

Welcome! to St Mary's

Services at St Mary's

Holy Communion

9.15am on 1st, 3rd and 4th Sundays

10am Altogether Communion Service on 2nd and 5th Sundays

9.30am Thursdays followed by Coffee Morning (at Babraham whilst works are carried out)

Open Door, an informal service for all ages

10.45am on 1st and 3rd Sundays

10.45am on 4th Sundays – All age worship

*Refreshments are served after all regular services.
Please do stay and have a chat.*

Morning Prayer

8am on Mondays and Tuesdays (not until works are finished)

Night Prayer

8–9pm Wednesdays on Zoom

Please contact the Church Office for link

Youth Groups

2nd and 4th Sundays – please contact Kathryn for details

*The church is currently closed for renovations. It should be open again by mid July. Please check website for updates on services. Normally the church is open for private prayer during daylight hours
Winter 9am–3pm and Summer 9am–4pm (approx.)*



Email: office@stmaryssawston



St Mary's Church, Sawston



www.stmaryssawston.org.net

Welcome to St Peter's

Services at St Peter's

Morning Worship

11am on 1st Sunday

Holy Communion

11am on 3rd Sunday

Morning Prayer

8.15am on Wednesdays

Wednesday

12–2pm Time for a coffee and chat

The church is open

from 9am–4.30pm daily



St Peter's Church, Babraham



www.stpetersbabraham.org.uk



Welcome to our June–August magazine. As I write this in a freezing day in May, I am dreaming of some warm summer days ahead and time to rest and recharge my batteries, as I finish my time as chaplain at Addenbrooke's Hospital. I hope you find plenty to reflect on, entertain and interest you in this magazine, my last as 'temporary editor'. Clare Hulme steps into the role as of August. It's a time of endings and beginnings and there are some reflections on this theme for you to mull over.

Ian reflects on looking forward to summer and slowing down and changing rhythms, and Becca too, reflects on change as she prepares for an ending paving the way for new beginnings. There are articles on the value of stopping for tea and cake and, see too, Paul's piece on the beautiful painting of the Virgin at rest. We all need to take time out of the, sometimes seemingly relentless busyness of life, so we can take heart that even the Virgin took the commandment to observe Sabbath rest to heart!

Blessings, Petra

WHAT'S ON IN SAWSTON AND BABRAHAM

REGULAR ACTIVITIES



Baby and Toddler Group

Mondays 9.30–11.30am

Chat – toys – rhymes – story – craft

Sawston House Groups

- Mondays 8pm on Zoom
Contact: Rosie Whitmell: rosie.whitmell@gmail.com
- Mondays 8pm at Andrew & Joanne Beale's
Contact: thebeales44@gmail.com.
- Fridays 10am at Petra Shakeshaft's
Contact: petra.shakeshaft1@outlook.com for dates



First Tuesday of each month
2pm or 7.30pm in St Mary's Church

Contact: Janet Martin, tel: 835028, email: janetm.martin@ntlworld.com

TEA AND FRIENDSHIP

warm drinks, warm friendship

First Thursday of each month

2pm–3.30pm in St Mary's Community Hall



SOUP AND SANDWICHES

Second Thursday of each month 12.30–2pm

In St Mary's Community Hall, Church Lane

Supported by Central Cooperative



CRAFT GROUP

Last Thursday of each month 2–4pm

In St Mary's Community Hall

Contact: Tina Casey

tina.e.casey@gmail.com



Bring your own craft

From the Vicarage

Dear Friends



As I write this, the work on the interior of the St Mary's church building is now well underway. Several of the heaters have been removed from the walls, some of the electrical work has been done, more old cement containing plaster has been removed, and protection has been put up over the brasses. Very soon the new lime mortar plaster will be applied, forming a protective layer over the stones whilst still allowing the medieval building to 'breathe'.

Rebuilding (well, replastering) the church walls made me think about the rebuilding of the walls and the rest of the temple in Jerusalem, described in the books of Nehemiah and Ezra. Following the destruction of the first temple by the Babylonians in 587 BCE, the exiles who returned to the city rebuilt the temple between 536 and 515 BCE. This marked an important moment in Jewish history, restoring the worshipping life of the people once again. However, the rebuilding was not without its problems, including opposition from neighbouring peoples and limited resources. Nevertheless, the prayers and determination of the people enabled them to overcome these obstacles.

I am grateful for all the work that many people have done to ensure our worship can continue at St Mary's, even if things look a little different for a few months. Unlike the people sent into exile into Babylon, we can still hold our Sunday services in the church, and our normal pattern of services should be restored during the summer. We are also in the extremely blessed position of having the financial resources to be able to complete the work.

We often have visitors to the church and churchyard, and one recent visitor, having done a lot of research, was extremely excited to see the splendid memorial to Elizabeth de la Pole, neé Bradeston (1371–1423), situated to the left of the high altar in the sanctuary. It is hard to imagine life back in the fourteenth century, but people were worshipping in the church regularly and attending for baptisms, weddings and funerals. Some 600 or so years later, we are still able

to worship God in the beautiful medieval building now entrusted to our stewardship.

