



Prince of Peace
The Most High God
The LORD is peace
Father Son Holy Spirit
The LORD who provides
The God of Eternity
Wonderful Counsellor
THE ANCIENT OF DAYS
The LORD of hosts

News from Farleigh Hospice

Garden Fête

Saturday 7th September

Entry is free for this Fête in the grounds of Farleigh's hospice building in Broomfield at 12 pm-4 pm. There will be plenty to enjoy including a petting zoo, face painting, garden games, food, craft stalls, a pop-up bar, live music, a tombola and vintage cars.

www.farleighhospice.org/fete

Cycle for Life

Sunday 8th September

Pedal 20, 50 or 100 kilometres through the beautiful Essex countryside on Farleigh's annual fundraising cycle ride, starting and finishing at the charity's hospice building in Broomfield. You can also help as an event volunteer.

www.farleighhospice.org/cycle



Shopping Extravaganza Wednesday 6th November

Join Farleigh for exciting pop-up shops and a relaxing mini pampering treatment. The Channels Bar and Brasserie and the Belsteads Coffee Shop will also be open. Entry is £4 in advance or £5 on the door which includes an entry into a prize draw. Parking is free. Other detail above.

www.farleighhospice.org/shopping

Reindeer Run

Nurseries, schools and youth groups can hold a Reindeer Run to raise money for Farleigh! Everyone can take part by walking, jogging, running or propelling themselves. You decide the date, distance and location, so start planning your Reindeer Run now! Farleigh will provide a free pack including reindeer antlers for every child and an adult Santa suit.

www.farleighhospice.org/reindeer-run

Farming Today

The family appreciated the cooperation of the Crown and residents of Hall Lane when moving harvest equipment through the village. Thank you.

Perfect weather for the harvest this year, although as I write, there is still 300 acres of Spring Barley to cut which normally yields a lot lighter than winter sown crops.

Eight new rams have been purchased, 3 Suffolk rams (with all black heads) and 5 Dutch Texels (with white flat faces). These will join the 360 ewes at the beginning of September. They will run with the ewes for 4 weeks. The Teaser Rams (castrated males) run with the ewes beforehand in order to bring them into season. Lambing will start again in early February 2025.

The 3 students, from New Zealand, Cornwall and Danbury, are all excellent. We very much hope the local boy with ex-Writtle qualifications will stay with us indefinitely.

Kelly free-range turkeys have been released into the woodland; 2000 white birds for Cooks and 1000 black birds for the Christmas market.

Gillian

Frosty Christmas Fayre



Sandon Village Hall
Saturday 16th November
12:30 – 3 pm

Come along and indulge in a bit of Christmas shopping.

Father Christmas in his Grotto, Cakes, Teddy Tombola, Bottle Tombola Grand Raffle, Avon, Neal's Yard New and nearly new gifts Craft stalls Mulled wine and mince pies Teas and coffees Enjoy browsing the many stalls

Our Church is open!

The church is open for quiet contemplation and prayer every day from about 8:30am to 5.00pm (exact times will vary).

Letter from the Wardens

Often we can get cover designs and other material from a website called Parish Pump which provides material for local parish magazines up and down the country. The cover design for this edition is no exception. But it has triggered a thought: there are many names and descriptions of God. And in the second part of the first chapter of the gospel according to John (John 1:29—51) we have 7 words or phrases that describe God. They are Lamb of God, Son of God, Rabbi, Messiah, Jesus of Nazareth, King of Israel and finally Son of Man. We can get the idea that, and quoting from the Bible Project, “The fully human Jesus from Nazareth is the messianic King and teacher of Israel and the Son of God who will die for the sins of the world.”

That message remains and it is our prayer that we as a church, along with other churches, will be able to proclaim it and grow in confidence in that message. We have been enormously appreciative of the support that we have received as we begin a period without an ordained minister. A vacancy as it is called. Interregnum is Latin for between ‘rulers’ but since we don’t like to think of the minister as a ruler the word vacancy gets used instead!

We are grateful that Rev Carol Ball has agreed to help frequently on Tuesday mornings, for the 9:30 am service, and Rev Canon Hugh Dibbens to teach the first Sunday of the month - please see the notice on page 17. Revs Andrew Merchant, Jacqui Pearson and Jacqui Jones have supported the worship on Tuesday mornings too. Revd Sandy Southee gave us our first Sunday Communion after Terry’s retirement and Rev Dr Jonathan Holmes has come all the way from Cambridge where he is former Dean of our patrons Queens’ College. But in terms of distance he was outdone by Bishop Rob Martin who presided on 21st July as well as told us something of his visit to Marsabit in Kenya earlier in the year. Bishop Rob drove here from Somerset!

We are delighted too that Bishop Adam, Bishop of Bradwell has agreed to preside at our service on Christmas Day.

We have also been planning ahead and aim to remember the lives of those who have died in the Time to Remember service (as we have had in recent years). Revd Geoffrey Griggs has agreed to lead that service.

We look forward to celebrating our patronal festival on 29th November and hope to have a

time teaching children, possibly related to Creationtide, during half term on October 29th at 2pm. We have spent some time emailing various people and discussing the future with the Diocese of Chelmsford. Although it can seem as though that is a slow process, it must be quicker than getting permission for 180 km of pylons! That being said, we are still moving on. A further meeting in September has been arranged with Archdeacon Jonathan Croucher to continue planning a long-term way forward.

