
CROSSPIECE



The Parish Magazine of St James's Church, Cambridge

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Bluebird of
hope at the
entrance to
the church



Designed
by Jelena
Shinhmar

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Words from the Curate

On the first Saturday of Lent, I found myself wrestling with a hedge. A new socially-distanced and government approved outdoor sport? No, I was just attempting to attach some laminated notices to the leylandii that surrounds the side garden at St James's. By doing so, I hoped that some would feel inspired to try a more contemplative activity: walking in prayer.

The simple spiral laid out in the garden is not beautiful. It looks rather like a school running track, marked in white and orange rain soluble paint. 'Proper' labyrinths, such as those to be found on beaches in Scotland or in old monastery gardens are certainly more attractive. And then there's the venerable and famous one to be found in Chartres, probably constructed so that those who could not journey to the Holy Land in person, could make a pilgrimage within the cathedral itself.

Many of us might long to visit that Scottish beach, monastic garden or French cathedral. I certainly do! We humans are sensation seekers. At the drop of a hat we like to visit places other than those in which we live. We like our holidays by the sea, whether in Margate or in the Maldives. Perhaps the hills of the Pennines or the mountains of Switzerland draw us, or the bustle of unfamiliar and exotic cities like Naples or Norwich. Without that seeking after new sights and sensations, how do we deal with the year and more we find ourselves in: when travel is forbidden and we must stay close to home for our permitted exercise?

It can be the same with our spiritual lives. At the moment we are denied the chance to visit even our own cathedral in Ely, never mind Chartres. In fact we can't even attend an ordinary Sunday Eucharist such as the music-filled, bustling and beautiful ones we had at St James's before the pandemic. Zoom services have been a lifeline, but they can never fill the gap. As our circle of activity generally has

shrunk, so also has the ground on which our spiritual lives are being played out.

There is a lesson in that labyrinth in Chartres Cathedral. Most people in 12th Century France would never run the medieval equivalent of a spiritual marathon, and visit Jerusalem, so prayer practices developed that could bring them closer to God in their own place. We have the same opportunity. Do we find that this is already happening? Perhaps we are paying more attention to the small things – like the buds forming on the trees as we walk around the park, or the snowdrops giving way to daffodils in local gardens. These small signs of spring can come into greater focus when we are not distracted by the many other options we used to have. My favourite poem is Gerard Manley-Hopkins' *Pied Beauty* in which the poet points to the glorious, God given variety of the ordinary natural world he walked in each day:

*Glory be to God for dappled things –
For skies of couple-colour as a brindled cow;
For rose-moles all in stipple upon trout that
swim;
Fresh-firecoal chestnut-falls; finches' wings;
Landscape plotted and pieced – fold, fallow,
and plough;
And all trades, their gear and tackle and trim.*

*All things counter, original, spare, strange;
Whatever is fickle, freckled (who knows how?)
With swift, slow; sweet, sour; adazzle, dim;
He fathers-forth whose beauty is past change:
Praise him.*

Do we also find that we are paying more attention to the people we meet as we walk? It's not just landscapes and finches' wings that are infinitely varied and infinitely loved by God. Perhaps we're smiling more (with our eyes, when masks cover our faces), even bumping into those we've lost touch with and snatching a few

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words as many of us make a simple daily walk part of our routine.

I'm reminded of the walk at the end of Luke's Gospel – to a small village a little way from a bigger city. Was the road dusty, or lined with olive trees? Were there others who passed the two who were discussing what had just happened to Jesus, the man they thought was going to bring hope, but seemed to have failed

like so many others? Why did the two disciples only recognise the stranger who joined them later...when he broke bread with them? Such momentous things happening on a seven mile local walk out of Jerusalem!

Are we prepared to meet God on our own daily walk?

Revd Anne Strauss



Sue and friend
walk the
meditative
labyrinth

..... and Linda muses on an everyday scene

Pigeons, crows and other birds

the pigeon stands guard on your roof, like a sentry
yes, we have reached a point of mutual agreement
praise the creatures' landed gentry
they watch the eco-system quiet but fervent

another bird lands on the car park
looking for its fee
it is joined by a mate and a single magpie
a support bubble under lockdown in the 21st century

the crows are free and fanned out in a group
we sit at home alone
they caw and whoop
and cackle with a mystical song
the teasels will withstand the freezing rain
"there will be no crying nor pain."

Linda Appleby



Obituary: Joan Berryman



Joan was born on 4th January 1933 in Whitkirk, Leeds, the eldest child of Ernest and Lucy Handley. Joan's arrival was followed by a brother, Colin, in 1935, and a sister, Jean, who was born in 1941, during an air raid on the tank factory in nearby Crossgates. Lucy's younger sister Flo also lived with the family during the war, working in a munitions factory in Leeds. Right up to the house being sold in the 1970s it still had its air raid shelter intact, complete with three bunk beds and accessed via a tiny door in the kitchen.