Whilst the current work is causing significant upheaval, it is part of the necessary ongoing maintenance to ensure that the building can continue to be a centre of prayer and worship in our village for many centuries to come. Of course, it is the people, not the building, that really make a church. I pray that St Mary's would continue to be the church at the centre of the community and that we, the church family of St Mary's, would continue to share God's love with all we meet.

Blessings Kathryn

Election of Churchwardens and Annual Parochial Church Meeting

Election of Churchwardens and Annual Parochial Church Meeting

These meetings took place on Thursday 30 April 2026. Sebastian Aplin and Corinne Roughley were appointed as churchwardens, with many thanks for all their hard work, especially over the building. David Bard and Clare Glendinning were appointed as Deanery Synod Representatives to serve for up to three years. Kieran Cooper, Suella Hunting and Marian Watson were appointed to the PCC to serve for three years. Susan Lowdell was warmly thanked for her service on the PCC and presented with flowers as a token of appreciation. The revised Electoral Roll, with 88 names, was accepted, along with the accounts and annual report for 2025. The new treasurer, Susan Chase, could not be present but was thanked for all her work in dealing with the accounts. The vicar's report can be found on the St Mary's website. She emphasised that in the church we work very much as a team. Reports from various church groups were also received. The vicar was thanked for her firm and inspiring leadership of the team, and then wine and nibbles were served and those able to stay could talk among themselves. Some booklets are still available in church for anyone who is interested and the booklet is available online. Our thanks go to Joanna Johnson for assembling the booklet and to all the contributors who took the trouble to write about church activities. Please do read what they wrote and ask if you have any queries.

Mary Dicken

News from St Peter's

At St Peter's we have been working with our residents in the church – pipistrelle and brown long-eared bats! A specialist ecologist has visited the church and undertaken DNA testing of bat droppings (yes – that is a thing!). Our challenge is how to replace part of the roof with minimum disruption to any bats living there. Our next job is to undertake a night-time bat survey in the church and around the graveyard.

We have also been talking to archaeologists. We need to replace one soakaway and dig a new one to cope with the much higher deluges of rain (when we have rain) that we encounter as the climate changes. This is very much like the work that was completed last year at St Mary's.

We now have specifications for the new roof and guttering plus the soakaways and a full cost breakdown from three contractors. The next step in May is to make the planning application to the Diocese of Ely and to meet with the National Lottery Heritage Fund prior to making an application, Competition is huge and without that funding we will not be able to proceed. The National Lottery want to see how these works impact the community – they provide financial support (around £20,000) for community events and projects. We hope to be working with Babraham Primary School to fund art, history and science/ecology projects and also hope to develop some wider community ecology projects too.

In the meantime all our usual services and events have been taking place. The Easter Treasure Hunt and teas was once again greatly enjoyed by all those who attended. There will be a Choral Evensong on Sunday 28 June to celebrate our patronal festival. The service will start at 5pm and tea and cake will be served from 4.15. Everyone is very warmly invited to attend.

Matthew Punshon and Kathryn Waite



 St Peter's Church Babraham

**The kettle's on
You're
welcome here**

St Peter's Babraham is open for you – whether you're seeking a moment of quiet, a conversation over tea, or a place to think about life's big questions

We're here for everyone – including the scientific community

**Every Wednesday
12–2pm**



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GRANTA DEANERY

REST 1

'Our heart is restless until it rests in you.' Augustine *Confessions*. Augustine 'engaged in all the worldly pleasures he could as a young intellectual, but something was missing. Despite his learning and success, his restlessness increased until one day, through a flood of tears, he read from Paul's letter to the Christians in Rome, 'put on the Lord Jesus Christ'. He describes the moment by saying, 'At once, with the last words of the sentence, it was as if a light of relief from all anxiety flooded into my heart.' (*Confessions* 9.29). Augustine had found his rest. Like all believers, however, he would go on to enter further into that rest by discovering the one who had called him in wholeness.

Mark Scarlatta, 2019, *Sabbath Rest* p.1 SCM Press



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Funerals

- 1/4/26 Colin Denny Interment of ashes St Marys
9/4/26 Jenny Pinder St Mary's and Cam Valley
10/4/26 Richard Morgan Interment of ashes St Peter's
10/4/26 Susan Chater St Mary's
followed by burial in the churchyard
11/4/26 Donald and Rosemary Wilkes Interment of ashes
St Peter's
14/4/26 Richard Saunders St Mary's and Cam Valley
28/4/26 Christine Bradley SFC
followed by burial in Sawston Cemetery
7/5/26 David Baron Cam Valley
21/5/26 Patricia Ann Fabb Cam Valley
18/5/26 Susan Carter St Peter's
followed by burial in Sawston Cemetery

Confirmation

- 4/4/26 Corinne Roughley and Selina Fitzgerald in Ely Cathedral

Endings and beginnings ...

