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| 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 |

4th Anniversary of Soham Foodbank.



In July 2013 we opened for the first time the Soham Foodbank at the Salvation Army Hall on Bushel Lane. We have had an average of around ten clients per week from a variety of backgrounds and generally in short term financial crisis. Often there are both physical and mental health issues with depression being the most common.

Changes and delays to the benefit system are a significant issue. A young man had been looking for a job and was on job seekers allowance. When he eventually got a job the allowance stopped but he wouldn't get paid until the end of the month so we helped him out until pay day. A very unhappy lady with all sorts of problems with debt and ill health came to us fairly regularly, she stopped coming and we heard that she was in hospital, three months later she came skipping into the Foodbank to say that her money had been sorted out, she had been on the wrong benefit band for the last two years and got a £4500 rebate! When asked what she would spend it on she said in order of priority was to get her hair done, pay off the debt and buy a fridge freezer!

A number of our clients have pets and we are most grateful to Scampers who make regular donations of dog and cat food from their "pet Foodbank" collection point. We are also grateful to the Co-op for their collection point and of course to all who have made donations over the years.

We work closely with local support agencies such as the Children's Centre and East Cambs Housing who regularly come and collect food parcels for their clients and they also contact us if home deliveries are required out of normal hours.

We are entirely run by volunteers and are always looking for new recruits so if you can spare a couple of hours on Thursday mornings you will be most welcome.

Howard Laver

Songs of Praise

Come & sing your favourite hymns at a service to dedicate our new hymnbooks.

St Andrew's Church, Soham.

Sunday 16th July at 4.00 pm

followed by tea and cake

All Welcome!



First Communions

Our 10.00 am service on 16th July is an All-age Eucharist with several of our children taking communion for the first time.

Just a few words

Ruth Dennigan

Dear Friends

It's beginning to feel rather as though the world as we know it is unravelling. A series of terrorist attacks close to home, the Grenfell Tower fire, the "not in my backyard" attitude of some when some of the now homeless Grenfell Tower residents were rehoused nearby... and that's not to mention the Chinese landslide, the cholera outbreak in Yemen or the Pakistani oil tanker blaze, all of which are world headlines as I write. All of these contribute to a sense of wondering what is going on and where God is in all of this.

To ask "Why does God allow this?" misunderstands both God and humanity. God is not a puppeteer who controls our actions, and likewise we are not puppets with no control over our attitudes and behaviour. We are created free, with the ability to make our own choices and decisions. We are not completely free because we are limited by living with the consequences of what has come before: the attitudes and behaviour of ourselves and those around us, the impact of previous decades and centuries of choices and attitudes upon our culture and our environment, all combine to form the current circumstances in which we live and by which we are shaped. In a world which is not perfect there are also limitations resulting from the "accident" of our birth - the families and societies into which we are born, the conditions we inherit and the mutations which form our own uniqueness. So we are not completely free. But we are free enough to constantly be making choices which affect the lives of those around us and those who will come after us, and to be responsible for those choices and their consequences - because with freedom comes responsibility.

Just as God is not a puppeteer, so also God is not a divine problem-solver, stepping in to clear up when we make a mess of things. That would undermine our freedom and take away our responsibility. What God does do is provide opportunities for us to work alongside to redeem the mess, to take what was intended for harm and bring about good, to bring light in the darkness and good out of the evil.

As the world appears to unravel, we have freedom to choose how to respond: we can live out of fear, confusion and anger, or we can bring God into the equation and live out God's love and truth. Recent situations have provoked an outpouring of compassion: people have chosen to respond with love and generosity, offering hospitality, transport, clothing, food, water and money to those in need in London and Manchester. Jesus was clear that He came to bring abundant life, life in all its fullness (John 10:10). As His followers, we are called to work with Him to bring that about until God's kingdom comes on earth.

Ruth Dennigan, Licensed Lay Minister, Soham and Wicken

Pimm's Evening



29th July at 7.30pm
at 28 The Butts, Soham

Tickets £10 to include 2 glasses
of Pimm's and canapes

Tickets available from Margaret
Fisher, Pam Cole and Linda
Palmer

In aid of St Andrew's Church



☆ **Winners of the St Andrew's 200+Club for June:**
£5 Pat Hobbs, £10 Judy King

☆ **St Andrew's School Fete:** Saturday 8th July 100 pm
to 4.00 pm.

Come and celebrate summer at St Andrews School Fete!!

Food, Drinks, Games, Win prizes, LEGO card stall and even a Pimms tent!

Family entertainment throughout the afternoon.

Open to the whole community. Everyone welcome for an afternoon of fun.

☆ **Soham Museum Coffee Morning** on the first Saturday of every month, 10.00
am to 12 noon at Soham Library. Find out about local history, bring along
items/photos of local historical interest, or just join us for a friendly chat and
a coffee! All welcome.

☆ **Soham Museum History Group:** Thursday July 6th: due to unforeseen
circumstances, 'The Drainage, Mills and Millers of Soham and Middle Fen'
talk with Peter Filby has been postponed.

