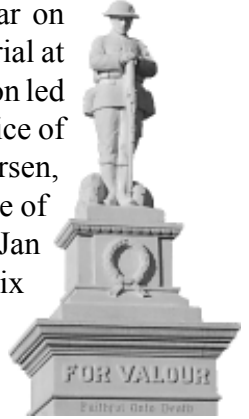


Services at the Parish Church

Sundays 8:00 am Holy Communion (BCP) 9.30 am Sung Eucharist (ASB)
Thursdays 10.00 am Eucharist (BCP) 3rd Sunday 9.30 am Family Service

What's on in November

The annual **Service of Remembrance** will take place this year on Sunday 8th November. As usual we will begin at the War Memorial at 2.30 pm with the laying of wreaths. There will then be a procession led by the Soham Comrades Band up to the Parish Church for a service of Remembrance. Our preacher this year will be the Revd Jan Petersen, who is a Lutheran Pastor in the North-Elbian church. The diocese of Ely has a link with the Lutheran church of the North Elbe and Jan came over with his family to Swaffham Prior for a year about six years ago. Soham has also played host to the members of his Confirmation classes as they have been over to visit in the past. We are very pleased that the link will be maintained in this way.



On Saturday 14th November St Andrew's is pleased to host a concert given by the combined **Deanery Choirs and the Soham Comrades Band**. The programme will include music for choir, band and the combined forces. Please see the notice elsewhere in Lodestar.



At the end of the month we shall be observing our **Patronal Festival** on 29th November. As often happens, St Andrew's Day clashes with Advent Sunday. The way that we shall be squaring the circle this year is to celebrate St Andrew in the morning (at 9.30 am) and mark the start of Advent in the evening (at 6.30 pm) with a special service at St Laurence's, Wicken.



The night before our Patronal Festival we shall be holding a **Caberet Evening** at St Andrew's School. Songs to amuse from Flanders and Swann will be on offer as well as a host of other local talent, including young people from Viva. Please make a note of the date: Saturday 28th November at 7.30 pm. It promises to be a fun evening for everyone.



At the start of next month St Andrew's will be holding our **Christingle Service**. In recent years both the Anglicans and Methodists have held a service and it was decided by the two churches to hold a combined service. Due to the over-run of the building work in the chapel at Berrycroft, the service will be held at St Andrew's this year. Please make a note of the date (a week earlier than normal for St Andrew's) and time - Sunday 6th December at 4.00 pm.



SOHAM MUSEUM PROJECT Third Annual Christmas Fair

Saturday, 21st November - 10.00 am to 12 noon at the Pavilion, Recreation Ground
Christmas stall, toys, books, bric a brac, Soham Museum publications, Phoenix cards, paintings, cake stall, guess weight of cake, tombola, grand prize draw, refreshments.

New this year - Rothley House Crafts selling dolls houses, shops, miniatures and jewellery.

We look forward to welcoming you to a morning of enjoyable Christmas shopping.

World AIDS Day

you are invited to the Fordham and Quy Deanery

African Art Exhibition and Service

Tuesday, 1st December

3.30 - 9.30pm Art Exhibition Reach Village Hall (closed during service)

7.30pm Candlelit Service of reflection and hope, St Etheldreda's Church, Reach, followed by mulled wine and mince pies in the village hall.

African Art exhibition and service to mark World Aids Day

Three years ago we held a Deanery World Aids Day service at St Cyriac's, Swaffham Prior. In the candlelight, through people's stories and beautiful music, we were able to take time to think of all those round the world, including those in the UK, affected by HIV/AIDS.

We are holding a simple reflective service again this year at St Etheldreda's Church, Reach.

In addition to the candlelit service you are invited to attend an art exhibition in Reach village hall. This exhibition celebrates the vibrancy and skills of so many in Africa, represented through the work of the Ugandan artist Lukandwa Dominic and Mayanja Richard.

Uganda has been badly affected by HIV/AIDS. Judith Goddard, who splits her time between Burwell and Uganda, works in the blood transfusion service in Uganda and central to her work are the difficult issues raised by HIV/AIDS. Uganda was one of the leading countries in combating HIV/AIDS, but recently the number of new cases of the disease has increased. It is difficult to understand why this is happening. She got to know Lukandwa Dominic and has supported his work, recognising his determination to support his family alongside the brilliance of his paintings. Thanks to her we have his work to sell. Dominic himself has had to depend on selling his art to pay his school and university fees and the fees of his siblings.

