

Arbury Road Baptist Church always has eye-catching signs outside, and I was particularly struck by the one that is there this week; you may have seen it.

"When life's a slog - turn to Jesus"!

Life is a slog for all of us at times isn't it? We may feel we just need to get away from it, but that isn't always possible.

Parents with young children, a busy family life, coping with the stresses of work and making ends meet can feel they desperately need a break. People with stressful, demanding jobs look forward to holidays and time off. Those who care for sick or elderly members of their family full time need respite for themselves and the people they care for. It is important, vital, to escape sometimes, to withdraw from the stresses and strains of everyday life, but of course that can be very difficult. A holiday may not be possible for financial reasons. It is hard for mums with young children living far from families who could support them to have a much-needed breathing space, and those who are house bound are physically unable to escape from their situation. There is a biblical precedent for getting away from it all. In Luke's gospel we hear how Jesus "would withdraw to deserted places to pray". Matthew tells us that "after he had dismissed the crowds he went up the mountains by himself to pray" and at times he encouraged his disciples to get away from the crowds and go on ahead. Some way of "getting away" - from stress, anxiety, work or 'slog' - is essential to our physical and emotional well-being, and the form that takes - what may work for each of us - will probably be different. I always value the times I am able to spend away on

retreats or quiet days, but I know this doesn't suit everyone. I need times of peace and quiet, for being in God's presence with no distractions, away from the pressures and stresses of life. Yes, they are still there when I return, but having a break, a breathing space, a time for prayer, for listening and sharing with God usually brings a different perspective.

"When life's a slog - turn to Jesus"!

Even when it's not possible to withdraw from this slog physically, perhaps we can just find 5 minutes in the day to stop, be still, maybe light a candle, read a psalm - or just be! An oasis like this in the day can be very helpful. But for those of us who spend most of our time alone, with constant pain or a debilitating illness, this may not seem an attractive idea. So perhaps those of us who are able might be an oasis for them, a breathing space, a much-needed break, by offering to spend a little time, to visit and chat. For those of us who are able to get away this summer, and for those of us who aren't, let's pray we may find an oasis, a breathing space, a time of rest and refreshment, of restoration and a real sense of God's peace.

Linda

Only Jesus
can turn...
a mess to a message,
a test into a testimony,
a trial into a triumph,
a victim into a victory.
He is worthy to be
PRAISED.:)

PARISH DIRECTORY

Vicar	Rev. David Maher	351844
Honorary Assistant Curate	Rev. John Polkinghorne	360743
Assistant Priest	Rev. Harry Rose	01954 211553
Licensed Lay Minister	Linda Dean	328658
Licensed Lay Minister	Martha Clark	07990 588479
Authorised Lay Minister (Admin & Music)	Ruth Banger	07764 613862
Authorised Lay Minister (Pastoral Care)	Lilas Davison	354300
Authorised Lay Minister (Social Awareness)	Liz Collinson	01954 251377
Churchwarden	Terry Barringer	424584
Churchwarden	Rhodri James	357607
PCC Chairman	Rev. David Maher	351844
PCC Vice Chairman	Rhodri James	357607
PCC Secretary	Ruth Banger	07764 613862
PCC Treasurer	Ginni Carroll	01954 212993
PCC Electoral Roll Officer	Lilas Davison	354300
Administrator	Ruth Banger	07764 613862
Convenor PCC Buildings and Grounds Team	David Wilson	720097
Convenor PCC Children and Families Team	Hazel Maher	351844
Convenor PCC Discipleship and Teaching Team	David Maher	351844
Convenor PCC Pastoral Team	Linda Dean	328658
Convenor PCC Social Awareness Team	Liz Collinson	01954 251377
Convenor PCC Worship and Music Team	Ruth Banger	07764 613862
Altar Linen	Finsetta Cummings	352757
Assistant Treasurer	Bill Elsey	357622
Assistant Treasurer	Jim Bass	363156
Chalice Bearers	Bill Elsey	357622
Child Protection Co-ordinator	Ruth Banger	07764 613862
Children's Society	Ruby Leyshon	352151
Children's Work	John & Alison Phillips	502969
Church Cleaners	Ruth Banger	07764 613862
Church Hall Bookings	Ruby Leyshon	352151
Coffee Makers	Gill Ambrose	858994
Coffee & Rolls	Fiona Blows	329822
Music Co-Ordinator	Ruth Banger	07764 613862
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	07764 613862
Intercessors	John Lamont	565559
Jimmy's Night Shelter	Ann Callear	357694
Lesson Readers	Lilas Davison	354300
Monday Club	Eva Hutson	574070
Good Shepherd News Editor	Ruth Banger	07764 613862
North Cambridge Area Deanery Synod	John Phillips	502969
North Cambridge Area Deanery Synod	Ginni Carroll	01954 212993
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	Stuart Keir	572303
Servers	Bill Elsey	357622
Sidesmen & Sideswomen	Terry Barringer	424584
Sidesmen & Sideswomen	Rhodri James	357607
Sound System	David Wilson	720097

