Great St Mary's e-mag

1-15 April 2025: Issue 171

From the Vicar



Sincere thanks to our Licensed Lay Minister, Dr David Grumett, for organising a retreat day to the Coptic Orthodox Church Centre in Stevenage, at the invitation of His Eminence Archbishop Angaelos, the Coptic Archbishop of London. The photo shows the Archbishop with the group from Great St Mary's in the Coptic Cathedral. I was on my annual retreat at the Anglican Benedictine monastery at Mucknell Abbey, sorry not to be with the group in Stevenage, but grateful for

the time I had to rest, pray, be nourished and blessed by the hospitality of the community in Mucknell.

In our busy, noisy world, where we are constantly bombarded with all kinds of information, it can be difficult to carve out time to rest, reflect, be quiet and be in touch with ourselves and God. For some, coming away on retreat may feel like a strange, unfamiliar thing to do, but those who attend our annual quiet day in September, or a retreat day like the one in Stevenage, find themselves richly blessed.

Here are some reflections of participants of the retreat at the Coptic Orthodox Centre: The hospitality and warm welcome throughout the day was much appreciated. This included a talk by the parish priest on the Coptic icons in the Centre; an address by the Archbishop and, of course, a lovely lunch. To bring the day to a fitting close, the group were able to celebrate communion in the original chapel, with Revd Shirley presiding. Being able to learn about the history and traditions of other Christian denominations felt deeply enriching. One person said "the simplicity of the Cathedral with its striking icons, some with different symbols to ones we have in the Anglican church, for instance, peacocks not pelicans as symbols of Christ's blood shed, and the only crucifixes being small and almost 'insignificant' seemed to speak of difference. I found myself reflecting on the Coptic church of which I knew little, and I can see that in many ways our likenesses are so much greater than our differences. The genesis of our churches is different and we bear the customs and practices birthed in these places but our shared humanity, as Christian pilgrims, as we journey on the



path of seeking to know God is just the same." The retreat day included space to be quiet, reflect, pray. It offered "an oasis of calm in which to read, reflect and pray, in a beautiful building designed with care and love and full of glorious icons. This was such a blessing at a time when the world around us is so full of woe." Everybody was grateful to David Grummet for organising "this almost out-of-body experience", as one participant described it. She felt that it had been a real 'holy' day and would encourage people to take up the opportunity to attend if another visit is organised in the future.

I very much hope that we will be able to arrange another visit to the Coptic Church Centre in Stevenage, as well as other forms of retreat or pilgrimages to enrich our Christian lives and deepen our journey with God.

If anyone would like to find out more about different ways and places for making a retreat, please, do not hesitate to speak to the clergy.

Every blessing, as we continue the journey through Lent, Jutta Revd Canon Jutta Brueck , Vicar

Please send any e-mag contributions at least two weeks prior to publication, to news@gsm.cam.ac.uk

Worship Schedule	Woi	rship	Sch	nedu	le
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April services - see Term Card for details Thursday 3 April 6.30pm Choral Evensong

Sunday 6 April - Passion Sunday

- 8am BCP Holy Communion
- 10am Sung Eucharist
- **5pm** Evening Prayer

Sunday 13 April- Palm Sunday

- 8am BCP Holy Communion
- **10am** Procession followed by Choral Eucharist
- **5pm** Come and Sing Stainer's Crucifixion (rehearsal at 2.30pm)

Holy Week Services including Easter Day 20 April - see Term Card below

Weekday Worship

- Monday—Friday 9am Morning Prayer in church and on YouTube
- Mondays 12.30 pm **Christian Meditation** in Michaelhouse followed by soup lunch (not 21 April)
- Tuesdays, Thursdays and Fridays 12.30 pm in GSM Midday prayer with silence
- Tuesdays 10.30am **The Ark,** Children's Communion *in Michaelhouse (not on 8 April)*
- Wednesdays 12.30pm Holy Communion

Livestreaming of Services - update

The services can be accessed via the Great St Mary's YouTube page on https://www.youtube.com/c/greatstmarys Some recent services: Choral Eucharist for Sunday 16 March 2025 Choral Eucharist for Sunday 23 March 2025

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

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News & Events

🖗 Wed 2 April - 1.00pm - Lent talk



Lent 2025 at Great St Mary's - 'Living Faithfully in a Complex World'

Ruby Quantson Davis - Becoming an active peacemaker: stories from the field

The fourth of our Wednesday lunchtime talks in Michaelhouse with local speakers engaged in areas of social justice education and transformation.

