

St Michael's News March 2012

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Get fit this Lent!

No, I'm not promoting jogging, losing weight or going to a gym, though if you think you ought to do one of these, get to it! It's our spiritual health which we so easily neglect, as we struggle to keep on top of everything else in our busy lives.

Actually, giving attention to our spiritual health helps us to make sense of the rest of our lives. Jesus told us to 'Seek first God's Kingdom and his righteousness and all these other things will be yours as well'. So our sermon series this Lent explores five areas which help us to have a balanced life, including not just the obviously 'spiritual' areas of prayer, Bible and church, but service and giving to others, and bearing witness – how we show our faith in our daily life.

I hope you'll take up the challenge of making at least one change in your life this Lent to improve your spiritual fitness. Instead of giving up chocolate, why not pick up the card at the back of church and use it to make a resolution? Then use the chocolate to reward yourself!

John Castle

Please pray for: our deanery synod members (Emma Hodge, Kathryn Barton and Jan Herd); for people who may fill the vacancies to represent our church on the deanery synod; for those who were recently married here – Felix Cash and Montana Ball; for those who recently passed away – Basil Newcombe, Dorothy Crow, Baby Farley Giffin, Molly Lewis.



Church Activities

March Coffee Rota Reminder

4th March	Stephanie Martin	Di Taylor
11th March	Val Brown	Ann Francose
18th March	Dorothy Hill	Alan Bunton
25th March	Lesley Gutteridge	John Albinson

Prayer Meetings are on the third Saturday of the month (17th March) at 9.30–10.15 am in the church and the 4th Wednesday (28th March) at 8.00–8.45 pm.

House Groups meet each week at these homes:

Monday	8.00 pm	11 Sylvania 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)

If anyone would like to join a group, please speak to John White (01344 774349) for more details.

Young Church is part of the 9.30 Parish Communion Service every Sunday and is 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 are asked to speak to Rev. John Castle.

Crèche. A crèche facility is now available for under threes in the Pastoral Lounge area. Please arrive prior to the 9.30 am service to settle your child or children, signing them in on arrival. Earlier collection can be arranged if you wish to be together to share Holy Communion as a family. Otherwise, collect children after the service, at coffee time. Initially, Angela Harper and Caroline Bowles (Ofsted registered child minders) shall be caring for your children, although we would like to get a crèche rota in place to share the load. If you would be interested in helping out please contact Angela (07932 333619) to arrange this and receive CRB forms for clearance.

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

Toddler Time is on the 2nd and 4th Thursdays of the month at 9.30–11.00 am, except during school holidays.

St Michael and all Angel's Lent Appeal 2012

This year our lent appeal is made to assist the work in East Africa of Tearfund, the Christian aid and development agency.

'Thank you Tearfund for all your support,' says Adi-Abduba, a 40-year-old mother of five, who lives in northern Kenya's parched Marsabit region. 'Without water we all would have died a long time ago.'

Across the Horn of Africa, seven Tearfund partners are tackling hunger and thirst caused by lack of rain and spiralling food prices.

In for the long haul

Tearfund's partners are reaching more than 100,000 refugees and displaced people with life-saving services such as food and water distributions, cash-for-work programmes, shelter materials and essential non-food items.

Thanks to the compassion of Tearfund supporters, who have given more than £4 million in gifts. We are in this for the long haul.

Meanwhile, back in Marsabit, people like Boru, 35 – a farmer who cultivated maize, beans and wheat before the drought struck – cling to dreams of a better future. 'When I wake in the morning, I think about how to provide food and water for my family. My dream is that my children would be educated and be able to provide for themselves.'

Compared to many of ours, dreams like Boru's are modest and attainable. They just need nurturing. Tearfund will use your gifts to strengthen people like him over the long term. Read more about the work of Tearfund partners in East Africa at http://www.tearfund.org/en/news/east_africa

How can I help?

