



*Churchatcastle is an ecumenical group of churches  
St Augustine's, St Giles', St Luke's (URC & Anglican), Castle St Methodist,  
St John the Evangelist (Romanian Orthodox at St Giles')*

# ASCENSION NEWS

## SEPTEMBER 2020

The Monthly Magazine from Church at Castle

[www.churchatcastle.org](http://www.churchatcastle.org)

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## The Way Continues

We are continuing life's journey this year in many strange and difficult ways - we've made a number of deviations and I'm sure many of us have at times struggled to keep on track at all. Our life's journey will continue to be different for a while yet, but with God's help we can find some beautiful places to enjoy his creation while gradually enjoying the companionship of friends.



When Covid 19 first reared its head in this country and we were being told that over 70's and those with medical conditions causing suppression of the immune system would have to isolate for 12 weeks, my whole world seemed to fall apart. No swimming, no choir, no church, no clubs, no face-to-face contact with other people. What would I do at home alone? "Come on", I said, "that's not how to react!"

Genesis 1:1 came to mind. 'In the beginning God created the heaven and the earth, the earth was void, darkness covered the deep and the spirit of God hovered over the surface of the water'. Creation continued and of course that created world is still there, albeit now undergoing much change, and the spirit of God was still hovering over the water.

And so, lockdown began on 23<sup>rd</sup> March, a new journey or maybe just a detour on life's journey was beginning too and already I was much more positive. I knew I would stay well within the Government guidelines, but I was determined that whenever there was an opportunity to move on, then I would.

Neighbours that I barely knew were so kind with offers to shop and pick up prescriptions and soon a good routine was

established.

I kept this song from J R R Tolkien's 'The Lord of the Rings' to hand and read it many times. It was sung by Bilbo in the film.

The Road goes ever on and on  
Down from the door where it began.  
Now far ahead the Road has gone,  
And I must follow if I can,  
Pursuing it with eager feet,  
Until it joins some larger way  
Where many paths and errands meet  
And whither then? I cannot say.

Like Bilbo we don't always know where we are going but in faith we travel on, knowing that God will help our world to recover once again.

What have I been doing then as part of my journey? I first made good use of the exercise hour that we were allowed, and having been given such glorious weather, it was a joy. At first I walked around the streets near my house but I needed the countryside, so I drove up to our burial ground and walked around the fields of the University Farm towards Eddington. Planning the walks with Helen Cunnington we both decided to photograph everything we could, and before the end of March we had, among other things, found horse chestnut buds, and throughout the next five months we recorded each stage of development of the chestnut - last week photographing the final stage - a conker.

Every flower, grass, bird, beetle, fruit, caterpillar, butterfly/moth we saw was photographed, and then at home, individually, it was out with the books and Google to check on names and to discover those we had no idea of, and this is a work in progress.

Mostly it's been mornings at home with housework, gardening, phoning friends and church friends- generally trying to keep in

touch and then it's been off out to increase our knowledge of God's wonderful creation.

As lockdown eased slightly our nature studies took us a little further afield with trips to Anglesey Abbey, Wimpole Hall, Milton Country Park, Fen Drayton Lakes, The American Cemetery and the Botanical Gardens, both in our own cars to keep our social distance. We didn't neglect walking around the fields and here we also got as far as Eddington Lake with me driving to the Madingley Road Park and Ride and walking from there, and Helen going by bicycle.

My photographs already exceed 400 and I hope my knowledge has also increased - it's been a strange time but much of the last five months has been positive.



In early May the supermarkets reserved their first hour of opening for the over 70's and I decided to take advantage of this, having thanked my neighbours for all their help, and at the end of July I took my first bus ride into town and enjoyed a cup of tea in a café. Life was now really looking up!

Our church activities have of course been severely disrupted but from 31<sup>st</sup> May Zoom services started taking place which gave us chance to at least see our church friends' faces in a little box on our computer screens and to join together in worship. Zoom continued and then on 12<sup>th</sup> July we had the first "live" church service with all the social distancing and other requirements in place. From then we have had a "live" service in one of our

churches each Sunday which I have certainly enjoyed attending - it is so lovely to be able to worship once again with other people. Zoom services also continue.