Upon leaving school Joan was set upon a career in nursing, but Ernest didn't think that was a very suitable job for his daughter and sent her off to work in an insurance office in Leeds, with the promise that if after a year she still fancied the rigours of nursing, she could go, and go she did, enrolling as a pupil nurse at Bradford Royal Infirmary in September 1951. She qualified as a Registered Nurse in March 1955, and immediately went to London, to the West Middlesex and Chiswick Hospitals, from which she qualified as a Midwife in December 1956. As a midwife in London in the late 1950s her experiences were exactly those seen in the early series of "Call the Midwife" on the BBC, out on her bicycle, with home births the norm.

She moved on to a post at Falmouth Hospital, from where she met and married Stuart in 1958, after which they moved to Wrexham in North

Wales, Stuart's new "patch" as a domestic appliance salesman. A further promotion to the company's regional office in Liverpool saw a move to Ormskirk, just in time for the arrival of Claire at Liverpool Maternity Hospital in June 1960.

When Claire was in junior school, Joan returned to nursing at a day hospital for the elderly in Ormskirk a couple of days a week. The family had a caravan, in which they had many happy holidays in the UK. Claire remembers in the summer rushing home from school on a Friday afternoon to jump in the car with the caravan all packed and hitched up ready to go to Anglesey for the weekend.

A further promotion for Stuart, to the company's head office in Luton, saw the family move to Cambridge in 1971, and into Heron's Close. Joan initially took a job with Drs Campbell and Dewhurst in Hills Road, doing some reception work and a little nursing – minor surgery involved boiling instruments in a pan in Mrs Campbell's kitchen, which in the days before antibiotic-resistant bugs worked just fine.

In 1974 she moved to Drs Sandell and Ballance's practice, which is now the Queen Edith Medical Practice, as their first Practice Nurse, on a salary of 80 pence per hour for a 20-hour week. She and June Cross, from the Red House Surgery in Chesterton Road, were instrumental in founding the Cambridge Practice Nurses Group. Through the late 1970s the role of the practice nurse grew in importance and specific training courses started to be created. The Cambridge Group was at the forefront and organised the first ever national practice nurses conference at Keele University. Joan was the conference's secretary and Claire remembers Heron's Close was a sea of booking forms and paper spreadsheets for weeks.

Stuart died suddenly in 1982, and Joan's work at the practice was her salvation, continuing at Queen Edith's until her retirement in 1996. She saw the gradual changing of personnel, with the retirements of Dr Ballance and Dr Sandell, with Dr John Scott and Dr Mary Calladine joining, and later Dr Andrew Hussey, and as the role of the practice nurse grew, Joan was joined at the practice by two more nurses - Anne Wells, and Betty Williams.

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Mary Calladine recalls being a very new GP, not yet a partner, when an emergency call came in and all the other GPs were out on home visits – she was gently told by Joan that she would have to go on what would be her first solo emergency, and what she'd need to take with her, before being firmly guided out of the door. Mary also recalled that when the practice decided to kit its nursing staff out in uniforms Joan's blue dress and silver-buckled belt seemed to make her grow about four inches taller.

John Scott recalls being "taken in hand" by Joan from the moment he joined the practice, but was grateful for her guidance and advice throughout his time there, and Andrew Hussey recalls Joan being present at his "trial by lunch" at the practice, prior to his formal interview with Dr Scott and Dr Calladine. He survived both lunch and interview, and went from being a trainee GP to the practice's senior partner until his recent retirement. In his early days he was frequently on the receiving end of her legendary bluntness but credits her with teaching him more about general practice than any course.

Joan retired from the practice in 1996, and joined the Cambridge NHS Retirement Fellowship in

1997, immediately joining the Committee and becoming its secretary, a post she held until 2001, when she became social secretary until 2005. Joan contributed much to the running of the group for many years, and after formally retiring from the Committee she handled the booking arrangements for Christmas lunches, regional meetings, quizzes, and trips to such events as the Thursford Christmas show. She also went on a number of the coach holidays organised by the Fellowship.

Persistent shortness of breath in her late seventies saw a referral to Papworth, and a diagnosis of Pulmonary Fibrosis, a life-limiting lung disease, in 2013. She was well-supported by Papworth, who devised an appropriate cocktail of drugs to keep the disease at bay for as long as possible, although its progress eventually saw her referred on to Arthur Rank Hospice for palliative care. The words "hospice" and "palliative care" did stop Joan in her tracks for a little while, but she quickly discovered that the weekly day therapy classes were great fun. Sadly, just before Christmas, Joan, Claire and Peter all contracted COVID-19, and Joan was admitted to Addenbrookes hospital on Christmas Eve. Her condition worsened and she died peacefully in the early hours of New Year's Day.