We have been meeting in the church for Morning Prayer at 8:30 am each morning since before Terry retired. The aim, once we started, was one hundred days which was completed on the 8th August. We were trepidatious at the start. However it works. Prayer has drawn us closer together and closer to God. We have prayed and we have thanked God for answers to prayer. We will continue, though maybe not in quite the same form, into the future. Sandon church and our whole world needs faithful prayer. Bishop Guli advises us that clergy need two clear days off each week so we too will be adjusting and only meeting from Sunday to Thursday for prayer each week. We are sure that this will develop

further as time goes on. And thank you for the support of so many. *Richard and Andy Church Wardens*

Butts Green Garden Centre & Café

Mayes Lane
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Tel: 01245 223524
for reservations

Danbury Church Lunchtime Concerts

Fridays at 12:15 pm

13th September Songs of the folk
11th October

The Harmonious Quadro-Pianists
- Mayhem with two pianos and
eight hands

8th November

Adam Repa, concert pianist

13th December

An Advent Reflection

Lunch will be available from
11:45 am or bring your own.
Entry is free.

Thank you from Terry

Farewells are never easy, not least after 11 happy years of being at the heart of such a lovely community.

My final service and reception in the Village Hall on Sunday 2nd June are something I will always remember.

Thank you to everyone who helped to organise, cook, sing, play the organ, ring a quarter peel in my honour and of course to all those who attended the service. The church was full and there were at least 50 people sitting in the churchyard listening to the service through the loudspeakers. I hope the numbers were not great just to make sure I left.

I would like to thank you for the amazing farewell gifts. There was the large picture of St Andrews church, a portrait of me especially commissioned and painted, a huge two tier cake with the top one a chocolate Bible. I took that into Sandon School and put it in the staff room. Over the years I have regularly been into the school and at last I got the staff eating the Bible!

One of the big surprises was being awarded the Community Cup by the Parish Council. I keep

it for a year, and it has taken a special place in our new home in Maldon. There were many other gifts, too many to list, but there was also a very generous cheque which Caroline and I will buy something special to adorn our new home and so remember you all.

I will always remember our times together. Special services in church and in the churchyard. There is Tea on the Green well, established, and perhaps that special Christmas in lockdown. It didn't stop us worshipping and I loved our drive-in Carol service in Sandon playground even if it was raining and all sat in their cars. Perhaps the loveliest Crib service was on Christmas Eve 2020 when I invited parents and children to come to the churchyard for a short service at 4 pm. It was a bitterly cold day, and we had our beautiful crib scene under the large bean tree. At first, I didn't think anyone would come but just before 4 pm families arrived, and we estimated that there were 100 people in attendance. We sang Away in a Manger and had a short prayer and blessing before going over to the outside of the Crown public house for hot chocolate to warm us up.

It has been a very real privilege to serve you as your Rector over the

last 11 years. Sharing in the events of your lives has been joyful through the services of marriage. I loved the many christenings I have conducted and getting to know your families. It has also been moving to share in the times of sorrow that many of you have experienced over the years, as we also tried to give thanks for what has been and in the hope of what will be.

Caroline and I look forward to a new chapter in our lives. Retirement and seeing what God has got in mind for our futures and yes looking after our grandchildren.
God bless to you all *Terry*

At Terry's leaving service Caroline was presented with a bouquet of flowers from the PCC and Congregation in thanks for the support she has given St Andrew's over the years. They were locally grown from a florist in Purleigh. Caroline has written, "Thank you for my lovely bunch of flowers: it was so beautiful and wonderful that they were English flowers. It inspired me with what I would like to grow in our garden. Thank you too for all the love and support and appreciation that you have shown Terry over the years: he has so thoroughly enjoyed working with you and will miss you terribly. Love Caroline"



HARVEST
THANKSGIVING

**Sunday 8th September
at 10am**

This is the date of this year's Harvest Thanksgiving when we shall be giving thanks, not only for the gift of food, but for all that God gives us. We will be praying for our world with its climate emergency.

All gifts will be given to the Chelmsford Foodbank. These gifts are needed:- Small jars coffee, Long life fruit juice, Instant mash potato sachets, Meat meals eg chicken/beef in sauce, Sponge puddings not chilled, Instant custard sachets, Tinned rice Pudding, Tinned fruit, Chocolate biscuit bars and crisps, Fruit squash, UHT milk, Toiletries: Ladies' deodorant, Women's Shampoo, Hand wash, Toothpaste, Laundry tabs/pods (only), Washing up liquid. They have sufficient pasta and baked beans, thank you.

Do join us.

Heathrow and Suvarnabhumi Flight Tales

As some of you will know, I spend a lot of time commuting between these two airports and have done so now for almost 20 years. I have experienced some unforgettable moments during those long journeys.

Here is one of them.

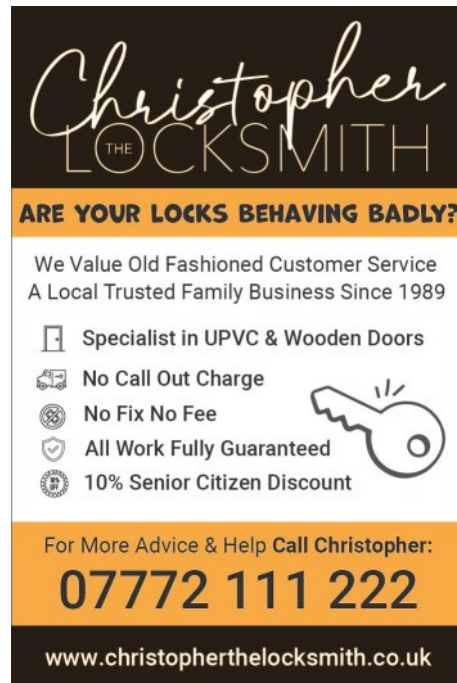
I boarded a Thai Airways flight from London a few years ago and was sitting waiting patiently for the pre-flight instructions, noting the seat next to me was still vacant. "Good," I thought, "I'll have plenty of room to stretch out." No such luck.

