



I would like to share some thoughts about a way of praying that I have found helpful. It is based on what is called *The Jesus Prayer*: **Lord Jesus Christ, Son of God, have mercy on me, a sinner.**

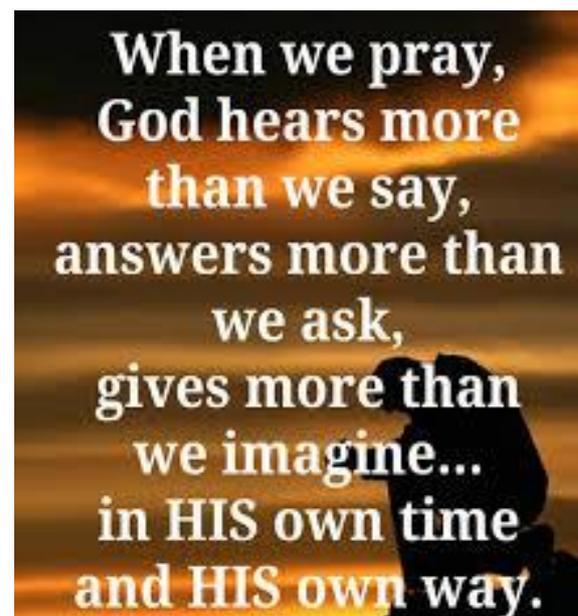
The prayer is very short and simple, but each of its words carries a deep significance. It is a prayer particularly valued in the Eastern Orthodox Churches. There are holy men and women of that tradition who repeat the prayer continuously and silently for long periods. They tell us that this can lead to prayer descending 'from the head to the heart' in a life-transforming way. I cannot claim any such deep experience, but here are some simple ways in which to use the prayer.

One is in praying for other people. Sometimes we feel uncertain about what to ask on their behalf. If so, we can use the Jesus Prayer with both them and ourselves in mind as a way in which we can be brought together into the presence of God. This provides an

alternative a kind of 'shopping list prayer': Lord, please do this, that and the other'. Of course, the latter type of prayer is perfectly appropriate in many circumstances – we can frankly tell God what are our hearts' desires when we are clear about them – but that is not always the case.

Another possibility is to use this short and pithy prayer to make use of time which would otherwise be wasted. I remember a friend of mine once bemoaning the amount of time she had to spend just hanging on to a strap in a tube train on her way to work. Another friend who was there said, "Well, Mary, you could always us the Jesus Prayer". I am sure there is much value in having set time specially set apart for praying, but these need not exhaust the possibilities for our prayer lives. No doubt, if you choose to explore this manner of praying, you will find other opportunities to use it.

John Polkinghorne



PARISH DIRECTORY

Vicar	Rev. David Maher	351844
Curate	Rev. Judith Gretton-Dann	750013
Honorary Assistant Curate	Rev. John Polkinghorne	360743
Assistant Priest	Rev. Harry Rose	01954 211553
Licensed Lay Minister	Linda Dean	328658
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	Rhodri James	357607
Churchwarden	Fiona Blows	329822
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
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
Friends of Etterbeek	John & Elizabeth Lamont	565559
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	Rhodri James	357607
Monday Club	Eva Hutson	574070
Good Shepherd News Editor	Ruth Banger	07764 613862
North Cambridge Area Deanery Synod	Ginni Carroll	01954 212993
North Cambridge Area Deanery Synod	Ruth Banger	07764 613862
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
Safeguarding Officer	Paula Carter	07952 919701
Servers	Bill Elsey	357622
Sidesmen & Sideswomen	Rhodri James	357607
Sound System	David Wilson	07899 917831

READINGS FOR SEPTEMBER

Sundays and holy days

- 7 TWELFTH SUNDAY AFTER TRINITY
Romans 13: 8 - end
Matthew 18: 15-20
- 14 THIRTEENTH SUNDAY AFTER TRINITY
Romans 14: 1-12
Matthew 18: 21-35
- 21 FOURTEENTH SUNDAY AFTER TRINITY
Philippians 1: 21 - end
Matthew 20: 1-16
- 28 HARVEST
Philippians 2: 1-13
Matthew 21: 23-32

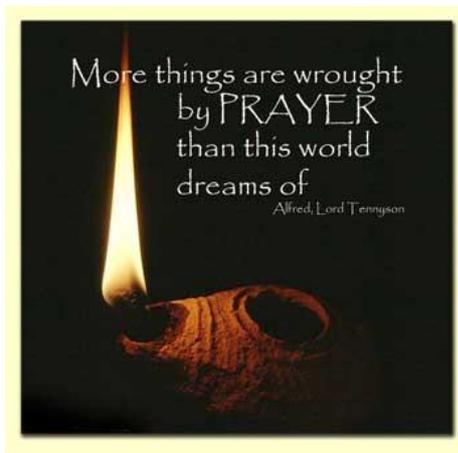
Wednesdays

- 3 1 Corinthians 3: 1-9
Luke 4: 38 - end
- 10 1 Corinthians 7: 25-31
Luke 6: 20-26
- 17 1 Corinthians 12: 31- 13: end
Luke 7: 31-35
- 24 Proverbs 30: 5-9
Luke 9: 1-6

FIRST CALL

Sunday September 7 at 7pm in our Church
also

Sunday September 21 at 7pm at Arbury Road Baptist Church.



