Tom Ambrose



Hymns in the services

Dorothy and I have often been asked how the hymns we sing on Sunday mornings are chosen and here is a brief summary of what we do at present. Patterns vary as to how hymns are chosen in different churches and have varied here from time to time.

At the Good Shepherd the hymns are chosen by the Vicar who then passes a list to Dorothy as the Director of Music and to me for the weekly service How does David choose bulletins. them? The main criterion is the appropriateness of the words, they must be in keeping with the theme of the service for that morning. There is a quarterly magazine published by the Royal School of Church Music entitled Sunday by Sunday and that gives suggestions for hymns based on the set readings for the day. Two copies of Sunday by Sunday come to the Good Shepherd, one to the Director of Music and one to the Vicar. Dorothy goes through David's copy of Sunday by Sunday and highlights the hymns we know. On rare occasions Dorothy has told David that she thought something was completely awful/inappropriate!

Various practical considerations affect the choices:

- The first and last hymns must be long enough to enable the clergy to process in and out. It's also a good idea that they should be familiar.
- The post-Communion hymn is usually short and reflective.
- The offertory hymn must be long enough for the collection to be taken and the elements to be carried up. There also needs to be time for the clergy to prepare themselves and to get the bread and wine ready before Communion.

Inevitably *Sunday by Sunday* suggests far more hymns than we would ever need and the choice is then based on the following:

- Hymns we all know or most of us know!
- Hymns we should know (good hymns which have not in the past been part of the Good Shepherd repertoire)
- A range of hymn traditions old and new
- The Vicar's favourite hymns!

I am hoping that in the next few months I shall be able to persuade members of our congregation to write about their favourite hymns and what they find special about them. They might be familiar or unfamiliar hymns, ones we sing now or favourites that have slipped through the net and we don't seem to sing any more. I'd be delighted if you would volunteer for this, so don't wait to be asked. Failing volunteers I shall certainly be asking! A range of views would be good young people, those not quite so young, those with an Anglican tradition and those who have joined us from other Christian traditions, choir members and those who hardly sing at all, 8 o'clockers and 10 o'clockers. After all, we shall all be singing God's praise in heaven.

Ruth Banger



BURMA'S HOPE

(for Aung San Suu Kyi)

With father murdered long before She's old enough to comprehend; And dearest brother drowned when they Were best of friends: we can't pretend To understand her sense of loss. But mother's sure she's meant to get To Oxford. There she blooms, and then With Michael starts a true duet Of love and deep respect that will Sustain her down the years, until His death will once again with grief Anneal her lonely heart. But still The army chiefs refuse to go. By means the Nazis would approve, Their daily deeds now stab her soul. With every brutal, sadist move They crush her people's will. She must Resist the voices urging force Be used to overthrow this clique Who rape her grieving land. Her course Is patient courage stained with tears;

So even when her home's a jail They can't suppress her constant cry. Despite they intercept her mail, The people join her mantra's calm Demand to 'Let my people go!' This chant of slaves is her response To ruthless thugs who'd long ago Been voted out of office. But With vile inhuman ways they stayed At helm of ship of state that leaks, Along with hopes and dreams betrayed. The means by which they rule is march Of maggots, blind, avoiding light; While she's a soaring bird who longs To lead her people out of night. What sickness grips their shrunken souls, Their frozen hearts? How come they think A sea of blood is way to keep The ship afloat? Perhaps the stink Of vilest crimes is like a drug On which they're hooked. On history's page They fear the lady they oppose Will come to symbolise their age.

Henry Disney

FROM THE PARISH REGISTERS

Holy Baptism

September 13

Ella Marie McDaid



A message from the Bishop

David asked me if I would send a copy of the September Newsletter to both our Bishops, so, of course, I did. Bishop Anthony e-mailed David immediately and, from what he writes, just before he went on holiday.

I feel very strongly the thanks should not be for me but for everyone who contributed. So here you are!

Thank you for Ruth Banger's letter which I just saw before going away on holiday. It is very kind of her to send a copy of the September Newsletter with its excellent article on the Ordination and delightful pictures.

Many thanks and all good wishes - please could you pass this note to her.



