



# Stanborough News *Spring 2014*

## *In this edition...*

- Giving away a year's music tuition to two Meriden residents
- Getting involved with Stanborough Park's Community Work
- Information on our Craft Club
- A recipe for Pancake Day
- Important dates for your diary
- and much more!

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

## Comment ... from the pastors



When the Winter Stanborough News came out the financial crisis was at its peak and now thousands of homes across the country are faced with devastating floods and storms. Floods and disasters are killing and ruining lives of tens of thousands in other parts of the world. The sheer

number and severity of the disasters is happening on an unprecedented scale. In fact the word 'unprecedented' is being used by the press an unprecedented number of times!

At Stanborough Park Church we have a mission to make the lives of people in our local community better whatever the difficulties are that get in the way. Fortunately, most of us have escaped the worst of the weather but we all may face problems at some time.

We base our vision of service on the life and example of the Jesus we read about in the Bible. His life set the trend for a kind of love that is willing to give of itself to serve the needs of our community.

This year we aim to make a more positive effort to bring our love to you in new ways and so to help you to cope with whatever life may throw at you.

### **It's Not What You Think!**

We launched our new Community Chaplaincy Services on the 1 March. But, it's not just chat and prayer. We intend to help you in ways that you want and give you the support that you need wherever we can. So please don't hesitate to contact us.

### **Practical Help**

We will of course continue to run our Welfare Centre, which is very busy at the moment and we offer practical advice on healthy living and lessons in life at our regular Health Talks and Tuesday Talks.

### **Family Fun**

If you haven't yet brought your children to a Messy Church I can assure you, they are missing out on

a wonderful, creative experience. So have a look at the Website and book a place for them for the upcoming months.

### **Meriden Special**

If you live in the Meriden area we have an exciting offer for you. Please take the time to look at the centre spread. We are very excited to offer expert tuition, from fully qualified musicians, to two children living in the Meriden area to learn to play a musical instrument during the coming year. The cost of the tuition will be covered by Stanborough Park Church.

Naturally our primary job is simply to inform our community about the person and life of Jesus Christ, who he is, and what that means, so we hope you will be interested in joining one of our regular Bible Study groups. Make contact through the Pastoral Centre 01923 679494.

It is my hope and prayer that the 'unprecedented' events of the past few months will turn around with the seasons and I look forward to finding new ways to bring you joy.

### **New Pastoral Team Members**



Welcome to our two new pastors. Pastor Sam Neves whose added enthusiasm, spiritual inspiration and cool will light some fires.

Pr Sam attended the Stanborough School and later married a local girl and they have two young children. He lives at high speed in

the digital age and loves all things i (iPhone, iPad etc). We are ready.

Welcome back to Pastor Mary Barrett. We know Pr Mary for her warmth, her good nature, her bible knowledge, deep spirituality and her confidence in the power of prayer. Pr Mary will provide the pastoral care that many have been looking for.



# We are Here to Help...

Stanborough Park with it's sleeves rolled up

Why go to Church? Two good reasons... to get help and to give help. In this issue we are concentrating on ways that we work with community members to bring help where it's needed.

## Friday Night Soup Run

Well it's not just a soup run. As you can see in the picture we specialise in giving out clothing as well as hot drinks, sandwiches, soup and fresh fruit.



The Soup Run goes out most Friday evenings returning at about midnight. We pick up extra volunteers on our way to two regular

stops north and south of the Thames in East London. Community Volunteers are welcome - phone Pat for more info on 01923 672500.

## The Welfare Department

The Welfare is run by a community volunteer, Norma Lewis, with three helpers.

Most help is needed by mothers with young children for basic clothing, bedding, and even pushchairs and toys. It is



very busy at present handing out hundreds of items each month. The Welfare Department operates on donations from many different sources and often finds that special items turn up providentially just when needed.

## Messy Church

Our Messy Church is part of a phenomenon that is sweeping the world. It is such a great way to feel involved with Christianity without the boring bits (sorry, preachers everywhere) and the kids love it (aged 0-13yr). Messy church involves crafts, play, action songs and bible stories. Plus the shared meal is always a great attraction!



All this is provided free for visitors. Up to 250 people have been coming so booking is essential.

## Toddler Club

Always a favourite, the Toddler Club is provided as a service to the community. The club operates three session per week: two on Wednesday and one on Thursday morning. Spaces are very limited, so prior booking is essential.



