

St Michael's News September 2011

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After the holiday...

It is nice to be told, the first day back after my holiday, that I look relaxed. But it does beg the question, how do I look the rest of the time? Most of us, I suspect, face a common problem: there are too many things to do and too little time to do them. If we're not careful, September is the start of the 'silly season' leading up to Christmas. Our culture encourages us to be achievers, and we instill this in our children, both by our words and by rushing them round a string of worthwhile and 'improving' activities. Better, no doubt, than endless hours at the X-box or Facebook! – but do we give enough time to building relationships? Do parents spend enough time doing activities *with* their children? Do we adults give each other enough time – time to reflect together on our lives, have fun, and support each other through our daily struggles?

The church is the family of God – and what that means in practice is that we need to be there for each other, to encourage and support one another, and together to find God's strength and wisdom to make the best job we can of life, 'not neglecting to meet together, as is the habit of some, but encouraging one another' (Hebrews 10:25). This autumn will we make time for this?

John Castle



Prayer Requests: Edith, Denis, Bill, Ken, Rosalind and those on the prayer board. Also for those being baptised and married here this month.

Church Activities

September Coffee Rota Reminder

4th September	Janet Pilbeam	Sheila Rees
11th September	Jo Arthy	Ann Harris
18th September	Jennie Hulbert	John Albinson
25th September	George Castle	Hillary Smith



The coffee rota for July to October is available at the back of church. Please ensure you swap if you are unable to do the date allocated as there are now only two volunteers making coffee each Sunday and it is difficult for just one person to manage.

Coffe Rota Volunteers

If you are reading this you are either in church, in the Pastoral Centre or at home, more than likely you are drinking a cup of tea or coffee! We all enjoy spending time in the Pastoral Centre, chatting and meeting with people after church. However, for this we need coffee makers and our volunteer rota is getting shorter. If this continues to happen, unfortunately, the cuppa will disappear. So, we are looking for people, male or female over 16 years old, to come forward to keep this going – new volunteers would be really good. Please let the office, church wardens or vergers know if you can help.

Thanking you in anticipation. Janet Pilbeam, Verger

House Groups meet each week at these addresses:

Monday	8.00 pm	11 Sylvan Ridge (Rupert & Sheridan)
Tuesday	10.15 am	6 Crowthorne Rd (Doris Saunders)
Tuesday	8.00 pm	28 Wiltshire Avenue, Crowthorne (Elizabeth Ritchie)
Tuesday	8.00 pm	2 School Hill (John & Sue Campbell)
Tuesday	8.00 pm	34 Albion Road (Linda Lemmon)
Tuesday	8.00 pm	25 Templar Close (John & Stephanie Martin)
Tuesday	8.00 pm	10 Ryder Gardens, Yateley (Jen & Jez Daines)

If anyone would like to join a group please ring John White on 01344 774349 for more details.

Young Church is part of the 9.30 Parish Communion Service every Sunday except the first Sunday of the month, for children aged 3–10. Please register your children at 9.20 in the Pastoral Centre. The children join the adults towards the end of the church service. Parents interested in their children receiving Holy Communion should speak to Rev. John Castle.

REACH runs parallel to the Parish Communion Service at 9:30–10:45 am.

'Welcome' Working Party

A 'welcome' working party has been set up to look at all levels of welcome in all areas of our church. This came out of two different activities. There was a diocesan conference called 'leading your church into growth' – how we welcome people and make them want to be more involved is important to growth. The PCC away day in May had several prayerful suggestions which related to welcome. At the July PCC meeting, the working party was set up and the first meeting was held at the beginning of August. Among other things we will be organising events for people to find out more about our church and our family.

If you want to reflect on this topic please see Matt 28:18–20 and Ephesians 4:11–16. If you want to know more, contact Angela Harper or Emma Hodge.



You are invited to...
St. Michael's and All Angel's Church, Sandhurst

Welcome Evening

On: Wednesday 2nd September
From: 8 pm
It will finish no later than: 10 pm

This is your chance to meet other people who come to our church and to find out a bit more about what goes on at the church

R.S.V.P. to Emma Hodge
01344 778691 / emma_L_Hodge@yahoo.co.uk

If you can not make this evening, but would like to attend, please let us know as we will be planning other dates and times.