Lukandwa Dominic works in batik – paintings done on material with wax and different dyes - with each painting being unique. He writes 'My pictures are centred on family and activities that take place in an African home. 90% of my characters are women and children. This is partly due to the fact that I never spent much time with my mother, so I intend to do it as a tribute to her but also because men in an African home do not do much work, especially in the rural setting that I grew up in. Women tend to be my heroes.'

As well as Lukandwa Dominic's and Mayanja Richard's paintings, there will also be small African handicrafts and handpainted Christmas cards on sale making this event an ideal place to come to buy someone special a stunning present or stock up on small extras – knowing that all the money is going to support people for whom every penny makes a difference.

The exhibition and events are being advertised through the sale of South African hand beaded Aids badges. These popular badges are made in Cape Town by mothers of children with children living with HIV. Making the badges provides these mothers with a vital source of income and for many restores their self esteem. The badges are on sale at the back of church and in Centrepeace.

Jo Jones and Sue Evans

A Request

I would love to be able to speak to anyone who had any connection with Soham Salvation Army in the very early years and also the years leading up to 1990. The year 2010 is our 125th Anniversary year and it would be lovely to hear from anyone.

Contact Iris on Exning 01638 577386 or at Soham Salvation Army, Bushel Lane, Soham CB7 5BY Thank you, God Bless, *Iris*



As I write this article I am preparing for a trip to Romania. One of the highlights of my last visit was to fly over the Carpathian Mountain range that winds across a large part of that country. What a beautiful and majestic sight it is.

Thinking about this my mind is taken back to other trips I have made which have included flying over Mount Kilimanjaro in Tanzania and driving alongside the Tetra Mountains of the Slovak Republic.

These wonderful sights give us a real sense of beauty and also of power. There is something immovable about them that gives reassurance when everything around us is changing.

But in the end what is there that we can confidently say is immovable? What can we really rely on? One of the best known Psalms in the Bible begins with the words: *“God is our refuge and strength, an ever present help in trouble”* (Psalm 46). So confident is the writer of this that he goes on to say... *“Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, though its waters roar and foam and the mountains quake with their surging...”*

If the mountains themselves give us the thought of endurance and of something solid, then surely the One who made those mountains can be trusted completely.

The translation from Russian by Stuart Hine, of one of our great hymns ‘How great Thou art’, was inspired by the Carpathian Mountains among which he worked as a missionary. He writes: *“When I look down from lofty mountain grandeur, and hear the brook, and feel the gentle breeze; then sings my soul, My Saviour God to Thee, how great Thou art.”*

What really strikes me about the hymn is that the great God who made the mountains also cares about me: *“And when I think that God His Son not sparing, sent Him to die – I scarce can take it in”*? *“That on the cross my burden gladly bearing, He bled and died to take away my sin.”*

So next time you are visiting mountains, either in Britain or elsewhere in the world; and you hear someone singing ‘How great Thou art’ ...it could well be me!

Pastor Colin Stringer

Archbishop of York’s Visit to Ely

Dr John Sentamu, the Archbishop of York is visiting the Ely Diocese on the weekend of November 21st to symbolically bring the Ely 900 year of celebrations to a close and to commission the Diocese as it moves forward in mission.

On Saturday 21st November from 1.30pm there will be a service “Moving on in Mission” in Ely Cathedral. Its focal points will be three acts of gathered worship, around which opportunities will be created for other aspects of worship. From 1.30pm these elements of the celebration will be located in different parts of the Cathedral and will include: reflection on the Bible, prayer for ourselves and others, the offering of praise through different styles of music, children’s worship, meditation on our lives of faith and Christian pilgrimage, the giving and receiving of hospitality.

The acts of gathered worship will bring the congregation together under the Octagon space for approximately 20 minutes. The Archbishop will speak on each occasion.

Thus, at 2.15 pm, worship will concentrate on the interests of teenagers and young adults and will be conducted in a contemporary style with a praise band; at 3.15 pm there will be a special focus on children and young families; and at 4.15 pm there will be a final act of worship and act of commissioning with hymns and choir. Some seating will be available, but the majority of those attending should expect to stand.

Mission Action Progress reports will be displayed in the Cathedral as part of the “Moving on in Mission” theme. The afternoon has been specially designed so that as many people as possible can join in some part of the celebration. Although Anglicans are used to arriving at the beginning of a service and leaving at the end, on this occasion everyone will be most welcome to attend whichever part of the afternoon suits them best.



