

## REGULAR CHURCH ACTIVITIES

Tuesday	10.30am - Noon	Coffee & Chat. (St. Andrew's Room)
	3.45pm - 5.15pm	SALT for children (4 - 7 yrs) and their families (in term time)
	6.30pm - 9.15pm	Youth Fellowship (Village Hall).
	7.45pm	Bell ringers.
Wednesday	2.00pm - 3.30pm	Tiny Tots. (St. Andrew's Room)
Friday	7.30pm - 8:30pm	Choir Practice. (St. Andrew's Room)

## CONTACTS

Priest-In-Charge:	Revd. Clive Ashley	Tel: 01245 243863
	The Rectory, 25 The Lintons, Sandon, CM2 7UA	
	Email: <a href="mailto:cliveashley@btinternet.com">cliveashley@btinternet.com</a>	
Churchwardens:	Mrs. C. J. Mennie	Tel: 01245 281305
	Mr. M. Puffett	Tel: 01245 222066
Hon. Treasurer:	Mr. I. A. Underwood	Tel: 01245 225756
Hon. Secretary:	Mr. D. M. Farrar	Tel: 01245 471484
Electoral Roll Officer:	Mrs. P. Eden	Tel: 01245 223415
Bell Ringers:	Mr. N. Tovey	Tel: 01245 472692
Choirmaster:	Mr. J. Gilder	Tel: 01245 471731
Organist:	Mr. R. Woods	Tel: 01245 268304
Flowers:	Mrs. B. Underwood	Tel: 01245 225756
Tiny Tots:	Mrs. A. Read	Tel: 01245 474858
Magazine Editor:	Mr. N. Bobeldijk	Tel: 01245 471756
	(email: <a href="mailto:nick@bobeldijk.co.uk">nick@bobeldijk.co.uk</a> )	
Advertising:	Please contact the Editor or Treasurer.	
Members of P.C.C.:	Brian Amey, Nick Bobeldijk, Liz Bobeldijk, Joan Bridger, Richard Cecil, Judy Cecil, David Farrar, James Gilder, Christine Mennie, Michael Puffett, Dennis Terry Janet Terry, Jack Whinney, Ian Underwood.	

Arrangements for Baptisms, Weddings, Funerals and visiting of the sick may be made with Revd. Ashley, or with the Churchwardens.

### *Our Mission Statement*

*In the light of God's call, and our situation here, our vision is:*

*To glorify and worship God and to further his kingdom on earth; To declare and show the love of Christ for all people to the people of Sandon; To teach, encourage and help people to be disciples of Christ; To proclaim Christ's*

*Gospel to the people of Sandon and the wider world;*

*To encourage commitment and personal growth in Christian discipleship and spirituality; To channel God's love through service and care for all.*

## PARISH MAGAZINE



## ST ANDREW'S SANDON

# September 2011

20p

# Services during September 2011

at St. Andrew's Church, Sandon [S]  
and St. Mary's Church, Little Baddow [LB]

## Thursday 1st

10.00 Holy Communion and Healing  
St Andrew's Chapel [LB]

## Saturday 3rd

13.00 Wedding [S]

## Sunday 4th Trinity 11

08.00 Holy Communion [LB]  
10.00 Morning Prayer [LB]  
10.00 Jubilate Eucharist [S]

## Monday 5th

09.00 Celtic Morning Prayer  
St Andrew's Chapel [LB]

## Wednesday 7th

09.15 Holy Communion [S]

## Thursday 8th

Birth of the Blessed Virgin Mary  
10.00 House Communion [LB]  
I Pledgers, High Pastures  
Pat Williams Tel. 224624

## Saturday 10th

14.30 Wedding [S]

## Sunday 12th Trinity 12

St Mary's Patronal Festival  
10.00 United Eucharist [LB]  
18.30 A Service of Wholeness  
and Healing [S]  
18.30 United Evening Worship  
Little Baddow URC

## Monday 12th

09.00 Celtic Morning Prayer  
St Andrew's Chapel, [LB]

## Wednesday 14th

Holy Cross Day  
09.15 Holy Communion [S]

