



These last few weeks have been spent looking at prayer, learning how to pray with others, in different styles and in different situations. Fundamentally though, prayer is not an “expert’s task”. We don’t tell children that they can’t talk until they’re perfect at it, similarly no-one should feel that they have to know the right words to be able to have a conversation with God. When we meet a friend, we don’t usually rehearse the conversation in our heads, and we don’t just give them a list of things for them to solve. We will talk about good things and bad things in our lives, excitements and difficulties, and we will allow space in the conversation to hear from them too. It’s just the same with God – we see all through the bible of God talking to people – and God wants to talk to us too. God is not a problem-solving machine, or a slot machine where we put in prayers and cross our fingers and hope that we’re lucky. God, the creator of the universe, thinks we are special and precious, and want to have a relationship with us, a life-giving, loving relationship.

When we fall in love, we might be tongue-tied to start with, and not know

what to say, but when we find that our love is reciprocated, then we can spend hours talking to and listening to the person we love; hanging on their every word, turning each conversation over in our heads, each little thing making us smile and laugh. This is the relationship that God calls us in to. God is in love with us, God longs to hear our voice, and it hurts God when that love is not reciprocated or when we don’t find time to spend in conversation, in communion with God. Each of us is called by God by name. Prayer is as simple as answering that call by name with, “yes, Lord?”.

In this month’s newsletter are two ideas for prayer – one using ACTS as a model, and one showing how to use the Lord’s prayer as an outline, to help with praying what is on your heart.

I pray for each one of you to know God’s grace, love and acceptance of you, and to know how to talk and listen to God each day.

Judith



PRAYER - A CONVERSATION
BETWEEN FRIENDS

PARISH DIRECTORY

Vicar	Rev. David Maher until further notice please phone	07764 613862
Assistant Curate	Rev. Judith Gretton-Dann	750013
Assistant Curate	Rev. Rachel Blanchflower	523066
Assistant Curate	Rev. John Polkinghorne	360743
Assistant Curate	Rev. Harry Rose	01954 211553
Licensed Lay Minister	Linda Dean	328658
Licensed Lay Minister	Terry Barringer	424584
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	Philip Morris	352698
PCC Chairman	Rev. David Maher	see above
PCC Vice Chairman	Fiona Blows	329822
PCC Secretary	Ruth Banger	07764 613862
PCC Treasurer	Jinty Keir	572303
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	Margaret Handley	357970
Assistant Treasurer	Bill Elsey	357622
Chalice Bearers	Bill Elsey	357622
Children's Society	Ruby Leyshon	352151
Church Hall Bookings	Ruby Leyshon	352151
Coffee Makers	Guido Barzini	300497
Fund Raising Events Co-ordinators	Ruby Leyshon	352151
Fund Raising Events Co-ordinators	Evelyn Walker	364067
Fund Raising Events Co-ordinators	Paula Carter	07952 919701
Intercessors	John Lamont	565559
Jimmy's Night Shelter	Paula Carter	07952919701
Food Bank	Liz Collinson	01954 251377
Lesson Readers	Rhodri James	357607
Good Shepherd News Editor	Ruth Banger	07764 613862
North Cambridge Area Deanery Synod	Guido Barzini	300497
North Cambridge Area Deanery Synod	Ruth Banger	07764 613862
North Cambridge Council of Churches	David Maher	351844
Registrar of Planned Giving Envelopes	Lilas Davison	354300
Rural Development Movement	Henry Disney	359396
Sacristan	Stuart Keir	572303
Safeguarding Officer	Paula Carter	07952 919701
Servers	Bill Elsey	357622
Sidesmen & Sideswomen	Fiona Blows	329822
Sound System	David Wilson	07899 917831
Sunday Lunch Club	Jinty Keir	572303

READINGS FOR JULY

Sundays and holy days

- 2 **THIRD SUNDAY AFTER TRINITY**
Jeremiah 28: 5-9
Romans 6: 12 - end
Matthew 10: 40 - end
- 9 **FOURTH SUNDAY AFTER TRINITY**
4
Zechariah 9: 9-12
Romans 7: 15-25
Matthew 11: 16-19, 25-30
- 16 **FIFTH SUNDAY AFTER TRINITY**
Isaiah 55: 10-13
Romans 8: 1-11
Matthew 13: 1-9, 18-23
- 23 **SIXTH SUNDAY AFTER TRINITY**
Isaiah 44: 6-8
Romans 8: 12-25
Matthew 13: 24-30, 36-43
- 30 **SEVENTH SUNDAY AFTER TRINITY**
1 Kings 3: 5-12
Romans 8: 26-39
Matthew 12: 31-33, 44-52

Weekdays at 9.30am

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



REGULAR SERVICES IN JULY

- Sundays 8.30am Holy Communion
10am Parish Communion
- Wednesdays 9.30am Holy Communion
- Mondays, Tuesdays, Thursdays and Fridays
Morning Prayer, when said in church, will be at 9.15.
Second Monday of each month will be set aside for Staff Prayer.

