



STANBOROUGH
NEWS

Summer '13

Stanborough Park Church & The Stanborough Centre
609 St. Albans Road | Garston | Watford | WD25 9JL
www.stanboroughchurch.org



English Heritage

P L WALTON

A VERY ENGLISH HERITAGE

The churches and cathedrals of England are symbols of a pastoral England that we know from our poets, painters and composers and from brief glimpses caught from time to time through the chaos of modern life. The King James Bible and the Anglican liturgy are entrenched in our daily communication and literature without us noticing. For the most part the churches were built by Roman Catholics but their identity with England has been settled beyond question by the history and culture of our country and now they represent an astonishing social, historical and spiritual legacy. The church towers stand in our towns and villages like a call to remembrance. But what is it that we are called to remember? Is it important to our national culture?

By the end of the seventeenth century the Anglican Church had emerged as a creative muddle, a genial mixture of belief and scepticism, of Christian devotion and self-doubt. It was an established church, but with a troop of non-conformist rivals, part of the government of the kingdom but whose rules were not truly binding and anyone could break them with impunity and remain within the fold. It had become a national way of life.

Our present society is knit together by that Church's guiding beliefs, ideals, and morality as exemplified in the life of Jesus. From them derive our instinct for individual equality regardless of race or sex, the sanctity of life, an obligation to forgive, freedom to choose and act, individual responsibility for ourselves and equally for our neighbour, and justice for the underprivileged. These precious freedoms were claimed for our culture by heroes of the past. We also look to the church to mark the 'rites of passage' of birth, coming of age, marriage, and



death with ceremonies that lift them out of the ordinary and endow them with a sense of the transcendental.

The church is as English as the Magna Carta which first used the term '*Ecclesia Anglicana*' – an English Church, to ensure the king was loyal to England rather than Rome. It may not be surprising that as the Church is in decline so also are the freedoms enshrined in the Magna Carta. It is worth considering the recent history of governments that have not had the Christian church to trouble their conscience which of course now includes us and our allies as we endeavour to wipe the last vestiges of God from the Public sphere.

Our society is changing rapidly and some feel the trauma that it is suffering as its traditional forms of worship fade from public view. Are our church towers standing in our towns and villages calling us to remember that our wonderful culture, unlike any other, with its hard-won freedoms and rights of the individual, is inextricably bound up with our English Christian heritage, and that it is infinitely worth preserving?

If you want to take another look Christianity's unique claim, the Gospel, Stanborough Church has the time and the talent to be your guide. We would love to meet you.

Garden Party

Bedmond Garden Party and Charity Sale Raises £1,500

Audrey Balderstone, a veteran fund-raiser for charities and organiser of the many Flower Festivals held at Stanborough Park Church, opened up her delightful large garden in Bedmond in May for a garden party and charity sale, raising £1,500 for the Peace Hospice and the church's Development Fund.

This is the third consecutive year Audrey has opened up her garden, designed by her late husband, David a landscape gardener, to the public to benefit the Peace Hospice. Originally intended as a tribute to him as he did so much



food was constant!"

Audrey has now embarked on her next fund-raising enterprise – a Flower Festival to be held at Stanborough Park during the weekend of 13-15 September which will feature almost forty floral designs depicting well-known hymn tunes. Those taking part will include members of NAFAS (The National Association of Flower Arrangement Societies), church members and flower arrangers from other churches.

On Sunday evening the Festival will conclude with a special programme entitled 'Songs of Praise and Joy' led by Watford-born Valerie Fidelia now living in retirement in Cyprus. The proceeds will be split between Keech Cottage Hospice for Children and the Church Development Fund.



for charitable causes, Audrey explains, "I feel so fortunate to have the garden and opening it to raise funds for the Hospice and for the church seemed a good idea three years ago, just after David died."

She estimates that around 150 people attended the garden party. They were greeted by a number of stalls dispersed around the garden selling items from books and cakes to nearly-new clothes and bric-a-brac. Audrey adds, "We served light lunches and afternoon teas and those in the kitchen never stopped from noon when we opened. The demand for



Pastor's Pantry

Warm Summer Salad

Serves: 2-3

Preparation Time: 20 min

Ingredients

1 bag of Quorn chicken pieces (in the vegetarian frozen section at your supermarket)
200 g of rocket
1 red onion, chopped fine
1 large bell pepper, chopped
1-2 ripe avocados, cubed

4-5 sun dried tomatoes, chopped fine
2 cloves of garlic, pressed or chopped fine
50 g pine nuts, roasted
Some shavings of parmesan cheese
Seasonings: Salt, pepper, grill spice, olive oil and balsamic vinegar

Method

Chop pepper, onion, avocados, tomatoes and garlic
Wash rocket and drain well
Plate the rocket on a large serving platter
Then pile pepper, onion and avocado on top

Roast the pine nuts in a dry frying pan on medium heat for a minute or two, stirring frequently so they do not burn. Put the nuts aside, and then pour 1-2 tbsp olive oil in.