Down he comes, lurching drunkenly from one side to the other, guided by a stewardess, towards me and my sinking feeling stomach

"AAAEROOO!! AHM dahn 'ere am oi?" My sinking stomach was remarkably accurate in its predic-

tion, and he immediately began his inebriated rants.

"Diss effin airline!! Oi ain't effin flyin wiv em agen!" interspaced between his luggage complaints and chastisements of the Thai Airways staff.



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This tirade was non-stop over at least a half hour period. After he'd stopped, slowly realising I hadn't said a word, he then asked, "Ya do this trip often do yer?"

My reply, "Not often. My Church cannot afford the costs."

He went a shade of white, mixed with a flushing red and he didn't utter another

word throughout the next 11 hours of the flight.

I very rarely use God's name in vain, but I think on this occasion, he may have forgiven me.

John Gruby

30 Years Since The Chiropractors Act

By Ian Hutchinson

I graduated from Palmer College of Chiropractic in the USA in 1970. I met many students from countries where chiropractic was a registered profession and I had similar hopes for chiropractic in Britain. I started my Chelmsford practice in 1971 and in 1979 took over a practice in London. Most of the work outlined below was after the formation of the British Chiropractic Association (BCA) Parliamentary Committee, which I chaired and took place while I was President or Vice President of the BCA.

It would not have been possible without the help of my wife Michele and other chiropractors, and staff, working in Chelmsford Chiropractic Clinic.

The Chelmsford practice was one of eleven centres for a Medical Research Council (MRC) trial that very favourably compared chiropractic with hospital out-patient treatment for back pain. I appeared on BBC TV news when the results were announced in 1990.

Patient contacts led to many radio and TV appearances over the years, and they also helped with

progress towards the Chiropractors Act.



In 1983 The Prince of Wales, as Honorary President of the British Medical Association (BMA), referred to "long neglected complementary methods of medicine" in their 150th year anniversary address. This was widely reported in the news and led to "The BMA Inquiry into Alternative Medicine" and initiated talks amongst the main branches of complementary medicine. As a result, the Council for Alternative Medicine (CAM) was formed. I spoke with former Prime Minister Lord Home at the launch.

In 1983/84 I met two noteworthy persons at dinner parties, held by the Prince of Wales, who were to help over the years, Lord

Kindersley and Sir James Watt. Sir James, as President of the Royal Society of Medicine (RSM) initiated a series of 8 Colloquia (discussions) on Conventional and Complementary Medicine: Prince Charles attended three of these. Lord Kindersley and I were lay members of the RSM planning committee for these Colloquia.

Meanwhile, the osteopaths were making great strides towards statutory regulation and Simon Fielding was working full-time towards gaining regulation for osteopaths. I realised we needed to "strike when the iron was hot" and The British Chiropractic Association (BCA) agreed for me to undertake paid work on a part-time basis. Once I had sold the London practice, I was able to spend time on a very important and challenging task, which was time-sensitive, as there was an opportunity to follow the osteopaths on the path to statutory regulation. They were a much larger profession in the UK.

Peter Ediss from the Department of Health set out three necessary requirements: - Support from ALL chiropractors. Support from the medical profession. A report from a reputable body recommending statutory regulation.

He also advised that legislation would need to be via a Private Member's Bill.

I approached the British Medical Association (BMA) who were not helpful and was advised by Sir James Watt to focus on the Royal Colleges. Lord Kindersley, with Sir James Watt's help, hosted a dinner party at the Royal Society of Medicine. The General Medical Council (GMC) as well as all the Royal Colleges were represented. This was most successful and was the most important part of the campaign, as the support of the medical profession was vital.

Earlier I met with Robert Maxwell of the King's Fund and Simon Fielding (osteopath). Chiropractors agreed to support an Osteopaths Private Member's Bill provided the osteopaths would support a chiropractic one to follow.

We followed the osteopaths with a King's Fund Working Party on Chiropractic (KFWPC) which was chaired by the Hon. Sir Thomas Bingham. The eventual launch of the KFWPC Report was on 5th May 1993. It was attended by Diana, the Princess of Wales and I had the pleasure of introducing her to people attending. Due to her presence, there was widespread coverage in 6

National newspapers, TV and radio along with favourable comments from the main medical bodies.

David Lidington agreed with me to introduce a Private Member's Bill. Tony Newton, my local MP, who had advised throughout, had helpfully taken David out for lunch the day before. Lord Walton, formerly President of the GMC, BMA and RSM, who had also helped throughout, successfully piloted the Chiropractors Bill through the House of Lords. Royal Assent was on 5th July 1994, 30 years ago. Since then, no other complementary medicine practitioners have achieved statutory regulation. My main ambition for chiropractors in Britain had finally been achieved.

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Tel/fax 01245 401255

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Howe Green CM2 7TB



Soup & Sandwich Lunch at St Andrews Church

1st Tuesday of the month
Next Lunch is 3rd September
Future dates 1st October,
5th November, 3rd December.

Join us for lunch for fellowship (and food of course!!)
We would love to see you.
No cost but
Donations gratefully received

Time: 12:00 noon – 1:30pm
Contact: Judy Cecil for more details on 01245 224747



Games Time

Come and join with us for Chess, Scrabble, other board games of your choice!
2—4pm 1st Tuesday of month.
We will serve tea and coffee.
All ages welcome 0-100.

Annual Church Walk

This year we were extremely lucky with the weather which was excellent. We set off at 10:15 am from the Village Green down Brick Kiln Road having posed for a few pictures first. It was June 22nd, 2024!

All told there were 20 walkers including Chris Mann who had come back from Lincolnshire for the weekend especially to join the walk!

