



Stanborough News

Autumn Edition '15

In this edition

- Editorial
- Development update
- Holiday Music Fun
- Autumnal Recipe



A Lesson For Calais by Pete Walton



Amazingly, the longest-running religious TV show has at last caused outrage in some newspapers. The Guardian reported that over the past few weeks there has been a succession of Tory MPs and tabloid editors frothing at the gills! "Hymnigrants" spluttered the Sun. "This is how the BBC is spending YOUR cash," screamed the Express'. The Songs of Praise, broadcast from a makeshift church in the Calais migrant camp, has caused many people to declare their own response to people fleeing their own countries and trying to get into the UK. Even many Christians, it would seem, are



no longer driven by the words that drove them over the centuries. Their guiding admonition 'If you have done it to the least of these my brothers, you have done it unto me' and so on.

The plight of those in the Calais camp reminded me of the story of a man who was rescued on the South China Sea from a doomed boat. He was one of a million people attempting to escape from a Communist regime, and of which 500,000 drowned. The 1975 Vietnamese boat people. Forty years later Michael Ho told this remarkable story to Songs of Praise:



'When I stepped down into the boat I could not believe my eyes because that is not a boat for going on the seas it is a small boat for family transport in the river. There were 77 people on the boat, most of them were women and children. When we went out into the sea the sea was so violent that after three days of 24 hour running the motor blew up. So we were drifting on the sea for 17 days without food and water. So all of us, after 17 days, I must say we were waiting for death to come.

You know, that when I stepped on the boat there was a married woman who was expecting a baby and after 17 days the baby boy was born on the boat. Sadly we had no water and the mother had no milk and the baby was really in danger. For the very first time, I must say, I bended my knees and prayed for the baby and the mother. And said Lord if you are a loving God will you do something to save the baby and the mother. Everybody on the boat may die but don't let this new life die. So I said to the Lord if you save the baby Lord I promise you I will be a good man. About 2 or 3 hours after the baby was born I looked out over the ocean and a British cargo ship suddenly appeared from nowhere and slowly, slowly, came closer and I bent my knees immediately to thank God I was born the second time into this world. I could not believe that I would survive.

I went to the front of the boat and waved my hand with the torch beaming and I said to myself and to the, Lord Let them see me. One of the British sailors came down and had a look and when he saw the baby and the mother he came up and looked at me with the eyes of compassion. The joy and care and the hospitality of the British sailors really made us so confident and so happy to know that we are saved. You know, that since I came over here (to the UK) I am looking for them to just say a big "thank you" for their kindness and generosity to stop and save our group – but I don't know how to trace these people.'

The BBC had traced the ship that rescued Michael Ho, the Bendearg and at this point in his story they



'I can't believe it, I am talking to the man who saved my life! Thank you for saving our lives. When you picked me up I had no English and I did not know how to express my gratitude to the people who saved the 77 people and that baby – right from the sea and now I see the man who saved my life. You can see now that I am working here as a priest and in return for the great favour you have done for us in saving my life, and for the country that welcomed me in here so it is my turn to repay your people with this kindness and love.'

introduced Ian McBain, the First Mate, and his wife Jenni also a crew member. Michael Ho had not seen them in the 40 years since the rescue. There were heart-warming greetings and Michael continued:

At the end of the broadcast from the Calais Camp Sally Magnusson quite bluntly asked a rather genteel-sounding Christian woman from Kent why she had crossed the Channel to distribute food to “these people.” She replied with dignity and simplicity: “That’s what the church is for.”

Holiday Musical Fun

The children attending the Holiday Musical Fun event at the Stanborough Centre took part in a cavalcade of music in many of its art forms - dance, theatre, games, instruments and orchestra, a composer's world and even a musical hunt. They also had the opportunity of theory training and preparation for aptitude tests. The older children had Master Classes in which the student was tutored in front of an audience by the Master musician.



seniors was the Musical Hunt for awkward musical numbers using only musical note and rest values. Its purpose was to teach aural response to cadence, texture, structure, period & style, and rhythm responses to sight reading. The Junior children had to discover hidden musical signs with star shapes and produce a musical night sky with them by decorating a black paper background.



The whole Centre was bursting with musical excitement and decorations with musical motifs on the walls, the doors and anywhere else you could look. The music fun was directed by Jiae Ahn with three other professionally qualified teachers from the Stanborough Park College of Music plus two guest teachers. Drama and tuition were provided by the exciting Windup Penguin Theatre and Music Workshops.

The children had a sticker board where they could stick a star for their favourite class. The choir/orchestra was voted favourite.

Altogether twenty children aged from 5 to 16 years of age took part. The fun was concluded on Friday afternoon with a concert given by the senior and junior choirs, solo student artists and a combined orchestra which was enjoyed by an audience numbering 50-60. At the end certificates were presented by the SPCM chair person Roslyn Guenin.

