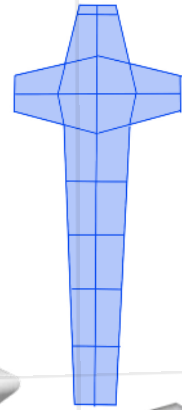
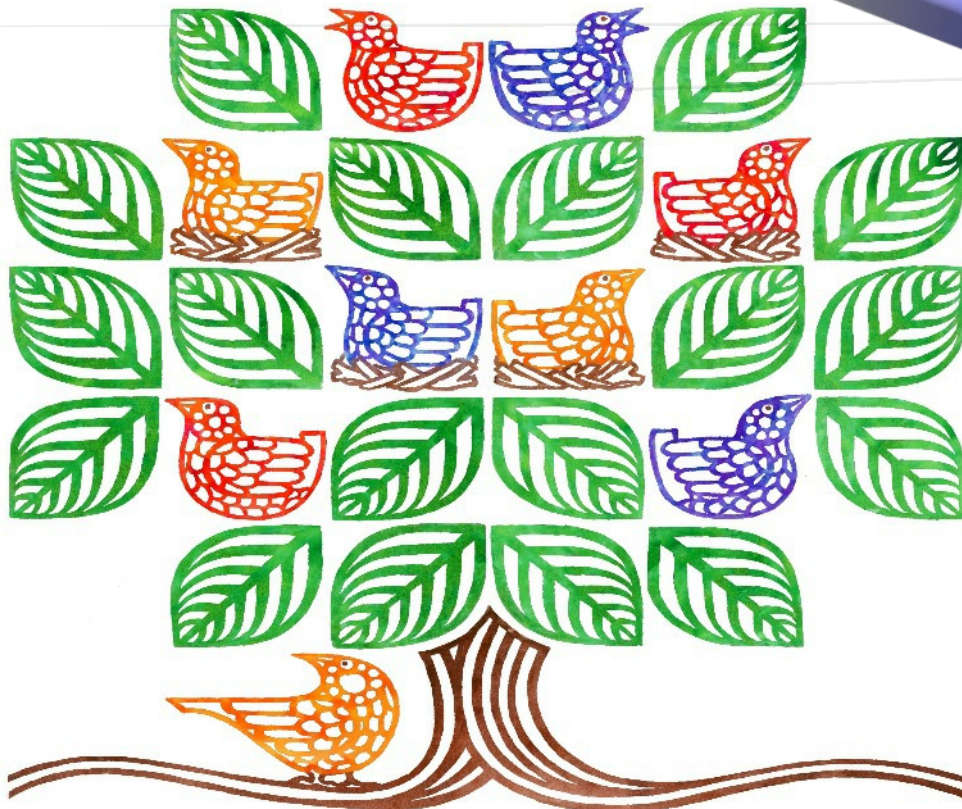


# ST ANDREW'S METHODIST CHURCH

The Stow, Harlow, CM20 3AF



Minister:  
Rev Dr Frank Okai-Sam  
[frank.okai-sam@methodist.org.uk](mailto:frank.okai-sam@methodist.org.uk)  
443400



The Kingdom of heaven is like a mustard seed - it is the smallest of seeds, but when it grows, it is big enough for the wild birds to come and build nests in its branches.  
Matthew 13:31-32

**MAGAZINE**

**AUGUST & SEPTEMBER  
2024**

## MINISTERIAL TEAM LETTER

**Rev Dr Frank Okai-Sam**

12 Harefield, Harlow, CM20 3EF

Home: 443400

email: [frank.okai-sam@methodist.org.uk](mailto:frank.okai-sam@methodist.org.uk)

**Rev John Buxton, M A (Cantab)**

15 The Drive, Harlow, CM20 3QD

Home: 422661

email: [minister2@standrewsharlow.org.uk](mailto:minister2@standrewsharlow.org.uk)

Dear Friends,

*“Saying goodbye always makes my throat hurt.”* Charlie Brown

Cilla Black used to speak it in accented Liverpudlian at the end of her show saying, “Tera love,” the two Ronnies used to speak it together saying, “It’s goodnight from me, and it’s goodnight from him,” Dolly Parton used to sing it emotionally, closing her shows with, “I will always love you”, and Shakespeare once intimated that, when we say it to those whom we love there is a kind of sweet sorrow. All things must end, and so again and again in life, we are faced with the discomfoting problem of figuring out how to say goodbye.

