



Some of you know that recently I had a fall which has exacerbated difficulties that I was already having with mobility and balance. As a result I now depend upon the help of carers to get me washed and dressed in the morning and to get me undressed at night. I am very grateful for the friendly and willing assistance of the young women who do this work but I must confess to having to struggle to accept this new degree of dependence on others. There is a natural human instinct, I think, to wish to be able to stand on our own two feet alone.

This experience has made me think about the way that God's grace works in our lives. It does so, I think, in two quite different ways. One is the way of empowerment, giving us the ability to achieve things which would be beyond us if simply done in our strength alone. To go the extra mile, to take additional trouble to help someone else, is not by any means always easy to do. We are not people capable of doing God's will fully without God's help to do so. But there is also a second way in which God's grace acts in our lives, which is to enable us to accept the things that cannot be changed and to help us grow spiritually by that acceptance.

All this is very relevant to prayer. It is not some sort of magic device for miraculously whisking away difficulties and giving us a completely trouble-free life of ease and comfort. We have to recognize that the answer to prayer will, quite often, be the grace to accept what is happening, rather than an automatic removal of the problem. This is not an easy lesson to learn as St. Paul found when troubled with a 'thorn in the flesh' which he earnestly besought the Lord to remove. After much pleading, he was told by the Lord that this was not going to happen, but Christ's grace is 'made perfect in weakness'. (2 Corinthians 12: 7-10)

John Polkinghorne

A prayer of a celebrated American theologian, Reinhold Niebuhr

God give us the grace to accept with serenity the things which cannot be changed, the courage to change the things which should be changed, and the wisdom to distinguish the one from the other.



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 OCTOBER

Sundays and holy days

- 6 NINETEENTH SUNDAY OF TRINITY
Hebrews 4: 14-16
Luke 18: 9-14
- 13 TWENTIETH SUNDAY OF TRINITY
James 5: 13-18
Luke 11: 9-13
- 20 TWENTY-FIRST SUNDAY OF TRINITY
1 Thessalonians 5: 12-22
Luke 11: 5-8; 18: 1-8
- 27 LAST SUNDAY AFTER TRINITY
tbc
tbc

Wednesdays

- 2 Nehemiah 2: 1-8
Luke 6: 20-26
- 9 Jonah 4
Luke 11: 1-4
- 16 Romans 2: 1-11
Luke 11: 42-46
- 23 Romans 6: 12-18
Luke 12: 39-48
- 30 Romans 8: 26-30
Luke 13: 22-30

FIRST CALL

Sunday October 6 at 8pm in the Haven



REGULAR SERVICES IN OCTOBER

- 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

SPECIAL SERVICES IN OCTOBER

Sunday October 27 at 10am All Age Service

EVENTS IN OCTOBER

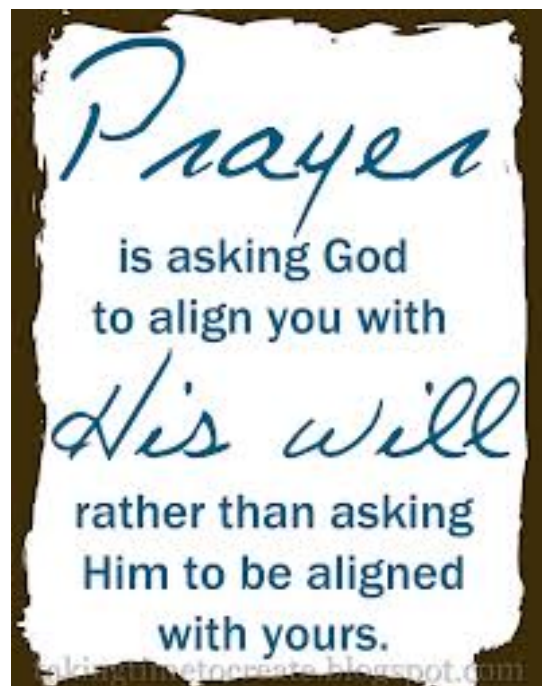
House Groups start week beginning September 29. For further details see the weekly bulletin. The subject will be prayer.

