

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: cliveashley@btinternet.com	
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: nick@bobeldijk.co.uk)	
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

October 2011

20p

Services during October

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

Sunday 2nd

15th Sunday after Trinity

08.00 Holy Communion [LB]
10.00 Harvest Thanksgiving Eucharist [S]
10.00 Morning Prayer [LB]
16.00 Pet Service [LB]

Monday 3rd

09.00 Celtic Morning Prayer [St Andrew's Chapel, North Hill Little Baddow]

Wednesday 5th

09.15 Holy Communion [S]

Thursday 6th

10.00 House Communion [St Andrew's Chapel, North Hill Little Baddow]

Sunday 9th

16th Sunday after Trinity

10.00 Parish Eucharist [LB]
12.00 Baptism [S]
18.30 Kenyan Eucharist [S]
18.30 United Evening Worship [URC LB]

Monday 10th

09.00 Celtic Morning Prayer [St Andrew's Chapel, North Hill Little Baddow]

Wednesday 12th

09.15 Holy Communion [S]

Thursday 13th

10.00 House Communion [Joyces Corner, Spring Elms Lane Madeleine Robertson Tel. 224939]

Sunday 16th

17th Sunday after Trinity

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

Monday 17th

09.00 Celtic Morning Prayer [St Andrew's Chapel, North Hill Little Baddow]

Wednesday 19th

09.15 Holy Communion [S]

Thursday 20th

10.00 House Communion [1 Pledgers, High Pastures Pat Williams Tel. 224624]

Sunday 23rd

Bible Sunday

Last Sunday after Trinity

08.00 Holy Communion [S]
10.30 United Communion [LB -URC]
12.00 Baptism [S]
18.30 Evensong [LB]

Monday 24th

09.00 Celtic Morning Prayer [St Andrew's Chapel, North Hill Little Baddow]

Wednesday 26th

09.15 Holy Communion [S]

Thursday 27th

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

Sunday 30th

All Saints' Day

4th Sunday before Advent

10am 'Come Together Sunday' Eucharist [at St Andrew's, Sandon]

Monday 31st

09.00 Celtic Morning Prayer [St Andrew's Chapel, North Hill Little Baddow]

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 Tel: 01245 471756

A family business established three generations ago for personal service.

T. PENNACK & SONS
FUNERAL DIRECTORS
1-3, Maldon Road
Great Baddow
CM2 7DW

FOR PERSONAL SERVICE ANYTIME

PHONE

CHELMSFORD 471157

or 473005 (Night)

National Association of Funeral Directors

**MIJAS GOLF
COSTA DEL SOL**
Three bedroomed house to let.
Sleeps 7
Very comfortable
2 Bathrooms and cloakroom.
Lovely garden
Swimming pool On golf course
**Phone 01245 471242 or
01245 226346**

The Parish of St. Andrew, Sandon
The Parish of St. Mary the Virgin, Little Baddow
part of the Chelmer-Crouch Group Ministry

October 2011

Dear Friends,

One of the most well loved Psalms is the 23rd, 'The Lord is my shepherd'. It has been read and heard that many times, we cease to think about what it might be saying to us about life today. We associate it with funeral services, the end of life and beyond, hence we understand it to represent a comforting vision of heaven or paradise rather than life in the present. To my mind and I may be wrong, the Psalmist who wrote, 'The Lord is my shepherd, I shall not want' had finally made a discovery through experience that he need no longer live a life under pressure because he had a Lord who looked after all his needs.

Recently, I went back to Chichester where I had lived for eighteen years with my family to see some friends and take a bit of time out. We went exploring a pathway beside Pagham harbour and whilst gathering blackberries in the sunshine for a promised pie, we walked and talked and listened and watched the swans gliding on the glistening water. I had not explored this path before, always too busy. I had not taken time because time always seemed to belong to someone else! Yet I'm glad I had taken back the time for a mini-vacation which enabled me to return to my new work with a renewed attitude.