Dear Friends at St Mary's and St Peter's

On Saturday 4 July, at 11am in Ely Cathedral, I will be ordained as a deacon. This means I will become a deacon, a reverend and a curate, but not a priest or a vicar just yet! Everyone is very welcome to join the service, either in person or online (see the Cathedral website for details about how to join online: www.elycathedral.org). For me, this follows three years of training and study, preceded by several years of discernment, praying, and thinking with others about my calling. I am hugely grateful to everyone who has supported and prayed for us during this time. Your continued prayers would be much appreciated as I approach ordination and move on to curacy.

From 4 July I will also begin my curacy, which I will be serving in the parishes of St Mark's, Newnham, and St Andrew and St Mary's, Grantchester for three years. I am very much looking forward to ministry there, but will, of course, be sad to say goodbye to St Mary's and St Peter's after nearly 15 years at the churches. We have many wonderful memories in this place and many friendships that we will continue to treasure. My final service at St Mary's will be Sunday 28 June (building works permitting). While I will be leaving, the rest of my family will still be at St Mary's sometimes, so please do continue to care for them.

The word 'deacon' comes from the Greek word *diakonia*, which means service. Part of a deacon's calling is to serve – God, the community and the church. This is also the calling of all followers of Jesus, as we try to live lives that imitate the one who came to serve and not to be served. Service is something it's often easy to see in action at St Mary's and St Peter's – church communities who serve in so many ways in both the church *and* the community – in our work, rest and play: from little acts of kindness, to care for the church and its facilities, to cake baking and furniture moving, to transport and childcare, alongside the many activities we do together as a church for our community. In all these things we are faithfully serving, sharing Christ's love in very practical ways with those around us.

At the heart of it, service is not about making ourselves useful or needed, but a response to the fact that each one of us is a loved and

precious child of God. Sometimes in the midst of our busyness and to-do lists, it can be easy to forget that. During the ordination service, I will be asked to respond to several questions with 'by the help of God, I will'. This recognises that we don't serve in our own strength, but in God's strength through the Holy Spirit at work in us and through us. As we hold on to that, and our status as beloved by God, we are free to be and to serve Christ in our community and our church using our own God-given gifts and skills. All of us are called to serve, by being who we are, who we have been made to be.

Whatever life looks like for you today, whatever changes and challenges you might face, know that God loves you, God knows you, God delights in you. Rest in that as you serve today.

With my love and prayers,
Becca (Herrick)

'Trust in the Lord forever,
for in the Lord God you have an everlasting rock.'

Isaiah 26:4

Bread, Wine, and the Year That Has Been

It is hard to believe that nearly a year has passed since Petertide, when I was ordained priest in Ely Cathedral. Time has not so much sped by as deepened. There is something about priestly ministry – particularly the regular rhythm of the Eucharist – that does not measure time in the usual way. Weeks are not simply counted; they are gathered, offered, and returned.

Again and again, I have stood at the altar and taken bread into my hands. Ordinary bread; and yet, in that moment, it is anything but ordinary. The words are familiar – so familiar, perhaps, that we risk letting them pass by too easily: *“This is my body, given for you.”* And then the cup: *“This is my blood... shed for you.”*

It is a simple action. It is also, I am learning, the centre of everything. Because what we are given there is not an idea about God, nor a memory of something long ago, but Christ himself; offered, present,

and given in love. Not abstractly, but concretely. Not at a distance, but here, in the midst of us.

This is important to me because so much of life does not feel certain. We live in a world that can feel unsettled, even fragile. Global tensions rise and fall; communities change; people come and go. In parish life too, there are seasons of transition – ministry-team members moving on and patterns shifting. These things can be unsettling, particularly when the Church is often looked to as a place of stability, but perhaps stability is not quite the right word.

The Church's life is not static. It is living, and like all living things, it moves through seasons: of growth, of change, of letting go, of renewal. The story of faith has never been one of fixed permanence, but of faithful presence: God with his people as they journey, not apart from change, but through it.

This is where the Eucharist becomes not simply a service we attend, but a way of being held. Week by week, whatever else has shifted, we come back to the same place: bread taken, blessed, broken, and given. Wine poured out. Christ present. Christ for us. There is a kind of sure-footedness here, not because everything else is certain, but because *he* is. It reminds me of Kathryn's Road to Emmaus sermon – 'meals are important.'

"Abide in me," Jesus says in John's Gospel, "as I abide in you." It is not a call to escape the world, nor to deny its difficulties, but to remain – to stay rooted in him, even as life moves around us.

Over this past year, I have seen something of this in many quiet and often unseen ways. In the faithfulness of those who come week by week, not because life is easy, but because they know where to come when it is not. In the courage of those who receive communion with trembling hands and open hearts. In the gentle, persistent hope that refuses to let go, even when circumstances might suggest otherwise. This is not dramatic faith. It is something deeper, something steadier.