## ADRA UK - licensed to collect

Knock knock. Who's there? ADRA. ADRA who? I'm glad you asked me that, I was going to tell you anyway! It's the Adventist Development and Relief Agency, the humanitarian aid side of our church and we have a license to collect\*.

We will soon be knocking on your doors with our green cans so please give generously (29 March to 13 April). Over £500,000 was collected in the UK last year. In the UK, ADRA will continue to support a Special Needs Camp in North Wales which provides a holiday for disabled people and a week's respite for their carers. ADRA has many overseas projects and is recognised world-wide for providing impartial non-religious aid wherever it is needed.

For full info see <http://www.adra.org.uk/>

\*An exemption Certificate from the Government Cabinet Office.



## Garston's Got Talent

We love music and we are sure that you do too. That's why we are making an exciting offer to help you to develop your child's musical talent. We are giving away free scholarships to two children who have the enthusiasm, talent and determination to be accepted for a course at the Stanborough Park College of Music. At present this offer applies to children living in the Meriden area but the College is open to all applicants.

Stanborough Park Church is famous for its superb music from both professional and amateur musicians and its College of Music is open to all who want to start or to advance their musical skills from absolute beginners up to GCSE or A-Level standard. The awards will be given to two students aged

between 6 and 13 years who display a keen desire to learn a musical instrument. There is no need to have any prior musical experience, so beginners wishing to find their talent are welcome to apply.

The scholarships will provide a weekly one-to-one instrumental lesson, Musicianship and Theory classes, and the students will be able to participate in the orchestra, ensembles and choir. The courses start at the beginning of September 2014.

This is a fantastic opportunity for two young people to discover and develop their talent. To apply for a scholarship, please complete the application form on the right and return it to us by the closing date 31 May 2014. We are looking forward to receiving your application.



## About the College of Music by Ji-Ae Ahn, Music Director

Stanborough College of Music opened its doors in September 2011, providing music lessons to young students aged between six and eighteen years. Its aim is to provide quality tuition for all who are excited by music from starters right up to those who want to make a career in music. We have excellent facilities at the College and employ the services of highly qualified, professional teachers from leading UK music colleges.

The College puts on recitals and concerts throughout the year in which the students are expected to participate.

Our primary aim is to develop a full appreciation of music as well as skills in performance.

Tuition is given for instruments including piano, violin and cello and many others.

We look forward to welcoming you to our college.

## Stanborough Park College of Music

**Junior Choir:** Every Thursday during term time at 5.30 p.m. Open to all children in Watford aged between 10-14 years. Join in the fun!

**Youth Orchestra:** It's great fun to play together! Open to anyone up to 18 years old. Come and join us every Friday during term time at 5.30 p.m.

**New Term** (summer term) starts 22 April. All applications should reach us as early as possible.

### Contact

For more information on any of the activities see [www.spcm.org.uk](http://www.spcm.org.uk), or email to: [info@spcm.org.uk](mailto:info@spcm.org.uk)

### Holiday Music Fun!

For the third year running, the College is proud to announce the return of Holiday Music Fun, which will be held from 28 July until 1 August. (See picture on page 4 *left*) Holiday Music Fun is for children and young musicians aged 6 to 18. It offers both fun and educational activities and builds confidence in playing and performing. Our staff are enthusiastic and highly talented musicians and are looking forward to welcoming this year's intake. The closing date for applications is 30 June 2014.

Do not miss the fun; come and share a musical week with us!



## Application for Scholarship

If you are interested in applying for a scholarship for a person between the ages of 6 and 13 years and they live in the Meriden area please fill in the form below and send to SPCM, 609 St. Albans Road, Watford, WD25 9JL

### Music Scholarship Application Form

Full name

Date of Birth

Please circle

Boy/Girl

Full Address

Telephone Number

Email Address

Can you already play an instrument? If yes what?

For Parents (Please complete on a separate page)  
How would your child benefit from learning to play a musical instrument and how will you assist them to see their training through to completion?

For the pupil (Please complete on a separate sheet)  
in your own words: Child: What do you like about playing music? Which instrument do you want to learn to play and why?

Include a recent passport-sized photograph if you can.

Yes  No

# Pancake Day Recipe

It's March! This means pancake time!

While looking for a different recipe to try, I came across this one from Doves farm and let me just say this: if my husband liked them, you will definitely like them!