Maybe you are snowed under by the heaviness of your workload. Maybe your life is controlled by responsibilities laid upon you. I suggest you take back time for a mini-vacation. Let the Shepherd lead you to (rest) lie down in green pastures and walk alongside quiet waters, let Him restore you, renew you, feed you in body, mind and spirit.

Like you, I am not a cog in a machine, running 24 hours, churning out some product seven days a week. We are living, breathing parts of God's creation and He has given us this wonderful day, a masterpiece of His to enjoy. Every day He offers you all that you need for a better life. Reach out, take what he has for you and in return offer Him your thanks.

Love and best wishes

Clive

**Do you need help caring
for your garden?
Contact
Mike Harris, HNDLC (Writtle)**
GREEN PIECES
**01245 - 471086 (H) or
07817 291197 (M)**
**Preferential rates for
OAP'S and the disabled.**



Flowers by Mary

Tel: 01245 477 926 email: marymathew@btinternet.com

- Beautiful floral designs lovingly made for your home/office, or special event: Weddings, Anniversaries, Birthdays etc.
- Big or small occasions
- Choose from a range of traditional to contemporary seasonal designs
- Certified BTEC - Floristry, City & Guilds (design and craft/floral design)
- Affordable prices & Free local delivery

Thomsons *Established 1959*

Television Video and Hi-Fi

AUTHORISED DEALER FOR

MITSUBISHI JVC PANASONIC

SONY TOSHIBA KENWOOD

TECHNICS ROBERTS PACE

SALES SERVICE RENTALS

2 High Street Great Baddow Essex CM2 7HQ

Telephone: Chelmsford (01245) 471465

Fax No: (01245) 477528

T. K. DECOR

Interior & Exterior

PAINTING & DECORATING

Quality Work

Free Estimates

Telephone: (01245) 346407

Mobile: 07970 866159



Street Pastors

There is a thriving street pastor initiative operating in Chelmsford town centre on Fridays, Saturdays and bank holiday Sundays from 10 pm until about 4 am. It is an inter-denominational response by the churches in and around Chelmsford to urban problems such as excess alcohol and violence, working at engaging with people, caring, listening and expressing God's love.

There was initial training over four Saturdays and then further training after being 'in action'.

The sessions included learning about the night life - clubs, pubs, CCTV, the young people's culture, and the community, as well as the effects of drugs and alcohol. Presentations were made by a police officer, a night club manager, a paramedic and the street pastors' chaplain.

The police and more experienced street pastors have told us how much more peaceful the town is since the initiative started (and drinking alcohol has been banned on the streets).

It has been interesting and very rewarding meeting other street pastors from Victoria Road Baptist Church, Elim Church, Salvation Army, as well as groups from Cambridge and Hertford & Ware who joined in for some of the training.

It was hard to know how we would feel by 4 am after walking the streets, stopping off for toast and coffee to re-charge the batteries! We survived. Clubbers and party goers do want to talk - some are upset - alcohol brings all sorts of worries and troubles to the surface, some are coping with difficulties, some are just searching for meaning in their lives, some start the evening with friends and end up abandoned needing a help to get home, some need to sober up before a taxi will transport them.

If you do not frequent Chelmsford at night you would be surprised by the contrast with daytime activities.

Judy Cecil

YOUR CHRISTMAS FAYRE NEEDS YOU!

The Christmas Fayre is to be held on Saturday the 26th November from 12 noon until 3 pm.

We would be very grateful for any of the following: -

New or nearly new items for gift stall

New or nearly new teddy bears

Small items suitable for lucky dip for children and adults

Toys for 2-8 year olds (Father Christmas)

Items for bottle tombola

Gifts for raffle

Cakes and homemade produce

Anyone wishing to help with any of these can contact

Alison Read 474858 or Liz Bobeldijk 471756



Lee Reynolds

MSSCh MBCh A

Qualified surgical chiropodist

Surgery and home visits

Chelmsford and surrounding areas

Reductions for senior citizens

Tel: 01245 601040



JAMES BRYAN OPTICIANS

Your local family practice
Individual care and attention
by fully qualified staff

Please telephone

01245 357766

33 The Meadows,

Chelmsford

CM2 6FE



BUSY WORLD?

