

MONTHLY HEALTHY LIVING TALKS CONTINUING

(submitted by the organiser, Claudette Harris)

The appearance of a disease is as swift as an arrow; its disappearance slow, like a thread. (Chinese Proverb)
Everyone ought to be concerned about achieving and maintaining good health. Those with the expertise ought to share it!
This is where the Stanborough Centre comes in with regular health lectures on the last Thursday of the month.
So far the topics covered have been informative and relevant and well attended.

Members from the community are always welcome. Light refreshments are served from 7pm for an 8pm start. No need to book, just turn up.

DATES AND TOPICS FOR THE REST OF THE YEAR ARE:

- **Thursday 27th September** "Exploring foods and habits which have been identified as potential risk factors for cancers"
- **Thursday 25th October** "Exploring and promoting mental health"
- **Thursday 29th November** "Cooking for health, cholesterol free - Nature at its best"

OCTOBER NEW HOPE SERIES

Come and find out how Bible prophecy reveals truth for today and hope for tomorrow in a series of weekly meetings in October to be held in The Stanborough Centre at 8pm. (Light refreshments served from 7pm)

OCTOBER 2: A MOONWALKER'S MESSAGE

Are we alone? Is there a God out there who cares about us? Come and find the answers to these questions and others.

OCTOBER 9: SLEEPING THROUGH THE SIRENS

The biggest event in Earth's history will only come after many signs. Come and find out what they are.

OCTOBER 16: HISTORY IS HIS STORY

Many people have claimed to be the Messiah over the centuries. How do we know Jesus was the real one? Come and find out the answer.

OCTOBER 23: MOVE YOUR HAND

Problems everywhere; happiness seems elusive. How did we become disconnected from the source of everything we need? Come and find out what you can do about it.

OCTOBER 30: HOW TO START LIFE OVER AGAIN

Past regrets, fears for the future, worries? Come and find out how to bury them and walk away with a fresh start.

Toddler Club

Stanborough Toddler Club is a busy, popular place to be if you have a child under 4. Every Wednesday (morning and afternoon) and Thursday morning the Stanborough Centre is turned into a place of chatter, laughter, fun and playtime.
This is what the mums have to say.

"Really lovely, relaxed, friendly, structured." Harsha

"Has a good report and a waiting list, (a good recommendation) well run." Clare

"Lovely, safe, mum's can relax, tidy, low tables for the children, plenty of variety." Gillian

"Songs are lovely, right length." Sue

"Clean toilets." Sarah (always a bonus)

"Fantastic. Second child here now. Lots of toys." Sally

The good news is, if you want to join us, there are spaces on Wednesdays – morning or afternoon.

You can contact Elaine on 01923 672204. See you there.

CALENDAR SEPTEMBER 2007

Wednesday September 26	Toddler Club	9.30-11.30 & 13.00-15.00
Thursday September 27	Toddler Club	9.30-11.30
Thursday September 27	Healthy Living - 8pm	"Exploring Foods and habits have been identified as potential risk factors for Cancers"
Saturday September 29	Family Worship	Dennis Porter 11am
Sunday September 30	Adventurers and Pathfinders Club Meeting	

OCTOBER 2007

Monday October 1	Seniors' Club - Dorothy Thornhill, Mayor of Watford	2pm	
Tuesday October 2	New Hope Series	A Moonwalker's Message	8pm
Wednesday October 3	Toddler Club	9.30-11.30 & 13.00-15.00	
Thursday October 4	Toddler Club	9.30-11.30	
Saturday October 6	Family Worship	Harvest Festival	11am
Tuesday October 9	New Hope Series	Sleeping Through the Sirens	8pm
Wednesday October 10	Toddler Club	9.30-11.30 & 13.00-15.00	
Thursday October 11	Toddler Club	9.30-11.30	
Saturday October 13	Family Worship	Communion Service	11am
Sunday October 14	Adventurers and Pathfinders Club Meeting		
Sunday October 14	Pat's Sale	12noon to 2pm admission 20p per person	
	All the usual stalls plus light refreshments will be served		
Monday October 15	Seniors' Club Outing to Warwick Castle		
Tuesday October 16	New Hope Series	History is His Story	8pm
Wednesday October 17	Toddler Club	9.30-11.30 & 13.00-15.00	
Thursday October 18	Toddler Club	9.30-11.30	
Saturday October 20	Family Worship	Baptismal Service	11am
Tuesday October 23	New Hope Series	Move you Hand	8pm
Thursday October 25	Healthy Living	8pm	"Exploring and promoting Mental Health"
Saturday October 27	Youth Service	Dejan Stojkovic	11am
Sunday October 28	Adventurers and Pathfinders Club Meeting		
Monday October 29	Seniors' Club Travelogue with The Anscobes	2pm	
Tuesday October 30	New Hope Series	How to start life over again	8pm
Wednesday October 31	Toddler Club	9.30-11.30 & 13.00-15.00	