The dangerous main road was crossed and we walked on to the River Chelmer crossing, over it and then onto a footbridge which leads to the long straight path of Graces Walk up to Danbury. This leads to Lingwood and then Bell Hill Wood where a very sharp rise took us to the A414 on the bends through Danbury Village. Again, crossing the dangerous A414 the route went through St. John's

churchyard. After viewing the Thames basin from afar, we strode down to the Cricketers, which had been given a complete list of our lunch requirements and they did a good job! We had an excellent lunch and a good refuelling stop after about 2 hours of walking!

Some 2 hours later we set off for the slightly shorter route back to Sandon via the ford in Sporhams Lane. For most it was an easy 90-minute stroll and if you had done the whole walk you would have completed just about 8 miles in total!

We then spent just too long in the Crown, Sandon, probably because the weather and friends made the occasion so special!

*See you again next year?
David Farrar*



Tea on the Green and Songs of Praise 28th July

On a beautiful, hot sunny Sunday afternoon the congregation of St Andrew's Church, guests and friends from the village gathered on The Green to enjoy delicious homemade cakes, tea and coffee. They then joined together with the Chelmsford Salvation Army Band for a Songs of Praise. Everyone enjoyed a lovely service of prayer, singing and readings. It is always special with the Band to lead the hymns outdoors and this service always has a lovely community atmosphere. Each hymn was introduced with a short biography of the writer/composer. Major Ian Mountford gave the address, so we all had something to go home and think about. Thank you to everyone who contributed to these two events. If you missed out, look out for the date next summer. (Now booked for 27th July 2025)

The band add, "A big Thank You to the folk of Sandon for the generous donation of more than £260 towards The Salvation Army's work in Chelmsford."



Yes Lord

As the light is gently fading
From the western shore
Jesus' voice comes to me saying
Christian, love me more

Lord, your love is strong and mighty
Mine is weak and poor
I have neither thought nor knowledge
How to love you more

Use my love which dwells within you
Let it freely flow
Through your thoughts and words and actions
Blessings to bestow

Yes, Lord, let me use your love
To show to all I meet
That they may put their faith in you
And make their joy complete.

Summer Fête Report

Our annual summer Fête was held on Saturday 29th June in fair, if not actually 'flaming', weather.

Total takings were £1,523.71, which compares reasonably well with our takings at the fete last year of £1,862.74 considering that 'footfall' seemed to be somewhat down this year, possibly due to other events taking place locally. Might they have been football? Many thanks are due to all involved. This year we had a different team selling raffle tickets!

Oh dear!

When I think about it
I realise that I could've ...

In fact I now know
That I should've ...

If only I had
then I would've ...

Now on could've and
should've and would've
I shall place an immediate ban

By meeting each new situation
With a carefully-considered plan

Oh yeah?
Both by Rosemary Taylor

Individual stall takings were:

Plants	£94.10
BBQ	£323.50
Cake Stall	£140.15
Bottle Tombola	£98.15
Books Games & Puzzles	£38.50
Nearly New	£22.00
Refreshments	£57.35
Dog show	£22.00
Raffle	£573.00
Tiny Tots	£130.36

Expenses incurred were a total of £179 including the raffle first prize.
Nick Bobeldijk



Dandelions view from a churchyard.

The dandelions bestrewn my eye
Yellow field - bluest sky
They, to attention stand, within the
green
No footpath trod, no person been.

Priests - crown, a sweeter name
The golden head, still just the
same
As I sit with artist gaze
They crown the field with gilded points;
On this sunniest of July days
From Pissarro's brush he would
anoint.

A gentle breeze, they wave their heads
In knowing stance, they stand
their stead
Beauty forged, in crowd, they
make their stand
Today they group as one, a
beauteous band.

*Richard Simmonds
24th July 2024*

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We meet in
the St
Andrew's
Room on
second
Wednesday
of the month 1:00 pm to 2:30 pm
so come along.
Further information
Contact: Alison 01245 474858 or
e-mail: tots@sandon-church.info

St Andrew's Sandon

You are invited to a series of presentations
in the context of Holy Communion,
followed by a short discussion time.

The Course addresses the question
'What is the Church here for?'

These will be on the first Sunday of each month,
in Church, at 10:00 am
led by **Revd Canon Hugh Dibbens**

The series will be entitled – **'ENJOY and SHARE'**

1st September - 'God's Amazing Love in Jesus'
Readings: Romans chapter 5 verses 1 – 11
Matthew chapter 28 verses 16 – 20

6th October - 'Rediscovering God's Call'
Readings: 1 Kings chapter 19
Luke chapter 10 verses 1 – 7

3rd November - All Saints - 'Saints as 'Double Listeners''
Readings: Isaiah chapter 49 verses 1 – 9
Mark chapter 4 verses 1 – 20

1st December - Advent Sunday - 'The Big Picture'
Readings: 2 Corinthians chapter 5 verse 11 – chapter 6 verse 1
John chapter 6 verses 16 – 21

Church Services

St. Andrew's, Sandon

Services currently planned online via Zoom are shown in italics.

Also, we hope to say Morning Prayer in church at 8:30 am each morning Sunday to Thursday ie 5 mornings per week.

