

St Michael and All Angels, Lower Church Road, Sandhurst, Berkshire, GU47 8HN
The church building is only open at certain times, please visit our website:
www.stmichaels-sandhurst.org.uk for up-to-date information.

PARISH OFFICE OPENING HOURS

Monday, Tuesday, Thursday & Friday: 10:00am-1:30pm

For enquires about hall bookings, baptisms, weddings, funerals, the best way to contact us is by phone on a Monday or Thursday.

If you wish to visit the office in person, please contact us in advance to agree a suitable time.

T: 01252 873030 / E: office@stmichaels-sandhurst.org.uk

For pastoral matters you can phone the Rector, **Rev John Castle** on:
T: 01252 872168 or email him at: rector@stmichaels-sandhurst.org.uk



Rest and relaxation...

Having recently had a holiday, I have been pondering on the importance of rest and relaxation.

In today's fast-paced world, the art of relaxation can often feel like a distant dream. The pressures of work, family responsibilities, and the constant buzz of technology can leave us feeling overwhelmed and exhausted. Yet, amidst this chaos, finding moments of peace and relaxation is not only beneficial but essential for our well-being.

The Bible offers timeless wisdom on the importance of rest and relaxation. In *Matthew 11:28*, Jesus invites us to find solace in Him:

Come to me, all you who are weary and burdened, and I will give you rest.

This passage reminds us that true rest comes from releasing our burdens and trusting in God's care.

These moments do not have to be weeks of holiday, but simply a few minutes to pause and reflect. Set aside time each day to do what relaxes you. This could be sitting listening to music or going for a peaceful walk in the countryside; practicing mindfulness or reading scripture.

Relaxation is more than just a luxury; it is a necessity for a healthy, balanced life and brings many benefits. These include improved mental health, increased productivity and better relationships. Remember, even God himself took time to rest. Relaxation is a gift from God, a time to refresh and restore our minds, bodies, and spirits. As you navigate the demands of daily life, let the words of *Psalms 46:10* guide you:

Be still, and know that I am God

Embrace these moments of stillness and allow His peace to wash over you.

Sarah Bishop, Familyworker

OUR PURPOSE AS A CHURCH

Knowing God for ourselves.

Growing as individuals
and as a church.

Showing God's love in the world.



Please pray for all those on the Prayer Board, and for the family and friends of Georgina Wilson whose funeral is being held this month. Please also pray for Emma Robb & Ryan Howells and Della Keet & Ryan King as they prepare for their weddings in August, and for Frederic Sweetapple, Logan Lovell and Nico Waldren who will be baptised here in August.

COMPASSION

Our charity for July

Compassion is a charity that St Michael's has supported for a number of years whose mission is 'releasing children from poverty in Jesus' name'. *Compassion* is 3 C's:

Children – *Compassion* identifies children that are in poverty in 25 of the poorest counties in the world.

Church based – *Compassion* then identifies churches in those areas with a heart for children and partners with them to help those children with funds from sponsors in the UK and 12 other countries.

Christ based – the love of Jesus is central to everything *Compassion* does and is responding to God's call to care for the poor and show love to those in need.

Funds are obtained and used in two ways:

- ▶ one is from individuals sponsoring children, as a number in the St Michaels congregation do.
- ▶ the other way is through one-off gifts (such as St Michael's church gives) that are used to address various needs in the community – an example of which is give children like Disha safe water.



Eight-year-old Disha had little time for playing or studying. If she doesn't collect clean water, her family can't live.

"I don't like summer season," says Disha.

"It is the time when we have to make at least three trips to get water."

In summer, it would take Disha up to three hours a day to collect enough water for her family. Disha's community in southern Bangladesh is known for its underwater mangrove forests, frequent flooding and threatening storms. But although there's water everywhere, it isn't safe to drink. That's why Disha's local *Compassion* project was determined to find a solution. Bringing clean, safe water closer to home improves health for everyone, but it's life-changing for children like Disha.

