

S*ParkLife 18

Aka Lockdown News 34

Stanborough Park Church Newsletter
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◆ HARVEST FESTIVAL

Our annual Harvest Festival was held on Sabbath 30th September. Many thanks to Audrey Huzzey for organizing the event and to Michele, Judy and Cecilia

for their hard work arranging the display.
(PHOTOS: Michele Thompson)

◆ SPECIAL NEEDS CAMP 2023: report from co-organiser Hans-Volker Herkner

From 9th to 16th July this year Special Needs Camp opened its doors for the 45th time to campers with special needs and their friends. After everyone had made their way from the various parts of the country a total of 21 campers were welcomed by the camp organisers. Uninvited, yet insisting, a rather blustery weather which blew a stiff wind around our noses joined us for the first day and made the little trip down to the village an interesting one.

Once the uninvited guest had departed, campers attending spent a wonderful week engaging in a variety of activities such as arts and crafts, sandcastle-building, sports and walks to the picturesque village of Aberdaron, relaxing by the seaside and enjoying the marvellous weather the LORD had blessed us with.

The highlight of the week was without doubt the midweek trip which this year led us to the pottery farm where, after a good lunch, all could engage in painting various pottery items in colours of their choosing and some results proved a hidden creative talent. The day would have and could not have been over unless the most important fun part of the week was included – the Dodgems.



The latter part of the week saw the traditional banquet being held and the Aberdaron Camp concert being given with wonderful contributions, music and poems presented by campers and everyone who had a talent to share to the joy of those around.



Camp would not be camp, however, if the spiritual wellbeing of all attending was not attended to and so our camp padre and his team, together with the worship leaders, provided that spiritual nourishment without which camp would not be what it is. Each day after breakfast and supper one could hear the joyful sound of a singing camp and then the word was opened up to the attendees in their own special way.

Quicker than expected, wished and hoped for the week drew to a close and some of us found it hard to leave, but filled with the results of our activities and an abundance of wonderful memories we went back to our own places remembering fondly the week we had and looking forward to next year.

Special Needs Camp looks after special people who need extra support. There are more people than we can take on and likewise families and carers who, looking after them all year round, need a break. So, if you would like to dedicate a week looking after one of the campers or have any other skill that can support the camp, we would love to hear from you.

God Bless.

Email: volker@specialneedscamp.co.uk



◆ POSSIBILITIES OR SPECIAL NEEDS? - a GC change in direction

Recently the General Conference renamed its Special Needs Ministry 'Possibilities', indicating a change of direction in dealing with the needs of those with disabilities. Is this a help or a hindrance for the disabled? A personal view.

The Special Needs Camp is a wonderful example of Adventists displaying practical Christianity towards those less fortunate in society, helping to bring a little joy into their lives as, indeed, is the Soup Run - both examples of outreach into the community. However, the homeless manage to maintain a higher profile than the disabled and, thankfully, Volker has taken over Joy Bussey's mantle as organiser of the annual Special Needs Camp ensuring that her legacy of helping a forgotten and marginalised section of society continues. As the mother of an adult with disabilities I am well aware how those with disabilities become marginalised and forgotten - unlike the homeless who manage to make their plight more visible!

The General Conference has recently altered its emphasis towards disabled members, changing its terms from Special Needs to 'Possibilities'. This moves the previous emphasis on what the church can do for you—by providing additional support for those with disabilities—to what the disabled can do for their church—by involving them in active church service.

In theory this is to be encouraged as legislation against disability discrimination in the workplace was passed long ago and more than two decades have passed since similar legislation encouraged those with disabilities wishing to attend mainstream rather than 'special' schools should be able to do so, providing 'reasonable adjustments' could be made to accommodate their additional needs. However, there seems to be no concrete ideas how to bring this about in churches. (Even the BUC has put out a request for suitable individuals to provide relevant advice for implementing the policy across all departments!)

Certainly the Nominating Committee needs to take this idea on board (it includes at least one disabled member this year) and encourage those with disabilities to take a more active part in church life. The recent COVID outbreak resulted in new ways of doing things demonstrating that making 'reasonable adjustments' even for the housebound to play a part somewhere, technology permitting, is feasible. However, it seems to have been overlooked that achieving this aim still requires meeting

the additional needs of those with disabilities first. This change in emphasis could lead to this important aspect being sidelined or even forgotten.

Some adjustments are simpler than others. For example where screens are concerned dyslexics find a sans serif font easier and older eyes find the contrast between some coloured backgrounds and text make it hard to read. Other adjustment can require funding such as lifts, hearing loops and automatic doors. SPC has made some efforts in this direction, the Welfare Department in particular. We provide a lift to access the Williams Hall, a loop for hearing aids and onscreen text for hymns and readings so that there is no longer an elderly person to be seen scrutinising his/her hymn book with a magnifying glass. However, although we have a lift to access the Williams Hall the upper floor of The Stanborough Centre and access to the platform still present challenges to those with mobility issues.

