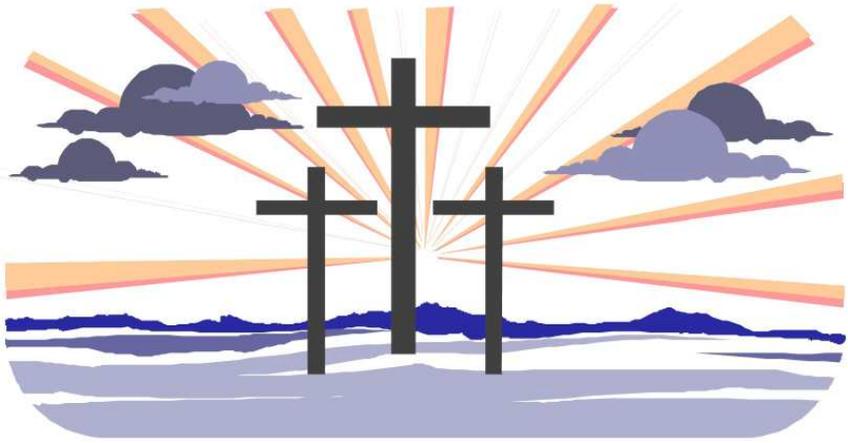

Services at the Parish Church		<i>1st Sunday</i>	10.00 am	Morning Prayer	
<i>Sundays</i>	8:00 am	Holy Communion (BCP)	10.00 am	Sung Eucharist (CW)	
<i>Thursdays</i>	10.00 am	Eucharist (BCP)	<i>3rd Sunday</i>	10.00 am	Family Service



March services

Sunday 8th	8.00 am	Holy Communion (Book of Common Prayer)
	10.00 am	Sung Eucharist (Common Worship)
Sunday 15th	8.00 am	Holy Communion (Book of Common Prayer)
	10.00 am	Mothering Sunday Family Service (Common Worship)
Sunday 22nd	8.00 am	Holy Communion (Book of Common Prayer)
	10.00am	Sung Eucharist (CW)

Holy Week and Easter

Palm Sunday 29th	8.00 am	Holy Communion (Book of Common Prayer)
	10.00 am	Sung Eucharist (Common Worship)
Monday 30th	7.00 pm	Passover Meal at Berrycroft Methodist Church
Tuesday 31st	7.30 pm	Holy Communion and Meditation
Wednesday 1st	7.30 pm	Holy Communion and Meditation
Maundy Thursday 2nd	10.30 am	Chrism Eucharist in the Cathedral
	7.30 pm	Commemoration of the Last Supper (with washing of feet)
Good Friday 3rd	10.30 am	Walk of Witness
	2.00 pm	The Last Hour
Easter Day 5th	8.00 am	Holy Communion (Book of Common Prayer)
	8.45 am	Easter Breakfast
	9.30 am	Sung Eucharist (CW)

For several years one of our members at the Methodist Church, Ann Willetts, and her daughter, Sarah, have hosted a coffee morning on the last Friday of each month at our church in Berrycroft. Many hundreds of people have attended over the years and enjoyed the excellent cakes, tea, coffee and the friendship and company of other people. Last year Ann decided that it was time for them both to take a rest from their labours and let us know that they would be only be hosting one coffee morning each year from now on

The church members fully understood Ann's decision and we are immensely grateful for all that Ann and Sara have done for us. However, we were sad that we would no longer be able to offer the coffee morning. One of the main reasons for wanting it to continue was that the companionship and meeting place that the coffee morning offers is so important to so many people. We live in a society where many find themselves lonely and lacking any regular contact with other people. The Church Urban Fund recently published a report that said loneliness was a problem that cut across all parts of the country and all social classes. It affects rich and poor alike as well as both the young and the old. According to the report 4 out of 10 people said they had no close friends. The report was compiled from a survey of clergy but GPs in the UK also back up the statistics stating that many people who visit their surgeries lack friendship and company and if it was available to them then the doctors would be less busy.

That is why meeting points such as our coffee morning are so important, and why I am delighted to say that it will continue for the foreseeable future. A number of groups and individuals within the church have offered to run the coffee mornings and so, thankfully, they will continue to offer that place of fellowship that is so vital to so many people, and in one small way help to combat loneliness in our society. The coffee morning, which runs from 10.00 to 12.00 on the last Friday of every month, complements some of our other regular events; a monthly afternoon tea on the 2nd Wednesday at 3.00pm and the Luncheon on the 3rd Wednesday of each month. These three events are all open to anyone who wishes to come along, although the lunches should be booked with Lesley Watchorn on 721669. *Colin Watkins*

Donation to Soham Heritage and Tourism

Hamish Ross, chair of the Detecting society on the left of the Cheque hands the funds over to Charles Warner of the Heritage and Tourism group (standing to the right of the cheque) while members of both organisations look on.