SPECIAL SERVICES IN JULY

- Sunday July 16** All Age service at 10am
Sunday July 13 at 10am there will be a service of healing and the laying on of hands
Thursday July 27 and all Thursdays until August 31 there will be Compline at 7pm

EVENTS IN JULY

- Sunday July 2** at 12 noon Sunday Lunch Club meets in the Church Hall
Wednesday July 26 Activities and Lunches for local families 10.30 onwards



Prayer

Over the past few weeks, we have been looking at prayer, and different ways to pray. Here are two of the models that we looked at, which are useful to help us in our praying.

ACTS Model

ADORATION – glorifying God for God’s character, creation and power is not about making God feel better. When we remember that it is God in charge and not us, it puts us in our proper place, and frees us to do what we can do, rather than fretting about all that we can’t.

CONFESSION – we need to be honest with ourselves and with God. We are selfish, we get things wrong, we hurt others, and we need to say sorry for these things. Pretending that we are other than we are is futile and God cannot work in us if we don’t accept we need working in.

THANKSGIVING – even on the hardest of days, we have many things for which to be thankful. Remembering these and being deliberate about contemplating these is vital for our wellbeing and growth as disciples.

SUPPLICATION – we and the world need God to intervene. We ask for what we need and what the world needs, and seek to be open to him asking us to be the answer to some of our prayers.

The Lord’s Prayer

This is the method that Jesus used when he taught his disciples to pray, so we can probably assume that he used it himself. I can’t imagine Jesus trying to see how fast he could get his prayers finished, saying the Lord’s prayer rapidly, and then going, “I’m done!” Jesus gave his disciples a shape of prayer, not a set of special words that would suddenly “fix” everything. So, how can we use the Lord’s prayer?

Our father in heaven – we take a moment to acknowledge that we are children of God, and that God is our father – and the word “heaven” is not meant to be talking about God as remote and distant, but was the same word used for air, the environment around – our heavenly father is close and attentive to us.

Honoured is your name – names in the bible are a way of explaining someone’s character – God is called Father, Mother, Shepherd, all of these things explaining God’s character and his love towards us, and we honour that name in our words and in the way we live.

Your kingdom come – we need God’s justice, God’s rule in our hearts and in our world, and we ask for it and let God work in our hearts and show us how we should work in our world.

Your will be done – what is God asking of us, what is God’s will for us this day? Will we say, “your will be done” to the particular challenge God puts in our way?

Give us today our daily bread – God is our provider, so we ask for what we need provided. Our children ask us for things and we delight in giving them, God is the same.

Forgive us our sins... - there’s no point in pretending; we all get it wrong, we all hurt others and we need to say sorry and be forgiven

As we forgive others – we are not entitled to hold on to our bitterness and expect God to forgive us. We see healing in ourselves when we choose to let go of our determination to get even with someone or to hold a grudge against them

Do not lead us to the time of trial – there will always be difficulties and challenges, we are not strong enough to ask for more difficulties – Jesus prayed, “if it be your will, take this cup from me” - we can pray too, because sometimes it is really difficult.

Deliver us from evil – God is our rescuer, and we need rescuing. Too often we are tempted and we need to be delivered. God has overcome, hallelujah.

For the kingdom, power and glory are yours eternally – when things feel black and difficult, we can remember this. When we know that God is in charge and all power is in God’s hands, all the difficulties we face are manageable. Without this mind set, they can be overwhelming, so let us remember that God has won the victory and is ruling forever. AMEN

Judith

THOUGHTS FROM OUR PRAYER EVENINGS

I played a recording by a group called *Casting Crowns* and we all found the words wonderful. They apply to all of us!