Now, thanks to the Water Purification Plant, made possible by Water Intervention funding, Disha doesn't have to walk three hours for water every day. Those three hours have been given back to her – so now Disha can spend time being a child, studying and playing with her friends. Whatever the season.

Compassion is very grateful for the continued support of St Michaels – thank you!

Jon Toohey, Charity Champion


Releasing children from poverty
Compassion
in Jesus' name

Come and join St Michael's
CofE School Association at our



Registered Charity
Number: 1013785

Summer fayre

Saturday 6th July

12-3 pm



Silent Auction
Hamper Raffle
Hoopla
Jam Jars
Beat the Goalie
Hook-a-Duck
Sweetie Tombola

BBQ & Drinks
Cream Tea
Ice Creams
Face Painting
Nail Painting & Tattoos
Choir Performance



Judo Display
Bottle Tombola
Stocks
Lucky Dip
Coconut Shy
Tombola
& much more!



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Children: *free!*

St Michael's CofE School, Lower Church Road, Sandhurst, GU47 8HN

WHAT'S HAPPENING?



Praying together for Sandhurst 5@5 on Thursday 11 July

If you can, please pause and pray for 5 minutes at this time. This time let us consider all who contribute to Social Services in our community:

- those who respond to crises • those who provide ongoing support
- those who manage the services

Churches Together

We might hope that theirs is a calling that will bring its own rewards. As St Paul said:

In everything I did, I showed you that by this kind of hard work we must help the weak, remembering the words the Lord Jesus himself said: "It is more blessed to give than to receive." Acts 20:35

Our prayer might include:

Thank you, Father, for social workers and the unique role they play in our society.


We pray for a sense of peace over them, that they may bring calm to situations of need and crisis.

We pray for strength and confidence over them, that will sustain them day by day.


We pray for wisdom over them, that will guide them in all the decisions they need to make. *Amen*



On the social side

 The next social committee event will be our **Annual Quiz** which will be held on **Saturday 21 September** in the Pastoral Centre. It will start sharp at 7pm (doors open at 6:45pm). Please bring your own drinks, glasses & nibbles.

Tickets cost £5 (FREE for children in Yr6 or below) and will be on sale from mid-August. We are looking at how we can better cater for those with hearing issues so, if you do have such problems and would like to come along, please get in touch.

 Looking further ahead, we are planning an evening of 'musical shenanigans' – our very own **Talent Show & Concert**. We are hoping for contributions from the St Michael's Belles

& the **Blossoming Belles**, from **St Michael's Choir** and the **Junior Choristers** and from other known talents within our church family. But, there must be talented people that we don't know about, perhaps you are good at dancing, do a neat recitation, can baffle us with magic tricks or tell a joke or two for example. If so, we would love to hear from you.

We are planning for this to be very much a family event, so it will start at 6:30pm and, rather than entry tickets, there will be a retiring collection. It will take place in the Pastoral Centre.

We are looking forward to being overwhelmed by talented people of any age!

Chris Harris, Social Committee



St Michael's 'SPACE ACADEMY' Holiday Club

I am looking for volunteers to help with running of our children's holiday club this summer. It will run on **Monday 29 July, 5, 12 & 19 August from 1:30-4:00pm** (see also page 9):

There will be lots of activities, including crafts, games, bible readings and worship.

If you can offer any assistance for one or all of the dates, please contact me by email:

familyworker@stmichaels-sandhurst.org.uk

Sarah Bishop, Family Worker

WHAT'S HAPPENING?

Summer at the Rectory Garden

Two opportunities to enjoy some fresh air in the Rectory Garden this summer:

 **Sunday 11 August from 4pm:** You are invited to join us for an **Afternoon Tea** at the Rectory Garden, 155 High Street, Sandhurst GU47 8HR.