During Lent there will be envelopes at the back of church in which to place your donations. If you are a UK taxpayer don't forget to fill in the accompanying gift-aid form so that Tearfund can increase your donations by reclaiming tax. Please return you donation to the box at the back of church by Easter Sunday. Thank you

What will our donation buy?

- £700 – one water tank (10,000 litres) that will provide water for 2,600 people for five months
- £154 – fodder to feed the livestock of four families for five months
- £100 – 70 jerry cans for carrying water (two each for 35 families)
- £10 – enough water for one family for five months
- £1 – enough water for one family for three days.

Can you make the connection?

What sort of body would discuss a list like this.

- The Olympics
- Women bishops
- Drama
- Ranelagh School
- Christ Church Cathedral
- Anglican Covenant
- Parish Share

Answer: **The Deanery Synod**. These are topics that were discussed recently by the synod, a body that consists of members from local churches, including St Michael's

Would you like to join them? If so, please stand as a Deanery Synod representative at this year's APCM. If you want more information about this role, please speak to Kathryn Barton, Jan Herd or Emma Hodge.

2nd Saturday Club – Volunteers required

We urgently need your help with some maintenance. Any help on our coming working days will be gratefully received. The dates are: 10th Mar, 14th Apr, 9th Jun, 14th Jul, 8th Sep, 13th Oct, 10th Nov and 8th Dec 2012. Please contact John Campbell on 01344 776655.

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

Blue Envelopes

Please use the gift aid envelopes to give cash if you are a taxpayer. This is free money, and worth doing for even small amounts. It all adds up!

Stamps. We still value *your* used stamps, which *do* raise money for good causes! Keep them coming – Thank you.

The Social Committee

The social committee consists of John Martin, David Hunt, Jan King and Jill and John White. We attend either the 8.00 am or the 9.30 am service and because of that the main social events tend to be organised around them. We desperately need to cater for the younger age group, those who attend the family service, for example. We would be pleased to welcome new younger members to our team. We meet about six or seven times a year, usually over a cup of coffee, starting at 8.00 pm and invariably home by 10.00 pm. If you would like to join us please make yourself known to one of the committee.

Church Fundraising

If you would like to organise a fundraising event for the church or make a suggestion, please contact John White (01344 774349) or Jan King, via the Parish Office (01252 873030).

An Evening of Entertainment!

Mark this date in your diary: Saturday 24th March in the Pastoral Centre. This is your opportunity to perform your party piece to a friendly and receptive audience! A poem, a sketch, a musical item, a family contribution...the choice is yours!

Please email me, George Castle, (george@castlefamily.org.uk) with details of what you would like to do! Soft drinks provided, please bring a desert to share. 7.15 pm for a 7.30 pm start.

There is no charge but we ask for donations so Churches Together can repay those owed money by the closure of the Coffee Spot. I look forward to hearing from you! *George Castle*

St. Michael's School – Celebrating 150 years

Just a reminder that the school is celebrating 150 years since it was founded, with events on March 9th and 10th. More details can be found on the poster at the back of the church and in the February edition of *St Michael's News*. There have been a couple of changes.

The invitation to the cream tea on March 9th applies to anyone who attended the school in 1990 or earlier (rather than 1970), and the Open Afternoon on March 10th has become an Open Day as the school will be open from 10.00am to 4.00 pm. We do hope you will come and see us, and join in our 150th celebrations. *Chris Harris, Chair of Governors*

Keeping children safe from internet pornography

Did you know that more and more children are accessing porn online? An Ofcom report last October found that in only 39 per cent of households where a child aged 5–15 uses the internet at home were internet controls or filtering software in place. Internet Service Providers could make a big difference if their customers had to 'opt in' to accessing pornography. If you'd like to support the campaign to make this happen, please sign the petition at <http://www.safetynet.org.uk>. *Many thanks, John*

Sandhurst Voluntary Care – providing a 'helping hand' in our community.