We are not going to return to anything like our normal life anytime soon, but each week now brings more positive signs even if the infection spikes continue to shoot up. It's been good to see such a high percentage of children happily returning to school this week.

God is in charge so keep positive, keep moving on and one day we will all meet up again - I would like to think in a jolly Parish Party, but not until social distancing and masks have long disappeared into the sunset.

*Margaret Cooper*

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## NEWS FROM THE CHURCHES

### ANNUAL PAROCHIAL CHURCH MEETING

The Parish Annual Meeting (postponed from April because of lockdown) will now be held Thursday 8<sup>th</sup> October at 7.30 pm in St Augustine's, as an open meeting and simultaneously online on Zoom. If you would like to attend in person please will you notify the PCC Secretary Patricia McGuire (01223 313516 or [patricia.mcguire5@virginmedia.com](mailto:patricia.mcguire5@virginmedia.com)) by 30<sup>th</sup> September so that socially distanced seating can be arranged. If you would like to attend by Zoom instead, contact Patricia for the details.

In the run up to the meeting:

- **The Electoral Roll** remains open for the addition of new names. If you are not already on the Roll and would like to be (and qualify by having attending church regularly, online or in person, for at least 6 months), please fill in an electoral roll form. The forms are available on request from Sheila, as below.
- **Elections** will be held at the APCM for churchwardens (2 for each church), Deanery Synod representatives (1 for each church

- also ex officio members of the PCC), and members of the PCC and DCCs. Voting will be by a show of hands, in the room and on Zoom. Nomination forms are available from Patricia McGuire or Sheila Rozeik, [office@churchatcastle.org](mailto:office@churchatcastle.org), 01223 315000. The deadline for nominations is Friday 25<sup>th</sup> September.

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## PARISH SERVICES DURING SEPTEMBER

The pattern of parish services this month will continue to follow the pattern of one, in-person, parish service at one of the churches, for all who are happy to attend larger gatherings, at the time of the usual Sunday service at that church.

Sunday 6<sup>th</sup> September at St Giles' at 9am

Sunday 13<sup>th</sup> September at St Augustine at 9.30am

Sunday 20<sup>th</sup> September at St Luke's at 10.30am;

St Luke's Anniversary service

Sunday 27<sup>th</sup> September at St Giles' at 9am

We are continuing online services alongside the parish services in all the church buildings, so that our worship is as inclusive as possible, especially for those who are unable to attend services in person. In addition, small groups of up to five people will be able to attend these additional services should they wish to do so. This is intended to be inclusive, offering those who have been shielding an opportunity to be part of a much smaller group in which to participate in a physical act of worship.

The standing committee will meet in September to review the pattern of worship for October and beyond, in the light of Covid-19 infection rates and government/church advice available at the time.

If you wish to attend one of these services in person, please contact Sheila Rozeik by phone or email beforehand so that she can prepare a register and check the numbers wishing to attend a particular Sunday service. Tel: 01223 315000/223774,

Email: [office@churchatcastle.org](mailto:office@churchatcastle.org)

## ST GILES' REMAINS OPEN DAILY

We have kept St Giles' open for an hour each day except Sundays for 10 weeks now. This facility has been greatly appreciated by visitors. We will continue to remain open daily but with just one volunteer steward. Their task is to supervise the hour, to maintain the safety of the church and furnishing, and record visitor details for the NHS Test and Trace system.



The church is fully equipped with sanitizer, spray, wipes, and masks, and set up in a clearly sign-posted, safely distanced layout. While the weather remains good the garden is also a welcoming space for all who wish to relax there.

Richard Catchpole and Arthur Hibble are looking for additional volunteers to keep the church open as much as possible during September and into the Autumn. If you think you can help please get in touch to see if you can fill some of the gaps in the rota. Tel: 01223 367239, Email: [hibbla@virginmedia.com](mailto:hibbla@virginmedia.com).

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## AN UPDATE ON MEETINGS & GROUPS

### Breathing Space

We are still continuing with 'Breathing Space' on the first Wednesday of the month, when the members, (currently 12), all commit to having a quiet time at 5.30 pm. We all light a candle in our homes and then use the readings and prayers that I circulate to supplement what else we may be using.



We don't Zoom for this as two of the members cannot do this and we have agreed that we would rather have a format that we could all share in.

