



The Mundens with Sacombe Church and Parish



Newsletter

FEBRUARY 2009

Sunday February 1st

*8.00am	Holy Communion	St Mary's, Standon
10.30am	United Morning Worship	All Saints', Little Munden

Sunday February 8th

10.30am	Holy Communion	Standon
*10.30am	Morning Prayer	Little Munden
*3.00pm	Holy Communion	St Catherine's, Sacombe

Sunday February 15th

*8.00am	Holy Communion	Standon
10.30am	United Morning Worship	Standon
3.00pm	Evening Prayer	Sacombe

Sunday February 22nd

10.30am	Morning Worship	Standon
10.30am	Holy Communion	Little Munden
3.00pm	Healing Service	Sacombe

Ash Wednesday February 25th

8.00pm	Holy Communion	Standon
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Sunday March 1st

*8.00am	Holy Communion	Standon
10.30am	United Morning Worship	Little Munden
*6.00pm	Choral Evensong	Standon

*service from Book of Common Prayer

Please Note: Each Tuesday morning at 9.30am there is a service of Holy Communion at All Saints, Little Munden, whilst on Thursday mornings prayers are said at 9.15am. Prayers are also said at St. Mary's, Standon each weekday at 9.15am. All are welcome.

Rector: Revd David Payne, The Vicarage, Standon. Tel 01920 821390

Churchwardens:

The Mundens		Sacombe	
Barbara Springate	438277	Diane Gale	438493
Jenny MacIntosh	438286	Carole Hudson	438379

Dark Days

Many of us find the dark days of January and February hard to bear, even without economic pessimism, or the prospect of humiliation in the Eurovision song contest, simply dragged down by the short hours of daylight or by feeling trapped at home. I don't know if I suffer from Seasonally Affective Disorder or not, although my sister has officially diagnosed me as a miserable old - well, you can imagine the rest if you've ever met her.

I wouldn't be like that if I could help it, but my undoubted melancholy disposition seems to bring its own gift, often helping me listen to and enter into the pain of others. And many of those I listen to are amongst the one in three people in Britain who suffer from genuine bouts of depression - the deeper darkness that shrouds the ability to hear or feel words of cheer, encouragement or praise.

If you believe the Atheist Bus Campaign, belief in God causes worry, which leaves me wondering how in an age of increasing unbelief we find ourselves with more angst than ever and record levels for prescribed antidepressants.

For me, belief lifts me when I feel low, but I'd never claim that being a Christian should bring anyone immunity to depression. There are those who find special healing for their depression through prayer, and I thank God for them and that, whilst others are helped by medication and therapy which is another way God gives us to find wholeness. Some, though, find shame and embarrassment in admitting their condition, whilst accepting medication can seem like an admission of weakness.

Aside from the promise to faithfully pray and listen, it seems to me that the church can do much to support those who struggle with depression. Firstly it can encourage a spirit of honesty and openness about a condition that is all too often stigmatised and hidden, where people are told to buck up and snap out of it. Secondly, we can challenge the illusion of our age that constant happiness is some sort of entitlement and attainable goal. Contentment is something else, but that, as they say, is a tale for another time!

So if you are finding it tough right now, I hope you take some heart that longer days are on the way, and whatever the reason for your struggle, there's at least one person round here who has enormous respect and empathy for you in it.

David Payne

Bible Readings for February

Feb.1st Presentation of Christ
Hebrews 2: 4-18, Luke 2: 22-40
Feb.8th 3rd Sunday before Lent
1 Corinthians 9: 16-23, Mark 1: 29-39
Feb.15th 2nd Sunday before Lent
Colossians 1: 15-20, John 1: 1-14
Feb.22nd Sunday next before Lent
2 Corinthians 4: 3-6, Mark 9: 2-9
Feb.25th Ash Wednesday
Joel 2: 1-2, 12-17, Matthew 6: 1-6, 16-21
March 1st 1st Sunday of Lent

CHURCHYARDS

If you would like to keep your Christmas wreaths or any artificial flowers, please collect them up by the end of this month. We will start to gather them up after that time, to make way for the spring flowers, which are already beginning to appear. Thank you.