2nd Saturday Club. Please can you spare some time to join us: 9:30–12:00 on the second Saturday of the month for maintenance of the church and Pastoral Centre. We have a number of jobs to do on the church, Pastoral Centre and in the churchyard on Saturday the 10th September. The next meetings are on 8th October, 12th November and 10th December.

Contact myself, John Campbell 01344 776655, or Rupert 01344 777137.

Prayer Meetings are on the third Saturday of the month (17th September) at 9.30–10.15 am in the church and on the fourth Wednesday (28th September) at 8.00–8.45 pm in the crèche.



Toddler Time is on the 2nd and 4th Thursdays of the month at 9.30–11 am.

Can You Help The Counselling Service?

Our Counselling Service is a form of outreach by our church into the community, where trained counsellors, most of them volunteers, help individuals to work through issues in their lives. Most of the clients are referred by GPs and other health professionals. The counselling is offered

regardless of ability to pay. Our main source of income is Bracknell Forest Council, but as a church we also give 20 per cent of our charitable giving (about £2,000) per year to subsidise the service. We also rely on other donations and grants.

In order to make it easier to get grant funding, the PCC have agreed to set the service up as an independent charity. The service has church representation on the board of trustees and is to be known as Sandhurst Counselling Service.

Our funds are currently running very low and we are looking for a volunteer charity fundraiser to look for further grants. We would also be grateful for any one-off donations that anyone would like to make, and for any suggestions or contacts in companies or grant-making trusts who could be approached for funding. Please contact Di Taylor, the Counselling Co-ordinator, via the office.

Retreat to Advance!

Would you like 24 hours away from it all to spend some time with God and a few other Christians, to receive a few tips on how to deepen your relationship with God and some peace and quiet to try them out? We are hoping to run a short residential retreat from 6 pm on Friday 23rd September to 4 pm on Saturday 24th September at St Katharine's, Parmoor (north of Henley). There will only be limited places, so if you're interested, please contact Rev John Castle (rector@stmichaels-sandhurst.org.uk or via the office).

Safari Supper Saturday 17th September

Make a note of the date for the next Safari Supper. This is an excellent way to socialise with friends in the church and meet some new ones whilst enjoying good food. For those not familiar with the format, the 'Safari' bit entails moving to a different home for each course.



Everyone contributes by buying a ticket and you opt for the course you'd prefer to cook for six to eight people in your own home. It works best if most people offer to cook but the option of paying more for your ticket and not cooking will also be available. You'll meet different people for each course and the whole group at the start for aperitifs and again at the end for coffee.

The twist in the tail is that you don't know who your guests will be or where you will be going until the night! Couples and singles are welcome.

Tickets are on sale, so please reserve the date and get planning your dish! We'll need to finalise numbers at least a week ahead. More information from Steph and John Martin (01252 873316 or johnc.martin@btinternet.com).

Being an Energetic Steward!

Right at the beginning of the Bible, God commanded man to be a good steward of the earth that He had so lovingly created – and he gave man a companion, woman, to help him in the task. Liz and I have seen this command as a clear instruction with respect to the way we use the precious energy in our home.

The 13th September will be the 25th anniversary of our moving to the new home we had (nearly) finished building in Sandhurst. Having lived in Norway for five years, we had designed the house to be highly energy efficient, as well as light and spacious, ready for our growing family. It has served us well.

However, over the past year we have been hard at work bringing it up to date in terms of energy efficiency. Our boiler was 25 years old, and though working well, the time was right to replace it – not with a boiler, but with an air source heat pump. This takes heat from the outside air (yes, even when freezing cold) and delivers 4kW of heat for every 1 kW of electricity used. It uses the heat to warm water which circulates through radiators and the hot water tank, just as the old boiler did.

Then we have had 14 solar panels mounted on the roof, which conveniently faces south and is largely out of sight – so on a sunny day we can generate more than 3kW of power, some of which is sold back to the grid.



We have also replaced the mechanical parts of the air heat recovery system, which takes the heat out of the stale air in the house and uses it to warm the incoming fresh air.

The Government is playing its part too – there are some generous schemes to encourage the adoption of technologies such as heat pumps and solar panels which help make the investments not only ecologically, but also economically, advantageous.