As we look ahead to the summer months, we enter a season in the Church's year that is often described as "ordinary time though there is nothing ordinary about it. It is the long, green season of growth.

The time when the great festivals – Christmas, Easter, Pentecost – have been celebrated, and what remains is the living out of what they mean.

It is, in many ways, the season of discipleship. Summer brings its own rhythms: holidays, lighter evenings, a different pace. For some, it is a time of rest; for others, a time of continued labour, often unseen. In the life of the parish, things may feel quieter on the surface, but the work of ministry does not stop – it simply changes its shape.

There are conversations that happen over garden fences, visits that take place in quieter moments, prayers that are offered without announcement. There is the ongoing work of care, of presence, of simply being with one another, and always, at the centre, the same gift remains.

Bread. Wine. Christ.

If there is one thing I am learning – still very much learning – it is that priesthood is not about bringing something new or impressive, but about returning, again and again, to what has been given. To hold it, to receive it, and to offer it faithfully. Not perfectly. Not without doubt or difficulty. But honestly.

As we move into the months ahead, with all their unknowns and possibilities, this invitation will remain: Come to the table, come as you are, to received what is given.

Revd Ian Henderson

Beginnings and Endings

There are times in life when change is inevitable, sometimes necessary, sometimes welcome, sometimes resisted. Sometimes that change is a kind of calling. Both Becca and Ian have reflected on their calling to ordained ministry, each from different standpoints in their lives. They are reflecting on ‘firsts’, new experiences in anticipation of some known and other unknown things.

Beginning something new often means there will be endings. A marriage means the end of the single life, a change in family dynamics. A new job means leaving an old one behind – or an old

way of life behind, maybe friends and colleagues, community, and it can be hard.

Many of you have already met the newest additions to our family – our grandchildren, gifted to us through adoption. As a family, we are navigating what it means to love and care for two little ones whose early experiences have been difficult. For their parents, it means the end to the child-free hours and a complete change of routine. For us, it has meant the recognition that our calling is now to be with them, to support their parents, to love and nurture them and play our part in giving them the security and stability they had not had. Which, in turn, means leaving behind many cherished places and people. While it feels hard, it also feels right.

I remember a time when I recognised the need to urgently prioritise my family above my church responsibilities after the robbery in our Duxford Rectory. Bishop Stephen came to see me a day or two later and I explained to him that I knew I couldn't do my job and support our daughter in the way she needed me at that point. He said, "Your first calling is to your family. That's how you serve God best at the moment." Wisdom.

As the summer approaches and we all look forward to a break, it's worth reflecting on those words. It's easy to become so identified with the importance of what we do, that we forget our own needs and those of our loved ones. We need to rest and recuperate. We need time. We need our Sabbath rest, as prescribed in the Bible. On the seventh day, even God rested.

It may well be that a summer with grandchildren will be more exhausting than work! Watch this space. In the meantime, I wish you all rest and refreshment over the summer.

What we call the beginning is often the end
And to make an end is to make a beginning.
The end is where we start from.

And all shall be well and
All manner of thing shall be well

T.S. Eliot, Little Gidding

Petra Shakeshaft

The Rest on the Flight to Egypt



*Gerard David
(Netherlandish,
Oudewater
ca. 1455–1523 Bruges)
1512–15
Oil on wood
The Metropolitan
Museum of Art New York*

This painting of the Virgin Mary with the Christ Child, dating from 1510, is the work of the Flemish painter Gerard David. Mary is shown tenderly nursing her son in a tranquil landscape. The painter displays great artistry in the differentiation of the blues of her mantle and dress, the latter in the purest ultramarine. The scarlet of her underdress just peeps through. To her right are apples, for Mary is the second Eve, overcoming the sin of the first. The serenity of the scene is a little disturbed by the view into the forest, where Mary appears a second time, now riding a donkey, and followed by Joseph, for they are on their journey to Egypt. Such a beautiful little painting was intended for private devotion, to be displayed in a house, perhaps the home of the family of a merchant of the time.

Paul Shakeshaft

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Night Prayer

A quiet time to end the day

Wednesday Evenings
8.30pm – 9.00pm
on Zoom

Various styles of Prayer
Compline, Lectio Divina,
Examen, Northumbrian Prayer.



Zoom link on the weekly notices
or from church office

Cambridgeshire Churches Together visit to Vellore

I, along with eight others, set off for Vellore in Tamil Nadu, south India, on 15 January. Our group, led by Canon Rev. Fiona Brampton, was composed of people from various denominations, representing Cambridgeshire Churches Together.

On arrival in Chennai after a long journey, we were met by two of the Bishop of Vellore's representatives, Rev. Jared and Rev. Emmanuel, along with three drivers and three cars, one for our luggage and the other two for onward travel to Vellore!