One example of a fun-but-serious exercise given to

Recipe - Autumnal Tagine

by Diana Sabatier



Oh it's the Autumn season! Glorious root vegetables, pumpkins and marrows and all sorts of other goodies ready to be enjoyed! What do you have in your fridge right now? Anything you can throw together in a casserole...or tagine? Don't have a tagine dish? Me neither! So I've learnt to cheat! I'll tell you how to cheat too!

A tagine is great because you can throw whatever veggies you can think of that North Africans would eat.

There are some basics like potatoes and carrots and onions that you include but the rest is an open book!

Ok, let's get cooking!

Serves 2-4 Adults

4-5 POTATOES, peeled & chopped large chunks.
3-4 medium sized CARROTS, same bigger chunks.

1 large ONION and large & roughly chopped.

2 COURGETTES chopped into big chunks.

2 large Portobello MUSHROOMS broken to big chunks

1 can of CHICKPEAS or GARBANZOS.

1/2 bag of QUORN VEGGIE STEAK PIECES

These veggies tend to melt away very quickly and you are left with nothing so don't be afraid to chop them into giant chunks.

If you have any other root veggies - sweet potatoes, pumpkins, parsnips etc, you can chop them in just bear in mind they are quite sweet and can change the taste dramatically.

You can add more or leave stuff out as you please. If you feel adventurous then add some dried apricots or sultanas in! Probably a hand full



would do.

Now for the key to this recipe: SPICES! The usual North African choices for tagines tend to be dried cumin, dried coriander, dried ginger (but fresh would be fine), turmeric,

zaatar (if you have some in your cupboard), salt and pepper.

So that's what I added! Your taste might be different so you can add more or less of one or the other. But bear in mind you have a lot of veggies and you will add stock and you don't want to dilute the wonderful flavours by skimping on the spice quantities.

I usually go big: 1 TBS or 2 is what I add.

So add more of the ones you love more. I added fresh whole garlic but also garlic granules.

In a small ramekin add your spices. Smell them! Do they blend well? Adjust as you wish.

Now get a large, deep enough to hold your veggies and plenty of water pan and crank the heat up with some oil of your choice.



Trick Nr 1:

An even coating on all the veggies can be achieved by throwing them in a bag, adding the spices and giving it a good all around shake! This works well for marinating

and BBQ recipes or oven roasting too.

Chuck the flavoured veggies and the beans in the heated pan and give it a good shake for a few minutes. The spices will start to release their mouth watering aromas!

Get the full kettle on and throw a stock cube into the pan. Once it is boiled, **FILL THE PAN WITH ENOUGH WATER TO EVENLY COVER THE VEGGIES.** That usually is enough to cook the food and leave some sauce for dipping!



Trick Nr 2:

Take some aluminium foil and rip enough to cover the pan and allow some curling at the edges. If you need two sheets then rip two sheets.

Cover your now simmering pot with the foil pieces and put the lid on. Make sure it is covered properly and no air is escaping. This way the aluminium foil will allow for the steam to bounce back and make a creamy, melt in the mouth dish when it's finished! Some steam will inevitably escape but it shouldn't be too excessive.

45-50 MINUTES ON MEDIUM HEAT should do the trick. Give it a shake every now and then, being careful not to spill hot stock on you!

When you're almost finished get some wholemeal or regular couscous ready. ENOUGH



HOT WATER TO COVER THE COUSCOUS seems to be a rule that works well. Put a lid or plate or whatever flat object you can grab on top of your couscous container and let it absorb. Fluff it up with a fork before serving. Of course you can replace the couscous with anything else grains related: millet, quinoa,

bulgur wheat etc. Cooking times will then vary depending on your choice.

Now, plate up and enjoy! I like mine with a handful of fresh coriander on top!

Our Volunteers Return

Our very own Carolyn & Etienne Guenin have returned from their volunteer year away in Benin, Western Africa.

Carolyn & Etienne spent their time helping the community in Kandi by teaching English and computer skills. They also shared God's love by visiting the local people in their homes and helping out with prayer groups and youth meetings. They felt particularly blessed to know that Stanborough Park Church and readers of the Stanborough News were praying for them throughout their year abroad and they would like to thank everyone for their prayers. They hope to use what they have learned through this experience to impact the community here in Watford and touch the hearts of people who haven't heard of the good news of Jesus Christ. We look forward to seeing what ideas they will implement soon!



The Conflict of Worldviews

Saturday October 24th 2015, 2pm-8pm

TOPICS COVERED

Darwin or Design, Biblical Creation, The Origin of Life, The Problem of Evil, The New Intolerance. PLUS special programmes for the kids: Awesome Dinosaurs and the Wonders of Outer Space.

Speakers from the Centre for Intelligent Design, the University of Bristol, the University of St Andrews and UK Apologetics.