## Thursday 15th

10.00 House Communion [LB]  
Hayfield, Spring Elms Lane  
Kay Miller Tel. 222214

## Sunday 18th Trinity 13

10.00 Family Service [LB]  
10.00 Parish Eucharist [S]  
18.30 Evening Eucharist [LB]

## Monday 19th

09.00 Celtic Morning Prayer  
St Andrew's Chapel [LB]

## Wednesday 21st

St Matthew  
09.15 Holy Communion [S]

## Thursday 22nd

10.00 House Communion [LB]  
Spring Cottage, Colam Lane  
Hilary Bardsley Tel. 223188

## Sunday 25th Trinity 14

08.00 Holy Communion [S]  
10.00 United Harvest Thanksgiving  
and Eucharist [LB]  
18.30 Evensong [LB]

## Monday 26th

09.00 Celtic Morning Prayer  
St Andrew's Chapel [LB]

## Wednesday 28th

09.15 Holy Communion [S]

## Thursday 29th

St Michael and All Angels  
10.00 House Communion [LB]  
Bentley, Hopping Jack's Lane,  
Nita Sizer Tel 222464

## Sunday October 2nd

10.00 Harvest Thanksgiving [S]

## Organisations & Activities in Sandon & Howe Green

### United Reformed Church Howe Green

Minister: Revd. J. Sermon 01245 601662  
Sunday Service: 11.00am Morning Service (Communion 2nd Sunday)

### Sandon Parish Council

Meetings are usually on the 2nd Monday of the month and are held alternately in Sandon Village Hall and at Howe Green.

Chair: Mr. I. Wright  
Parish Clerk: Mrs. S. Dobson. 01245 227734  
Parish Office: Crack Willows, Mayes Lane,  
Sandon, Essex CM2 7RP

### Sandon Village Hall

Chair: Mr. P. J. Ellis 01245 222682  
Secretary: Mrs. J. Cecil 01245 224747  
Caretaker/Bookings: Mr. S. Turner 01245 471575  
Hall Telephone (message facility) 01245 471970  
Treasurer: Mr. N. Bobeldijk 01245 471756

### Other Organisations

Beaver Cub Leader: Mrs. J. Bernardes 01245 476830  
Brownie Guider: Mrs. S. Little 01621 840525  
Cub Scout Leader: Mrs. J. Blake 01245 603155  
Garden & Allotment Assn.: Mrs. E Tappin 01245 476951  
Girl Guides: Ms. J. Ronaldson 07939 047987  
Over Sixties: Mrs. S. Whinney 01245 222239  
Sandon W.I.: Mrs. A. Harvey 01245 474294  
Group Scout Leader: Mr. N. Paul 01245 474891  
Sports Club: Mr. G. Lucas (Secretary) 01245 283730  
Youth Fellowship: Mr. P. J. Ellis 01245 222682

### Regular Activities

Wednesdays 6.00 - 7.15pm 1st Sandon Brownies in the Village Hall  
Last Wednesday Monthly 2.00 - 4.15pm Over Sixties Club.  
Thursdays 5.00 - 6.15pm Beaver Cubs in the Village Hall.  
6.15 - 7.45pm 1st Sandon Cubs & Scouts in Village Hall.  
8.00 - 9.30pm Sandon Scouts in the Village Hall  
2nd Thursday Monthly 2.00 - 4.00pm Women's Institute in the Village Hall.

Please inform the editor of any alterations to the above details.

The editor is pleased to accept notices, reports, reviews and articles from any local organisation or individual, the inclusion of any such items being at the editor's discretion.

Preferred font for script is Arial 10 point with any graphics being sent in jpeg format.  
Deadline for copy is 10th of month preceding month of publication.

Editor: Nick Bobeldijk 34 Gilmore Way, Great Baddow, CM2 7AW  
Email: [nick@bobeldijk.co.uk](mailto:nick@bobeldijk.co.uk) Tel: 01245 471756

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## The Parish of St. Andrew, Sandon The Parish of St. Mary the Virgin, Little Baddow

*part of the Chelmer-Crouch Group Ministry*

September 2011

Dear Parish Friends

I am reliably informed that, 'high achieving, goal-orientated, capable, overly conscientious people are candidates for burnout.' Professor Myron Rush defines *Burnout* as "the type of stress and emotional fatigue, frustration and exhaustion that occurs when a series of (or combination of) events in a relationship, mission, way of life or job fail to produce an expected result." Some of us who are certain that our commitment to hard work will bring us what we desire are flabbergasted when we run out of energy, enthusiasm and faith. Defeated, we ask, "is there any hope for renewal and recovery?" "Yes!" says our Creator. "Though you stumble and fall, you will one day soar on wings like eagles, run and not grow weary, walk and not faint. Trust me. I will renew your lost strength."