On the Sunday at the beginning of the visit, we were taken up to Easter Hill where they have started to build a new church (not yet completed). We were greeted with a warm welcome by the villagers and a special dance performance. We then attended a Communion service in the small village church at Mogaralapalli, and again people came to greet us and the church was full. Later on, we went to the Bishop of Vellore's residence where we met the 'Bible Women' who go out to rural churches with Bibles for the villages, followed by a visit to the Women's Empowerment Centre where women come to learn new skills, such as sewing. On the Sunday evening we attended another two churches for evening services.



During the week that followed we visited a number of schools, meeting teachers and children and taking part in school assemblies. Another highlight was a visit to a mission hospital, the Ida Scudder Memorial Hospital.

The following weekend marked the Golden Jubilee of the Diocese of Vellore. The celebrations included flag raising, church services, and dedication of new churches, and these events were packed with people who came to greet us and the Bishop. A highlight of the jubilee celebrations was a Sunday evening service where 21 candidates were confirmed and a church dedication service where 50 baptisms took place to mark the 50 years of the diocese. We all thought the visit was very successful, meeting new friends and old friends, and we all felt that this link with Vellore will continue with our visits.

Anand M Pillai



Nature Notes:

Why do you look for the living among the dead?

Stephen Roughley

The previous two Nature Notes have focused on findings within the church building itself. In this instalment I will be looking instead at what can be found in the churchyard (the part of the grounds immediately around the church) and the burial ground ('the new burial ground' to the east of the church).

As we slowly ease our way into spring, flowers are coming into bloom, with many flying insects going about their lives and pollinating them. Some of those insects will have passed the winter dormant as adults; others will have emerged fresh from earlier life stages; still others will arrive on our shores from continental Europe or even North Africa. I will cover a few of the things seen recently or likely to be seen in the next few months, which will hopefully go some way to answer the question from the Easter angels to the women at the tomb in Luke 24:5 which I have borrowed for the title of this piece (well, we are still in the liturgical season of Easter!) As Andrew Ziminski notes in his book *Church Going* (Profile Books, 2024, p12):

Most Churchyards have never been ploughed or treated with chemicals, making them refuges for wildlife and a genetic bank that originates from whatever the surrounding habitat was 800 years ago. All this is just sitting there waiting to be discovered.

He goes on to devote a section to insects and plants (pp20–23), during which he observes, 'The best churchyards will have an area where the living will be excluded and nature has been left to run its course'. We don't quite have that, but there are plenty of wilder corners to be found.

Flora

The grass throughout the church grounds has been away with colour in recent weeks: the white of daisies, yellow of buttercups and dandelions, purples of violets and ground ivy, and blues of forget-me-nots and green alkanet in the shadier parts. Add to that mix the herb

Robert, with its small pink flowers (and pungent smell when the plant is disturbed).

It is not just the small plants in flower. The holly trees are flowering, along with the blossom of the cherry tree on the north boundary and, perhaps most noticeably, the horse chestnut in the north-west corner adjacent to the driveway of Sawston Hall with its racemes of white and pink flowers.



Recent flowers in the church grounds. Top (left to right): horse chestnut, cherry; bottom (left to right): herb Robert, ground ivy, forget-me-not.

Butterflies and Moths (Lepidoptera)

Most of the hibernating population of peacock butterflies in the church have now departed, and can be seen flying in the grounds during the day, along with the distinctive pale yellow brimstone butterfly, the eponymous orange-tip and small white butterflies. Holly blue butterflies are also now on the wing.

Not all moths fly exclusively after dark. On arriving in the churchyard on Saturday 2 May, a flash of red fluttering caught my eye: the first of two cinnabar moths. One of these obligingly rested on a stem of grass for long enough for a photograph. At rest they show black wings with only a few red flashes, but their hindwings are almost entirely red. Much less conspicuous are the tiny micro-moths, the horse-chestnut leaf-miner. These tiny brassy moths are only around 3.5–4mm long ($\sim\frac{1}{6}$ th of an inch) and are most easily seen underneath the horse chestnut tree mentioned above, where you may see a shimmering cloud of them flying in the sunlight. Occasionally, one might rest on the black gates below, or even on a hand. The moth takes its name from the fact that its caterpillars live between the layers of the leaves of the horse-chestnut tree, forming blotches which eventually result in the tree shedding its leaves earlier in the autumn than it might otherwise. Despite this, the trees seem unharmed, and the caterpillars are relatively safe from the local hungry bird population.

As we move into the early summer months, more day-flying moths might be seen. A couple of years ago on a June Sunday morning, I spotted a scarlet tiger resting on the low vegetation in the shade in the churchyard. The caterpillars of this moth live on nettles and green alkanet, and generally hide well during the day. The near-black wings with their white spots are slightly iridescent, looking a dark green in some light, making them difficult to spot at rest. However their hindwings are red and black, making them very obvious when they move. Since 2021, I have recorded no fewer than 28 species of moth in the churchyard and burial ground, so there are plenty to look out for.



Lepidoptera (left to right): small white butterfly, scarlet tiger moth, cinnabar moth.