NOVEMBER 2007

Thursday November 1	Toddler Club	9.30-11.30	
Saturday November 3	Family Worship	Brian Davison	11am
Wednesday November 7	Toddler Club	9.30-11.30 & 13.00-15.00	
Thursday November 8	Toddler Club	9.30-11.30	
Saturday November 10	Family Worship	Ian Sleeman	11am
Sunday November 11	Adventurers and Pathfinders Club Meeting		
Monday November 12	Seniors' Club Bring and Buy Sale	2pm	
Wednesday November 14	Toddler Club	9.30-11.30 & 13.00-15.00	
Thursday November 15	Toddler Club	9.30-11.30	
Saturday November 17	Family Worship	Sam Davis	11am
Wednesday November 21	Toddler Club	9.30-11.30 & 13.00-15.00	
Thursday November 22	Toddler Club	9.30-11.30	
Saturday November 24	Youth Service	Dejan Stojkovic	11am
Saturday November 24	Fund-raising Concert (STOP) 7.30pm		
Sunday November 25	Adventurers and Pathfinders Club Meeting		
Monday November 26	Seniors' Club 'Send a Cow'	(Ann Rattue) 2pm	
Wednesday November 28	Toddler Club	9.30-11.30 & 13.00-15.00	
Thursday November 29	Toddler Club	9.30-11.30	
Thursday November 29	Healthy Living		"Cooking For Health, Cholesterol Free - Nature at it's best" 8pm

DECEMBER 2007

Saturday December 1	Family Worship	Mary Barrett	11am
Wednesday December 5	Toddler Club	9.30-11.30 & 13.00-15.00	
Thursday December 6	Toddler Club	9.30-11.30	
Saturday December 8	Family Worship	Ian Sleeman	11am
Sunday December 9	Adventurers and Pathfinders Club Meeting		
Monday December 10	Seniors' Club	Invitation only Christmas Party	
Wednesday December 12	Toddler Club	9.30-11.30 & 13.00-15.00	
Thursday December 13	Toddler Club	9.30-11.30	
Saturday December 15	Annual Toy Service	11am	
Sunday December 16	Book and Craft Fair	11.00-17.00	
Wednesday December 19	Toddler Club	9.30-11.30 & 13.00-15.00	
Thursday December 20	Toddler Club	9.30-11.30	
Saturday December 22	Christmas Service	Ian Sleeman	11am
Monday December 24	Christmas Eve Service	7pm	
Tuesday December 25	Christmas Day Service	10.30am	
Saturday December 29	Family Worship	Dennis Porter	11am

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 9JH. Phone: 01923-894664
Editor: June Coombs Layout: Arlon Printers Senior Minister: Ian Sleeman



Stanborough News

AUTUMN 2007

SPRINGTIME HOUSE-TO-HOUSE COLLECTION RAISES £17,400 LOCALLY FOR ADRA

Church members were busy collecting for ADRA last Easter and raised a total of £17,400 in the local area. The Adventist Development and Relief Agency (ADRA) was established in November 1956 by the Seventh-day Adventist Church to provide humanitarian relief and welfare. By the mid-1970s, the organization began to broaden its mission from disaster relief into programmes leading to long-term development. Currently one of the leading non-governmental relief organisations in the world, the agency was granted General Consultative Status by the United Nations in 1997, giving it added voice in the international community.

Today there are more than 4,000 ADRA staff working in 125 countries. **David Balderstone**, proprietor of Garston Gardens and Volunteer Transport Manager for ADRA-UK (based in 'The Lodge' on Stanborough Park), describes the organisation's current projects.

ADRA-UK has had an unprecedented number of requests for Emergency Funds after severe flooding in many parts of the world in the past few months. Help has been given to those affected by the Peru Earthquake and to those affected by floods in Southeast Asia, Eastern China and Sudan. Medical aid, food, shelter and other goods, and financial aid, has been sent to these areas. Parts of the UK have been affected by flooding too and as well as practical help ADRA-UK has contributed to funds set up to help those whose homes have been destroyed. As a result ADRA-UK's Emergency Funds are depleted and any contributions would be gratefully received. (See address at the bottom of the shoe box appeal.)



Former ADRA director, John Arthur with his wife Ruth, at Buckingham Palace after the investiture.

We were sad, in August to say, 'goodbye' to Pastor John Arthur, OBE and his wife Ruth who have retired to Scotland after living and working in the Watford area for many years. John (the previous editor of 'Stanborough News') was the ADRA Director for ADRA-UK before moving to the St. Albans office to head up the ADRA work for Northern Europe. It was because of his excellent work in helping to relieve suffering in Albania, Bosnia and other places that he was awarded the OBE by the Queen on 23rd November, 2006. It was a great privilege to work with John who was a great motivator and whose enthusiasm for helping people was infectious.