September

Sunday 1st	Trinity 14	
	10:00 am	Sung Eucharist - Revd Hugh Dibbens
Tuesday 3rd	9:30 am	Said Communion - Revd Carol Ball
Wednesday 4th	8:30 pm	<i>Night Prayer</i>
Sunday 8th	Trinity 15	
	10:00 am	Harvest Thanksgiving
Tuesday 10th	9:30 am	Said Communion or Morning Prayer
Wednesday 11th	8:30 pm	<i>Night Prayer</i>
Sunday 15th	Trinity 16	
	10:00 am	Agape Meal - Remembering Jesus' sacrifice
	3:00 pm	Worship at Howe Green URC
Tuesday 17th	9:30 am	Said Communion - Revd Carol Ball
Wednesday 18th	8:30 pm	<i>Night Prayer</i>
Sunday 22nd	Trinity 17	
	10:00 am	Morning Worship
Tuesday 24th	9:30 am	Said Communion - Revd Jacqui Pearson
Wednesday 25th	8:30 pm	<i>Night Prayer</i>
Sunday 29th	Trinity 18	
	10:00 am	Songs of Praise
October		
Tuesday 1st	9:30 am	Said Communion - Revd Carol Ball
Wednesday 2nd	8:30 pm	<i>Night Prayer</i>
Sunday 6th	Trinity 19	
	10:00 am	Sung Eucharist - Revd Hugh Dibbens
Tuesday 8th	9:30 am	Said Communion or Morning Prayer
Wednesday 9th	8:30 pm	<i>Night Prayer</i>
Sunday 13th	Trinity 20	
	10:00 am	Worship Together

Tuesday 15th	9:30 am	Said Communion - Revd Carol Ball
Wednesday 16th	8:30 pm	<i>Night Prayer</i>
Sunday 20th	Trinity 21	
	10:00 am	Agape Meal
	3:00 pm	Worship at Howe Green URC
Tuesday 22nd	9:30 am	Said Communion - Revd Jacqui Pearson
Wednesday 23rd	8:30 pm	<i>Night Prayer</i>
Sunday 27th	Bible Sunday	
	10:00 am	Morning Worship
Tuesday 29th	9:30 am	Morning Prayer
Wednesday 30th	8:30 pm	<i>Night Prayer</i>
November		
Sunday 3rd	All Saints' Sunday	
	10:00 am	Sung Eucharist - Revd Hugh Dibbens
	4:00 pm	Time to Remember
Tuesday 5th	9:30 am	Said Communion - Revd Carol Ball
Wednesday 6th	8:30 pm	<i>Night Prayer</i>
Sunday 10th	Remembrance Sunday	
	10:00 am	Remembrance Service
Tuesday 12th	9:30 am	Said Communion or Morning Prayer
Wednesday 13th	8:30 pm	<i>Night Prayer</i>
Sunday 17th	2nd before Advent	
	10:00 am	Holy Communion
		Revd Dr Jonathan Holmes
	3:00 pm	Worship at Howe Green URC
Tuesday 19th	9:30 am	Said Communion - Revd Carol Ball
Wednesday 20th	8:30 pm	<i>Night Prayer</i>
Sunday 24th	Christ the King	
	10:00 am	Morning Worship
Tuesday 26th	9:30 am	Said Communion or Morning Prayer
Wednesday 27th	8:30 pm	<i>Night Prayer</i>
Friday 29th	7:30 pm	St Andrew's Day

We are in a vacancy and so some details will change. But please turn up!

Saint Andrew's Parish Church Contacts

Rector till 5th June 2024

Revd. Terry Brown*

Church Wardens	Richard Cecil** Andy Horne**	224747 475279
PCC Secretary	Judy Cecil**	224747
PCC Treasurer	Nick Bobeldijk ⁺	471756
Safeguarding Officer	Alison Read*	474858
Electoral Roll	Liz Bobeldijk	471756
Bell Ringing	Mike Worboys	224612
Tiny Tots	Alison Read*	474858
Flower Arranging	Lesley Worboys	224612
Organist	Cathie Horne*	475279
Choir	Gill Haddington	529305
Magazine Editor	Richard Cecil**	224747

Parochial Church Council Members as * above and Colin Bryan⁺, David Farrar⁺, John Gruby, Christine Mennie⁺, and Janet Terry⁺

Authorised to assist in the distribution of Holy Communion

As ⁺ above and Valerie Grimwood, Gill Hodge and Michael Puffett

Regular Events see pages 18 & 19 for full details of worship.

Sundays	10:00 am	Morning Worship/Communion
Tuesdays	9:30 am 7:45 pm	Morning Worship/Communion Ringing Practice
Wednesday (Zoom) sandon-church.info	8:30 pm	Night Prayer
Thursday (Zoom) compasschurches.org.uk	8:30 am	Compass Churches Morning Prayer
Thursday	3:00 pm	Choir Practice

Zoom services links can be found at the websites just prior to the service.

St Andrew's, Sandon

www.sandon-church.info

Editor Richard Cecil
Advertising Claire Jefferies
Distribution Manager Alison Read
Copy for December's magazine by 10th November 2024 please.
magazine@sandon-church.info



Howe Green URC

I cannot really believe that I am already thinking of the time when the autumn school term will be starting, holidays over, and colder weather in sight!

During the last three months we have had some good services at the Chapel, our Coffee morning and Tea afternoon, (thanks to all who were able to join us for those) so now look forward to the next services planned.

On 15th September we are having our Harvest Thanksgiving service led by Rev. Anne Sardeson at 3:00 pm, followed by tea and cake as usual. The other services are on 20th October (Ian Chamberlain) and 17th November.

Our Harvest Lunch will be on Saturday 21st September at 12.30 pm to which you are all invited.

We will let you know of any other coffee mornings, etc. when we have been able to confirm the dates.

Pam Knott



We commend to God's care:

Genda Wright	13 th May
David Sherry	14 th May
Nathaniel Patten	19 th May
Richard James Parsons*	21 st May
Vivienne Goble	22 nd May
Joan Vera Bridger*	29 th May

*Burials. The rest were interment of ashes.

We rejoice at the marriage of:

Jade Jazmine Denny and Barry Denis Gray	1 st June
---	----------------------

We welcome to the church of Christ at their baptism:

Bianca Rae Harris	26 th May
-------------------	----------------------

Sandon WI

Betty White reports

In June the new President, Kay Lodge, opened the meeting and welcomed everyone. Kay, who has been a WI advisor and a past president, has been associated with the Essex WI Federation for many years. It is fabulous to have her as our new president. After singing Jerusalem, Kay explained that Dorothy Gray has been co-opted onto the committee and will be Kay's vice chair. Dorothy, a long-time member of Sandon WI, has extensive experience with the Essex Federation, making her a great addition to the committee.