The East Cambs Metal Detecting Society, based in Soham, recently (Saturday 14th) presented a

cheque for £800.00 to the town's Heritage and Tourism organisation, it being excess funds that were sitting in the Society's bank account. Members of both organisations were present to witness the chair of the Detecting Society, Hamish Ross JP, present the funds to the chair of the Heritage and Tourism, Charles Warner.

The current project for the Heritage and Tourism group is a book detailing the experiences of Soham people during the first world war, both in the military and at home. If anyone has any information or second-hand memories of that time Charles Warner would be delighted to hear them.

He can be contacted on 01353 721324 or charles.mdh@gmail.com.



SNIPPETS FROM THE PAST

Just over a year ago I did some research for a talk I gave on the history of St. Andrew's Church. Tim A J gave me a hefty tome, which had been assembled by the Curate, the Reverend J R Olorenshaw and presented to St. Andrew's in 1889. It is in part handwritten, but it is predominantly made up of cuttings from newspapers, church magazines and other publications. There are his 'Notes on Soham Church' as well as other articles on the history of Soham. Rev. Olorenshaw was Curate from 1882 until 1889, 'when he left for the benefit of his health.' He was the originator of the Parish Magazine.

One article in his work relates to an English king who is said to have visited Soham in the Eleventh Century.

KING CANUTE AT SOHAM The following story of King Canute (A.D. 1017-1035), based on the narrative of the Liber Eliensis, is told in Mr. Miller's interesting tale entitled The Camp of Refuge:



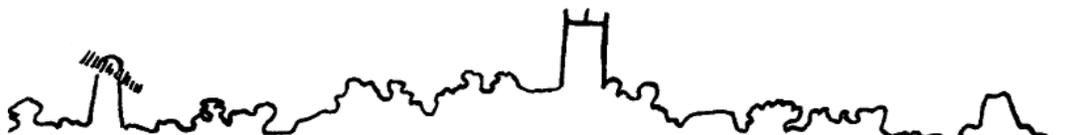
'One winter King Canute went to visit the monks of Ely. Then the nobles of his court said, 'We cannot pass: the King must not pass on the slippery, unsafe ice, which may break and cause us all to be drowned in the fen waters.' But Canute, like the pious and stout King that he was said, 'Hold ice or break ice, I will keep the feast of the Purification with the good monks of Ely! An there be but one bold fenner that will go before over the ice by Soham mere and show the way. I will be the next to follow!' Now there chanced to be standing amidst the crowd one Brithmer, a fenner of the Isle of Ely, that was called from his exceeding fatness Budde, or

Putting; and this heavy man stood forward and said that he would go before the King and show him a way on the ice across Soham mere. Quoth Canute, who, albeit so great a king, was but a small, light man; 'If the ice can bear thy weight, it can well bear mine! So go on, and I will follow.' So Brithmer went his way across the bending and cracking ice, and the King followed him at a convenient distance; and one by one the courtiers followed the King, and after a few falls on the ice they all got safe to Ely. And for the good deed which he had done, King Canute made fat Brithmer, who was but a serf before, a free man, and gave unto him some free lands which his posterity held and enjoyed a long time afterwards.

Another cutting, probably taken from the parish magazine, relates to journeying from Soham to Ely.

'The extract from William of Malmesbury, which appeared in our October number, helps us to picture to ourselves the state of this parish at the beginning of the 12th Century. The mere was a large shallow lake, with a considerable quantity of fen near it. Haney, Fordy, Padney, Barway, Eye Hill, and Stuntney were islands or pieces of arable land rising above the mere and fen - each probably having a house or a few huts on it. We have records of the chapel at Barway and the tithes of Haney as early as 1189. Between Eye Hill and Stuntney there was a piece of 'reedy fen' running along the course of the brook which now passes under Delph Bridge and separates the Isle of Ely from Cambridgeshire. This strip of fen was impassable till the early part of the 12th Century, when a path was made through it which was at all events practicable for foot passengers. Before that time people went from Soham to Ely in boats, embarking probably near the place where the railway station is now (Soham Railway Station), and rowing or sailing over the mere, south of Haney and Barway, and so into and down the Ouse. But it was a 'perilous passage;' for the mere was large enough to have a 'heavy sea' on it in windy weather, and at all times there was a danger of being driven into reed beds or of running aground in shallow places.'

