

(Aka Lockdown News 28)

**Stanborough Park Church Newsletter:  
November, 2022**

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❖ **STANBOROUGH PARK COLLEGE OF MUSIC CELEBRATES ITS 11<sup>TH</sup> ANNIVERSARY**

*The Stanborough Park College of Music has just celebrated its 11<sup>th</sup> anniversary. It was started by the Ahn family as an outreach activity which would also teach those wanting to learn to play an instrument and has proved to be very successful on both counts. To mark the occasion a concert performed solely by it staff and students took place in the church on 8<sup>th</sup> October.*



Stanborough Park Church has always possessed a wealth of musical talent but a plan to harness this into a regular orchestra resulted in sending out a call for a Student Missionary to help bring this about.

The call was answered by Aleta King who, having completed her task, returned to her native Australia but not before involving Jieun Ahn, who was teaching music at Stanborough School, in the Christmas concert. After she left Jieun took up her baton, subsequently setting up the SPCM along with her sisters.

Starting with just 11 pupils the total number soon reached the maximum of 60, a number which would ensure that they were still able to nurture their pupils. Currently just providing lessons for stringed instruments and piano/organ there are plans to expand to include brass and percussion in the near future.

Pupils regularly perform in concerts and church services; with many pupils from non-SDA backgrounds. This has brought many from the community to attend church services to witness their performances (such as the Molteni family), thus fulfilling the SPCM’s purpose as an outreach activity.

Unlike many of the SPCM’s concerts this one didn’t feature music students from the music colleges; all the performers were SPCM staff and pupils. It featured more ensemble work than usual including a rare cello quartet and a piano trio where the youngsters clearly enjoyed passing their hands over each other. The talented Chemi Ishida not only played a piano solo but also took part in a violin duet.



The SPCM awards one or two scholarships to those keen to learn an instrument but unable to afford the fees. A collection was taken during the concert to help fund this generous gesture.



SPCM contact link  
[info@spcm.org.uk](mailto:info@spcm.org.uk).



❖ **INTRODUCING THE HEALTH MINISTRIES TEAM:  
Caroline Perry MSc, PhD & Adewale Ademuyiwa BSc, PG Cert, Dip He.**

**Health Emphasis Day** was held on the 19<sup>th</sup> November. The invitation to attend came from the Health Department whose members took the service: *'Fighting to stay on an even keel, in terms of your mental and physical well-being? All you seem to long for each day, is a better quality of life, free from the burden of disease or mental illness? If this sounds all too familiar, or you would like to know more about how to reclaim your life and restore balance in difficult times, then join us for Health Emphasis Day.'*

Caroline and Adewale are the people behind the Health Corner items. Adewale is a stress counsellor so it was not surprising that stress and mental health formed the basis for his sermon on Health Emphasis Day (19<sup>th</sup> November). Unfortunately, there were sound problems and some slides were hard to read so Caroline has promised to summarise them for this newsletter in another edition. Meanwhile they will be contributing to the Health Corner in each issue.



❖ **HEALTH CORNER: Willpower (From the Health Department Team)**

The secret of the mind is not in its strength, but in its stability. Will power is a form of energy that allows us to achieve goals. It's the ability to control your thoughts and emotions. Willpower is the fuel that powers you through tough times and tough decisions. Without willpower, you'll find it hard to achieve things that matter to you.

We all have moments of weakness. We all have times when we feel tempted to behave in certain ways that we know are not good for us. This is part of being human. What is important is how we respond to these moments. Do we let them take hold and push us around? Or do we use our willpower to say 'No' to these urges? When we access God's already given power to use willpower wisely, we can overcome our desires and act in ways that serve us rather than hinder us.

In this video, The Stanborough Park Church Health Department will give you some great tips to help you cooperate with God to increase your willpower and improve your life. Join the discussion now at [www.shorturl.at/ant57](http://www.shorturl.at/ant57)

❖ **PBE PATHFINDERS TAKE THE PARALLEL SERVICE:**

Pathfinder leader Davide Labelestra felt that the Pathfinder Bible Experience team should be able to share what they had learnt with the congregation. He persuaded the PBE mentors to prepare the children to pass on their knowledge and they were able to preach to the Parallel Service on 19<sup>th</sup> November. It is hoped that they will be able to repeat this activity in the Traditional Service soon.

Paula Carrillo reports that 'Their sermon was based on the Book of 1 Kings (which was the book of study in 2021-2022). The Pathfinders chose their favourite

section/character from 1 Kings; spoke about lessons learnt from those characters and how to apply them in their own life. They preached in pairs and composed their own sections. Their mentors, elders Bheki Moyo and Yetunde Bright (first PBE coach in our club) guided the Pathfinders to finalise their sermons and gave guidance on how to speak in public.'



## ❖ CHURCH MATTERS 1: NEWS IN BRIEF

- **Dorothee Swikidisa was extended the right hand of fellowship by Pastor Terry on 12<sup>th</sup> November.** She was baptised by immersion in another Christian church about two years ago. Here is her testimony.



