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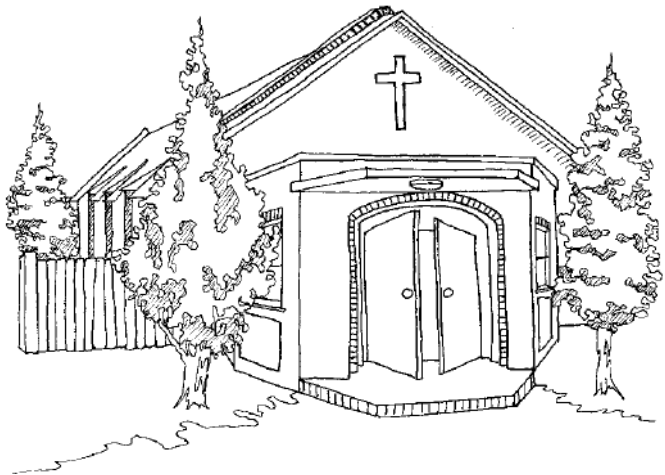
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**ST MICHAEL & ALL ANGELS  
CHURCH (Anglican)**  
Mildred Ave. / Durban Rd.  
Watford



**WEST WATFORD FREE CHURCH**  
(Baptist)  
'Church by the Zebra Crossing'  
Tolpits Lane, Watford

# *A Pastoral Letter.....*

Dear Friends.

Beginning and endings are curious things aren't they? They give us a feeling of Progression. There is a start, a middle and a finish to most events in life.

The Beginnings contain expectations, anxiety, but also the thrill of starting something new. We as the Ochola Family are in our beginning at St Michael's Church, Watford Community, and are looking forward to working with you all, in making Jesus known as well as ready to face the unknown challenges as people of God.

We as a family are grateful to Bishop Christopher Herbert, the Bishop of St Albans, for appointing and licensing me to a non-stipendiary ministry, and to serve as Assistant Curate at St. Michael's Church Parish from June 2008.

Also we are grateful to Fr. John and all the dear lovely church family of St Michael's Church for welcoming us to their community, we feel very welcomed.

Prior to joining St Michael's, originally I am from Kenya, an ordained Minister of the Anglican church of Kenya, in the Diocese of Maseno South, where I served on a church staff full time for 10 years as parish vicar, Diocesan youth advisor, a Bishop's Honorary Chaplain and the curate of St Stephen's Cathedral Parish, Kisumu.

In 1999 I came to England for theological studies at London School of Theology which I completed in 2002 with a Degree (from Brunel University), I then went to All Nations Christian College- Ware, Herts, and obtained a post-graduate studies in Contemporary Christian Mission (from Open University Degree) in 2006. Outside studies: I have been a holder of Permission to Officiate from the Diocese of London and a member of Eastbury Church, a church plant at Northwood, Middlesex, from 2000 to 2008.

I have also served in the health care as a fulltime worker in England, and a member of Watford General Hospital as an NHS Volunteer in the Chaplaincy Team.

Finally I am a Trustee member of HHKT-UK a charity registered in the UK, and through the ministry of this charity I have had opportunities to speak and lead services in a number of Parish churches across England.

My passion in the ministry is to help people through cross-cultural mission, Pastoral care, Spiritual care, Evangelism, Devotion, worship and Biblical Interpretation.

During my spare time I enjoy cycling, listening to music, socialising and being with

my family. My wife Jenipher is a Health Care Worker and is working for a very busy BUPA Service providing homes locally, and as a family we have lived in Watford for over seven years.

As we pursue God's opportunities for our future ministry we must totally depend on God, Jesus being our role model because I am impressed by his ability to get his balance in life in the right way.

For example:

- . He managed to make time for prayer.
- . Time for friends
- . Time for Evangelism, which was his heartbeat.
- . As well as a time to sleep

Let God inspire us in our everyday busy lives to live truly surrendered lives just like Jesus, now and in the future.

