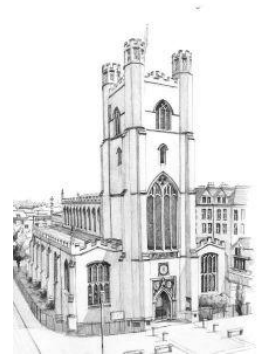


# Great St Mary's eMag

**16-31 July 2025**

**Issue 178**



Dear friends

There is an ebb and flow to the year at Great St Mary's that is shaped by a combination of the University terms, the school terms, and the seasons and festivals of the Christian calendar. Graduations have taken place and the schools are starting to break up for the summer, and some of our own groups and activities take a break as well, and we are now into 'ordinary time'. In a Church that has a particularly high proportion of special services, there is something very precious about having a period of time when we cherish the ordinary.



For me, I hope this summer will be a time when I can reflect back on my first year at Great St Mary's, and (hopefully) work out what I've learned that will help me over the year that is to come and whatever challenges and opportunities it will bring. I'm hoping to do quite a lot of painting on the days when I'm on annual leave as it's one of the ways that I have found I can enjoy slowing down and being still, and 'defrag' my brain; I see things more clearly, and get a sense of perspective that it's harder to have in the midst of everything.

Most people find that we need to step out of the fast moving water and sit on the bank for a bit, or at least reach a wider part of the river where the current is less strong, in order to get this sense of perspective, but not everyone finds this easy: our life circumstances may give little opportunity for slowing down (particularly if we have caring or other responsibilities that we can't simply 'put down for a bit'); the idea of slowing down and taking time to reflect for a while can be difficult; we may dread the times when many regular activities take a break and those patterns by which we measure our time are disrupted; we may experience times (such as ill health) when slowing down or pausing is not by choice but by necessity.

I wonder what all this looks and feels like for you? Wrestling with the relationship between being and doing, work and rest, activity and recovery, and wondering what right balance might be, is a spiritual as well as a practical matter, because it's about our lives as a whole – body, mind and soul. The clergy and ministry team are always happy to have a conversation about these kinds of questions if you think you might find that helpful – not because we have all the answers, but because these are human experiences that we can reflect on the light of our life with God.

I pray that God may bless us all with the kind of ebb and flow that we most need – whatever that looks like.

With every blessing,

Ally

*Ally Barrett, Associate Vicar*

# Worship Schedule

**July services - see Term Card for details**

## **Sunday 20 July (Trinity 5)**

- **8am** BCP Holy Communion
- **10am** Choral Eucharist with Baptism - followed by Children's Church picnic at Lammas Land
- **5pm** Evening Prayer (said)

## **Sunday 27 July (Trinity 6)**

- **8am** BCP Holy Communion
- **10am** Choral Eucharist
- **5pm** Evening Prayer (said)

## **Regular Weekday Worship**

- Monday—Friday 9am **Morning Prayer** in church and on YouTube  
(*Morning Prayer continues to the end of July, but is paused during August*)
- Mondays 12.30 pm **Christian Meditation** in Michaelhouse - followed by soup lunch
- Tuesdays 10.30am **The Ark**, Children's Communion in Michaelhouse
- Tuesdays & Thursdays in GSM, Fridays in Michaelhouse, 12.30 pm  
**Midday prayer with silence**
- Wednesdays 12.30pm **Holy Communion**



## **Livestreaming of Services**

The services can be accessed via the Great St Mary's YouTube page on

<https://www.youtube.com/c/greatstmarys>

Some recent services:

[Choral Evensong \(with valedictions\)](#) Sunday 6 July 2025

[Choral Eucharist](#) Sunday 6 July 2025

**Please note:** If you have any comments regarding the on-line live-streaming, please email [office@gsm.cam.ac.uk](mailto:office@gsm.cam.ac.uk)

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[news@gsm.cam.ac.uk](mailto:news@gsm.cam.ac.uk)

## News & Events



### Sat 19 July - Men's Breakfast - 9.00am

Starting with Communion in the Harvey de Stanton Chapel (Michaelhouse). Followed by breakfast in the Montefiore Room. All are welcome - you can just turn up. Please contact [office@gsm.cam.ac.uk](mailto:office@gsm.cam.ac.uk) for more information.