Saturday October 5 Harvest Ceilidh

Sunday October 6 at 12 noon Sunday Lunch Club meets in the Church Hall.

Saturday October 19 Jumble Sale 10.30 – 12 noon in the Hall

Saturday October 26 All Souls Remembrance service at 3.30pm



Knitting before the face of God

How we each find our own treasure is illustrated for me by a delightful story in Metropolitan Anthony's 'School for Prayer'. He tells us about an old lady who visited him shortly after he became a priest in the Orthodox Church. She wanted his advice about prayer. For 14 years she had been praying 'the Jesus Prayer almost continually, she said, and had never experienced God's presence at all.

'If you speak all the time, you don't give God a chance to get a word in,' the priest responded.

'What shall I do?' she asked.

The priest advised her to go to her room after breakfast, put it right, and place her armchair in a strategic position that would leave behind her back all the dark corners into which things are pushed so as not to be seen.

'Light a little lamp before the ikon that you have, and first of all take stock of your room' he told her. 'Just sit, look round and try to see where you live because I am sure that if you have prayed all these fourteen years it is a long time since you have seen your room. And then take out your knitting and for fifteen minutes knit before the face of God, but I forbid you to say one word of prayer. You just knit, and try to enjoy the peace of your room.'

She didn't think it was very pious advice, Metropolitan Anthony writes, but she took it. Some time later the old lady returned saying she had done just what he advised. 'It works,' she told him. 'I got up, washed, put my room right, had breakfast, came back, made sure there was nothing that would worry me, and then I settled into my armchair and thought, "Oh how nice, I have fifteen minutes in which I can do nothing without feeling guilty!" And I looked around and for the first time in years I thought, "Goodness, what a nice room I live in."'

Then she said, 'I felt so quiet because the room was so peaceful. There was a clock ticking but it didn't disturb the silence. It's ticking just underlined the fact that everything was so still, and after a while I remembered that I must knit before the face of God, so I began to knit. And I became more and more aware of the silence.

'The needles hit the armrest of my chair, the clock was ticking peacefully, there was nothing to bother about, I had no need of straining myself. Then I perceived that this silence was not simply an absence of noise, but that the silence had substance. It was not an absence of something but a presence of something. The silence had a density, a richness, and it began to pervade me. The silence around began to come and meet the silence in me.

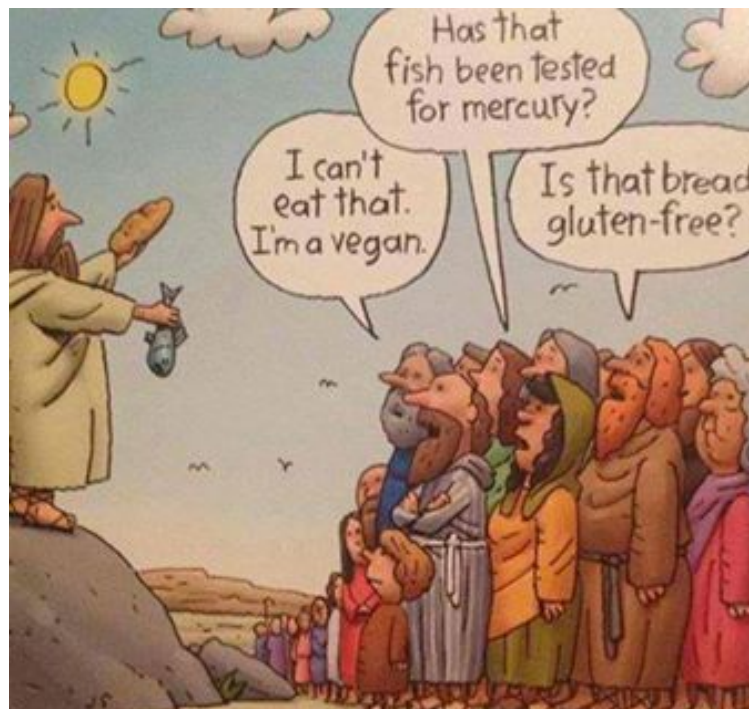
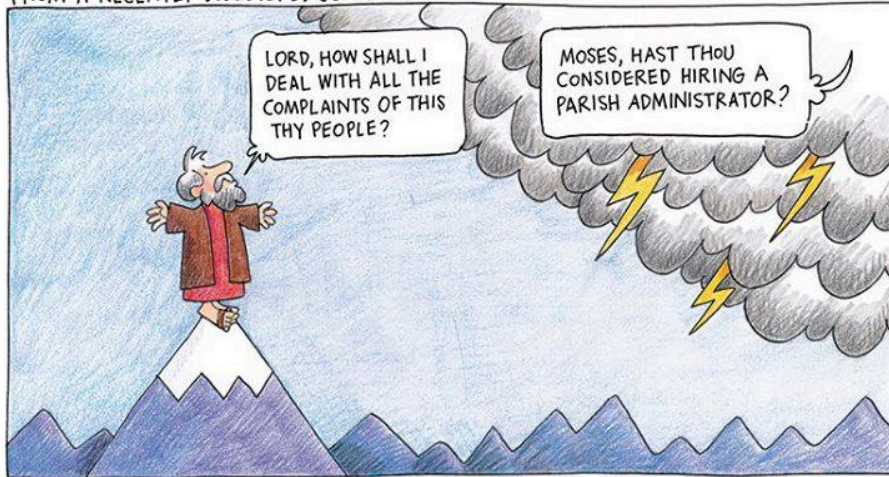
'All of a sudden I perceived that the silence was a presence. At the heart of the silence there was Him who is all stillness, all peace, all poise.'