In August of 2017, Ann and I moved from the Wirral to Harlow. Moving was hard. The culling, organising, packing, and cleaning were all exhausting. On moving day, there was so much to do that we didn’t get away until 9 pm. That meant that we didn’t get here until 2 am, and the cat howled the whole way, reminding us with each howl how much she hated cars and of how much we disliked moving. But the moving was all part of the God-given journey that we were on. The culling, the packing, and even the howling were all part of it, and our time with you has been well worth the effort.

This being my last newsletter message to you, I mostly want to say thank you for the opportunity to serve Christ and share fellowship with you these past seven years. It has been a great privilege to preach in your pulpit, lead at your Bible studies, and visit in your homes. Our time with you has been filled with blessings. It hasn’t always been easy: there have been some difficult challenges, but for the most part we have overcome those challenges together and there have been so many good things, that it hardly seems right to mention the bad things. With warmth, I will always remember the holiday clubs (which were as much fun for the leaders as the children), the church picnics (where we not only enjoyed each other’s company but also tried to share the gospel with others), the year with Hannah (when we had two youth group gatherings on Monday evenings), and the Sunday morning services (which often started out small in numbers but finished up big in Spirit). And who could forget the Covid years? How it was that such a terrible virus did such damage and yet brought us together in ways which were precious and intimate?

There have, of course, been some mistakes, regrets, and absolute mess-ups. At one time or another I have missed meetings, forgotten appointments, preached less than inspiring sermons, and transgressed GDPR regulations by accidentally sharing everyone’s email address with everyone else. All things considered, you have been very supportive and your support has been greatly appreciated.

We have loved our time with you and this, of course, makes the problem of how to say that parting word even harder, but did you know that the English word,

“Goodbye” is actually a conflation of the old English, “God be with ye”? That is, hundreds of years ago, people said, “God be with ye”, when they parted and gradually those were shortened and stylised into something more secular. So, whether we know it or not, each time we say it, the historical sentiment behind it is not, “so long” or “nice knowing you,” but, “God be with you,” “God be for you,” “God be in you,” “God be above you and below you,” and, “God be ahead of you and after you.” That word, goodbye, is actually a kind of spoken holy blessing to be used by parting friends who have, for a time, shared the joys and burdens of life. It is with this deeper meaning then that, come the end of July, we will say it and mean it, giving thanks to God for all that has been, and trusting in that same God for all that is still yet to come.

With so much love from both of us, Blair.

\*\*\*\*\*

## QUOTABLE QUOTES

What built St Paul’s Cathedral? Look at the heart of the matter – it was that divine Hebrew Book, the word partly of the man Moses, an outlaw tending his Midianitish herds, four thousand years ago, in the wilderness of Sinai! It is the strangest of things, yet nothing is truer. – Thomas Carlyle

You can learn more about human nature by reading the Bible than by living in New York. – William Lyon Phelps

The Christian is one who has forever given up hope of being able to think of himself as a good man. – Leslie Newbigin

The existence of the Bible is the greatest blessing which humanity has ever experienced.  
– Immanuel Kant

When you go to church you should actively seek something. You must not go like an empty basket, waiting passively to be filled. – Roger William Riis

God has given us two hands – one to receive with and the other to give with. We are not cisterns made for hoarding; we are channels made for sharing. – Billy Graham

God knows what He is going to make of us. – James Montgomery Boice

Godliness is nothing but Godlikeness. – George Swinnock

Goodness is the only investment that never fails. – Henry D Thoreau

Man is most free when controlled by God alone. – Augustine

Of what does life essentially consist? The Bible answers that life is composed of relationships.  
– Robert Horn

In order to keep a true perspective of one’s importance, everyone should have a dog that will worship him and a cat that will ignore him. – Dereke Bruce

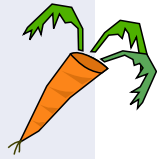
**POP-IN PRAYERS**

is on 17<sup>th</sup> August  
in the CHAPEL  
11 - 11.30 am.

