

inside
stanborough
AUTUMN
2017



Ps JACQUES' THOUGHTS



Were you following the Great Northern Run last week? What an amazing event with 40,000 runners and so many inspiring stories. Even an 81 year old, Colin Pilkington crossed the line in good shape. I noticed it was co-sponsored by Simplyhealth and what an great demonstration it was of the triumph of fitness and of the human spirit over all difficulties. It stands out so clearly against the backdrop of doom and gloom that the majority of the news filtering through to society brings to us. We seem to live in a constant state of anxiety and worry about tomorrow. The anxiety that extends to horrific events of late in Barcelona, Paris, Germany, Iraq, Afghanistan, Sierra Leone and at home in England is magnified by our own personal struggles, relationally and physically.

There is so much research that suggests that when we are physically, emotionally and spiritually healthy we experience a higher level of happiness in the face of uncertainty and outward anxieties that are vying for our attention. Personal health is something that is very intimate to us and can in many ways influence the life choices we make. Here at Stanborough Park we believe that God desires for us to live vibrant and

happy lives and one of the ways we can achieve that is to practice good and healthy habits.

We want to help you all towards the healthiest lifestyle you can achieve. We have teamed up with the well-known Dr Chidi Ngwaba. Dr Chidi is a regular Medical Expert on ITV's "Good morning Britain", Sky News and he also features in BBC health shows such as "Food: Truth or Scare". He specializes in preventing and reversing chronic diseases such as Hypertension, Type-2 Diabetes, Obesity and many more. We would like you to join us Monday evenings, (see Diary Dates, back page) as Dr Chidi helps us for example To Reverse, Improve & Prevent Diabetes; How to Beat Cancer for the 1st, 2nd or 3rd time; How to be free of Hypertension, Heart Disease & Medication; How to cure Autoimmune Diseases such as Rheumatoid Arthritis, Thyroid disease, Anaemia and many more as well as other topics.

For more information on topics of talks, times and venue, please look at the diary dates. It is our hope that together we can become a healthier Watford and beat the stresses of life to live healthier and happier

STANBOROUGH PARK COLLEGE OF MUSIC

Forthcoming Events

Sunday afternoon Teatime concert at 3pm on October 22

Saturday evening concert at 7.30pm on October 14 - Piano recital by Alexander Ardakov 7:30 November 11 by the Purcell School students.

Sunday afternoon Teatime Concert November 26. A wide range of musical tuition can be provided by the College of Music.

All enquiries contact spcmahn@gmail.com.

STANBOROUGH SCHOOL OPEN & TASTER DAY

Thursday 21 Sept 2017 - Stanborough Secondary School is a co-educational, independent school surrounded by 40 acres of beautiful parkland. The school fosters an atmosphere of community and family, catering for students from Year 7 to Year 11. We have a very international enrolment representing over 40 different nationalities.

Taster Day (Year 6 students) 09:00 – 12:00

Open Day 16:00-18:00

To register please email ehussey@spsch.org



FLOWER FESTIVAL



Many thanks to all those who supported our recent Flower Festival Soli Deo Gloria and helped to raise £11,692.00 for Peace Hospice Care and the Church Development Fund. We are still selling DVDs of the flowers and of the concert at £5 each. Calendars for 2018 with photographs of all the displays are also available at £5. Proceeds from the sale of these items will be added to the fund for our charities. Please phone orders to Audrey 01923 260270.



500 YEAR REFORMATION COMMEMORATION WEEKEND



The weekend of 11-13 August 2017 will be one that will be remembered for a long time with the events and activities that took place commemorating the 500 years of the Protestant Reformation. A 1000-seater marquee was erected in the grounds of Stanborough Park to accommodate people who came from all regions of the UK and Ireland. The programme began on Friday evening with a Thanksgiving Service in the Stanborough Park church with speakers reflecting on our Adventist heritage with a historical reflection of Adventists'

doctrinal formation that developed and emerged because of the Reformation. A second presentation gave an informative presentation that succinctly explored the topic, 'Who Are Seventh-day Adventists?' The rest of the weekend was filled with interesting talks, colourful costumes and musical events that did justice to the 1000 seat capacity marquee. For a fuller report see web link here <http://adventist.org.uk/news/2017/buc/buc-500-year-reformation-celebration-weekend/>.



STANBOROUGH PARK COMMUNITY CHOIR

Hey! Yes you! Have you ever wanted to belong to a group of likeminded people who just want to sing? Well now's your chance. Stanborough Park are looking for people to join a new choir. It doesn't matter what level you are, the aim is to grow as a singer, but more importantly as a group, where we can share and grow through experiences together! If you're interested - please email spcccomchoir@gmail.com / We're waiting for you to join and we can't wait to meet you.





DIARY DATES



SEPT

- 12 Tuesday - The Experience 7pm light supper
- 16 Saturday - Messy Church-Animals 3:45pm Registration
- 18 Monday - Seniors Club – New Zealand by Alan Copeland
- 22 Friday - 3:30-5 pm Macmillan Afternoon Tea

- 2 Monday - Seniors Club – Len Little former Police Dog Handler
- 2 Monday - 7:30pm R.I.P. – How to Reverse, Improve, and Prevent Diabetes
- 8 Sunday - 12-2pm Sunday Sale – proceeds to Save The Orphans Please
- 9 Monday - 7:30pm The Answer to Cancer – How to beat cancer 1,2,3 times
- 10 Tuesday – 7pm The Experience - light supper

OCT

- 14 Saturday - 7:30pm Musical Concert
- 16 Monday - Seniors Club – Autumn outing
- 16 Monday - 7:30pm 'Guard Your Heart' – How to be free of hypertension, Heart Disease and Medication.
- 21 Saturday - Messy Church – Man, Rest, and Sabbath - 3:45pm registration
- 22 Sunday – 3pm Sunday Afternoon Teatime Concert
- 23 Monday - 7:30pm 'Fighting Friendly Fire' – How to cure Autoimmune Diseases such as Rheumatoid arthritis, thyroid disease, anaemia and many more.
- 30 Monday - Seniors Club – Blue Watch Fire Service
- 30 Monday - Depression Recovery – 'How to find freedom from Depression'

Nov

- 5 Sunday - 11-3pm Christmas Gifts, book, and craft Fair
- 11 Saturday - 7:30pm Musical concert
- 13 Monday - Seniors Club – Bring and Buy
- 14 Tuesday - 7pm The Experience - Light supper
- 18 Saturday - Messy Church – Messy Christmas 3:45pm Registration
- 26 Sunday - 3pm Sunday Afternoon Teatime Concert

REGULAR EVENTS



- Soup Run – Friday evenings
- Toddler Club – Wednesdays morning and afternoon and Thursday mornings
- Welfare – by appointment
- The Experience – once a month on 2nd Tuesday
- Messy Church – third Saturday in the month
- Creative Crafts – every Wednesday 1-3 pm
- Health Club – every Monday in October
- Allotments run by Karen Hubbard

EVERY SATURDAY



- 9:45am Sabbath School - Bible Study
- 11am Traditional Family Service
- 11am Contemporary Parallel Service

Get the inside information from the eBulletin, emailed every Friday morning with news and events for the coming week, plus videos and a devotional - looks great on your smart phone. Send request to jef@stanboroughpark.org

Pastoral Office - 01923 679494 | Bookings for Stanborough Centre: 01923 894 664 or stanboroughcentre@gmail.com | Church Website: www.stanboroughchurch.org
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