 **Sunday 18 August from 12:15pm:** **Church picnic** – bring your picnic lunch to the Rectory Garden. Drinks provided and activities for children.

More about these two events in the August newsletter.

Sermon series on David and Solomon

David and his son Solomon were kings over Israel in the most prosperous part of the nation's history, a period looked back to by later biblical writers as a golden age. Our sermon series, which began at Evensong on 16 June and concludes on 25 August, picks up on episodes in this story, which you can find in *1 & 2 Samuel* and the beginning of *1 Kings*.

It's really worthwhile taking the time to read these chapters for yourself, to put each episode in context and see the highs and lows of these two kings and God's dealings with them. There are many lessons for us today about leadership, success and failure.

PCC Notes for May and June

The PCC met on the 8 May. We inducted the new PCC, who are:

Ex Officio	Start	Term	Finish	PCC Members (11)	Start	Term	Finish
John Castle	N/A	N/A	N/A	Sue Campbell	2023	3	2026
				Abby Coleman	2023	3	2026
Church Warden (2)	Start	Term	Finish	James Mason	2024	3	2027
Karen Allen	2021	3	2026	Nicky Thomas	2022	3	2025
Vacancy				Alun Grafton	2023	3	2026
				Diane Taylor	2024	3	2027
Deanery Synod (3)	Start	Term	Finish	Claire Hardy	2024	3	2027
John Martin	2023	3	2026	Jon Toohey	2022	3	2025
Stephanie Martin	2023	3	2026	Emma Hodge	2022	3	2025
Denise Yeomans	2024	2	2026	Brendan Watson	2023	3	2026
				Vacancy			

We particularly welcome James Mason, who has not served on the PCC before.

If you wish to know what is happening in PCC meetings, do speak to any member of the PCC. There is a list and photos at the back of the church. The minutes and agenda are on the website in the PCC folder. The minutes for the PCC will go on when they have been approved at the next PCC meeting so will be a month behind.

The next PCC meeting will be on **Wednesday 10 July, 8pm** in the Pastoral Centre Upper Room.

Sue Campbell, PCC Secretary

CHANGES TO THE ADMINISTRATION OF HOLY COMMUNION



Thank you to all those parishioners who took the time to contact myself or John Castle about possible changes to the administration of holy communion.

During the Covid pandemic it was of course necessary to take suitable precautions to reduce the spread of the infection through many aspects of our lives with the sharing of the common cup being one of them. During this time St Michael's followed all the guidance from the Church of England to keep us all as safe as possible, and we are very grateful to the team of people who oversaw this.

Since early in 2022 Covid restrictions have been lifted and we have seen a gradual return to a 'normal' existence. In most churches this has meant a return to the common cup for holy communion, St Michael's being one of the last to change back to a shared cup.

The clergy and leadership team at St Michael's took the decision that we would not rush into change as there was still a general feeling of vulnerability, especially during the winter months when coughs and colds are more prevalent. So earlier this year we asked for your opinions and views about changing the way we administer holy communion. We deliberately didn't offer any initial thoughts as to how communion might be shared in the hope that we would get your uninhibited thoughts, which I'm happy to say we did.

Many people would still be wary about sharing a common cup, whilst others are happy to share. Most people don't want to see a return to the rail or kneeling. Everyone's thoughts and views were valuable and gave the Rector's Council and PCC a good starting point for discussion.

When making our decision about the change to administering holy communion we

were certain that we want everyone to be comfortable with the way they receive the sacrament. And whilst it is perfectly acceptable to receive holy communion in part, i.e. either the bread or the wine, we didn't want anyone to feel that this was their only option.

So we have come up with a plan which we will try in the hope that it works for everyone to receive holy communion in a way which suits them. We can adjust it if necessary, in the light of experience.