NOTE - NONE SEPTEMBER  
**We will be arranging**

**Harvest**

on the third Saturday -  
21<sup>st</sup>.



All welcome with their  
offerings

**9.30 - 11.30am.**

**NO SPUD & PUD LUNCHES**

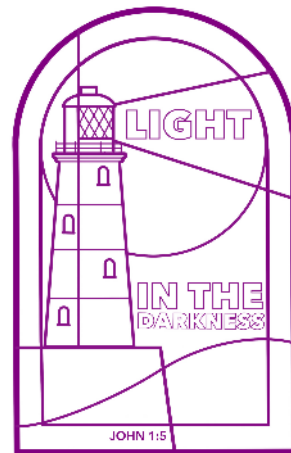
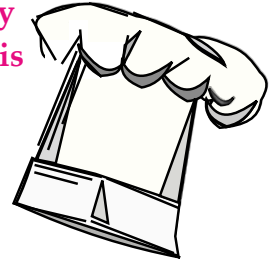
In August and September.

**HARVEST SUPPER**

**On Saturday 21<sup>st</sup> SEPTEMBER.**

**A roast dinner and dessert**

**£5, provided by  
Cecilia & Alexis**



**WE REMEMBER THOSE WHO HAVE DIED**

Keith Brown who passed away in early June 2024.  
We remember his life and faith and pray for his family as they mourn.

Brenda Woodfine who died on 15<sup>th</sup> August 2017.

Nigel Evans who died on 24<sup>th</sup> August 2018.

*May God comfort those who mourn*

Gracious God,

We ask your blessing on Ann and Blair as they move away from Harlow.  
And we pray for Patience and Frank as they join St Andrew's and HAEB.

As we begin a new Methodist Year in September, may we care more, pray  
more, study the Bible more and grow closer to our Saviour.

We thank you, God, for your love and care. We thank you that we can  
bring our troubles and joys to you.

In Jesus' name we pray, Amen.



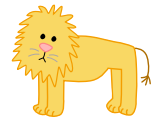
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With thanks to Parish Pump



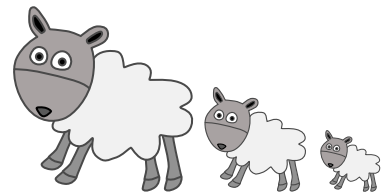
When W A Gilbert arrived at a provincial hotel to stay the night, he was alarmed to find it filled by clergymen attending a theological conference. He confessed: "I felt like a lion in a den of Daniels."



- ~ I'm supposed to respect my elders, but it's getting harder and harder for me to find one now.
- ~ A bus station is where a bus stops. A train station is where a train stops. On my desk, I have a work station.
- ~ To steal ideas from one person is plagiarism. To steal from many is research.
- ~ In filling out an application, where it says, "In case of emergency, notify ..." I answered, "a doctor."

The minister went to the bank and asked for a statement of his account, adding: "We want to know how far afield we can go for our holiday." Handing him his statement the cashier enquired very gently: "Have you got a field at the back of your garden, sir?"

- ~ This is a ch\_\_ch What is missing? (U R)
- ~ Forbidden fruit creates many jams.
- ~ In the dark? Follow the Son.
- ~ Running low on faith? Step in for a fill-up.
- ~ If you can't sleep, don't count sheep. Talk to the Shepherd.



The scientific theory I like best is that the rings of Saturn are composed entirely of lost airline luggage.

**Children have the best answers -**

State three drawbacks of hedgerow removal. – All the cows will escape. The cars drive into the fields. There is nowhere to hide.

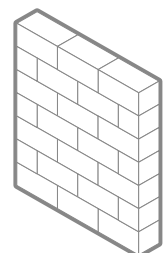
What is the meaning of the word varicose? – Close by.