Perhaps the A142 is not so bad after all. *Geoff Fisher*



A Councillor's Comments

At our February meeting we had two people who made use of Public Comment Time. Mr. Ken Cranfield spoke about information concerning the coming election in May. He said that the council had received details about how to apply in order to stand as a candidate, and wanted to know why this information was not posted on the website. In answer it was said we had only just received the details and they would be made known to the public. Mr. Geoffrey Woollard spoke about minutes and referendum and said what he had previously said was not reflected in the minutes, and that the coming election could be an opportunity for the public to have a referendum on the Councils proposed expenditure for the ensuing year regarding the refurbished Pavilion.

The main item on the agenda was the New Anti-Social Behaviour Act. This now replaces the old ASBO System. The powers that the ASBO had are now going to be enhanced to make them more effective. This was introduced to the meeting by Nick Ball – Neighbourhood Support Officer, Commercial Services. We were given some literature and Nick Pointed out some of the changes, but another Officer presented to us a real ongoing case with which they have been called to deal with. It concerns the public path that passes through the centre of the College Campus. It appears that the police have received 24 calls in the last two years regarding youths using this path to intimidate scholars and staff, knowing they have a right to be where they are on a public right of way. The answer that is being proposed in order to combat the problem is to Gate the path at both ends during School Time and Term Time. The police were there at our meeting to present this proposal and to gauge our immediate reaction. There was a lively discussion and several points were raised against the proposal. The thinking was that if this measure was approved would further measures be taken to close other paths that pass around the school as well? This proposal is not going to be put in place without a public consultation. Many people make use of this path for several different reasons at various times of the day, school time or not, and it would be a shame to impose some restrictions of access just because of a few people causing a nuisance to others and using the right of way as a shield.

Wicken To Soham Cycle Track: Councillor Fisher said that they had met with two Parish Councillors from Wicken to discuss the progress of this project. The farmers of Wicken had cleared most of the route except the 400 metres our end, which is badly rutted. They are looking for funding for hard core of crushed concrete to put on the track, and are hoping to obtain CIL money to do so. What is proposed is something that will need renewing from time to time. It was proposed that our council provide a sum of money to level out the ruts at our end of the route in readiness; this was agreed to.

Councillor Ginn

sohamscene



☆ **Soham Village College** students turned models on Tuesday evening in a Prom Show spectacular. More than 20 Year 11 pupils showcased a range of beautiful dresses, dapper suits and even a kilt. The event didn't end with the catwalk show.

The school's Performing Arts Centre was lined with stalls offering beauty treatments, jewellery, skincare products and shoes. The glamorous evening was organised by the Home and College Association. Judith Freeman, Chair of the HCA, said: "This is the third year we've put on a prom show and we're thrilled with the support we've received from local businesses. "We are the only school in the area to hold an event of this size and we're really proud of it. The parents and students seemed to really enjoy it too and I hope they got lots of ideas from it. The Year 11 Prom committee also served refreshments to raise money for their special event on 26th June."

☆ **Items for the April edition of LodeStar** should be submitted by Friday, 20th March. E-mails should be sent to peterdscott@btopenworld.com or printed copy left at 22 Sand Street, Soham CB7 5AA.

The Mothers' Union at St Andrew's

I'd like to thank you all for the warm welcome you have given Phil and me on joining St. Andrews as our Spiritual Home, it has been a blessing. It has given us time to recharge our batteries after some very difficult and sad times. Now it seems the Lord is calling in a plan and seed sowing He started some years ago. I'm reminded of Jeremiah 29 v11. "For I know the plans I have for you declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future." So let me go back a few years.

Mothers Union embarked on training members to become Parenting Facilitators to run parenting courses as part of their passion for encouraging families in their daily lives. This appealed to me so I signed up. It was while I was doing the training that I had a strong sense that what I was doing was also about something else as well as parenting. I was puzzled. The outcome of the training was that I ran Parenting Classes with my dear friend Susan Baker. I also used my new skills supporting students and their families at Bottisham Village College where I worked as school counsellor. Was this the seed that had been sown, was this His plan? No, because even on retiring, I was still getting prompts and nudges regarding MU. I have to say all were pushed to the back of my mind when my mother and mother-in-law were both diagnosed with dementia. Our world's were turned upside down. Eventually both of them had to go into residential homes, thankfully both homes were amazing for which we were eternally grateful and I could return to being a daughter and daughter-in-law instead of carer.

It was at this time that we needed to take a break from church responsibilities so took some time out. It was then that we found ourselves at St. Andrew's door. You were very welcoming, we could worship and come away without any responsibilities. After a few weeks we went back to our church but couldn't settle. We both felt that for all sorts of reasons we needed to move on. It was very painful leaving a church we'd worshipped in for thirty years but more importantly leaving the church family.

We found ourselves back at the door of St. Andrews, the welcome we received and the smile on Tim's face when he saw us said it all - we were home, we felt blest. God Is Good we thought! I could say the rest is history but that would be like saying that was it, far from it, it's just the beginning.