Pray:

*Lord, I am too exhausted to feel. An unbalanced life-style has eroded my inner being and threatened my relationships. You can help restore what has been destroyed. I'm now asking for your help.*

Remember the man who sat on the ridge tiles of his house surrounded by floods. When the rescue boat came, he said to the rescuer, "no thanks, I have prayed and God will save me!" He said the same to the search and rescue helicopter team! Ask and you will receive but the answer may not be what you expect.

Clive

\*\*\*\*\*

A big thank you to all the talented ladies who generously gave up their time and helped us decorate the church so beautifully for Heather and Dan's wedding on the 2nd of July. How glorious the church looked adorned with all those wonderful arrangements - your hard work was much appreciated by us all. Thanks also to the bellringers for their part in the days proceedings. What a wonderful sound you all achieved, well done. Thank you all from Marilyn & Keith Brown (Doreen Freeman's daughter and son-in-law)

# PARISH FAMILY BBQ

SUNDAY THE 4<sup>TH</sup> OF  
SEPTEMBER  
FROM 12 NOON ONWARDS.

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## CHRISTMAS FAYRE

*The Christmas Fayre is to be held on 26<sup>th</sup> November and we are hoping to have Father Christmas along with a new or nearly new gift stall, lucky dip, teddy in a bag, bottle tombola, cakes and homemade produce, and of course a raffle. Please could you give this some thought as to what you could donate and if you are able to help on the day. I know it seems early but time flies! Thankyou.  
Liz Bobeldijk*



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## Thoughts from the Kitchen

Gone are the days when I used to slave over a hot stove to produce Cordon very pale Bleu meals. I now depend on quick and simple 'From the store cupboard' recipes so that I can spend more time on idle pursuits. However these two are good standbys when emergencies arise. You will note that I've not gone decimal – evidence of age!

### Tuna Quiche (Serves 6)

8oz shortcrust pastry (Frozen?)  
4 oz cheddar cheese – grated  
1 tin of tuna chunks (185g) – drained  
5 fluid oz milk

3 eggs

Seasoning

Turn oven to gas 6/200C/400F

Line an 8in loose based flan tin with pastry.

Spread the tuna & grated cheese evenly over the base

Whisk eggs and milk together with seasoning and pour over the filling.

Bake immediately for 10 minutes at 200C and a further 40 mins

at gas 4/180C/350F

Allow to cool; serve with a mixed salad

Beryl Puffett

### HOWE GREEN UNITED REFORMED CHURCH

Once again we are supporting the Harvest for the Hungry Project when boxes of specified food are collected together throughout Chelmsford (including many churches and schools) and these are then sent on to Bulgaria where there are still many in need. The foods being collected are rice, sugar, flour and this year lentils are requested instead of pasta. Details of the project can be found at [www.harvestforthehungry.co.uk](http://www.harvestforthehungry.co.uk)

If you wish to donate any of the requested items and cannot get them to the Church or have any other queries about the Harvest, please ring Pam Knott on 471691

SERVICE OF HARVEST THANKSGIVING  
SUNDAY 25 SEPTEMBER  
at 11.00 a.m.  
preacher; Rev. G Griggs  
All are welcome



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**Saturday 10<sup>th</sup> September 2011**

**10.00am - 6.00pm**

**Walk or cycle round Essex and East London  
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and the Friends of Essex Churches Trust**

**HELP PRESERVE OUR HERITAGE**

County Organiser: Mrs Fiona Nelmes 01245 380365

Local Organiser: Janet Terry 01245 472997



**Parish People: Full Name:** Judith Westhorp Gascoyne-Cecil – Perhaps this would benefit from explanation – but another time and place!  
**Deanery Synod Representative.**

**Known as:** Judy Cecil – here and in other contexts except the very official and formal.

**When did you arrive in Sandon:** October 1980, 7 months pregnant with James who is now 30 and married to Vicki. We moved from Yorkshire with little intention to join in activities at St Andrew's after being involved with an evangelistic group, The Navigators,

and having loosely attended the local Methodist church in Hemingbrough, Yorks.