Dorothy, with Kay, attended the Annual County Meeting in Thurrock and gave a lovely report of her time there. The guest speaker was Sally Gunnell, an ex-Olympic, European, and Commonwealth Gold medallist and also an Essex native. Dorothy was thanked for her report. Kay mentioned that Iris Watts would be reporting back to us at our July meeting regarding the National Annual Meeting.

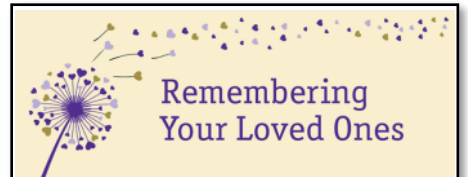
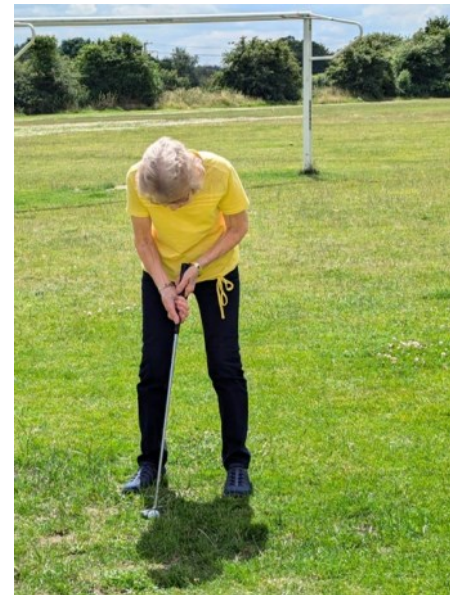
After taking care of a few bits of business, Kay introduced Brian Carline, who gave us a talk on "An Amusing Talk about Life in Our Schools." Brian, a retired head teacher, provided an interesting insight into the world of

education and shared a few funny stories about some of his pupils. Brian was a familiar face, having given another talk a year or so before. It was then time for tea, and the cakes this month were provided by Gill Reed and Doreen Neall. Doreen also brought the top table flowers which were presented to Wendy Burn, whose birthday was at the end of the month. Once again, a very enjoyable meeting.

Julie Fisher reports

What a fabulous July meeting! Karen West, Sandon WI's secretary, had organised an Olympic Games afternoon. Country teams, Brazil, France, India, Australia and Canada. The games were golf, javelin, ping pong, basketball and golf ball skittles.

We were randomly divided into teams when entering the hall and although we knew we were going to have games we didn't know how much fun we would have. The weather was fabulous, so while awaiting your turn in the golf challenge outside we all topped up our vitamin D. Loud chuckles from inside. A lovely afternoon was had by all, with no medals but prosecco and sweets. Cakes were supplied by Shelia Porter and Pat Vickers. A lovely way to end our summer break.



Time to Remember Sunday 3rd November 4 pm St Andrew's church

You, and your family and friends, are invited to a service of thanksgiving and remembrance for loved ones who have died. It is equally appropriate for people who lost a loved one a long time ago or very recently. The service will last about an hour and it will be simple, quiet and peaceful. We will read out the names of those to be remembered, and you will be invited to light a candle in their memory if you wish. It is a time for quiet reflection and peace. Please write names on the list at the back of the church or email names to the Wardens enquiries@sandon-church.info

Joan and Luke Bridger

Some years ago as we came to church each week there would be prayers said, amongst many other things, for Luke Bridger.

On 13th October 2001, Luke died as a young boy, aged 11, from a rare disease called A-T. You can see that it is called A-T because that is an abbreviation for ataxia-telangiectasia. It is a life limiting condition that is inherited. We did not know Luke. But his mother, Joan, did come to church quite regularly. She had lived in the parish but sadly her marriage did not survive the loss of Luke. She moved to South Woodham Ferrers but continued to support Sandon and the church. She was big on Teddy Tombolas and Jumble Sales.

Some years ago, Joan was diagnosed with lung cancer. She continued to come to church but when I last saw her, she was hitched to a mobile oxygen concentrator. At the end of May Judy and I attended her funeral in Sandon church. She was buried with Luke in the church yard. It was Revd Terry's Brown's last funeral at Sandon.

Shortly before the start of the service a couple appeared whom

we did not know. They sat near us and we lent and then gave them our order of service.

We asked how they knew Joan and they said that they had been trustees with her. We asked what organisation that was with. It turned out to be the A-T society. The service was clearly very moving for this couple, Vincent and Maureen. They had come from Hertfordshire.

It transpired that two of their four children had died with A-T in their teens. This is a rare condition. It is estimated that there are about 200 people with it in the UK. It seems to be a recessive gene and so only appears if both parents carry the gene and then, statistically, in just one in four cases. The symptoms are difficult to be precise about and include a wide variety of different things.

Vincent writes, "The A-T Society was founded, initially as a trust, in 1989, to bring together families affected by the rare genetic condition Ataxia-telangiectasia ("A-T"). We incorporated in 2004. The Society started because Birmingham University (Department of Cancer Studies) had commissioned a physician to collect blood samples of known cases of A-T. Maureen asked that doctor, who took samples from our Gregory and Caroline, if he

would be able to provide the contact details of others whom he was visiting. He very kindly did that, in those days this was not an issue. From there 10 families met at a hospice in Birmingham and decided to come together as a support group. Both Maureen and I were trustees until 2012, with me as treasurer and Maureen effectively running the charity. Joan was also a trustee for several years and was a very successful fundraiser.