The churchwardens of Little Munden and Sacombe

From the Registers

We offer love and sympathy to those who mourn for:
Ronald Grace

All Saints' Open Welcome Appeal

Breaking news...we now have full permission from the church planning authorities for the development facilities. We have produced a colour leaflet which you may find included with this months Newsletter (extra copies can be found at the back of All Saints' Church in Little Munden) which provides full details of the proposed development.

We just need to complete the fund raising before work starts: the gap is now £25000.

Please will you help by making a regular gift to the church by standing order, making a one-off donation or offering an interest-free loan to the project:

contact Sandy Taylor on 01920 830390

Or by helping with fund raising events or organising a fund raising event yourself

To talk to someone about the project, please **contact Rev David Payne on 01920 821390**

THE MUNDENS WEBSITES

www.themundenssource.myfreeforum.org
www.mundens.net

THANK YOU FROM WIN.

My heart felt thanks to my many friends of our villages for the get well messages, flowers etc., I have received in this time of my operation.

The prayers from my beloved church friends of Little Munden, Sacombe & Standon have supported and carried me through each day and I praise God for the valued gift of prayer he gave to each one of us.

I still have a few more tests and treatments to overcome but I know that all your love and prayers will be with me through this time. I hope to be back on the organ in the not so very distant future and with God's help and blessing I look forward to continuing my love of music.

God bless you all.

Love Win.

Energy saving light bulb myth buster

Why use them?

Compact fluorescent light bulbs (CFLs) use 80% less electricity, save you about £3 a year each, and last up to 12 times longer than old fashioned tungsten bulbs.

What are they?

Think of them as compact versions of the strip lights in work places since the 1950s.

Have they improved?

You can now get all shapes and sizes, fittings and levels of brightness, including 150W equivalent and dimmable options. A recent blind test of 761 shoppers, found that 64% preferred the light from them.

Is it better to leave them running?

No, switching them on uses the equivalent electricity as leaving them on for a few minutes.

Most now light instantaneously.

How should I dispose of them?

Use the service your municipal tip provides for the safe disposal of fluorescent tubes.

Is mercury an issue?

Ironically, installing CFLs ought to help reduce the need for coal-fired electricity production - a major cause of global mercury emissions. CFLs contain mercury - about 5mg. Locked into its tube, this is harmless.

What should I do if I smash one?

Ventilate the room for 15 minutes. Put on your rubber gloves, brush the bits into a bag, seal it and drop it at the tip next time you go.

Are tungsten bulbs banned?

No. Manufacturers have agreed to withdraw them for sale, starting with 100W this year, 60W in 2010 and 40W in 2011.

Where can I find out more?

Contact the Energy Saving Trust on **0800 512 012**.

Ladies Pamper Evening

Busy Bees Pre-School and Little Munden School

PTA are hosting a Ladies Pamper Evening on

Friday 20th March from 7pm onwards at

Little Munden School, Church Lane, Dane End.

Tickets will include a glass of wine and nibbles.

There will be beauty treatments which must be

pre-booked, jewellery stalls, cards, beauty

products, chocolates and lots lots more! For

further info please call Kim on 01920 480090

or email kim.christopher@btinternet.com

LITTLE MUNDEN PARISH COUNCIL

The next meeting will be on Thursday

26th February, 2009 at 8pm in

Little Munden School.

Chairman: David Metcalf 438373

Clerk: Margaret Mitchell 438662

Please remember the Parish Council

Meeting is open to all who wish to attend.