On a Wednesday in between the meetings some of us meet on Zoom for a chat and then we have a short time of prayer. This date is informally agreed - this month it will be on the 23<sup>rd</sup> September. If you would details of how to join this group, please contact me on 01223 354561 or email me at [golly24@talktalk.net](mailto:golly24@talktalk.net)

*Margaret Cooper*

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### **St Luke's Knitting Group**

We plan to restart the knitting group on 6<sup>th</sup> October, the first Tuesday of the month, from 2 to 4pm. People can bring what they have been making during these months, and any ideas they may have for another group project, and I will find out about the status of the twiddlemuffs that we have been making for the East of England Ambulance Service. All are welcome, whether you do much knitting or not! St Luke's is arranged so that we can sit comfortably and socially distanced, and still chat and keep company. I can be contacted on 01223 357627 or 07883 427807.

*Judith Crowe*

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### **Friends of the Ascension Burial Ground**

**Next meeting on 26<sup>th</sup> September. 10 am to 12 noon.**  
This monthly working party meets at the Burial Ground (off Huntingdon Road) to enjoy some healthy outdoor exercise, helping to clear graves under expert guidance. We have returned cautiously



to our monthly working pattern, with strict social distancing throughout the two hour session. You can do as much or as little as you wish – all help is greatly appreciated. Please come with any protective clothing that you are currently wearing when outside with others, such as a mask, in addition to gardening gloves and stout shoes. Secateurs, loppers and any garden waste sacks are very desirable if you have them. It can also be thirsty work, so do bring a drink as well. If you would like to support the work of the Friends, you can obtain an application form from the Parish Office or online at [www.churchatcastle.org/node/12](http://www.churchatcastle.org/node/12)

Further meetings are planned for 17<sup>th</sup> October, 14<sup>th</sup> November, 5<sup>th</sup> December. Please check the C@C website closer to the date

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### **Café@99**

St Augustine's Cafe@99 will be open in September at the usual times of 10.30 am-12.00 noon on Wednesday mornings. We will not run the cafe on Fridays or Mondays



during September, however we may open on Mondays, Wednesdays and Fridays in due course depending on the COVID rules. There will be no monthly Community Lunch for the moment, but are thinking of alternatives – watch this space!

*Richard Footitt*

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## Creative Textiles Workshops

These monthly workshops at St Giles' will restart on the fourth Saturday of the month, on the 24<sup>th</sup> October, from 10.30am to 12.30 pm. Ideas for new projects are: Aerial view exploring a range of stitches, and Leaves for the Tree of Life Hanging.

The space will be set up to ensure suitable distancing, each at their own table and wearing masks. The workshop will be led by Margaret Waring (Textiles Society and Embroiderers' Guild). In general all materials for the session will be provided.

Participants will be invited to make a donation (£15) to [the Friends of St. Giles' Church](#). Please book in advance as the number of participants is limited. Tel: 01223315000 or email: amwaring8@gmail.com.

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## RIDE & STRIDE

Michael Bloy will be taking part in the annual Cambridgeshire Historic Churches Trust sponsored Ride & Stride on Saturday 12<sup>th</sup> September. Half of the money raised will go to St Giles' (& the other half to the Trust). If you would like to sponsor him, please contact him on:

01223 355686, or michael.bloy@ yahoo.co.uk

Ride & Stride is a sponsored event for cyclists, joggers, walkers and horse riders. Participants challenge themselves to visit as many churches as they can by their chosen mode of transport and at the same time raise money to support the work of the Trust. There is still time for you to sign up to raise funds for your church and the CHCT. Full details are at: <https://camhct.uk/rideandstride/>

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## AN UPDATE ON PROVISIONS FOR OUR CITY'S HOMELESS COMMUNITY DURING THE COVID PANDEMIC

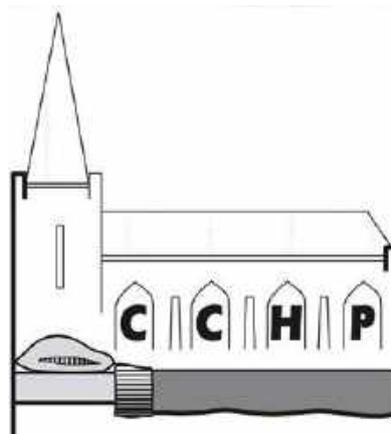
For the past 7 winters, the Cambridge Churches Homeless Project has worked with many churches and the synagogue to provide an emergency 'pop-up' shelter for rough sleepers. In June, the Ministry for Housing, Communities & Local Government (MHCLG) announced it does not want to see emergency night shelters this winter, in the light of the COVID-19 pandemic. Instead the MHCLG has made £105million available for local authorities to provide *"Interim housing for thousands of rough sleepers . . . to be taken off the streets during the pandemic and to be provided with temporary accommodation"*.