Disabilities appear in various forms: obvious ones like blindness or lack of mobility, others less so. They can be present at birth or acquired through accident, ageing or illness; they can be temporary, permanent or even life-threatening. One size does not fit all. Whatever the situation, all disabilities present some kind of additional needs to be met to help the sufferer to live as normal a life as possible - including church worship. This responsibility will still fall to individual churches to take stock of members' needs and accommodate them and this should not be neglected with the change of emphasis to involving as many as possible in church life. Many will still not feel able to or want to participate more.

The change of name and emphasis is a noble idea but needs much thought as to how these aims can be achieved whilst not forgetting about the underlying additional needs which still need to be considered and accommodated. That way all those with a disability can have their needs met whilst enabling those who chose to play a greater part in church life to do so. So, will the change in name and emphasis be a benefit or a hindrance and will it still encourage outreach activities? Only time will tell.

June Coombs

◆ MISCELLANY CORNER

Found in an old copy of the Reader's Digest: having completed a lesson on the topic of curiosity the teacher asked her pupils 'Where we would be without curiosity?' The instant response from one pupil was 'In the Garden of Eden!!'

TESTED TIP: The editor recently discovered that WD40 does a great job at cleaning residue from whiteboards and softening bird droppings on garden furniture prior to cleaning!

Any more unorthodox but effective uses of this product to share? Contact the email address at the top of page 1.

NEWS FROM STANBOROUGH PARK COLLEGE OF MUSIC

Examination Results: We are pleased to announce our exceptional exam results. Once again, we have achieved a 100% pass rate in external exams with 82% of our students attaining merits and distinctions. We extend our heartfelt gratitude to church members for their unwavering prayers and support.

Registration: Registration for new and returning students has taken place. Lessons commenced on 18th September. Should you wish to join our course or require further information regarding available instruments and lesson schedules please do not hesitate to contact spcmahn@gmail.com

Teatime Concerts are back after their summer break. Resuming on Sunday, 24th September after the summer break this concert provided a mixed repertoire and featured our SPCM saxophone teacher, Samuel Mallia, and his Quartet, the Laefer Quartet. Admission to the concerts is free with a retiring offering to support the church's Development Appeal.

Children's Choir and Hand Bell Ensemble: those aged 9-18 are invited to join these groups. Rehearsals Fridays @ 5pm during school terms. Contact spcmahn@gmail.com for information.

NOMINATING COMMITTEE MEMBERS 2023

- Tunde Adebayo
- Eustace Anthony
- Jackson Bright
- Yetunde Bright
- Joy Bussey
- Paula Carrillo
- Natalie Davison
- Emmerson Ferraz
- Gavin Gengan
- Eileen Hussey
- Charito Lilley
- Manuela Mai
- Bheki Moyo
- Roger Murphy
- Clinton Quarshie



CHURCH MATTERS: NEWS IN BRIEF

Johnson Wong visited Pastor and Mrs. Perry recently. He found Mrs. Perry recovering well at home as well as Pr. Perry who spent a month in hospital after breaking two ribs—where Pr. Don McFarlane made a special trip from his home in the north of England to visit him.

Johnson Wong also took the photos below.

Hello and Goodbye

Goodbye to current missionary Gabriel who has been with us for just over 18 months and is leaving us to study at Newbold College. We will still be seeing him helping out for a little longer.



(Left) Goodbye to the Vaggas family who left for Cyprus

(Right) Goodbye to temporary missionary Ashi who filled in during the summer break from her studies at Newbold College.



(Left) Hello to young Elijah David Phillips, son of Naomi and Mike and grandson of David and Alison Burgess, who was dedicated by Pr. Dejan in September.



◆ **COMMUNICATIONS NEWS: LONG-STANDING COMMUNICATIONS DEPARTMENT MEMBER RECEIVES AWARD**

Ministers are supposed to be trustworthy and you wouldn't expect two to collude in deception, would you? So the odd request from Pastor David Neal to take photos during the TED's Communications Director's children's story left church Communications Leader, June Coombs, rather puzzled before she nervously accepted the challenge.

However, it turned out to be a ruse to ensure that she turned up to collect an award for her work in communications as he was well aware that forewarned she would have gone AWOL! Hence it was agreed with Pastor Terry that the only way to ensure she was where she should be was to give her something official to do. Still embarrassed at being singled out for attention she claims to have forgiven them for their deception!

Although June feels honoured to receive the award she feels that she is no more worthy of it than her predecessors unless it awarded on grounds of longevity. Trawling the Messenger archives the name Bronwen Atkinson especially features regularly as does Frank Blewitt - both her predecessors.