Ruth

**Hold it all together
Everybody needs you strong
But life hits you out of nowhere
And barely leaves you holding on
And when you’re tired of fighting
Chained by your control
There’s freedom in surrender
Lay it down and let it go**

**So when you’re on your knees and answers seem so far away
You’re not alone, stop holding on and just be held
Your world’s not falling apart, it’s falling into place
I’m on the throne, stop holding on and just be held
Just be held, just be held**

**If your eyes are on the storm
You’ll wonder if I love you still
But if your eyes are on the cross
You’ll know I always have and I always will
And not a tear is wasted
In time, you’ll understand
I’m painting beauty with the ashes
Your life is in My hands**

**Lift your hands, lift your eyes
In the storm is where you’ll find Me
And where you are, I’ll hold your heart
I’ll hold your heart
Come to Me, find your rest
In the arms of the God who won’t let go.**

ETIQUETTE FOR INEXPERIENCED CATS

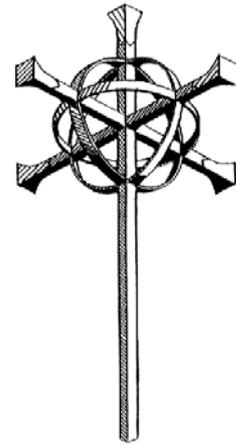
1. If you have to throw up, get into a chair quickly. If you cannot manage this in time, get to an Oriental rug. Shag is good.
2. Determine quickly which guest hates cats. Sit on that lap during the evening. He won't dare push you off and will even call you "nice kitty." If you can arrange to have cat food on your breath, so much the better.
3. For sitting on laps or rubbing against trouser legs, select colors that contrast your own.
4. Always accompany guests to the bathroom. It is not necessary to do anything. Just sit and stare.
5. For guests that say "I love kitties," be ready with aloof disdain, claws applied to stockings, or a quick nip on the ankles.
6. Do not allow closed doors in any room. To get one open, stand on hind legs and hammer doorknob with forepaws. Once the door is opened for you, it is not necessary to use it. You can change your mind. When you have ordered an outside door opened, stand half in and half out and think about several things. This is important during very cold weather or mosquito season.
7. If one person is busy and the other is idle, sit with the busy one. For book readers, get in close under the chin, unless you can lie across the book itself.
8. For ladies knitting, curl quietly into lap and pretend to doze. Then reach out and slap knitting needles sharply. This is what she calls a dropped stitch. She will try to distract you. Ignore it.
9. For people doing homework, sit on the paper being worked on. After being removed the second time, push anything movable off the table (pens, pencils, stamps) one at a time.
10. Get enough sleep during the day.



IN THE CHURCH HALL (to book call 352151 (evenings))

THE SUNDAY LUNCH CLUB 1 st Sunday of the month noon – 1.30pm	Jinty Keir	572303
RED HEN Monday 8.15 – 11am	Christine O'Reilly	0781 6444439
SANG Monday 10– 11.30 (meets in Haven in Church)	Rachel Blanchflower	523066
THE MONDAY CLUB Monday 2.00 – 3.30pm	Ruby Leyshon	352151
THE GOOD SHEPHERD CUBS Monday 6.30 - 8pm	Charles Brown	07720 441123
DOG TRAINING CLASSES Monday 8.15 - 9.15pm	Susannah O'Hanlon	235281
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
THE 18th & 25th GOOD SHEPHERD BROWNIES Wednesday 6 - 7.15pm	Mrs Pat Marsh	574520
DOG TRAINING CLASSES Tuesday 7.30 - 9.30pm	Susannah O'Hanlon	235281
YOGA STRETCHING AND MOBILITY Wednesday 9.25-10.15am	Lexi	367639
TAI CHI Wednesday 12.50-1.40	Lexi	367639
ROYAL BRITISH LEGION 3 rd Wednesday of the month 2.30 - 4.30pm January to November	Mr. Gawthrop	351855
UNITE RETIRED MEMBERS' ASSOCIATION 4 th Wednesday of the month 2 – 4pm	Evelyn Hunnyball	364293
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
PILATES Friday 12.50 – 1.40pm	Lexi	367639
TAI CHI Friday 2 – 3pm	Mike Tabrett	503390
SIN CRU Friday 5-7.30pm (Term time only)	Lucy Crowe	07989 927706
DOG TRAINING CLASSES Friday 3.13-4.15pm	Arbury Road Vet. Surgery	361911

**Submission date for
September Newsletter:
August 13
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(August GS News is a single sheet)**



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Church Hall bookings
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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 our administrator, Ruth Banger. She will be able to tell you what is involved and arrange for a meeting with you if you then wish to take things further.

She can be contacted on 07764 613862

Church website: www.churchofthegoodshepherd.co.uk

