

St Michael's News March 2020

St Michael and All Angels, Lower Church Road, Sandhurst,
Berkshire, GU47 8HN www.stmichaels-sandhurst.org.uk

Office open: Monday, Tuesday, Thursday
and Friday 10:00am–1:30pm

Open for Counselling: Wednesday
10:00am–1:30pm

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OUR PURPOSE AS A CHURCH

Knowing God for ourselves. *Growing* as individuals and as a church.
Showing God's love in the world.

*I was glad when they said unto me, let us
go to the house of the Lord. Psalm 122:1*

St Michael and All Angels is a house of the Lord, and this is not just the building. The building is an outward sign that there is, and has been for the last 800 years, a Christian community in Sandhurst. A community who comes together to know God; this is not just a one-off event, instead it is a life-long commitment to know more and more about God and his son, our Saviour Jesus Christ. A community who supports and encourages one another in this quest, in all the trials that life presents each one of us.

It is also a community who comes together to serve God and to be the face of Christ here on earth and in serving Christ it is also in our lives when we are not in church, but instead when we are at work, when

we are at home, as well as when we are out with family and friends.

However a community is not static, it changes, people come and go, people have different experiences which affects their faith, people's faith grows and at St Michael's we have a range of different services, each week, so there is always an opportunity to try something differently while this month we also have the opportunity to experience a service we no longer hold regularly, that of Choral Mattins.

Each of the services have regulars who come to those services, but many others come on a less regular basis to them, and together we make up the community that is the house of the Lord at St Michael's.

Emma Hodge, Churchwarden



Please pray for all those on the prayer board and for Austin Edward Low, who is being baptised here this month. Please also pray for Ken Barker and Hilary Osborne whose funerals took place last month.

 *The start of my personal green audit* 

One of the tips suggested recently by the *Eco-Church* team for inclusion in the Newsletter struck a chord with me on a personal level. The tip was this:

'Use sustainable kitchen equipment rather than buying cheap plastic ie. instead of plastic sieves which break buy stainless steel to last a life time'.

I can relate to this as in my kitchen cupboards I have a metal colander that belonged to my Grannie, my Grandma's milk jug and my Great Aunt's tea strainer. In fact, I have a vast array of crockery and cutlery that have been handed down because we couldn't bear to see them to go to waste.

This started me thinking about my grandparents' generation and their attitude to waste and what we now call sustainability. Their habits were formed by necessity borne of two World Wars and the Depression era of the 1930s, but with hindsight, how 'green' those habits were! I started wondering how many of their ways could be translated into 21st Century life at home? Their attitude to zero food

waste should be achievable with sensible purchasing and Ken and I have a creative attitude to making soup (leftover haggis neeps and tatties make great soup!) which is a plus.

As many people know, I am often found in the local charity shops and frequently bump into St Michael's people there. Much (most?) of my clothing is 'pre-loved' and I have several items which I could never have afforded new. I am slowly making fabric into a patchwork throw, intend to start making rag rugs- a skill that my Grannie put to use in wartime, and I'm not bad at mending. It's a start in the right direction.

Much of the *Bronze Eco-Church* status is about changing our thinking and making small changes that will add up to make a difference to our church community's sustainability. If you have any tips for becoming more energy efficient, less wasteful and generally more 'green' please let me know so that we can carry on swapping ideas.

Catherine Wilkins, Churchwarden

 **Contact us**

Do you have an event coming up, or something you'd like to appear in the newsletter? Please send emails to: newsletter@stmichaels-sandhurst.org.uk or leave written requests with the Parish Office. The deadline for entries in the April edition is **Monday 23 March**.

You can view or download a colour copy of the newsletter on the website. If you would like to receive that version via email, please contact David Hunt at: david.hunt@bcs.org.uk.

Help Needed 

We are looking at ways we can improve our external communication. Do you have a background in marketing, communications, or any of the associated careers?

We also still need cleaners for the south aisle.

If you can help in either of these capacities, please let me know, thank you.

Emma Hodge, Churchwarden.

baby & toddler TIME

Baby & Toddler Time for everyone under school age and their carers. It's on the 2nd and 4th Thursdays of the month from 9:00-11:00am in the Pastoral Centre (not school holidays).

