

What is Lent?

Lent is a Christian Festival. In the past it was a long strict religious fast when people gave up all rich food. The day before Lent starts is known as Shrove Tuesday and Lent ends on Easter Saturday. It is a time when Christians take part in prepared exercises in order to mirror the steps of Jesus as he prepared in the wilderness for His earthly ministry. These times of preparation will depend on how we value the time to walk with Jesus in the fellowship of other Christians. It may well have a time set aside to evaluate how truthful we are in our Christian life and example. Whatever, Lent should contain periods when we spring clean our lives, knowing how my house looks when this is undertaken, a spiritual spring clean is not an optional extra but a necessity.

The Christian church no longer imposes a strict fast, but is a time when some Christians try to overcome their own faults, because they believe that it was man's sin which led Jesus to be crucified. Some Christians try to follow the example of Jesus in the desert by giving up luxuries and practising self-discipline. Each and all try to put aside more time for prayer and religious discipline so that they can really let God freely wander around in their lives. Now that's a novel idea letting God in to wander around!

Many churches hold special Lent services, in some parishes the churches of different denominations join together in groups to worship and discuss and share their Christian faith. Now that is something I am very bad at and will try to rectify this Lent.

When does Lent begin? Lent begins with Ash Wednesday and lasts for six and a half weeks, Sundays being a rest day from the rigours of Lent, but that is not an excuse to miss family worship.

Lent is a time when Christians remember the 40 days and nights Jesus spent alone in the desert without food being tempted by the Devil. Jesus used this time to prepare for His work by fasting and praying. It is a great privilege for us to share some of this time with Him.

Luke's Gospel tells us: 'Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit into the desert, where for forty days he was tempted by the devil. He ate nothing during those days, and at the end of them he was hungry.' So, as in the Bible, Christians spend forty days in preparing themselves to rejoice at the resurrection of Jesus Christ at Easter. And if there is something that the devil is always tempting us about, it can be a time when we let go of it and release a burden for ever.

We have a wonderful programme of preparation at COGS and none more so that the times we spend in discussion groups. If you have not experienced group discussions you are missing a great growth point, for you and the church. You have nothing to fear, no awkward questions or forms, just the joy of being together and learning. I always remember at this point one very special lady who said very little but listened intensely; when she did speak it was well worth listening as she produced little gems of light and then went back to listening. So come on give it a go, there is so much to gain and nothing to lose. If there is not a time or place to suit you invite a few friends to come to your house, you will not be left alone but will rise with your Lord and Saviour Jesus Christ.

I am yours in His Service.

Harry.



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
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 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	Paula Carter	07952919701
Food Bank	Liz Collinson	01954 251377
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	07899 917831

READINGS FOR MARCH

Sundays and holy days

- 2 NEXT BEFORE LENT
2 Peter 1: 16 - end
Matthew 17: 1-9
- 5 ASH WEDNESDAY AT 7.30PM
Isaiah 58: 1-12
Psalm 51: 1-18
2 Corinthians 5: 20 – 6: 10
Matthew 6: 1-6, 16-21
- 9 FIRST SUNDAY OF LENT
Genesis 2: 15-17; 3: 1-7
Psalm 32
Romans 5: 12-19
Matthew 4: 1-11
- 16 SECOND SUNDAY OF LENT
Genesis 12: 1-4
Psalm 121
Romans 4: 1-5, 13-17
John 3: 1-17
- 23 THIRD SUNDAY OF LENT
Exodus 17: 1-7
Psalm 95
Romans 5: 1-11
John 4: 5-42
- 30 MOTHERING SUNDAY
tbc
tbc

Wednesdays at 9.30am

- 5 Isaiah 58: 1-12
2 Corinthians 5: 20 – 6: 10
Matthew 6: 1-6, 16-21
- 12 Jonah 3
Luke 11: 29-32
- 19 2 Samuel 7: 4-16
Romans 4: 13-18
Matthew 1: 18 - end
- 26 Deuteronomy 4: 1, 5-9
Matthew 5: 17-19

FIRST CALL

Sunday March 2 at **7pm at Arbury Road Baptist Church**

REGULAR SERVICES IN MARCH

- | | |
|------------|--|
| 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 MARCH

Wednesday March 5 Ash Wednesday services at 9.30am and 7.30pm

Sunday March 23 the 10am service is a service of healing and the laying on of hands with prayer

Sunday March 30 All Age Parade service for Mothering Sunday

EVENTS IN MARCH

Saturday March 1 Welsh Evening at the Collinsons' home at 7.30pm. Bring and Share.