"Initially, all the early trustees were either parents of children with A-T or young adults with the condition. However, there comes a time when it is appropriate to broaden the skill set and welcome others with fresh ideas. That is what progressively has happened. We hired staff and recruited trustees from a wider talent pool. A couple of years ago, the Society put out a call for new trustees and Rachel, our daughter together with others, responded."

Joan was always positive and smiling despite the difficulties she encountered. At her funeral a display of photos was shown. Some thought the most memorable was Joan with two friends each side lined up in swimsuits doing handstands!

Compiled by Richard Cecil



Sunday 10th November 10am Remembrance Day service

Remembrance Sunday falls on 10th November this year and is an opportunity to remember the service and sacrifice of all those who have defended our freedoms and protected our way of life.

We will remember the Armed Forces, and their families, from Britain and the Commonwealth; the vital role played by the emergency services and those who have lost their lives as a result of conflict or terrorism.

All are welcome as we remember those who have paid the ultimate sacrifice.

WE WILL RE MEMBER THEM

Sponsored Cycle Ride

Saturday 14th September
More detail from David Farrar
01245 471484

Tales of Model Trains and Childhood - Part 2

My last article left you with the following questions about model railways and what happened next: Where did it go from there? How did things develop? Is there a happy/memorable end to the story?

Happily, throughout my childhood I was provided with a selection of models to make up, usually at Christmas, to keep my brother and I quiet after dinner while everyone else was allegedly watching the ballet on the TV but were in reality in the land of nod! The models were usually plastic and, at least to start with, sometimes melted thanks to the use of too much glue. However, I inevitably got the modelling bug which has not only fed into my model trains obsession, but has also led to a house full of wooden sailing ships that I have constructed from time to time.



To return to model railways. When we lived in Tilbury the model railway was often across the floor as was our son's Brio set. No circuits of rail for him. A layout had to have a beginning and an end. It generally seems to be London to York or Edinburgh.

Both in Tilbury and in Baddow, where we now live, the model trains were too big for the house, so a big trade-in happened. Stephen, our son, was easily persuaded of the advantage of trying N gauge. (N gauge is much smaller than OO gauge. The width between the rails is 9 and 16.5 mm and scale 1:160 and 1:72 respectively.) In our house we now have an N gauge layout, which has developed over the last 20 years with a short gap, when it had to be dismantled because we needed an extra bedroom.

The configuration upstairs is now two bedrooms and a train room. In terms of the railway, we are a bit odd. Most model railway enthusiasts model a layout on a particular area. Ours has just happened! Most also pick a particular era. However, I collect model steam locos, but my son is fixated on diesels and electric locos. I recall one memorable holiday when he was pretty small and managed to talk his way into the cab of an intercity loco while it

was stopped at Newark! Inevitably, as well as Stephen and I having a selection of rolling stock, Catherine also has several locomotives on the layout. Nothing like a perfect birthday present!

The one small problem with a train room, or maybe it's not a problem at all, is that it can never be decorated. The railway is attached to the walls. To even open or close the curtains needs a long stick.

Is this a memorable ending? It can't be because a model railway is never finished, especially when you have a father-in-law, who also has one, and likes to challenge me to find a place for yet another model building that he has scratch built in N gauge even though he models in OO!

The best way to see where we are up to is with a few pictures as promised last time. Is this all about childhood? Well, no, but that's certainly where it all started and it continues bringing out my inner child all the time.

Andy Horne

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The Churchyard working party
was never seen again

Churchyard Tidy

Please help keep our churchyard tidy.

We have Saturday Mornings once a month to work together
Saturday 21st September
Saturday 19th October
Saturday 16th November
We begin work at 10am and finish at 12 noon.
Refreshments supplied to keep us going.
Hope to see you

Advent Course

The Sermon on the Mount
A New Way to Look at the World
At the centre of the Sermon on the Mount, Jesus invites us to make his story our story.
St Andrews Room at 10:45 am on Tuesday 28th November, 5th, 12th and 19th December.
The course will have brilliant cartoon video teaching from the Bible Project team. We do hope you are able to come. There will be coffee/tea and biscuits at 10:30 am ready for a 10:45 am start.



Patronal Festival Friday 29th November at 7:30 pm

There will be a service of music and readings.

This will be followed by Cheese and wine.

Everyone is invited to this event. If you have not been before we look forward to seeing you. All are most welcome to join us.



Saturday 5th October Autumn Quiz

Sandon Village Hall
Teams of 6 max please.
Bring your own drinks and nibbles.

We meet at 7:15 pm for a 7:30 pm start.

Tickets are £10 each from David Farrar on 01245 471484.



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Is God on Mute?

2024 has not been a good year health wise for me. I spent New Year in hospital with abdominal pains and off work for six weeks. Then, on the night of Terry's retirement, I started having breathing problems. As an asthmatic, the Doctors and myself naturally assumed it was that and treated me for it. However, I just was not getting any better. Some days, but particularly nights, were very scary. I simply could not stop coughing and then could not breathe. One particular night I sat up all night in the lounge and the thought occurred to me that I may just stop breathing and would never see my family again. I knew God was there but was not hearing him.

The next morning, Richard Cecil messaged me to see how I was and told me that although I was too poorly to come to church, I could join Morning Prayer via WhatsApp. I had not realised that St Andrew's was running a Morning Prayer. At 08:30 am each morning, Judy and Richard Cecil, Andy and Cathie Horne, meet at church. It was lovely to be invited along at just the point in my life when I felt I needed prayer the most. After further investigations, it turned out that what I had was not asthma but Bordetella

Pertussis virus, or more commonly known as Whooping Cough!