Peace and Grace

*Fr George*



## **WATFORD DEANERY SYNOD**

At its June meeting the guest speaker was Rev. Martin King, the Diocesan Environment Officer.

For those interested in this subject there is a Diocesan Environment Policy that can be accessed via the Diocesan website together with an Advisory Leaflet Number 35.

Additional internet information is available via the following

[www.stalbans.anglican.org/churchandsociety/environment.htm](http://www.stalbans.anglican.org/churchandsociety/environment.htm)

[www.ecocongregation.org](http://www.ecocongregation.org)

[www.christian-ecology.org.uk](http://www.christian-ecology.org.uk)

[www.caringforgodsacre.co.uk](http://www.caringforgodsacre.co.uk)

Anyone having an interest but unable to access this information or simply wanting a copy of the Diocesan Policy please contact Martin Matthews 01923 229408

*Martin Matthews*



## ST MICHAEL'S MOTHERS' UNION DIARY



Thursday 18th September

10-00am CORPORATE communion followed by a meeting in the choir vestry.

Thursday 16th February

10-00am Corporate Communion and afterwards we hope that Violet will tell us about some of her travels. We welcome any visitors.

Saturday 8th November

We man the cake stall at the Autumn Fair.

Wednesday 10th December

There will be a coffee morning with a bring and buy stall in aid of MU funds.

*Pat Gandy*



**The  
Children's  
Society**

I would like to thank all who supported the Society Coffee Morning on the 28th June in any way. The final sum raised was £153-00.

Your support was much appreciated.

Yours sincerely,

*Norma Twitchin*



### THANK YOU

We would like to thank everybody at St Michael's for their prayers while Bob was so ill in hospital, and especially Fay for all her kindness.

Bob is now at home in a wheelchair because of his arthritis and is waiting for an operations to his knee and ankle but feels he should come off the prayer list.

Many thanks,

*Dawn & Bob Gerrard*

## Mission & Stewardship Committee

### Preparing for Disaster – News from Bangladesh

Lessons have been learned from the devastating experience of cyclones and Bangladesh has begun to think how to prepare itself for future ferocious storms and floods.

Many flood and cyclone shelters have been built, and many of the Church of Bangladesh schools also serve as shelters, offering refuge to local people in times of flood. Cyclone-warning systems have also been put in place, and work is being done with vulnerable communities to prepare them for disaster and make it easier to recover afterwards.

The Church of Bangladesh has set up a new project, 'Building Disaster- Resilient Communities', in the low-lying areas of Barisal-Gopalganj which are susceptible to flooding. The church is working with the local communities to identify and understand their vulnerability to disaster.

Each community is helped to carry out a vulnerability assessment, which includes identifying people who may need particular assistance in time of disaster. Action points are agreed, such as raising particularly low areas of land, dredging canals and rivers so that water can flow freely, and growing vegetables on floating beds so that floods do not destroy them. The approach is designed to empower the local community and help them to work together to help themselves.

Please pray for the Church of Bangladesh's Social Development Programme and this new project.

(St Michael's is contributing £500 annually to the Church of Bangladesh via USPG: Anglicans in World Mission)

*Martin Heath*



### ANOTHER THIRTY-YEAR MILESTONE

Just two months before Fr John came to the Parish in 1978, **Martin Heath** was admitted to the office of Reader. Since that day Martin has given untiringly of his time, his considerable experience of the world-wide church, and his profound reading of both Scripture and literature in general, in preaching and pastoral contact. This Parish would be considerably the poorer without his ministry which extends into all aspects of our life together.

In congratulating Martin on this proud milestone, I want to thank him for all he has given us, all he still gives, and all that he will in the future contribute to St Michael and All Angels.

Thank you, Martin. Your ministry is greatly appreciated.

*Fr John*

## AROUND OUR CHURCH

The publicity committee is trying to make St Michael's a welcoming space that is easy to understand. It was only when we imagined ourselves as newcomers that we realised that maybe we should try to be a little more ordered and clear regarding where to look for what!