*I'm Dorothee! I want to join Stanborough and the fellow Seventh-day Adventist community as I believe the doctrines of the church to be true. From the bible studies, fellowship*

*sessions and the network of beautiful people I've formed, I believe it's played a great role on my spiritual growth. I also believe that God led me to keep the Sabbath, to be steady in a healthy foundation and I feel at peace as to where he has placed me.*

- **The Annual Week of Prayer** on the theme of discipleship ran from 5<sup>th</sup> -12<sup>th</sup> November with the Sunday to Friday night meetings held in the church and simultaneously on Zoom.
- **We are sad to announce** the passing of Mary Shields. Mary was a member at SPC for many years before she relocated to Ireland with her family. Let us keep Neville (the cousin of Lascelles Shields) and their three children, and also their grandchildren, in our prayers .
- **It is with great sadness** we announce that Gabrielle, the daughter of Horace and Carles Gaynor, passed away this week after a short illness. She was only ten years of age. Let us keep the family in our prayers at this most difficult time.
- **The Memorial/funeral Service** for Barbara Lawrence will be held at Stanborough Park Church on Thursday, 8 December at 10am.
- **Hot and cold drinks will once again be served** in the Cedar/sycamore Room after services. All welcome
- **A Christian Karaoke Night** was held by the Young Adults on 26<sup>th</sup> November.
- **The Young Adults** hosted their first **Vespers** at 7pm on 25<sup>th</sup> November..
- **The Non-Fireworks Bonfire** held at the top of the car park was postponed until 12<sup>th</sup> November.
- **Church car park:** the relining has been completed.
- **Sheena Murphy has an article** published in Focus recalling her dilemma whether or not to stop and

help when passing the scene of an accident. The issue is on the topic of The Good Samaritan.

- **Church Business Meeting (20<sup>th</sup> November):** **Pastor Terry reports,** 'The response has been good - a total of about 50 people. The opinions are going to be collated by the Board to form a plan for the church moving forward.' Sounds like a long session for the Board members!
- **Unsupervised children causing damage in church.** The Management Committee met this week and was advised of damage caused to the fabric of the church by unsupervised children. Everybody is welcome at Stanborough Park Church and whereas we always endeavour to keep the church as clean and well maintained as possible, any unnecessary damage, however caused, is really not acceptable. May we please ask all parents and guardians to be aware of what their children are doing when in church.
- **We have a student placement from Newbold** with us at present in the form of **James McMahon** who will be with us until the end of April. **A further placement** from Newbold in the form of **Adam Best** will be with us from 28<sup>th</sup> January until May 2023. You may have seen his short article published in the September issue of the Messenger.
- **Pathfinder Bible Experience 2023:** the team is studying the book of John. The test dates are as follows:  
14<sup>th</sup> January 2023 – Area level test  
11<sup>th</sup> February 2023 - South England Conference level test  
11<sup>th</sup> March 2023 - National level test (BUC)  
15<sup>th</sup> April 2023 – TED level test in Greece!
- **FORTHCOMING DATES:**  
**10th December – Annual Toy service: plan to attend and donate a toy or more.**  
24th December – Christmas Eve Service @ 7pm  
31st December – Thanksgiving Prayer Meeting 3-5pm (Prayer Ministries team)

- **A selection of activity resources for children on a Christmas theme can be downloaded from the church web site.**  
[https://stanboroughpark.adventistchurch.org.uk/document\\_groups/5516](https://stanboroughpark.adventistchurch.org.uk/document_groups/5516) ('Activities New' section)

- **Unfortunately, the church was forced to adopt a no photography policy following a Toy Service where parents keen to photograph their child during the service spoil the atmosphere as well as blocking the view of other members of the congregation. Please respect the needs of others.**

## ❖ **THOUGHTS FOR THE HEALING OF CHRISTIANS AFTER THE COVID CRISIS:**

**A NEW Health Department initiative**

We cannot deny that the coronavirus has affected everyone in some way. The virus didn't discriminate; it didn't care whether you are a Christian, Buddhist, Muslim, Hindu, or Atheist. And now that the crisis is over, we are facing more issues than ever before. Many have been left with Long Covid, many are faced with a barrage of mental health problems and many are still grieving the loss of a loved one. As a Christian, how do you deal with the problems Covid has left you with? How do you go forward with the knowledge that God has promised to work all things together for good for those who love Him whilst in your life it feels like many things have not worked in your favour?

**Join Pastor Terry Messenger and the Stanborough Health team as we break down essential steps for dealing with the coronavirus aftermath as a God-fearing Christian.** Learn how to stay healthy and strong spiritually, mentally and emotionally regardless of the impact Covid has had on you. If you are a Stanborough Church member who is struggling and would like to have chat, feel free to reach

## ❖ **REQUESTS FOR VOLUNTEERS**

- **URGENT appeal** for volunteers for the **Adventurer Club**: 'We need two willing volunteers to support in two of our classes alongside the other counsellors.' Please contact Megan Joseph, Adventurer Director, on 07944144825 as soon as possible if you are willing to help.
- **The Pathfinders** would also welcome helpers. Both clubs meet every other Sunday and you need to commit to 4 -6 hours a month only! Contact Davide, Bukky, Megan, Ophelia.
- **Children's Sabbath School Teachers**: We are calling everyone from 16-100 years old to join us in this rewarding ministry to help telling the story of the week or lead the craft. All parents are warmly invited to join a rota to help as safeguarding persons to ensure the classes always have 3 adults available. Contact the children's Sabbath School leaders, Paula or Yetunde.
- **The Communications Department** would welcome offers of help with the church's web site or writing up stories. Contact [news@stanboroughchurch.org](mailto:news@stanboroughchurch.org) / [S.Parklifeneeds@gmail.com](mailto:S.Parklifeneeds@gmail.com)
- **Stanborough Park Church** has a position open for a new Children/ Youth Ministry volunteer for 12 - 24 months. Applications are through [vividfaith.com](http://vividfaith.com).