Queen Edith staff photo, December 1990. Joan in her nurse's uniform. Some other faces may be familiar.

Arthur Rank Hospice Charity 'Step a Million' Challenge.



Earlier this year, the Queen Edith's News email announced that the Arthur Rank Hospice Charity was going to run a fundraising challenge – to walk a million steps in a hundred days. I'm sure you are all aware of the Hospice and the excellent work that it does. Each year, the charity cares for over 4100 patients in the Hospice in Cambridge, in the Alan Hudson Day Treatment Centre in Wisbech or in their own homes. At the moment, it costs over £8.56 million a year to provide this service. Due to the pandemic this charity, like so many others, lost most of the income that it would have expected last year from fundraising events.

A million steps in a hundred days works out at ten thousand a day (which is about 5 miles). I decided to take part in this challenge for two reasons; first it was a good cause and second it would ensure I got out for exercise even if the weather was cold and wet! I decided that it would be more fun and interesting if, instead of just counting my steps, I converted this into a distance and travelled to a specific place. I was looking for somewhere that is about 500 miles away and the best place seemed to be Inverness. The route is easy – walk along the A14 until I get to the A1 then

keep on that until Edinburgh. After that I go onto the M90 and then the A9 until I get to Inverness. I think the police might have something to say if I was walking this in reality!

Lockdown has made the walking a little less interesting that it might have been since I cannot drive to a different area to walk, but I am getting to know my way around a lot of roads I had never been down before and have found quite a few footpaths I didn't know existed. The challenge started on 11 January and finishes on 20 April. So far the walking is going well; I am about 47000 steps ahead of where I should be which will be useful if I cannot do my steps for any reason and also allows me to have the odd rest day. At the time of writing (17 February), I am about a day's walk south of Durham. I am looking forward to having a cup of tea, virtually, with a colleague from work who is currently living in Gateshead. After that I head into Scotland which is still about half of the journey!

If anyone would like to make a donation to my effort, please go to

<https://arhc.enthuse.com/pf/eleanor-pippard-d0c4e> .



Music at St. James during lockdown



During this last strange year the choir has mostly been unable to sing in church, but has been seen and heard during the Sunday Zoom Service apparently singing together. In fact each contribution was recorded separately using computer software, skillfully and professionally put together by Grae Worster and Jon Griffiths.

The choir and band still meet by Zoom on Monday evenings. Although not able to rehearse

together they discuss music to be sung or played the following Sunday, as well as all enjoying a sociable get-together. It was a particular delight when we were able, for a short spell, to meet in church (though socially distanced) and we hope that we will be able to do so again before long.

Ron & Judy Ferrari

Biblical brain teaser

A friend once made a remark about a passage containing sixteen hidden books of the Bible. It kept people looking so hard for the facts that the revelation of the truth became compulsive. Some were in a jam, especially since the name of the books were not capitalized, but numbers of readers just got stuck, finding it a real job to get all the answers. Yes, there are some quite easy ones. Those are the ones you get straightaway. However, it can be a most baffling puzzle. Sometimes people misjudge simple clues. I do admit it usually takes

time to find one tricky one, and there will be loud lamentations if you have to be told the answer. A lady I know who does lots of puzzles says she brews a cup of tea so she can concentrate better. Get together with a friend and see how well you can compete. Relax now.

There really are sixteen names of books in this story.

Answers on page 11

Building for the future

You may have heard about a plan for changes to the church building and we would like to clarify the current position. We are in a period of change and we have been made particularly aware of this over the past year. With our building closed for worship for most of that time, there has still been outreach into the local community (Food Hub, activity packs, etc) as well as church services via Zoom.

Even before lockdown there were many events in recent years that connected with our local community: Pumpkin Picnic, Christmas Tree Festival, Good Friday workshop, Kids Matter, holiday lunches, Good News club, Pastoral teas, not to mention the groups that hire the rooms for activities. We have been fostering good relationships with people in the neighbourhood.

However, our building is limited in what it can provide. One of the main problems is catering. Our small kitchen is fine for after-church coffee or for light refreshments, but does not allow for much more and it is a tight squeeze in there for any helpers. Moreover, it does not meet current standards for catering.

