



inside  
stanborough  
Summer Edition  
2017





# Finding Rest

Are you one of those busy people who never seem to find time to take a break? Do you get tired and irritable easily, or feel overwhelmed and even start neglecting your family and friends? Maybe it's time to break out of the routine. I know because I was recently very fortunate to be able to take an extended break after a long period of intense service in the same occupation. I am grateful that my church here at Stanborough Park gave me the opportunity to leave my routine for three months to focus more specifically on other areas and the things that I may have been in danger of neglecting, like my health, family time and my own spirituality. It gave me a fuller appreciation of the term 'Sabbatical'.

I know that a long break is an impossibility for many of you especially if you have young children, but there is another way to defeat work-slavery. A way created by the one who understood His own creation. I suppose God knew that we would become slaves to work eventually so He commanded people to rest for one day each week. He said what to do

and why to do it, couldn't be simpler 'do no work', why? to remember that God finished His creation in six days.

Do you remember the sabbath day? Just a few years ago everyone did (even if they did not care about it) and stress was so much lower and families so much more together in those days. Sunday, the Lord's day for the catholic tradition and Saturday, Sabbath according to the biblical commandment. Here at Stanborough Park as our name Seventh-day Adventist implies we prioritise the biblical Sabbath and appreciate the opportunity it gives us to find peace, to refresh and recalibrate. Are you feeling like a wage slave? Take a Sabbath day's rest and escape the stresses of modern society and remember again who made us. Join us here any Saturday for a traditional or a contemporary worship service, you would be very welcome.

*Jacques Venter*  
Senior Pastor

## Boots & Roots

We are looking for heroes and heroines to help rescue bits of land and turn them into productive masterpieces. We are a non profit making community interest group, currently working on an allotment near you. We aim to start by building chicken homes, raised beds and soil making stations as well as growing a variety of fruits, vegetables and herbs. Not for the

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feint-hearted but for those prepared to commit time and effort and in the process get super fit, Providing you with a great sense of satisfaction as well as improving your diet and of course there will be eggs in abundance. - Interested to hear more? Call Karen on 0771859912



## Family fun & Health Fair

Sunday 9th  
July from  
11am – 2pm.  
Stanborough  
Park. Entry by  
St Albans Road.

Planned by young people, for young people, the Adventurer and Pathfinder club is organizing a fun

day out for the family plus an emphasis on health with health checks for adults, healthy food on sale and help to discover the healthy Me you can be!



## Community Chaplaincy

We operate the Community Chaplaincy for everyone in Garston who could benefit

from it. We can visit you to identify any needs and to offer Christian council and bible study. In the first instance contact 01923894664



## Creative Craft

If you have any interest in mostly knitting, sewing and

crocheting or even beading and colouring Joanna and Jenny would love you to come and meet their group. Everyone is welcome, you don't have to be a church member. The current age range is 50 to 90 and having such a varied age range often leads to lively conversation and we regularly 'set the world to rights'. Our current level of laughter is high but we are willing to go higher!

We have plenty of wool and knitting needles and can teach you the skills. We have a project at present



making small shoulder bags for chemotherapy patients to carry their medication pumps as well as 'fiddle muffs' for Alzheimer patients.

So, if you are free on Wednesday afternoons and would like to make some new friends, why not come along? For more information please call or text: Joanne - 07715357240

## Flower Festival

The Chelsea Flower Show is bursting with visitors as I write this and I am sure some lucky readers will have had the joy of being there. Flowers never cease to amaze and delight us and we hope to capture some of their splendour in our Flower Festival. Entitled Soli Deo Gloria, we intend that own display of thirty six spectacular floral arrangements will give glory to God alone. Entrance to the Flower Festival and the Saturday Evening concert



is free (collection will be taken). There is also a Preview evening and a Gala Dinner by ticket only. All proceeds from these events and from the Festival itself will be divided between Peace Hospice Care and the church refurbishment fund.

The church will be open for viewing on Friday and Sunday 11am - 5pm and on Saturday 2pm-5pm.

Delicious refreshments will be available every day. For more information about the Preview on Thursday 13th, the Gala

Concert on 15th July and the Gala Dinner on Sunday 16th contact - [flowerfestival2017@outlook.com](mailto:flowerfestival2017@outlook.com)

# Diary Dates

Sat	June 3	Celebration: Come-In Unity 4:30pm
Sun	June 4	Sunday Sale 12-2
Mon	June 5	Seniors Club - Nicola Valiji - Topic: Handmade crafts
Wed	June 7	Creative Crafts 1-3 pm
Tues	June 13	The Experience 7 pm
Sat	June 17	Messy Church 3:45 Birds, Fish and Father's Day To book for Messy Church email stanboroughparkmessychurch@gmail.com
Mon	June 19	Seniors Club - Trefoil Handbell Ringers
Sat	July 1	Celebration: You Passed... Always! 4:30pm all welcome, come & celebrate with us!
Sun	July 2	Stanborough Primary School Fete - 1 - 4pm
Mon	July 3	Seniors Club Outing
Tues	July 4	The Experience - 7pm
Sun	July 9	Pathfinders Health Experience on Stanborough Park - 11am - 2pm
Thurs	July 13	7pm Preview Evening for Flower Festival
Fri	July 14	Flower Festival open for viewing 11 - 5pm Light refreshments available
Sat	July 15	Flower Festival - open for viewing 2-5pm Concert 7:30pm
Sun	July 16	Flower Festival - open for viewing 11 - 5pm Light refreshments available: 6 for 6:30 pm Gala dinner - tickets on sale.
Mon	July 17	Seniors Club

## Regular Events

### Soup Run & Welfare

*Soup run* into London every Friday at 8:30pm.  
Contact Pat 01923 672500 for more details  
*Welfare Centre* open by appointment contact  
Pat 01923 672500 or Norma on 01923 449584

### Every Saturday

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

### The Experience

At The Experience you can meet guests, national and international, sharing their creative skills and hear their inspiring stories. Free evening meal at 7pm. Dates above.

### Messy Church

Messy Church is very popular at Stanborough Church: book early by emailing stanboroughparkmessychurch@gmail.com. Dates above.

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](mailto:jef@stanboroughpark.org)

Pastoral Office - 01923 679494 | Bookings for Stanborough Centre: 01923 894 664 or [stanboroughcentre@gmail.com](mailto:stanboroughcentre@gmail.com) | Church Website: [www.stanboroughchurch.org](http://www.stanboroughchurch.org)  
Church Facebook Page: [facebook.com/stanboroughhpc/](https://facebook.com/stanboroughhpc/)  
Parallel Facebook Page: [www.facebook.com/groups/61120750538](https://www.facebook.com/groups/61120750538)