TRY MASSAGE THERAPY

Take time out. Relax tired muscles or mind....without the home. Professional Masseur with portable couch visits you in the comfort of your home.

Kevin Willmott

M.L.P.T.I (IRMT & VTCT dips)

Tel: 07792 221975 (mobile) or

(01206) 331529 (messages)

www.townandcountrymassage.co.uk

Fiona English (Kirkwood)
M.S.S.Ch, M.B.Ch.A

Visiting Chiropodist

Home visits

for an appointment
please telephone

01245 400219

07921 711412

C-K-K-J Boiler Services

Charley Farrugia charley18@btinternet.com

T: 01245 362422

M: 07772 142573

Agas
Oil-tank changes
Oil-boiler changes

OIL FIRED BOILERS
BREAKDOWNS & COMMISSIONING
SERVICING



PAULINE PRYOR
BEAUTY THERAPIST

Indian Head Massage
Manicures/Pedicures
Facials/Make Up
Eye Treatments

01245 475477

07979 646126

pauline_pryor@btinternet.com



Thoughts from the Kitchen - Part 2

This is the second recipe received from Beryl for last month's magazine which, although not included due to lack of space, was inadvertently 'flagged up' in the intro. Sorry Beryl! Ed.

Cherry Delight

1 or 2 tins PITTED cherries (Available from Sainsbury)

10oz carton natural yoghurt

10oz carton of single or double cream

Demerara sugar

Drain the juice from the cherries then put them in a serving bowl.

Mix the yoghurt with the cream and stir in a small amount of sugar to taste.

Add a small amount of cherry syrup if it needs to go a long way – makes it a pretty pink.

Pour the mixture over the cherries. Sprinkle Demerara lightly over the top and leave to chill in 'fridge.

Beryl Puffett

THANK YOU

Vicki, Darren, Nick and I would all like to sincerely thank everyone who helped make the wedding such a wonderful occasion. The church looked so beautiful with colourful floral displays, which a small team of ladies (myself included) arranged under the expert guidance of Barbara Underwood and Mary Mathews. Ron on organ and piano accompanying the wonderfully sounding choir; we have had many comments on how lovely the service was and how beautiful the choir sounded. Special thanks must go to Chris Davies and James Gilder for the wonderful duet, Pie Jesu which made me very emotional. And thank you to Clive who made the service so lovely and very Personnel. And no I haven't forgotten Christine who kept the ushers in order, and much more besides, thank you. Thanks must also go to Charlotte Fletcher for making the wedding cake that I made, look so fantastic with her artistic skills in icing and also to Alison Read for using her calligraphy skills and producing the place names which gave the finishing touch to the tables. It was an amazing day and even the sun shone on the happy couple. We will all have so many cherished memories of the day.

Liz Bobeldijk



Plenty of Riding and Striding going on here, I see! Ed.

THIS YEAR'S RIDE AND STRIDE'

Well, where does one start! Originally we planned a three person ride around villages including Pleshey, Ayethorpe Roding and Chignal Smealey and the next moment we were down to two riders as Jack Whinney had to 'drop out' after a nasty fall from his bike during the 'practice' period. So we will keep Jack's 'designer' circular ride for next year!!

That left just the two of us and John Gruby and I decided to start from Tollshunt Major and ride via The Strood over to Mersea Island which we had not covered in the previous 10 years or so of the event.

St. Nicholas Church at Tollshunt D'Arcy was just getting ready for their annual fete as we rode into their churchyard and we almost were persuaded to purchase some retro dresses by the lady in charge of the ladies clothes stand!! We moved on to a very 'way-out' church of St. Mary's at Salcott and then did about 9 miles non stop over the Strood, the tide luckily out, and up a very long hill to East Mersea (St. Edmund's).

We found four churches on Mersea and we were extremely glad to get back over The Strood and to the Peldon Rose Pub only 20 minutes late for our booked table, but having completed 18 miles of hard cycling.

Peldon gave us a lovely meal and my family had come to give support ----and eat!