## ❖ **PRAYER CORNER - please pray for:**

- Leopold Johnson and Morgan Charles
- our members who are hospitalised.
- families who are facing challenges from cancer, COVID, other health issues and recent bereavement especially the Gaynor and Shields families.
- God to guide our Government in helping families to cope with the extreme economic crises.
- a resolution to the conflict between Russia and Ukraine.
- the requests in the Prayer Box.
- **If you have private Prayer Requests** please place them in the Prayer Box or you can email [Stanboroughprays@gmail.com](mailto:Stanboroughprays@gmail.com). **Please note the change in the email address.**



out to the health team: Adewale Ademuyiwa & Caroline Perry. <https://youtu.be/SLtMGqKZiqc>

## ❖ **CHURCH MATTERS 2: NOTES FROM THE CHURCH BOARD**

- Upgrading the sound and platform lighting, see back page, has been approved. (See page 5.)
- Bearing in mind the quantity of metered water it takes to fill our baptistry, the amount of electricity taken to heat it and the increased cost of utilities it has been decided to make a charge for the use of the baptistry by other churches in future. They will be made aware of this upon application to use it.
- Church Leaders have been asked to submit budget requests for their departments for next year by 15<sup>th</sup> December.
- The Treasurer reported that use of the Stanborough Centre by local groups has gradually increased along with its income.
- Pastor James is producing an Excel spreadsheet of the responses to the recent brainstorming sessions. He and Pastor Terry will examine them to see where clusters occur and decide what course of action is needed by the church to meet those needs and concerns that the exercise raised.

## ❖ CHURCH MATTERS 3: ANNOUNCEMENTS AND INFORMATION

- (REMINDER) As from October, in order to facilitate the engagement of our children in our worship services when either Pastor Terry or Pastor James preaches, the children will be given questionnaires based on the sermon. There will be a prize for the child who has answered the best at the end of the year. Only children attending the service will be able to participate.
- **Wednesday Night Prayer Meeting** is being held in the Cedar Sycamore Room at 7pm. Zoom ID: 519 552 6863; Passcode: pray3r. (unchanged).
- **There is a Young Adult Sabbath School** for ages 19 - 30+ happening every Sabbath in the Maple Room from 10am. We are also on [zoom](#). Meeting ID: 519 552 6863 Passcode: Sabbath.
- **Pastoral Team Baptism Class** runs during Sabbath School time. If you or your child (13+) would be interested in joining this class please let a member of the Pastoral Team know.
- (REMINDER) **Parallel has a website** which you can use to find the latest information. [parallelservice.co.uk](http://parallelservice.co.uk).
- **The Prayer Ministry** is inviting everyone to Morning Manna 6 - 6:30am each morning. (Zoom ID: 8316619709 Passcode 777) Presentations are from the book, 'Steps to Personal Revival' [link](#). Any queries please contact Bella Rajasekaran on 07988045461. It will be starting the '40 days of Prayer and Devotion' on 21<sup>st</sup> November at 6am using Book #2 of that name by Dr. Dennis Smith. If you would like to join the 'What's App' Prayer Group contact [Bella](#).
- **SEC Teens Day of Fellowship – Saturday, 10th December.** Registration <http://www.secteens.org>
- **Larch Room** from 28<sup>th</sup> November will be out of commission and inaccessible until the new year whilst building/ refurbishment works take place. Efforts have been made to give advance notice to known users of this room. Bernell can be contacted on 0797 970 8086 for any queries.
- **Consultative planning meetings for the church** have now taken place and the results will be analysed by the pastoral team presently. Findings will be presented to the Board and a way forward will be planned for these findings. Continue to pray for this process so that we can be more effective in evangelism and nurture.

❖ **DON'T FORGET – THE TOY SERVICE NEEDS YOUR SUPPORT!** Do come and donate something to help others. Please see the note at the bottom of page 3 regarding photography during the service.