Light Refreshments served

Free Entry

Stanborough Centre, 609 St. Albans Road, Watford WD25 9JL

Tel: 07877-303-106 www.godofscience.eventbrite.co.uk



The Reveal

After many long months hidden behind the grey boarding surrounding the building site adjacent to the church the results of the refurbishment work will soon be revealed. The building work is soon to be complete and the decoration, new pews and fixtures should be in place. All our meetings are open to all but we are planning some special events for you to be able to come and view the new interior and join in some celebration. On the Saturday evening of the 7 November our choir and orchestra with invited soloists will put on something that everyone should experience at least once in their lives - Handel's Messiah. Please look out for further announcements about the events.



Pathfinders Get Down to Work



The Stanborough Park Adventurer/Pathfinder club firmly believes in character building through unselfish service to others. This year it has organised a variety

of activities that bring a little happiness where it is hard to find. For example; recently a musically talented group went to Fairhaven home for the Elderly where they played their instruments, sang songs with the residents and shared words of encouragement from the Bible, and in the Spring Paul Cooper and Fikayo Bright accompanied by two leaders set to work on maintenance of a resident's garden under the guidance of an experienced gardener and his son. Both the resident and the Pathfinders were very happy with the days outing, the Pathfinders being impressed with the kind support given by the resident's neighbours. Community projects are an ongoing feature of the Pathfinders club and it is open to suggestions from our readers (see contacts on the back page).

Diary Dates

September

- 7 Seniors Club Recital by the Korean musicians.
- 8 Tuesday Talks 8pm, light supper 7pm
- 13 Pat's Sunday Sale 12-2pm
- 21 Seniors Club Curiosities in Greater London, Alan Copeland.
- 24 Health lecture 8pm soup and rolls 7pm
- 25 MacMillan Afternoon Tea 3-4:30pm

October

- 5 Seniors Club Village Crafts, Ian Waller.
- 13 Tuesday Talks 8pm light supper 7pm
- 19 Seniors Club Autumn Outing.
- 29 Health lecture 8pm Soup and rolls 7pm

November

- 2 Seniors Club
- 7 Opening of the Refurbishment Church Concert 7pm
- 10 Tuesday Talks 8pm light supper 7pm
- 15 Christmas gifts, book and craft fair 11-3pm
Profits to the Peace Hospice
- 16 Seniors Club
- 26 Health lecture 8pm soup and rolls 7pm
- 30 Seniors Club

Dec

- 12 Toy Service at 11am

Creative Crafts every Wednesday 1-3pm

Soup Run Into London for the homeless every Friday evening

Welfare Room open by appointment

Toddler Club

Wednesday 2 September

Morning and afternoon sessions

Thursday 3 September

Morning session

Then every week until October 22 Reopens on Wednesday 4 November

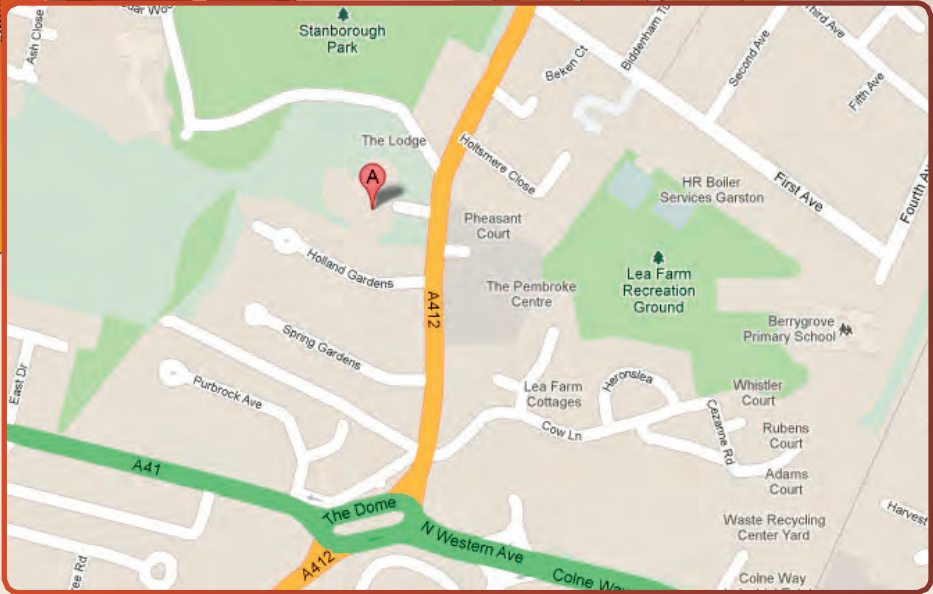
Stanborough Park College of Music

New Academic Year 2015-2016

Registration day: 7-9 September 2015

Autumn Term starts from 14th of September.

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

Church Website: www.stanboroughchurch.org
Church Facebook Page: www.facebook.com/groups/2405836644
Parallel Facebook Page: www.facebook.com/groups/61120750538

Stanborough News Editor: editor@stanboroughnews.co.uk

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

Design by design@defero.co.uk