Ninety minutes later refreshed with a cold beer etc. we now had to face a fairly strong South Easterly breeze and at least three long hills to get back. On the way we deviated to the Church of St. Stephen at Little Wigborough, which is fairly isolated, and were finally pleased to complete 32 miles by the time we arrived back at my car in Tollshunt Major.

Next year we expect Jack to be fit and raring to complete his planned circular route in the Pleshey environs!!

I wish to thank all those who sponsored the two of us for this ride, for their generosity and good wishes.

David Farrar

PANTOMIME 2012 (SANDON VILLAGE HALL)
PLEASE LET US KNOW IF YOU ARE INTERESTED

For 37 years SAYF have performed a pantomime every February half-term and the Hall has been booked for 2012.

This is the main fund raiser for Club activities.

All members are welcome to participate but over the last few years we have only been able to go forward with affiliated members (ie not regular club members). Also, with cast numbers being smaller it has meant smaller audiences and profit.

At the moment we have 5 club members interested – we need MORE!

It is impossible to choose a suitable show/script until we can see who is interested and if the numbers do not increase we will have to consider affiliated members again.

Parental Agreement must be given for members to participate. Parental help is also important with the production and to make sure that cast members are reading and learning the script.

SCHEDULE OF REHEARSALS AND PERFORMANCES

Panto Week Sunday 12th Feb to Saturday 18th Feb inclusive
 (NOT Mon 13th) Performances: 7.30 pm, 2.30 pm Sat Mat

SUNDAY REHEARSALS 3 to 6 pm

Oct	2	9	16	23	30
Nov	6	13	20	27	
Dec	4	11	18		

DAY REHEARSALS 2 pm to 5 pm

Wednesday 28 December
 Friday 30 December

2012 SUNDAY REHEARSALS 3 pm to 6 pm

Jan	8	15	22	29
Feb	5			

2012 TUESDAY SINGING & DANCING REHEARSALS
6.30 to 8.30 pm (NO CLUB MEETINGS)

Jan	3	10	17	24	31
Feb	7				

FOR MORE DETAILS CONTACT PETER

A.M.DECORATING SERVICES

Interior/Exterior
 Painting & Decorating
 Domestic & Commercial
 40years exp./CIS reg./insured

Call
 Tony 01245 320905
 07886266484

BAKERS

FUNERAL SERVICE
 AND
MONUMENTAL MASONS

Established 1878
An Independent Company
owned and run by local people
offering a
Professional, Caring & Dignified Service
24 hours a day

Contact Andrew Cranvey at:
 Eves Corner
 Danbury

Tel: 01245 221100

Arrangements made at home if required

Graham Cornell

Established since 1980
Commercial & Residential Maintenance and Repairs

Carpentry & Joinery
 Painting & Decorating
 interior & exterior)

All types of Property Maintenance and Improvements
 Experienced and Professional Service
 Fully Insured
 Free Advice & Estimates

Tel: 01621 828751
 Mobile: 07930 680 637

Marlyn White

traditional

FRENCH POLISHING

Trade and Private Work
Antique Furniture Purchased

1 St. Swithins Cottages

Howe Green
Chelmsford
Essex CM2 7TN

TELEPHONE
 CHELMSFORD
 (01245) 473720

All Tree work Undertaken
Felling / Hedge Cutting / Pruning
Reductions / Lifting & Thinning
Stump Grinding / Emergency Work

CITY &
 GUILDS
 NPTC

Fully Insured

Experienced & Fully Qualified

T: 01245 226986

M: 07587 154185

westwoodtreesurgery.co.uk





Pet Service

**Sunday 2nd October
at 4pm**

**in St Mary's, Church Road, Little Baddow
CM3 4BE**

www.littlebaddowchurches.org.uk

***all animals (all species and sizes) welcome to attend
with their loving human carers***

Please bring a bucket or bag for accidents!!

PRESS REPORT

SANDON W.I.