Speaking of her time in Communications June says, 'It is almost 30 years exactly that Bronwen was given me as an apprentice. I am not sure why the Nominating Committee picked on me to serve but during the intervening years I have been involved with church communications in some form for almost all of them, on one occasion stepping into the breach when the official team disappeared within months of taking office!'

Having heard about the award Bronwen Atkinson responded, *'Armed with the knowledge Pastor Ginbey had given me, I taught June all I knew and told her the people to contact in local newspapers. Then I watched what would happen. In her first year she got 800 column inches in the local, secular papers! Nobody else had achieved anything like it before.'*

June says that she wasn't aware of this but recalls that over three decades she achieved several Messenger front pages (although at least two involved Enoch Kanagaraj's One Vision), two photos in Adventist World, a couple of articles in TED News

and, thanks to some excellent editing by Pastor Victor Hulbert who commissioned the article about 'One Vision', inclusion in the GC's online international news site!

Former BUC Communications Leader Pastor Victor Hulbert once commented that at the time she was the UK's largest contributor to local news as her submissions regularly featured the local press, including some lightly edited and the name of a senior journalist substituted and some rather badly edited articles published under her name in 'My Garston News'. All the more surprising as she claims to have failed her English Language O-Level at the first attempt! However, she attributes most of this not to any particular ability but to some Divine inspiration and intervention.

CHANGING TIMES FOR COMMUNICATIONS

Recalling her early years June says, 'When I started out all our work was entirely based on paper. We sent reports of church activities to the Messenger and the local press produced double-spaced on typewriters with carbon paper and lots of 'Tippex'! Photos were usually taken by the church photographer on film and developed in his dark room and the prints and copy sent by post to the Press or delivered by hand along to the local press offices. Given the need for topicality there were only a few days for the story to reach the local press; you worked to a very tight schedule.'

Obtaining a fax machine was a big improvement as were the Amstrad PCW's which June and Bronwen adopted before graduating to PC's. Similarly, digital photography and the speed which came with the introduction of email made transmission instantaneous.

But computers led to social media and the World Wide Web. The department needed to expand its horizons and the church developed a website and social media platforms to which June contributed news and photos. Unfortunately they affected the local press too with fewer people buying newspapers resulting in the end of free newspapers, the paid versions reducing in size with priority given to advertising and no longer needing our input to fill pages and friendly journalists were laid off. So it became harder to place stories and now her emphasis is not so much on column inches as in placing a story in the first place! Even the Toy Service is no longer guaranteed inclusion. So, we need to alter our approach to communicating with the outside world.

THE WAY AHEAD?

The introduction of this newsletter has seen a shift to communicating with local church members as well as the outside world and the national SDA audience.

Jef Nascimento was brought in to develop our social media, one which demands instant updates of content. As he lived onsite he was able to take photos of all church activities and post them online immediately which is something we haven't been able to replicate since his departure. He also has developed the church's YouTube channel.

However, June feels that the website could be much better used with regular news updates, an accessible news archive and a photo gallery as over the years she has taken many photos of church events which are stored on her PC and should be shared. But to bring this about demands a lot of work and the department does not have enough people to do this and she lacks the necessary skills herself. **Any offers of help gratefully accepted!**

She has many ideas as to how we can adapt to the current era. 'When I took over the department this time I wanted to introduce a monthly digest which we could put on the church website with news, photos, some video footage, interviews with members who have fascinating life stories (these may be better as podcasts), along with a hymn accompanied by nature shots of the Park which proved so popular during the church closure and possibly a blog. Preparations for the Toy Service would certainly make a good video topic. The missionary couple who were talented in this area left just after I took office and we don't have the equipment or the people to do this, so, as Pastor James says, this is something for future consideration.



'It's been a privilege to do this job but I fear that the new direction communications must be taken into requires more help than I have been given and the technology and platforms involved are beyond my understanding (after all, I don't even own a smart-phone—by choice)! I feel that I must take a back seat from now on and, maybe,

just concentrate on writing and allow others with more technical knowledge to take over the steering wheel and drive the department in the right direction.'

HAS ARTIFICIAL INTELLIGENCE A ROLE TO PLAY IN COMMUNICATIONS?

TED's Vanessa Pizzuto argues that we should embrace the new technology.

Artificial intelligence has received a lot of coverage recently. At times it is hard to distinguish it from the real thing and many fears have been expressed over its use from the problems of plagiarism to whether or not it could take over society and even bring about the destruction of mankind.

In the May edition of 'Adventist World' Vanessa Pizzuto maintained that we should embrace the potential benefits of the new technology although it may require adapting our traditional methods - such as making education a matter of discernment rather than content regurgitation. However, she says AI does need to acquire compassion to be of real benefit. Below is an extract from her article.

WHAT ABOUT THE CHURCH?

'As a church, we have often taken the simplistic approach of demonizing new technologies when faced with complex scenarios such as this. I believe this is a terrible mistake.