### Sat 19 July - Michaelhouse Concert 1-2pm



#### Friends of Michaelhouse Concert:

##### [Moonlight Mandolin Orchestra](#)

Music for plucked string instruments, including mandolins, mandolas, guitars & bass

Conductor Hugh Boyde

Free entry, with retiring collection in aid of the Friends of Michaelhouse



### Sun 20 July - Michaelhouse Concert – 3pm



#### New Camerata Ensemble

*David Richmond & Erika Nastro (violins)*

*Gruffydd Owen & Geoffrey Irwin (violas)*

*Ann Sheffield ('cello)*

Mozart - String Quintet B-flat major, K174

Mendelssohn - String Quintet No.1 in A major, Op.18

*Tickets £7 - from ADC or GSM shop In aid of GSM*

# GSM children's and families outdoor gatherings Summer 2025

✦ **Sun 20 July - Children's Church Picnic (Plus!) at Lammas Land after the 10am service**

The last Children's Church session before the summer holidays will be on Sunday 20 July, and we thought it would be nice to celebrate together afterwards with a picnic at Lammas Land (a lovely park near the river with a playground, splash pool, and plenty of open space). Everyone is invited - whether or not they regularly attend Children's Church, and whatever their age! If you would like to come, just make for Lammas Land in your own time after the 10 o'clock service (either before or after coffee), and we'll find each other there.



You will need:

- A picnic
- Something to sit on
- Swimming costumes and towels (for the children)

If the weather looks bad, we will postpone in the hope of a sunny September Sunday!

✦ **Tues 22 July - Final Ark of the term**

**The Ark at Juliet Jackson's House on Tuesday 22 July 10:30 - 12:00**

Juliet has very kindly offered to host the last Ark of term in her beautiful garden again this year. She will provide refreshments, but it would be lovely if those of you who plan to come could bring some food to share - some fruit or some celebratory treats, perhaps. If the weather is wet, there is space to meet inside Juliet's house, so it will be there whatever the weather. Do speak to Juliet or email Rosie ([rosieh@gsm.cam.ac.uk](mailto:rosieh@gsm.cam.ac.uk)) if you need directions. And please get in touch with Rosie if you are planning to come and a) you need somewhere to park a car or b) you and/or your child have allergies that people will need to bear in mind.

✦ **Thurs 24 July - Final Chat-Play-Sing of term**  
**at Lammas Land on Thursday 24 July, 10:00 - 11:30**

Thursday 24 July will be the last Chat-Play-Sing before we take a break for the summer, and we're going to celebrate by meeting outside, at Lammas Land. Because we'll be outside, there will be no limit on numbers, so older siblings who have broken up from (pre)school are really welcome to come too.

Rosie will bring some toys for the littler ones. Parents/carers might like to bring:

- snacks and drinks for your children (and yourselves!)
- a blanket to sit on
- swimming costumes and towels
- toys/games for the splash pool and the park

If the weather looks like it's going to be wet, Rosie will send out a message with a back-up plan!



**Sat 26 July - Christian Aid thank you tea**  
**Christian Aid *Thank you* afternoon tea**

**When?** Saturday 26 July, 3 pm onwards

**Where?** St. Mark's Church Newnham (on the Barton Road)  
(car parking available)

**Why?** To meet other Christian Aid supporters

To share what we did in Christian Aid Week

To learn about Christian Aid's work, now and in the future

To enjoy tea and cake

All are welcome, we look forward to meeting you.

Please come along to further the work of Christian Aid

Questions? Please contact Sheila Porrer, 01223-560066/07772-695229.

[sheila.porrer@virginmedia.com](mailto:sheila.porrer@virginmedia.com)



**Mon 28 July - Summer at the Museums**  
**Creation Celebration! Crafts and play for children & families.**



Join us at Great St Mary's on **Monday 28 July and Monday 4 August**, between 10am and Midday, for a variety of family-friendly craft activities on an environmental theme – a 'creation celebration', if you will. Maybe you'd like to make a butterfly or other bug? Or you could try your hand at designing an 'eco' building (a church, school, supermarket – or choose a building of your own!). We will have a wide range of art supplies available, and we minimise our use of environmentally-unfriendly materials such as plastic (there is no glitter here!), so you can use your imagination to create freely. You will also be able to learn about local habitats in Cambridge, and the plants and animals that thrive there.

As always, we will have a play area set up for babies and toddlers, and there will be a selection of picture books and nature-themed reading for those who prefer to explore through books. All children must be accompanied by an adult throughout. You are welcome to attend one or both dates (we will have some differing activities, so there will be new things to do). No need to book, but if you'd like to let Natalie know that you might attend it will help us to gauge numbers - email [nataliel@gsm.cam.ac.uk](mailto:nataliel@gsm.cam.ac.uk).