A light soup lunch is provided at 1pm with talks starting at 1.10pm

Thur 3 Apr - Chat-Play-Sing

Chat-Play-Sing meets on Thursdays at 10am in Michaelhouse for toddlers with their parents or carers. (Will not meet on 10 April).

👎 Thur 3 - Read, Mark, Learn

Read Mark Learn will meet virtually on Thursday 3 April from 5 to 6 pm (and then have a break for the rest of the month). This week we will study the readings from Hosea. For more information, contact <u>davidg@gsm.cam.ac.uk</u>.

https://us06web.zoom.us/j/84052562470?pwd=SWJnZ1dCcFFOTzRWdlI4WGhpSG9ydz0 9

> Meeting ID: 840 5256 2470 Passcode: 876406

Wed 9 April - 1.00pm - Lent talk



Lent 2025 at Great St Mary's - 'Living Faithfully in a Complex World'

Rev'd. Dr. James Gardom - Cambridge Colleges and University Sanctuary as a response to forced migration

Our final Wednesday lunchtime talk in Michaelhouse with local speakers engaged in areas of social justice education and transformation.

A light soup lunch is provided at 1pm with talks starting at 1.10pm

Sat 12 April - Women's Breakfast



Women's Breakfast 9.30am

The women's breakfast will be held in the Montefiore Room at Michaelhouse

Join us for food, conversation and prayer



Come-and-Sing Stainer's CRUCIFIXION



Sunday 13 April 2025 Great St Mary's Church, Cambridge 14:30 Rehearsal | 17:00 Liturgical Performance

Conductor: Alexander Berry Organist: Daniel Soper

To sign up for your free place, scan the QR code or email music@gsm.cam.ac.uk



Easter Lilies



Easter Liles in Great St. Mary's Church at Easter.

If you would like to have an Easter Lily in memory of a loved one, there will be sign-up sheets in church.

We invite a contribution of £5 per lily (to the nearby donation box.)

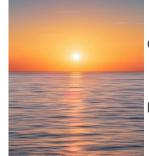
👫 Easter Garden

On **Saturday 19 April**, Holy Saturday, there is going to be an activity morning for children at Great St. Mary's, from 10:00 until 12:00. All are very welcome! Children will be able to help make the Great St. Mary's Easter Garden, and make Easter Gardens of their own to take home. There will be other craft activities too, and a time to mark the day in story and song.



We will have tea, coffee and hot-cross buns a-plenty! If you have flowers growing at home, and your children would like to (and have your permission to!) cut some to bring for the Great St. Mary's Easter Garden, that would be lovely! But it is by no means required! The activity morning will be most suitable for children aged 3 and above, but younger children will be very welcome too. All children must be accompanied by an adult.





Dawn Breakfast – sign up

On Easter Day after the very special Dawn Vigil at 5.30am and the first Easter Eucharist service there will be breakfast in the chancel at Michaelhouse to which all are warmly invited. It will be helpful to know in advance how many will be coming. There will be a sign-up list in church or please e-

mail margaretj222@gmail.com

GSM Christian Meditation Group

The Christian Meditation group meets weekly in the beautiful setting of the Hervey de Stanton chapel (in the south-east corner of Michaelhouse) on Mondays at 12.30pm. This 30 minute service is an opportunity to pray with others. Topped and tailed by introductory prayers and readings, a guided time of preparation and an opportunity to reflect, we sit together for 20 mins – in silence. For those who can stay, there is an option of a simple shared soup lunch at 1pm.

The intention of Christian meditation is to rest in the presence of God and in attentive awareness of being held in God's love. Over time, many people find that a dedicated practice of silent prayer (this can be for as little as 20 minutes or so a day) will



profoundly shape the way day-to-day life is experienced, as the presence of God and God's love becomes more deeply known. In silent prayer we put our trust in the action of the Holy Spirit who "helps us in our weakness; for we do not know how to pray as we ought, but that very Spirit intercedes with sighs too deep for words" (Romans 8:26).

One of the challenges confronting those who begin Christian meditation is experiencing very directly the constant stream of seemingly random thoughts and accompanying emotions which arise. Our human tendency is to engage with thoughts, a bit like entering a conversation. But with practice, over time, we learn in silence simply to notice a thought arising, and to make the choice not to engage with it. Gradually our minds quieten, and the emotions are stilled. We learn to focus on the stillness, and trust that in stillness we are being changed.

