

NEWSLETTER



This newsletter contains details of the Welcome Supper for new members of the congregation, the parish Retreat to Walsingham, the annual parish pilgrimage to Ely, and information on our monthly bible study together with the usual intentions for prayer and more.

Highlights of October

Saturday 1st October

Bible Study

4:30pm, Parish Centre; exploring the Gospel of S. John. 6pm Evensong.

Monday 3rd October

Requiem Mass for Ann Lamb

2pm in church. All welcome, especially those who knew Ann or had connections with the Borneo Mission Association.

Saturday 8th October

Poetry and Meditation Day – with Dr Malcolm Guite

10:30am, Parish Centre. All welcome. £10 per head.

Please contact linda@lindarichardson.com or call 01223 892074 to book your place.

Tuesday 11th October

Forum Lunch for sufferers from dementia and their carers.

11:30am-3pm. New cooks and helpers wanted (training given). See Bob DeWolf for information.

Welcome Supper for New Members of the Electoral Roll

7pm for 7:30pm – let the Vicar know of any new members of the congregation to invite.

Friday 14th – Sunday 16th October

Parish Pilgrimage to the Shrine of Our Lady of Walsingham

A fantastic opportunity for prayer, reflection, and spiritual growth in beautiful surroundings. Called England's Nazareth for a reason, Walsingham is an excellent place to grow closer to Christ, and better understand devotion to Mary, and how she points us to Jesus.

Tuesday 18th October

Feast of S. Luke the Evangelist

Low Mass 7:45am, Sung Mass 7pm followed by refreshments

Friday 28th October

Feast of Ss. Simon and Jude, Apostles

Low Mass 12.30am, Sung Mass 7pm followed by refreshments.

Advance notice: All Saints' Day Tue 1 Nov (Low Mass 7.45am, High Mass 7pm)

All Souls' Day Wed 2 Nov (Requiem Mass 10am, 12.30pm, 7pm)

From the Vicar

Our Lady of Walsingham, 2016

Dear Brothers and Sisters,

A couple of weeks ago I received an email out of the blue from a nephew of an American lady who had died. He was writing to inform me that his aunt had left \$25,000 in her will to Little Saint Mary's. She had lived in America since 1947 and had spent her worshipping life over there at St. Paul's, K Street and the Ascension & S. Agnes, Washington. Was this a scam? No. Why, though, had she left us money? She and her sister had trained as nurses at Addenbrooke's in the 1930s and, it turned out, begun worshipping at LSM where they had been formed in the Faith by Fr Cyril Hankey, the then Vicar. Despite leaving the UK at the close of the war, she remained permanently thankful for what she had learned and shared at this Cambridge church, so permanently thankful that when she came to draw up her will she wanted to leave a gift to us. The lady's name is Mary Brown.

This paragraph could lead into an exhortation to make sure you've written a will and remembered LSM in it (and indeed I hope you have!); yet the main reflection that this lovely story and gift provoked in me concerned what an abiding impact people and places make. What was it about Fr Hankey's teaching and the worship and fellowship that this young nurse found here that meant that, despite not having set foot in the country for almost 70 years, she wanted to support the place after their deaths?

It's a reminder that our early experiences are incredibly significant. Many of us will have visited an old person who not only remembers vividly their youth but who also lives out of the reserves of experience and joy accumulated during their early years. Ask a priest why they do a wedding or a funeral or run their parish the way they do and more often than not the answer will boil down to 'it's how my first vicar did it'.

As the university term begins (and as we are already several weeks into the school term) it is an encouragement to us to focus with fresh zeal on sharing our faith with the young. This is not at the expense of those who are older but rather at their service, for I have lost count of how many

people tell me how encouraged they are by the number of younger people who worship here.

To that end I'm delighted that to the wonderful work of Helen Thompson and her Sunday children's group team and Mary Ward and her junior choir, we are able to add Nell Whiscombe! Nell and Alex were married here two years ago and have become a firm part of our congregation. Nell is beginning a youth work qualification (while keeping up her day job) and hopes to be able to strengthen our work with teenagers and older children. With my Rural Dean hat on, I'm also hopeful that we can work together with a number of churches in south Cambridge to provide support and nourishment to teens in their faith. Several parishes, like us, have a small number of older children within their fellowship who may benefit from doing things together occasionally.

