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13<sup>th</sup> September 2024

Dear all,

Were you brought up on the phrase “sticks and stones may break my bones but words will never hurt me”? I was. And I felt no end of pain as many unkind, aggressive or simply thoughtless words continued to hurt me long after I’d recovered from any physical injury! It just isn’t true. Words hurt. They have power.

We are moving into chapter 3 of our study of James and we come to James’ wonderful study on the power of the tongue. This little collection of muscles which have the power to build up and to tear down – more power than and bodybuilder or super heavy weight lifter can ever generate. The power of words can change the world. “I have a dream...” “we shall fight on the beaches...” Words that galvanised entire nations and peoples - encouraging, exhorting, inspiring! But as James points out:

*Out of the same mouth come praise and cursing. My brothers and sisters, this should not be. Can both fresh water and salt water flow from the same spring?*

*James 3:10-11*

And yet from the human mouth – yes we can spew forth both life giving words and life snatching words. As we have journeyed with James’ teaching thus far we have taken some long hard looks at ourselves, our behaviour, our actions and now we come to looking at our speech. How often have we been guilty of saying words in the heat of the moment, or without full understanding, which are unkind, which are negative, which wound the person hearing them. The easiest test is to imagine those words being spoken back to you – would you be affirmed to hear them? So often the answer is no. Well then, we shouldn’t say them. If we claim to be followers of Jesus and followers of the greatest commandments to love God and to love our neighbour then the words we speak should be words of affirmation. And yes sometimes we have to say difficult things and we may need to challenge others, but always from a place of love so that we can move forward positively with each other – even in conflict.

So this week I invite you to notice your words. To notice how you say those words. To notice what habits you may have fallen into with your language. May God’s *living word* inspire you afresh this week as we all attempt to tame our tongues!

### News and Upcoming Events

**Sunday 15<sup>th</sup> September – 9.30am-2pm – Bridge The Gap Charity Walk** This annual walk, with a specially designed route through Cambridge colleges, to raise funds for Romsey Mill and Arthur Rank Hospice is taking place on Sunday, you can still sign up on line or join in on the day for more information see [romseymill bridge-the-gap-2024](#) or [arhc bridge-the-gap](#) to sign up.

**Wednesday 18<sup>th</sup> September Prayer Meeting, 7.30pm at church** The first monthly in person prayer meeting led by Polly Macartney. Please do join us for a time of focussed prayer for the world and for our local community. This month we will be particularly praying for the young people in our church and community.

**Saturday 21<sup>st</sup> September – 9.30am till after lunch – Walk from Waterbeach Station to Ely** The Men's Group are planning this social walk to Ely Cathedral, arriving in Ely for lunch and a visit to the cathedral. We are happy to open it to anyone who is interested but bearing in mind that it's about 12 miles so requires good basic fitness. Contact Martin if you are interested.

**Tuesday 24<sup>th</sup> September – 6pm – Interfaith gathering at Cambridge Gurdwara** if you have a heart for interfaith and community connections you are warmly invited to attend this event where everyone will be invited to consider the theme of “spiritual guides”. More information can be found here <https://app.donorfy.com/form/P2VFRGBDA0/NIPGE>

**Friday 27<sup>th</sup> September – 10-4pm - Little Giddings Quiet Day** “Here I am” Exploring the sense of life-long calling with Revd Fiona Brampton. To book a place contact Fiona via email [revfiona@norleigh.org.uk](mailto:revfiona@norleigh.org.uk)

**Saturday 28<sup>th</sup> September – 10.30-4pm Harvest Workshop at St Martin's Church** A day of workshops & worship for people with learning disabilities, their families or support staff.

**\*\* final day today \*\*** Until Friday 13<sup>th</sup> September – **have your say on the proposed bus gate for Mill Road.** Information can be found at: [Permanent Traffic Regulation Orders | Cambridgeshire County Council](#) and a statement about the current position of the proposal here: [An update on the Mill Road Traffic Regulation Order and legal challenge | Cambridgeshire County Council](#)

If you would like to object or make any comments to the proposed TRO, please submit your comments through the consultation portal or send your letter, email to the addresses below using reference number PR1058.