If you have anything you want to draw to

the Council's attention please do not

hesitate to contact us or attend the

meeting

DAME ENDERS

LADIES MEETING

Ring Barbara for details: 438277



LITTLE MUNDEN MEMORIAL HALL

Children's parties : £9 per hour (up to 6.30pm)

Other functions : £12 per hour

For further information: Clio Bromley at

5, Kingfield Road, Dane End - **01920 438902**

POSTCARDS

You may be surprised to learn that **every** postcard has a value, even those received this summer!

In the last five years, £52,570 has been raised for the Sudan Church Association for work in the Sudan.

Please save your postcards and take them to:

Barbara Springate, Little Munden School,

All Saints Church, St. Catherines Church or give them

to me: Jackie Morris.

**DANE END STORES
AND POST OFFICE
01920 438984**

Monday to Friday 7am to 6pm

Closed Wednesday afternoons

Saturday 8am to 6pm

Sunday 8.30am to 12.30pm

Bank Holidays 9am – 12pm

Magazines and newspapers can be ordered.

Local products including bread, cakes,

honey, free range eggs, pies etc.

Munden cakes and biscuits.

Farmers Market produce and

We stock Euros!

**POLICE CONTACT DETAILS
EMERGENCY/CRIME
OCCURRING NOW 999**

Non-emergency number 0845 33 00 222

Inspector 526 Andy Piper **01992 533127**

Sergeant 1714 Duncan Wallace **01992 533328**

Rural PC 446 Paul Scott **01992 533330**

Rural PCSO 6666 Amanda Higham **01992 533329**

Rural PCSO 6577 Jo Alston **01992 533330**

Rural PCSO 6686 Tracey Griffin **01992 533330**

Rural PCSO 6649 Lisa Williams **01992 533329**

Schools PCSO 6673 Janet Geach **01992 533329**

Anti-Social Behaviour Co-ordinator **01992 531423**

CRIMESTOPPERS 0800 555 111

Call anonymously with information about crime



BEANE VALLEY CHILDRENS CENTRE

As parents with children of all ages in our area your views are important to us. We would like to hear what you think of the activities we provide and what else you would like us to put on. Please come and join us for a coffee and cake afternoon and let us know how we are doing at our Parents Forum on Wednesday 4th February 1.30 – 3.00 pm at Beane Valley Children's Centre. There is a free crèche available but the places are limited so please book early **on 01920 831053**.

As the credit crunch continues to have an impact on families, you may be thinking of returning back to work, retraining or need some advice about money, please come along to our information event - Work, Training and Money in 2009 on Monday 9th February 3.30 to 5.00 pm at Watton at Stone Primary School Hall. This session is open to everyone and there is no need to book. There will be stands from various areas including JobCentre Plus, Money Advice Unit and Hertford Regional College.

We have an exercise class starting for mums with babies aged between 6 weeks and 1 year old. No crèche needed as the babies watch the fun from their buggies whilst you exercise and make new friends. Please bring a towel or exercise mat, a drink for you and whatever your baby needs. The group is run by Mums of Steel at Watton at Stone Community Hall on Wednesdays 9.15 – 10.15. No need to book, £2 per session payable on the day.

If you help in pre-school, nursery, reception/foundation or Year 1 & 2 at school or would like to the following course may be for you. Practical Parent Helper course will give you background knowledge, practical ideas and an understanding of how children learn. Topics included are health & Safety, reading and communicating with children. It is suitable for parents/carers of children aged 3 – 7 at any school in our area. It will be held on Tuesdays 3rd – 31st March 9.30 – 11.30. The course is free but booking is essential on 01920 831053.

Please note there has been a change in the Musical Minis sessions. Watton at Stone has two sessions on Mondays in the Community Hall, 9.30 – 10.15 and 10.30 – 11.15. There is a new session starting in Datchworth on Thursdays at the Village Hall, 1.00 – 1.45 and Dane End Memorial Hall, 2.15 – 3.00. These are all held term-time only.

Our new leaflet with the Spring activities programme has been distributed in the area so please keep a look out for it or pick one up from the Children's Centre. Our website also has details of all the events we hold in the area on www.wattonatstone.herts.sch.uk/centre.