Come and join us for songs, craft activities, drinks and toast, a Bible story and prayers, and an opportunity for play (children) and chat (parents). NB – Dads also welcome!



Parish Communion (9:30am)

During term time, including half-term breaks, there are age-related activities in the Pastoral Centre for children aged three up to school year 5 every week, and for Year 6+ on the 2nd and 4th Sundays of the month.

They should come to the Pastoral Centre by 9:25am to be registered, except on the 2nd Sunday of the month, when we all meet in church to take part in the beginning of the service. The group leaders bring the children into the church for the last part of the service every week.

Our crèche is not currently running, but arrangements can be made at short notice to care for children under three years. Please ask one of the welcome team.

During the main school holidays

Children should come into the church with their parents at the beginning of

the service, and will be invited to join a leader after a few minutes of the service to watch a Christian story based DVD in the Pastoral Centre.

The group leaders bring the children into the church for the last part of the service.

For young children staying in the service there are play-bags for them to enjoy – please ask one of the welcome team.

Family Service (11:15am)

This service is held on the 1st and 3rd Sundays of the month, including school holidays. It is informal and child friendly, with action songs and an interactive talk, and is a place you really can come to with small children and not worry how they will behave!

Refreshments are served in the church from 11:00am; worship begins at 11:15am and lasts about 45 minutes. Come and meet other families and make friends.



We need help with refreshments and welcoming, so please email Katy Robson-Malone at: malonekaty@hotmail.com if you'd like to volunteer!

Youth Activities

Sunday Dream Big Youth Club, 6:00-8.00pm, in the Pastoral Centre, for any young people aged 11–18 years old.

Sunday morning REACH is on the 2nd and 4th Sunday during the 9:30am service. Contact: Liz and Mike on: 07591 240161.

EASTER LABYRINTH

Maundy Thursday 9 April – Good Friday 10 April

Question:

What do all images these have in common?

Answer:

They are all activities that you are invited to get involved with on Maundy Thursday and Good Friday in the Pastoral Centre. So what is happening? Let me tell you...



It will be a chance to take part in a meditation journey and follow a route. A great experience that takes about an hour to complete.

Finally, we will be having some hot cross buns as well. So much you can join in and discover.



We have messy craft sessions in the lounge area, doing crafts around the Easter theme.

At the same time we are running a labyrinth. This is about doing a journey round a labyrinth, wearing headphones and following a number of stations.



Maundy 10:00–11:00am: messy craft
Thursday 10:00am–3:00pm: labyrinth
6:00–11:00pm: labyrinth

Good 10:00–11:00am: messy craft
Friday including the Easter garden
being built, & hot cross buns
11:00am–5:00pm: labyrinth

Please note that on Maundy Thursday, the church service starts at 8:00pm.

On Good Friday, hot cross buns will be served before the Family service at 11.15am in church. There is also a service in church at 2:00pm.

Details of Holy Week and Easter church services will be in the April newsletter.

Mike Gower, Youth Worker

LENT APPEAL

Our lent charity this year is Sandhurst Day Centre. Sandhurst Day Centre has strong links with St. Michael and All Angels Church, with members of the congregation working as volunteers.

Our Day Centre was created in 1989, as a charitable organisation to provide daily facilities for older residents of Sandhurst and the surrounding environs. Its purpose was and is to ensure a facility for these valued members of our society to be able to socialise with their peers and to enjoy various and varied activities. We provide optional transport to and from the Centre as well as providing tea/coffee/biscuits on arrival in the morning and prior to departure in the afternoon. A two-course hot lunch is provided using locally provided ingredients, freshly prepared each day by our cook.

The fabric of the Centre itself requires constant attention and we are always looking to upgrade and improve the facilities to provide a pleasant and practicable ambience. To this end we have a state-of-the-art bathing and showering facility, a modern kitchen, secure electronic access doors, modern dining furniture and have recently replaced the flooring throughout.

Average daily attendance is approximately 40, with members attending the Centre for one or more days per week. For many of them this represents the time when they are able to meet and relax with their friends.

The Centre is managed by a Management Committee, who are Trustees and employs a total of 11 staff, including a manager, care staff, cooks and drivers. The employed staff are supported by a large team of volunteers who, on a rota basis, help out with providing care for the members and running our Charity Shop situated in the Sandhurst Town Centre Shopping Parade.