- **Pat's Sale held on 20<sup>th</sup> November** raised £1000 for the Peace Hospice.
- **Early in 2023 the new budget** for the year will be discussed and voted upon. Would all departmental leaders submit their budget requests by 15<sup>th</sup> December.
- **Phase 2 of the Church Development plan** is now underway to improve audio and lighting in the sanctuary. Total cost for this is expected to be in the region of £90,000. Please pray that God will provide the means for this to take place.
- **Meriden Food Bank** needs your help. Needed: a bag of fruit and/or vegetables, non-perishable food, baby items, toiletries. Contact Annalisa Molteni via email [annalisa.buraglio@gmail.com](mailto:annalisa.buraglio@gmail.com)/text 07425785763.
- **Join Pastor Terry Messenger and the Stanborough Health Team** as we break down essential steps for dealing with the coronavirus aftermath as a God-fearing Christian. (See page 4 for details.) Link [www.shorturl.at/ant57](http://www.shorturl.at/ant57)
- **ADRA UK - Just Giving Page** for 2022 Link to donate: [www.SDA4.Life/audrey4adra2022](http://www.SDA4.Life/audrey4adra2022) Alternatively, you can place a donation in the special DO GOOD envelopes available at church.
- **Fire Drills:** to view a short clip of our Emergency Evacuation [click here](#) . Details can also be found on the church's web site, Facebook page and YouTube channel.
- **Church Car Park:** efforts have been made to improve parking by marking out spaces on the hard areas of the car park for the vehicles of those using church premises. Vehicles may park at the very top of the rear car park as closely as possible to the boundary. Please park considerately within marked bays and not in roadways, giving priority to those who need to park close to the church. Two new spaces have been created, designated for wheelchair users. **Please do not use the disabled spaces if you are not a blue badge holder.** Once the car park is full, please use the overflow car park at the BUC or nearby roads. Thank you for your consideration and cooperation in this. Church Management Committee.
- **Kitchen clear-up:** Davide and Bernell thank everyone who came to help. Much was achieved and your efforts are appreciated.



❖ **CHURCH HISTORY: From the Archives:**

• **1) The Church Redevelopment (continued): THE ANNUAL TOY SERVICE**

(This page was omitted from the previous issue through lack of space)



The year the service was held in 'the tent' presented a big challenge. It was cold with frost thick on the ground outside, deacons were wiping condensation from the metal roof supports with a kitchen mop! A police helicopter hovered overhead. Far from perfect it had a special atmosphere of its own!

It was a great surprise that the event made the front page of the Messenger that year reminding readers of the history of the event which began as a result of hearing about a similar event at the Ealing Church hosted by Brian Davison's father, Lionel, who was Pat Walton's boss at the time. Of course, her father, Alf Kelly, had to start one at SPC too once he heard of it! **This year is number 61!**

That year, 2014, the entire Davison family lined up for a family photo which included Lionel's wife, Brian's mother, just months before she passed away.

**A reminder that the Annual Toy Service is almost upon us. Scheduled for 10<sup>th</sup> December your presence at the service and gifts will be greatly appreciated.**



❖ **CHURCH HISTORY: From the Archives (continued)**

**2) The Beginnings of Today's Church Orchestra – from the Messenger 11<sup>th</sup> June, 1999**

# Stanborough Park sends out SOS

Aleta King and David Neal.

Photo: Stanley Maxwell



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Stanborough Park church had at least two pressing problems. The first was the need of extra skilled help to train its embryo orchestra of mainly young people and to encourage other young people who are learning to play instruments. The other was the need for an adult enthusiast about Pathfinding. So the church board sent out an SOS. It was answered by a young woman who travelled halfway round the world to come to our aid.

Aleta King, of Brisbane, Australia, is a qualified teacher and holds a Master's degree in music. She is here for a year as a volunteer youth worker. Apart from her church work she teaches music at Stanborough Secondary school, but has a stipend, not a wage.

Aleta arrived very early on 6 April. Asked what she thinks of us so far, she said, 'I felt at home much more quickly than I expected. I believe that's because Stanborough Park is a large church so there is a large group of people about my age. They have been very accepting and supportive. The first morning I was very excited to see the sunshine.'

Pastor David Neal, youth minister at the church, said, 'I am thrilled the church invited Aleta to come. She will help take the youth from a spectator position to that of full participation. She has the three Cs needed for the job. She has

commitment and feels God has called her to Stanborough. She is competent. And she has the right chemistry and maturity to work with the young people.'

BRONWEN ATKINSON

**During the SPCM's concert in October we were reminded of how the church sent out an SOS for a student missionary to help set up a church orchestra on a regular basis and by doing so encourage young people who were learning to play instruments. It was Australian Aleta King who answered the call.**

**The Messenger article recording this has been located and is reproduced left.**

**3) The 25<sup>th</sup> Anniversary of the Soup Run from the Messenger (right) and BUC News (28<sup>th</sup> January, 2011 below)**

Twenty-fifth anniversaries are usually a cause for celebration and rejoicing yet one such milestone reached in December 2010 passed almost unnoticed. For twenty-five years without a pause or break, London's homeless have looked forward to a Friday evening meal, courtesy of Stanborough Park church volunteers.

While it may have become routine nature and low profile in the church diary, it is a service which has been much appreciated by its grateful recipients.

The 'Soup Run' started back in 1985 as the church's Youth Committee, then under the leadership of Pat Walton, looked at ways of involving young people in practical Christianity rather than just seeing religion as attending church and taking part in discussions it was felt that becoming involved in tending to the needs of others less fortunate than themselves would also help to strengthen their Christian faith. Helping the homeless seemed an obvious option.

It was left to Youth pastor, Jonathan Barrett, to research and come up with a project that could be undertaken by the youth on a limited budget. He started by contacting the Salvation Army and investigated their hostels and 'Soup Runs'. He concluded that whilst the former was totally out of the question given the group's reliance on donations, the latter, which would involve taking warm soup and food for the homeless, seemed doable and that the needs in London were much greater than those locally. According to Jonathan the first recorded trip was Friday, 13 December, 1985. He says, "The church really got behind it, people enjoyed going, and members were extremely generous in financing it."