Ladybirds

Many ladybirds overwinter as adults, often clustering in garden sheds and outbuildings. They are now very much out and about, and the larvae when they start to appear have a voracious appetite for greenfly and blackfly. On a recent walk around the churchyard and burial ground, I found two-spot, seven-spot and fourteen-spot, along with numerous forms of harlequin ladybird.

Left: Ladybirds (clockwise from top left): fourteen-spot ladybird, seven-spot ladybird, harlequin ladybird, two-spot ladybird.

Birds

In a quiet moment sitting in the churchyard in the spring months, the sound of birdsong rapidly fills the air. I'm not very good at identifying birdsong, but luckily the Merlin app is available on smartphones, which uses AI to do a reasonable (not perfect, but definitely better than me!) job of identifying birds from their song (see <https://merlin.allaboutbirds.org> for more details). In a ten-minute period on 3 May, 'we' (i.e. me and my phone!) heard a robin, blackbird, chaffinch, wren, great tit, wood-pigeon, chiffchaff, jackdaw, blue tit and swallow. There was also a cockerel clearly audible, which the app chose to ignore completely.

In addition to the above, in recent weeks there has been the buzzing of insects: bees, wasps, the first European hornet of the year, and myriad species of fly around the churchyard. As we will be having post-service refreshments in the gardens for the next few months while the interior of the church is replastered, it's a good opportunity to take some inspiration from the Children's Church class that recently spent ten minutes listening in the churchyard, and spend a few moments looking and listening to see what you can find.



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REST II

'The Bible begins with a magisterial description of how creation came into existence through God's power, goodness and blessing. The sacred authors saw each of the (symbolic) six days as the movement from chaos to wholeness. At the end of this movement there was rest, ceasing, stopping. As God sanctified the seventh day we see that time and the whole universe are wrapped up in his holiness. Yet the later commandment to remember and observe the Sabbath (Ex. 20.8, Deut. 5.12) reminds us that creation's movement towards wholeness and rest also relies on human participation.'

Mark Scarlatta, p. 49

The power of a cup of tea

While there is tea there is hope. I first saw this phrase on a visit to the Imperial War Museum in Duxford. It is emblazoned on all sorts of household items as a reminder of the role that tea played in boosting the morale of English soldiers in the First World War.

Tea* continues to play this role in modern life too, albeit in somewhat different contexts. We make ourselves a cup of tea as we start work on a big project. We prepare a cup of tea to celebrate good news, or to commiserate over life's challenges.

At church, we gather over tea and coffee after services. Tea plays a role in helping us to connect to others – we'll stay for a quick cuppa before going on to continue our day. It's a chance to connect with others and catch up on their lives. A chance for visitors to feel welcomed. Perhaps a chance for the lonely or downhearted to feel encouraged.

I recently made a cup of tea for someone while I was helping at a church event. This person came in late, and we were about to sit down to a joint activity, when they asked if they could just grab a cup of tea quickly. They explained that they hadn't had the time for one that morning and were going to visit a family member in the hospital straight afterwards. With a small window into their morning, I felt a welling of compassion for them, and offered to make them tea while everyone else got started. As I gently asked after their preferences and how things were going, they responded with a gratitude and warmth that left me humbled at the power that making a cup of tea for someone could have.

I was struck that tea can be one of the simplest forms of ministry. In making tea for someone else, we offer them our care. It's not just a factory line of identical cups of tea. We take the time to ask someone how they drink their tea. Strong or weak? Milk? Sugar?

In drinking tea together, we take the time to care about someone else's life. This may be a single moment of fellowship – or perhaps over many cups of tea, we may have the opportunity to slowly build community and friendship.

I think it's no coincidence that there are so many occasions where Jesus sat down to eat with his disciples. The Bible might not mention tea – I'm not sure it had even made its way to that part of the world yet – but tea is a way to offer hospitality and fellowship, which we see in abundance in Jesus' life and ministry.

**or coffee if that's your preference!*

Clare Hulme

COFFEE AND CHAT

with Paul Gregory

Firstly, I will have to call this 'Tea and Tell' as I am not a big coffee fan and have to be careful with caffeine hence why I always bring my own caffeine-free teabags!



Tell us a little bit about yourself and your family.

I am an engineer and was interested in engineering from my early primary school days. I was a big fan of Technic Lego as I grew up and my grandfather was a real encouragement on the electronics side. He had a great big shed full of interesting gadgets and equipment and my grandparents gave me some batteries and light bulbs when I was a kid along with an Usbourne electronics book. I used to make all sorts of flashing lights, communication devices, weather stations and the like from that book and that got me into engineering. I went to York University for four years (I absolutely loved York, with the river, hills and the wide-open spaces for cycling) before coming to Cambridge for my first job. I met my wife in Cambridge and twenty-plus years later we have two fast-growing children, who are turning into young adults. I am still really into my cycling, but in the last five years have also got into running (well,

actually, jogging for me at my pace) after trying the Couch to 5K training programme and have kept it up.