As a result, we started with notice boards which now are all clearly labelled and someone is 'in charge' of most of them. We endeavoured to make the side aisles less cluttered and our latest effort has been to reorganise the NW corner of the church, which, at times, had become a place to put something if you didn't know where else to put it! This corner now has 2 grey cabinets facing inwards, then going down the church there is a mobile notice board which can be gently used like a door to reveal behind it a library trolley. This is for people to put books for Jannice Mordue to sell on the internet. There is a black sack there too for books she does not require. These will be removed. There are 2 further mobile notice boards. Also in the reorganised space, is some equipment for Kids' Club and the concert staging. At all times access to the gas and electricity meters on the north wall should be kept free. Nothing should be put in the area without first checking with one of the committee.

Ideally St Michael's would have a huge walk-in cupboard where things could be stored for fairs, etc. Sadly this is not possible. We have felt under the circumstances that we should, in order to keep the church clutter-free, ask that people only bring items for fairs close to the event. If an item is not sold and the donor does not want it passed on outside the church, it should be labelled accordingly and collected within a week or two after the event. We shall not be storing left-over items any more.

If this all seems rather rule-ridden we apologize, but in order to make things work we feel that some dos and don'ts are necessary. Could we therefore ask that you take note of the following:

- Please put behind the mobile screens on North Wall only
  - books for Jannice, preferably on the shelves of the mobile trolley, but if these are full, neatly placed within a grey cupboard.
  - Items for fairs/sales (just before the event) in the grey cabinets.
- If in doubt, please speak to a Church Warden or member of the Publicity Committee.
- Table by West Door. Please put on this table items only relating to St Michael's, the Deanery or the Diocese. Forms for "sign ups" at the end. Please ask Vicki Matthews if in doubt.
- Mobile Notice Board headed "St Michael & All Angels". Please see Kristine Jenkins if you would like to put something up on this board. There is now a section for "Future Events".

- Mobile Notice Boards headed “In Our Community” and “Parish Information”. Please see Pat Beach if you would like to put something up on this board. There is now a section for “Future Events”.
- A small desk opposite the table at the West Door is for notices about Music Events.
- Near the “Treasury” is a small table for miscellaneous leaflets.
- There is a cardboard stand for some magazines and leaflets nearby.
- The first notice board on the North wall is for sundry items such as you will see already on the board.

Sometimes we are asked by people outside the church if we will display a non-date specific notice for them. It is excellent free advertising space! If the item is suitable, we have decided to tell them that we are very happy to do this for say 3/6 months but after that we shall take it down. In the past we have ended up with very old tatty advertisements which are probably counter productive! So after the expiry date (which will be noted on each item) if the person using our space wants to keep up their profile at St Michael’s, they must ask again.

Shortly we hope to make a plan of the church so that items are always returned to their proper place – especially after events. This is not a criticism of times past because it is quite difficult to remember sometimes where things were, when in a rush, we had to move them!

We hope that you understand that this is all an effort to be helpful to our congregation and to visitors. Please speak to one of us if you have any queries or comments. Many thanks.

*Fiona Tunmore, Vicki Matthews, Sylvia Moring, Pat Beach, Elizabeth Watkin, Kristine Jenkins*

*Vicki*



**FINAL COPY DATE FOR SEPTEMBER SWORD:-**

**Midday on Sunday 24th August 2008**

**Please submit copy before this date if possible -**

**hard copy, floppy disc or e-mail to**

**DENNIS.H.BEACH@sky.com**

# DIARY OF EVENTS IN AUGUST WITH

## JULY

<b>27th</b>	<b>SUN</b>	<b>TRINITY 10</b>		
			NB No celebration at 8 am	
			EUCCHARIST (Pres & Preacher: Canon Michael Carter)	9.30 am
			Crèche available	
			Followed by Bring-&-Buy Sale	
			Evensong (Off: Martin Heath)	
30th	Wed		PAROCHIAL CHURCH COUNCIL	7.45 for 7.55 pm