At the end of March/early April, Cambridge City Council accommodated over 120 rough sleepers into temporary accommodation using hotels and guest houses. The Council has pledged to accommodate all placed into temporary accommodation on the condition that people are "willing to work with the city council and the agencies".

[www.gov.uk/government/news/105-million-to-keep-rough-sleepers-safe-and-off-the-streets-during-coronavirus-pandemic](http://www.gov.uk/government/news/105-million-to-keep-rough-sleepers-safe-and-off-the-streets-during-coronavirus-pandemic)

### What will happen with CCHP this winter?

The MHCLG's statement, in the light of the C19 pandemic, makes it clear that CCHP will not be able to provide accommodation from our churches this winter, but there is still a great need to give support to those in temporary accommodation during the months ahead. Although they are given shelter, meals are not included. During the last six months breakfast lunch and an evening meal have been provided by Wintercomfort, the Salvation Army and St Andrew's Baptist.



It is hoped that during the winter months volunteers from CCHP will be willing to support the work that is currently taking place to feed and support over 80+ rough sleepers, who are still in temporary accommodation. This is a large undertaking which is being co-ordinated by former CCHP trustee and founder, Chris Jenkin.

Jon Canessa writes:

Chris is asking churches and individuals for help and has outlined specific needs:

1. **Volunteers** to distribute meal-packs to the different rooms in each temporary accommodation venue on a strict timetable between 12noon and 2pm each day.
2. **A van and drivers** to collect food from the kitchens and distribute it to the temporary accommodation venues each day.
3. **A CCHP partner with a suitable kitchen**, available food supply and a team willing to cook and prepare meals and snacks to join the meal preparation rota

If you and/or your facilities are available, Chris would love to hear from you: [chris@ittakesacity.org.uk](mailto:chris@ittakesacity.org.uk) Tel: 07831 547643

So, as things stand, I would like to encourage you to consider whether you might be willing and able to support this city wide initiative which is being co-ordinated by It Takes a City

*Rev'd Jon Canessa  
Chair, Cambridge Churches Homeless Project*

Chris Jenkins has set these needs out in greater detail in a letter I can send to you if think you able to help in any way. If you would like to read this in full please contact me and I will forward it to you.

I hope we will get as good a response for this as we have always had from our Church at Castle congregations. Thank you all,

*Ank tel. 368150, email: [ank1@btinternet.com](mailto:ank1@btinternet.com)*

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## ELY CATHEDRAL IS OPEN TO VISITORS

The cathedral is now fully open for anyone wishing to visit this beautiful building, In order to comply with social distancing guidelines visitors are asked to [book tickets in advance](#) of their visit online as there is a limit to the number of people who can access the building at any one time. There are several other safety measures in place. Entrance is via the West Door (main entrance) only and open to visitors from 10am to 4pm, Monday to Saturday.

<https://www.elycathedral.org/visit>

<https://youtu.be/Xa50ZznH5lk>

## Cathedral Pass Holders

Those with Cathedral passes do not need to book tickets online but please have your passes with you when you visit. Don't worry if your pass is out-of-date - it will be accepted as valid.

The cathedral is also running a series of enjoyable events outside for adults and children which you can check out here:

<https://www.elycathedral.org/events>

*Sheila Rozeik*

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## COMMUNITY NEWS

**NIHR** | Cambridge Biomedical  
Research Centre

### TAKING PART IN RESEARCH

Over the last half year we have all taken a lot more notice of our own health and that of others, family and strangers alike. The

current pandemic has heightened awareness of the critical role played by the NHS and biomedical research in dealing with the impact of this virus on the health of so many, and offering hope of solutions in the future.

