

## It's Time for a Sale ... or Three!

This time it's raising money for a very good cause – the MacMillan Nurses Afternoon Tea - Friday September 25 from 3pm - 4.30pm in the Stanborough Centre. Raise money for this worthwhile charity just by having a cuppa!

Pat's Sale: Sunday October 4 at 12 noon - 2pm. Come rain or shine, you are sure to find a bargain and something delicious to eat at the lunchtime café!

Book and Craft Fair - Sunday November 15 from 10am - 2pm. This is the perfect opportunity to buy creative, original and great value gifts well before the Christmas rush. Stop by for a bite to eat and a chat at Pat's usual café too!

## Talented Violinist in Concert

Saturday evening **September 12**, Miss Victoria Balan, from the Royal College of Music will be performing on the violin, a selection of music from the great composers such as, Vivaldi, Beethoven, Dvorak, Mozart and Bartok. Concert begins at 7.30pm.

## Annual Toy Service

Date for your diary is Saturday December 12th at 11am. Bring your toy donation for Watford's underprivileged children.

## Seniors' Club

Fancy joining a club which has cake, tea, friends and entertaining visiting speakers? There is a catch though: yes, only over 60s are allowed into this club! Come and meet your friends and have a great time at the Seniors' Club. The group meets every other Monday 2pm - 4pm. Meetings resume after the summer on **September 7** with a musical treat from the talented Ahn trio of sisters.

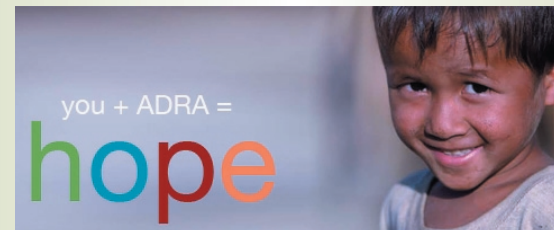
## IT'S THAT TIME OF YEAR AGAIN!

David Balderstone, volunteer Transport Manager of ADRA UK, the charity based in Garston, is gearing up to pack and transport thousands of shoe boxes to orphans in Zambia in time for Christmas. 'Smiles for Zambia' is the title of this year's appeal and YOU can bring a smile to the face of a child in Zambia by filling a shoebox with exciting small gifts such as play dough, building blocks, story books, clothes, toiletry items, school supplies etc. The items need to be new and the box should be nicely wrapped and labelled with the approximate age and gender of the child it is intended for. Please do NOT include breakable items, food or sweets, toys that need batteries, medicines, or war-related items. David needs to have all the shoeboxes before 29th November and if you are able to donate £1 towards transportation that would be gratefully received. The boxes can be brought to the Stanborough Centre during November Monday-Friday between 9am and 4pm. For further information please ring the ADRA-UK Office 01923 681723.

Donations can also be made on-line at [www.adrauk.org](http://www.adrauk.org)



Registered Charity: 1074937 - SCO37726



For information about all these events and more, please visit [www.stanboroughchurch.org](http://www.stanboroughchurch.org)



# Stanborough News

This quarterly newsletter comes to you with the compliments of the STANBOROUGH PARK SEVENTH-DAY ADVENTIST CHURCH and the STANBOROUGH CENTRE 609 St Albans Road, Garston, Watford, Herts WD25 9JL. Phone: 01923 894664  
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# AUTUMN 2009

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

## Healthy, Wealthy and Wise

All the Health meetings below start at 7pm and demonstrations always involve yummy taster sessions for visitors!

**September 24th:** Kirra Moser, Specialist Nurse in Coronary Heart disease, talks about cardiac health and nutritional information. Plus time afterwards to answer your healthy-heart related questions.

**October 29th:** Cookery demonstration of a 'heart healthy' meal.

**November 19th:** A talk about 'Managing Diabetes' and a demonstration of delicious but low GI desserts for you to try at home.

**December 10th:** Eeek! Do you have a vegetarian visitor coming for Christmas lunch? Don't panic – come to a demonstration and then wow them with this amazing Christmas veggie meal.

Contact: [recipes.stanboroughpark@googlemail.com](mailto:recipes.stanboroughpark@googlemail.com) for more information.