READINGS FOR JULY

Sundays and holy days

- 7 SIXTH SUNDAY OF TRINITY
Galatians 6: 7-16
Luke 10: 1-11, 16-20
- 14 SEVENTH SUNDAY OF TRINITY
Colossians 1: 1-14
Luke 10: 25-37
- 21 EIGHTH SUNDAY OF TRINITY
tbc
tbc
- 28 NINTH SUNDAY OF TRINITY
Colossians 2: 6-15
Luke 11: 1-13

Wednesdays

- 3 Genesis 21: 5, 8-20
Matthew 8: 28 - end
- 10 Genesis 41: 55 – end; 42: 5-7, 17 - end
Matthew 10: 1-7
- 17 Exodus 3: 1-6, 9-12
Matthew 11: 25-27
- 24 Exodus 16: 1-5, 9-15
Matthew 13: 1-9

FIRST CALL

Sunday July 7 at 8pm at the Vicarage



REGULAR SERVICES IN JULY

Sundays	8.30am 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

CHURCH CLOSED

The church will close after the 10am service on July 21 and will re-open on Wednesday September 4. Between July 21 and September 4 the church will be open for the 10am Sunday service only. There will be no 8.30 Sunday services, no Morning Prayer during the week and no midweek Communion services. There are two exceptions – the midweek Communion services will take place on July 24 and on August 14.

SPECIAL SERVICES IN JULY

Sunday July 14 The 10am service is a service of healing and the laying on of hands. Prayer shawls will also be blessed at this service.

Sunday July 21 at 10am All Age Service

EVENTS IN JULY

Sunday July 7 at 12 noon Sunday Lunch Club meets in the Church Hall.

Saturday July 13 Cambridge Sinfonietta Concert in Church

Saturday July 20 BBQ in Vicarage Garden



Plant and Book Sale

A very big "thank you" to all who contributed to the success of the sale. We raised £291, which was £10 more than last year, despite the poor weather limiting the growth of many plants. Special thanks for Vera, who grew some lovely plants on her balcony for us. It just shows that you don't need a garden to produce a variety of garden plants!

Ruby & Evelyn

(And thank you to Dave Wilson for the photos)





Arbury Carnival

This year we managed to raise £170 at the Carnival, which was more than £100 less than last year, which was a big disappointment to all the members of the Church who did get involved. There was even more disappointment expressed by our regular customers who come to buy our cakes every year, as we were sold out by 2 pm. There were less than half the number of cakes donated compared to previous years. Where have all the bakers gone since last year? We have always taken a stall at the Carnival, but not just to raise money. This is a great opportunity to interface with the community at large, to show that we are not apart and aloof from ordinary life. With that in mind, please make a bigger effort to make something for the Carnival next year.

It almost goes without saying that our heartfelt thanks go to all who did take part, either baking, manning the stall and the fetching and carrying of chairs and tables from the Church. That's not the easiest job for us more mature members of the congregation!

Ruby, Evelyn & Eva

(Again, thank you to Dave Wilson for the photos)



GRAMMAR OOPS

The burglar was about 30 years old, white, 5' 10", with wavy hair weighing about 150 pounds.

The family lawyer will read the will tomorrow at the residence of Mr. Hannon, who died June 19 to accommodate his relatives.

Mrs. Shirley Baxter, who went deer hunting with her husband, is very proud that she was able to shoot a fine buck as well as her husband.

