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Open 9am. - 1pm. Monday to Friday

Room Bookings should be made through the Church Office

Worship

The Free Church

Chapel prayers daily Mon—Sat at 10:00am

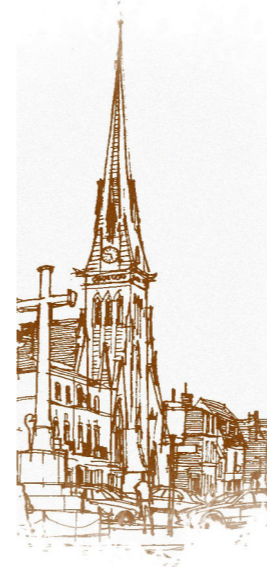
Sun 3rd Jul	11:00	Revd Dr Catherine Ball - Holy Communion
Sun 10th Jul	11:00	Service led by Elders
Sun 17th Jul	11:00	Revd Dr Catherine Ball
Sun 24th Jul	11:00	Revd Derek Newton
Sun 31st Jul	11:00	Keith Cakebread
Sun 7th Aug	11:00	Revd Dr Catherine Ball - Holy Communion



Fenstanton URC

Sun 3 rd Jul	9:30	Revd Derek Newton
Sun 10 th Jul	9:30	Revd Dr Catherine Ball - Holy Communion
Sun 17 th Jul	9:30	Revd Dr Catherine Ball
Sun 24 th Jul	9:30	Revd Chris Baker
Sun 31 st Jul	9:30	Revd Elizabeth Caswell
Sun 7 th Aug	9:30	Revd Derek Newton

inspire



THE NEWSLETTER OF
THE FREE CHURCH
(UNITED REFORMED)
SAINT IVES

View from the Manse



After the rather unsettled weather of June, I am looking forward in hope to more summer weather in July. The days are still long and the sun is warm. At dawn the bright summer sun beckons us to get up and go out and enjoy the longer daylight hours. Sometimes I turn over and try to get back to sleep, but on one morning I gave up trying to fight it and got up early. It was not a disappointment, for I was able to take our dog Toby for a walk while the birds were singing and the air was fresh before the disturbance of the morning rush-hour traffic and the distraction of usual daily responsibilities. For a short time it seemed that God was there and all was right with the world.

Sometimes we need to set apart time intentionally to make space to sense God's presence. In the splendour of summer plenty, we can enjoy walks in sunshine and warmth and take in the beauty of creation. We do not know how long or how clement the weather will remain, so we need to make the most of the sunny days we have!

As in life, we can neglect to see possibilities for newness of life if we get too trapped in our regular routine; and we can miss opportunities for meaning and purpose if we do not pause, look and listen for God at work in our world. Ephesians 5.8-16 says, 'Live as people of light, for the fruit of the light is found in all that is good and right and true. . . Awake, O sleeper, rise from the dead, and Christ will shine on you. Be careful then how you live, not as unwise people but as wise, making the most of every opportunity.'

continued overleaf -->

Inside July Inspire

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August deadline
Sunday 21st July

Inspire Editorial Team

July Editor
Keith Cakebread ☎462726

Mary Anthony ☎469530
Val Bush ☎469189
Christine Curtis ☎350787

Copy preferably by email please to

View from the Manse [continued]

There are plenty of opportunities to enjoy the warm weather in holidays and days out, and also experience friendship and fellowship with others in St Ives Free Church. See our activities listed on the back pages and join in!

With every blessing,

Catherine



In May this year, Margaret Cakebread attended an Ikebana class in Kyoto, Japan. The triangular design (left) represents a Japanese idea of harmony: **heaven** (at the top), **humanity** (left tip) and **earth** (at the bottom).

Congratulations!
to

John and Pat celebrating their Golden Wedding Anniversary on the weekend of 11th/12th June

Fairtrade – and the Sustainable Development Goals

Part 4—Stronger and inclusive businesses



Fairtrade enables farming groups to become stronger businesses, with better leadership and governance. They can build strong relationships with different markets, reducing their dependence on just one buyer and boosting their confidence to negotiate.