If you would like to know more, or just fancy coming round for a cup of coffee, then do catch me at a service and we'll be only too pleased to show you the different parts, and where you can get information for your home.

Dave Percival

Is it legal? – a guide for families

Have you ever wanted to know the answer to questions like:

- What's the minimum legal age for a babysitter?
- What's the law about children and seatbelts?
- What rights to we have to parental leave?

A new guidebook has been published by the Family and Parenting Institute which answers these and many other questions. It's free to download from [http://www.familyandparenting.org/our work/All-Our-Publications/For-Families/](http://www.familyandparenting.org/our_work/All-Our-Publications/For-Families/).

Visit to Christ Church Cathedral (9th October)

It has been suggested that we travel to Oxford as a group. A group of 15 could go there and back from Blackwater station for £52.80 – about £3.52 each. This is as opposed to a coach, which would cost about £155 in total.

For those who wouldn't be able to walk to the cathedral – about 15 minutes walk – we would hire a taxi at the station. We would need to be at the cathedral by 3.00 pm and leave at 7.00 pm. The visit includes a visit to the Treasury and Cathedral Shop, afternoon tea in the Great Hall, visit to the Upper Library (normally closed to the public), and Choral Evensong. Please sign up at the back of the church by Sunday 25 September if you would like to go. John White

Ordination

I was ordained by the Bishop of Oxford at Christ Church Cathedral on the 29th September (Michaelmas) in 2001, exactly 10 years ago. To celebrate that, with others who trained with me, there will be a service at St James Finchampstead at 4.00 pm on the 25th September. Bishop Alan Wilson will be preaching. John White

Wanted: someone to type the Newsletter

I am still looking for someone to take over the typing of the church newsletter – someone with computer skills who can come into the church office on weekday mornings, especially near the end of the month when it has to be completed and printed. You do not have to compose things yourself, but put in emailed articles from others and make lists of events. There are also services, weddings, baptisms etc. to put in. Quite enjoyable really! You then email the whole lot to John Castle, who sends it on to our editor, Jim Somerville. Please let the church office know if you would like to take this on. Betty Wilson

Church Flowers Please ring Jennie (01344 775881) for information if you wish to help arranging the church flowers. Thank you.

Goodbye Ben!



Four years ago, we welcomed our first full-time youth worker, Ben Askew, to St Michael's. This slightly shy young man came to us from a year's voluntary youth work in his native Suffolk, and with a degree in Theology. Ben's natural ability to relate to young people has been used to the full, and he has gained the confidence of young people, both within and outside the church. He has been popular with the older children in our local primary schools where his Lego versions of Bible stories have been legendary. He has also

been active in lunch clubs at Sandhurst and Edgbarrow schools, and in the past year has worked with a detached youth work project in Crowthorne.

Within the church context, Ben has led the Sunday morning Reach group and evening groups for older teens, and prepared a number of young people for confirmation. He has given the young people in the youth band confidence and encouragement. He has also led and inspired the volunteer youth leaders, and led worship and preached at the Baptist Church, who have been our youth work partners. And in all of this, Ben has grown in confidence and effectiveness. As a colleague, I have really valued Ben's honesty and integrity, and enjoyed our regular meetings together. He has a love for God and a big heart for young people, and will have a lot to offer to the three churches of the Beaconsfield Team Ministry, where he will be starting work in September. We wish him every blessing.

Rev. John Castle

Blue Envelopes

Please use the gift aid envelopes for even small amounts of cash if you are a tax payer and have paid enough tax to do so. This is free money from the government and worth doing because it all adds up!

Newsletter Deadlines. Please send your items for the October Newsletter to the Church office by 22nd September Admin_Support@StMichaels-Sandhurst.org.uk. Many thanks. Betty.

The Coffee Spot

The Coffee Spot in Sandhurst is run by the Sandhurst Churches and provides a unique opportunity to meet people from across the area and from many

different backgrounds. To remain effective, the operation needs more people to be available – either on a regular basis or able to be called upon when gaps appear on the normal rota. If you are interested please contact Janet Pilbeam on 01252 871386, and Janet will happily discuss with you what commitment is expected. There are also opportunities for some paid hours for students and young people, e.g. a couple of hours after school in the week.