For me, Morning Prayer has been literally a God-Send. I've been accessing it mainly from my settee, as still too unwell to be at Church that time of morning after a poor night's sleep. It has given me the opportunity to not only pray for whatever is on my mind that morning, to listen to each others prayers, but also to read and try to understand verses from The Bible. Quite often, after Morning Prayer has finished, we chat together and dissect what we have read or take something positive from what we have heard. and take that into the coming day. It is truly a beautiful thing and has got me through some really dark times. As my recovery journey is taking rather a long time, apparently that is normal for Whooping Cough, I have been able to continue with my morning prayers and will continue to do so going forward. What a lovely start to the day!

Morning Prayer is open to everyone in St Andrew's Church. It starts each morning (now just Sunday to Thursday) at 08:30 am and I am sure that either Richard, Judy, Andy or Cathie will be able to accommodate a phone call if you would like to attend but for

whatever reason are unable to. Please speak to one of them or attend church in person. They would love to see you. Enjoy your daily journey with God.

So, is God on Mute? Never, he is always there but sometimes you need space and time to listen.

Claire Jefferies

Saint Andrews Bells

A ring is caught on the drifting breeze
To my ear I hear it clear
It must be Tuesday ev'ning yes
A rhythm to each week in year.
As we hear it now today
Would have been the same
As cent'ries passed to those good folks
Who from Sandon came.

The rounds from bells can lift the heart
As they ring from their tower above
An ever present symbol of
Gods hope, His joy and love

When nations seem so divided
I cannot help but feel
How the sound of bells unites the world,
The joyous sound of a church bells peel.

To the ringers our grateful thanks
For reminding us of this
That the bells ring out on Tuesday nights
Thank you, our campanologists.

Richard Simmonds

Tuesday 21st May 2024

Written 7.45 - 8.25pm during bell ringing

Editor's Note

Thank you Claire. She had based the title of this article on a book she has been reading recently called, 'God on Mute', by Pete Greig. I recommend it.

The logo for 'Just Pampered' features the brand name in a green, cursive font. To the right of the text is a stylized graphic of a pink flower with green leaves.

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Environmental Lifestyle Survey 2024

Huge thanks to the 17 people who completed a lifestyle survey earlier this year. We thought you would be interested to see how we are doing as an Eco Church (really well – we achieved a silver award!). We also hope if you answered “no” to any of the questions, that they made you pause for thought about your plans for the future.

Results

- 100% of us answered “yes” to considering our lifestyle as part of living out our Christian faith.
- 65% of us regularly or sometimes walk or cycle to church services and events.
- Given that a good number of our congregation come from outside the village, this is a great result.
- 82% of us try to reduce our car use when possible.
- Only 35% of us have completed our personal carbon footprint this year. Would you like to do this? Do you need help with doing this? We have some information which will be available on a printed leaflet at



the back of church and on the church website.

- 94% of us limit our waste by adhering to the principles of reduce, re-use or recycle.
- 64% said “yes” or “sometimes” to purchasing Fairtrade goods where possible.
- 59% of us have renewable electricity at home.
- 88% of us have reviewed and made changes to our diet to be healthier and more sustainable (eg less meat).
 - 88% of us purchase ethically where possible (eg check source of products, buy for less packaging).
 - 65% of us answered “yes” or “sometimes” to using the LOAF principles (Locally grown, Organic, Animal-friendly, Fairtrade) when buying food.
- 53% answered “yes” or “sometimes” to considering where we put our money by using ethical banking, savings accounts and/or investments.
- 47% of us participate in other community activity with an eco agenda (eg litter picking).

We then asked which **church activities** helped and supported you in living a more environmentally friendly lifestyle.

The top answers to this were the weekly email (14): sharing ideas with others (11); recycling facilities (9) and sermons (9).

The **other resources** people found helpful are:

- Recycling facilities at home, work and council run; buying carefully and locally; media, internet; books; - ‘How bad are bananas’ by M Berners-Lee; using ecologically sound ways to grow food and maintain gardens; TV; church magazine; parish leaflets; talks about creation at Bradwell, St Peter’s chapel; using water butts; making own compost.
- Using alternatives to chemical cleaners - white vinegar, bicarbonate, citric acid.
- Joined eco-church group; use a plot of church land to grow flowers; use toilet brush regularly to reduce need for use of products; recycle old clothes; recycle wherever possible; cut down on disposable items; develop a wild area in the garden, sow wildflower seeds, let grass grow.

The **future plans** mentioned by people include:
Continue with the same and also recycle pens; contact lenses; blister packs; crisp packs, sponsor endangered animals; local litter picks; use electric bike when possible; use less plastics; check out ethical banking; local area for wildlife and insects; natural methods for working the garden, allotment and house; check sustainability when buying groceries.

Other comments offered were: buy second hand, turn lights off, good weekly email tips.

Conclusion

These results are a positive continuation to our eco journey. Having gained a silver award this gives us a good starting point as we progress towards gold.

Next steps

Come and join us to find out more about eco-church and help St Andrew’s go for gold. We need people willing to make things happen!
Next meeting 3rd September 7:45 pm in SAR. Tea and Coffee and fairtrade biscuits. If you cannot make the meeting – please get in touch with Judy Cecil, Janet Underwood or Lesley Worboys, cecil.family@clara.net or telephone numbers on the contacts page.

Coconut Apricot Flan

Ingredients:

1 sheet of ready rolled puff pastry,
175 ml good quality apricot jam,
2 eggs,
120 ml cup sugar,
475 ml desiccated coconut,
15 g butter, melted.

Method:

Line a 20cm round flan dish with the pastry and trim any overlap with a sharp knife.

Warm the jam in a saucepan just enough to make it runny. You can choose whether or not to sieve the jam. Brush the base of the pastry with half of the jam.

Beat the eggs until thick, add the sugar and beat again until thick and creamy, stir in the coconut and melted butter.

Spread evenly over the jam and bake at 150 degrees for about 30 minutes until golden brown.

Brush the top with the remaining jam while still hot.

Serve warm with cream or ice cream.

Narelle Arnold

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