So let's not delay any further and let's get cooking!

## Ingredients

150 g	Self Raising Flour
50 g	Buckwheat flour
25 g	Icing Sugar
3	Eggs
1 tsp	Vanilla Extract
400 ml	Milk
3 tbsps	Sunflower Oil (approx)

## Method

1. Mix together the flour, sugar, baking powder and cinnamon.
2. Grate the orange and squeeze the juice into a measuring jug.
3. Add water until you have 150ml/5floz of liquid (you may not need it all, or slightly more than specified depending on the orange). It also depends on how much orange flavour you like.
4. Mix the egg into the liquid then pour everything into the flour.
5. Stir to make a smooth batter.
6. Lightly oil a heavy frying pan and heat well.
7. Cook until bubbles form and the bottom is golden, then turn over and cook on the other side. These won't be like the thin crepe type pancakes but still yummy!

## Dietary status:

Vegetarian, Without Dairy, Nuts and Wheat, Wholegrain. Please do check the ingredients on the labels if you have food allergies.

# Creative Crafts

Have you ever seen something lovely in a shop window or magazine and thought wistfully that you would love to be able to make something as beautiful? Are you creative? Crafty?

We are Joanne and Jenny and we would like to help to liberate your creativity and develop your craft-ability at a friendly craft group which meets on Wednesday afternoons between 1 and 3pm at the Stanborough Centre. Our main activities are knitting, crochet and sewing but we also offer alternative bi-monthly craft classes. Recently we have embellished fairy lights with beads and sequins, and made small fabric fandango boxes. We are also keen to learn any skills that you have.



We have a charitable craft, making blankets for babies in our church family and for the Special Care Baby Unit at Watford General Hospital.

Come on ladies (and gents), dust off your knitting needles and crochet hooks! How many blankets could YOU make?

We are holding a craft workshop for children aged 10+ on April 14th between 10am and 12noon, and on the April 16th between 1pm and 3 pm. Children will learn basic hand sewing skill and be able to take their creations home. To book a place call Joanne Gentle 01442 404038 or email [joanne.gentle@gmail.com](mailto:joanne.gentle@gmail.com). The cost, including all materials is £15.

# Diary Dates

## *Health Talks Thursdays at 8pm*

**27 March** Dr. Christopher Levi - Can life begin at 70?

**24 April** to be announced

**29 May** Dr Audrey Tsotetsi - Vitamin D deficiency

## *Tuesday Talks Tuesdays at 8pm*

**11 March, 8 April, 13 May**

## *Parenting Classes at 4pm*

**1 March, 5 April, 3 May** Faith Begins at home (Child care provided)

**19 April** Parenting for Boys

## *Seniors Club Every other Monday at 2pm*

**3 March** Colin Allen on Richard III

**17 March** Zena Skinner TV Cook. Life in front of the cameras.

**31 March** Hugh Grainger "I'm not really old, its those tablets!"

**14 April** Greta and Bruce Anscombe on their travels to Vietnam etc.

**28 April** Colin Oakes - "You've never had it so good 50's and 60's"

**12 May** Spring Bring and Buy sale followed by Andrew Boyle's sale of summer bedding plants

**19 May** Spring Outing

## *Messy Church Saturdays at 3:45pm*

**15 March** Theme 'Women of the Bible'

**29 March** 4pm Easter Special programme Duggie Dug Dug In Concert!

**17 May** Theme 'Women of the Bible' continued

## *Soup Run Friday nights 8:30pm*

by arrangement Phone 01923 672500

## *Creative Crafts Wednesdays 1-3pm*

**Musical Concert - 29 March** 7:30pm

## *Sunday Sale 12-2pm - 30 March*

## *Toddler Club Wednesdays and Thursdays*

# Find us



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

## Contact Us

Pastoral Office | 01923 67 94 94

Bookings for Stanborough Centre:  
01923 894 664 | [stanboroughcentre@gmail.com](mailto:stanboroughcentre@gmail.com)

Church Website: [www.stanboroughchurch.org](http://www.stanboroughchurch.org)

Church Facebook Page: [www.facebook.com/groups/2405836644/](http://www.facebook.com/groups/2405836644/)

Parallel Facebook Page: [www.facebook.com/groups/61120750538](http://www.facebook.com/groups/61120750538)

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