



5folds monthly bulletin

OCTOBER



Sunday 5 October	9.30am	Harvest - Morning Worship	Longstanton
	9.30am	Morning Worship	Over
	11am	Holy Communion	Swavesey
	11am	Harvest - Morning Worship	Willingham
Sunday 12 October	9.30am	7th Squadron Service	Longstanton
	9.30am	Harvest - Morning Worship	Over
	11am	Harvest - Holy Communion	Swavesey
	11am	Morning Prayer	Willingham
Sunday 19 October	9.30am	Morning Prayer	Longstanton
	9.30am	Holy Communion	Over
	11am	Holy Communion	Swavesey
	11am	Café Church	Willingham
Sunday 26 October	9.30am	Holy Communion	Longstanton
	9.30am	Holy Communion	Over
	11am	All Together Worship	Swavesey
	11am	Holy Communion	Willingham

If you have something you would like to be included in next month's bulletin,
 please email it to the admin office by 20th of this month.
admin@5folds.org.uk



Opportunities to pray.

Come and pray.

An open invitation to join a monthly Monday morning prayer meeting here in the 5folds team.

We will be meeting on **Monday 13th October at 10am**
in **All Saints Church Longstanton, Meeting Room.**



All are welcome as we gather from across the villages to pray for
our local communities, the mission of God's Church and the needs of the world.



Prayers for Ukraine & World Peace

St Mary & All Saints Church, Willingham

host a weekly quiet prayer time

Every Thursday at 4.30pm



St Andrew's Church, Swavesey

15 minutes of silent prayer
followed by Compline

First Thursday of each month at 8pm

ALL WELCOME TO JOIN US FOR **MORNING PRAYER**

WEDNESDAYS AT 9.30AM – 10AM

1st October: All Saints Church,
Longstanton

8th October: St Mary & All Saints Church,
Willingham

15th October: St Mary's Church,
Over

22nd October: St Andrew's Church,
Swavesey

29th October: All Saints Church,
Longstanton





HARVEST CELEBRATIONS

Sunday 5th October: All Saints Church, Longstanton

Harvest Morning Prayer at 9.30am

followed by Harvest Brunch

Sunday 5th October: St Mary & All Saints Church, Willingham

Harvest Morning Prayer at 11am

followed by Harvest Lunch

Sunday 12th October: St Mary's Church, Over

Harvest Morning Worship at 10.30am

followed by Bring & Share Lunch

Sunday 12th October: St Andrew's Church, Swavesey

Harvest Holy Communion at 11am

followed by Bring & Share Lunch





LIVING IN LOVE & FAITH

Living in love and faith (LLF) is a 5 part course exploring themes of identity, sexuality, relationships and marriage.

It includes materials for discussion, bible studies and video stories of people with different perspectives and convictions.

LLF is an opportunity for us to learn and reflect together.

For more information please speak to Stephen or email: stephen@5folds.org.uk

To sign up to the course, please email: admin@5folds.org.uk



At The Octagon Hall
in Willingham.

Refreshments from
7.15pm

Course runs from
7.30pm - 9pm

Wednesday
evenings:

8th October

15th October

22nd October

half term break

5th November

12th November

Weekly Events



If you love to sing but don't want the commitment of weekly meetings, then come and join us - no audition or experience necessary, with the emphasis on fun and community spirit.

Friday 10th October - 7.30pm - St Mary's Church Hall, Over
Friday 17th October - 7.30pm - Venue to be finalised (contact Kate for details)
Friday 31st October - 7.30pm - St Mary's Church Hall, Over

For further details (or help with transport) contact
katewoolfmusic@gmail.com
07450 897321

MINI JAFFAS

Exploring faith with toddlers

Songs
Bible Story
Dancing



Prayers
Craft Activity
Snacks

Tuesdays in Term Time
9:15 at All Saints Church Longstanton
For more information
Contact: Diane/Martin 01954 230894

All Saints Church Longstanton



In the meeting room

Every Wednesday
10.00 - 12.30

Join us for Coffee & Chat
We'd love to see you!



Willingham Octagon Hub

Every Monday - 10.00 - 12.30

We offer hot soup, hot drinks and biscuits - all free of charge.



Board games, books, magazines, knitting,
great company and listening ears



Drop in for a cuppa and a chat - we'd love to see you!

Mustard Seed Community Café

in St Mary's Church Hall, Over

Every Thursday 10.00 - 12.00

Delicious home made cake, filter coffee,
pots of tea and free squash for children!



A lovely, welcoming café for all ages!

A great way to meet friends old and new,
whilst enjoying tasty treats!

Children are very welcome;
there is a toy corner for them to play.

Support our local foodbanks

Our local foodbanks are a valuable source of support for many Cambridgeshire residents, but sadly often demand outstrips supply and our foodbanks find themselves short of essential items.

If you could manage to add just one item to your shopping basket each week and donate it to the foodbank, it would make a huge difference.

Each of our Churches has a foodbank donation box in Church.

Please only donate non perishable, in date items.

Foodbanks rely on donations from members of the community, so thank you for your support.