Cuts in grant by the local authority means the Centre is more than ever dependent on donations. Please consider contributing to this appeal, either by donating a lump sum or by setting aside money saved from anything you're giving up for Lent in a container or envelope to bring to church at Easter.

Emma Hodge, Churchwarden



**Sandhurst
Day Centre**

www.sandhurstdaycentre.org.uk

Help Needed

Volunteers required to work alongside Angela, your Church Family Worker, in various new ventures in our local community. Can you spare an hour a week to help, with either **St Michael's School Bible Bites** lunchtime sessions with Year 5/6 children, or running a **Family wellbeing** morning at the Alders Children's Centre?

I would really appreciate your prayers and help with these sessions. If you can help, and would like more information please email: familyworker@stmichaels-sandhurst.org.uk or call: 07456 190201.

Angela Harper, Family Worker

Choral Mattins

The Choir of St Michael and All Angels Parish Church

Sunday 29 March
9.30am

Theme: Facing the worst • Preacher: Rev Jane Kraft



St Michael and All Angels Church
Lower Church Road, Sandhurst, Berkshire. GU47 8HN

Celebrating International Women's Day

International Women's Day falls on 8 March each year, and is a global day celebrating the social, economic, cultural and political achievements of women.

St Michael and All Angels Church has a long heritage of women taking an active part in the running of the church, including the font, pulpit and rearados being carved by a Victorian woman, Jane Parsons, and Rev Jane Knowles ordained as one of the first women priests.

There are several well-known and loved hymns which were written by women, some of whom were very passionate about explaining the Christian faith to others, such as:

- *'Seek ye first the Kingdom of God'* written by Karen Laffety
 - *'There is a Green Hill Far Away', 'Once in Royal David's City'* and *'All Things Bright and Beautiful'* written by Cecil Frances Alexander
 - a lot of music used at *Contemplative Evening Prayer* written by Margaret Rizza
- to name just three women, out of a very long list.

Christ be Our Light

This modern worship song was written by Bernadette Farrell (b.1957) and was composed in the early 1990s.

Bernadette Farrell is a long-time champion of social justice. In addition to her work as a lyricist and composer, she also serves as a community organiser in London and this is reflected in the words of the song as she applies her understanding of the biblical message to modern issues.

While *'Christ be our Light'* was originally written for the two periods of the church year of preparation and introspection (advent and lent) the fifth verse of the hymn lends itself to general use as it refers to Paul's letter to the church in Corinth and the gifts of the Holy Spirit.

Lord of All Hopefulness

'Lord of All Hopefulness, Lord of all Joy', was written by Jan Struther (pen name of Joyce Torrens (1901-1953). She was born in London and was a journalist with the *Times*. Jan Struther also wrote the World War II novel *'Mrs Miniver'* which became a film based on the novel.

This hymn was written in 1929, at the request of Canon Percy Dearmer of Westminster Abbey for his new edition of *Songs of Praise*. Jan Struther, was not a devout Christian or churchgoer, and yet her hymn names four of God's attributes and links them to four different times of the day.

The words of the hymn and God's presence with us throughout the day suggests a life that is rooted in God and prayer, whatever we are doing, whatever time of day it is. It is sung to the tune of *'Slane'* which is believed to be an old Irish folk tune and was arranged into a hymn tune by David Evans.

Jan Struther also wrote a hymn which you may remember from childhood *'Daisies are our Silver'* which compares aspects of creation and linking them to various treasures such as gold, silver and rubies.



Knowing God for yourself

Would you like to be closer to God than you are now? Here are some of the opportunities that our church offers us to explore faith more deeply, in addition to the usual weekly house groups and Sunday activities for young people and children.

Adults *Start* is a 6-week course about basic Christian beliefs, using short DVD programmes and discussion. We hope to run this in the next few weeks. The *Moving On* course looks at what being a Disciple of Jesus means in all aspects of our lives (same format as *Start*)

Teenagers *Youth Emmaus* is a discussion-based course that enables young people of secondary school age to get to grips with what it means to be a Christian. For some, the journey may include Confirmation.