## AUGUST

1st	Fri		Narrow Boat Trip for Youth Group (all day)	
2nd	Sat		Parish Walk – leave church at	10.00 am
			Wedding of Nicholas Baker and Katharine Mansell	2.30 pm
<b>3rd</b>	<b>SUN</b>	<b>TRINITY 11</b>		
			Holy Communion	8.00 am
			SUNG EUCCHARIST (Pres: Fr John; Preacher: Violet Allen Smith) Crèche available	9.30 am
			Evensong (Off: Fr John)	6.30 pm
4th	Mon		Holiday Club starts and continues every morning until Friday – 9.30 – 12 noon	
6th	Wed		Coffee in Choir Vestry	10.30 am – 12 noon
			Bring-and-Share lunch (in Church)	12.30 pm
			Bible Study Group (Choir Vestry) Exodus 18, v1)	8.00 pm
7th	Thu		Holy Communion in Choir Vestry	10.00 am
			St Anthony's (during morning)	
8th	Fri		Last morning of Holiday Club	
9th	Sat		Baptism of Calvin and Donna Coley	3.00 pm
<b>10th</b>	<b>SUN</b>	<b>TRINITY 12</b>		
			Holy Communion	8.00 am
			SUNG EUCCHARIST – (Pres: Fr John; Preacher: Martin Heath) Crèche available	9.30 am
			River Court Service	3.00 pm
			Evensong (Off: Fr John)	6.30 pm
11th	Mon		Service at The Chase Care Home	3.00 pm
13th	Wed		Service at Home Manor (Violet Allen Smith)	3.00 pm
<b>17th</b>	<b>SUN</b>	<b>TRINITY 13</b>		
			Holy Communion	8.00 am
			SUNG EUCCHARIST Crèche available	9.30 am

## ADVANCE DATES FOR SEPTEMBER

		Baptism of Annabelle Wightman	12.30 pm
		Evensong	6.30 pm
19th	Tue	Intercessory Prayer Group (Choir Vestry)	2.30 pm
<b>24th</b>	<b>SUN</b>	<b>ST BARTHOLOMEW</b>	
		Holy Communion	8.00 am
		SUNG EUCHARIST Crèche available	9.30 am
		Baptism of Kyle William Challis	3.30 pm
		Evensong (Off: Fr John)	6.30 pm
25th	Mon	<i>Bank Holiday</i>	
29th	Fri	Blessing of Civil Marriage of Keith Levinson and Penny Allen Smith	
<b>31st</b>	<b>SUN</b>	<b>TRINITY 15</b>	
		Holy Communion	8.00 am
		SUNG EUCHARIST Crèche available	9.30 am
		Followed by Bring & Buy Sale	2.00 pm
		Baptism of Milly Cox	3.00 pm
		Baptism of Aston Corlett	6.30 pm
		Evensong	

### **ADVANCE DATES FOR SEPTEMBER**

7th	Sun	Marriage Blessing for Mike Brown and Hannah Benoy	3.00 pm
13th	Sat	Herts & Beds Sponsored Cycle Ride (all day)	
		Set up for Parish Lunch	10.00 am
14th	Sun	HOLY CROSS DAY	
		<b>Fr John's Final Sunday</b> - Parish Lunch	
<b>28th</b>	<b>Sun</b>	<b>MICHAELMAS</b>	
		Celebrant and Preacher at the 9.30 Sung Eucharist will be The Ven John Green, Chaplain of the Fleet (former curate at this church)	

**Morning Prayer is said daily in the Lady Chapel (Monday to Friday) at 9.00 am.**

**A service of Holy Communion is held every Thursday at 10.00 am. Both this and the 8 am on Sunday morning are Order One in Traditional Language.**

**The Toddlers' Group meets in Church every Monday (except bank holidays) from 10.00 – 11.30 am.**

**Tea, Coffee & Squash are served in Church every Wednesday from 10.30 until noon. On the first Wednesday of the month there is a bring-and-share lunch.**

## Service of Thanksgiving for Creation and Animal Blessing

6 July 2008

This service was, I believe, the first of its kind in a Watford parish church. After the ASWA annual service last October Fr John had suggested we do a regional service with the support of local group, ASWA Watford.