Organ donations from the living reached a record high last year, outnumbering donors who are dead for the first time.

The dog was hungry and made the mistake of nipping a 2-year-old that was trying to force feed it in his ear.

We spent most of our time sitting on the back porch watching the cows playing Scrabble and reading.

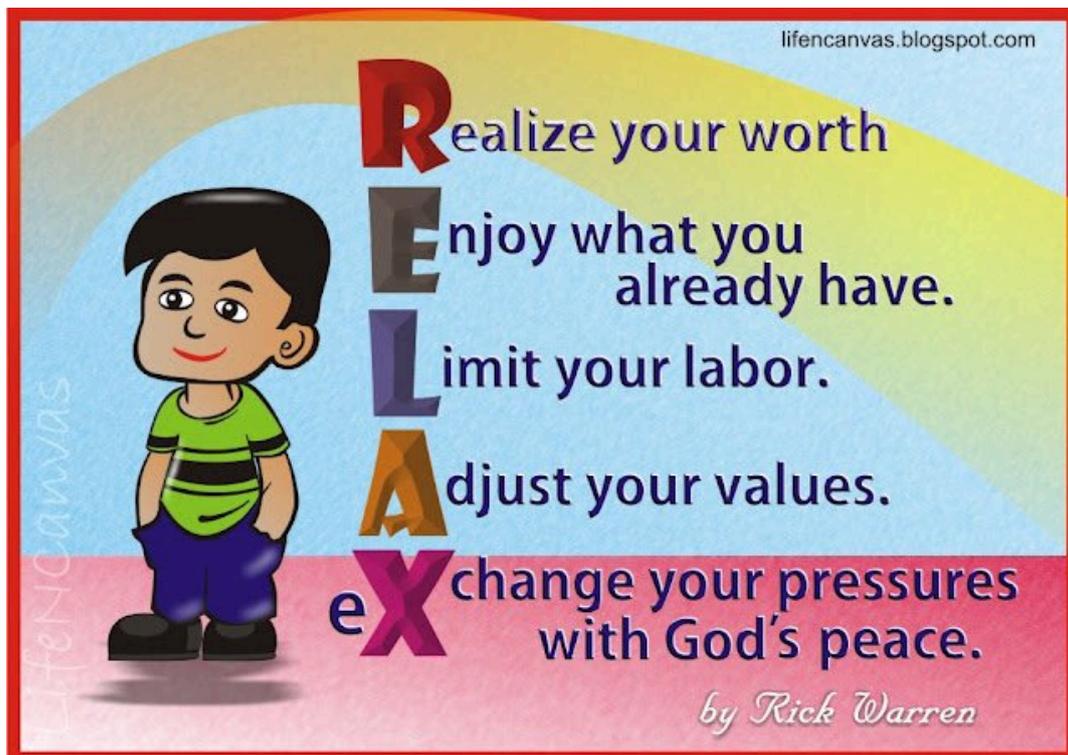
Hunting can also be dangerous, as in the case of pygmies hunting elephants armed only with spears

(These are especially for Terry as I know she will love them)

And, for those of you with computers, do have a look at these sites. Terry suggested them to me and I know you will love them. They really made me laugh