**The Stanborough Soup Run**  
by June Coombs

The youth minister was challenged by the youth: 'Find us something to do that will involve "practical Christianity"'. His thoughts turned immediately to the homeless, but, on discovering that there was no local need, he turned the attention to those sleeping rough on London's streets – even though it involved a 40-mile round trip from Watford.

Jonathan Barrett recalls how the Soup Run started in 1985: 'I was youth pastor and Pat Walton was youth leader. She was admirably enthusiastic from the beginning and has remained to this day. I think it was more my idea than hers initially, but it is one thing to start something and another to keep it going for twenty-eight years, which is what she has done! When asked what the Soup Run means to her, Pat simply replied, 'A lot' – just two words, but spoken with great emotion. This explains why on Friday evenings you'll find her at Stanborough Park Church overseeing preparations for the trip – full water, drinks, soup, enough sandwiches, fruit, cake and biscuits for forty people, as well as clothes, bedding, toiletries and small household items. All will be loaded into the waiting minibuses by the volunteers, who will take them to Central London. That minibus was purchased two years ago, following a period of intensive fund-raising by Pat, who admits to being 'very grateful' to the vehicle.

Each week Pat also does the shopping and organises the routes – ensuring that drivers, team leaders and members know when it's their turn. The Soup Run is an outreach on several levels: it involves the whole church from 10 to 60+; it benefits the recipients; and it draws in non-member friends, work colleagues and those from the local community who need about it in the church's newsletter.

How do the volunteers feel about the project? 'It's a good eye-opener for all of us,' says Pat. Nyke, originally from Zimbabwe, says, 'I feel happy when I make someone happier.' Pat's son, Gordon Walton, has been involved for twenty-three years because he feels he is 'doing God's work'. Sophia, a non-member living in London who joined the team through the invitation of a work colleague and Heidi, says, 'I enjoy the Soup Run because it gives me purpose and makes me appreciate everything I have in my life... Helping people is not always about giving money; it's about being there as a human being to converse, acknowledge and give time.'

'Often the home streets there is always a crowd waiting for them. They do appreciate us going; there's no doubt about it,' says Pat – 'They know that we will be there without fail, even in snow! They are very grateful for what we bring... always pleased to see us, adds

Norma, a non-member with twenty-five years of service. The homeless appreciate that they are not judged or looked down on, and that all are treated equally regardless of their problems. Some have been coming for years, and have got to know the long-term team regulars, whom they regard as friends. They appreciate that the volunteers listen to their stories and chat about their welfare.

Some are homeless through losing their jobs, some have a job but nowhere to live, some manage to get a room in a hostel, some go to day centres; some have been given a room, but need the furnishings for their sleep. There are others who prefer to sleep on the streets rather than endure the people they live in the hostels.

According to Sophia, 'You meet interesting characters who are just normal people, but made to live on the outskirts of society simply because they don't have a home. I had preconceptions of meeting drug addicts, alcoholics and generally a socially-inclined crowd. Instead she discovered people like the 72-year-old man who had walked from Camden to get a cup of tea and some clothes; and Nicotina, who has been homeless for fifteen years after losing his job – he is neither an alcoholic nor a drug addict. Some have had buckets of water or bricks thrown at them while they slept; others had stories of incredible kindness and generosity shown to them.'

Sophia summarized it beautifully: 'When you see a homeless person... remember that he or she is someone's child, sibling, mother or father – they are simply ordinary people who, unfortunately, don't have a roof over their heads.'

The Soup Run is entirely self-funding, receiving no aid from the church, and relying on the sale of donated goods and the donation of food, clothes, money and time to keep the service running. After twenty-eight years it is still running under Pat's leadership, well supported by teams who firmly believe that 'What you have done unto the least of these, you have done unto Me.'

## ❖ SPC CHURCH HISTORY: THE SOUP RUN

*This December sees the 37th anniversary of the beginning of the Soup Run organised by Pat Walton and her volunteers. Set up in 1985 by Pat and Youth Minister Jonathan Barrett it is so long ago that most members would be unable to recall a time before a minibus left the church on Friday nights to minister to the needs of London's homeless. Since then it has evolved and adapted over the years but has been faithfully overseen by Pat Walton ever since. So whose idea was it in the first place? **The account below was written to mark its 25th anniversary in 2010.***

The Youth Minister had been given a challenge by the young people to find them something to do that would involve 'practical Christianity'. His thoughts immediately turned to the homeless but, on discovering there was no local need he turned his attention to those sleeping rough on the London streets even though it would involve a 40-mile round trip from Watford.

Jonathan Barrett recalls how he and Pat Walton started the Soup Run in 1985. "I was Youth Pastor and she was Youth Leader. One of the main aims was to involve our young people in some practical ministry in order to help them progress with their faith. Of course, it should also benefit those on the receiving end. Pat was extremely enthusiastic about the project



from the beginning and has remained so ever since. I think it was more my idea than hers initially, but it is one thing to start something and another to keep it going for 25 years, which is what she has done! Pat has drive, organisational skills, the ability to get people to commit to serve, passion for the young people, evangelism and practical ministries such as the Soup Run.'