On a grey and rainy Sunday afternoon with our guest, MP Claire Ward, our service began with 'Praise my Soul the King of Heaven'. There were two Biblical readings, Genesis 1, v1-5 & 20-26, and Matthew 6, v25-34, and also a beautiful piece by Lady Julian of Norwich 'Revelations of Divine Love'. We sang the Sydney Carter hymn, 'Lord of the Dance'. Prayers of intercession followed and afterwards the hymn, 'Be thou my Vision'.

Then Bishop LLeuellin spoke. He reminisced about his own wakening awareness to the realities of animal care, particularly the appalling treatment of farm animals, when he first went to Dover docks and witnessed tiny calves being exported to the infamous European veal crate systems. He called on us all to exercise our Christian responsibility of stewardship to advocate good treatment for all farm animals, saying how we can all make a difference to their quality of life by adjusting our own lifestyles and shopping habits [eg by buying organic or free range produce]. (*There is a transcript; just ask if you would like a copy.*)

When the animals were blessed there were more pictures of animals than live ones! Holly had brought Toby, her rescued border collie [from the local National Animal Welfare Trust] as well as a picture of her horse, Duke. Another border collie had travelled from South London and had added his voice to the service! A sprightly little Jack Russell had walked with his owner all the way from Garston, and in a way was also 'rescued' - from a drunk outside a local pub. A guinea pig, seemingly unfazed by anything, sat in his little bed throughout the service. Animals' pictures were placed on a special table at the chancel steps. Among those pictures were wildlife garden visitors and some ex-battery hens, now well adapted to living in conditions where they could express their natural behaviour at last, and thriving!

The final hymn was 'All Creatures of our God and King' and the service ended with a blessing. People stayed on for tea, coffee and cake and chatted for some time. All who attended remarked what a moving and beautiful service it was, and we are most grateful to Fr John for his skill and care in putting it together. Very sadly, due to a bereavement suffered by the Director of Music of St Michael's School, the choir was unable to be with us.

The majority of the congregation was not from the St Michael's church family; it's a mystery why so many Christians appear to be anthropocentric. Isn't that making God too small? Selling Him short ??

As Bishop Richard said: "Those who didn't come didn't want to, but the service was very important to those who did come".

## *Sarah Dunning*



# WEDDINGS

## ***THREE WEDDINGS (and NO Funerals)!***



12th July 2008

**Daniel Osikominu and Priscilla Chirume.** Daniel is a Nigerian doctor experiencing both hospital and general practice locally. He first met Priscilla (a midwife in Watford General) when she told him (as he rushed around the ward one day) to "Sit down and eat some food!" Somewhat surprised, he took her advice (did he have an option?) and they subsequently became engaged. Priscilla is Zimbabwean, but has lived in Tanzania. Their's was a colourful wedding with lots of flower girls, pages etc. The couple live in Queen's Avenue.

19th July 2008

**Richard Carr and Wiebke Schwartz.** The couple met when they taught in Harrogate, and they then spent a year doing voluntary work in Ethiopia. Richard is a Somerset man where his father is a farmer, and Wiebke's family are from Hannover in Germany. Richard teaches IT at the Boys' Grammar School, and Wiebke takes up a teaching post at Dr Challoner's Girls School at Little Chalfont in September. Pastor Wolfgang Kruse (Chaplain to the German community in London) took part in the service, so it was truly bi-lingual – with our choir singing a verse of *Now Thank we all our God* in German! Richard and Wiebke live in Moor View.