For over 30 years Sandhurst Voluntary Care (SVC) has been helping members of our local community who have problems with transport. We take clients, usually more senior ones, to doctors, dentists, hospitals and occasionally elsewhere. Currently, we have around 80 volunteers, helping either as drivers or duty officers, but we do need to recruit some new faces. Duty officers take requests from clients and then arrange for a driver – the commitment averages one afternoon a month.

Drivers average about one trip a week, which may be only to the local surgery but could involve a rather longer trip, to Frimley or Farnham, for

From Maggie Crewes

Ethiopia, February 2012

Dear Friends, The new year is well under way! Thank you for your faithful support in 2011. It looks like another exciting year is shaping up!

Give thanks for the completion of 2011 – it was a very busy year end but we are thankful for all the many things accomplished, for the many children helped to find a new life away from the street and for a great staff team at Retrak, Ethiopia.



Children pour over pictures showing issues that bear directly on their lives.

Give thanks that the creative spirit of the children we work with seems to go untouched, despite their very difficult circumstances – recently they made some amazing contributions to our plans for the coming 3–5 years. Give thanks that each boy is unique, loved by God and that He would reveal Himself to each one of them as they connect with our program.

The circus has come to town – Fekat circus trainers come to the drop-in centre twice a week to teach the boys acrobatics, juggling, diabalo and other skills – they love it! Pray that skills learned in team work, problem solving and cooperation flow through to everyday life!

With the world economy suffering, we are needing more donors to come on board to support our project so that we can reach more children. Please pray for God's provision for every aspect of our work (www.retrak.org).

Recruitment

A busy month in January recruiting new Country Directors for both Uganda and Ethiopia. (Yes – that's my job!) It looks like we have two Godly, skilled and passionate people to fill these positions. After handover, I'll be moving to a regional role, overseeing the work in our three current project sites, as well as exploring where we can open up new work with new partners and in a new country: exciting – yes; scary – yes. Please pray.

Thank you all for your faithful support in praying for Retrak so that more and more children in Africa can have a real alternative to life on the street and be touched by the love of our faithful and merciful God.

Love Maggie

(Continued from page 5)

example. Drivers are able to claim expenses for their vehicles, and are always able to refuse a booking if it is not convenient or perhaps further than they wish to travel.

SVC is funded by donations from our clients and provides a service without which many local residents would have real problems in getting to surgeries etc. It can be very rewarding for the volunteers and a way of meeting some very nice people!

If you feel you could spare some time to help others as a volunteer, we would like to hear from you. Please contact Sue O'Sullivan (01344 774357).

Christian Easter Eggs

The Christian Easter eggs are here again. Last year we sold about 40 through the Traidcraft stall. The 2011 eggs included a donation to Charity, which amounted to a staggering £25,000! This year they will cost £3.99. If you can't get to the Traidcraft stall, contact me on 01344 774349 or at jill-a-white@tiscali.co.uk.



They are selling fast! *Jill White*

Exploring Faith

If you'd like to explore more about the Christian faith, the Emmaus Course could be for you. It's also our confirmation preparation course. The course will run on Monday evenings at 7.45, beginning on Monday 12th March. Pick up a leaflet from the back of the church or the Pastoral Centre. Phone or e-mail the Rector if you'd like any more information.

Have your say in our church – and help us fulfil our vision!

The Annual Parochial Church Meeting (APCM) will take place on Sunday 29th April at 11.00 am.

We need people to stand for the Deanery Synod and Parochial Church Council and as Churchwarden. Please think and pray about whether you, or someone you know, might be the person to stand for one of these positions.

Sermons in Lent

We will be departing from the lectionary in Lent in order to think about our spiritual health and fitness. We will look at five areas which can help us live as growing, serving and faithful Christians. They are: Prayer (26 February); Spiritual Reading (4th March); the Church (11th March); Giving and Serving (18th March); and Bearing Witness (25th March). Please see the article on page 1 for what this is all about!

