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

SUNDAY TEAS

As a child I loved Sunday tea. I was very blessed to have a mother who made the most delicious cakes and pastries, but who also knew how to make the most mundane Sunday evening feel extra special. She would start by getting out the best China then filling the tea pot, milk jug and sugar bowl and then, best of all, it was brought up to the lounge on a tray where we would greedily tuck into salmon (tinned of course) sandwiches or seafood from the local stall. If we were really lucky someone had made a trip to the local Jewish Bagel bakery where I remember big brown paper bags being filled with hot sweet crispy golden bagels with chewy insides.

I also remember various gadgets making an impact on Sunday tea. The first being the sandwich toaster. It produce neat triangle sandwiches which contained filling so hot you would have to blow on them. If you were greedy, like me, you tried to scoff them before they cooled down and you would end up burning the roof of your mouth! The soda stream also made an appearance, but that didn't last long. I think it was a pain for mum having to go to Boots to replace the gas bottles.

Then there was the cake. Bakewell tart, coconut cake, coffee and hazelnut cake, Victoria sponge, the list was endless but they were all a treat, very yummy and all homemade. However, more than all the yummy loveliness I describe above I remember the feeling of togetherness, love, safety and comfort.

I have tried to carry on Sunday tea as often as I can. With such busy lives, four children, both of us working full time and my husband working shifts, I am a little sad to say that it isn't always Sunday. But I will get the tea pot out, bake a cake and call out for us all to sit together and they all turn up. Sometimes a bit grumpy, distracted or in a silly mood, but I can guarantee by the time the last drop of tea is drunk and the last crumb eaten we will all be calmer, happier and more together than we were before.

I think sharing Sunday tea as a child has taught me many things but here are two I would like to share with you. First, though the food was important it was the togetherness, time out and effort to make time together special that made it really important. With this togetherness through food in mind, I would like to take the opportunity to tell you that St Andrew's Church is starting a once a month breakfast café on a Saturday morning called the 'Bread Basket'. The first is on October 17th between 10.00 am and 12 noon and we would love to see you there.

The second thing I want to share is that though for me Sunday tea is at its best at about 6pm on a Sunday, I have grown to be flexible about this and have found the value in carving out that special time with my family whenever possible rather than at a fixed time. I believe our Church embraces this flexibility too. Though we would love to see everyone at the Sunday 10.00 am Service, that just might not always work. So whether you join us for Thursday 10.00 am, Sunday at 8.00 am or 10.00 am, Little Fishes, Creative Minds, Youth Group, Messy Church, Mothers' Union, bell ringing, choir, various home groups, any of the other services or for a cup of tea and a hot buttered tea cake on the 17th, they are all very special times that we can share together.

Fiona Hefferan

Fresh from an Edinburgh Fringe sell out run Viva are back!

After returning from the Edinburgh Fringe Festival with five sell out shows Avenue Q were not done! They performed at the ADC Theatre in Cambridge on Thursday 10th, Friday 11th and Saturday 12th September. Princeton, a bright-eyed college graduate comes to New York City with big dreams and a tiny bank account. He soon discovers that the only neighbourhood in his price range is Avenue Q. Still, the neighbours seem nice. Together Princeton and his newfound friends struggle to find jobs, dates, and their ever-elusive purpose in life! Blending puppetry, musical



Cast of 'Oliver' in London theatre and comedy, this musical was a smash-hit on Broadway and in the West End.

Julie Petrucci, NODA Representative, says: 'Suffice it to say the whole confident and talented cast worked as one to create an outstanding show. I loved it - Viva's Avenue Q was definitely up my street!'



Rebecca Storey and Charlie O'Connor in 'Half a Sixpence'

To find out more about Viva and who we are visit our website: www.viva-group.org.uk. Is Viva right up your street? Then come along to find out how you can get involved!

Viva's exciting New Year has started!

After the success of two shows at the Edinburgh Fringe Festival and a performance at the ADC Theatre in Cambridge Viva are back! We have lots of exciting opportunities coming your way for anyone who would like to be involved, including: backstage support, set building, costumes and props as well as getting on the stage to perform.

Viva is very excited to announce that our next youth production will be 'Evita'! Are you aged 8+? Would you like a chance to take to the stage? Then come along to our open auditions on Sunday 4th October, 2pm-5pm at the Performing Arts Centre, Soham Village College. No previous experience is needed and auditions are free to take part in.

Viva will be performing 'Evita' in March 2016 and not only will you be involved in weekly rehearsals but all the activities that surround the show including: a residential weekend away, activities such as fundraising and showcasing plus workshops with our creative teams. Viva has been working in the community since 1997 to provide performing arts opportunities to those in our local area, so make sure you do not miss your chance to audition for this great show. Come along to auditions and find out what we are all about! If you would like to ask any questions please do not hesitate to get in touch on 01353 722 228 or email vivayouth@hotmail.co.uk. Viva has lots planned for the New Year for our youth groups and the adult performing groups. To find out more information please visit our website on: www.viva-group.org.uk.