People who regularly practise a form of silent prayer discover that they more naturally drop into prayer in day-to-day life, are enabled in focussing on the present moment, and respond more calmly to stressful situations.

Why not join us one Monday lunchtime? Either simply turn up or ask Jutta or Clare (or send an email to <u>clergy@gsm.cam.ac.uk</u>). And if this time is not possible for you, then here below are some excellent online resources for joining an online Christian meditation group.

- World Community of Christian Meditation (John Main Christian Meditation).
 Online meditation groups (see https://wccm.org/community/).
- Contemplative Outreach (Centering Prayer as founded by Fr Thomas Keating)
 <u>https://www.contemplativeoutreach.org/centering-prayer-method/</u>
- Meditation Chapel. A means by which you can access online meditation groups (worldwide) from both disciplines. <u>https://meditationchapel.org/getting-started/</u>

GSM Bellringers qualify for final



On 22 March, twelve GSM bellringers competed in the National Twelve Bell Striking Contest at Rotherham Minster. This was the first of two rounds of the competition, and I am pleased to say that we qualified for the final in Bristol in June. Eagle-eyed readers may recall that Cambridge hosted the final of this contest in 2018, when we came a very close second to

regular favourites Birmingham. The competition involves bands of bellringers from across the country each ringing exactly the same piece, lasting around ten minutes. The teams are judged on how rhythmical their ringing is. The goal is for the gaps between bells ringing to be as even as possible. Judging

is performed predominantly by humans, but with computational aids as well.

Whilst it is a competition, the day is about so much more than just ringing bells for a bit. Rather, it is a big social occasion, where one can catch up with friends from across the country, and make new ones. The hospitality at Rotherham was amazing, with food and drinks of all sorts flowing all day. We look forward to the final in June, where we shall face off against ringers from Bristol, Birmingham, London, and York, amongst others. I think I speak for all twelve of us when I say it is a huge honour to represent Cambridge in this way. We are very grateful to the Great St Mary's community for the support shown to us, and it is of course a massive privilege to ring on a Sunday for the services here.

Jadd Virji, GSM Bellringer

GSM Electoral Roll - PLEASE READ

New Electoral Roll for the Parish of St Mary the Great with St Michael, Cambridge

Every six years, we have to assemble an entirely new electoral roll, in accordance with Church Representation Rules. 2025 is such a year. Everybody who wishes to have their name on the new roll must apply to be enrolled. Joining the Electoral Roll is also a way of showing your support for Great St Mary's and to participate in the governance structures of the parish, if you wish to do so, as it is the register of lay persons who are eligible to vote at the Annual Parochial Church Meeting (APCM) and to stand for election to the Parochial Church Council (PCC). Electoral roll forms need to be returned by **30 April at the latest**. This year's APCM will be held on Sunday 18 May, and the

new roll must be completed by then.

Church Rules require us to follow a very specific timetable, which will start with the display of a formal Notice in Great St Mary's and in Michaelhouse on Tuesday 11 March 2025. Applications, which can be made on paper or electronically, must be in the form specified. From 11 March a copy of that form can be accessed via a button on the home page of our website <u>www.greatstmarys.org</u> and there will be paper forms available in GSM and in Michaelhouse. The new Electoral Roll will be published on Friday 2 May, online and in hard copy in Great St Mary's and Michaelhouse. It will show names, but no other information, and must remain on display for at least 14 days prior to the APCM. Only those whose names are included in this new Electoral Roll will be entitled to stand for election or to vote at the APCM.

We hope that you will renew your membership of our Electoral Roll, or join for the first time. Please do not hesitate to contact the Electoral Roll Officer, Joanna Womack, or speak to the clergy, if you have any questions. It is really important that we gather together on the new Electoral Roll the names of all those who wish to exercise their rights in the Parish.

Pastoral Care

Pastoral Care at Great St. Mary's

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 <u>clergy@gsm.cam.ac.uk</u>

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 <u>clergy@gsm.cam.ac.uk</u>).

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



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.

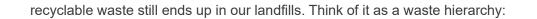
3 April
2 April
5 April
7 April
11 April
10 April
17 April
18 April
20 April
29 April



Service

Eco Tip - Waste and Recycling

The amount of waste we recycle has increased. But we are still behind some of our European neighbours, some of whom recycle over 70% of their waste. Plenty of



Reduce What you can. If you can't reduce it then....

Re-use What you can. If you can't re-use it then.....

Recycle What you can. Some is then burned to...... Create energy For electricity. The remainder is.....