When asked what the Soup Run means to her Pat simply replied, 'A lot' spoken with great emotion. This will explain why Friday evenings find her at Stanborough Park Church overseeing preparation for that evening's trip – hot water, drinks, soup, enough sandwiches, fruit, cake and biscuits for 40 people as well as clothes, bedding, toiletries and small household

items. All will be loaded into the waiting minibus by the volunteers who will be taking them to Central London. The minibus was purchased, replacing its worn-out predecessor two years ago following a period of intensive fund-raising by Pat who admits to being 'very proud' of the vehicle.



Each week Pat does the shopping, organises and checks rosters ensuring that drivers, Team Leaders and members are aware that it's their turn. Pat sees the Soup Runs as outreach on several levels: it involves the whole church from 16-60+ in practical Christianity, it benefits the recipients and also draws in non-members through contact with friends and work colleagues and also from the local community who read about it in the church's newsletter.



All volunteers are motivated by a desire to reach out into the community and help those less fortunate than themselves. "It's a good eye-opener for all of us", says Pat. Nyika, originally from Zimbabwe, maintains that it is "putting religion to a higher level. I feel happy when I make someone happier," he says, feeling that he is following the example set by Jesus. Pat's son, Gordon, has been involved for 23 years because he is 'doing God's work' as he puts it. Sophia, a non-member who lives in London, recently joined the team through the invitation of a work colleague and friend. "I enjoy the Soup Run because it gives me purpose as well as making me appreciate everything I have in my life," she explained. "Helping people is not always about giving money, it's about being there as a human being to converse, acknowledge and give time."



At the other end the team's arrival is eagerly anticipated and there is always a crowd waiting for them. "They do appreciate us going; there's no doubt



about it," says Pat. "They know that we will go without fail, even in snow." "They are very grateful for what we take .....always pleased to see us," adds Norma, a non-member who has been helping for 25 years. This view is echoed by all the volunteers who say that the homeless appreciate that they are not judged or looked down on and all are treated equally regardless of their problems. Some have been coming for years and have got to know the long-term team regulars who they regards us as friends and appreciate the fact that the team will stop and chat, listen to their stories and chat about their welfare and, according to Tony, even football!

Norma asserts that everyone has a different story to tell: some are homeless through losing their jobs, some have a job but nowhere to live, some manage to get a room in a hostel, some go to day centres, some have been given a room but need the furnishings the team supplies whilst others prefer to sleep on the streets rather than endure the people they find living in the hostels. Sophia adds that "you meet interesting characters who are just normal people, but who are made to live on the outskirts of society simply because they don't have a home. I had preconceptions of meeting drug addicts, alcoholics and generally a socially-inept crowd." Instead she discovered people like the 72-year-old man who had walked from Camden to get a cup of tea and some clothes, Nicholas who had been homeless for 15 years having lost his job and his house and was neither an alcoholic nor a drug addict. Some told her stories of having buckets of water or bricks thrown at them whilst sleeping whilst others told stories of incredible kindness and generosity towards them.



"I think that, all in all, if everyone just reminded themselves when looking at a homeless person .... he or she is someone's child, sibling, mother or father; these are simply individuals who have found themselves

in the very unfortunate situation of not having a roof over their heads."

The Soup Run is entirely self-funding, receiving no aid from the church and relies on charity sales of donated goods and of donations of food, clothes, money and time from individuals to keep the service running. These days teams from St. Albans, Hemel Hempstead and Watford Town take turns but still require Pat's organisation. Hard work but a worthwhile cause according to Pat.

### Pat helps feed the homeless

A local lady who dedicates her time to helping the homeless has raised over £1,000 to help feed homeless people in and around London.

Pat Walton, a member of the local Seventh-day Adventist church, held one of her regular sales on February 17, raising £1,250 for The Soup Run.

Around 150 locals attended the sale, which was held at the Stanborough Centre in Garston. The event was supported by 50 regular volunteers, who ensured the day ran smoothly.

The Soup Run, which is also organised by Pat, is run by local members of the Seventh-day Adventist church as well as their friends and work colleagues.

One volunteer, June Coombs, explained how important it is that The Soup Run receives the help of the community.

She said: "The service is entirely dependent on fundraising events and voluntary contributions of time, money, clothes, food and effort.

"Each Friday evening a group of eight to 10 people get out in our minibus to provide food, drinks, soup, clothing, towels, bedding, toiletries and small household items for the homeless and recently-housed in central London."

"When the group reach London they are greeted by 50-70 people awaiting their help. In the early days they used to help just those sleeping rough, but over the years, The Soup Run has also helped glue sniffers and those with mental health issues.

The funds raised by the February sale will almost cover the annual cost of insuring and taxing the group's minibus.

Pat always welcomes donations of all sorts. To find out more about her sales or The Soup Run, contact Pat on 01923 672500 or email walton@groats.co.uk

by June Coombs and Charlotte Gilbert

My Garston, the local news magazine often featured Pat's activities.

Above is an account of the Soup Run from the 'My Garston', the local news magazine.

The Soup Run receives no income from church funds and relies on donations of food, clothing and other supplies as well as time and money and, of course, Pat's regular sales and other fund raising.