## Tues 29 July - Poetry Eucharist

'Something Understood', the GSM Poetry Group, invite you to a Poetry Eucharist - a service of Holy Communion infused with poetry  
On Tuesday 29 July, at 7.00-9.00pm  
3, Adams Road, Cambridge, CB39AD



Everyone is welcome

Please let Juliet know if you'd like a parking spot: [juliet@jmcj.org](mailto:juliet@jmcj.org)

### Bellringers impress!

Twenty-seven bellringing teams from churches across England entered the National 12-bell Striking Contest this year, with nine qualifying for the final in Bristol on 28 June, on bells that are absolutely gorgeous but twice as heavy as our own. This is a huge challenge: the notes are all in the same order, but the technique required to ring the bells, well it is very different indeed! Our Great St Mary's team has always punched above its weight in that we draw from a small population compared with bands from St Paul's & York cathedrals and groups based in London and Birmingham, but this year the wedding of Stephanie Orme had also removed her parents and godparents from what had hitherto been our very stable and experienced band. That left several slots for youngsters to test their mettle however and they grasped the opportunity with both hands. We couldn't quite catch the home team, nor the winners of the previous two contests, but we were delighted to come fourth!



George Unsworth



### Congratulations Clare!



The Reverend Clare Stephenson was ordained by Dagmar, Suffragan Bishop of Huntingdon and Acting Bishop of Ely on Saturday 28 June at Ely Cathedral. Many of the congregation were in attendance. Those who couldn't be present had the opportunity to congratulate Clare after she presided over her first Eucharist as priest at GSM the following day. Plenty of cakes and bubbly on a glorious Sunday morning.

## Pastoral Care



### Pastoral Visiting and Prayer at Times of Need

If you would appreciate a pastoral visit at home or to receive prayer (either by the Home Intercessors group or as part of the intercessions in GSM services) please do talk to one of the ministry team either in person or contact them via email on [clergy@gsm.cam.ac.uk](mailto:clergy@gsm.cam.ac.uk). If you would like to know more about either the Home Intercessors or the Pastoral Care Groups from the point of view of joining either group, do please talk to Ally or Clare (or send an email to [clergy@gsm.cam.ac.uk](mailto:clergy@gsm.cam.ac.uk)).

**In a pastoral emergency the phone number remains 01223 747277 (messages left on this number will be responded to within 24 hours)**



### Year's Mind

*Almighty and eternal God, from whose love in Christ we cannot be parted, either by death or life: hear our prayers and thanksgivings for all whom we remember this day; fulfil in them the purpose of your love; and bring us all, with them, to your eternal joy; through Jesus Christ our Lord. Amen.*

Mary Henderson	1 July
Desmond Perkins	3 July
Alison O'Brian	5 July
Martin Wall	9 July
John Bellm	10 July
Angela Wright	11 July
Kathleen Woods	15 July
Nita Sudbury	17 July
Jack Crossan	23 July
Colin Ian Calthrop Campbell	31 July



## Service



### Eco Tip - Saving water

We are once again experiencing a summer drought. Are you changing your watering habits?

- Have short showers rather than long ones or baths.
- Install a water butt to collect rainwater (when it does rain!)
- An empty milk carton is ideal for collecting tap water if you are waiting for the hot water to arrive - use this water for garden plants.
- Don't water the grass. Grass always recovers once the dry spell is over.
- As climate change presents us with the challenge of gardening with less water, choosing plants to suit our growing conditions is crucial. Lots of ideas here from the [Royal Horticultural Society](#)
- Recycled or 'grey' water should be used with care in the garden, but can be useful in times of water shortages. More [guidance from the RHS here](#).





## Wider Concerns during Peter-tide

At Peter-tide this year Clare was ordained priest. Clare worked as a medical student for a few months in NW Tanzania. We are accordingly supporting the **Kagera Christian Theological College** (KCTC) in Tanzania, one of the poorest countries in Africa, impacted by climate change, and with bordering countries recovering from conflict. The training is for both Pastors and Lay Evangelists to lead their churches and communities, and help enable development projects to build self-sufficiency. Clare is still in touch with one of the local ordained evangelists, Furaha Kamana, who she met in the late 1980s in Kagera just before he started his theological training at KCTC. KCTC are particularly seeking funding that will significantly enhance computer and internet provision for both teaching and access to a wide range of library and other resources.



Donations may be made on-line at [this link](#).

**Greetings cards update** - Thanks to your kind purchases of greetings cards, we were able to send £237.50 to the Bethlehem Rehabilitation Hospital and a further £25 to the theological college in Kagera. There will be no cards on sale in August and September, just to give you a break, but rest assured that the Christmas cards have been ordered and will be available from October!

Lorna Atwell



## News from the churchyard garden



Do you remember this? The dying *Pyracantha* on the right of the great west door, which had damaged the stone wall behind it. During the past few months, it has been removed, the stone work expertly repaired, and the area replanted. Here it is, in July (above right). Everything is still rather small, but it is surviving and it is in flower, providing much needed nectar for the pollinating insects. *Geranium Rozanne* (the purple blue flower) is thought to be one of the best plants for pollinators, because of its very long flowering period. With our grateful thanks to the 'All Things Bright and Beautiful' Ground Force for their hard work watering in this heat, and enabling our young garden to survive.