19 July 2008

**Matthew Alexander and Gemma Clark** live next-door-but-one to Gemma's parents, Brian and Sandra, in Vicarage Road. Gemma is the third (and last) of the Clark girls to be married by Fr John at St Michael's (which prompted him to ask Brian "Are there any more at home like her?")! Gemma was baptised here in 1984 by (the now Venerable) John Green. Matthew works as an electronics engineer and Gemma as manageress in the tanning studio opposite the Town Hall. They have Ella, aged three and a half, who was also baptised here by Fr John. We wish the family well in the future. As Sandra, Gemma's mum, said to Fr John: "It's an emotional day: Gemma's the last of my daughters".

*Fr John*

**FATHER JOHN'S LAST SUNDAY AS OUR VICAR  
Holy Cross Day – 14 September 2008**

The main events for this last Sunday are –

9.30 am           SUNG EUCHARIST  
                    President and Preacher: Fr John  
                    followed by coffee in church

12 noon           PARISH LUNCH in church

If you have not received written information about the parish lunch or would like to send information about it to former parishioners please see one of the churchwardens.

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**CHRISTIAN AID TEA TIME**

We are repeating last year's successful event and serving tea and cakes on  
Friday, 19 September 2008  
in church between 3.30 and 5 pm.

Please make a note in your diary. The more cakes we have the more money we can make for Christian Aid – please make us a cake if you can.

All welcome for tea and cakes and cake sale.

*Alison Makin and Sylvia Mering*

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**MICHAELMAS**

Have you noticed that we have a former curate presiding and preaching on Sunday, 28 September, at 9.30 am, when we shall be celebrating Michaelmas –

The Ven John Green  
Chaplain of the Fleet

## WATFORD TOWN CENTRE CHAPLAINCY UNIT IN THE HARLEQUIN

For many years we Christians in Watford have been led by the Spirit to pray for our town. This prayer has received many fruitful outcomes and God has blessed us in many ways. But how many times have we prayed for a place in the very centre of our town, right in the middle of the shops and the bustle, to be a place of Christian witness where any passer-by could just ‘drop in’? A place which would be a safe haven of quiet peace and refuge: a place where there would be a sympathetic listening ear; a place for ‘first line’ counselling and a point of contact to other services in the town, including the Churches; a place of prayer and worship?

### OUR PRAYERS HAVE BEEN ANSWERED!

The Watford Town Centre Chaplaincy has learnt that it may soon be offered a shop unit in the Harlequin Centre where it can establish just such a facility. This is wonderful news and the Chaplaincy is very keen to take up this offer *BUT IT WILL ONLY BE ABLE TO DO SO WITH THE SUPPORT OF WATFORD’S CHRISTIANS!*



### WHAT DOES THE CHAPLAINCY NEED IF IT IS TO TAKE UP THIS OFFER?

#### *IT NEEDS PEOPLE.*

It needs people to staff the facility, which ideally will be open whenever the Harlequin itself is open. To do this more than 50 volunteers will be needed! **COULD YOU BE ONE OF THESE PEOPLE?** You would need to be a ‘people person’, committed to the model of servant ministry which is at the heart of everything the Chaplaincy does, and be able to consistently offer half a day a week. The Chaplaincy will give you full training and all the support you need. This is a challenging role but the Holy Spirit releases unsuspected powers in all who have faith in Him. Is God calling you to this service?



AND the news gets better. The Harlequin Centre has asked the Chaplaincy to provide a time of quiet reflective worship on Sundays, primarily for staff of the Harlequin who cannot easily worship elsewhere but can take a 15 minute break. So, four worship sessions are planned each Sunday, on the hour from 1 to 4 pm, each to last just 15 minutes (the same session could be repeated). Could your Church take responsibility for these worship sessions on one Sunday? If 12 Churches volunteered, each Church would be responsible for only one Sunday in 3 months, which does not seem a lot to ask.