From '*Finding your Hidden Treasure*' by Benignus O'Rourke

(This was sent to me by Caroline Bordoni. Thank you so much, Caroline)



FROM A RECENTLY DISCOVERED SCROLL...



**I like
cooking my family
and my pets.**

**Use commas.
Don't be a psycho.**

Thank you, Terry!

COME WHAT MAY

Within a lapse of less than year
From time my treasured wife had died,
I'm struck by loss of sight in eye
On right, on which I've long relied.
As more than thirty years ago
The eye on left was dimmed by mist
Induced by dam to blood supply
To part. This recent sudden twist
Derailed my normal way of life.
I strive to concentrate on what
I still can do and leave alone
Concern for tasks that now are not
On options list. Support of friends,
Of children, theirs and kin now keep
Alive a sense of being blessed;
So when my mood is at a neap
A sense of God's embrace restores
A surge of gratitude. Recall
Of hordes of folk around the world
Deprived of food, of peace, in thrall
To wars, ensures my thanks that small
Affliction merely mars my days
As, come what may, my life is full.
The death of Christ on cross conveys,
Beyond a doubt, that come what may
Beyond the grave there's Easter's hope.
So even when a child is blind
We dare not blame our God or mope
At present plight. Ignore the sects
Who still insist that God controls
The smallest moves of universe.
The cross denies that claim, extols
The freedom, thus confirmed by
Christ,

Who wouldn't shun the ghastly price,
Of love incarnate risking way
Emergent souls escape the dice
Of random acts and evil plots.
The Eater joy transforms the past,
Despite apparent black defeats.
So come what may remain steadfast.
It's when we heed the inner light
We find our lot to be, to know,
We're on the road to heaven's gate.
Of course we're free to say a no
To call to join the pilgrim band,
To live the Kingdom Way, despite
Whatever plight, or blight, impedes,
Restricts our youthful hopes. In spite
Of those who think we dream, or those
Applauding way I cope, in truth
We've merely grasped that God is love.
Despite my faith is that of youth
Confused by ups and downs of life,
By loss of eye and lovely wife.
If given choice I'd opt for she
Who's gained her peace ahead of me.
But I rejoice she's now complete.
At my demise in bliss we'll meet
For then the dark will be no more.
Our infant faiths will be mature.
So, come what may, I say rejoice
And praise our Lord with joyful voice.
Henry Disney