Juliet



## Foreign Coins Needed

Once upon a time, all the foreign coins deposited in the collection and donation boxes could be exchanged in the currency machines situated in the Grand Arcade and at the station. Since their demise, the only way to change foreign coins is to collect 5kgs worth! Well after a couple of years' worth we have got to 4.18kgs. I wonder whether you could search your drawers and rarely-used purses to enable us to reach 5kgs? What will this go towards? Well that is a little surprise - yet to be revealed, but rest assured, it will benefit the church.



Where should you deposit your precious coins ( of any value, big or small )? In the donations boxes or hand them directly to me. **Thank you to those who have turned out their odd foreign coins. Since last month we have moved up from 4.18kgs to 4.43kgs!** Lorna Atwell

## Coming up.....



### Age is but a number! - Sat 9 Aug

#### **Age is but a number! The medical challenges of ageing and how to avoid them**

Saturday 9 August at 11am - 12pm in Michaelhouse Chancel

Tea, coffee and biscuits served from 10.30am

It will be delivered by our very own Dr Gordon Campbell and Dr Andrew Watson. Gordon has a specialist interest in the medical care of older people, and Andrew is a General Practitioner and is the GSM safeguarding lead for vulnerable people.

This will be the first of three talks on pastoral matters, hosted by the Great St Mary's Pastoral Care Group. The initial plan was to arrange in-house training for the Great St Mary's Pastoral Visitors. We quickly decided that as these subjects are so relevant to us all we would make them open to all.

There is no need to book, but to register your interest or find out more, please email Revd Clare Stephenson ([Clares@gsm.cam.ac.uk](mailto:Clares@gsm.cam.ac.uk))

Other dates for your diary are:

Saturday 11 October at 11am in Michaelhouse Chancel

#### **The spiritual needs of the older person** (hour long talk)

Revd Marie Lucchetta-Redmond, Local Anna Chaplaincy Coordinator, Ely Diocese

Saturday 8 November at 11am in Michaelhouse Chancel

#### **Preparing for the end of life and funeral planning** (longer workshop; end time tbc)

Sonja Lafferty, Assistant Funeral Manager from Peasgood and Skeates Funeral Directors with contributions from Revds Ally Barrett and Clare Stephenson



### Something Understood at the Fitz - Sat 30 Aug, 10am

Our own Sam Race will talk to us about one of the pictures at the Fitzwilliam Museum.  
(Folding chairs will be available)



## Clare Priory Quiet Day - Sat 20 Sept

### Ephphatha: be opened!

#### *A Quiet Day at Clare Priory*

Our starting point will be Jesus' healing of a man who could neither hear nor speak. 'Be opened!' he commanded. Suppose we responded to that command today... How, for instance, might we be helped to lean into listening - to our deepest selves and to each other, to the natural world and to its Creator? And how might our speaking be changed?

The day will be led by Canon Susanna Gunner ([susannagunner.com](http://susannagunner.com)) who will use art, poetry and music to enrich biblical and other texts. There will also be plenty of free time for individual praying and pondering, walking and wandering in Clare Priory's beautiful spaces, inside and out.



Please book early, to enable us to plan and avoid disappointment. Cost is £20 for the venue which includes tea and coffee morning and afternoon and £16pp for travel on the 16-seater mini-bus – when full lifts can be arranged.

Contact for more information from Anne Lindley [annejlindley202@gmail.com](mailto:annejlindley202@gmail.com) 01223 560567 or 07760161306 (or leave a message).

## Elsewhere.....



### "50 Faces of Holy Land" Exhibition

**Ely Cathedral from 28 July – 10 August 2025**

Previously displayed in the Houses of Parliament, the poignant and impactful "50 Faces of the Holy Land" exhibition showcases the resilience and faith of the Christian community of the Holy Land – traditionally defined as the area of Israel, Gaza, the West Bank and Jordan.

To mark the 50 Faces of the Holy Land exhibition's time in Ely, special prayers will be said at Evensong at the Cathedral at 5.30pm on 29 Tuesday 29 July service attended by The Rt Revd Dagmar Winter, Acting Bishop of Ely. This reflective service will bring the local community of the Cathedral together, along with the wider community of Ely, to pray for peace. All are most welcome to attend. The Evensong service will be followed by a simple reception where there will be an opportunity to speak with Brendan Metcalfe, CEO of Friends of the Holy Land who will provide an update on the life-changing projects supported by the charity as well as little reported news from his network of contacts in the Holy Land.



*Tickets: Entry for services is free. At other times, entry to the exhibition is included with your Cathedral [visitor ticket](#) or pass. Visitor tickets can be purchased online in advance or on arrival on the day. Please check for any [changes to opening hours](#) before visiting. The exhibition is in the Lady Chapel.*



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