Traidcraft

We make a minimal profit from Traidcraft of five per cent. However, this has to cover postage and items that have to be sold more cheaply because they are out of date or do not sell. We also buy the catalogues. We always keep some money in the bank to cover the orders. Sometimes people tell us to 'keep the change' when buying goods. We have accumulated £100 in the last couple of years, which we have donated to Traidcraft, and is used for developing businesses in underdeveloped countries to give them support in the initial stages.

We will be having a SALE at the beginning of September to make way for some new stock. So please come and buy something. The new catalogues are now available, with lots of ideas for presents and cards for Christmas.

Fairtrade Christmas Market. We are having a 'Taste of Christmas' on November 11th in the evening, with lots of Fairtrade stalls. The stalls will be selling gifts for all ages: clothes, wooden toys, jewellery, and even some new ready-made meals which use Fairtrade products. Sam Hunt, deputy head of Sandhurst School, is bringing a stall of goods from Malawi which the school supports. We will also have information on Fairtrade Gold. The RISC shop in Reading is having a stall. There will be chocolate and wine tasting. Too good to miss!

Church Fundraising

If you would like to organise a fundraising event for the church or make a fundraising suggestion, please contact John White (01344 774349) or Jan King, (01344 750285).

Newsletter by email

If you would like to receive future editions of this newsletter by email, please contact PCC member David Hunt david.hunt@bcs.org.uk

Regular Activities at the Pastoral Centre

Rainbows meet on Tuesdays: 5.00–6.00 pm (5–7 year olds).

Guides meet on Tuesdays: 6.30–8.30 pm (10–14 year olds).

Through God's mercy...we do not lose heart (2 Cor 4:1)

Maggie Crewes writes from Ethiopia about her work with Retrak and her hopes and plans for the future

Greetings to you all and thank you for your prayers – we have an amazing God who we see at work in so many ways – much to give thanks for.

The Japan Embassy sponsored renovations at the new drop-in centre are going pretty well. Please pray that we find a new night-time shelter for 40 kids near to the drop-in centre.

Please keep praying for jobs! We need a job for Fikrete in hairdressing, Abraham, Adane and Mesfin in tailoring. They all finished their training last month. Give thanks that AusAID has come through with some more money to support our foster care and family reunifications programs.

We are hoping to purchase a vehicle to help boost the family reunification program. Please pray for Fekadu who has been delegated this task.

Please pray for spiritual protection ... have been a bit under siege recently and so much on in coming months, busy, tired etc. etc! Pray that I would be close to God and know Him with me day by day.

'Getting street children back to families'. Retrak is holding a conference in Addis Ababa – lots of preparation and organising to get in place. Please pray for good organising and collaboration with UNICEF.

Ugandan Country – we desperately need a good person in this role. Please pray for a great person to appear and offer for this job soon. This is a really urgent need for our Ugandan project.

Please pray for the children and youth we work with – that God will continue to raise up great opportunities to share the good news of Jesus, and the offer of hope and new life in Him. Many are so open, so hungry to learn, so ready to ask questions.

Thank you for your on-going support and prayers, love Maggie.



Helina, here teaching, is presently unwell. Pray that she recovers quickly.

Line Dancing takes place each Monday evening in the hall from 7.00 pm. £5 includes raffle. Just come along and have fun. Tea and coffee available or bring your own drinks. Ring Sue or Arron for information (01344 485097).

Pilates takes place in the large upper room most days and evenings. Ring Carl on 01344 762712 for more information.

Zumba

Wednesdays. Zumba with Tiffany, Latin-inspired dance fitness class. 6.00–7.00pm, Seeby Hall. £5 per class. Feel the music and let loose! No need to book just come along and join the party.

Thursdays. Latin America's dance craze is so infectious you won't even realise you're exercising! Suitable for all ages and fitness levels, Zumba consists of easy-to-follow dance moves to energising pulsating music with the added benefits of burning calories whilst toning and sculpting your body. What are you waiting for? Ditch the workout and 'Join the Party' now!

6.30 pm – £5 per class. Contact Beth for further info on 07976 23186 or BethanColdwell@hotmail.com.