> **Disposed** Of in landfill. This is the last option.

> > Wider Concerns

Wider Concerns Easter Envelope collection – for the following projects.



The Jerusalem Princess Basma

Centre operates under the Episcopal Diocese of Jerusalem. In Gaza, Jerusalem and surrounding areas, and despite the conflicts, they are doing life-transforming work with Palestinian children with disabilities. They are developing a multidisciplinary model of rehabilitation and treat children with complex

needs and their families holistically and in one place.

Jimmy's are doing remarkable work with the homeless in Cambridge. They offer various types of accommodation and work alongside each person to help break the cycle of homelessness in the city. Together with the City Council, they are pioneering a trauma focus peer support programme.

There will be brown envelopes in the pews and online donations are invited at this link: <u>https://donate.giveasyoulive.com/campaign/gsm-easter</u>



Greetings Cards

Birthday and Greetings Cards

These will be on sale again at coffee on Sunday 6 April. They are £1 each and **all** proceeds go to support the Bethlehem Rehabilitation Hospital which is desperately in need of funds at this difficult time. Check your diaries for what birthdays, anniversaries etc are coming up in April and come ready to purchase some appropriate cards. I am happy to say that both my Sea of Galilee

paintings sold, so I am hoping to send £200+ to the hospital, via GSM and the McCabe Trust, in time for Easter..... Lorna Atwell



[▶] Christian Aid Week

As ever, this is coming up in May and the official dates are 11 - 17 May. However, to celebrate the 80th anniversary of Christian Aid, we have been fortunate enough to scoop Bishop Rowan Williams on his way to another preaching engagement and so Cambridge will

be holding its special service on **Sunday 18 May at 2.30pm in GSM.** Do make a note of the time and the date (and we shall be asking for refreshments, and servers, in due course).

It is the time of year when I ask house groups and individuals to consider holding a Christian Aid coffee morning or tea party. In 2024 we managed to raise over £1,000 and it would be lovely if we could do the same again this year. Gatherings can be held any time in May, and even into June, but I have to submit all the money to HQ by the end of June. I have the gift envelopes all ready, so do please ask for some if you think you can manage to hold an event, however small.

For the months of May and June only, the greetings cards on sale on the first Sunday of the month at coffee will also be supporting Christian Aid...... Lorna Atwell

WORSHIP SERVICES & CONCERTS

March-April 2025



Great St Mary's is an open and inclusive Christian community. The University Church since 1209, we are a spiritual home for the University and the City of Cambridge, a Church of England parish, and a safe place to bring your questions and hopes.

We offer worship services throughout the week as well as on Sundays. Our principal Sunday service is at 10am, a welcoming service of Holy Communion with choir, preaching, children's church, and coffee & fellowship afterwards in Michaelhouse café,

chapel and performance space on Trinity Street.

SUNDAY SERVICES

8am	BCP Holy Communion
10am	Holy Communion* & Children's Church
4pm	Choral Evensong* (5pm in Summertime from 30 th
March)	

Choral Mattins and University Sermons take place on some Sundays at 11.30am; please check inside this booklet or on our website for details.

REGULAR WEEKDAY SERVICES

Mondays–Fridays	9am	Morning Prayer*
Mondays	12.30pm	Christian Meditation (Silent Prayer) in
Michaelhouse	_	
Tuesdays	10.30am	The Ark: Children's Communion in
Michaelhouse		
Wednesdays	12.30pm	Holy Communion
Thursday	6.30pm	Choral Evensong
Thursdays in Term	7.30pm	HeartsEase (SCM student meeting) in
Michaelhouse	_	-

*These services are livestreamed and available on You Tube

GETTING INVOLVED

Study Groups: There are a number of study groups which meet online and in person during the week to study scripture and explore theology and to pray together. Everyone is welcome. Please email <u>clergy@gsm.cam.ac.uk</u> or speak to the clergy to find out more! **Helping in the Church:** If you would like to read the lessons, serve at the altar, lead prayers, work with young

people, sing in the choir or become a guide or a greeter, email us at <u>office@gsm.cam.ac.uk</u> or speak to the clergy. There is a place for your gifts and talents at the University Church!