**Why did you come to Sandon?** Richard came to work with his father in the family business. I am his wife.

**Ambitions as a child:** I was keen on sport so perhaps dreams rather than ambitions of something in that line – My parents both worked in the NHS so caring in some guise was always on the list too.

**Do they remotely resemble what you do now?** I suppose yes, I do work in nursing.

**Life lesson:** However bad things seem, God is here – this is his world, there is always reason to be joyful.

**How did you become a Christian?** I remember reading about and being inspired by stories about missionaries – not sure where, as our house was not full of Christian literature. My parents were not church goers, though my paternal grandfather was a Salvation Army bandmaster. I went to the local church with brownies and guides and attended a bible class which led to confirmation. At university I made a re-commitment to Christ with the Navigators.

**What do you like about Sandon church?** The people and the diversity of views.

**Do you believe in miracles?** Yes – and always amazed by them – some seem very minor but I am always surprised.

**Hope for the future:** God does listen.

**Shy:** extremely so – One of the miracles is that God enables me to do things I can't do.

**Coffee or tea?** Coffee

**Life experiences:** so many – meeting and marrying, children, singing in huge congregations, praying in small groups.

**Film or book that has moved me:** Ages ago Dr Zhivago

**Favourite part of the Bible:** John 10:10b "I have come that they may have life, and have it to the full."

**Inspiring words:** some hymns and poems and 'send us out....' at the end of communion

**Things that I value in others:** honesty and transparency.

**Behaviour difficult to tolerate:** hypocrisy, selfish ego trips.

**Night or morning person:** Both.

**Season that I prefer:** spring and summer – but autumn colours.

**Time when I have felt the Presence of God:** especially when Andrew was very ill in

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## Email Forums and Neighbourhood Watch

### Join the email forum and keep up to date with local affairs.

An email forum is a list of email addresses held on the Internet. Anyone on the list can send a message to a simple email address, e.g. [sandonparish@yahoo.com](mailto:sandonparish@yahoo.com) and that message will be distributed to everyone on the list. The forum is a very handy way of keeping the community informed of developments and has proved very useful on a number of occasions. It is also a good platform for making your views known or for reporting on something that should be generally known. All Sandon parish councilors are members of the Sandon email forum so you can make your views known to them and they in turn can keep you informed.

### Have you lost a cat or want to sell something? Advertise through the forum!

Sandon Neighbourhood watch operates through the forum. It is an ideal medium for this application. Members receive a heads up on any crime reported in the area. Conversely, forum members can report any suspicious activity that they spot. There are local Police Community Support Officers on the forum so they will pick up any alerts raised by residents. (Of course, any serious law-breaking should still be reported directly by telephone - 999 for urgent matters or 0300 333 4444 for non-urgent cases.)

There are two email forums in the parish: one for Sandon parish as a whole and another for Howe Green residents only. Neighbourhood watch alerts go to both forums.

### Our aim is to get everyone in the parish who has Internet access on one of these forums.

Joining a forum is easy. Just email your details to [david@pearson7.plus.com](mailto:david@pearson7.plus.com). (Leaving is also easy, if you change your mind.)

Once registered, you will receive all emails sent to the forum (on average around seven in a week). Sending a message to a forum is easy: either Reply to a forum message or send your email to:

[sandonparish@yahoo.com](mailto:sandonparish@yahoo.com) for the Sandon Parish forum or  
[hgca@yahoo.com](mailto:hgca@yahoo.com) for the Howe Green forum, as appropriate.

The forums are private. Only residents who are registered with a forum can send messages to that forum. Therefore, no spam comes from the forums.

David Pearson

Great Ormond Street Hospital having an MRI scan – Richard was at home and I felt very alone after being rushed to London by ambulance with Andrew. It was almost like a human presence by my side.