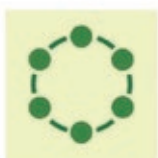
So, from the second Sunday in August (John Castle is not here for the first week), we will use the following format for all services including communion:

- 🕯 All communicants and those receiving a blessing will queue down the nave as is current practice.
- 🕯 When the choir is present, they will receive communion first from the nave altar.
- 🕯 There will be two points of receiving on the front of the dias.
- 🕯 In front of the pulpit one minister/assistant will have wafers and wine to intinct as is currently the practice. Communicants receiving from this side will go back to their seat via the North aisle.
- 🕯 At the other end of the altar a second minister/assistant will have wafers with a communion assistant to administer wine from a shared cup. Communicants receiving from this side will go back to their seat via the South aisle.
[it is noted that this direction includes a step into and out of the bell tower. This is being addressed to avoid accessibility issues].
- 🕯 Those taking communion in their seats will still be able to do so.
- 🕯 Those seeking a blessing will be able to receive this either side.

CHANGES TO THE ADMINISTRATION OF HOLY COMMUNION

Each member of the congregation will be able to decide on a week by week basis which way they would like to receive their communion. So, if you choose to share the cup most weeks but have a cold or sore throat one week you can decide to receive an intincted wafer as a one off then swap back when you are feeling better.

Clearly making these changes will take some organisation and there are bound to be a few teething problems which we will aim to keep to a minimum. But, by introducing this change in August, we hope that by the time everyone is back for September there will be a core group who know what they are doing!
Karen Allen, Churchwarden



PARISH GIVING SCHEME

This Parish is registered with the Parish Giving Scheme which allows you to give to this Parish securely and safely online. This QR code will take you to the Parish Giving Scheme website:

<https://www.parishgiving.org.uk/donors/find-your-parish/sandhurst-st-michael-berkshire>

All things come from you, and of your own have we given you (1 Chronicles 29 v14)

At St Michael's, we give thanks to God for all his gifts so freely given.

Members of St Michael's are encouraged to give generously and regularly in the context of KNOWING God better, GROWING in faith, and SHOWING our love in action.

Every gift given to St Michael's will be used to further the work of the church:

- in our community, including our Family Worker and Youth Worker;
- in the church nationally through our 'parish share';
- and more widely as 10% of each gift goes to support our nominated charities every year.

Regular gifts through Parish Giving Scheme help us plan confidently for the future. They can even be index-linked to the cost of living if you wish.

Thank you for giving through the Parish Giving Scheme.

St Michael and All Angels Church, Lower Church Road, Sandhurst, Berkshire GU47 8HN

WHAT'S BEEN HAPPENING?

On Sunday 9 June, *Captain Noah and his Floating Zoo* was launched at St John's Church, Crowthorne.

After many weeks of rehearsals, singers from churches in Sandhurst and Crowthorne plus a couple from High Cross in Camberley, along with children from St Sebastian's School, supported by the band and with Karen Phillips at the helm, the Ark set sail.

This mini-musical re-told the story of Noah and the Ark, in which we hear of God's anger at the behaviour of his people, and his plan to flood the world, giving the faithful Noah the task of building an ark to save his family and two of every animal.

The chorus provided the narrative which at times sounded like the weather forecast for this year 'it's going to rain and rain and rain and rain...', but also described the animals going in two by two, the journey of the Ark, and the eventual opening of the doors after the flood as a rainbow appears overhead, courtesy of the tech team at St John's.

Thanks go to all at St John's for hosting and for the props and back projections, the band consisting of Alex Kershaw, Lionel Brown, John Castle, with a special mention to Penny Bagshawe who accompanied rehearsals as well as playing keyboard on the night, our home team soloists Abigail Franklin as Mrs Shem, Debbie McLaren as Mrs Ham complete with a pair of bloomers, Catherine Wilkins as Mrs Noah querying the amount of buns needed to feed the elephants, reader Alice Hardy, and to Karen Phillips for navigating us through the stormy waters of rehearsals to the triumphant rainbow at the end.

additional trivia Michael Flanders (of Flanders and Swann fame), who wrote the lyrics of *Captain Noah*, lived in Finchampstead in the 1960s and used to come to Evensong at St Michael's!