The original minibus eventually succumbed to age and there was a need for a replacement which required more fundraising. Eventually enough money was raised to purchase a new vehicle in 2002 which Pat is very proud of.



## ❖ MORE FROM THE ARCHIVES: THE SOUP RUN'S EARLY DAYS



The Soup Run. Left to right: Jonathan Barrett, Simon Pearce, Alison Sheminant, Elizabeth Roberts, Mark Murphy. Photo: Albert Sutton

### SOUP RUN

On Friday 13 December, the hopes of the young people of Stanborough Park church were realized.

On that day – lucky for some of the vagrants in London – the young people held their first soup run, led by youth minister Jonathan Barrett.

The venture was the brain-child of Mark Murphy and Simon Pearce. They, together

with Jonathan Barrett and Sylvia Elmadjian, went on a few Salvation Army runs to assess needs.

Next money had to be raised to buy a thermal urn to keep the soup hot for a few hours, and a rota was arranged to buy bread left-over at supermarkets at the end of the day.

At last Friday 13th dawned and, after the young people's service that evening, Jonathan,

Simon, Liz Roberts and Alison Sheminant started the run.

Armed with soup, bread and blankets, they found plenty of grateful hands. Alison reported 'many of them were young people like us, and they wanted to know "Who are you? Where have you come from? Are you coming again?"'

'They are 'coming again'. Jonathan asserts that the soup run will continue indefinitely, and the young people (and others) are anxious to make it so.

BRONWEN ATKINSON AND JO AUBREY

The editor has unearthed the report of the very first Soup Run in the Messenger. (See screenshot left).

In the middle is a young lady by the name of Alison Sheminant. Does she look familiar? Of course she does! She hasn't changed much and is now known as Alison Burgess!

Alison has been persuaded to write her recollections of those early days.

### There's still the need...

Over 37 years ago a couple of young lads connected with Stanborough Church had the idea of taking essential supplies, food and drinks into London to help those living on the streets.

Simon Pearce, son of Valerie and Pastor Pearce, was one of the main instigators, dare I say 'agitators' in making us think differently and compassionately towards others – something I've always been grateful to him for. Pat Walton, ever the champion

of the young people, whole-heartedly offered her support. I don't expect Pat thought that this project would still be going all these years later and to be boiling water, loading the van, discussing routes with drivers and greeting those going out on a Friday night to help others in need.

After an article in the Watford Observer, Simon would drive his VW Beetle convertible around Watford collecting donations of clothes and other essential items, until it was almost overflowing and take to Pat and others to sort ready to be distributed. The 'Soup Run' offered the opportunity for everyone to get involved: people knitted or crocheted squares to make into blankets, others made sandwiches and cakes or bought biscuits, drinks and toiletries and donate items for Christmas bags given out in December.

Time has moved on and yet, with rising costs, it's likely that more will be without a permanent or safe roof over their head. The work of the Soup Run is arguably more important now than it's ever been before.

### ***Alison finishes by bringing the Soup Run up-to-date with the following observation and plea.***

News of this work, which was started so empathetically by Simon and his friends and continues with Pat Walton at its helm, has travelled far and wide. Standing in the kitchen on a Friday night you will talk to people from different Churches and beliefs – or none – of differing ethnicities, race, ages each with their own needs and motivator. Its diversity would meet and likely exceed any organisation's business plan objective! Yet they are all keen to serve and support a fellow person in love – a commission given to us by our Saviour.

Please pray for this work and if you're interested in finding out how you can help (because we all can) then contact Pat Walton.

**Alison Burgess**

## ❖ ADRA BIKEATHON FAMILY FUN DAY: written by (organiser) Pathfinder Sara Renard

On Sunday, 11<sup>th</sup> September 2022 at Stanborough Park Church waiting in the car park at 10 am were Pathfinders, Sabbath School attendees, including some counsellors and parents, who came to support ADRA and raise funds for families in need. They came all equipped with their helmets and bicycles including Hi-Vis jackets so as to recognise our group.

For the Pathfinder requirement of doing an outreach event or a similar programme I decided to coordinate an ADRA Bikeathon event that the church family may enjoy with friends, families, etc. I firstly met with my Mentor (mother) to discuss what would be the first steps of the planning.

In the planning I provided with a poster with the information required to register ahead of the event which was with Eventbrite and as well I prepared my Just Giving page in order to receive donations and achieve part of my objectives that was to support ADRA. The Just Giving page was connected directly with ADRA accounts and whatever the donation given in that page they could receive it directly in their accounts.

First it was doing the Draft of the Risk Assessment that would be needed in the official meeting with the volunteers and "staff" ...etc as well as the map of the bikeathon route marked out from start to end with the distance mark as well as hazards we may encounter on the ride. It was also necessary to figure out where it would be safest to cross the traffic. Following that, I rode the Bikeathon route with my dad so that I could get a grasp of where we'd be heading, the risks, the traffic crossings, underpasses, places where we'd have breaks etc.

On the day, we had two cycling groups led by two leaders and at the back of each group there were two cycling leaders to close the group. We had four First Aiders who joined this project to give the right assistance in case of emergency. There was one First Aider at the registration point and three who have joined in cycling the route. We managed to have a safe journey where all participants cycled safely to their destination and returned safely to the church.