## Rest, Requests and your Responses

"Hurting" – Healing for Hurting Hearts, takes place September 26 at 3.30pm - 5pm. This is a meditative prayer meeting, where you are invited to come, worship with music, reflect on the Word of God and then spend time in prayer. Creative prayer activities will also be a part of this mainly "quiet" time of reflection and meditation with God. Focus for this month, will be on how God can heal our hearts when we hurt.

A knock on the door – We have a small group of people who will be conducting door to door surveys around the Garston area in the next few months. This is mainly to ascertain how best Stanborough Park Church can serve our community. If you have any ideas or thoughts relating to this, please share them with members of this group when they call.

If you would like us to support you in prayer, please contact our email address and share your request – [emailprayerchain@googlemail.com](mailto:emailprayerchain@googlemail.com)

## Tuesday Talks Reunion

Tuesday Talks Reunions – Tuesday September 8, October 6, November 10 and December 8. Starts at 7pm with a light supper followed by a talk at 8pm in the Stanborough Centre.

## KIDS' TIME OUT is changing name to MESSY CHURCH!!



Crafting, singing, sticking, painting, planting and games - Messy Church is the place to bring your children for two hours of intense activity and fun – everyone will sleep well that night! We meet every 3rd Saturday of the month from 4-6.30pm. Finish off the afternoon with a delicious tea for all the family. Autumn dates are: Sept 19, Oct 17, Nov 21. All families with young children (0-14 years old) are welcome to try it out. Remember – it's all completely free!

## Our thanks to you ...

Thanks to all who generously made donations and supported our fundraising efforts to assist 23 Pathfinders and leaders to attend the International Camporee, Oshkosh USA. Those who attended Pat's sales, café, concert, table top and craft sales plus Nathan Stickland's Bungee jump (that raised £235.60) all contributed to the grand total of £6583.61. We are grateful for the support of so many in helping us achieve this superb result. Thank you.



Thank you also to the many visitors to the 'Windows On To God' Flower Festival. Your thoughtful gift has raised well over £14,000 for Helen and Douglas House Hospice, a home providing care for teenagers and young adults. 'God has been so good to us and blessed us mightily,' said Audrey Balderstone, organiser. 'Our goal was to raise £10,000, and I am so excited that we have surpassed this! DVDs of the flower festival are available by sending a cheque for £6 inc. p&p, made payable to 'SPC Flower Festival' to: Flower Festival, Stanborough Park Church, 609 St Albans Road, Watford, WD25 9JL. Calendars can also be purchased for £7 inc. p&p. All profits will go to Helen and Douglas House Hospice.

## Regular Events ...

### Monday

Seniors' Club meets every other Monday from 2pm.  
Sept: 7, 21, Oct 5, 19,  
Nov 2, 16, 30, Dec 14.

### Monday & Wednesday

Badminton club  
5.30pm - 7.30pm  
From beginner to pro – all welcome at the Stanborough Secondary School gym.

### Wednesday

Toddler Club for 0-3s  
9.30am - 11.30am  
Afternoons: 1pm - 3pm  
From Sept 19 to Dec 16  
excl. half term on Oct 29.  
Tel Elaine: 01923 672204.

Prayer Meeting  
7.30pm - 8.30pm  
Prayer and Bible study.

### Sunday

Adventurer & Pathfinder Club for children aged 6+.  
Alternate Sundays 10am – 12 noon from Sept 13 – Nov 22.  
New member registration Nov 8.

### Tuesday

Tuesday Talks reunion dates: Sept 8, Oct 6, Nov 10 and Dec 8. Enjoy a light supper at 7pm followed by a talk at 8pm.

### Thursday

Toddler Club  
9.30am - 11.30am  
From Sept 10 – Dec 17  
excl. half term on Oct 30.

### Friday

YU 7.30 - 9.00pm  
Bored teens and young adults? You could give this a try ...

## SATURDAY MORNING PROGRAMMES

**Bible Study** and discussion groups and **Children's Sabbath School** activity and study time 9.45am - 11am  
All ages are catered for from 0-100+ years!

**Family Service** 11am - 12.15pm  
Traditional worship for all the family in Stanborough Church.

**Contemporary Worship Service** 11am – 12.15pm  
Informal worship for all ages in the Stanborough Centre. Great singing with the house band, imaginative sketches and inspiring speakers. Looking for somewhere new to worship? Give it a try! Dates: **Sept 12, 19 / Oct 10, 17, 24 / Nov 14, 21, 28.**