A Councillor's Comments

At our October meeting there was no Public Comment Time so we moved on to Chairman's announcements which were; to remind councillors of forth coming committee meetings on 26th October and also to report on the National Ploughing Championships held beyond the By-Pass on the 10th & 11th of October. They went off well and their committee appreciated the welcome they received and the hospitality they were given.

Soham Vision: We were given a report on the latest consultation on the Vision held on the 4th/5th September at the Pavilion. It went well with many people attending and there was a good return on the response sheets with more people approving on the ideas, which were presented than disapproving. 77% approved of growth for Soham and in the main the people attending came up with a positive report.

Crime Reports: At this meeting we received two written crime reports and in them it said that vehicle thefts were down but that Anti Social behaviour was causing damage to homes, sheds and vehicles. The neighbourhood panel had placed ASB as a top priority and this includes a change in shifts to allow officers to be allocated to patrols in Soham.

Soham Town Forum: A report was given on the latest Forum Meeting. Still no constitution in place, which is being looked at by Cambridgeshire Acre. There is no movement on the Old Grammar School site problem. There has been some improvement on Barley Fields as different organisations are now talking to each other but nothing positive has been decided or done. There were some views expressed about the Soham Vision Consultation saying that the questionnaire was loaded to provide a favourable response but this was not the view of all those at the meeting.

Proposed 20mph Speed Limit: The most debated item on the agenda. There is going to be a pilot scheme set up in Soham to restrict some roads to 20mph just to see if it has any effect. The County Council wanted us to agree in principle but although most of the council would welcome safe traffic speed through our town we could not see how this would be monitored. We have already speed limits but on certain times these are greatly exceeded. So there were a lot of questions raised on this issue and it will be very interesting to see how this will resolve itself.

Soham & East Area Neighbourhood Panel: We have yet more changes at the top of our police force, Andy Barnett is the new inspector and Mack is our new Sergeant. Checks have been done on certain roads for speeding but more needs to be done. Councillor Joe Patterson is still looking for volunteers to do speed checks, and those who do so are not called upon too often, and provide a wonderful resource to curb speeding on our roads. At the moment there are no volunteers from Soham so if you feel you would like to help in this field please give your names to the town council office who will forward your details on to Joe Patterson. *Councillor Ginn*

Charity Concert

The Combined Deanery Choir - Soham Comrades Band - Voce Brass

St Andrew's Church Soham

Saturday, 14th November at 7.30pm

Tickets: £6 (under 8's free) at

Soham Books and Colin or Barbara on 01353 721543

Refreshments available

Donations to the Arthur Rank Hospice & East Anglia's Children's Hospices



D The Viva Youth Theatre and Wicken Band are amongst those performing at the East Cambs District Council Chairman's Charity Concert on 29th November at The Maltings, Ely.

D The evening, entitled 'A Showcase of Local Talent', also features Ely Sinfonia, ADeC, The Maple Academy and the Octagon Studios with special guest host, Mark Peters, from local radio station Star 107FM. The evening is in aid of the Chairman's charity, CLIC Sergent, and is in memory of brave Soham schoolboy, Liam Fairhurst, who did so much for the CLIC Sergent. Tickets are £10 (£8 concessions) and are available from Ely Tourist Information Centre, Burrows Bookshop in Ely or the Viva Centre, Soham. The event begins at 7.30pm.

D Items for inclusion in the December edition of Lodestar should be with coordinator, Alison Palmer (alisonpalmer@oakhouse24.freserve.co.uk), Oak House, 41 Sand Street, Soham, CB7 5AA no later than 15th November. Please note there is NO Lodestar in January so if there's anything you would like to publicise for January or early February, please make sure it's in the December edition.

Prize Pumpkin

This is the time of the year when pumpkins seem to be everywhere. Here is a recipe that uses a pumpkin in the most stunning way – the pumpkin becomes a casserole dish. The recipe might look quite long, but it really is quite straightforward and the results are spectacular. (*from the Jocelin Dimbleby Book of Entertaining*)

3" piece of ginger	4 oz button mushrooms
8 cardamom pods	2 oz plain flour
1 -2 fresh green chillies	$\frac{3}{4}$ pt milk
8 skinless chicken breast fillets (1 $\frac{3}{4}$ lbs)	1 large pumpkin (7 - 8 lbs)
1 $\frac{1}{4}$ - 1 $\frac{1}{2}$ onions, sliced thinly	sunflower oil
6 - 8 cloves of garlic	sea salt

Cut ginger into small thin slices. Extract seeds from cardamom pods and grind in a pestle and mortar (or squash with a rolling pin). Cut open the chillies under running water, discard the seeds and chop the flesh finely. Slice chicken breasts across in $\frac{1}{2}$ " slices.