Making joint investments as a co-operative often improves their access to credit too.



Being part of the Fairtrade network also means producers are able to share knowledge and learn from others. Fairtrade is 50% owned by the farmers and workers themselves, which means they are part of the most important decisions about what Fairtrade does.



Fairtrade also works to strengthen the position of women in agriculture.

These actions contribute to Sustainable Development Goals 2, 5, 8, 16 and 17.

With thanks to the Fairtrade Foundation

Church Activities

Wednesdays	10:00 - (term time) 11:30	Tots & Carers
Tue 12th Jul	14:30	Meditation led by John Williams at Fenstanton URC
Sun 17th Jul	12:15	Church Meeting
Sat 23rd Jul		Fellowship Walk around Somersham
Wed 27th Jul	19:45	Poetry Group

Old Grey Prayers

Old Grey Prayers, by Bernard Thorogood is a new collection of poetry, prayer and reflections on growing older available from the URC Shop now for just £4.

Ripeness is all

Giver of life, lover of life,
you seek life in all its fullness for all of us;
that the seeds may germinate;
the buds may blossom;
the trees grow tall;
and the children's cries become the adult song.

Lord of life, we rejoice in all talents fulfilled,
in all loves matured, and all faith sustained.

But for ourselves, can we rest on the harvest of the years?

No more ambitions to fulfil?

May we say that our race is over?

Your grandchildren know that you have done enough –

and God knows you are tired.

The harvest of your life is safely gathered in.

Community Activities

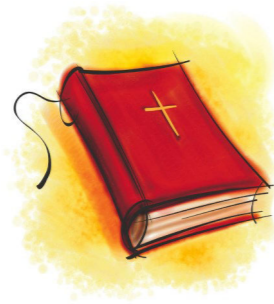
Mondays	10:00	CRUSE
Wednesdays	14:00	Senior Citizens Club
Thursdays	09:45 - 10:45	Sunny Steps
Thursdays	10:00	U3A Italian Class
Fri 1st Jul	19:30	Recital
Sat 2nd Jul	09:30 - 16:00	Saints Crafters Fair
Sun 3rd Jul	14:00	Concert
Wed 6th Jul	11:00	U3A Current Affairs
Thu 7th Jul	19:30	WI
Fri 8th Jul	11:00	COPE
Mon 11th Jul	13:00	U3A French Class
Fri 15th Jul	10:00	U3A Local History
Sat 16th Jul	19:30	COSI Concert
Tue 19th Jul	09:00	Alzheimer's Drop In Cafe
Wed 20th Jul	11:00	U3A Current Affairs
Mon 25th Jul	13:00	U3A French Class
Thu 4th Aug	19:30	WI
Sat 6th Aug	09:30 - 16:00	Saints Crafters Fair

“..... and today’s reading comes from”

Services at St Ives Free Church include passages from the Bible, usually read by members of the congregation. Thanks are due to Freda Barnard who has been coordinating the readers for a number of years now and, of course, to the readers themselves.

Freda has ensured that when the worship leader confidently says “Now we will hear the readings” there has always been someone at the lectern. That this important part of the service runs smoothly is testament (no pun intended) to Freda and her dedication to Church life.

I would like, therefore, to offer a huge thank you to Freda for managing this important part of our regular worship, and managing it so well. Now, however, Freda has decided that she would like to step back and has asked that someone else



consider taking on arrangements for readers on Sundays.

Here then is a request for anybody who feels that they would like to follow in Freda’s footsteps; please have a word with her (or with Catherine, Helen or Andy) if you would like to learn more about this.

Freda has a list of people who are prepared to read (we are, incidentally, always pleased to accommodate additional volunteers). The order of service, and thus the readings, is usually known by the Tuesday prior to each Sunday service. Freda passes on details to whoever she has asked to read to allow them time to prepare.