☆ **Donna Martin will give a talk on 'The History of Soham, through its
Artifacts'** at the Methodist Church Hall, Berrycroft, Thursday, July 6th,
7.30 pm. £2.50 admission, Museum Friends free admission. Refreshments,
raffle and bookstall.

☆ **Soham Charity Beer and Music Festival:** 7th and 8th July on the recreation
ground. Music by local bands. Real ales and ciders at £3 a pint. Wine and
lager also available. Entry free. Organised by Soham Staploe Rotary Club
with sound by Blue Shed Studios.

☆ **Viva Double Bill: The Bakewell Bake Off and Departure Lounge** Friday
21st and Saturday 22nd July at The Brook, Soham from 7:30pm. Both shows
will be performed each evening with an interval. Tickets are £12 each and can
be booked via the Viva Box Office on 01355 722 228

☆ **Junior Superstars 2017 at Ross Peers Sports Centre.** August 8th, 9th and
10th 10.00am - Approx. 3.00pm. Across 3 days children between the ages of 6
and 14 years old are invited to take part in a huge range of sporting activities;
Basketball, Athletics, Tennis, Target Bowls, Pool and Hockey to name but a
few. The event is rounded off with a huge inflatable obstacle course and medal
presentations. £33.00 Members, £35.50 Non-Members. For more information call
01353 722662. Booking forms are available from reception at the Sports Centre.

☆ **Items for the September 2017 edition of LodeStar** should be submitted by
Friday 18th August. (There is no August edition) Please send material to 50
Mildenhall Road, Fordham, Ely, Cambs, CB7 5NR or email to alison.evans7@btopenworld.com.

Church Youth and Young Adults Groups

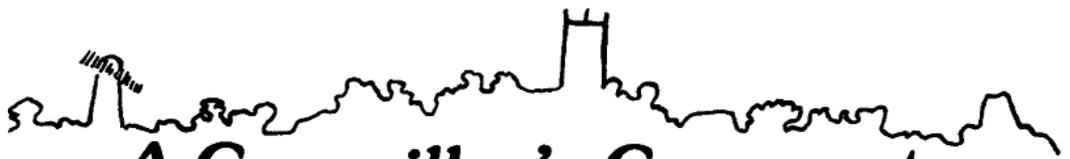
There are two more Youth Group meetings this term on Friday 7th and Friday
14th July from 7.00 pm to 8.30 pm in the meeting room at St Andrew's Church.
They then take a break for the summer holidays but return on 8th September.

Young Adults (ages 15+) meet on Tuesday 4th and 18th July at Cafe Skylark

For further information please contact: Claudia Stein-Carr (Youth Minister)
Tel: 01353 727749 / 07467 022869 Email: claudia@agbs.demon.co.uk

Bread Basket

The next Bread Basket breakfast cafe takes place in the church on 16th July from
10am – noon. All welcome! There is no Bread Basket in August.



A Councillor's Comments

Janet Metcalf used Public Comment Time to ask if there was any response to the sewerage and drainage problems that she had raised at the previous meeting. The clerk read out Anglia Water's reply to the various areas of the town where there had been problems.

Repairs to the front elevation of the Pavilion: It had been decided that we need three quotes for this work. At the moment we had received two, but as this work requires specialist attention there was the possibility that the likelihood of getting a third quote was slim. It was decided to go ahead as the work needed to be done urgently.

Request for Financial Support: There were two requests; one was for Cambridgeshire Relate, a trust that deals with marital and domestic problems and helps resolve them; and the other was for MAGPAS which speaks for itself. We had helped both of these in the past and we did so again.

Two items were held at the close of the meeting when the public and press were excluded from the meeting. Councillors were updated on the sale of land owned by Soham Town Council by Mr Richard Janes, land agent representing the council. The other item was the proposed sale of the old Ambulance Station at Fountain Lane Car Park. Proposed auction date being 21st June 2017. Our next meeting is on 10th July 2017. *Councillor Ginn*

Other Local Politics

Following James Palmer's election as Mayor of Cambridgeshire and Peterborough in May, he has stood down as a district councillor. Mark Goldsack (Conservative) has been elected in his place to represent Soham North (along with Carol Sennitt).

Lucy Frazer was re-elected as MP for South East Cambridgeshire in June. She can be contacted by emailing lucy.frazer.mp@parliament.uk or by ringing her Westminster office on 020 7219 5082.

Pos+Ability

Gentle exercise at the Pavilion on the Recreation Ground, Soham, Wednesday mornings from 10am to 12 noon.

If you have survived a Stroke, are living with Parkinson's, Multiple Sclerosis, have a long term neurological condition or something similar, our experienced team at Pos+Ability may be able to help you.