Now melt $\frac{3}{4}$ of the butter in a large, heavy pan on top of the stove. Add onions and cook over a low heat - stirring occasionally - until soft. Add ginger, garlic, cardamom seeds and chillies. Add remaining butter until melted. Add chicken and mushrooms and stir around to coat with butter. Stir in the flour and then gradually add the milk. Season with salt. Bring to the boil, stirring all the time until very thick. Remove from heat.

Now, using a large sharp knife cut the top off the pumpkin. Using a large spoon with sharp edges scoop out the pumpkin seeds and all the stringy interior, leaving only the firm orange flesh.

Heat oven to Gas Mk 9 (240 C / 475 F). Spoon the chicken mixture into the pumpkin. Smear the pumpkin with oil to stop it drying out, and place in oven.

After 25 - 30 mins turn oven down to Gas Mk 4 (180 C / 350 F) for about 1 $\frac{1}{4}$ hours. Using a wide spatula and holding the pumpkin with a cloth, carefully lift from roasting tin and put on to serving plate (definitely a job for more than two hands!). Serve pumpkin flesh with chicken mixture.

Tips: 1. As the pumpkin softens during cooking and becomes much less rigid - and therefore much more difficult to handle - we tend to cook it *in* the serving dish, so that it does not require lifting and moving.

2. Any flesh left over after the meal makes excellent soup and freezes well.

Just a few words

Tim Alban Jones

I know for a fact that I am not alone in thinking that this year seems to have flown by. I have spoken to a great number of people and we all agree that time seems to be going more quickly. Why! Here we are at the start of November with Remembrance Sunday almost upon us and with Christmas fast bearing down on us. And it seems like only yesterday that we were putting the decorations away from last year's tree. What is all this about? Is the world spinning faster? I don't think so! So why does it seem that time is speeding up?

It could well have something to do with the amount of things that we all cram into our busy lives and diaries. I remember in my last parish there was a dear lady who would not come to a meeting in the evening if she had another engagement in the afternoon. At the time I recall that it was somewhat frustrating as I was trying to find a different evening for the meeting; but, on reflection, I have often wondered whether I was the one who was wrong. It often feels that we are trying to force quarts into pint pots and the whole thing is most unsatisfactory and often unsatisfying. Would it not be better to do fewer things and do them well and without having to rush them?

A little while ago there was a campaign organised by an Anglican bishop (the Bishop of Reading, I think) which had a strap-line along the lines of: Do nothing to improve your life. He received a considerable amount of media coverage as he stood on the platform of one of the major London stations handing out egg timers. The point of the egg timer was that people should take a little time and stop doing everything; by doing nothing at all for just a short space of time people would be improving their quality of life. The prophet Isaiah was quoted: "In return and rest you shall be saved."

The Christian tradition is not alone in promoting this idea of taking 'time out'. We often call it meditation and other world faiths have a long history of promoting it. The idea is that by taking time to stop and reflect on what it going on, we can begin to restore the balance in our lives between busy-ness and inactivity; between doing and reflecting. It does not have to be huge tracts of time that are set aside – though obviously, an egg-timer's worth is not desperately long! Those of us who come from a Christian perspective would want to put God into the space. Prayer – as opposed to meditation – is time that we set aside for God; not just bombarding him with requests for things, but, more importantly, spending time in his company, waiting on him. Time spent with God is never wasted – even if it may seem like a luxury or an indulgence in an action-packed day with a chocker-block diary.

As the run-up to Christmas kicks in, may I commend to you the idea of taking a little bit of 'time out' every day just to be aware of what is really important in your life; five to ten minutes is a good starting point. You could just sit down and be still; you could try to be aware of your surroundings; you could say a prayer of thanks to God for all that is going on in your life.

All good wishes, *Tim Alban Jones*



PARISH REGISTERS



Baptisms

4th October	Lucy Ann Macro
18th	Daniel Michael Peter Brown

Funerals

7th October	Eddie Howells Kemp (70)
8th	Lillian Badcock (93)
9th	Ann Ellen Isaacson (67)
	Joyce Peacock (85)
15th	Roland 'Tony' Newman
21st	Ian James Fenn (27)