**Watford Town Centre Chaplaincy 01923 227700**

office@watfordtcc.org  
www.watfordtcc.org

# **WEST WATFORD FREE CHURCH (BAPTIST)**

## **NEWSLETTER**

Pastor: Garth Woodhead

### Services during August:

EVERY Sunday morning there is an Act of Worship for ALL ages at 10.30am to which everyone is welcome. The children present have their own session from about 11.00am onwards. Holy Communion is celebrated on the 4th Sunday morning of each month.

Refreshments are served immediately following the morning service and you are invited to stay for a time of fellowship with other members of the congregation.

There are NO Joint services during August

### From the Herts Baptist Forum's Prayer Link:

3rd Wiggington, Tring - Lay Pastor: John Young

10th Carey, Hemel Hempstead - Rev Stephen Wood

17th Northchurch - Rev David Russell

24th Kingswood - Moderator: Michael Putnam

31st Abbots Langley - Moderator: David Edgington

### From the Baptist Union's Prayer Diary:

#### Holidays

Be still and know that I am God

When our priorities are dictated by forces beyond our control

When worry and concern hunt through our days

When we sacrifice ourselves to meet the needs of others

When being still would make us feel useless, appear lazy or fear silence

Teach us the meaning of Sabbath

Show us how to be still

Assure us that you are God.

**3rd Score - 2008 Olympics start in Beijing this week. The sporting chaplaincy charity, Score, which receives a Home Mission Grant, has played an active part in chaplaincy at past Olympic Games. At the time of preparing this diary it was not certain whether the Chinese authorities will invite visiting chaplains to attend the Games. However plans are in hand for the 2012 Games to be held in London. Please pray for our athletes and competitors that they might give of their best in the name of God and country.**

**10th Leading edge - The Baptist Festival is being held this week at Warwick School. Philip Yancey, author of 'What's so amazing about Grace' is one of this year's speakers. The theme is 'Travelling light - living in the light of eternity'.**

**17th Chiddingfold Baptist Church, Surrey (South Eastern)**

**24th Prisons - For the last 8 years, Rudi Pedro, Minister at Hornsey Rise Baptist Church, has been part of the prison chaplaincy at Wormwood Scrubs Prison providing on Wednesday mornings, bereavement and general counseling for a group of 35 prisoners. He is also available to respond to emergencies.**

**31st Rural ministry - 2007 was a very tough year for farmers with foot-and-mouth and blue tongue disease and all the restrictions that resulted. Also the sharply increasing costs of fuel and feed stuffs is not helping. Please pray for the BUGB Mission Department as it explores how to support rural missions in the future.**

### **Church and Family News & Views:**

**The next Bazaar to raise money for the work in India, that we support in conjunction with West Watford Christian Fellowship, will be held in the Church hall on Saturday, September 27th from 10.00am to Noon. Please give any unwanted items in good condition for the Bazaar to Helen or Beatrice. Book the date now!**

**A big thank you to all who have been collecting plastic bottle tops and handed them to Renie. This is part of fund raising for a young lad to purchase a new wheelchair. Maybe we will hear how successful the overall appeal was.**

**This month neither the HBF's nor the BMS prayer diaries are to hand hence the rather shorter Newsletter this time.**

**Don't forget to continue your support of Cafe West on Tuesday mornings - its going from strength to strength. Excellent cakes and pleasant company - make it part of your weekly activities!**

### 'Tale' piece

**I did hear a story worth repeating as a 'Tale piece'**

**A psychoanalyst worked for Relate and had couples referred to him when their problems were causing difficulties. A couple, of mature years, had an appointment and sat down in front of the analyst. He asked each of them to detail their own version of why the relationship had broken down. After a lot of bickering he felt so frustrated that he got up from his side of the desk walked round grabbed hold of the wife and gave her a real kiss right on the lips. "That's what your wife needs at least three times a week!". The husband replied, "Well I can bring her on Mondays and Thursdays but I'll have trouble with the third visit".**