Then fry the quorn pieces until golden brown and completely thawed.

When they are almost done, add the chopped sun dried tomatoes and the garlic into the pan. Stir well, and sprinkle over some grill spice of your choice.

Then place the warm vegetarian chicken pieces over the vegetables, mix salt, pepper, olive oil and balsamic vinegar into a dressing and drizzle over the salad. Top with parmesan shavings and pine nuts.

Eat immediately!



Cookbooks

D SABATIER

I have 4 basic ingredients in my fridge but no idea how to make them stand out from my usual weekly lineup. With Masterchef failing to inspire, I march over to my cookbook shelf and then stand pondering. Should I pick the 400 family recipes, or the 30 dishes you could make in less than 30 minutes, or the 100 vegetarian recipes, or the Chinese food in 15 minutes? Or maybe the "one cake mix-50 cakes ideas"! Grrr why do I even have so many cookbooks? I hardly ever follow the recipe in the first place! But I start looking through all of them. And it gets me thinking...

You have the basic choices: rice, pasta, potatoes, and meat. In the meat category you realistically have 4-5 to choose from: poultry, beef, pork, fish/seafood, and game. Then you have fairly standard ways of cooking it: boil, fry, grill, bake, slow cook. Then most of us will add the vegetables we've been used to from generation to generation: potatoes, carrots, mushrooms, peppers, onions, and maybe a few others, but we mainly stick to the "prime" vegetables. Some of us might brave adding asparagus, or chow-chow, or okra, or something else fascinating from abroad! So why is it that there are so many books out there claiming to offer me THE recipe combination that will make me buy that book? And even worse... why do I keep buying them? Maybe as I mature, so do my taste buds. Maybe as I start experimenting with spices and recipes I get hooked and want to keep reaching new heights...

As I come back down from my thoughts, I settle for mash-green beans-corn and vegetarian kiev's: as classic a combination as you can get, one we have every week!

Is the way we see God the same? Do we approach religion in the same way? Take, for example, the Christian churches. You have Baptist, Methodist, Mormon, Evangelical, Adventist, Anglican, and the list goes on. All believing in a God, but practicing slightly differently. Some of us are with God and church a bit like we are with our recipes. Every now and then, the traditional recipes we've been using just don't satisfy our taste buds and we decide to look for other ways to spice up our meals. And that is a healthy way of looking at things. We need a bit of change. But have you noticed how there will always be one cookbook you will always go to or a recipe you will always fall back on? That's the Bible for me. The Bible has recipes for life's hardest, happiest, saddest moments. When my experiment with an ingredient turns my pie upside down, the Bible has a "how to remedy..." chapter. When I am struggling with my 4 ingredients and don't know what to do, the Bible has a "back to basics..." chapter. When I want to create that special moment for a loved one, the Bible has a "how to make the best..." chapter.

Whatever your "ingredients", whatever your "collection of cookbooks", whatever your "culinary" style, have one prime book on your shelf: the Bible.



Music! Music!



MUSIC! MUSIC! MUSIC!

Stanborough Church put on an impressive line-up musical events over the last few months. It has a top-down, bottom-up approach to music: top musicians coming from our Academy of Music and rising talent coming up from our enthusiastic sabbath school classes from the youngest to the oldest. And all of this musical enjoyment or training is open to everyone. At Easter the fifty choristers and musicians of Stanborough Church were joined by Soprano Elizabeth Holmes who is a post-graduate student at the Royal College of Music, and tenor Ben Smith from the 'Only Men Aloud'

Welsh male voice choir, in performing highlights from Handel's Messiah. More than 300 people came to hear the Concert. The inspirational score together with the high standard created a brilliant result.

Not to be outdone by the professionals a group of very young musicians put on their own concert which helped to raise nearly £3,000 for two charities. More than 35 children, aged six to 14 took part in their third annual concert. Many of them sang in the young choir "Angel Voices" as well as playing instruments which included piano, violin, viola, cello, trumpet, saxophone and flute. Their level ranged from complete beginner to advanced and their solo performances varied from works by Scarlatti, Bruch, and Vivaldi to Dave Brubeck and The Script. The concert was organised and conducted by the leader of the Music Department Ji-Eun Ahn.