The Cambridge Biomedical Research Centre (CBRC), located close to Addenbrooke's, is actively seeking people who would like to be involved in their research programmes and studies. Their website offers a wealth of information about their current research and ways in which the public can take part, not only in clinical trials but in Patient and Public Interest panels and focus groups and public events.

Take a look at <https://cambridgebrc.nihr.ac.uk/public/taking-part-research/> to find out much more!

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### SEGORA POETRY COMPETITION SUCCESS

Congratulations to Isabella (Isy) Mead, daughter of Philip and Gill, on winning second prize in the Segora Poetry Competition 2020 with her poem 'Rainy Season, Rwanda' which is printed below with her kind permission.

The judge commented '*What is so impressive in this poem is its restraint, its delicate handling of the issue (the genocide of perhaps a million Tutsi, Twa and Hutu people in Rwanda in 1994):*



Read more of Isy's poems at [www.isbellamead.co.uk](http://www.isbellamead.co.uk)

## RAINY SEASON, RWANDA

The season is defined not by the showers  
but the shifts between. After rain  
the red earth dries within half an hour  
so we venture from the huts again

to the temporary steadiness of the hills.  
We gather in a bar for beer and cassava  
as a muted hit-single drip-dries from the radio,  
Chantal sips Fanta and says *Forgiveness*

*is a kind of victory*, and in the valley  
the children are marshalling the river  
to make the most of the swollen flow  
breaking in wavelets over the stones,

and Jean de Dieu is playing mancala  
with Baptiste whose father years ago  
dragged Jean de Dieu's mother and sister  
from the latrine that they were cowering in,

and now they are placing delicate counters  
into sunlit bowls, and it doesn't matter  
who wins this round as long as the game  
ends before the rain starts up again.

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*Segora*

## WORSHIP AND PRAYER RESOURCES ONLINE

Downloadable service and worship resources are kept up-to-date on the Church at Castle website

<http://www.churchatcastle.org/node/2965>

Bishop of Huntingdon, Dagmar Winter, records her reflections for each Sunday on the Diocese of Ely's Youtube channel or it can be viewed from the Diocese's website,

<https://www.elydiocese.org/about/news-jobs-and-events/news-and-announcements/news/bishop-dagmars-reflections-7191.php>

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## OUR SERVICES ONLINE ON ZOOM

You are welcome to join all and any of these services. Resources are on our website - <http://www.churchatcastle.org/node/2965>

### SUNDAYS

- St Giles' Morning service, 9 am

Send an email to [ank1@btinternet.com](mailto:ank1@btinternet.com) to receive an invitation.

- St Augustine's Morning Service, 9.30 am

Send an email to [janet\\_ascension@yahoo.co.uk](mailto:janet_ascension@yahoo.co.uk) to receive an invitation and the order of service.

- St Luke's Morning Service, 10.30 am

Send an email to [pipking@btinternet.com](mailto:pipking@btinternet.com) to receive an invitation

### MONDAYS - Compline, 6 pm

A service of Night Prayer. Common Worship. Send an email to [pipking@btinternet.com](mailto:pipking@btinternet.com) to receive an invitation.

### WEDNESDAYS - Morning Prayer, Book of Common Prayer. 10 am

Send an email to [pipking@btinternet.com](mailto:pipking@btinternet.com) to receive an invitation.

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## FOR CHILDREN

Faith at Home is a national campaign by the Church of England, to support the faith development and pastoral care of children and young people.



Why the home? Home is both a place and feeling. It is where we eat, where we sleep, where we find ourselves at the start and end of our day. Home is where we can feel the strongest sense of belonging, where we can feel connected to 'our people', where we can feel part of 'our tribe'. It can also be a place of doubt, questions, loneliness and fear. While talking about being the vine, Jesus invites us to be at home in him, as he is at home in us (John 15:1-4). We are invited to imagine that we are sharing our everyday lives with each other and with God, intertwined by love as a community of growing faith.