Catherine Wilkins

Karen Phillips, being presented with a gift by Alice Hardy, under the rainbow!



James Mason as Captain Noah

Photography by
Dennis McKeever

Douglas Brown as God



There were so many high points, Douglas Brown as God in a sky patterned jacket, getting angry at the behaviour of his people, James Mason as Captain Noah, having a bad time dealing with the rain drumming on the roof for 40 days and nights, and the total involvement of all the singers, who brought with them plenty of enthusiasm and enough toy animals to fill an ark.



The cast

St Michael & All Angels

SPACE ACADEMY HOLIDAY CLUB

MONDAY 29 JULY
MONDAY 5 AUGUST
MONDAY 12 AUGUST
MONDAY 19 AUGUST
1:30-4:00PM

CRAFTS

GAMES

BIBLE
STORIES



SINGING

St Michael's Pastoral Centre
Lower Church Rd, Sandhurst GU47 8HN

Places are limited. For more information
and to register, email Sarah Bishop:
familyworker@stmichaels-sandhurst.org.uk

YOUR CHURCH NEEDS YOU...



New /assistant Churchwarden

It would be great to have someone appointed to assist Karen Allen. Please do speak to **Karen Allen, Catherine Wilkins** or **Rev John Castle** if you'd like to know more about the role and its responsibilities.

Do you like gardening?

I am looking for someone, preferably young, who can help me with the Church garden. Clipping shrubs, watering, weeding, and sometimes even planting!

This is only in the small area of garden next to the Church from the North porch to the South door. It will be just once a week or fortnight for a couple of hours.

Please let me know if you can help by email at: bettywilson@hotmail.com.

Betty Wilson

Trustee wanted for Sandhurst Counselling Service

The PCC nominates trustees to the governing board of *Sandhurst Counselling Service*. SCS is a registered charity and the trustees meet a few times per year.

To find out more, contact the Administration Manager, **Sunita McIntosh**, at: scs@sandhurstcounselling.org.uk.

For general information, visit:

<http://sandhurstcounselling.org.uk>.



We are always looking for volunteers!

There are plenty of opportunities to volunteer at St Michael's. Please do speak the **Parish Office, Karen Allen**, or **Rev John Castle** if you'd like to know more.





Saturday 14 & Sunday 15 September


COMMUNITY, CONNECTIONS AND CHURCH


Part of Heritage Open Days at St Michael and All Angels, Sandhurst

Please save the date but we need some help:

 We need volunteers to be churchyard walkers and talkers, to go out and meet people visiting graves, to talk to them, invite them to pop in to the church, to pop into the centre for a cup of tea, to invite them to the Memorial Service at the end of October.

 We are also looking for people to lend us their baptism gowns and to share photos and stories of those who have been baptised in the gown. Our Christian Community often starts by welcoming babies in via baptism and coming together as a community.

 The Social Committee will be organising refreshments in the hall and they would be delighted of any offers of help, either serving or donations of cakes etc.

 If you would be willing to lead a group making a craft please speak to either myself or Catherine Wilkins.

Emma Hodge



heritage open days

GROUPS FOR CHILDREN AND YOUNG PEOPLE

baby & toddler TIME



Baby and Toddler Time is a friendly group for babies, toddlers and their parents/carers. It is held in the Pastoral Centre on the 2nd and 4th Thursdays of the month during school term time, from 9:00am to 11:00am.

For the first hour and half we have lots of toys for children to play with, toast and fruit (with coffee/tea for adults) and a craft activity. Breastfeeding support is also available (please ask at the welcome desk). In the last half-hour we have a Bible story and lots of singing of nursery rhymes etc. Booking is not necessary.