More music is scheduled for the Summer quarter, watch out for the church notice boards.

You are invited to a seminar on the topic

EVIDENCE OF DESIGN

Saturday 1 June 2013, 3:00 - 5:30 p.m.
at Stanborough Park Church, 609 St
Albans Road, Garston, WD25 9JL

Special guest speakers Dr John Walton,
Research Professor at St Andrews
University and Dr Alistair Noble,
Director of the Centre for Intelligent
Design

Watch live on the internet
stanboroughchurch.co.uk



Cartoon from Private Eye, thanks due to Banx for permission to use it.

Diary Dates

Sunday Sale – June 23 12-3pm – Giant Summer Sale

Tuesday Talks – June 11, July 9 - 8pm

Healthy LifeTalks

June 27 8pm Cooking Healthy Vegetarian Meals with Andrew Evers

July 25 8pm Mental Health Prevention & Recovery - a dietary perspective
by Karen Hubbard (RD MBDA BSc (hons) Nutrition & Dietetics

Toddler Club – Wednesdays 9:30-11:30am, 1-3pm and Thursdays 9:30-11:30am

Senior Members Club - June 3 2-4pm, June 17 2-4pm,
July 1 - Half Day Trip, July 15 - Full Day Trip

Messy Church – June 15, September 21 - 3:45pm - 6.30pm (approx)

Soup Run -- every Friday – leaves the church at 8:30pm contact Pat Walton 01923
672500

Parallel Services – every Saturday morning 11am except the 1st Saturday in the
month

Musical Concerts – June 29 - 7.30pm

Flower Festival – Sept 13-15. Fri - 10am-5pm, Sat - 2pm-5pm. Sun - 10am-5pm
The Flower Festival returns to Stanborough Park. The theme is Ode to Joy.

Church Services – Family Service, every Saturday at 11am.

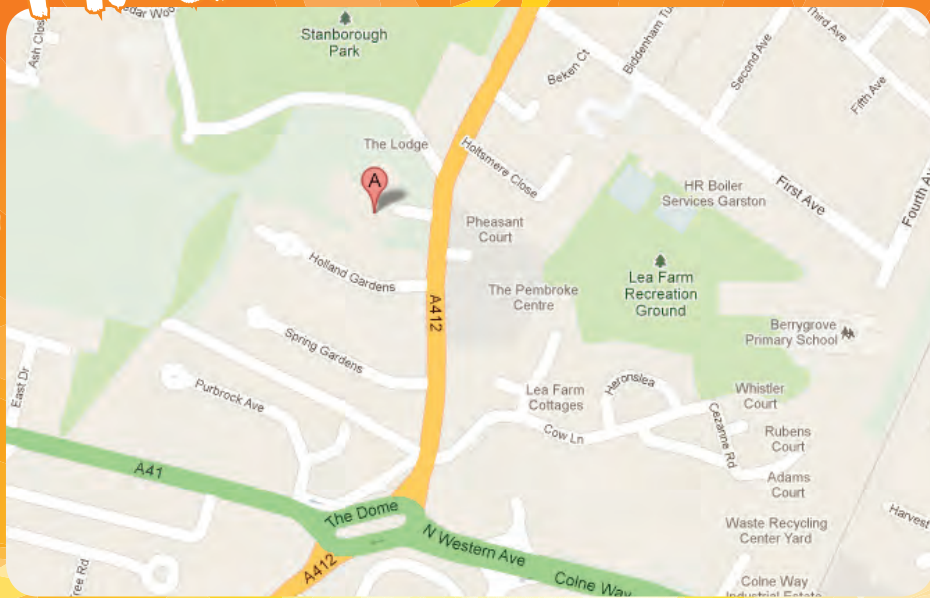


An afternoon of fun for the whole family! Children aged 0-13 yrs and their parents/guardians, can enjoy crafts, singing, stories and a wonderful meal together. Messy Church is from 3.45 - 6.30pm on 15th June. We break for summer and start up again in the autumn on the 21st September.. For more information and booking please email: stanboroughparkmessychurch@gmail.com or visit stanboroughparkmessy.wix.com

Parallel is Praise & Worship Service that is family orientated. It is a lively church with a bustling community. A place where you can find and be found. Come and find out about Jesus in a friendly welcoming environment. Plus on June 8 we are having a Connect Day, where you can come and get to know us during a whole day of fun, including a picnic, a walk and a pancake supper!



Find Us



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609 St. Albans Road | Garston | Watford | WD25 9JL

Contact Us

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