A major rethink has been made after being made aware that we could apply for a Section 106 grant from the City Council to assist with any plans to improve our facilities. What this means is that we are in an area where development is taking place and green spaces are being designated for house-building. By law developers have to mitigate the effects of this by giving the area some positive gains. Consequently the council has received S106 money from the developers which can be awarded to projects that benefit the community. As we do not just serve the church community our building is seen as an asset to the community and we have applied to make it better able to meet those needs.

An initial application for S106 money was prepared, and an architect made a first visit to

the church building. Several things became clear: the kitchen was inadequate and not well sited at the back of the building (this is particularly true when refreshments are being served in the church garden or outdoors at the front); the church does not have a welcoming aspect as the front is somewhat closed off; better use could be made of the courtyard. There are no plans to scrap the kitchen at the rear of the church building.

After various discussions and meetings (PCC, Standing Committee, architect, representative from the council) the following is now the case. It has been decided that a new kitchen should be built at the garden side of the church (replacing the small kitchen near the entrance) and that the front toilet should be removed and the area enlarged to form a new church office space.

The initial plans are now being modified to our specifications and thus a more precise application for S106 money can be made to the council by the beginning of June. This would be a substantial sum of money but it will still be important to apply to other grant-making bodies for additional funding. It is to be stressed that the congregation are not expected to raise funds for this project.

Depending on the sum of money finally available, there are several other building improvements that could be made at the same time, for example in the area of the courtyard. The architect's plans did in fact have 3 possible phases of development, so if we think long-term it may be possible to go ahead with further stages in future years and after seeing how the Phase 1 development has benefitted us. It will be some time before Phase 1 is complete but we look forward to moving on with the project.

Jennifer Day
(PCC Secretary)

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NB Pam retires from this position in April.

Hatty Harris 01223 504720
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Pastoral Assistants:

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Church Office:

246419, Mon , Wed & Thur 9.15 am -1.15 pm
e-mail: stjameschurchcambridge@yahoo.co.uk

Website: <http://stjamescambridge.org.uk>

Safeguarding officer:

Jill Bradley 07971 013645
email: happybeadsuk@gmail.com

Director of Music: Position vacant

The Music Group:

Grae Worster on mgw1@cam.ac.uk and 846295

Church & Community Activities

NB: these may still be suspended.

Choir practice:

Mondays 6.30 –7.30pm

Meditation group: Fridays 1.30-2.00

Beavers (6-8 yrs):

16thcmbridgebeavers@gmail.com

Cubs (8-11 yrs) at QE School:

Stephen Harrison 07548 765421

Scouts (10½—14) at QE School:

16thcambridgescouts@gmail.com

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Calendar of events

It is very difficult at this time to publish many fixed dates, but we can give an indication of church life continuing at home and in the community. Please consult the weekly sheet for updates.

LENT:

We are part way through Lent. In recent years it has been a tradition to share in a Lent breakfast at church, between the 8am and 10am Sunday services, with profits going to the work of [Traidcraft Exchange](https://traidcraftexchange.org/). Through Lent this year we are inviting people to log on to Zoom at 9.30 before the 10am Zoom service. We can enjoy our breakfast and chat to others.

Please consider making a Lenten donation to [Traidcraft Exchange](https://traidcraftexchange.org/) or buying goods from [Traidcraft plc.](https://www.traidcraftshop.co.uk/) (They have a very good selection of Easter eggs.) The poorer parts of the world are suffering greatly because of the combined effects of climate change and the pandemic.



HOLY WEEK AND EASTER:

28th March is PALM SUNDAY and 4th April is EASTER SUNDAY. You may remember that last year we were unable to be in church for Holy Week and Easter.

The same is likely to be true this year, but there will be activities and Zoom services that we can join in throughout the week. More details to follow.

APCM:

Last year our normal spring APCM where we elect people to positions of service in the church was deferred to October. However, this year we return to more normal dates. Our APCM meeting will be held at 11.30 on Sunday 25th April via Zoom.

Please think about this event very carefully. Pam Butler is retiring after long and faithful service as churchwarden. Hatty Harris was elected as second churchwarden in October, and it is too much to ask her to fulfil this position on her own. **We urgently need another churchwarden.** In addition members of the PCC who have served their 3 year term will be retiring and we really need to elect **3 more members** to fill vacancies. Could you fill any of these positions? If you want more information please speak to Steve or Anne or Hatty.

Another position that is open is **representative to the Deanery Synod**. We are entitled to send 2 representatives and Robert Monk has served as one for many years, and can provide details. A recently published guide states "It is important that Deanery Synod representatives are enthusiastic about the life of the wider church, connecting churches across the Deanery." We are part of Cambridge South Deanery. The Deanery Synod representatives report to the PCC and attend meetings.

Please hold these matters in your prayers.