Music @ St. Mary's Church, Braughing

Saturday 14th March, 7.30pm

Jazz – The Dixieland All Stars

A top quality group of professional jazz musicians come together to perform a fantastic programme of Dixieland jazz. Led by John Bridge on trombone, band members' credits include BBC Big Band, Diana Ross, the Midnight Follies Orchestra and Pasadena Roof Orchestra. The Band performs at events ranging from the concert hall to the open air fete and aim for high quality and thoroughly enjoyable entertainment.

Tickets: £12, £10 or £15 on the door.

Children – free **Tickets: 01763 289073**

Little Munden School PTA

CHILDREN'S DISCO

11 years and under

Friday 13th February 6pm - 7:30pm

Little Munden School, Dane End

Tickets on the door - £2 per child or £5 per family, including food.

For further details, please phone

Julie Lively 01920 484526

or Nicola Scott 01920 438281

Christmas Collections

Many thanks to everyone who contributed to the collections at the Christmas Services in our churches. We raised £465 at All Saints' and £335 at St Catherines' for Bliss, the premature baby charity.

Dane End Badminton Clubs

Introduction

Badminton is the most popular racket sport in the World It is also the fastest with a smash being measured at over 200mph! It is also great fun and can be enjoyed whatever the standard of the players. Watching the elite players covering the court so rapidly and gracefully is always astonishing. How they not only get to the shuttle let alone make a winning shot from what looks like a lost position is amazing.

We would like to think that there might be another Gail Emms or Nathan Robinson in the village and, although the facilities are not quite up to Olympic standards, we hope that we can provide players of all ages and standards the opportunity to get some exercise, learn some new skills and socialise with other villagers.

Junior Section

The junior section was established in 2005 to give the children of the village a recreational activity within the village. We have had many youngsters try the sport and most have stayed with us and made good progress.

We started with an hour a week but very quickly realised that this was not going to be sufficient. There are now five sessions a week! The 'Monday thrash' is a session for the harder hitters where little quarter is asked or given. On Wednesday evenings, we have two sessions with the younger players getting close to 1-to-1 tuition in holding the racket and basic hitting and moving. The older players come later to progress their racket skills and learn to play the game.

On Friday, the players who are more interested in competitive badminton meet to train. The numbers coming increased to the point where we needed two hours to accommodate them all. The Dane End Junior Badminton Club has now entered a friendly league within Hertfordshire and this season will play teams from Bishop's Stortford and Stanstead Abbots. We hope our players enjoy these matches and hope they do well. We will also be playing a friendly match against All Saints, Ware early next year. They have played, and beaten us, in the Memorial Hall. We hope we play well and the players enjoy the match.

We meet during the school term, avoiding the last week or two of term as many of our players often become involved with school activities.

With only one court there is a limit to the number of players we can take but we will always try to accommodate everybody that wants to play. If any youngsters would like to join us, please contact Brian Jackson (club coach) 438561 or John Overall (club secretary) 821484 or come down to the hall on a Wednesday evening at 6:30pm. Both of us have enhanced CRB checks, John is a level 1 coach and Brian is a level 2 coach.

Senior Section

The 'older' players meet after the Wednesday evening junior sessions and have played in the hall for many years. Although we meet to play badminton, the emphasis is largely playing for enjoyment and as a social event. We are in need of new players of all standards who will be made very welcome and coaching can be provided if required. Badminton is a great form of exercise and a very good way to meet other villagers.

If you would like to join us on Wednesday evenings, please come to the Memorial Hall at 8:30pm or call **Brian (438561)**.

LITTLE MUNDEN PRIMARY SCHOOL

The year has begun with a flourish and the children have been full of beans despite the usual rounds of flu, cold and other winter nasties that seem to have struck us. It's been a fantastic demonstration of teamwork and cooperation all around. The children have been very flexible and Mrs Warman has been grateful for the extra support she has received from Class 4 as they have been delegated responsibilities around the school.