Bell Ringing: Learn about the great tradition of change ringing, with the Society of Cambridge Youths, scy.org.uk and the Cambridge University Guild of Change Ringers, cugcr.org.uk

April

Apin			
Tuesday	1	10.30am	The Ark
Wednesday	2	12.30pm	Holy Communion in GSM
		1.00pm	Lent Talk and soup lunch in Michaelhouse
Thursday	3	10.00am	Chat Play Sing
		6.30pm	Choral Evensong
Passion Sunday	6	8am	BCP Holy Communion
Lent 5		10am	Sung Eucharist
		5pm	Evening Prayer
Monday	7	12.30pm	Christian Meditation in Michaelhouse, followed by soup lunch
Tuesday	8		No Ark (school holiday)
Wednesday	9	12.30pm	Holy Communion in GSM
		1.00pm	Lent Talk and soup lunch in Michaelhouse
Thursday	10		No Chat Play Sing (school holiday)
Saturday	12	9.30am	Women's breakfast in Michaelhouse
Palm Sunday	13	8am	BCP Holy Communion
		10am	Procession, followed by Choral Eucharist
		5pm	Come and Sing Stainer's Crucifixion (1.30 rehearsal)
Monday	14	12 noon	Silence followed by 12.30pm Holy Communion
Tuesday	15	10.30am	The Ark in Michaelhouse (will be happening)
		12 noon	Silence followed by 12.30pm Holy Communion
Wednesday	16	12 noon	Silence followed by 12.30pm Holy Communion
Maundy Thursday	17		No Chat Play Sing (school holiday)
		7pm	Eucharist with foot washing (Preacher: Malcolm Guite)
		-	followed by Vigil until 11pm
Good Friday	18	11.30am	Ecumenical Good Friday service
-		12.00	Silence <i>in GSM</i>
		12.30pm	Good Friday Meditations (Speaker: Malcolm Guite)
		1.30pm	Good Friday Liturgy of the Cross
Saturday	19	9.00am	Men's communion and breakfast in Michaelhouse
-		10-12	Easter Garden workshop
		1.00pm	Friends of Michaelhouse Lunchtime Concert in Michaelhouse
Easter Sunday	20	5.15am	Dawn Vigil and Eucharist, with baptism and confirmation
		8am	BCP Holy Communion
		10am	Choral Eucharist All Together (all age)
		11.45am	Choral Mattins
Easter Monday	21	12.30pm	No Meditation or lunch today (Bank Holiday)
Tuesday	22	10.30am	The Ark in Michaelhouse
Wednesday	23	12.30pm	Holy Communion in GSM
5		1	-

Thursday	24	10.00am	Chat-Play-Sing in Michaelhouse
Friday	25	1.00pm	Free lunchtime concert in GSM
Sunday	27	8am	BCP Holy Communion;
Easter 2		10am	Sung Eucharist and Children's Church;
		5pm	Evening Prayer
Monday	28	5pm 12.30pm	Evening Prayer Christian Meditation in Michaelhouse, followed by soup lunch
Monday Tuesday	28 29	_	

MINISTRY TEAM



Revd Canon Jutta Brueck Vicar email: juttab@gsm.cam.ac.uk



Revd Ally Barrett Associate Vicar email: <u>allyb@gsm.cam.ac.uk</u>



Revd Clare Stephenson Assistant Curate email: <u>clares@gsm.cam.ac.uk</u>



Revd Andrew Day Associate Priest email: acd62@gsm.cam.ac.uk



Revd Alison Kennedy Associate Priest email: <u>alisonk@gsm.cam.ac.uk</u>



Dr David Grumett Licensed Lay Minister email: <u>davidg@gsm.cam.ac.uk</u>

MUSIC

Great St Mary's has a long and rich tradition of music, with six choirs, two pipe organs, an orchestra, and weekly concerts.



Alex Berry Director of Music email: <u>music@gsm.cam.ac.uk</u>

CHILDREN & YOUTH

Great St Mary's offers a range of groups and activities for children from birth to 18.



Revd Rosie Hewitt Children and Youth Minister email: <u>rosieh@gsm.cam.ac.uk</u>

CONTACT US

- Appointments/general questions: email <u>office@gsm.cam.ac.uk</u> or call at 01223 747273
- To reach a member of the clergy team directly, as well as to ask about children's ministry, send an email to <u>clergy@gsm.cam.ac.uk</u>
- Music, including auditioning for one of our choirs: please contact <u>music@gsm.cam.ac.uk</u>
- For news about the University Church, follow us on Facebook and Twitter @greatstmarys, and do subscribe to our newsletter the *eMag* by visiting <u>greatstmarys.org/emag</u>

We take the safeguarding of young people and vulnerable adults very seriously. To find out more, visit **greatstmarys.org/safeguarding**