How long have you lived in Sawston and what village activities do you participate in?

We moved to Sawston in 2010. Our first child was about to start school and Sawston looked to have good primary schools and SVC was in walking distance. My college days took two hours on the bus each way, so I was keen for my kids not to have that. Sawston was also more affordable (to live) than Cambridge and seemed to have most amenities on hand. The cycle into Cambridge was also not bad (even better now with the improved cycle path to Shelford). I have been keen to get involved with the local community, so was helping out at the school in the early days by being a school governor for a bit and helping out at fetes (still do). We have an allotment, so I get involved with looking after the driveway, water butts and helping mow the grass for some less able members. I have been helping out with Greener Sawston and clearing cycle paths around the village, though working on the A505 cycle path isn't much fun on your own...

Sawston United youth teams have me making teas and coffees for Saturday home games, and the last few years I have been involved with the Air Cadets along with the Sawston Fun Run. I prefer to get involved with activities where I can physically do something to help make a difference.

Tell us about your Christian journey so far.

It's been a varied one, starting with early recollections of Sunday school when staying at my grandparents during the summer holidays. I never lived near a church until I went to university, and although the campus had its own church on the doorstep, I found home with the York Methodist Church. Four of us used to walk from campus all the way to the church each Sunday morning and it felt much more like a family (and not just students). Moving to Cambridge, I didn't really find another 'community'. Coming to Sawston I used to cycle with Revd Bruce Waldron on a Saturday morning until he moved back to Australia, but St Mary's has always been the church we went to, especially around Easter and Christmas, and Revd Alan played a part in both children's lives through the school clubs and talks. Lately I have tried to be more active throughout the year.

We see you at Open Door. What do you enjoy about this service?

You do – I connect more with Open Door. Firstly, the music is more my 'type', and secondly, I prefer the words projected on the screen. I find it much easier than bits of paper, as you can sing outwards and not into a sheet of paper! Also, the more informal worship style is more my thing.

Do you have a favourite hymn or worship song?

A few, but I'm not sure I could name them. I like a song that makes the hairs on the back of your neck come alive when you sing it, as the beat, the words, the feeling and the meaning all come together at once.

Dianne Conway

THE WORLD-WIDE MISSION COMMITTEE: CHARITY NEWS

Tearfund

Tearfund was our quarterly charity, 1 January–31 March 2026, and our Lent charity. Thank you very much for your generous donations to Tearfund during the first quarter of 2026. We raised a magnificent £500 and it all came from you via the Mission Plate, Tea and Friendship, our Coffee Morning held on 28 February and the lovely ladies in the Craft Group. At a time when there is so much going on in the world, it's great to be able to send this donation on behalf of everyone at St Mary's to Tearfund. Thank you.

St Mary's Mission Strawberry Tea Saturday 13 June 2026, 3–5pm

We are planning to hold a Strawberry Tea in support of Christian Aid (our quarterly charity from 1 April–30 June 2026) on Saturday 13 June in St Mary's Community Hall, 3–5pm. There will be strawberries and cream, cake, scones, and lots of tea, coffee and refreshments. All are very welcome.

Sue Lowdell

And the power of cake ...

The day in 1998 when we moved in to Paddock Way, there was knock at the door. It was Isobel and John Darling. 'I've made you a sponge', she said, and deposited a perfect Victoria sandwich on a paper plate into my hands. John presented Paul with a bottle of red wine. 'Just to welcome you to Paddock Way.'

The 'sponges' arrived on birthdays, anniversaries and any other suitable celebration. It seems poignant, therefore, that just as they have left Paddock Way, we too are beginning to think of moving on. We now have two new adopted grandchildren, who are based in Nottinghamshire. Mum and Dad could do with a hand – or two – and we very much want to be the hands that are there, to hold and love and nurture these two precious ones.

We're not sure how any of this is going to look yet. I have resigned my post at Addenbrooke's to give me some time for grandmotherly duties. We will be around for a while, but just not so much. This is my last magazine as editor, but I'm sure I'll pop the odd article across!

As this is the season for Strawberry teas and other delights, I thought, as a tribute to Isobel and John, and their friendship over the years, I would include a recipe for a Victoria Sponge. It's not Isobel's recipe, alas, but it will be delicious! (It's Mary Berry's!)