'First, such technology is not going to disappear, but also, the longer we delay engagement, the more vulnerable we are to potential abuses and less able to impact society for good. After all, unless the salt mixes with the food it cannot give it flavour.

'In addition, we must advocate for the value of compassion as a key component of AI. Compassion is not a word often associated with it. But I hope one day it will be. At least it could if we started teaching AI literacy and ethics. We can ensure that AI developments like ChatGPT* significantly improve our lives and our society. Compassionate AI is not only possible but also absolutely necessary.

'Only then will AI be able to make a significant contribution to our mission.'

*Chat-GPT = Chat Generative Pretrained Transformer which is an app powered by artificial intelligence (AI) and designed by 'OpenAI', a research lab in California.

DO YOU AGREE WITH HER VIEWS?

◆ CHURCH MATTERS: ANNOUNCEMENTS

- **Sincere condolences to Bronwen Atkinson on the death of her dear husband Roy whose funeral** took place in the church on Wednesday 6th September. The service is available to view: <https://livestream.com/accounts/640318/events/3160916/videos/237477411>
- **Former church member John Baildam died at the end of August, aged 73.** John taught for several years at Stanborough School before moving to teach at Newbold where he had a distinguished career for 40 years. He served as its principal for eight years, retiring last year. Sincere condolences to his wife, Lynda, and the wider Lowe family and brother, Andrew.
- **Pastor Roy Burgess** celebrated his 97th birthday in June and he and Sheila celebrated their 71st wedding anniversary in August.
- **A new baptismal class will commence on 7 October.** If you are interested in joining please contact one of the pastoral team.
- **A defibrillator** has been donated to the church and is now located behind the concourse administration desk - **which is now also an off-limits area!**
- **Church car park:** As the number of accessible spaces available to attendees on Sabbath is limited, please **only park in the reserved spaces if you can display a blue badge.** Please also ensure that adequate space is allowed for doors to be opened and for people with limited movement to exit cars in all the allocated spaces.
- **The next Fellowship Lunch will be on 7th October.**
- **The Women Young Adults Ministry** hosted the 'Women of Virtue: Health and Wellness' panel covering five Components such as Physical, Emotional, Social and Spiritual Health on 30th September.
- **The Children's Sabbath School leaders** have put out a heart-felt request that parents do their best to get their children to Sabbath School on time out of respect for the hard work that the leaders have put into preparing the programme and ensure that their children get maximum benefit from it and that it can finish with sufficient time for them to have a break before the main service begins.
- **Lorraine and John Cooper** and their family wish to thank the church family for their support and prayers during Lorraine's cancer treatment over the past year. Her cancer is now in remission.
- **Congratulations to Dr. Aarinola Ayo-Ipaye MBBS BSc (Hon)** on her graduation from medical school after six long years. She thanks members for their prayers and encouragement during this time.
- **Congratulations to Dr. Chelise Currow** on passing her final FRCS exams.
- **Congratulations to Jef and Loreta Nascimento on their wedding on 1st October.**
- The **Soup Run** has started again after the summer break. It is as busy as ever – we serve between 50-75 people every time and it seems to be increasing every week. We need volunteers to join the soup run. There is a strict lower age limit of 16+. We leave the church at 7:30p.m. every Friday to go into London and return back to the church between 11-11:30p.m. If you are interested in joining a team please contact Pat Walton on 07788311097.
- **Join the Choir for Handel's Messiah:** Handel's Messiah will be performed at Stanborough Park Church on Saturday, 23rd March at 7.30pm. The concert will feature soloists, an enlarged choir and will be accompanied by our church orchestra. The choir is open to all and if you would like to sing, please send an email to concert.spc@gmail.com before the 30th of September if possible. Rehearsals will begin on the 6th of October at 7pm. We look forward to hearing from you as we join together to perform this wonderful oratorio in praise to God.
- ADRA appeal for Libyan flood link: <https://app.donorfy.com/donate/C4311R6V76/httpadraorgukprojectsemergencies>
- **Wednesday Night Prayer Meeting** will take place in the Sanctuary from 20th September.
- **The freezer behind the lift** is now in the outside brown container to comply with fire regulations. The container has an electricity supply so things should otherwise continue as before.

REGULAR EVENTS:

Let's talk about Jesus. We meet on the First and Third Tuesday at 2pm. Bring a friend, your Bible, your favourite text, favourite hymn or story so we can share and talk about our friend Jesus. Everyone is welcome.