http://www.youtube.com/watch?v=MJIHgMR7LP0&feature=player_embedded

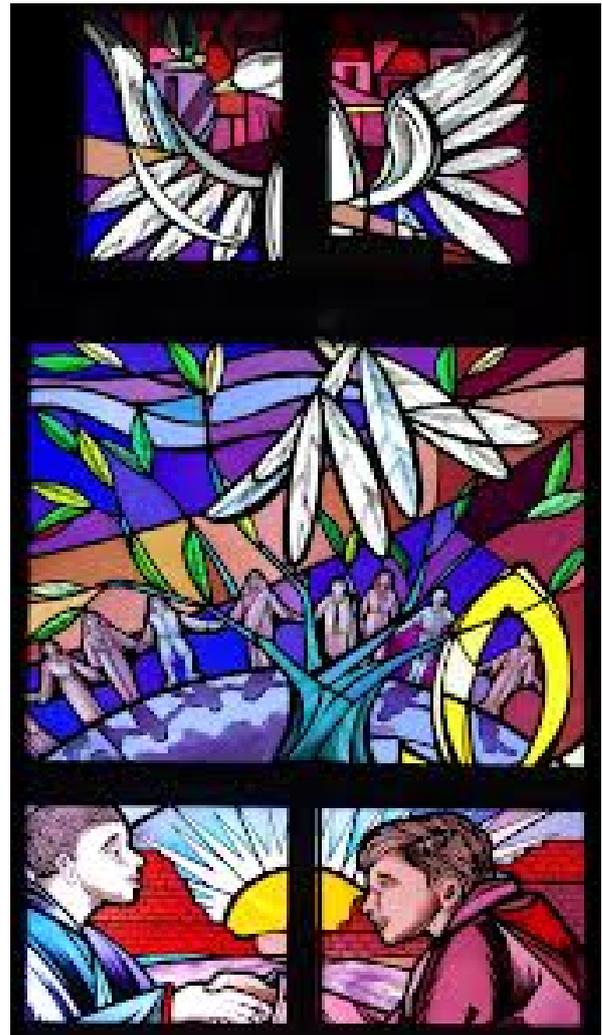
<http://anglicanmemes.com/2012/10/06/dont-you-dare-shake-hands-with-me-or-offer-signs-of-peace-mrs-beamish-song/>



RETICENCE

I longed to ask her what her life
Has been about. But she was shy
And I don't like to probe as though
In court I'm lawyer poised to try
Extracting truth from web of lies.
The weather soon had ceased to be
A topic yielding any gain, and news
Of scandal failed to rouse a wee
Response. Her face was etched with
lines
Suggesting past had been a ride
Beset by sorrows, lit by joys,
Beyond the norm. She'd not provide
A lead nor open door a chink.
She put me in my mind of week
Ago when colleague's wake revealed
A past of which he'd never speak.
He'd culled a shoal of thanks for acts
beyond
The call of duty, given much
Without display and helped behind
The scenes. The world abounds with
such.
The fools who slight these gifts of
grace
Have nothing proffered in their place.
They talk a lot while doing nowt.
They've not a clue what life's about.

Henry Disney



peace.

it does not mean to be in a place where there is no noise, trouble, or hard work. it means to be in the midst of those things and still be calm in your heart.

(unknown)

Help Needed

Cambridge NightLite (formerly Safe Refuge) is now up and running on Saturdays nights on a permanent basis. NightLite offers a companion service to Street Pastors offering a pastoral café accessible to all. Typically people use NightLite As a safe place to be in a busy city

To use the toilet facilities

To meet up with friends (particularly after losing one another in town)

A space to quietly 'recover' from excess prior to getting a taxi home

To use the telephone

To rest awhile if feeling unwell

To be listened to (particularly if distressed etc)

A place to wait for medical treatment

A warm / dry place to wait for

As with Street Pastors we only share our faith when asked about it (which is quite often in practice)

NightLite is currently recruiting volunteers for this valuable work and witness to God's love:

If you are over 18

Belong to a Christian Church/Fellowship

Are non judgemental and want to witness to God's love in practical action

Can commit to at least one night every 6 weeks

Then do consider being a NightLite Volunteer (training provided)

Contact: Alan Lowe on [07588 560090](tel:07588560090) Email: alan@cambridgestreetpastors.org.uk

ENGLISH IS A CRAZY LANGUAGE

English is the most widely spoken language in the history of our planet, used in some way by at least one out of every seven human beings around the globe. Half of the world's books are written in English, and the majority of international telephone calls are made in English. English is the language of over sixty percent of the world's radio programs. More than seventy percent of international mail is written and addressed in English, and eighty percent of all computer text is stored in English. English has acquired the largest vocabulary of all the world's languages, perhaps as many as two million words, and has generated one of the noblest bodies of literature in the annals of the human race.

Nonetheless, it is now time to face the fact that English is a crazy language - the most lunatic and loopy and wifty and wiggly of all languages. In the crazy English language, the blackbird hen is brown, blackboards can be green or blue, and blackberries are green and then red before they are ripe. Even if blackberries were really black and blueberries really blue, what are strawberries, cranberries, elderberries, huckleberries, raspberries, and gooseberries supposed to look like?