Children *Welcome to the Lord's Table* is a course for children of primary school age to prepare them for receiving Holy Communion. (NB this is NOT a preparation for Confirmation)

All of these courses are run as and when there is sufficient demand. Please contact the Rector or the Parish Office to express interest, or speak to Angela Harper one of the youth or children's leaders regarding Youth Emmaus or Welcome to the Lord's Table. For those adults and teens who are ready to make the step of confirmation, there will be a Confirmation service with the Bishop of Reading at St Michael's on Sunday 12 July.

Children's Workshop

Calling all children aged 3 – 10 years

Saturday 21 March 2020

10am – 3pm

includes lunch, crafts, puzzles, quizzes, games and more...

£15 per child

Pastoral Centre, Lower Church Road, Sandhurst GU47 8HN

Tickets available from the Pastoral Centre Office

Please note that on this occasion we are not able to accommodate accompanying siblings/parents/carers, so perhaps use this opportunity to do some shopping or enjoy a grown-up lunch!

Any enquiries, please call Abby Coleman on 07771 652425

In association with St Michael's Church WinSpire Project



Bring and Share Lunch Sunday 15 March

Everyone is invited to bring some food and have lunch together in the Pastoral Centre from 12:00pm. It will be a good way to meet other members of the St Michael's community you don't know (or haven't learned their names), and there will be activities for children.

Mothering Sunday 22 March

We will be having an All-Age Communion service at 9:30am for about an hour, on the theme of 'Saying thank you' with breakfast and tea/coffee beforehand.

Put it on your calendar now and please come (with or without your mother)!

The 8:00am Holy Communion will run as usual.



All proceeds benefit the WinSpire project

Afternoon Tea

St Michael's Pastoral Centre

Saturday
2nd May 2020
2pm - 5pm
£12 per person

includes a variety of sandwiches, cakes, scones and a selection of teas

Tickets available from PC office, Abby Coleman and Nicki Ray

Please make us aware of any dietary requirements in advance

ON THE SOCIAL SIDE



Just a brief piece this month to say that, at the time of writing, there were a few tickets left for our **Annual Quiz** on Saturday 14 March.

Tickets are priced at £12 to include a fish & chip supper (other options available) or £6 for children or 'No food'. Teams of no more than eight please, and if you are not already in a team we will find you a place on the night.

If you would like a ticket please contact **Ann Harris** on 01252 871881. Full details on the posters.

Details for the **Curry Evening** in support of WinSpire, mentioned last month, are still to be confirmed. More information next month but, in the interim, please look out for posters. Please see page 6 for further details on **Afternoon Tea**, also in support of WinSpire, on 2 May from 2-5pm.

Chris Harris, Social Committee

CHURCH CALENDAR

Date	Time	Venue	Event	Contact
Thursday 5 March	9:15-11:30am	32 Broom Acres	Fruitfulness on the frontline - Session 1	Angela Harper
Saturday 14 March	6:45pm for a 7:00pm start	Pastoral Centre	Quiz evening with fish & chip supper	Social Committee or Pastoral Centre
Saturday 15 March	12:00pm	Pastoral Centre	Bring & share lunch, plus craft for children	Free
Thursday 19 March	9:15-11:30am	32 Broom Acres	Fruitfulness on the frontline - Session 2	Angela Harper

CELEBRATING 800 YEARS OF WORSHIP



Date	Time	Event	Details
Sat 28 Mar	All day	Psalmathon	All Psalms will be read, chanted or sung during this time. Come along to join in or just to spend some time reflecting on this amazing book of the bible.
Sun 29 Mar	9:30am	Mattins	Our Parish Communion Service this Sunday will be replaced by a service of Choral Mattins. Mattins is a form of morning prayer and has the beauty and majesty of the Book of Common Prayer.
Sat 6 Jun	7:30pm	Music through the ages concert	Featuring the premiere of ' <i>...and the Angels Sing...</i> ' A range of musical styles featuring our own choir as well as outside musicians. Tickets will be on sale from April 2020.
Sun 28 Jun	Afternoon Evensong at 6:30pm	West Gallery Workshop & Evensong	Join us for an afternoon workshop on West Gallery Music which was the music of the 16th and 17th centuries where local musicians used their skill for church music
Fri 25 Sept	7pm	Flower Festival Preview Evening	'800 years of...' Flower festival containing entries from several different groups within Sandhurst.
Sat 26 & Mon 28 Sept	All day	Flower Festival	On the Monday, the flower festival will be open only to groups/special needs.