PARISH REGISTERS

Baptisms

5th July	Holly Louise James Hannah Leigh Keenan
19th	Morgan Adam Fineberg Thomas Henry Stearn Daniel James George Salisbury Theo William George Salisbury Isak Henry Brian Salisbury Libby Susan Rose Salisbury
26th	Sophia Cara Payne
2nd August	Charlotte Amy Matthews Milo James Akroyd
9th	Emily Theresa Prime Alex Carl Douglas Houghton
16th	Evie Amelia Christie Milo Beau Hogg
30th	Alexa Evelyn Turton Bella Gray
20th September	Frankie William Szulc-Loades

Weddings

14th August	Andrew David Guy and Hannah Daisy Bouchier
25th	Alastair Edgar Archer and Sherry Mann
11th September	Paul Anthony Johnson and Charlotte Louise Gilchrist
18th	Nicki Leeke and Emma Goldsac

Funerals

24th June	John Bradley
10th July	Peter Higgins
16th	Tony King
21st	Ray How
21st	Millie Wright
27th	Billy Scott
3rd September	Ken Taylor

For Cat Lovers

This forms part of a religious poem by Christopher Smart, and was written between 1759 and 1763, during Smart's confinement for insanity in St. Luke's Hospital, Bethnal Green, London. It was first published in 1939, under the title 'Rejoice in the Lamb'.

During his time in St Luke's from 1757 to 1763 Smart was left alone, except for the companionship of his cat Jeffery. *Peter Scott*



One of my favourite hymns is 'This this is the God we adore' by Joseph Hart. We sang this hymn at Wicken Methodist church on August 30th when we worshipped there for the last time before we closed the chapel for refurbishment. The church looked very different that morning, the organ and pulpit had been removed, most of the pews had gone and those that remained were pushed back against the walls. The floor was bare of carpet and the congregation sat on chairs from the school room which were put in the skip when the service ended. We had a strong sense of something important ending and yet, at the same time, looking forward to something very exciting beginning. Perhaps that is why the last line of Joseph Hart's hymn has since become something of a slogan for the congregation at Wicken, "We'll praise him for all that is past, and trust him for all that is to come".

The project to refurbish the chapel is called 'Come On In'. Our desire was to make the building more accessible, welcoming and open to all. To do this we are making a new, wider, entrance to the worship space, newly built accessible toilets, replacing the kitchen interior and making a serving hatch onto the meeting room and brighter friendlier décor throughout. The worship space will be fully carpeted, and the pews replaced by more flexible and comfortable chairs. New lighting and heating will add to the overall welcome. Work on the chapel is planned to take until the New Year and we have planned the reopening service for February 27th, a service which we hope as many of our friends across Wicken and Soham as possible will attend.

It has been a huge project for a relatively small congregation, and not one that was embarked on lightly or without much thought and prayer, but we feel that what we are doing is right and that has been proved in the response to our project from funders. What will be produced will serve the congregation and the village of Wicken for years to come. Leaving the past behind is never easy. The chapel held lots of memories for many people and having it changed so radically inevitably brought those memories back. But we know we have to move on, churches are not museums, they are not heritage centres, Wicken Methodist church does not exist to show people what an Edwardian Methodist Chapel looks like. It is the home of a worshipping Christian community, a place of God's mission. They now leave the past behind with gratitude and look forward with anticipation to the future. That is why the words of the hymn are so very appropriate to them now, "We'll praise him for all that is past, and trust him for all that is to come". *Colin Watkins*

Harvest Ceilidh

This Year's Harvest Ceilidh is to be held on Saturday 10 October 2015 starting at 6.30pm. The band is the same as last year, The Cyriacs, back by popular demand!

The venue is confirmed as St Andrew's School Hall and it will be a Bring & Share Supper. Please also bring your own crockery and cutlery, etc.

There will also be a raffle at the event. Any donations of prizes welcome.

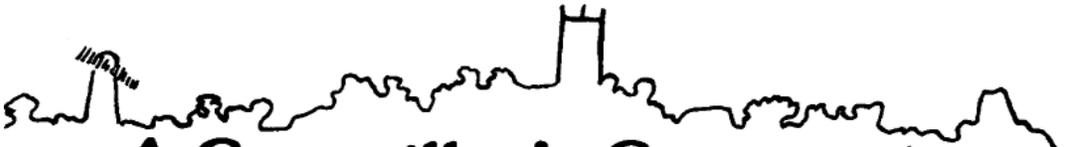
The ticket prices are the same as last year: £8 Adult, £4 Child or £20 Family Ticket and are available from Jo Sturgeon, Tel: 01353 723452 or Alison Evans, Tel: 01638 721534.

We hope to see you there for some fun Harvest Celebrations! (You may bring your own wine!). *Jo Sturgeon*



☆ **The 200+club winners for September:** £5 Jenny Fletcher, £10 Joshua Pope, £15 Richard Palmer, £25 Rita Clark.

☆ **Items for the October edition of LodeStar** should be submitted by Friday, 25th September. E-mails should be sent to peterdscott@btopenworld.com or printed copy left at 22 Sand Street, Soham CB7 5AA.