REGULAR SERVICES IN SEPTEMBER

- Sundays 8.30am Holy Communion
10am Parish Communion
- Mondays 9.15am Morning Prayer
- Tuesdays 9.15am Morning Prayer
- Wednesdays 9.30am Holy Communion
- Thursdays 9.15am Morning Prayer
- Fridays 9.15am Morning Prayer

SPECIAL SERVICES IN SEPTEMBER

Sunday September 28 Harvest All Age service at 10am.

EVENTS IN SEPTEMBER

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

Sunday September 28 Bring and Share Lunch at Judith's home (see page 5)

Sunday September 28 Last Orders in a local pub





Bring and Share (and bring a chair!)

On Sunday 28th September, after the 10am service, you are all warmly invited to Judith, Matthew and Simeon's house, for a bring and share lunch, and for a formal blessing for their new house. Hopefully the weather will be good enough for us to have a BBQ, so items for cooking, plus any garden chairs you have would also be useful. We look forward to seeing as many of you as can come.

Address: 45, Darwin Drive, CB4 3HQ



Free English class for speakers of other languages!

Friday September 19th

9.30am

Chesterton Community College, Gilbert Road

Contact Sarah Adams

sadams@chesterton.cambs.sch.uk

Safeguarding

There are so many items on the news these days about children being injured, abused or worse. These reports are usually followed by lots of “what ifs”.

When I was asked if I would be prepared to take on the role of Safeguarding Officer for our Church, I had to stop and think very seriously about it. After all, why would it be necessary to have a Safeguarding Officer within a House of God? Obviously having had the opportunity of working with children over a number of years I realised the enormity of the role too. Safeguarding isn't just about children, it is also about vulnerable adults. The Bishop of Ely points out that the” protection and nurture of vulnerable people in our community is a commitment in this Diocese. We strive together to follow the example of Christ in reaching out to all people, in all circumstances, with a special compassion for those who may have nobody else to speak up for them.”

I decided that I would take on this role but when speaking with Dave and the PCC about

it, I stressed that I wanted to ensure that we have a very clear understanding of what Safeguarding means. It is with this in mind that I am currently trying to arrange a training session for everyone in church to be invited to attend. This would enable everyone to find out more, to have a much clearer understanding of what Safeguarding means and to ensure that everyone understands that it is the Church's aim to keep everyone safe. We have very clear procedures, which are set down by the Diocesan of Ely, that ensure that everyone is safe and if there is any issues arise, we have very clear procedures to follow. Once again, to keep Everyone safe.

By following the policy and procedures we have in place, it will mean that we can deal with any issue, should one occur, and there will be no “what ifs”.

In the meantime, if you have any questions or comments, please do talk to me either at Church on Sundays, or call me on my mobile 07952 919701.
Paula

"If I sold my house and my car, had a big garage sale and gave all my money to the church, would that get me into Heaven?" I asked the children in my Sunday School class.

"NO!" the children all answered.

"If I cleaned the church every day, mowed the yard, and kept everything neat and tidy, would that get me into Heaven?"

Again, the answer was, "NO!"

"Well, then, if I was kind to animals and gave candy to all the children, and loved my wife, would that get me into Heaven?" I asked them again.

Again, they all answered, "NO!"

"Well," I continued, "then how can I get into Heaven?"

A five-year-old boy shouted out, "YOU GOTTA BE DEAD!"

There are three kinds of people: those who can count & those who can't.

CHOOSE YOUR PATH...

A young woman went to her mother and told her about her life and how things were so hard for her. She did not know how she was going to make it and wanted to give up. She was tired of fighting and struggling. It seemed as one problem was solved, a new one arose.

Her mother took her to the kitchen. She filled three pots with water. In the first, she placed carrots, in the second she placed eggs, and in the last she placed ground coffee beans. She let them sit and boil without saying a word. In about twenty minutes she turned off the burners. She fished the carrots out and placed them in a bowl. She pulled the eggs out and placed them in a bowl. Then she ladled the coffee out and placed it in a bowl.

Turning to her daughter, she asked, "Tell me what do you see?"