1ST SEPTEMBER 2011

Members were pleased to come out on a sunny afternoon to hear Paul Beard from Barnardos talking about Yesterday, Today and Tomorrow. He said that Barnardos last childrens' home closed in 1989 but they have three Residential Schools. Their work now extends to helping up to one hundred thousand children each year, including nearly two thousand young carers. Thomas Barnado, born 1845, had intended to become a medical missionary in China but when he came to London and saw the effects of the Industrial Revolution on the living conditions of thousands of children he dedicated his life to helping them. The moving vote of thanks was given by Vi Patrick.

It was agreed that the visit to Beth Chatto's Garden in good weather with a guided tour had been very enjoyable, as was the walk round Tiptree Heath with a meal afterwards. The August open evening with a dinner and an amusing speaker talking about life in Suffolk had also been very successful.

Pat Eden introduced a Round Robin with all members stating where they were born and adding various interesting antidotes. Flower of the Month was won by Marlene Bishop.

The next meeting will be on the 13th October with Peter Turrall MBE giving a talk entitled "A Stroll Through Time"

**For more information please contact:-
Mrs Norma Monck, Sandon WI.
(01245) 471475**

Christian Meditation

Meditation enables every one to create new attitudes and responses to life, giving us a clear spiritual understanding of ourselves. Meditation is the process of rediscovering, enjoying and using the positive qualities, which are sometimes latent or hidden deep within us. Like any skills, it requires practice to achieve really positive and satisfying results. By doing just a little every day it soon becomes a very natural and easy habit, which generously rewards you for the small amount of effort it actually involves. Meditation is an effective technique to quiet and calm the mind as a preparation for God's inspiration. It is certainly not an alternative to Christ as a means to salvation, but only an individual method of spiritual discipline like prayer. For Christians, meditation can be considered a form of worship, centred in love. Through this method we can recharge ourselves and create positive changes in all aspects of our life. Meditation involves contemplating something, which takes our attention beyond the random thought activity that is usually going on around us and within our minds. Contrary to what many believe, contemplative meditation is not about emptying the mind of all thoughts, that is virtually impossible for almost everyone. Instead it's about consciously slowing down the mental process to eliminate all negativity and to focus on positive thoughts and ideas. Meditation is relatively simple to do, all it involves is finding a comfortable, quiet place to be alone to relax and spend time in thoughtfulness. For the maximum benefit ensure that you are somewhere you feel relaxed in, are sitting comfortably and are wearing comfortable clothing. In the 'silence' that is created and sustained by meditating on positive thoughts, we start to know ourselves as God knows us. In a gentle and loving way it helps to strengthen any weaknesses that we identify and a process of self-healing and transformation begins. As we transform mentally and emotionally, our relationships with others also improve. We become more tolerant, understanding, co-operative and more of a team player in everyday life, but this also must be combined with our own prayer commitments. At least ten minutes of meditation once or twice a day, preferably first thing in the morning and then in the evening before bed to relax the mind before sleep, is extremely beneficial to maintaining balance and a strong sense of inner peace and connection with the Lord, no matter what is happening around you. It really is worth the effort to find the time.

From 'The Server', Autumn 2011 issue. Ed.



Beautiful interior design that transforms your home

The Dulux Design Service brings all the skills and expertise of a professional interior designer directly to you at home – without the designer price tag. It's the perfect way to transform your home and comes from a household name you can trust.

Contact your local Dulux designer
Matthew on 0845 880 6888 or visit
matthew.duluxdesignservice.co.uk

'Dulux', 'Dulux Design Service' and the Dulux Design Service logo are trademarks of AkzoNobel.
Photography courtesy of Harfequin.

Dulux
design
service



Amanda Miles BSc (Hons) Ost Osteopath



**Registered with the General Osteopathic Council
Member of the British Osteopathic Association**

Osteopathy is a gentle form of musculoskeletal treatment that can help with:

- Muscle & Joint Pain, tendon strains & ligament sprains
- Nerve pain including sciatica
- Arthritic pain
- Headaches caused by neck problems
- Postural, work related pain

**Flexible appointment times including evenings: Onsite parking
Most private health insurances accepted
Ultrasound & Acupuncture available**

**9 Oaklea Avenue, Chelmsford, Essex, CM2 6BY
Tel: 01245 260320**