Answers to Sweet Quiz on Page 8

		•	-
1)	Jelly Babies	11)	Walnut Whip
2)	Smarties	12)	Kit Kat
3)	Quality Street	13)	Milky Way
4)	Polo	14)	Whole Nut
5)	Mars Bar	15)	Pontefract Cake
6)	Choc Buttons	16)	Gob Stopper
7)	All Gold	17)	Bulls Eye
8)	Turkish Delight	18)	Humbug
9)	After Eight	19)	Brazil Nut
10)	Mint Imperial	20)	Black Magic



Shoebox Sunday 2009

This year Shoebox Sunday will be on **November 1st**. Last year we collected 83 boxes for Operation Christmas Child, so this year with a few more donors we hope to get 100 or more. It's the world's largest children's Christmas project and last year 1.2 million boxes were packed and sent to Africa, Eastern Europe and central Asia. Ultimately, though, it's one gift from you to a needy child. so this Christmas share the power of a simple gift and remind a child in need that God loves them and they have not been forgotten.

Practical details:-

- Find an empty shoebox
- Decide if your gift is for a boy or girl
- Fill your box with gifts
- Make your donation £2-50 and attach to box with an elastic band.

Suggested gifts:-

TOYS - something to love

Bear, soft toy, tennis ball, finger puppet, jigsaw, yo-yo, building blocks, small musical instrument, (for boys – trucks and cars, for girls – doll, clip-on earrings, make-up or hair accessories) etc.

EDUCATIONAL SUPPLIES – something to do

Felt pens, pens, pencils, pencil sharpener, rubber, colouring book, notepad, picture/puzzle book, chalk, pencil case, stickers etc.

HYGIENE ITEMS – something to use

Toothbrush, toothpaste, hairbrush, comb, hair clips, bar of wrapped soap, flannel etc.

OTHER ITEMS – something to eat or wear

Sweets (sell-by date to be at least March of following year), gloves, scarf. sunglasses, cap, hat, bangles, necklaces etc.

DO NOT INCLUDE THE FOLLOWING:

FOOD Chocolate, crisps, biscuits, tinned food or cakes (or any other food)

MEDICINE Medicines or vitamins of any kind

WAR RELATED ITEMS toy guns, soldiers or knives

CLOTHING (other than listed above)

FRAGILE ITEMS Glass containers; mirrors

LIQUIDS of any kind including blow bubbles, shampoo, bubble bath, toiletry sets or aerosols

DANGEROUS ITEMS Marbles or sharp objects – scissors or razors **NOVELS**

ANYTHING OF A POLITICAL OR RACIAL NATURE

HERE'S THE SMALL PRINT: Due to import regulations, all gifts should be new and comply with the conditions listed above. Please make sure your gifts are age appropriate and that you do not send any items in a shoe box (intended for a small child), which might be swallowed or mistaken for sweets.

More details of drop-off arrangements will be available from Ruby Leyshon nearer the date and will be in the weekly bulletins, too.



Harvest 2009

Harvest this year at The Good Shepherd is on Sunday October 4 and the produce collected will go to Jimmy's. Anne Callear has been in touch with Jimmy's and asked what gifts would be of the greatest use to them. Here's what you need to know.

As Jimmy's currently have a problem with storage they cannot cope with more cooking apples, pasta and baked beans! However they would love any of the following:

Pasta sauce, potatoes, vegetables, tomatoes, EATING apples, oranges, plums, brown sauce, tomato sauce, cereal, sugar, coffee, tea, tins of meat (spam or corned beef) and toilet rolls.



I'm Me

My name is Pride. I am a cheater.

I cheat you of your God-given destiny ...because you demand your own way. I cheat you of contentment ... because "you deserve better then this"

I cheat you of knowledge because you already know it all.

I cheat you of healing ... because you're too full of me to forgive,

I cheat you of holiness ... because you refuse to admit when you're wrong. I cheat you of vision ... because you'd rather look in a mirror than out of a window. I cheat you of genuine friendship ... because nobody's going to know the real you.

I cheat you of love ... because real romance demands sacrifice.

I cheat you of greatness in heaven ... because you refuse to wash another's feet on earth.