What is a fibula? – A little lie.

Why would living close to a mobile phone mast cause ill health? – You might walk into it.

Where was Hadrian's Wall built? – Around Hadrian's garden.

The race of people known as Malays come from which country? – Malasia.



## **BAPTISMS**

On 9<sup>th</sup> June 2024 - Baptisms of infants:  
Cree Michael Holding Keane.  
Aleia Romano Morel and Taran Peter Morel.

On 23<sup>rd</sup> June 2024 - Adult Baptism by immersion:  
of Georgina Mclean.

We ask God's blessing and protection  
on each of them.

**On 1<sup>st</sup> September  
Our Area name changes  
From HAEBEA  
To HAEBEC.**

**We will be  
Herts and Essex Border  
Ecumenical Partnership**



For all those going on holiday - take time  
to rest and time to pray and time to enjoy  
God's amazing creation.

**We welcome  
Rev Dr Frank Okai-Sam  
and Patience.**

**He will be the new  
Circuit Superintendent for HAEBC  
and minister for our church and  
Leaside LEP.**

**We pray that we will all be blessed  
by his ministry among us.**

## **ST ANDREW'S FACEBOOK PAGE**

**Joanne Castle has set up a FACEBOOK PAGE as a way of  
growing St Andrew's Church..**

**Please sign up and tell your friends and family.  
Just search for St Andrew's Methodist Church on FB to join.**

## **BIBLE QUIZ - by Arthur Revels**

Here are twenty biblical questions some are easy and others more difficult. Please use your bibles and concordance to demonstrate your skills as a bible detective. We have some very clever ladies in our church so couldn't make them too easy. They alternate between the Old and New Testaments. There will be a prize from Marks and Spencer for the first one received with the most number of correct answers.

1. Which prisoners experienced an earthquake after their prayer?
2. What weight of gold was Solomon recorded as acquiring in one year?
3. How many wise men does the bible say came to visit Jesus?
4. The snail is mentioned in which Psalm?
5. On which occasion does the bible specifically say that the believers sung a hymn?
6. Which Old Testament prophet was given a scroll to eat by God?
7. Where will believers reign in the Kingdom of God?
8. Who had a bed 13.5 by 6 feet long?
9. Which part of Paul's clothing did Agabus use?
10. What did Samson carry to the top of the hill overlooking Hebron?
11. Which Pharisee said that if the gospel truly comes from God no-one will be able to stop it spreading?
12. What punishment was given to Gehazi for his greed?
13. What did James and John want to do to the unwelcoming Samaritan village?
14. What sin stopped Moses from leading the Israelites into the promised land?
15. What was Paul's distinguishing mark in the letters he wrote?
16. What did Elisha throw into Jericho's water supply to heal it?
17. To what does the seventy weeks prophecy refer?
18. What happened to the soldiers of Gideon who lapped the river water with their tongues?
19. Who went to sleep during one of Paul's sermons and fell out of a window?
20. What did Rachel steal from her Father, Laban when she left home with her husband Jacob?

## **THE SHACK**

Karen Quelch, in her service at St. Andrew's a few months back, mentioned the book, *The Shack* by William P. Young. To my shame I have had this volume on my shelves for many years but had never read it. I simply had to read it. Mack the character in the story has a daughter who goes missing. He blames himself for her disappearance, which happened whilst he was saving his son from drowning. The police could not solve the mystery which leaves him in a sad state.

Mack receives a letter supposedly from God inviting him to meet Him in a lone shack. The story tries to address the question, *why does God allow suffering?* Mack also blames God for not caring for her. God appears as a lady and Mack also meets Jesus and the Spirit. The author provides an explanation for suffering and it makes interesting reading. The issue is relevant in our broken world today.

I was caught out by the surprise ending which has a double twist. I cannot give this away so please try and read it if you haven't already done so.

Our hope is Jesus and the Kingdom. *Arthur Revels*

## OUR NEW MINISTER INTRODUCES HIMSELF

Hello everyone,

This is your new Minister. Everyone knows me as Frank so forget about the titles.