We start our session with group exercises using stretch bands, soft balls, and lots of easy to do exercises just sitting on one of our chairs or your own wheelchair. You can take a turn on our wheelchair accessible specially developed exercise bike, or maybe take a few steps along our parallel bars with our team to support you. You can try our various hand exercise pieces of equipment used to strengthen your joints, help you to grip and hold onto items, whilst having a cup of tea or coffee and a biscuit. You can join in a Quiz, look at memorabilia books or just sit and have a chat.

We can help you with independence; maintain your levels of mobility, improve your confidence and self esteem, help with memory and cognitive skills, communication and conversation.

If you think we may be able to help you, please try our FREE TASTER SESSION by getting touch on 07565 598 193. Email: posability3@gmail.com Web site: www.posability.org

PARISH REGISTERS

Baptisms

May 28th Maximus Joseph Ashley-Bowyer
June 4th Archie Robert Brooks

Weddings

June 3rd Natalie Bell and Paul Whiterod

Marriage Blessing

June 24th Matthew Burch and Emma (née Carter)

Funerals

June 5th Leonard Langdon (aged 90 years)
June 27th Maureen Griggs (aged 69 years)

Contacting St Andrew's Church

Our vicar is Rev'd Eleanor Whalley. You can get in touch with her by calling the vicarage on 01353 725948, or by emailing sohamwickenvicar@gmail.com

Details of St. Andrew's Church Sunday and weekday services; wedding and christening/baptism information and news of events can be found on our website www.sohamandwicken.org.uk

You can also find us on facebook: <https://www.facebook.com/StAndrewsSoham/>

Church Fete

After a grey and damp start to the day the sun came out and shone on the people enjoying our church fete in June. Visitors enjoyed traditional games and trips up the church tower as well as being able to buy crafts, cakes and plants.

The Mayor of Cambridgeshire and Peterborough, James Palmer and our Vicar, Eleanor Whalley braved the stocks and got thoroughly soaked. Thanks to them for being good sports!

Very many thanks to all involved: organisers, stall-holders, coffee/tea-and-scone-makers and fete-goers. We raised a magnificent £874. Thank you!



A View from the Vicarage

Pulling Together



Yesterday, as I walked my still-recovering dog (for those of you who don't know, she tore her cruciate ligament in April) along the path that runs between the back of The Oaks and St Andrew's School's playing field, I met a man with a strimmer and a lady with a scythe: they were cutting back the nettles. When I went up to thank them, the man told me 'My granddaughter is afraid of nettles'. I said it wasn't just his granddaughter who'd be grateful, but rather all of us bare-legged dog-walkers and our bare-tummied pooches – myself and Belle included.

It set me thinking. Whatever you think of the political situation in which we now find ourselves, the result of the recent General Election leaves our Prime Minister and her cabinet with no option but to pull together with others with whom they might not ordinarily have chosen to work with. Most of us tend to turn a deaf ear to people who don't think like we think, but there comes a point – as there has come a point in our national history – when dissenting voices can no longer be ignored. Just like the Soham couple with their strimmer and their scythe, we're pushed to think of others, and to act for them. Dag Hammarskjöld, a Swedish diplomat, economist and author who died tragically in a plane crash in 1961, wrote a wonderful phrase which appeared in a collection of his writings called *Markings*, published after his death: 'For all that has been, thanks; for all that will be 'yes'. He looked to an uncertain future with confidence – a confidence which was born both of his confidence in God and in humanity's capacity to think and act for the good of the other: 'We are not permitted to choose the frame of our destiny. But what we put into it is ours. He who wills adventure will experience it – according to the measure of his courage. He who wills sacrifice will be sacrificed – according to the measure of his purity of heart'.

On 16 July at 4pm in St Andrew's Church, we are holding a 'Songs of Praise'-style service in order to dedicate our new hymnbooks. Without the pulling together of all of you who contributed to our 'new hymnbook appeal', we'd not have been able to achieve our goal of buying a full set of new hymnbooks for the church. Thanks to all of you, we now have words, full-music, melody and large-print editions of 'Ancient and Modern', and, thanks to the Herculean efforts of calligrapher Pam Cole, almost all those books have dedications within them, dedications which represent the pulling together of an even wider community: the community of people whose names are recorded in the books, some of them from Soham, some of them from further afield; some of them still with us in the flesh, and some whose memory we hold in our hearts; people and events we will recall and give thanks for, whenever our hymnbooks are used. If you'd like to come on 16 July, please do join us. There'll be tea and cake at the end, and everyone is welcome, whether or not you contributed a hymnbook (or several). It'd be marvellous to see you all there.

Someone talked to me the other day about driving through the Avenue of the Giants, the scenic highway in Northern California which is overshadowed by giant redwoods. The tallest tree in that forest is around 250ft (76m) tall – and it used to be taller, before it was struck by lightning. What stuck with me was what he said about the trees' root systems: because they are so tall and close together, the trees have gargantuan roots, and those roots are interlocking, meaning that each tree is able to (literally) stand tall not only thanks to its own roots, but also thanks to the roots of other trees, all of which have a role in holding other trees in place. The trees, as it were, pull together. That reminded me of the community of Soham. What a privilege it is to be part of it.