Thames Walk Talk – New Date

I am very sorry that for family reasons I had to cancel last month's talk on the

Thames Walk at short notice. The new date for this social evening is now Friday 20th April (8.00 pm). *David Hunt*

To All Members of the Congregation

Ching Tang, from the Empress Garden Chinese restaurant and who has been a member of our church for several years, is offering us an opportunity to raise money for the church. The proposal is to supply a 'Sunday Special Lunch' for a minimum of two people at a set price of £12 and £6 for children. Each lunch purchased by a member will have a voucher (£2 for an adult, £1 for a child) given to them when they pay, which they will hand in to Lesley or Sunita in the church office. At the end of the month, Ching will call in at the office and write out a cheque for the value of the vouchers. You will need to make yourselves known when you order for a voucher to be issued.

Christmas Presents and Quiz Prizes

Many thanks for all the fantastic prizes you have given us for the quiz. If we have any over, we will save them for other raffles in the church. We would also gratefully receive anything throughout the year.

Thank you again, *Jill White*

100 Club Draw – Rosemary Dobson

The winners of the January draw held on 19 February 2012 are:

The winners of the February draw held on 19 February 2012 are:

1st Prize: Mr K Wilkins No 56 £20

1st Prize: Mr B Ashton No 34 £20

2nd Prize: Mrs S Niblett No 59 £10

2nd Prize: Mrs H Osborne No 35 £10

3rd Prize: Miss J White No 36 £5

3rd Prize: Mr & Mrs J White No 32 £5

£32 has been passed to church funds. £32 has been passed to church funds.

Newsletter deadline. Please email William Lee at stmichaelschurch@hotmail.co.uk or leave written requests with the Pastoral Centre office. Deadline for the April edition to reach me by 19th March 2012. Thank you, William

Newsletter by email. To help the environment and save paper, you can now receive future editions of this newsletter by email? These are in colour and are normally sent out a few days before the paper copy is available. To opt in to this scheme please contact PCC member David Hunt (david.hunt@bcs.org.uk)

Book Review

The Sixty Minute Debt Buster by Katie Clarke with Rob Parsons
Published by Lion Hudson, 2009

In these difficult times, many are looking at ways to make the pounds (never mind the pennies!) stretch further and this book has some very helpful advice.

Katie Clarke is a lawyer working at a debt counselling centre. Writing in an easy-to-read style, she uses real scenarios to describe how to tackle overwhelming debt, how to rein in expenditure and how to be astute with credit cards and cash. Each chapter ends with summary points, so you could 'read' the book in an hour, easily.

Some of the advice offered is obvious, but if you are worried about your financial situation this book is a very good place to start. It gives pointers about what 'YOU can do NOW' to manage your situation.

Katie says facing the situation, no matter how dire, is *vital* and, having made the first step, dealing with it may be easier than you think.

Equally, the book gives sound advice on how *not* to get into debt and how to make the most of your budget – a really useful book for anyone on a limited income. *George Castle*

Cold Choir

You may or may not be aware that the church heating does not extend beyond the chancel steps. As a 'sometimes very cold' choir we are hoping to raise some money to rectify this situation. We do not yet know what will be best or will be allowed by the PCC, but please watch out for fund-raising events in the future. We are planning a musical extravaganza in church on Saturday May 12th, to include an organ recital, choral pieces as well as contributions by other instrumentalists – put the date in your diary and spread the word. If you would like to join us, please speak to Lizzie or John.

Regular Activities at the Pastoral Centre

Little Sandhurst Nursery, Daily! Phone Marian for details 07732 409095.

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 on 01344 485097 for information.

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).

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

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

Zumbatomic after-school classes, 4.00 pm on Thursdays – the crazy-cool dance fitness workout for kids aged 4–12 yrs.