Before coming to you, I was at Southwick in a circuit by name West Sussex (Coast and Downs) circuit. That was also a mouthful like ours. Before that I was at Doncaster circuit.

I originally come from Ghana in West Africa. I gather there are a few folks in this church who come from Ghana too. For the benefit of them, I'm from Winneba in the Central Region. I speak three languages – Fante (Akan), Efutu (not confidently) and English.

I have been a Christian since the age of 20 though I was born and bred a (Wesleyan) Methodist.

As a Minister, I believe that God has called me to help people know more about the love of Christ for the world. I've always said that I've not been called to make people Christians but to help them understand who God is and how they can relate with him in a better way through his Son, Jesus. It calls for all of us to make the efforts to help each other make this journey of knowing God better. I therefore look forward to serving with you in the circuit to make more followers of Jesus.

I'm married to Patience with two children – Agnes, also a Methodist Presbyter and Frank Jnr. I love gardening and walking. It's okay to stop for a chat when you meet me on my walks because I'm a natural natterer.

Hope to see more of you in church and the community.

Have a blessed time.

Yours sincerely,

Frank



### **Christian Aid Week Report**

**Christian Aid Week 2024** took place on 12<sup>th</sup> - 18<sup>th</sup> May. St. Andrew's Church followed our tradition of supporting the event with the following activities:

- Envelope collection
- Donation online
- Christian Aid Lunch held on Sunday 12<sup>th</sup> May
- Christian Aid information display on the Church foyer in May
- Church's supporting prayers

The event at St. Andrew's collected a total of **£831.58** this year, through online donations (£175.00) and through envelopes with cheques & cash donations (£416.58), and Christian Aid Lunch (£240). Of the total, £540.00 are gift-aided giving a tax rebate of £135.00.

We are extremely thankful for your kind donations and support. With your help, Aline pushed back the brink of survival and is thriving. She says: 'I see that a bright future for me and my children is really possible'.

*Kay Wong & Susan McKenzie* Christian Aid Week Organisers *June 2024.*



## FLASHBACK

We continue this month with the story of the development of St. Andrew's Methodist Church, Harlow, on its present site at the Stow from 2008 onwards.

Finding our facilities too small to meet the demands of the 21st century, we seized an opportunity which had arisen and embarked on a plan to expand the usable area of the church site by rebuilding the side hall and the front entrance. Work begun in 2008, starting with the demolishing of the original hall, and the project was completed in 2009. The result is a hall nearly double the former size, encompassing an enlarged kitchen which is much more functional, and an expanded front entrance and foyer. Our new facilities were much appreciated by members and visitors alike, and gave us the scope to expand our mission and community work through the hosting of a wide range of activity groups.

The photo below on the left shows Rev. John Buxton and Rev Jim Gill burying a 'Time Capsule' in the foundations of the new entrance and hall complex during the building work in July 2008. The finished building is very much as in the photo on the right, except for the big 'Methodist Church' sign which was added in 2016 on the wall facing Howard Way. This serves to promote awareness amongst locals and passing traffic alike of St. Andrew's position as *the* Methodist Church of Harlow.

Fast forward to 2024: Noting the range of projects being initiated in and around Harlow town for urban regeneration and housing development, the establishment of new estates to the north of Harlow and along the Herts/Essex border, and, closer to home, apartment blocks at the back of the church, we can see new opportunities presented to us for the rejuvenation and expansion of our mission and community work. There are talks of enhancing the front foyer to make it more welcoming to attract new visitors and potential church users. A working group has thus been set up by Rev. Blair Kirkby, and suggestions received to date included redecorating the foyer to a more vibrant colour scheme, installation of a large interactive screen to convey Christian messages and inform visitors of current activities, and a café-like sitting area for meetings and group discussions. We would welcome further suggestions and new ideas.