Happening this month



 Baby Loss Awareness Week

Join us for the global

Wave of Light

15 October, 7pm

*Light a candle in memory of
all babies' lives gone too soon.
Join us 7pm local time.*

Share your
#WaveOfLight pictures
babyloss-awareness.org/get-involved/#wave-of-light

**St Andrew's, Swavesey
&
St Mary's, Over**

St Andrew's Church, Swavesey

 Craft
activities

Play
area 

Fun in the Pews

Saturday, October 18th
2pm - 4pm

An afternoon of
activities for all the
family

 Mouse
Hunt

Quiz
Time 

 Refreshments


Free Entry

Friends of Willingham Church

**Annual General Meeting
October 7th 7.30pm
at the Octagon**

All welcome to attend

Refreshments available


The Friends of Willingham church is a community
group set up to raise money to support the
ongoing maintenance of the fabric of our parish
church building.

For more information please contact:
friendsofwillinghamchurch@gmail.com



Willingham Memory Box Café

If you're living with any form of memory loss or other illnesses and would like a morning of Songs, Refreshments, Company, and Fun please do come with a friend, family or carer to

On

Saturday October 11th 2025

from 10 am to 12 noon

In

The Octagon

(behind Willingham Parish Church, with wheelchair access and no steps).

All Welcome

No Charge

Sponsored by St Mary & All Saints Church

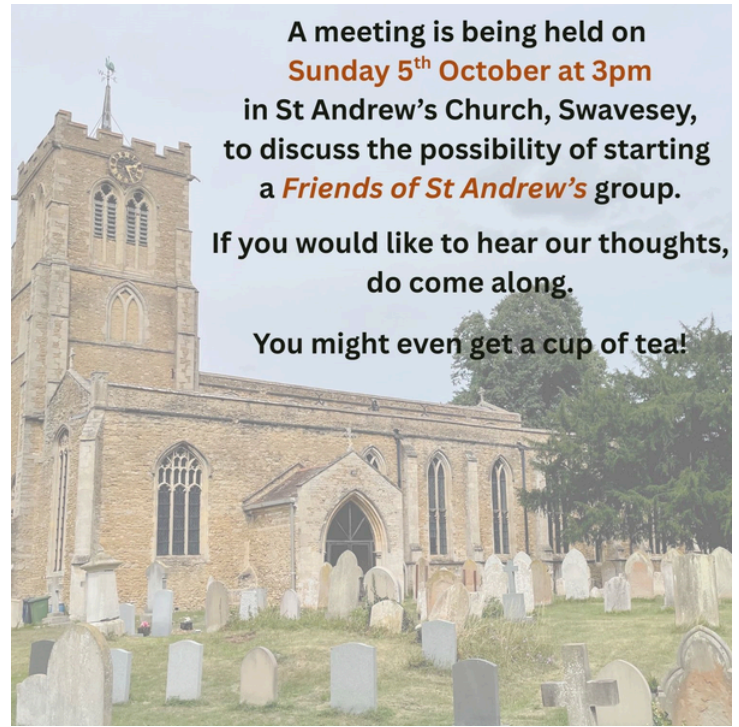
For further details please contact

Email: memoryboxcafe@yahoo.com



Saturday 4th October

All Saints Longstanton



A meeting is being held on
Sunday 5th October at 3pm
in St Andrew's Church, Swavesey,
to discuss the possibility of starting
a **Friends of St Andrew's** group.

If you would like to hear our thoughts,
do come along.

You might even get a cup of tea!

Churchyard Tidy
At St Mary's Church, Over
Saturday 11th October
10am to 12 noon
Free coffee and cake



Contacting the 5folds Ministry Team:

Rev'd Stephen Dove (Team Rector)	Day Off - Friday	07944 014521	stephen@5folds.org.uk
Rev'd Ed Green (Team Vicar)	Day Off - Monday	01954 716894	ed@5folds.org.uk
Canon Jan Payne (Licensed Lay Minister)		07780 674563	jan.payne@northstowe.church
Other members of the wider team: Rev'd Janet Tiplady (Associate Minister) Elizabeth Raymond (ALM Worship Leader))			
Administrator: Colin Smith (<i>Hours: Tues to Fri 9.30 - 12.00</i>)		01954 203459	admin@5folds.org.uk



Coming in November



Roll up your sleeves for our autumn vaccination clinic

Save the date:

Willingham (Octagon) Community Hub is hosting an immunisation clinic for local people on **Monday November 3**, 10am to 12noon.

We're working with the Community & School-Age Immunisation Team that covers Cambridgeshire & Peterborough.

The team plan to offer vaccinations to adults aged 65+.

□ COVID - 75 and over or 18-74 years if severely immunosuppressed

□ FLU - 65 and over

□ PPV (Pneumococcal Polysaccharide Vaccine) - 65 and over

□ Shingles - 70-79 years

□ RSV (Respiratory Syncytial Virus)- RSV - 75-79 years

Flu and shingles vaccines may be given to 60-65-year-olds based on health conditions or medications.

There is no charge for the immunisations and your health records will be updated on a national system which gets uploaded to all GP records.

Our friendly hub team will have the kettle on for refreshments so please do stay on and have a cuppa and a chat with us and find out more about our free community support.

Find us in The Octagon, St Mary and All Saints Church, Church Street, Willingham, Cambridge, CB24 5HS. Mondays 10am – 12 noon.



You are invited to

A SERVICE OF THANKSGIVING FOR THE DEPARTED

*A reflective service to remember
our loved ones who have died.*

All Saints Church,
High Street, Longstanton,
Cambridge, CB24 3BP

Sunday 2nd November at 3pm