Packed with choreographed routines to music like hip-hip, reggaeton and cumbia, Zumbatomic classes increase focus and self-confidence, boost metabolism and improve coordination. For more information contact Beth on 07976 231896 or go to www.zumbawithbeth.co.uk.

Karate Club for Children. Fridays 5.45–6.45 pm. Phone Neil on 07816163845.

Solution to February's crossword

W	I	S	E		B	R	E	A	K	I	N	G
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Church Calendar

Date & Time	Venue	Event	Contact
Sat 24 March 7.15 for 7.30 pm	Pastoral Centre	Entertainment Evening	George Castle
Sun 1 April	Church	Hand in literature quiz	Jan King
Tue 3 April 7.00 pm	Pastoral Centre	Passover meal	Social Committee
Sun 15 April 12.30 pm	Pastoral Centre	Bring and share lunch	John Castle
Fri 20 April 8.00 pm	Pastoral Centre	'Beside the Thames'	David Hunt
Sun 22 April 12.30 pm	Empress Garden, Sandhurst	Sunday Lunch	Jan King
Sun 29 April 11.00 am	Pastoral Centre	Annual Parochial Church Meeting	Emma Hodge
Sat 12 May	Church	Musical Extravaganza	Jan King
Sun 20 May 10.30–11.30 am	Pastoral Centre	Home-produce stall	Jan King

St. Michael's ran a Messy Church event for the very first time on Sunday 29th January

Around 50 people, youth and young children came to the event, those from the church and our friends, to learn about some of the events recorded in Genesis. We looked at the Creation Story, Adam and Eve, the Flood and the Tower of Babel, through craft activities, games and discussions. The afternoon proved to be a huge success, filled with fun, laughter and mess!

Learning about the Fall of Adam and Eve by playing Snakes and Ladders.

Talking about the Creation Story and making Cress Heads.



Prayer Station - Talking about and praying for current world events and issues.



The next Messy Church will be on Sunday 25th March, 3:30-5:50pm in the Pastoral Centre. Don't miss out!!!

March Church Services

Sunday 4th March – 2nd of Lent – Topic: Spiritual reading

Readings: Isaiah 55.6-11 (p742), 2 Timothy 3.14-17 (p1197), John 6.60-69 (p1071).

- 8.00 am Holy Communion
- 9.30 am Parish Communion
- 11.15 am Family Service and Baptism of Kieran McNamara
- 6.30 pm Contemplative Evening Prayer

Sunday 11th March – 3rd of Lent – Topic: The Church

Readings: Acts 2.38-47 (p1094), John 15.12-17 (p1083)

- 8.00 am Holy Communion
- 9.30 am Parish Communion
- 11.30 am Baptism of Jack Hoskins and Cieran Birch

Sunday 18th March – 4th of Lent - Topic: Giving and Serving

Readings: Romans 16.1-16 (p1142), Mark 14.3-9 (p1011)

- 8.00 am Holy Communion
- 9.30 am Parish Communion
- 11.15 am Family Service

Sunday 25th March – 5th of Lent – Topic: Bearing witness

Readings: Isaiah 43.8-14 (p728), Acts 1.6-9 (p1092), Mark 8.31-38 (p1012)

- 8.00 am Holy Communion
- 9.30 am Parish Communion
- 11.30 am Baptism of Erin Weaving, Benjamin Furneaux
- 6:30 pm Contemplative Evening Prayer

Sandhurst Day Centre: Communion 11.30 am on the 1st Wednesday, and Songs of Praise on the 3rd Wednesday each month.

Early morning services - You may find it useful to come to the 8 am service if you are going out for the rest of the day!

Don't Forget

Passover Meal, Tuesday 3rd April, 7.00 pm

What exactly was the Passover meal that Jesus celebrated with his disciples the night before he died? Taking part in a Passover celebration is a great way of understanding the Last Supper and our Jewish heritage. Suitable for junior school age to adults. Please sign up in advance.