I'd be immensely grateful for your prayers for this endeavour. Churches like LSM clearly leave a deep impression on people, as Mary Brown's story testifies. In part our worship and simple living of our faith will do their own work – it is one of the blessings of the catholic tradition. Yet in a society which is supremely indifferent to the life of Faith we need to do more than just let it all wash over our young people and hope for the best. As always there will be drinks at the vicarage for new and returning students later in the month and I want to remind regulars that it is incredibly important to come over and say hello to new people over coffee – very rarely do they bite! Together with the fresh assistance of Nell and the continuing endeavours of Helen and Mary we can make a real difference. That said, that difference will only be of lasting value if surrounded by our prayers, so do please keep our work with children and young people in prayer.

As we give thanks and pray to God for Mary Brown, it is a pointer towards the end of this month and our celebrations of All Saints, All Souls and this church's anniversary of Dedication. For certain, we are not alone.

With my love and prayers, I am,
yours in the Lord,

Fr Robert.

Cambridge Churches Homeless Project

... a new season!

Now in our fourth year, the CCHP is a joint project of a number of Cambridge city churches, and one synagogue, who offer overnight hospitality during the coldest months of the year to people who would otherwise be sleeping on the street.

Each church hosts the project on one night of the week, and is staffed by volunteers from their own congregation and from other churches, who combine to offer a warm welcome, hot supper and a safe place to sleep in our churches and parish halls. The Project is run by a co-ordinating team of representatives from all our churches, who also manage the system of guest referrals and night-to-night co-ordination and pastoral care.

This year we will again be hosting the CCHP at LSM, welcoming 15 guests to the church and parish centre every Tuesday night from December to March. We have had wonderful support from members of the LSM congregation in previous years but we shall again be needing new volunteers!

We need people to,

- Prepare supper for 25 people (7-9pm)
- Join us for supper and stay the night at church (7pm-7am, including time to sleep yourself)
- Wash sleeping bag “sheets” (1-2 machine loads each week)
- Drive the “kit” (1 largish car full) from LSM to Castle Street at 7:30 or 8am on Wednesday mornings!

To find out more, we are running three volunteer information and basic training evenings, to include supper and a chance to hear more about the project and meet the team:

- Thursday 3rd November, 7pm at Beth Shalom Synagogue, Auckland Road
- Tuesday 8th November, 7pm at LSM
- Thursday 10th November 7pm at Great St Mary’s

...come to whichever evening suits you best!

Volunteering with the CCHP is a manageable and inspiring way to be involved in helping one of the most desperate needs in our city, as the number of people with

nowhere to live continues to rise and the resources set up to help them are stretched to their limits.

We all see homeless people on the streets, and it can be hard to know what (if anything) we can do, as one person, to help: as a project, and with the collective resources, kindness and hospitality of all our churches, we really can make a difference.

Last year we welcomed 36 different people to the supper table during the winter season, 22 of whom moved on to accommodation elsewhere: let's see what we can do in 2016-17.

Further details from Fr Robert, Fr Max, or Lucy McKitterick (lrm26@cam.ac.uk). Thank you!

WANTED: FOUNDATION GOVERNORS



Calling all Cambridge churchgoers: are you interested in supporting a Church of England Primary School in Cambridge by serving as a Foundation Governor?

Church Schools of Cambridge (the Trust) is a registered charity which owns four primary schools in Cambridge City – St Luke's, St Paul's, St Philip's and Park Street. The main activities of the Trust are to support financially its four primary schools and fund activities to support the provision of R.E. and Collective Worship in all primary schools in the Cambridge area. Along with the Diocese of Ely, the Trust appoints Foundation Governors at its four schools who have a special role in supporting the school's Christian ethos. We currently have vacancies for Foundation Governors at St Luke's and St Paul's CofE Primary Schools.

If you feel this is a role that would interest you or would like to find out more, please email admin@csoc.org.uk We look forward to hearing from you.