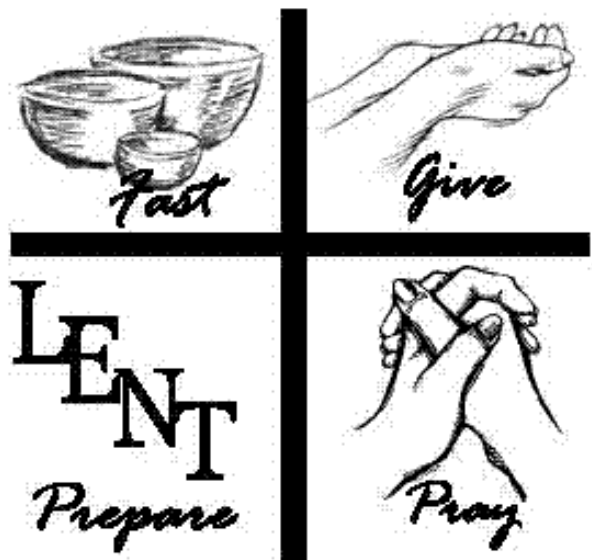
Sunday March 2 at 12 noon Sunday Lunch Club meets in the Church Hall.

Tuesday March 4 Fish and Chip Supper in Church 6.45pm onwards

Saturday March 15 Jumble Sale

Saturday March 29 Preparation of posies

Sunday March 30 Last Orders in a local pub





Practise speaking ENGLISH!

English classes for speakers of other languages

Chesterton Community College, Cambridge

Monday/Fridays 9.30am-12.15

Contact Sarah Adams

sadams@chesterton.cambs.sch.uk

or Chesterton Sports Centre

01223-576110

Classes start at £3 per week!

Christmas Day in South Africa – by David Todd-Jones

I have been asked to write about my Christmas in South Africa where I recently enjoyed a 4 week holiday with my son Michael.

In the course of our holiday, having flown in to Cape Town and begun travelling eastwards through the country, we arrived on the 23rd December in the town of Prince Albert, near the border of the Western and Eastern Cape, in an area of South Africa known as the ‘Little Karoo.’ We were staying at a Lodge owned and run by a non-religious white couple.

I told our hosts that we would like to go to a local ‘coloured’ church on Christmas Day. Under apartheid, there were essentially four racial groups – white, black, Indian, and coloured – and the area in and around Prince Albert was populated by a minority white population and coloured community.

Our hosts referred me to Nicholas, one of their gardeners, who was a Deacon, or ‘Elder’ at the ‘New Apostolic Church’ situated in the nearby township. He was delighted that we wished to attend the Christmas service and said he would make arrangements for us to be met at the church by his wife and her brother as he had to go to another church on Christmas morning to help out as they were short of help at that church.

We were met at the New Apostolic Church and shown to our seats by a member of the church who had been allocated to look after us and sat behind us, helping us with explanations about the service when appropriate. The church was quite new and could seat, I suppose, around 500 people. The church was paid for and supported by members contributing 10% of their income.

There was a choir and a recorder band with a flautist. The instrumental introduction to the service was composed by a member of the church. The service was in Afrikaans but all the hymns were in English and I’m sure could be found in any Church of England hymnal. The service was led by, and the sermon given by, a member known as ‘The Shepherd.’ I was invited to take communion.

The church was quite full and the men in the congregation were uniformly dressed in white shirts, usually with a tie, and black trousers. The women were in brightly coloured dresses. There were a lot of children who were clearly intrigued at our attendance as the only white people in the congregation.

After the service, we were invited to the township home where Nicholas lived and, along with his wife and her brother, we met his mother and younger brother. The family home consisted of two rooms about 12 metres square. We were made very welcome and given biscuits and coca-cola and talked for some time. The family all spoke English and Afrikaans.

When we returned to our Lodge accommodation, I told our hosts about our Christmas morning. They were surprised to hear that the hymns were in English and that we had been entertained in a township home as they had never been there.

Some pictures of the New Apostolic Church and the township home of Nicholas are provided. Also of interest is a picture from Robben Island, where Nelson Mandela was

imprisoned for 18 years – as you can see, the church on Robben Island is called the Church of the Good Shepherd!





Goodbye to Mum

The hearse outside the bungalow...
The undertaker walking slow...
I do not want to say 'goodbye'.
I do not want to stand and cry.

Church. Funeral. Sadness. Tears.
Happy memories over the years.
Family and friends all gathered as one.
To say goodbye to our dear mum.

Vicar talking. Prayers said.
I can't believe my mum is dead.
Feeling tired, feeling cold,
Feeling nothing, feeling old.

Service finished – stand to go.
Now our turn to walk so slow.
Follow coffin down the aisle,
20 yards - seems like a mile.

So much support - I cannot speak.
Tears are rolling down my cheek.
I look at you - and no words come.
You are all there for us, and our dear mum.

The service in the Crem is short,
I look around; see your support.
The curtain closes, I feel bereft.
We see the flowers - that's all there's left.

Back to church; the deed is done.
Funeral over, for our dear mum.
Tea and cake, and hugs and tears.
And sharing memories from over the years.

I feel so tired, I need to rest.
For this sad day - we tried our best.
You're going now? - the day is done.
Goodbye to you; goodbye to mum.

By Carol Key





Sheila Munns, who died recently.