Volunteers needed for Bracknell Forest befriending scheme

Would you like to give something back to your community and gain new skills and friends along the way? Whether you are looking to return to work, have retired and would like to spend your time carrying out a fulfilling and rewarding role or would just like to meet new people, becoming a befriender is one of the easiest ways to get involved and help with your community.

There are many elderly and vulnerable people in Bracknell Forest who are unable to get out due to frailty and mobility difficulties. Being isolated can compound feelings of depression and loneliness. Having someone to talk to because they care and want to help voluntarily can make a huge difference to someone who feels they have no one to turn to or talk to about their problems. Volunteering as a befriender is a great way to gain experience if you are looking into a career in care. We cover the cost of an Enhanced Criminal Record Bureau Check, and also provide training, including Level 1 Safeguarding Adults, for free.

If you are caring and compassionate and have one or two hours a week spare to offer friendship to someone in need of company, or would like to find out about other volunteering roles in Bracknell Borough, call Gemma Frewin on 01344 304404.

Church Calendar

Date & Time	Venue	Event	Contact
Sun 4 Sept	Complete at home by 2 Oct	Film Titles Quiz	Jan King
Sat 17 Sept 7.00 pm	Around the parish	Safari Supper	Steph & John Martin
Wed 21 Sept from 8.00 pm	Pastoral Centre	Welcome Evening	John Castle
Sun 2 Oct	Pastoral Centre	Home produce stall	Jan King
Sun 9 Oct 9.30 am	Church	Harvest Festival	Church Office
Sun 9 Oct Meet there at 3.00 pm	Christ Church Cathedral, Oxford	Cathedral visit + Evensong,	John White
Sat 22 Oct (Revised date) 7.30 pm	Church	Sandhurst Silver Band Concert	John Castle
Sun 30 Oct 6.30 pm	Church	Memorial Service	Church Office
Sun 20 Nov	Bird In Hand	Sunday Lunch	Jan King
Sat 3 to Tue 6 Dec	Church	Christmas Tree Festival	
Sat 3 & Sun 4 Dec	Pastoral centre	Christmas Fayre & refreshments	Soc com+ Jenny Thorne + Janet P.

September Church Services

Saturday 3rd September – Weddings

- 12.00 pm Anniversary/Renewal of vows. Jean & Alan Pounce
- 4.00 pm Simon Wilding and Louise Rose Kidd

Sunday 4th September – 11th After Trinity – Topic: Handling Conflict

Readings: Exodus 12:1–14, (p68), Romans 13: 8–end (p1140), Matthew 18: 15–20 (p981)

- 8.00 am Holy Communion
- 9.30 am Parish Communion
- 11.15 am Family Service
- 6.30 pm Contemplative Evening Prayer

Saturday 10th September – Wedding

- 12.00 pm Emma Lewis and Matthew Johnson



Sunday 11th September – 12th After Trinity – Topic: Disagreeing in Love

Readings: Exodus 14:19–31 (p71), Romans 14:1–12, (p1140) Matthew 18:21–35 (p985)

- 8.00 am Holy Communion
- 9.30 am Parish Communion
- 11.30 am Baptism of Evelyn Thompson
- 6.30 pm Ecumenical Service



Sunday 18th September – 13th After Trinity – Topic: Seeing God in

Everything

Readings: Exodus 16: 2–15 (p74), Philippians 1:1–26 (p1178), Matthew 20:1–16 (p987)

- 8.00 am Holy Communion
- 9.30 am Parish Communion
- 6.30 pm No Service

Saturday 24th September – Wedding

- 2.00 pm Paul Howard and Linda Arnold



Sunday 25th September – 14th After Trinity – Topic: The Example

of Christ

Readings: Exodus 17:1–7 (p75), Philippians 2:1–13 (p1179), Matthew 21: 23–32 (p988)

- 8.00 am Holy Communion
- 9.30 am Parish Communion
- 11.30 am Baptism of Georgia McKellar and Scarlet Costello
- 6.30 pm Sung Evensong – **Topic: St Michael & All Angels**

Readings: Revelation 12:7–12 (p1241), John 1:47–51 (p1064).



Each Wednesday there is Communion at the Day Centre at 11.30 am.