REFLECTIONS ON AGEING

- Eventually you will reach a point when you stop lying about your age and start bragging about it.
- The older we get, the fewer things seem worth waiting in line for.
- Some people try to turn back their odometers. Not me, I want people to know “why” I look this way. I’ve travelled a long way and some of the roads weren’t paved.
- When you are dissatisfied and would like to go back to youth, think of Algebra.
- I don’t know how I got over the hill without getting to the top.
- One of the many things no one tells you about ageing is that it is such a nice change from being young.
- Being young is beautiful, but being old is comfortable.
- Long ago when old people cursed and beat the ground with sticks, it was called witchcraft. Today it’s called golf.
- If you don’t learn to laugh at trouble, you won’t have anything to laugh at when you are old.
- One must wait until evening to see how splendid the day has been.

(I can’t remember who gave me this – apologies to whoever it was)



O.T. Prophets

There has been an excellent series of programmes on Radio 4 on the prophets. I haven't had time to hear them all yet but have enjoyed those I've had a chance to listen to. Go to

<http://www.bbc.co.uk/programmes/b0383kxs/episodes/guide> and listen to them on iPlayer



TO ENJOY!

Six-year-old Angie and her four-year-old brother Joel were sitting together in church. Joel giggled, sang, and talked out loud.

Finally, his big sister had had enough. "You're not supposed to talk out loud in church."

"Why? Who's going to stop me?" Joel asked.

Angie pointed to the back of the church and said, "See those two men standing by the door? They're hushers."

"Johnny," said the teacher, "if coal is selling at \$6 a ton and you pay your dealer \$24, how many tons will he bring you?"

"A little over three tons, ma'am," said Johnny.

"Why, Johnny, that isn't right," said the teacher.

"No, ma'am, I know it isn't," said Johnny, "but they all do it."

The Teacher Taught!

Throughout my working life, I mainly worked in libraries surrounded by books, but many years ago I did have a three year break, when I went to work in a Residential School for children with learning difficulties – about as different a career change as possible!

It was the hardest – in every sense of the word – but the most satisfying job I have ever had. Each day brought fresh challenges, and I was always trying to think up new ideas and different ways to stimulate and interest the children in our class.

The children came from different backgrounds and cultures and were a delight to meet and help to teach and there was never a dull moment. I have so many happy memories of my time there and of the different and individual boys and girls, each, as every child has, with their own special needs and funny little ways.

The memory of one young man in particular has stayed with me. He was a lovely young man with curly auburn hair, merry brown eyes and a rather rich “upper class” voice. Although he only had partial use of one hand, he managed to eat spaghetti twirling his fork in an expert way and never spilling a drop – how I envied his expertise!

One of my duties was to supervise a music class. Usually it was learning how to play simple instruments – drums, tambourines, triangles etc. One afternoon I decided to do something different. In my opinion the children listened to too much pop music, and I *in my great wisdom* told them that they would be listening to some classical music for a change. So I tuned into Radio Three and we had – I hoped – a lovely session listening to an orchestral work. There was a silence at the end – I don’t think they really liked it – and I decided it was back to the drums next week. “I’m sorry, “ I said, “I don’t know what composer that was. I will look it up in the Radio Times when I get home and tell you tomorrow.” Then came this lovely rich voice. “I think you will find that it was Shostakovich, Joy”. I was surprised he could pronounce the composer’s name let alone recognise the work, but when I got home I discovered that he was right! I learned later that his parents lived in London and when he went home for the holidays they took him out and about to the theatre, cinema, restaurants and symphony concerts!

I was sad to leave that school, as I knew I would never see many of the children again. It was a humbling experience and I hoped that I had helped in some small way to enrich their lives, but actually I think they gave me much more than I was able to give them.

Joy Staley



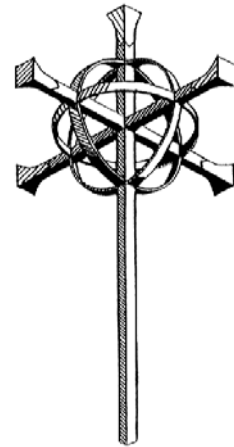
IN THE CHURCH HALL

| | | |
|---|--------------------------|--------------|
| 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
November Newsletter:
October 13
(Publication date October 27)**



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