Wednesday Night Prayer Meeting will now be held in the sanctuary as well as on Zoom at 7pm. Meeting ID: 721 857 1482; Passcode: pray3r or [click here](#)

The morning prayer meeting at 6am is currently reading Romans. All church members are welcome. Zoom Meeting ID: 8316619709 Passcode: 777

Women's Ministry Every Friday at 7:30 pm. Meeting ID - 83109855863 & Passcode - Fprayer

FROM THE HEALTH DEPARTMENT (Adewale and Caroline)

◆ [Part 2] The Invisible Wound: Learning to Trust Again

In our last article, I promised to share a simple method for overcoming trust issues rooted in past trauma.

So, imagine yourself as a car. You're built in the image of God, capable of weathering life's storms and traversing rocky paths, continually moving forward in faith. Your conscious self drives this car - the part of you that makes decisions, processes experiences, and guides you through life in line with God's teachings. You focus on the road, ever watchful of potential dangers due to trust issues stemming from past difficulties. In the passenger seat of your car is Compassion who was always there but you may not have noticed. You were too consumed by the road ahead, too alert to potential dangers.

Now it's dark, the journey feels relentless, you're tired, the road ahead is uncertain, you don't know if you're heading the right way or if danger lurks just beyond your vision. Suddenly, Compassion leans over and opens a special map of your feelings guiding and lighting up the path with understanding and kindness; it eases the loneliness, making the trip less frightening, assuring you that with God's love and Compassion you're never alone. Initially, you may find it hard to trust this Companion but as you open yourself up to its guidance and find it reliable, trust begins to grow.

But many Christians live their life as though they are threatened by compassion, afraid of being hurt, so closing themselves off from others, putting up walls and barriers as protection which only close ourselves off from love, joy, and connection.

Six common reasons why people push compassion away:

1. **Compassion equates to weakness or vulnerability:** Some Christians might view the Biblical teaching of "turning the other cheek" as an invitation to allow others to take advantage of them.
2. **Compassion makes one unable to handle life's challenges:** Some believers might assume that compassion dampens the fighting spirit needed to survive in a "dog-eat-dog" world.
3. **Compassion leads to a loss of identity or inde-**

pendence: In Christian communities, there might be a misunderstanding that one needs to completely conform to others' needs and wishes in the name of compassion. This could lead to a fear of losing one's individuality or personal autonomy.

4. **Past sins make one undeserving of compassion:** The doctrine of sin can sometimes be misconstrued to mean that individuals who have committed wrongs are not deserving of compassion.

5. **Compassion leads to more betrayal or harm:** Some Christians may have experienced instances where their compassionate acts were met with betrayal, leading to a fear of extending compassion to others.

6. **Compassion forces one to revisit past painful experiences:** There might be a fear that showing compassion to others (especially those who have hurt us) could bring back painful memories or past traumas.

But why am I even talking about compassion here? It's because if trust has been burnt out of your life, you can guarantee that compassion for yourself and others has been massively affected in one way or another. Compassion is the one massive ingredient that is lost when you experience trauma which can shatter our sense of trust in the world, creating a deep feeling of insecurity and fear, a barrier that isolates us from others and the world. Compassion is the bridge.

Let's explore five crucial principles they taught about employing compassion as a tangible method for rebuilding trust following trauma.

1. **The Japanese Concept of "Kintsugi"** is a beautiful concept where broken pottery gets mended with gold highlighting the beauty in imperfections can be paralleled with the parable of the Prodigal Son (Luke 15:11-32) where the father's compassion towards his repentant son illustrates that our past does not need to be hidden or be a source of shame. Our past experiences can be viewed as integral parts of our identity that have shaped us. The Bible teaches us that our struggles, challenges, or "wounds" from past traumas are not meant to break us, but rather to strengthen and refine us (James 1:2-4, Romans 5:3-5, 2 Corinthians 4:8-9). Christianity provides a blueprint for letting go of hurt and resentment that can hinder our own healing and peace, making the choice not to let past wrongs control our present and future.

2. The Ancient Greek Practice of "Know Thyself":

Understanding oneself, as the Ancient Greek aphorism "Know Thyself" suggests, is crucial in building trust, both for ourselves and with others. It promotes self-awareness, which is a key component in establishing trust. It is like looking in the mirror and seeing what's inside you, understanding your feelings, your dreams, and why you react the way you do. Knowing why you feel scared to trust again can help you heal and move forward and understanding ourselves through God's eyes helps us see others the same way - as people who can grow and change, just like us - and can help us trust others more, because we remember that everyone makes mistakes and can learn from them.

3. The Roman Stoic Practice of "Premeditatio Malorum"

is about anticipating challenges, is vital for trust-building; In simpler terms, "Premeditatio Malorum" is a way to prepare for hard times just like thinking and positively planning for what could go wrong in a relationship before it happens meaning we're prepared for bumps along the way. Preparing for the possibility that if someone has broken your trust it might happen again helps you plan how you'd handle it, which can make you feel more secure and helps you recognize the signs of trustworthiness in others, which can actually help you feel more confident and trusting. Because Jesus trusted God in His plan, we can also trust that God will guide us in our relationships with others.