Kidz Church takes place on Sundays during the 9:30am service. It provides age-related activities in the Pastoral Centre, for children aged three up to school Year 5, every week. There is something for the *Kidz Church* age group all year round.

The Family Service is held at 11:15am on the first and third Sunday. We are back to our all-singing, all-dancing norm. Family Service is a great Sunday morning activity, whether in the school holidays or in term-time.



Bible Bites is for children in Years 5 and 6, on Monday lunchtimes in school, under the leadership of Sarah Bishop. Please contact her for more information at: familyworker@stmichaels-sandhurst.org.uk.

Reach (Year 6 and up) is held in the Pastoral Centre during the 9:30am service. For more information, please contact Sarah Bishop via the church *Facebook* page, on 07764 548714, or by email at: familyworker@stmichaels-sandhurst.org.uk.



We need (a) new Co-ordinator(s)

Katy Robson-Malone is stepping down at the end of this term. We are very grateful for all she has done organising volunteers and publicising *BaTT*, and to Jen Rose, Assistant Co-ordinator, who is also stepping down.

The role could be shared by two people.
Could one of them be YOU?

Please talk to **Katy, Jen, Sarah Bishop** or **John Castle!**

Or email the **Parish Office** and we'll pass on your message.

baby & toddler TIME



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JULY CHURCH SERVICES

Charity: Compassion


Sunday 7 July – 6th after Trinity

Theme: David becomes King of Israel
Readings: *2 Samuel 5:1-5, 9-10 (p308-309, p312-313); Mark 6:1-13 (p1008)*
8:00am Holy Communion
9:30am Parish Communion (Traditional) 
11:15am Family Service
Reading: *Mark 6:1-13 (p1008)*
6:30pm Contemplative Evening Prayer
Theme: Guidance from God


Sunday 14 July – 7th after Trinity

Theme: David and the Ark
Readings: *2 Samuel 6:1-19 (p309-310); Mark 6:14-29 (p1008-1009)*
8:00am Holy Communion
9:30am Parish Communion (Informal) 
6:30pm Ecumenical Service
at Sandhurst Baptist Church

Sunday 21 July – 8th after Trinity

Theme: God's covenant with David
Readings: *2 Samuel 7:1-14a (p311); Psalm 89:20-37 (p598); Mark 6:30-34, 53-56 (p1009, 1010)*
8:00am Holy Communion
9:30am Parish Communion (Reflective) 
11:15am Family Service
Theme: David and the Ark
Reading: *2 Samuel 6:12-19 (p310)*
7:00pm Evensong
with refreshments from 6:15pm
Theme: Mary Magdalene
Readings: *Psalm 42:1-9 (p567-568); Song of Songs 3:1-4 (p679-680); John 20:1-18 (p1089)*

Sunday 28 July – 9th after Trinity

8:00am Holy Communion 
Theme: The miraculous picnic
Readings: *2 Kings 4:42-44 (p372-373); John 6:1-15 (p1069-1070)*
10:30am Church Together Service

Live-streamed services

Services marked with the above icon are being live-streamed on our Facebook page: www.facebook.com/StMichaelsSandhurst.

Coffee

Coffee will be served in the Pastoral Centre *after each 9:30am service and before the Family Service in church.*
Bacon and vegetarian sausage butties will be served in the Pastoral Centre *before the Parish Communion Service on Sunday 14 July.*



Find us on Facebook

[www.facebook.com/
StMichaelsSandhurst](http://www.facebook.com/StMichaelsSandhurst)

If you have any comments, events, news or updates for the website, please email David Hunt at:

david.hunt@bcs.org.uk



Contact us

Do you have something else you'd like to appear in the newsletter? Please send emails to: newsletter@stmichaels-sandhurst.org.uk.

Please note: The deadline for entries in the August 2024 edition is Monday 22 July.

If you'd like to receive a version via email, please contact David Hunt at: david.hunt@bcs.org.uk.