Please consider whether you might be able to help in this way. Thank you.

Andy Fleming

From the Interim Church Secretary....

Dear Friends,

We completed the course with Tim Yau in May, and the elders are now setting aside time to see how we should move forward with ideas for ‘Ministry shaped Mission’. So if you have any thoughts about what we should, or should not, be doing at The Free Church in the next few years, please do speak with Catherine or any of the Elders.



On Sunday 26th June, we had the privilege of being present at two adult baptisms: those of Hayley Watson and Annie Meston. These follow the baptism of Irene Carter earlier this year. We are a denomination that mostly celebrates child baptisms, so has been a great joy to welcome these three ladies into the family of the Church in this way.

July is, of course, a favourite month for people in education (as I was) because it is the beginning of the summer holidays. Once again, we look forward to a warm and dry summer.



Perhaps you did not know, but in the Year 46 BC, Julius Caesar reformed the calendar by introducing two new months, Januarius and Februarius. He also renamed another month Julius – after himself. His successor, Augustus Caesar (not to be outdone) also named a month after himself – increasing its length to 31 days to equal Julius. The extra days were ‘borrowed’ from Februarius which explains why it has only 28 days (except in leap years).

Helen

Visit to

HOLT ISLAND

on **Sunday 14th August 2016**

organised by The Free Church eco group
and led by former Mayor of St Ives

Ian Jackson

meeting at Holt Island at 3.00pm

followed by

a LOAF Tea* at 4.30pm**

and a

Service of Worship at 5.30pm

This will replace the usual
Joint Reflective Service at Fenstanton URC

In inclement weather
we shall meet in The Free Church hall
and eat cake
Offers of cakes (LOAF as below) would
be very welcome
There will be a sheet to sign on
the Church landing

***Local, Organic, Animal friendly or Fairtrade

JULY FELLOWSHIP WALK

Saturday, 23rd July

Hilary and Lawrence Mottram
will lead us on a circular route around
EARITH

The walk will start and finish at
The Crown pub on the
High Street

Please meet us at **The Crown** at
10:45am

All are welcome
The walk will be approximately 3 miles

If you wish to come, please sign the
sheet on the landing table in
The Free Church,
also if you require **lunch** at the pub,
Hilary [thoresby10@btinternet.com]
has the **menu** from which you can
choose your meal, letting her know your
choice at least **2 days beforehand**
(The Crown does not open till 12 noon.)



South Parish

Saturday, 18th June:
the threatened rain
held off for this
enjoyable afternoon



Many thanks to
the host,
Veronica,
and all those who
helped to make it
a success!

Congratulations!
to



*Marion and Roy
on their
Diamond Wedding
Anniversary
who
were married on
27th June 1956*

Reflections on Japanese Spirituality



During May, Margaret and I spent almost two weeks on a guided tour of Japan. We found ourselves fascinated by both country and people. In particular, we were struck by the spirituality of the people, which is able to sit comfortably alongside a very modern, outward-looking, capitalist society.

When the apostle Paul found himself in Athens during his 2nd Missionary Journey, 'he was greatly distressed to see that the city was full of idols' [Acts 17:16]. Yet, after he had thought about it, Paul recognised that this apparent idolatry was a reflection of a deep spirituality among the populace. So much so that, when the local philosophers invited him to speak publicly about his feelings, he began his address with these words: "Men of Athens! I see that in every way you are very **religious**..." [Acts 17:22].

Before I went to Japan, my impression of the Japanese was of an extremely hard-working race, almost ruthless in its endeavours to compete with the Western world in industry and commerce. And so it is. But there is another side to the Japanese people which sits comfortably alongside their ruthless industry. Like the Athenians of the 1st Century, the Japanese are a very **religious** or **spiritual** people.

I should not have been surprised about this. We are all **spiritual**. That is to say we are all born with a soul which gives us an innate knowledge of our Creator and a desire to praise Him. Yet, in the Western World, the majority of people suppress their **spirituality** or express it in non-religious ways, such as consumerism or in the adulation of film stars, pop singers or sporting heroes rather than of their Creator.