4. The Egyptian Concept of "Heka"

is a belief in the transformative power of words; they can play an instrumental role in fostering both self-trust and trust in others. "Heka" is like believing that words can cause change. It's like thinking a good talk can make a bad day better.

In Christianity, there's a similar idea with God's word. Hebrews 4:12 tells us that God's word is alive and doing work. This means that when we read or hear God's word, it can change us. Remember, words have power—they can shape our thoughts and feelings. As Christians, we have the word of God, which can guide and strengthen us. It gives us hope and helps us grow in trust — for ourselves and others.

5. The Aztec Philosophy of "Nepantla"

signifies a state of being in-between or at a crossroads. It acknowledges the transitional nature of the trust journey, as one moves from past pain towards healing. After leaving Egypt the Israelites were in the wilderness, moving towards the Promised Land. They were

in their own "Nepantla" — no longer slaves but not yet in their new home. During this time, they learned a lot about trusting themselves, each other, and God. Yes, they made mistakes, but they also grew stronger and more resilient.

For us, being in a "Nepantla" could be after experiencing a trauma. We're healing, but we're not fully healed yet. It's in these times that we learn to trust again. We understand ourselves better, know what we need from others, and learn to rely on God more. We can also show compassion and kindness to ourselves, just as God did to the Israelites in the wilderness when they made mistakes, as it can help us heal and learn to trust ourselves and others again.

Bringing this all together

Overcoming trust issues rooted in past trauma requires a profound cultivation of compassion towards oneself and others. Ancient cultures have long recognized the power of compassion in overcoming personal challenges, including trust issues. They provided us with valuable principles and practices that can be applied to modern struggles.

By embracing the principles of Kintsugi, Know Thyself, Premeditatio Malorum, Heka, and Nepantla, we can cultivate compassion towards ourselves and others. We learn that our traumas do not define us but can shape us into resilient individuals, just like the art of Kintsugi. Understanding ourselves and empathizing with others helps establish trust, as encouraged by the principle of Know Thyself. Anticipating challenges and relying on God's strength, as seen in Jesus's temptations, builds resilience and fosters understanding in relationships. The power of positive words and aligning our internal dialogue with God's Word, akin to Heka, aids in self-healing and fosters trust in others. Finally, navigating transitional periods, like the Israelites' journey, calls for self-awareness, resilience, and adaptability. Embracing God's compassion in uncertain times helps us develop trust in ourselves, others, and in His faithfulness.

Applying these ancient principles can help you effectively navigate the complex journey of rebuilding trust after trauma, fostering healthier relationships and personal growth.

In the next article I will be showing you how to weave these 5 elements into a what I call the "Compassionate Bridge Strategy" - breaking it down into five manageable steps providing practical exercises and techniques to help you apply these principles in your daily life, helping you on your journey towards healing and trust.

◆ CHURCH HISTORY FROM THE ARCHIVES: The Beginning of Stanborough School

The beginnings of Stanborough School are closely tied up with the establishment of the college on Stanborough Park back in 1907 but that is a story in itself and will be left to another issue; just the school will be dealt with here. Suffice it to say that the college had outgrown its original home in the old mansion and moved into purpose-built accommodation on the site of the present school in 1910.

The story of the school's history is taken up here by Mr. R. Syme, the school's Headmaster in 1957, writing on the occasion of Stanborough Park's Golden Jubilee. (Messenger, vol. 63, no. 17/18, September 6, 1957)

The Story of Stanborough School

By 1910 the building was completed, and dedicated in that year as a Missionary Training College with about eighty students. Despite the war years the College prospered, and before 1920 the enrolment had increased to nearly 200 students. All could not possibly be accommodated in the building, and some were housed in Army huts in the grounds, while others slept in the Press attic. Only those who have seen the Press attic will appreciate the fortitude of this latter group.

The principal of the Stanborough College at that time was G. Wakeham who felt strongly that those of his students who were studying for teaching diplomas should have, besides theoretical knowledge, some practical experience in teaching. So, in 1919, the Stanborough Church School began in one room of the College building under one teacher, Miss A. V. Middleton.

The church school also grew rapidly and soon moved from its single room into "three large classrooms" in one of the Army huts, now vacated by the College students. (photo below)



There has been related to me the story of a financial crisis at about this time in the school, but disaster was staved off by certain members of the committee who delved deeply into their pockets, and by contributing £5 each averted the catastrophe. All honour to these generous men. One wishes, sometimes, that succeeding financial problems might be as readily solved!

But the school remained and continued remorselessly to outgrow what an enthusiastic writer in the early 1920's had termed "three large classrooms in an Army hut." It was moved in 1928 to Sheepcote Villa, which was to remain its home for a number of years.