A Councillor's Comments

At our September meeting no one made use of Public Comment time, so Councillor Aitchison, our Vice chairman opened the meeting in the absence of the Chairman.

The meeting itself was fully taken up with Item 10 on Street Lighting. As the whole town will now be aware the street lights of the town are now being replaced. The old ones had come to the time when they needed to be replaced. The council had been told about this early in July and because we have no meeting in August we had no opportunity to discuss the implications of this project. Over time more information was filtering through which was causing concern. So this September meeting was the first chance to look at what was already happening, not just in Soham, but in all parts of Cambridgeshire. So for this meeting Joshua Cooke, Client Liaison Officer, Balfour Beatty was invited to provide an update on the current works and to answer questions that had been raised by this work. These covered the Heritage Lighting in High Street and Churchgate Street, a list of residents requests received, the proposal to implement night time lighting changes, the annual street lighting maintenance contract, and a letter indicating an increase to annual street lighting bill.

Councillor Warner posed a lot of objections to what had taken place so far and questioned whether the replacement lights were of the best quality and achieved the desired lower electricity consumption. On the question of heritage lights being replaced with standard ones, a letter was produced saying they would be replaced with like. There is going to be a reduction in the lights we now have, and there are plans to turn off some lights or dim them during the night, although the main street lights will remain on. This has got to be finally decided; each light has the capacity to be programmed as required. The maintenance contract was discussed, and we have heard that the town will be paying 15% more for our 58 lights.

Pride In Our Town Award: This idea was proposed by councillor Johnston, and would make for a provision of an annual award for someone doing something for the benefit of our town that meets with a criteria that would be set.

Applications of Financial Support: There were two applications, one for Cambridge Relate and Mrs. Beccy Dobson Nicholas responsible for the Holiday Fun Sessions. Both received support. *Councillor Ginn*

Soham Museum Events

Saturday 3rd October Coffee morning. 10am – 12 noon at Soham library. Items of local historical interest will be on display. If you have any photos, artefacts or memories of Soham in bygone days, please come along and share them with us. Or just come along for a chat and a coffee. All are warmly welcomed.

Saturday 10th October Traditional jumble sale at Soham Comrades Club, Market Street. 10am – 12 noon. Vintage, nearly new and bric-a-brac. Refreshments. Admission 20p.

Just a few words

Ruth Dennigan

Dear friends,

This month we will be celebrating harvest in Soham and Wicken, with services, meals and a ceilidh to mark the safe gathering of the harvest and demonstrate our thanks to God for his ongoing provision.

In times past the life of a community hinged around its harvest: the cycle of seasons was important and the success of the harvest was vital for life. Now, though, with produce available all year round in the shops, it's easy to lose touch with our dependence on the natural world and on God who sustains it, and to forget our responsibility towards those who farm on our behalf. Perhaps now we need to find a different way to express our gratitude, one that reminds us of our interdependence. Perhaps this could be conveyed through the way we shop.

The British milk crisis, brought to our attention in the media during August (although it is a long-term problem), highlighted the plight of British dairy farmers who operate at a loss because of the price at which they have to sell their milk to supermarket suppliers and because of the competition from overseas dairy products such as cheese. Those looking at long-term solutions to this problem encourage us to buy British products and, where possible, to buy direct from farmers rather than via supermarkets (<http://www.localfoods.org.uk/all-local-foods-map-uk> and <http://www.fwi.co.uk/livestock/map-where-to-buy-milk-direct-from-farm.htm>).



Many farmers overseas also do not receive a fair price for their produce and there are issues around poor working conditions and child labour.

The Fairtrade Foundation (<http://www.fairtrade.org.uk/>) supports farmers and workers by ensuring that they are being paid a fair price for meeting certain economic, social and environmental standards, as well as giving them a Fairtrade premium to be invested in local community projects. Products meeting the Fairtrade standards carry the Fairtrade mark and can be bought from local shops, supermarkets and the Traidcraft stall that is open after the 10am Sunday service at St Andrew's.

All food travels a journey from its production site to shop to consumer, and waste food travels away from our homes to landfill. This journey is measured in food miles (<http://www.foodmiles.com/>) which calculate not only the distance travelled but the environmental impact of that journey. Buying products locally where possible helps to preserve the environment for future generations.

There are many, even in our local community, who struggle to put food on the table for themselves and their families. To buy a little extra each time we shop, and donate this to the local Foodbank, enables us to show our gratitude for what we have by sharing it with others.

As we celebrate harvest this year, let's reconnect with those who produce what we so often taken for granted as we show our gratitude to God for his provision.

Ruth Dennigan. Licensed Lay Minister, Soham and Wicken

Book Review: *The Teenage Prayer Experiment Notebook* by Miranda and Noah Threlfall-Holmes (SPCK, London 2015)

This book is not just for teenagers! A mother and her teenage son wanted a simple guide to establishing a practice of personal prayer and, unable to find such a resource, wrote one themselves. They conducted an experiment designed to help people develop their praying: trying out eighteen methods of prayer, for each they produced a simple explanation, how-to guide and summary of their experiences. Each method was also tested by four or five others, whose findings are also included in the book.