To find out more about ADRA visit the ADRA web site. www.adra.org To see more pictures of John Arthur and his award or learn more about the Seventh-Day Adventist Church visit www.adventist.org.uk or www.adventistpictures.org.uk

Watches Safely Delivered to Indian Orphans

Kish Poddar reports back on his successful appeal following his recent trip to India.

I was overwhelmed by the response of the STOP International watch appeal earlier this year. We received over one hundred watches which came not only from the generous Watford community

but from as far as Colchester, Scotland and Devon. They were carried in the luggage of the thirteen volunteers who went out to India this summer to begin work on STOP International's Vocational Training Village.

While in India the volunteers visited the lovely children of the Love Home, BESSO and Captain Azariah Children's Home. I personally visited the children of the Blessing Home and STOP International treated the children of The Way To Life home to a trip to a wild life sanctuary.

The children who needed the watches were not expecting them at the time of our visit so the sight of these gifts caused great excitement. As we put the straps around their tiny wrists they patiently waited trying to contain the thrill that was about to explode.

Once on their wrist the pride of owning their personal watch was a sight to behold. Thank you to all who kindly made a generous donation of a watch to bless the life of an orphan child.

May God richly bless you.



Children at the Blessing Home proudly showing their new watches.

ANNUAL CHRISTMAS SHOE BOX APPEAL FOR ADRA. CAN YOU HELP BY FILLING A SHOEBOX FOR ORPHANS IN MADAGASCAR?

FLIP FLOPS FOR MADAGASCAR

It is a struggle for orphanages in Madagascar to supply basic things like food and clothes to the children and therefore they never receive toys or gifts. We have been told the children would love to receive a pair of ordinary flip-flops! So 'Flip Flops for Madagascar' is the theme of the Christmas Shoe Box Appeal this year. You can bring some joy into their lives by filling a shoebox with goodies such as:

toys, clothes, toiletry items, a plate and cup, school supplies, t-shirts, caps etc.

- Please make sure that ALL items are NEW.
- Please do NOT include breakable items, food or sweets, toys which need batteries, medicines or war-related items.
- Gift wrap the box and put a label on stating if it is for a boy or girl and the appropriate age.
- Boxes can be delivered to ADRA-UK, The Lodge, Stanborough Park, Watford WD25 9JZ Monday-Thursday 9-5 and Friday 9-noon. They need to be received by 10th November so that they can be packed into a container and sent by sea to arrive in time for Christmas.

NEWS FROM THE ADVENTURER AND PATHFINDER CLUBS

The Adventurer and Pathfinder Clubs (the denomination's version of Scouts and Guides) held an Investiture earlier this summer. 32 Adventurers (with 9 more receiving awards/reading certificates) and 19 Pathfinders (with 7 more receiving honours/attendance certificates) were invested and a total of 255 Honours Awards were received by Adventurers and 70 by Pathfinders.

Most of the children live in the local area with some from slightly farther afield who attend Stanborough School. Earlier this year they undertook a 10 mile sponsored walk along the canal towpath from Cassiobury Park to Kings Langley raising a total of £1462.80 for the HEART (Harmonising & Empowering Africa to Regenerate Together) Charity.

The money will be used to build a walkway and stairs to allow blind or disabled children in a village in the Democratic Republic of the Congo to move safely between their village and school in good or bad weather. The charity was introduced to the children by Pathfinder Leader, Angelette Muller, and a cheque for £1500 was given to HEART representative Farioza Chinegadoo during the service.

Naomi Burgess (age 14), a member of the Ranger Class, gives an insider's view of the Pathfinder and Adventurer Clubs

At 10am, every other Sunday, the Stanborough Centre is filled with bouncy, lively children from 5-15, ready to play, learn and do activities. The children split into their age groups for the next five hours where they learn things from camping skills to marching; cooking & health issues to etiquette. As in the scouts/guides, badges are awarded in leisure, arts & crafts, nature, health, science and more in the yearly investiture services when children have the opportunity to show their family and friends what they have achieved.

If you go outside, in good weather, you will find games such as duck-duck-goose, dodgeball, football and skipping being played. (In bad weather, games are played inside.) Sometimes the leaders take the children out onto Stanborough Park to enjoy the football pitch and running track there. Christmas and summer parties are held too - when the children have an input on what they do - such as bowling or adventure parks.

At 12pm, parents arrive, having had a relaxing Sunday morning, to collect their children who have enjoyed a fun-packed morning with their friends for only 50p!

The club teaches Christian values but is open to all - regardless of religious affiliation. For more information about the club, please contact Bernell Bussue, our club director, on 01923 672094.



Adventurers, Pathfinders, their Leaders, Area Coordinator, Vernon Noel and officiating ministers at the Investiture Pastors Boldeau and Stickland



Pathfinder Leader Angelette Muller with Farioza Chinegadoo from HEART and Bernell Bissue, Club Director.