To the casual observer, Japanese society looks very much like our society. Yet, very close to the surface, **spirituality** among the Japanese is very much alive and well. So what is the religion in Japan?

If you were to take a poll, the majority of the Japanese would say they were **Shinto**. But **Shinto** is not a religion like Judaism, Christianity or Islam. For it recognises no single omnipotent deity, has no scriptures to follow and no commandments to obey.



Rather, **Shinto** is a belief that divinity is in everything: from rocks to animals; from plants to people. It 'is wholly devoted to life in this world and emphasises man's essential goodness' [<http://www.bbc.co.uk/religion/religions/shinto/>].

Across the country there are numerous **Shinto** shrines, easily recognisable by large red gateways (known as a **tori**), which mark the dividing line between the earthly and the divine. Shrines are places of calm and beauty; places to re-charge one's **spiritual** batteries; places to pray for goodness and success.

Somewhere inside every Shinto shrine, there is a **mirror**. It may not be obvious, or even in a convenient position to look into. But if people could look into that **mirror**, what would they see? Well, of course, they would see an image of themselves. It seems strongly reminiscent of my belief that humankind is made in the image of God [Genesis 1:27]; and that,



This brings me to that well known aspect of Japanese etiquette: **bowing**. The Japanese **bow** to show their respect for the person they are addressing; and the person addressed **bows** to show their respect in return. It is more than the Western tradition of shaking hands. It is in part an act of deference, but it is also a statement to the effect that each person is totally concentrating on the needs of the other. For me, the Japanese **bow** conveys the Christian message: "Love your neighbour as yourself" [Luke 10:27].

Bowing permeates Japanese society at all levels. Even buying a bag of sugar from the corner shop can involve two or three informal **bows** by both the customer and the shop assistant! But it works. Each person is left with the harmonious feeling that life is running smoothly.



The Japanese **Tea Ceremony** takes the tradition of **bowing**, and the deference it implies, to new heights. The ceremony begins with each guest **bowing** to the host^{^^} as they enter the room. The host and guests sit (or kneel) in a circle. Serenity and decorum pervade the atmosphere.

The host takes some time to make the tea in a bowl and eventually passes it the guest on his^{**} left. As he^{^^} receives the bowl he **bows** to the host—verbally thanking him profusely. He then **bows** to the person on his left—verbally apologising for taking the tea before him. With another **bow** to the host, tea is sipped and the bowl passed to the next guest—and so on.

The **ceremony** typically lasts about an hour, but can last a lot longer. The philosophy is to leave the busy, complex and secular world outside so as to immerse yourself in:

和 harmony

敬 respect

清 purity

寂 tranquillity

I could not finish without talking about Japan's world-famous **bullet train**. "But how can there be spirituality in this high-tech development" you might ask. Well, when you bow, you are making a gift—you are giving yourself to the other person. The philosophy behind the bullet train was to give the people an efficient and comfortable form of transport. And that has been achieved.

The speed (up to 320 kph/200 mph) is a part of the efficiency—as is timeliness. During 2015, the average tardiness of the bullet trains was 36 seconds! And Japan has a lot of **bullet trains**. If a **bullet train** arrives at its destination a minute or two late, it is not unknown for the driver to present himself, to the disembarking passengers, bowing deeply to apologise for failing them.



Inside the air-conditioned carriages, the airline seats are large and comfortable with plenty of leg-room. And the ride is so smooth that we seemed to be travelling at only 30 mph. After each stop, the conductor walks the whole length of the train to ensure that everyone is happy, turning to **bow** to the passengers in each carriage before moving on to the next.

I feel quite sure that, had the apostle Paul been with us on that tour, he would have found—as we did—that the Japanese people are very spiritual indeed.

^{^^}or hostess; ^{**}or her; ^{^^}or she

Keith Cakelbread