REGULAR ACTIVITIES

Coffee rota

1 Mar Sheridan C-Evans & Gill Robertson **22 Mar** Janet Pilbeam & Rosaria Toohey
8 Mar Dorothy Hill & Ruth Eve **29 Mar** Marian Blackmore & Ann Weston
15 Mar Ann and Chris Harris

House groups meet each week at these houses:

If anyone would like to join a group, please speak to Karen Symons on 01252 872161 or email karen@2symons.com for more details.

Day	Time	Group leaders	Venue	Contact
2nd & 4th Mondays	1:00pm	Sara Kaufman & Karen Carter	138 College Road, Sandhurst	01276 31389
Monday	8:00pm	Rupert & Sheridan Cremer-Evans	11 Sylvan Ridge, Sandhurst	01344 777137
Tuesday	7:30pm	Elizabeth Ritchie	8 Wiltshire Avenue, Crowthorne	01344 762147
Tuesday	8:00pm	John & Sue Campbell	2 School Hill, Sandhurst	01344 776655
Tuesday	7:30pm	John & Steph Martin	25 Templar Close, Sandhurst	01252 873316

ACTIVITIES AT THE PASTORAL CENTRE



Little Sandhurst Nursery Group is open 5 days a week, during term-time. Contact Karen on 07730 340734 or email: enquiries@LSNG.co.uk for further details.



Line dancing takes place every Monday evening in the hall from 7:00pm, £5.50 includes raffle. Just come along and have fun.

Tea and coffee available or bring your own drinks.

Ring Arron on 07727 012375 or email ahkarar1@gmail.com for more information.

3rd Sandhurst Rainbows meet on Tuesdays: 5:00–6:00pm (5–7yr olds).

3rd Sandhurst Guides meet on Tuesdays: 6:30–8:30pm (10–14yr olds).

Pilates takes place in the large upper room most days and evenings.

For more information ring Carl on 07976 429227.



Guitar tuition sessions are on Thursdays.

Please call 0844 879 3305 or visit www.rockandpopfoundation.com for more information.

MARCH CHURCH SERVICES

Charity: Sandhurst Day Centre

Sunday 1 March – 1st of lent

Theme: God our Deliverer

Psalm 91 (p600); Matthew 4:1–11 (p967)

8:00am Holy Communion

9:30am Parish Communion (Traditional)

11:15am Family Service
Theme: The power of kindness

6:30pm Contemplative Evening Prayer

Sunday 8 March – 2nd of Lent

Theme: Delighting in God's law

Psalm 119:105–112 (p620), 161–168 (p621);

1 Peter 1:3–9 (p1217)

8:00am Holy Communion

9:30am Parish Communion (Informal)

11:30am Baptism of Austin Edward Low

6:30pm Ecumenical Service
at Sandhurst Baptist Church

Sunday 15 March – 3rd of Lent

Theme: The Lord is King!

Isaiah 6:1–8 (p690); John 2:13–22 (p1065)

8:00am Holy Communion

9:30am Parish Communion (Reflective)

11:15am Family Service

Sunday 22 March – 4th of Lent

Mothering Sunday

Theme: Saying Thank You

Psalm 116 (p615); Luke 17:11–19 (p1051)

8:00am Holy Communion

9:30am All-age Parish Communion

6:30pm Choral Evensong
Theme: The anointing of David

Readings: 1 Samuel 16:1–13 (p287);
John 9:1–41 (p1075)

Sunday 29 March – 5th of Lent

Theme: Facing the worst

Matthew 26: 45–50 (p997)

8:00am Holy Communion

9:30am Mattins

6:30pm Contemplative Evening Prayer
Theme: The Passion

Gluten-free wafers are available if required, please let one of the priests or sidespeople know on your arrival.



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www.twitter.com/#!/StMichaelShurst

If you have any comments, events, news or updates for the website, please email David Hunt on david.hunt@bcs.org.uk



SANDHURST PRIDE

Visit Sandhurst Pride at www.sandhurstpride.co.uk

for more information about local services and amenities.