So, as we go into the 70<sup>th</sup> year of the life of this church, we give thanks and reflect on the achievements and effort put into it by past members, and look forward to the opportunities that the next generation of members will be able to explore. That brings this series of articles, started in September 2021, on the illustrated history of St. Andrew's and memories of members, past and present, to a conclusion. If new photos and material are received, then this series can be reopened. In the meantime, I shall compile all existing articles into an electronic booklet for our website as a tribute to St. Andrew's 70 years of witness in Harlow. I gratefully acknowledge and thank all those who have contributed material/photos to this series.

*Andrew Wong*



## EDITOR'S LETTER



This time I'm sharing some thought I read recently in another church magazine. Linda Smith says she's been collecting words and phrases that have touched her heart, for many years. Here are a few.

I will talk health instead of sickness.

I will carry good news instead of bad.

I will tell the cheerful tale instead of the sad.

I will mention blessings instead of burdens.

I will speak of the sunshine instead of the clouds.

I will think of the cheerful things, not the gloomy, and my thoughts will shine in my face.

I will praise those who help me, whenever I can.

Count your garden by the flowers, never by the leaves that fall.

Count your days by golden hours, don't remember the clouds at all.

Count your nights by the stars not the shadows.

Count your life by smiles not tears.

And with joy on your birthday,

count your age by friends not years.

\*\*\*\*\*

And as we say goodbye to Rev Blair and Ann, we remember them with affection and wish them happiness and peace in their retirement. May God bless them and their family.

In September we welcome Rev Dr Frank and Patience. We trust they will settle into their new house and feel a welcome at St Andrew's. May his ministry be a blessing to us and to the Area churches of HAEBBC.

And as we begin a new Methodist year may our life in Christ grow, our faith blossom and our hope in a God who loves us sustain us throughout our lives.

God bless us and keep us in his love, Hazel

### **BIBLE READING - Psalm 139 1-4, 13. Passion Bible tPt**



Lord, you know everything there is to know about me. You perceived every movement of my heart and soul, and you understand my every thought before it even enters my mind. You are so intimately aware of me, Lord. You read my heart like an open book and you know all the words I'm about to speak before I even start a sentence!

You formed my innermost being, shaping my delicate inside and my intricate outside, and wove them all together in my mother's womb. I thank you, God for making me so mysteriously complex!



# SUNDAY COFFEE

We would appreciate  
biscuit donations for our  
Sunday refreshments.

## Sunday Coffee - Alison Brand

- week 1      Gay Brown & helper
- week 2      Margaret T. & Maureen Etchells
- week 3      Hazel Taylor & helper
- week 4      Alison Brand & Louise
- week 5      Margery Collier & helper

## STARS

Each Tuesday in term time @ 10am  
Contact: Alison Brand



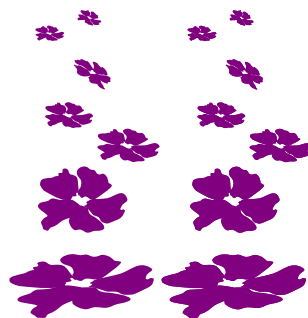
- First Tuesday      Gay Brown
- Second Tuesday      *CAN YOU HELP?*
- Third Tuesday      Gay Brown
- Fourth Tuesday      *CAN YOU HELP?*

*HELPERS*

## Flower Rota

### AUGUST

- 4<sup>th</sup> Zachary Castle
- 18<sup>th</sup> Cecilia Mojzes



### SEPTEMBER

- 1<sup>st</sup> Nancie Vogel
- 15<sup>th</sup> *Can you help*
- 22<sup>nd</sup> lots for HARVEST  
please



**Flowers: contact Margaret Mountsteven  
or Hazel**

Please let one of the above have the money and any colour preferences  
**two weeks** before your flower date.

# AUGUST DIARY

**WE ARE WORSHIPPING  
IN CHURCH  
and also on ZOOM**

## **NO YOUTH CHURCH DURING AUGUST**

### **BIBLE STUDIES**

MONDAY - CLOSED IN AUGUST.

TUESDAY 7.30pm - Led by Fred Arthur, IN THE CHAPEL. We are studying John.

THURSDAY 12 NOON - ON ZOOM - led by Arthur Revels - studying Matthew.