Ingredients

4 free-range eggs

225g/8oz caster sugar, plus a little extra for dusting

225g/8oz self-raising flour

1 tsp baking powder

225g/8oz baking spread at room temperature, plus a little extra to grease the tins

To serve

good-quality strawberry or raspberry jam

whipped double cream (optional)

Method

1. Preheat the oven to 180C/160C Fan/Gas 4. Grease and line two 20cm/8in sandwich tins.

2. Break the eggs into a large mixing bowl, then add the sugar, flour, baking powder and butter.
3. Mix together until well combined with an electric mixer. The finished mixture should fall off a spoon easily.
4. Divide the mixture evenly between the tins and gently smooth the surface of the cakes.
5. Bake the cakes on the middle shelf of the oven for 25 minutes. Check them after 20 minutes. The cakes are done when they're golden-brown and coming away from the edge of the tins. Press them gently to check – they should be springy to the touch.
6. Set aside to cool in their tins for 5 minutes. Run a palette or rounded butter knife around the inside edge of the tins and carefully turn the cakes out onto a cooling rack.
7. To assemble the cake, place one cake upside down onto a plate and spread it with plenty of jam. If you want to, you can spread over whipped cream too.
8. Top with the second cake, top-side up. Sprinkle over the caster sugar.



https://www.bbc.co.uk/food/recipes/mary_berrys_perfect_34317

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PCC Officials

Vice Chairman	Corinne Roughley
Secretary	Mary Dicken
Treasurer	Sue Chase (not PCC member)

Other Officials

Assistant Secretary	Joanna Johnson
Electoral Roll Officer	Janet Martin
Gift Aid Officer	Marian Watson
Safeguarding Officer	Barbara Hylton
Sidesmen	Sarah Bard, Andrew Beale, Joanne Beale, Peter Green, Jeannie Green, Suella Hunting, Barbara Hylton, Wendy Redgewell, Mary Richmond, Hilary Streeter, Marian Watson
Website and Social Media Co-ordinator	Joanna Johnson

Committees

Standing Committee Vicar (chairman), churchwardens, secretary and treasurer, David Bard, Clare Hulme.

Fabric Committee Vicar (chairman), Sebastian Aplin, David Bard, Mary Dicken (secretary), David Holloway, Corinne Roughley, Paul Shakeshaft, Marian Watson

World-wide Mission Committee Christine Casey, Sarah Caswell, Clare Glendinning, Jose John,

Janet Marven, Elizabeth Parker, Anand Pillau, Marian Watson

Community Hall Management Committee

George Haddad (treasurer), Katharine Holloway, Suella Hunting (chairman), Jane Moloney, Stephen Roughley, Hilary Streeter (minutes secretary), Vicar.

Ratified appointments which are made externally

Mothers' Union Leader Janet Martin
SYG Chairman Alistair Montgomery

Leaders of Activities

Beale's House Group Andrew and Joanne Beale
Children's Work Corinne Roughley
Church Office Joanna Johnson
Craft Group Christine Casey
Flower Arrangers Barbara Hylton
Friday House Group Petra Shakeshaft
Magazine Clare Hulme
Monday House Group Rosina Whitmell
Open Door Music Group Clare Hulme
Night Prayer Dianne Conway
Refresh Mary Richmond and Barbara Hylton
Sacristan Marian Watson and
Anand Pillai (deputy)

Soup and Sandwiches
and Tea and Friendship Mary Richmond
Working Parties and
Burial Ground
Maintenance David Holloway

REST III

'The beauty of Sabbath rest is that it is a gift that draws us closer to the heart of the Father. In Christ, Sabbath-keeping is a continued discipline of the Church to celebrate true rest and liberation coming into this world. Sabbath creates the necessary gaps that wake us up from our working week and help us attune our lives to the presence and work of the Spirit in the world. Sabbath is giving up our strivings and restlessness to reflect purposefully and deliberately on the nature of our creative work in the world and how this resonates with the creative work of the Father bringing life and redemption.'

Mark Scarlatta, p. 121

ST MARY'S COMMUNITY HALL

REGULAR GROUPS

Line Dancing	Monday lunchtime	Lisa
Contento Pilates	Monday evening	Maria
Contento Pilates	Tuesday afternoon	Maria
Youth Booking	Tuesday evening	Jo
Line Dancing	Wednesday morning	Lisa
Contento Pilates	Wednesday lunchtime	Maria
Tai Chi	Wednesday afternoon	Terry
Childminder Group	Thurs morning (not 2nd)	Hayley
Sawston Beavers	Thursday early evening	Anna
Fitsteps	Friday lunchtime	Kelly

MONTHLY

U3A Classic Cinema	3rd Thursday afternoon	Irene/Cheryl
Rewilding Yoga	1st Sunday morning	Deborah

CHURCH ACTIVITIES

Refresh (until summer)	Monday morning	Mary/Barbara
Stay and Play (prev. Toy Library)	Tuesday morning	Anne
Tea and Friendship	1st Thursday afternoon	Mary
Soup & Sandwiches	2nd Thursday lunchtime	Mary
St Mary's Craft Group	Last Thursday afternoon	Tina
Youth Group	2nd & 4th Sunday evening	Kathryn

All users are expected to sweep the floor before leaving, make sure the premises are left clean and tidy, to take bulky rubbish home with them and to report any damage as soon as possible.

For further information and bookings please contact
Hall Booking Secretary hallbookingsa@stmaryssawston.org.uk
Or leave a message via the Church Office: 01223 837298

Chairman Hall Management: Sue Hunting (sue.hunting@ntlworld.com)