To add to this insanity there is no butter in buttermilk, no egg in eggplant, no grape in grapefruit, no bread in shortbread, neither worms nor wood in wormwood, neither mush nor room in mushroom, neither pine nor apple in pineapple, neither peas nor nuts in peanuts, and no ham in a hamburger. (In fact, if somebody invented a sandwich consisting of a ham patty in a bun, we would have a hard time finding a name for it.)

To make matters worse, English muffins weren't invented in England, French fries in France, or Danish pastries in Denmark. And we discover even more culinary madness in the revelations that sweetmeat is made from fruit, while sweetbread, which isn't sweet, is made from meat.

In this unreliable English tongue, greyhounds aren't always grey (or gray); panda bears and koala bears aren't bears (they're marsupials); a woodchuck is a groundhog, which is not a hog; a horned toad is a lizard; glowworms are fireflies, but fireflies are not flies (they're beetles); ladybugs and lightning bugs are also beetles (and to propagate, a significant proportion of ladybugs must be male); a guinea pig is neither a pig nor from Guinea (it's a South American rodent); and a titmouse is neither mammal nor mammaried.

Language is like the air we breathe. It's invisible, inescapable, indispensable, and we take it for granted. But, when we take the time to step back and listen to the sounds that escape from the holes in people's faces and to explore the paradoxes and vagaries of English, we find that hot dogs can be cold, darkrooms can be lit, homework can be done in school, nightmares can take place in broad daylight while morning sickness and daydreaming can take place at night, tomboys are girls and midwives can be men, hours - especially happy hours and rush hours - often last longer than sixty minutes, quicksand works very slowly, boxing rings are square, silverware and glasses can be made of plastic and tablecloths of paper, most telephones are dialled by being punched (or pushed?), and most bathrooms don't have any baths in them. In fact, a dog can go to the bathroom under a tree - no bath, no room; it's still going to the bathroom. And doesn't it seem a little bizarre that we go to the bathroom in order to go to the bathroom?

Why is it that a woman can man a station but as man can't woman one, that a man can father a movement but a woman can't mother one, and that a king rules a kingdom but a queen doesn't rule a queendom? How did all those Renaissance men reproduce when there don't seem to have been any Renaissance women?

A writer is someone who writes, and a stinger is something that stings. But fingers don't fing, grocers don't groce, haberdashers don't haberdash, hammers don't ham, and humdingers don't humding.

If the plural of tooth is teeth, shouldn't the plural of booth be beeth? One goose, two geese - so one moose, two meese? One index, two indices - one Kleenex, two Kleenices? If people ring a bell today and rang a bell yesterday, why don't we say that they flang a ball? If they wrote a letter, perhaps they also bote their tongue. If the teacher taught, why isn't it also true that the preacher praught? Why is it that the sun shone yesterday while I shined my shoes, that I treaded water and then trod on the beach, and that I flew out to see a World Series game in which my favorite player flied out?

If we conceive a conception and receive at a reception, why don't we grieve a greption and believe a beleption? If a horsehair mat is made from the hair of horses and a camel's hair brush from the hair of camels, from what is a mohair coat made? If adults commit adultery, do infants commit infantry? If olive oil is made from olives, what do they make baby oil from? If a vegetarian eats vegetables, what does a humanitarian eat? (And I'm beginning to worry about those authoritarians.)

And if pro and con are opposites, is congress the opposite of progress?

Sometimes you have to believe that all English speakers should be committed to an asylum for the verbally insane. In what other language do people drive in a parkway and park in a driveway? In what other language do people recite at a play and play at a recital? In what other language do privates eat in the general mess and generals eat in the private mess? In what other language do people ship by truck and send cargo by ship? In what other language can your nose run and your feet smell?

How can a slim chance and a fat chance be the same and a bad licking and a good licking be the same, while a wise man and a wise guy are opposites? How can sharp speech and blunt speech be the same and quite a lot and quite a few the same, while overlook and oversee are opposites? How can the weather be hot as hell one day and cold as hell the next? How can the expressions "What's going on?" and "What's coming off?" mean exactly the same thing?!