THURSDAY 7.30pm - Led by Fred Arthur. ON ZOOM. Studying 1 & 2 Thessalonians.

**AUGUST**

SUNDAY	4 <sup>th</sup>	10.30am	Morning Worship and Holy Communion - Rev Stuart Veitch
SUNDAY	11 <sup>th</sup>	10.30am	Morning Worship - Mr Graham Watson
Saturday	17 <sup>th</sup>	11.00am	Pop-in Prayers <i>Note - no Spud and Pud this month</i>
SUNDAY	18 <sup>th</sup>	10.30am	Morning Worship - Rev Stuart Veitch
SUNDAY	25 <sup>th</sup>	10.30am	Morning Worship - Rev John Buxton
		12.15pm	St Andrew's Ghanaian Methodist Fellowship
Thursday	29 <sup>th</sup>	12.25pm	Friendship Group meet at the Toby Carvery

**AUGUST**

All updates on church information are on our  
**CHURCH WEBSITE** [www.standrewsharlow.org.uk](http://www.standrewsharlow.org.uk)

What you see may be an old version, press the F5 key to refresh.

### **DEADLINE FOR NEXT MAGAZINE -**

Paper copy by Sunday 15<sup>th</sup> September email copy by  
Wednesday 18<sup>th</sup> September to [magazine@standrewsharlow.org.uk](mailto:magazine@standrewsharlow.org.uk)

**YOUTH CHURCH**  
**Sunday 10.30am**

**SEPTEMBER**  
**DIARY**

### BIBLE STUDIES

MONDAY - 12 NOON Eat your lunch as you share in a Bible discussion.

IN THE CHAPEL, shared leadership.

TUESDAY 7.30pm - Led by Fred Arthur, IN THE CHAPEL. We continue in John.

THURSDAY 12 NOON - ON ZOOM - led by Arthur Revels.

THURSDAY 7.30pm - Led by Fred Arthur. ON ZOOM. Studying 1 & 2 Thessalonians.

SUNDAY 1<sup>st</sup> 10.30am Morning Worship - Rev Dr Frank Okai-Sam  
3.00pm Area Welcome Service for **Rev Dr Frank Okai-Sam** as the new Circuit Superintendent for HAEBC and Minister for St Andrew's Methodist and Leaside Ware, LEP. Refreshments following the service.

Thursday 5<sup>th</sup> 12.30pm *Friendship Group at Hazel's home in Ladyshot*

SUNDAY 8<sup>th</sup> 10.30am Morning Worship - Mr Fred Arthur

SUNDAY 15<sup>th</sup> 10.30am Morning Worship - Rev Dr Frank Okai-Sam

Saturday 21<sup>st</sup> 9.30am Harvest arrangement please bring your offerings  
NOTE: **no** Pop in Prayers or Spud and Pud.

Evening Harvest Roast Dinner and Dessert £5. Book by 8<sup>th</sup> September

SUNDAY 22<sup>nd</sup> 10.30am Harvest Thanksgiving Worship - Rev John Buxton

SUNDAY 29<sup>th</sup> 10.30am Morning Worship - Mr Graham Watson  
12.15pm St Andrew's Ghanaian Methodist Fellowship  
2.30pm Church Council Meeting

CHURCH LEADERSHIP TEAM - MONDAYS @ 7.30pm

2<sup>nd</sup> September - in Church

14<sup>th</sup> October - on Zoom

23<sup>rd</sup> September - on Zoom

18<sup>th</sup> November - on Zoom

19<sup>th</sup> & 20<sup>th</sup> October we celebrate our 70<sup>th</sup> Anniversary at St Andrew's

23<sup>rd</sup> November @ 2.00pm Pastoral Visitors Meeting

15<sup>th</sup> December @ 10.30am Toy Service.

22<sup>nd</sup> December @ 6.00pm Carol Service

25<sup>th</sup> December @ 10.30am Christmas Day Service

18<sup>th</sup> May 2025 Annual Church Meeting @ 2.30pm (Note the change of date from 11<sup>th</sup>)