The route distance was 11.37 km, and we had a station with a volunteer who provided water and snack suppliers. We were happy to see how all participants did

the route in 2 hours. Apart from that we had different stops in the route that will allow us to have a break and enjoy the natural landscape.



On our return to church, we enjoyed some healthy snacks and refreshments prepared by a team I chose. They kindly prepared it so nicely that when all participants returned, they replenished themselves. I appreciated as well having a team who gave their time to help setting and clearing out all equipment used.

The following Sunday at the Pathfinder club we handed out the Certificates of participating on the ADRA Bikeathon Family Fun Day programme. For those that were not part of the Pathfinder Club we managed to give them their certificate on the Bikeathon day

As an organiser of this event, I could say that God was good in providing amazing people who volunteered in setting up and clearing out and even cycled to bring to this programme their best and at the same time enjoy every moment. Therefore, I encourage our youth and children to carry on supporting ADRA as best as they can as they are working hard to provide support not only to people in the UK who are in need but, internationally, they get involved in cases of emergency and disaster relief.

Finally, I can conclude that I reached my objective in the Just Giving page by raising £510 from this ADRA Bikeathon project. Hoping and praying that if you are reading this report the Lord will touch your heart and make you donate in my Just Giving page and blessed others who are in need. Thank you for taking your time to read my report. God bless you!

Sara Renard



## ❖ CHURCH MEMBERSHIP TRANSFERS

**IN:** Lydia Simplicio from Hemel Hempstead

Wilna McComb from Hemel Hempstead

Hamish McComb from Hemel Hempstead

**OUT:** Dimitar Iliev to London Bulgarian SDA Church  
Snejana Ivanova Ilieva to London Bulgarian SDA Church

Amanda Brown to Wayne SDA Church, USA

John Simplicio to Maidenhead SDA Church

❖ **MINISTERS' MESSAGE: A Seasonal Reflection from Pastors Terry and James**

Elijah was on Mount Horeb when God said, "I am about to pass by." Then a shattering wind started to blow. But God was not in the wind. Then the earth started to shake violently. But God was not in the earthquake. Then a fire started to blaze on the mountainside. But God was not in the fire. Then, with all this blazing, shaking, and shattering going on, God spoke in a whisper (or as the NIV text suggests, there was "a gentle whisper").

God sent Jesus into a mad world, a world gone crazy. We know what that's like. It was a world filled with noise and turbulence. Roman armies rattled their weapons of domination, while rebel groups raised their shouts for freedom. Religious factions argued their points of doctrine, while broken people lifted their cries of pain.

In the midst of all this racket, God spoke quietly, sending us Jesus. He didn't look like much. And in the world's eyes he didn't amount to much. Even so, His enemies and the Romans would orchestrate a spectacle to be rid of him. At the centre of it all was a cross.

The sun went dark that afternoon, until Jesus cried out with all the voice He had: "My God, why have you forsaken me?" And when he died, crying out again and giving up his spirit, the earth shook and the rocks split. Because God had spoken.

*May God help us to listen to His voice, which calls us by name and leads us in the way of faithfulness.*

**May God bless you with His gentle whisper this Christmastime**

❖ **SHARING OUR JOURNEY: the Young Adults Explain Their Aims and Activities**

It all started with a Sabbath School group where a few young adults discussed the Bible. From then, we grew as a group, establishing a committee and a series of goals we want to achieve in the future as an official department of the church. Our proudest achievement so far has been the incredibly successful Step by Step concert. The concert took place in September, hosting various types of singers and musicians, and thanks to the help of everyone involved we raised money for our Young Adults group as well as for the Herts Young Homeless charity, an organization that we hope we will continue to grow a connection with.

As a group we run the Youth Soup Run, something that has proved important to us as we are able to give back to the community and get a hands-on experience. Social events such as the bowling and games night have allowed us as young people to open up to one another and be more comfortable in sharing thoughts and beliefs when it comes to religious topics. Our Bible study has been going steady for a few months, using both online and in person platforms so that everyone can benefit from it. In the next year we hope to make it more of an event so that people can come after work, enjoy a light meal and open the Sabbath talking about God amongst friends. We never miss an opportunity to combine fellowship and food, hence the reason why our potlucks are always great fun. Good food, good company ... what more could one want?

Going forwards we hope to be able to bring more people into our group, and form closer bonds, but for now, to celebrate how far we have come and Christmas we will be going to Winter Wonderland as well as the SEC Christmas Banquet on the 18<sup>th</sup> December. We look forward to seeing what the Lord has in store for us in the future.

❖ **THE LAST WORD: a Christmas Poem by Dennis Johnson**

The first ones to see Jesus were humble, not a king a prince or a priest.  
He was seen by hard working shepherds maybe society's least.  
Not born to those who were wealthy with money and a full table,  
He came to earth available to all, His very first home was a stable.  
The news was told to those shepherds, God's gift lies where cattle feed.  
Like so many gifts that are given today not wanted yet all of us need.  
Those shepherds saw angels in glory, heard singing, saw Jesus and then  
Went back to their job as shepherds and were not mentioned again.  
Yet whenever the old tale is told they are always part of the story,  
For there on those hills among shepherds and sheep they saw angels tell of  
God's glory.

Drawings: Colin Raymond