Calendar and Intentions

for

October 2016

*The list of Thanksgivings and Intercessions offers a focus
for our daily prayer, both at the Offices and Mass,
and in our personal times of prayer.*

*The Vicar would be glad of suggestions or
additions to the list of daily intention*

**Calendar for October
Mass**

LM-Low Mass, SM-Sung Mass, HM-High

Sat	1 st	<i>S. Remigius, Bishop & Missionary</i>
SUN	2nd	NINETEENTH SUNDAY after TRINITY
Mon	3 rd	Of Requiem
Tue	4 th	S. Francis of Assisi, Deacon & Religious
Wed	5 th	
Thu	6 th	S. Faith, Martyr
Fri	7 th	Of the Sacred Heart
Sat	8 th	
SUN	9th	TWENTIETH SUNDAY after TRINITY
Mon	10 th	S. Paulinus, Bishop & Missionary
Tue	11 th	<i>S. Ethelburga, Abbess</i>
Wed	12 th	S. Wilfrid of Ripon, Bishop & Missionary
Thu	13 th	S. Edward the Confessor, King
Fri	14 th	
Sat	15 th	S. Teresa of Ávila, Religious & Doctor
SUN	16th	TWENTY-FIRST SUNDAY after TRINITY
Mon	17 th	S. Ignatius of Antioch, Bisho & Martyr
Tue	18th	S. LUKE, EVANGELIST, LM 7:45am, SM 7pm
Wed	19 th	Henry Martin, Missionary
Thu	20 th	
Fri	21 st	
Sat	22 nd	Of the Blessed Virgin Mary
SUN	23rd	LAST SUNDAY after TRINITY
Mon	24 th	
Tue	25 th	<i>Ss. Crispin & Crispinian, Martyrs</i>
Wed	26 th	Alfred the Great, King
Thu	27 th	
Fri	28th	Ss. SIMON & JUDE, APOSTLES, LM 12:30am, SM 7pm
Sat	29 th	James Hannington, Bishop & Martyr
SUN	30th	FOURTH SUNDAY before ADVENT
Mon	31 st	

Daily Intentions and *Anniversaries of death for October*

European Political Leaders *David Walser (priest), Lester Vellanoweth, 1st
Audrey Gulland*

Our Parish & People 2nd
The Faithful Departed 3rd
The Order of Friars Minor (Franciscans) *Magda Phillips* 4th
Cambridge Council *John Wade* 5th
Christian Unity *Elizabeth Mary Knight* 6th
Corporal Works of Mercy *Irina Findlow, Peter le Huray, Derek Hulyer* 7th
The World Community for Christian Meditation 8th

Our Parish & People 9th
The Archbishop of York 10th
New Members of the Parish 11th
Ripon College, Cuddesdon *Geraldine Adams* 12th
The Queen & the Royal Family 13th
The Shrine of Our Lady of Walsingham *Eric Horne* 14th
Religious Contemplatives *Isabel Furley, Thomas Timmins* 15th

Our Parish & People 16th
The Society of Jesus (Jesuits) *Bertie Clough* 17th
Increase in Evangelization *Frederick Linsey* 18th
Society of Mary 19th
Sacred Music *Percy Poulter, Alice Royston* 20th
Bishop Stephen *Norman Cruttwell (priest)* 21st
Orphanages *Winifred Staples, Jennifer Moseley* 22nd

Our Parish & People *Frederick Waring, David Hall* 23rd
An Increase in Vocations *Meredith Dewey (priest), Robert Wolverson,* 24th
Freddie Webster, Patricia Nutbrown
Christian Missionaries 25th
HM Government 26th
Mother's Union *Margot Fynes-Clinton, Michael Jackson (priest)* 27th
Christians in the Middle East *Patricia Chopourian, Donald Clough* 28th
Those living in fuel poverty *Beatrice Bicheno* 29th

Our Parish & People *Edith Lock* 30th
Defence against Evil Spirits *Richard Crowden, Charles Holland* 31st

Saint of October

15th October – Teresa of Ávila

Merciful God, who by thy Spirit
didst raise up thy servant Teresa of Ávila
to reveal to thy Church
the way of perfection:
grant that her teaching may awaken in us
a longing for holiness,
until we attain to the perfect union of
love in Jesus Christ thy Son our Lord,
who liveth and reigneth with thee,
in the unity of the Holy Spirit,
one God, now and for ever.
Amen.