**Here's a departure - a recipe, but don't ask me If I have tried it out!**

<b>3 tsps olive oil</b>	<b>2 large onions</b>	<b>4 crushed garlic cloves</b>
<b>250g basmati rice</b>	<b>300g frozen peas</b>	<b>450g cubed courgettes</b>
<b>1 ltr chicken stock</b>	<b>pinch of saffron</b>	<b>1 glass of white wine</b>
<b>4 chicken breasts, each cut into 8 pieces</b>	<b>A few cooked prawns</b>	

**Heat the oil in a deep frying pan (preferably with a lid) and brown the chicken breasts. Remove and set to one side. Add the onions and brown well over a medium heat for 5/8 minutes. Turn up the heat a little and add the garlic, peas and courgettes. Cook for 5 minutes. Now stir in the rice and coat it thoroughly before adding the hot stock, to which you have already added the bruised saffron. Cook over a low heat for 15/20 minutes. Add meat and prawns and cook for a further 10 minutes. The rice should be cooked, but with a little 'bite'. Let the pan rest in a warm place for 5/10 minutes before serving to allow the rice to dry out. Serves 4.**

*Alan Cockram*

# St Michael & All Angels Church

Tel:- (01923)247090

Web site:- [www.stmichaels-watford.org.uk](http://www.stmichaels-watford.org.uk)

E-mail:- [stmichaels@talktalk.net](mailto:stmichaels@talktalk.net)

Vicar	* Revd. Canon J B Brown MA	St Michael's Vicarage, 5 Mildred Avenue	232460
Hon. Asst. Curate	* Revd. George Ochola BTh	157 Vicarage Road	239567
Readers	* Mrs V Allen-Smith	40 Park Avenue	249921
	* Dr M Heath	72 Harwoods Road	249168
Churchwardens	Mr P Chandler	115 Kensington Avenue	252926
	Mrs S Moring	6 Cassiobury Park Avenue	231917
PCC Secretary	Mrs Sue Winterbotham	12 Westmount Apts, Met Station Approach	237673
PCC Treasurer	Mrs C J Deeley	5 Greenbury Close, Chorleywood	282001
Hall Secretary	Mrs P Brown	St Michael's Vicarage, 5 Mildred Avenue	232460
Sacristan	Mr J Wareham	26 Belgrave Avenue	221216
Organist & Choirmaster	Mr A Benoy	Flat 1, Prince Michael of Kents Lodge, Stratford Road	239524
SWORD Magazine	Mr D Beach	18 The Gardens	247982
Gift Aid Secretary	Mr R Ward	67 The Chase	242494
Electoral Roll Secretary	Mr H Moring	6 Cassiobury Park Avenue	231917
The Children's Soc. Secretary	Mrs N Twitchin	78 Princes Avenue	249327
Brownie Guides	Mrs S Mulligan		351840
Creche	Mrs A Makin	37 St James Road	236067
Kids Club & Youth Group	Mrs J Talbot	35 Kings Avenue	226276
Young Children & Grown-Ups	Lesley Kinch	Flat 21, Ashridge House, Chenies Way	234788
Mothers' Union	Mrs P Gandy	15 Lynbury Court	224215
Wednesday Coffee Morning	Mrs J Dickinson	23 Whippendell Road	228441
Social Committee	Mrs P Hart	127 Parkside Drive	220884

The names of members of the Parochial Church Council and their membership of the various committees will be found on the Church Notice Board.

\* Members of the Pastoral Team.

*The Vicar's day off is Tuesday*

For the Month's Diary of events and details of all Church Services please turn to the centre pages of this magazine.

## West Watford Free Church (Baptist)

Pastor	Mr Garth Woodhead	184 Hagden Lane	466509
Church Secretary	Mr A Cockram	139 Briar Road, Kingswood	677372