The poem on the preceding page was written by Sheila's daughter, Carol.

REFLECTIONS by Dave Veerman

I'm tired Lord . . .

pushing, running
increasing pace
often questioning
sense of the race

hearing, watching
breaking bad news
world aflame
leaders abuse

wishing, lamenting
daily new aches
such simple tasks
all energy takes

working, acquiring
financial gain
security longing
but bottom-line pain

So . . .

focusing downward
obsessing on one
my vision obscuring
blocking the Son

But then I remember . . .

choosing, descending
poor destination
finite, so tiny
Mary's elation

growing, living
humble surrounds
calling, healing
loving abounds

confronting, teaching
purposeful time
knowing but going
a hill to climb

feeling sharp stinging
the whip and word
abandon, alone
God's boy? absurd

permitting, submitting
nailed, speared, hung
crossing the threshold
salvation won.

Thank you, Jesus . . .
The *rest* in my story.



Thank you, Terry!

ORTHODOXY

It's only when he starts to teach
He learns how little knowledge gained
Is really understood; how much
He's half forgot or not retained.
He keeps a step ahead of class
That's unaware how thin the ice
On which he skates with seeming ease.
But by the time he's taught it twice
He starts to wonder if the book
Is right. It's thus he opens up
A line of new research that proves,
By end, that he'd been sold a pup
When taught the party line. He'd found
The same with doctrines learned as child.
The ups and downs of life have brought
Him nearer Christ, but cleared the wild
And noxious weeds of strange beliefs
And manufactured guilt that masked
The Gospel's cleansing fires of love
That gifts far more than he had asked.

Henry Disney

From COME WHAT MAY being published this month

JUMBLE SALE

Don't forget the Jumble Sale on March 15. Now is the time to turn out those clothes from the back of the wardrobe, have a good spring clean etc. etc.

You know what's needed! Make room for something fresh to celebrate the spring and help us to raise funds for the church.

Ruby Leyshon

GOOD SHEPHERD CHARITIES THIS YEAR

Thank you to all those who suggested charities we might support. The PCC chose these three. I think you will agree they are very varied,

STOP THE TRAFFIK

STOP THE TRAFFIK is a global movement of individuals, communities and organisations fighting to prevent human trafficking around the world. This is a charity our church will be supporting this year.

Human Trafficking entails being deceived or taken against your will, bought, sold and transported into slavery for sexual exploitation, forced begging, sacrificial worship or removal of human organs, as child brides or into sweat shops, circuses, farm labour and domestic servitude. 9.1 million men, women and children are trafficked across borders and within their own country at any given moment in time. It is the world's fastest growing global crime.

I attended a very moving talk on the problem of human trafficking at Cambridge Community Church a while ago. Some of you will have read my article in the church magazine. I came away from the talk feeling very shocked – the main statistic that is fixed in my mind is that 99% of people being trafficked are never rescued. This is a problem that affects all cities – yes, even Cambridge.

This is a very important charity for us to support, so let's ensure that we do so wholeheartedly.

Liz Collinson

HEARING DOGS FOR THE DEAF

Hearing Dogs for Deaf People is a national charity and centre of excellence in training hearing dogs to alert deaf people to everyday household sounds and danger signals in the home, work place and in public buildings.

Hearing Dogs was launched at the world famous Crufts dog show in 1982. Since then we have created over 1,600 life-changing partnerships between deaf people and hearing dogs in the UK. There are currently over 750 working partnerships in the country.

We train hearing dogs to alert deaf children and adults to important household sounds and danger signals such as the alarm clock, doorbell, telephone and smoke alarm - providing independence, confidence and valuable companionship.

The training of a hearing dog takes around 18 months, consisting of initial puppy socialisation training (eight weeks to 12-14 months of age) with volunteers before moving onto sound work training at one of our two Training Centres. During this period a suitable recipient for each dog is identified. The recipient and hearing dog then spend a period of time training together before qualifying as an official partnership.

Hearing dogs are easily recognisable by their distinctive burgundy jacket and lead slips, which helps to identify the recipient's otherwise 'invisible' disability, bringing increased peace of mind for the deaf person.

Five key points about Hearing Dogs for Deaf People:

1. Hearing dogs are provided to deaf people at no charge.
2. The Charity receives no government funding. We rely on the generosity of individuals, groups, companies and other organisations.
3. Each dog is trained to the specific needs of the deaf individual they have been matched to, creating a life-changing partnership.
4. The breeding, training, placement and life-long care of each hearing dog costs around £45,000.

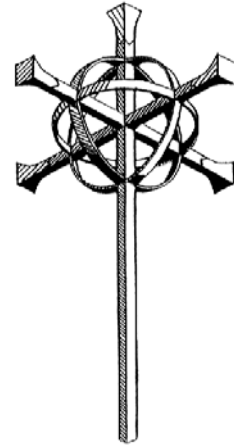
IN THE CHURCH HALL

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
April Newsletter:
March 16
(Publication date March 30)**



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