Online Portal - [Consultation.appyway.com](http://Consultation.appyway.com) / Email - [Policy.andregulation@cambridgeshire.gov.uk](mailto:Policy.andregulation@cambridgeshire.gov.uk)

Address - Policy & Regulation Team, Cambridgeshire Highways, Stanton Way, Stukeley Meadows Industrial Estate, Huntingdon PE29 6PY

**Sunday 29<sup>th</sup> September – Harvest Festival at St Philip's Church - 10.30am** – Please do consider bringing food products to donate to The Edge Café Food Hub and Community Fridge

**Thursday 3<sup>rd</sup> October – 7.30pm – The Leprosy Mission 150 years on** – A Bible Society event at Royston Evangelical Church, ask Ruth or Robin Nelson for more information.

**Garden working party – Stan's House** As is inevitable - because plants grow – we need organise another working party to bring a measure of order back to the garden of 13 Thoday Street. If you are interested in helping out please speak to Jim Griffiths so we can arrange a time suitable for all.

### Accommodation

We have several people in our community looking for accommodation some permanent and some temporary. If you have rooms or property you let out, or are willing to offer to host people in the short term, please get in touch with Ruth and she can then make connections between people.

### Ec0-Bite – our new green “nugget” each week:

Apparently, September is the best time to put up bird boxes. So if you have always wanted one (or like us have been given one and haven't put it up yet!) now is the time to make it happen. If you would like tips on best positioning and the dos and don'ts on bird boxes the British Trust for Ornithology has some helpful tips: [Putting up a nest box](#)

### Last Week's sermon

Last week's sermon beginning our series on James: [sermon 8.9.24.mp3](#)

If you missed any previous sermons, or would like a second listen you can find them here:

The link to our sermon archive: [St Philip's sermon archive](#)

### Prayers

If any of you have specific prayers you would like us to include in this newsletter do please get in touch.

Please pray for ...

**The congregation at St Benet's Church** as they welcome their new vicar Revd. Devin McLachlan this evening - 13th September.

**Please also pray for our Mission Partner this month:**

The logo for Tearfund, featuring the word "tearfund" in white lowercase letters on a blue rectangular background, which is set against a larger yellow rectangular background.

**Tearfund** – Tearfund is a Christian charity which partners with churches in more than 50 of the world's poorest countries. They tackle poverty and injustice through sustainable development, by responding to disasters and challenging injustice. Tearfund believes that an end to extreme poverty is possible.

## Services this week 15<sup>th</sup> -21<sup>st</sup> September

### **Sunday:**

**8.30am – Reflective Holy Communion** Our readings will be James 3:1-12 & Mark 8:27-33

**10.30am – All Age Worship** when we will be thinking more about the power of the tongue!

If you can't attend church in person you can always use this Zoom link:

meeting ID: 976 3739 9129 and Passcode: 330714

<https://us02web.zoom.us/j/97637399129?pwd=TGhKWwXOcWF1S242aVhrWDlJdUkxZz09>

### **Wednesday:**

**12noon - Reflective Holy Communion** A quiet time to help find space and peace in the middle of the week.

### Regular Weekly Prayers to join:

**Monday & Friday 8.30pm – Compline on zoom**

Meeting ID: 836 5965 9953

Passcode: 749968

[https://us02web.zoom.us/j/83659659953?pwd=btP5AjGMu1s-dE\\_2W9T0MMFqnnPKSS.1](https://us02web.zoom.us/j/83659659953?pwd=btP5AjGMu1s-dE_2W9T0MMFqnnPKSS.1)

**Wednesdays 7.00-7.30pm - Weekly Prayers on zoom:** - (Monthly in person)

Meeting ID: 852 1105 2733 Password: 397987

<https://us02web.zoom.us/j/85211052733?pwd=OE52bm9NS1RtQVQ0ZytTc0xBZnVsUT09>

### Regular Weekly small groups:

**Thursdays 7.30pm – Bible study group at church**

**Saturdays 8.15am - Morning Bible Discussion and Prayer on zoom:**

Meeting ID: 143 338 655 Password: 824271

<https://us02web.zoom.us/j/143338655?pwd=L1JJTFZJNU9EaFZjaUFjQzVlalpMZz09>

With love and prayers

Ruth

Need to unsubscribe? Email Bekki: [bekki@theclarks.biz](mailto:bekki@theclarks.biz)