We have held our own elections this term and though they may not be quite as earth shattering as the election of President Obama, they are an important starting point for us as we set up our new school council. Miss Richards has got many plans in the pipe line and the children are rising to the challenge of being instrumental in organising certain elements of the school's development.

All classes have dived head-long into the good old educational jargon of 'Assessment for Learning' which basically means that we are all looking at how we learn and the ways in which we can tell how well we learn from the activities we are doing. The range of activities being covered is really inspiring. Children in Class 3 have brought in some fantastic homemade models of Tudor Britain, Class 4 have taken part in a dance Festival at Castle Hall, Class 2 are all making great progress and their reading is coming on beautifully and this afternoon I have had a super, muddy and gloopy walk across the Dane End valley walking up and down hills like the Grand Old Duke of York and Jack and Jill with Class 1 who have been sketching views of the local landscape.

Already a whole month of 2009 has been and gone; where does the time go?

Mrs J. Balado - Head Teacher

GARDENING CLUB

9th February at 7.45 p.m.
in the Memorial Hall
Anne Godfrey from Daisy Roots
"Good in Bed"

perennials for summer long colour in your borders

We have now almost completed a programme of events and speakers for 2009 and hope that it will be even more complete in time for the February meeting

9 th February	Anne Godfrey from Daisy Roots	"Good in Bed" –perennials for your border
9 th March	Major Shepherd from Watton Garden Centre	
6 th April (note change of date)	Andrew Stewart, Senior Horticulturist at a major garden centre	Shrubs for the Small Garden
11 th May	Hanging baskets	
15 th June (note change of date)	Sally Pool – The White House, Dane End	A chance to walk round this NGS garden
13 th July	Garden visit to be arranged	
10 th August	Garden visit to be arranged	
14 th September		
12 th October	Garden Quiz	
9 th November		
14 th December	Social evening (and making wreaths etc)	

We are also investigating buying seeds, seed potatoes, compost etc at a discount.

If you would like to take advantage of this, please spend an enjoyable winter evening leafing through your catalogues so that you can bring your seed requirements to the February meeting.

AND FINALLY A WORD FROM THE EDITOR!

T'WAS THE MONTH AFTER CHRISTMAS

*T'was the month after Christmas,
and all through the house,
Nothing would fit me,
not even a blouse.*

*The cookies I'd nibbled,
the chocolate I'd taste
At the holiday parties
had gone to my waist.
When I got on the scales
there arose such a number!
When I walked to the store
(less a walk than a lumber)*

*I'd remember the marvelous meals I'd prepared;
The gravies and sauces and beef nicely rared,
The wine and the rum balls, the bread and the
cheese And the way I'd never said, "No thank you,
please."*

*As I dressed myself in my husband's old shirt
And prepared once again to do battle with dirt...
I said to myself, as I only can,
"You can't spend a winter, disguised as a man!"*

*So, away with the last of the sour cream dip.
Get rid of the fruit cake, every cracker and chip.
Every last bit of food that I like must be banished
Till all the additional ounces have vanished.
I won't have a cookie, not even a lick.*

*I'll want only to chew on a long celery stick.
I won't have hot biscuits, or corn bread, or pie.
I'll munch on a carrot and quietly cry.
I'm hungry, I'm lonesome, and life is a bore...
But isn't that what January is for?
Unable to giggle, no longer a riot.
Happy New Year to all, and to all a good diet.*

This arrived just too late for last months deadline to share with you however, although it is now February, the sentiments are still the same for me!

Any views or opinions presented are solely those of the author and do not necessarily represent those of the Editor.

Please take your news to Barbara Springate at
Horseshoe Villa, Munden Road or
Give me a ring, or drop me a line
Jackie Morris,
Chauffeurs Cottage,
Green End,
Dane End. Phone: 438551
Email : Jackiemorris@tesco.net

March Deadline
27th February