I cheat you of God's glory ... because I convince you to seek your own.

My name is Pride. I am a cheater.

You like me because you think I'm always looking out for you. Untrue.

I'm looking to make a fool of you.

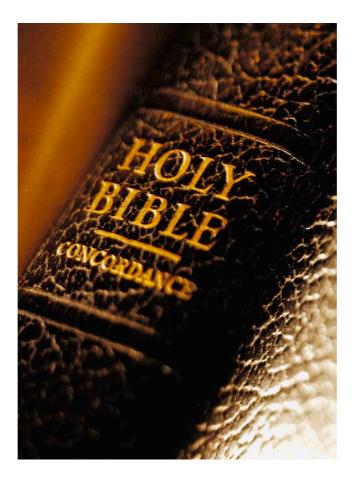
God has so much for you, I admit, but don't worry...

If you stick with me, you'll never know.

Ephesians sermon series

David wrote in his opening letter about the study we shall be undertaking as a church and he is hoping that we will all read the whole of the relevant chapter in Ephesians each week. We start reading in the week after Harvest! On Sundays starting October 11 part of a chapter of Ephesians will be discussed in the sermon and that short selected passage will be printed in each week's bulletin. The same person will be preaching at 8am and 10am and it will be a different member of the ministry team each week. We shall be having Bibles available in Church for you to buy if you would like a copy of the translation we shall be using (NRSV – the same we regularly use in Church). Watch the weekly bulletin for further details.

Ruth Banger



Lord, not for light in darkness do we pray, Not that the veil be lifted from our eyes, Not that the slow ascension of our day Be otherwise.

Knowledge we ask not – knowledge thou hast lent; But Lord, the will – there lies our bitter need. Give us to build above the deep intent The deed, the deed.

John Drinkwater

Jumble Sale October 17 2009

Another reminder about the Church Jumble Sale, which is rapidly approaching. I know we're all concentrating on the Autumn Fayre as this goes to press but the Jumble Sale is a good time to clear out a few thing to make room for all those Christmas presents you'll have to find room for. The usual articles are required; crockery, kitchenware, clothing, bric-a-brac, etc. to be brought to the Church Hall on the morning of sale.

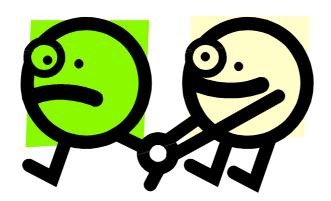
Ruby Leyshon



And the real meaning of this word is ...?

The Washington Post has an annual contest in which readers are asked to supply alternative meanings for common words. And the winners are:

- 1. Coffee, n. The person upon whom one coughs.
- 2. Flabbergasted, adj. Appalled by discovering how much weight one has gained.
- 3. Abdicate, v. To give up all hope of ever having a flat stomach.
- 4. Esplanade, v. To attempt an explanation while drunk.
- 5. Negligent, adj. Absentmindedly answering the door when wearing only a nightgown.
- 6. Lymph, v. To walk with a lisp.
- 7. Gargoyle, n. Olive-flavored mouthwash.
- 8. Flatulence, n.. Emergency vehicle that picks up someone who has been run over by a steamroller.
- 9. Balderdash, n. A rapidly receding hairline.
- 10. Frisbeetarianism, n. The belief that, after death, the soul flies up onto the roof and gets stuck there.



Cambridgeshire Celebrates Age 2009

By the time you read this I hope you will have noticed the leaflet with this title on the table in the south aisle. There are lots of activities planned and, as they say in the booklet, "we are sure that whatever your interests, there will be something for you in the programme". One of the important aims of this initiative is to help to reduce social isolation – so many people are so alone nowadays – so we are encouraged to bring a friend with us.

In Cambridge City there is a wide variety of things going on – a charity walk, a tea dance, a Music Hall Sing Along, displays by *Age Concern*, Art workshops etc. – all during October. This could be your chance to invite along someone who is lonely and, who knows, you might find a new interest which you will enjoy!