Teresa of Ávila was born in 1515 in Gotarrendura, in the province of Ávila, Spain. Teresa was fascinated by accounts of the lives of the saints, and ran away from home at age seven with her brother Rodrigo to find martyrdom among the Moors. Her uncle stopped them as he was returning to the town, having spotted the two outside the town walls. Teresa was sent for her education to the Augustinian nuns at Ávila, where she fell ill. Early in her sickness, she experienced periods of religious ecstasy, and employed many ascetic and mystical religious exercises. She claimed that during her illness she rose "devotions of ecstasy", which was one of perfect union with God.

Teresa entered a Carmelite Monastery of the Incarnation in Ávila in 1535 but soon resolved to found a reformed Carmelite convent, correcting the laxity which she had found in the monastery. Her plan was the revival of the earlier, stricter rules, supplemented by new regulations such as the three disciplines of ceremonial flagellation prescribed for the divine service every week, and the discalceation of the nun. In 1567, she received a patent from the Carmelite general, Rubeo de Ravenna, to establish new houses of her order, and in this effort and later visitations she made long journeys through nearly all the provinces of Spain. Teresa was given permission to set up two houses for men who wished to adopt the reforms, which she did with S. John of the Cross. Teresa's writings, produced for didactic purposes, stand among the most remarkable in the mystical literature of the Catholic Church.

Parish Retreat to Walsingham

14th - 16th October



The Shrine of Our Lady in Walsingham, Norfolk, has been a place of pilgrimage since the 11th century when Richeldis de Faverches, a noblewoman in the village, had a vision from the Blessed Virgin Mary asking her to build a replica of her family house in Nazareth. After much prayer a spring of water revealed to Richeldis where to build the house and it was erected practically overnight. From that moment on people began to visit this little church and find it a place of healing, forgiveness and profound prayer. Destroyed at the Reformation and rebuilt in the 1930s, Walsingham welcomes thousands of pilgrims every year and has long been popular with L.S.M.

Our retreat will last from Friday evening (departing around 6pm) until Sunday afternoon (returning around 6pm). The Shrine is a wonderful place and to be heartily recommended to anyone unsure or who has never been before. Our programme will be:

Friday

Arrive, First Visit to the Shrine and supper

Saturday

Morning and early afternoon free

5.00 pm Shrine Prayers

6.00 pm Pilgrimage Mass

8.15 pm Sermon, Procession & Benediction (Confession available afterwards)

Sunday

11.00 am Parish Mass (at St. Mary's Church)

2.30pm Sprinkling at the Well, Laying-on of Hands and Anointing

4.00 pm Procession of the Blessed Sacrament, Benediction and Last Visit

The cost of food and accommodation for the weekend is an excellent value £125. Both the bedrooms and the meals are of very good quality. Depending on the number of people who want to come we will either hire a coach or travel in cars. Please contact Patricia Davies, Church Warden, for more information or to book: trishviola@icloud.com

Visit to Lichfield Cathedral

You are invited to join the Friends of St Giles for a Visit to Lichfield Cathedral (with official Cathedral guides) on Saturday 22nd October 2016. At Lichfield Cathedral, you can discover over 1300 years of history. See a medieval wall painting, the famous Herkenrode stained glass, the Lichfield Angel and much more! Lichfield Cathedral is the only medieval English cathedral with three spires!



We depart from Madingley Park & Ride at 9:30am, returning at 7pm. The cost is £33 per person (£31 for Friends). Please send your cheque (payable to “Friends of St Giles”), to:

*The Rev'd Dr Geoff Dumbreck,
Assistant Curate, Parish of the Ascension,
St Giles' Church, CAMBRIDGE CB3 0AQ*

If you require confirmation of a place, please provide a stamped addressed envelope or an email address.

LSM Forum Lunch – Helpers Needed!

Forum Lunch got off to a fine start in September with good attendance and beautiful singing from Agnes Pethers, and we are looking forward to the coming year. Some of our helpers and cooks, however, have found that they are unable to help out for the next months. We need to try to sign up more people to the Forum team.