**Favourite Hymn:** Just as I am, without one plea, I come to thee.

**Religion and politics;** must be entangled – we could do with a Christian party.

**Do I have friends from other faiths.** More friends from no faith in the formal sense.

**What am I Looking forward to:** every new week – always ready for the next challenge.

**If I had a large sum of money to donate.** I would donate money to spread the gospel, help the poor and hungry...

**What would you rescue from a house fire?** – husband, family.

**Advice to 18 yr old:** Be brave, try things.

**Moment of life to re-live:** none – they are done – I prefer to look ahead.

**Age to be:** - I still feel 20 in my head – so now is as good as any.

**Special interests:** people and the way they behave, how emotions/spirit/psychology intermingle and affect the physical and how we live. J.G-C

COME AND JOIN US ON  
SATURDAY 1<sup>ST</sup> OCTOBER 2011  
FOR OUR  
HARVEST FESTIVAL CELEBRATIONS  
AT  
7.00 PM IN ST ANDREW'S CHURCH, SANDON  
FOR OUR ANNUAL THANKSGIVING SERVICE  
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OR DAVE FARRAR (CH 471484).



## Olympics 2012

The London Olympics begin on 27 July 2012, just under twelve months away but the PCC wondered whether it would be feasible, in the time that is now left, with the generous co-operation of the Parish Council and of course the numerous organisations and everyone in Sandon, to organise a pre-Olympic fun weekend, (possibly instead of the usual village fete).

- Possible locations: sports field; Sandon School; Village
- Dates: Friday 20- Sunday 22 / 7 / 2012
- Launch: Friday evening – continue Saturday mid-morning
- Events could include:
  - Children's and adults Sports Day / races / events and competitions / football match/ hockey/ basketball / netball / volleyball!!
  - Exhibition events / come and try opportunities
- Saturday Evening Celebrations, Dance / Disco / BBQ / Bar
- Sunday morning Olympic service (possibly open air)
- Involved parties could include:

Mayor of Chelmsford / Borough  
Councillor  
Parish Council  
St Andrew's Church PCC / Rector  
Sandon School Head Teacher /  
Head of Sports Dept / Music Dept.  
Baddow Hall Inf & Jun  
SchoolsSports Associations  
Scouts / Guides/ Cubs / Brownies

St Andrew's Youth Fellowship  
The Crown  
Tennis Club  
WI  
St Johns Ambulance  
Police Dog Unit  
Horse riding fraternity  
Village Hall  
Horticultural Society

- |  |   |
|--|---|
| <ul style="list-style-type: none"> <li>• Archery</li> <li>• Athletics</li> <li>• Badminton</li> <li>• Basketball</li> <li>• Beach Volleyball</li> <li>• Boxing</li> <li>• Canoe Slalom</li> <li>• Canoe Sprint</li> <li>• Cycling - BMX</li> <li>• Cycling - Mountain Bike</li> <li>• Cycling - Road</li> <li>• Cycling - Track</li> <li>• Diving</li> <li>• Equestrian - Dressage</li> <li>• Equestrian - Eventing</li> <li>• Equestrian - Jumping</li> <li>• Fencing</li> <li>• Football</li> <li>• Gymnastics - Artistic</li> </ul> | <ul style="list-style-type: none"> <li>• Gymnastics - Rhythmic</li> <li>• Gymnastics - Trampoline</li> <li>• Handball</li> <li>• Hockey</li> <li>• Judo</li> <li>• Modern Pentathlon</li> <li>• Rowing</li> <li>• Sailing</li> <li>• Shooting</li> <li>• Swimming</li> <li>• Synchronised Swimming</li> <li>• Table Tennis</li> <li>• Taekwondo</li> <li>• Tennis</li> <li>• Triathlon</li> <li>• Volleyball</li> <li>• Water Polo</li> <li>• Weightlifting</li> <li>• Wrestling</li> </ul> |
|--|---|

The PCC would like to invite all interested to a meeting to gauge interest on THURSDAY 8<sup>th</sup> SEPTEMBER at 8PM in St Andrew's Church, Sandon.



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## Amanda Miles BSc (Hons) Ost Osteopath



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