If button and unbutton and tie and untie are opposites, why are loosen and unloosen and ravel and unravel the same? If bad is the opposite of good, hard the opposite of soft, and up the opposite of down, why are badly and goodly, hardly and softy, and upright and downright not opposing pairs? If harmless actions are the opposite of harmful nonactions, why are shameful and shameless behavior the same and pricey objects less expensive than priceless ones.

If appropriate and inappropriate remarks and passable and impassable mountain trails are opposites, why are flammable and inflammable materials, heritable and inheritable property, and passive and impassive people the same and valuable objects less treasured than invaluable ones? If uplift is the same as lift up, why are upset and set up opposite in meaning? Why are pertinent and impertinent, canny and uncanny, and

TOP TEN COMPLAINTS FROM BIBLICAL MOTHERS OR WIVES

10. Eve to Adam: "You never take me anywhere different to eat!"
9. Sarah to Abraham: "Maybe if you stopped treating me like your sister, we could start a family!" (Gen 12:19)
8. Elizabeth to John the Baptist: "I cook you a nice meal and all you want is locust, locust, locust!"
7. Pharaoh's Daughter to Moses: "Stop parting the bath water, Moses, and wash behind those ears!"
6. David's mom to Jesse, her husband: "Do you really think it was a good idea to get David that sling? He's going to put someone's eye out with that thing!"
5. Manoah's wife to her son Samson: "Can't you clean the sink after you shampoo? I'm sick of all these long hairs!"
4. Elizabeth to Mary: "I love talking to you, Mary, really I do, but can you speak a little softer? This kid just won't stop doing the rhumba in my tummy!" (Luke 1:44)
3. Mary to Joseph: "I TOLD you to make reservations!"
2. Herodias to her daughter: "I told Herod that if he didn't do something about this John nut, I would make sure the problem came to a head!"

And the number one complaint made by a biblical mother or wife is:

1. Pilate's wife to Pilate after the resurrection: "You never listen to me, do you?" How do you feel now "Mr. Wash-Your-Hands-In-Public"?! (Mat 27:19)



Trying to do my share to help the environment, I set up a trash basket at my church and posted above it this suggestion: "Empty water bottles here."

I should have been a little more specific, because when I went to check it later, I didn't find any bottles in it. But it was full of water.

IN THE CHURCH HALL

THE SUNDAY LUNCH CLUB 1 st Sunday of the month noon – 1.30pm	John & Elizabeth Lamont	565559
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	Margaret Briggs	01954 250870
THE GOOD SHEPHERD RAINBOWS Tuesday 6.15 – 7.15pm	Miss Rachel Marsh	574520
DOG TRAINING CLASSES Tuesday 7.30 - 9.30pm	Susannah O’Hanlon	235281
CARERS & SUFFERERS OF DEMENTIA Wednesday 10 – 12 noon	The Manager	884031
THE 18th & 25th GOOD SHEPHERD BROWNIES Wednesday 6 - 7.15pm	Mrs Pat Marsh	574520
THE CAMERA CLUB Wednesday 7.30 – 9.30pm	Steve Morrell	529670
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	Mr. Gawthrop	351855
T G W U 4 th Wednesday of the month 2 – 4pm	Evelyn Hunnyball	364293
CAMBRIDGE INSTRUMENTS PENSION FELLOWSHIP 3 rd Thursday of the month 10am - noon	D. Fisher	262282
THE GOOD SHEPHERD BEAVERS Thursday 6.15 - 7.30pm	Emma Roberts	426043
THE GOOD SHEPHERD SCOUTS Thursday 7.30 – 9.00pm	Chris White	0700 891511
CHURCH TODDLERS’ CLUB Friday 9.15 – 11.30am	Claire Duell	0787 4850867
TAI CHI Friday 2 – 3pm	Mike Tabrett	503390
DOG TRAINING CLASSES Friday 7.30 - 9.30pm	Arbury Road Vet. Surgery	361911

TO BOOK THE CHURCH HALL

Please phone 352151 (evenings)

**Submission date for
September Newsletter:
August 11
(Publication date August 25)
There is a single sheet only in
August**



Vicarage 01223 351844

Church Hall bookings
(evenings) 01223 352151

Newsletter Ruth Banger 07764 613862

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