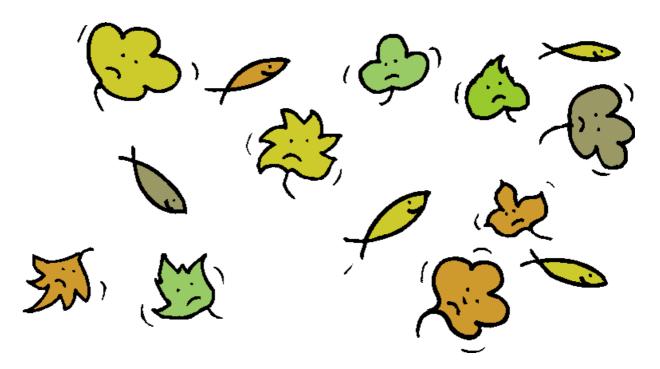
Church Cleaning

Our next cleaning morning will be on *October 24* from 9am until about 11.30am. Refreshments will be available! We shall be concentrating on the area near the North Door. This is our official entrance for those who are disabled and, at the moment, it is like ushering our disabled friends into a not very tidy cupboard. We are planning a radical clearout of this area and working towards the removal of the green cupboards. Those cupboards will, of course, have to be emptied first, so, if you know there is something in them which you want kept, you will have to come along and make a good case to the Vicar for its retention!! (I warn you – he is dead keen on clearing the area so your case will have to be *really* good)

We have plans for the North Door entrance once the cupboards have gone – better lighting, easier access and a display area for children's work – all much more welcoming than the mess we have at present. But it all starts with those green cupboards (and with all the other routine jobs such as the removal of all the cobwebs which have accumulated since our last great clean) and we do this on October 24.

There will be plenty of opportunity for use of "the tower" (cobwebs are calling), so come and join us. We had a really good morning last time and I'm sure we will again.





The burning of the leaves

Now is the time for the burning of the leaves, They go to the fire; the nostril pricks with smoke Wandering slowly into a sweeping mist. Brittle and blotched, ragged and rotten sheaves! A flame seizes the smouldering ruin and bites On stubborn stalks that crackle as they resist.

The last hollyhock's failed tower is dust; All the spices of June are a bitter reek, All the extravagant riches spent and mean. All burns! The reddest rose is a ghost; Sparks whirl up, to expire in the mist: the wild Fingers of fire are making corruption clean.

Now is the time for stripping the spirit bare,
Time for the burning of days ended and done,
Idle solace of things that have gone before:
Rootless hopes and fruitless desires are there;
Let them go to the fire, with never a look behind.
The world that was ours is a world that is ours no more.

They will come again, the leaf and the flower, to arise From squalor of rottenness into the old splendour, And magical scents to a wondering memory bring; The same glory, to shine upon different eyes. Earth cares for her own ruins, naught for ours. Nothing is certain, only the certain spring.

Laurence Binyon

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	The Manager	884031
THE 18 th & 25 th 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	Mary Glasscock March to November	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 - 7.30pm	Emma Roberts	426043
THE GOOD SHEPHERD SCOUTS Thursday 7.30 – 9.00pm	Alan Leader	563233
CHURCH TODDLERS' CLUB Friday 9.15 – 11.30am	Claire Duell	0787 4850867
TAI CHI Friday 2 – 3pm	Mike Tabrett	503390
THE SUNDAY LUNCH CLUB 1st Sunday of the month noon – 1.30pm	565559	

TO BOOK THE CHURCH HALL

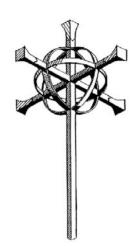
Please phone 352151 (evenings)

Submission date for November Newsletter: October 11 (Publication date October 25)

Church Office 01223 312933

Church Hall bookings (evenings) 01223 352151

Newsletter Ruth Banger 01223 234409 *OR* ruthbanger51@gmail.com



CHURCH OF THE GOOD SHEPHERD

Here at the Good Shepherd we like to help you to celebrate and commemorate many of the milestones on the journey through life; these include weddings, anniversaries, funerals, and baptism services.

If you wish to find out more about these, the first step is to contact the Vicar, the Reverend David Maher. He will be able to tell you what is involved and arrange for a meeting with you if you then wish to take things further.

He can be contacted on 01223 351844

Church website: www.churchofthegoodshepherd.co.uk