In the year 1936 a new development was contemplated, proposals being initiated in that year for the establishment of a boarding school to cater for the children of members living in other parts of the country. The proposals, although reaffirmed in 1940, were destined to lie dormant for a few years yet.

The year 1940, none the less, did see a great forward movement. Under the virile leadership of E.E. White, the Stanborough Secondary School was begun. The dark days of Dunkirk were just ended, and it was truly a step in faith, yet how well rewarded. We read that at the end of the first term the school had ninety pupils with five teachers, and once again, the premises were becoming small. About this time a recent principal of the school, Mr. A. J. Woodfield, first came to Stanborough School. To it he gave undivided and loyal service for over fourteen years.

At the close of the World War the premises at Sheepcote Villa had become woefully inadequate, and Stanborough School, Preparatory and Secondary, moved back into the present building (1946) — not now into the one room which it had occupied twenty-six years before, but into the major part of the building. Under Mr. Woodfield's guidance the school prospered, and when he left in 1954 he bequeathed to his successor a flourishing school of between 200 and 300 pupils.

For many years the school only taught pupils up to GCE O-level but expanded to include A-levels during the mid-1960's. The boarding department was finally established in 1958 after the Voice of Prophecy and resident denominational workers vacated the top part of the building. By the late 1980's the old college building was considered to be inadequate and a new secondary school was commissioned and built, finally completed in 1991.

Before then though a primary block was constructed and opened in 1967 catering for years 1, 2 and 3 and in 1974 a separate primary school under the headship of Miss Faith Poley was built on its current site of one of the former apple orchards.

More light was shed on the early school which was often referred to as 'the forgotten school on Stanborough Park' following a mention in an edition of the Messenger by former pupils Kitty Williams nee Gilson and Pastor Roy Burgess explaining how the school rapidly expanded to three named teachers, one of whom became Mrs. Bevan (who lived to be almost 100 and will be remembered by many long-term members) and was the school's head at one stage.

It has not proved possible so far to locate the original correspondence referred at the beginning of the below article but from the reminiscences it contains it is certain that the photo of the hut on the Estate Hall site featured in the last newsletter and at the bottom of the previous page was indeed

the first independent building occupied by the school.

N.B. There is some debate over the exact date of the founding of the school. Commonly held to be 1919 Dr. Andrea Luxton observed from her research into the subject (recorded in a special edition of the Messenger) that the school really began in 1918. According to her, Miss Middleton, who started the school in just one classroom, actually left in 1919 to start her own school in Plymouth. There is no information whether this resulted in the founding of the current SDA school in the city or was a separate entity.

The article below was extracted from a 2001 copy of The Messenger. (Messenger: 2001/04/04 vol. 106, no. 10) <https://documents.adventistarchives.org/Periodicals/BAM/BAM20010404-V106-10.pdf>

Historical Feature

The forgotten school on Stanborough Park

I have read with interest the correspondence in the MESSENGER regarding the possibility of there having been a school on the Park as early as 1927. I can confirm positively that there was a flourishing school in the late 1920s, not in the Sheepcote Villa, but on the Park itself between the outbuildings at the back of the old College and the despatch platform of the original Stanborough Press, roughly on the site where the Estate Hall was later built.

I enclose the photograph, for your retention, taken in 1929. The dating is reasonably accurate as my sister, Margaret, is not present in the picture, having left when she was 14 in February 1929. She had been one of the founding pupils. Centre back row is Miss Alice Blackburn who was older than I was, but younger than my sister.

The three teachers, from left to right, are Miss Thomas, Mrs Bevan (née Lewis) and Miss Ball. The little boy on his knees at the right-hand end of the front row, later became the third headmaster after Dr J. A. Woodfield. His name is Dr Wilfred Futchter. The boy by Miss Ball's elbow is the late Mr John Rigby from Newbold College. Incidentally, I appear to be holding the back of John Rigby's chair. The blond girl second from the right of my row is Bessie Keough, whose father, Pastor G. D. Keough, is well remembered, I am sure. There are many faces in the group who are still around, like Kirk, now Dr Baird, Mrs Myrtle Crocker and her sister Joyce. Kathleen (Joyce) Freeman, the Adventist international contralto singer, and her two brothers are there, as are the

three Blackburn brothers Clive, Cyril and Arnold.

Finally, Miss Rogers did not marry a Mr Bannister. He married Miss Bere, related to Mrs W. W. Armstrong. The Bannisters were our next-door neighbours. Mr Bannister's brother married a Miss P. Pope. There was a Mrs Rogers, wife of Mr George Rogers, a former employee at the Press. Her maiden name was Essery, sister to Dr E. Essery.

I hope by participating in the 'was there, or was there not a Park School prior to 1940 debate' I have confirmed the fact that there was, and indeed it could, by the standards of the day, justly be called a Secondary School as pupils were catered for until the age of 14, the legal school-leaving age.