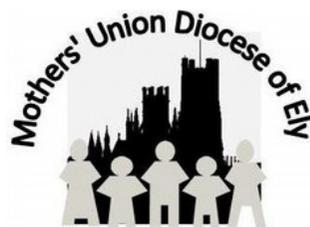
Cooks would be invited to provide a cooked main dish or a pudding about once every two months – or possibly even less often. Helpers come to assist in serving up, or just to chat with our members. The helper schedule is flexible and depends upon how many members we expect on the day.

Another way to contribute to the lunches – and hugely appreciated – is to give a 20 to 30 minute talk (on almost any subject whatsoever) or to entertain with music or poetry. If you would like to help in this way, or know of someone who might want to come to entertain or edify, do let us know.

Please do contact Bob DeWolf at robert.s.dewolf@gmail.com or phone 07500 071700 if you would like to help with Forum Lunches in any way.

A Chance to Sponsor Jo

The Mothers' Union is organising a series of sponsored walks around the diocese on Saturday 15th October in aid of projects both at home and overseas. This is the day of our LSM walk so I am combining the two. Many LSM folk kindly sponsored me for the recent Historic Churches Charity No.251394



Registered

Cycle Ride which I appreciated greatly. However, if you feel you missed out, here is another opportunity. The Mothers' Union does tremendous work but is often limited by financial constraints and in our 140th anniversary year we are making a special fund raising effort. I shall leave a sponsor form at the back of the church if anyone feels they can support this effort.

Jo Wibberley

Annual Pilgrimage to Ely; Saturday 15th October

This will be the 17th Annual Walk to Ely. As usual we will start at Jesus College Chapel for pilgrim prayers at 9am. We will then begin our journey, having an 11am coffee break at Clayhithe. Then we head on to 'Five Miles from Anywhere No Hurry' pub for lunch - around 1:15pm. Hopefully we'll arrive in Ely with time to have tea, before finishing the day with Evensong in the cathedral at 5:30pm. Return journey by train. All welcome. If you have any enquiries, please email Bill de Quick: billdequick45@gmail.com

Cambridge City Foodbank – Transport Needed

The Little Saint Mary's congregation has been generous in bringing in goods for the Cambridge City Foodbank. Help is needed, however, in getting the foodbank box to the depot. It would be most welcome if someone could volunteer to drive the box from LSM to the depot each week. Donations can be taken there 9:30-13:00, Mondays and Fridays only. The depot 's address is CCFb Warehouse, Unit 4 Orwell Furlong, CB4 0WY

If you can help, please contact Patricia Boulhosa or Bob DeWolf at robert.s.dewolf@gmail.com or by telephone on 07500 071700. More information about Cambridge City Foodbank, including how you could help out in other ways, can be found at <https://cambridgecity.foodbank.org.uk>

Caring for our Altars: can you help?

Not all visitors to LSM know that our church has three altars: the High Altar, the Lady Chapel, and the Crypt (through the door under the organ loft, and down a narrow flight of stairs). All three are used for Mass at least twice every week – a lot of use!

Each altar is covered with at least two (and ideally three) white linen cloths, as well as the blue dustcover to keep them clean between services. Traditionally, altar cloths are made from a single piece of fabric (c.f. the seamless robe Christ wore to Calvary) and embroidered with five crosses (cf His five wounds). They also represent His burial shroud.

The topmost linen cloth needs changing quite regularly as it tends to become spotted with candle wax, flower pollen, wine and water stains, and general dirt. All of this is something of an exercise in ingenuity at LSM because we have only just enough cloths to go round, meaning that linen has to be washed, starched, ironed and replaced very quickly before the altar is needed again for Mass! Holy Week (when everything is washed) can be quite exciting getting everything ready in time...

We are looking for one or several persons who might like to sponsor new altar linen, to help with the current arrangements and to supply the future. The cloths themselves will be made “in house” for a perfect fit but we will need to purchase (quite a lot) of fabric. £250 buys enough to make a new fair linen top cloth for each of the three altars, which will be blessed when finished and put to immediate use.

If you are able to help us with this, perhaps as a thanksgiving, or in memory of a loved one, Fr Robert or Lucy McKitterick (lrm26@cam.ac.uk) will be very pleased to hear from you!