There is a series of weekly YouTube videos for children of all ages and for parents and families :

<https://www.churchofengland.org/faith-action/faith-home/faith-home-videos>

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## IF YOU DON'T HAVE THE INTERNET

### FREE HYMNS & PRAYERS ON YOUR TELEPHONE



This is an excellent national initiative for those who are especially isolated:

A free national phoneline **Daily HOPE** will be available 24 hours a day on **0800 804 8044**

Callers will hear a special greeting from the Archbishop of Canterbury before being able to choose from a range of options, including Prayer during the Day and Night Prayer updated daily from Common Worship, and a recording of

the Church of England's weekly national online service. An option called **Hymn Line** will also offer callers a small selection of hymns, updated daily.

## WORSHIP RESOURCES FOR EVERYONE

We have been sending out liturgical resources each Sunday for people to use at home. If you would like a printed copy of any prayers, hymns or services please ring Philipa (07967 196560)

As a ministry team we are undertaking to telephone those who would like to say the service with someone else and share the liturgy with them. If you would like one of us to share the service with you or know of someone else who doesn't have technology who might appreciate it, then please let Philipa know - ring 07967 196560. Equally, contact her if you feel able to take the lead role in sharing.

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## NOTICES

- The current St Luke's Quarterly Giving, July to September, is **Barnado's**, the British charity founded in 1866 by Thomas Barnado to care for vulnerable children. Today that work with at risk and vulnerable children, young people and their families continues, with extra resources in place to help them with the impact of the current coronavirus pandemic. You may wish to give online at <https://www.barnardos.org.uk/> or set money aside weekly until it can be collected by the church treasurer.

- **Boost parish funds when you shop online**

The Parish of the Ascension has been a registered charity for one year, and has joined the Give as You Live scheme. This means that anyone can now donate to the



Ascension Parish funds, at no extra cost to themselves, whenever they are shopping online. Don't forget to click on the Give as You Live icon on your browser when starting to shop

and select the Parish of the Ascension. Our registered charity name is long – *The PCC Of The Ecclesiastical Benefice Of The Ascension, Cambridge (St. Giles with St. Peter, St. Luke And St. Augustine)* – so here is a shortcut to sign up:

<https://www.giveasyoulive.com/join/ascensionparishcambridge>

- It would be good to hear news about people, and of what you are doing for and in your communities practically and creatively. We will try to reflect this in the next magazine.

Send your news via email to: [office@churchatcastle.org](mailto:office@churchatcastle.org) or post to Janet Bunker, 95 Richmond Road, Cambridge, CB4 3PS

- If you would like to have the Ascension News delivered to someone electronically or as a print copy, please send the details to [office@churchatcastle.org](mailto:office@churchatcastle.org) or phone 01223 223774

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## WHO'S WHO IN THE PARISH OF THE ASCENSION, CAMBRIDGE MINISTRY TEAM AND CHURCH COUNCILLORS

### Ministry Team

Team Rector Philipa King, 2 Stretten Avenue, CB4 3EP c315000

Team Vicar Janet Bunker, 95 Richmond Rd., CB4 3PS c 229976

URC Minister Charles Mather 01954 277119

Asst. Priest Ank Rigelsford, 19 Clare St. CB4 3BY, c 368150

Asst. Priest Tom Ambrose 01223 858994

Retired Priest Owen Spencer Thomas

LLM Margaret Cooper 01223 354561

LLM Marie Lucchetta Redmond 01223 277934

ALM (*Pastoral*) Sue Mudie 01223 367194

ALM (*Children*) Gill Ambrose 01223 858994

### Churchwardens

**S Augustine** Gill Mead-357431, Mark Wills-229976

**S Giles** Arthur Hibble-367239,

Richard Catchpole-07736 070907

**S Luke** Paul Gibbs-356341

## ONLINE

ChurchatCastle: [www.churchatcastle.org](http://www.churchatcastle.org),

Twitter [@churchatcastle](https://twitter.com/churchatcastle)

St. Augustine's: <https://stas.org.uk>,

Twitter [@stascambridge](https://twitter.com/stascambridge)

St. Giles': <https://www.facebook.com/saintgileschurch>

The Friends of St. Giles' Church: <https://www.fosgc.org>

## GENERAL ENQUIRIES

Ascension Parish Office Parish Administrator: Sheila Rozeik

Email: [office@churchatcastle.org](mailto:office@churchatcastle.org)

Post: St. Giles' Church, Castle Street, Cambridge, CB3 0AQ

Telephone: 01223 315000, 01223 223774

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