MRS K. WILLIAMS (née Gilson)



The pupils and teachers at Stanborough School (Junior and Secondary) in 1929.

Submitted by K. Williams

Founded 1919

In conversation with David Throssel and Myrtle Hyde Crocker, both of whom attended Stanborough School in the early twenties, prior to the Villa on Sheepcote Lane, I gather this is how it was.

The School began in a room in the old college (Annexe) in 1919 with head teacher Miss Middleton. This was at the end of World War I, and in 1921 a disused army officers' mess, a large wooden building, was purchased and erected on land between the Annexe and the old Stanborough Press. Miss Middleton continued as head until replaced by Lily Lewis (Mrs Bevan). Her teachers included Miss Thomas who in later life became the second wife of Maurice Roe and lived in Mountain Ash in Wales; Miss Vera Ball, who married Sydney Beardsell, mother of Derek and auntie of B. W. Ball; and Miss Bell, sister of George Bell.

The school later moved to the Villa on Sheepcote Lane about 1927 or perhaps

later, where the head teacher was Miss Rose Essery, who later became Rose Rogers married to George, an administrator at the San. They became missionaries to the Philippines and later were interned by the Japanese in World War II. I attended the school there from 1932-36 and have reports signed by Rose Essery and Miss E. N. Frost, the assistant teacher. We also had a Miss Morgan, returned missionary from Africa.

In 1936 the headship went to Arthur Keough, recently returned from Egypt. He continued as head until 1940 when the secondary school was born, before moving to the Annexe under E. E. White.

For correction of the statement in MESSENGER, it was Gladys Brett who became the wife of C. H. Bannister. Gladys was the sister of Mrs W. W. Armstrong, wife of the BUC president.

PASTOR ROY BURGESS

◆ BAPTISMAL CANDIDATES: Sabbath, 23rd September, 2023

Michael Lusinga - "I want to be baptised because I want to be closer to God. I was raised in a Christian family so I discovered the true meaning of being a Christian. I decided to follow Jesus Christ. In the past, I have been tempted to do evil. My baptism doesn't mean that I won't have those temptations again, but I know that God will help me to get through them. Now I do not just see God as my creator, but as my Shepherd, teacher, my leader, and finally, my best friend."



Reevka Gengan - "I have been taking Bible studies with Pastor Ray Patrick since I started at Stanborough Secondary School. After my Bible studies, I had a better understanding of God's word and realised that I needed a personal commitment to Jesus for me to be in heaven with Him."



Tomas Rolo - I decided to be baptised in Portugal this Summer so I could celebrate this special day with all my relatives. I believe that I did the right decision, knowing that on that day, when Jesus comes back, I'll meet Him and my family, together in heaven."



David Renard - John 14:1-4 is one of my favourite Bible verses that impress my heart and remind me that everything is in God's hands, and I should not worry. My faith journey started with "The Bible Story" books by Arthur S. Maxwell. In his books I learned about God's love, and how he is interested in people. I discovered that God was interested in me and loved me. Also, our family worship and church activities, especially Adventures and Pathfinders Clubs, have helped me to learn more about God and that is the reason why I have decided to give my life to Jesus today.



Amelia Popa - "I want to get baptised because I love the Lord and because I should not be afraid, nor be dismayed, for the Lord my God is with me wherever I go, and that my Lord said that I shall have everlasting life."

Marco Turturica - John 3.16 "I don't want to be left behind!" The PBE had an impact on me, I grew up in an Adventist family and it feels normal to get baptised at this age as Jesus also went to the temple at this age."

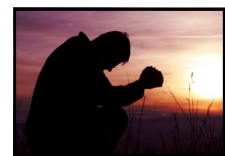


Sofia Turturica - Philippians 4.13 "When I started doing PBE I felt my faith grew and I created a bond with Jesus! Now I wanted to take it further!"



◆ PRAYER CORNER

- Eustace Anthony, Harriet Cudjoe's father, Terry Menkens, Dennis and Diane Johnson, Rosemary Boyle, Jacqueline Deane, Leopold Johnson, Morgan Charles, Frederic Shone, Therese Valsin, Pastor and Mrs. Perry and all those in the church family facing physical and mental health challenges and for those who mourn that they may be comforted.
- Dr. Chidi Ngwaba and his family that God will comfort them as they mourn the loss of his wife who died suddenly on 15th September.
- Those facing challenges following a change of direction in their lives including the new SEC staff.
- Those facing difficulties following recent freak weather conditions and natural disasters, tropical storms and earthquakes, especially Morocco and Libya.
- The Nominating Committee as its members select officers for 2024/2025.
- The Requests in the Prayer Box. *Remember you can place private Prayer Requests in the Prayer Box or email STANBOROUGHPRAYS@GMAIL.COM*



◆ THE LAST WORD

"For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal."

2 Corinthians 4:17-18