MU started to be discussed, should it continue? What did people think? Should it be called something else? The nudges and prompts started again (but I hadn't been here long enough to make judgement had I ?) Then it was announced that Judith after long and faithful service to MU was stepping down. It wasn't a nudge or a prompt it was a shove. OK Lord but I'm retired, I want to spend more time with Phil, I want to help where I can with the grandchildren and what about my little business I've started with Katrina? Goodness me, was I being like the folk who were invited to the banquet and made excuses why they couldn't go? The answer was a resounding yes. A while later when Susan rang me rather upset at the prospect that MU might close because no one had come forward to lead it I found myself saying I'll do it; but it didn't seem like my voice saying it. It was done. The seed sown years ago had started to sprout. When I told Phil what had happened he wasn't at all surprised. He said I was going to suggest you did it but didn't want to push into it

So where do we go from here? I want to chat to members and get a feel for their thoughts and ideas on a way forward; chat to younger mums and see if we can encourage and support them in any way so really do a lot of listening. For me prayer is the foundation on which to build up all we do and stand for within MU. So that's where I think we should start asking for guidance and discernment, acknowledging that mothers come in all guises. Birth mothers, mothers-in-law, step mothers, grandmothers, godmothers, those who take on a mothers role, those who are like a mother to someone. There are those for whom the word mother is hard to celebrate and those who still mourn the loss of a mother, it encompasses so many of us and we all need support and most of all Love. I have to be officially commissioned which is still to be arranged. You can be assured I will do my very best to take MU forward and together I have no doubt we can raise the profile of this amazing organisation to new heights and have fun doing it. So look out for where we go next! I close with the refrain of a favourite song of mine that seems very appropriate.

*Here I am Lord , it is I Lord
I have heard you calling in the night
I will go Lord, if you lead me
I will hold your people in my heart.*

With every blessing, *Jan Frost*

MU Deanery News:- Lady Day Service Wed 25th March 3pm Lode Church..... refreshments served afterwards. I can offer a lift if anyone needs it. Tel.01638 721 274.

Just a few words

Dear Friends

As I write this letter for Lodestar we are at the very beginning of Lent, and yet I am aware that (because of the print date for the next edition of Lodestar) we have also included the details of the services for Holy Week and Easter. It is as if the whole of Lent has disappeared or been cut down in size to a week or so.

It struck me that there is a very strong temptation to do indulge ourselves in this sort of mentality – to miss out the ‘boring bits’ in the middle and cut to the chase. In these days of short attention spans and instant gratification it is as if we read the first chapter of the book and then want to skip ahead to the last chapter and miss out everything in between.

The Christian journey is not like that and in our forty days of Lent we have a sort of microcosm of our Christian life. Sometimes the days of Lent can seem rather long and dreary; sometimes they seem really rather unremarkable and ordinary, but it is only in passing through them that we are able fully to appreciate the excitement and wonders of Easter. The contrast between Easter and what goes before is all the more marked when we have resisted the urge to take a short cut and miss out the ‘dull’ days of Lent.

During Lent this year we have a number of things going on: a series of Lent Groups which will be exploring the theme of Living Lent with Mark; the course has been written by our own Ruth Dennigan and is not only being used here but throughout the Diocese of St Edmundsbury and Ipswich, where she works as a training officer. There are three separate groups running in the benefice: Tuesday evenings in Church at 7.30 pm; Wednesday evenings at 39 High Street, Wicken at 7.30 pm and Thursday mornings from 10.45 am after our mid-week Eucharist. Please do come along to any of the groups. We shall also be having a one-off event on Saturday 21st March at 10.30 when we will be discussing Desmond Tutu’s book “In God’s Hands”.

Also during Lent we shall be holding an extra service every Sunday at 6.30 pm. These will be quiet and contemplative. There are still a few copies of our excellent Lent Book available. Parishioners were invited to choose their favourite Bible passage and write a short commentary on it. Each day in Lent we shall all be able to read and reflect on the same passage as we aim to draw closer to God. Lastly, each Friday in Lent from 12.30 pm there is an ecumenical Lent lunch at Berrycroft Methodist Hall. A simple meal of bread and soup is shared and the proceeds go to the work of Christian Aid. Full details of our Holy week and Easter services are printed in this edition of Lodestar.

Yours sincerely, *Tim Alban Jones*

PARISH REGISTERS

Baptisms

15th Feb	Harrison Burrells Isabella Burrells
22nd Feb	Eva Faith Krause & Edward Joseph Krause Henry Le Brun

Funerals

2nd Feb	Michael Jones
4th	Souvenir Summers
16th	Olga Sergeant
19th	Michael Clark
20th	Harry Tweed
23rd	Mavis Hobbs