"Carrots, eggs, and coffee," she replied. She brought her closer and asked her to feel the carrots. She did and noted that they had gotten soft. She then asked her to take an egg and break it. After pulling off the shell, she observed the hard-boiled egg. Finally, she asked her to sip the coffee. The daughter smiled as she tasted its rich aroma, and then asked, "What's the point, Mother?"

Her mother explained that each of these objects had faced the same adversity - boiling water - but each reacted differently. The carrot went in strong, hard and unrelenting. However, after being subjected to the boiling water, it softened and became weak. The egg had been fragile. Its thin outer shell had protected its liquid interior. But, after sitting through the boiling water, its inside became hardened. The ground coffee beans were unique, however. After they were in the boiling water they had changed the water.

"Which are you?" she asked her daughter. "When adversity knocks on your door, how do you respond? Are you a carrot, an egg, or a coffee bean?"

Think of this: Which am I?

Am I the carrot that seems strong, but with pain and adversity, do I wilt and become soft and lose my strength?

Am I the egg that starts with a malleable heart, but changes with the heat? Did I have a fluid spirit, but after a death, a breakup, a financial hardship or some other trial, have I become hardened and stiff? Does my shell look the same, but on the inside am I bitter and tough with a stiff spirit and a hardened heart?

Or am I like the coffee bean? The bean actually changes the hot water, the very circumstance that brings the pain. When the water gets hot, it releases the fragrance and flavor.

If you are like the bean, when things are at their worst, you get better and change the situation around you. When the hours are the darkest and trials are their greatest, do you elevate to another level? How do you handle adversity?





A few Sundays ago Dave spoke about the sufferings of the people of Mosul and then Judith spoke about the symbol written on the doors of those who were being persecuted. Judith's symbol is on the following page. Here are the prayers Dave quoted:

The Archbishop of York, Dr. John Sentamu, published three prayers for the people Mosul, highlighting the common suffering of both Christians and Muslims in Iraq. His prayers follow:

Holy God, your Holy family was driven into exile and many holy innocent boys were massacred, we hold before you today the suffering people of Mosul. **Amen**

Hold in your loving arms, all those who have been caught up in this conflict. We pray for those forced to flee their homes, all who have lost friends, family and possessions and who now face an uncertain future. Bless our Christian brothers and sisters who have seen the destruction of their churches and communities and for our Muslim neighbours who have also experienced destruction and suffering. **Amen**

Lord, in this city where Christians and Muslims have lived together for over 1400 years, we pray for healing, peace and restoration. Bring light out of this present darkness and hope from despair that guided by your Holy Spirit, all your children may find a new way forward together based on your love for us all. **Amen**

CONTRASTING REPUTATIONS

(First published in *COME WHAT MAY* in 2014)

He claims his life is just a blank
With nothing worthy note or praise.
But kindness shown to many folk
Ensures that time will not erase
The heartfelt thanks that many owe
To Jack, who rates his worth so low.

Indeed when Jack is taken ill
His neighbours call to give a hand
With cooking meals and washing clothes.
But still he fails to understand.
They quietly love his modest ways.
But he remains in puzzled daze.

In world that worships loud success
That tramples rest without concern
For aught but self, our Jack's ignored
By noisy fans who can't discern
The hollow sham of fleeting star
Whose cheap conceit too soon will jar.

Henry Disney

Thoughtful planning

We are all shocked by the unexpected sudden death of someone we know – we were all shocked by the news of Evelyn's death. My friend Dorothy died equally suddenly and it was a tremendous help to me that we had each told the other what hymns and readings we wanted for our funerals. No, it's not being morbid, it's being sensible. I still remember the death of a life long member of this church who had no close relatives. None of us knew what hymns etc. she would have wanted and we all grieved that this was so.

It doesn't matter what age you are, just think what a help you will be to your loved ones if they *know* what your wishes are. If you know what you would like sung and read at your funeral, let your relatives know and tell Dave too. It's so helpful for him to have this information.

I can assure you I have no intention of dropping off the perch in the near future (God willing), but Dave knows what music and readings I want. It will not surprise you that I am very particular in my choice of hymns!

Ruth

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	Deborah Walker	01954 231382
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

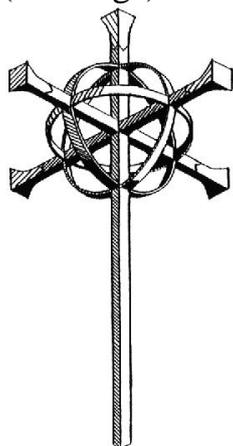
TO BOOK THE CHURCH HALL

Please phone 352151 (evenings)

**Submission date for
October Newsletter:
September 14
(Publication date September 28)**

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

