

SOME SERVICES COMING UP
SEE THE BACK PAGE FOR A FULL LIST OF SERVICES

BREATHE

OUR MONTHLY PRAYER GATHERING:

SATURDAY 5TH OCTOBER

SATURDAY 2ND NOVEMBER

'Prayer is the oxygen of the church'

Please consider making this a priority.

Begins with breakfast at **8am in the St Andrew's Centre** and we gather for an hour of prayer at **8.30am in the Lady Chapel.**

Soul Food

Sunday 6th October

@ 7pm

in the St Andrew's Centre

All are welcome to our monthly café-style service with contemporary worship & gentle discussion. Come along from 6.45pm for refreshments. Soul Food starts at 7pm and lasts for about an hour. It's a relaxed opportunity to worship and explore faith or just to sit and reflect.

Join us for our **All-Age Service**

*A shorter child-friendly service
for all ages with Communion*

St Andrew's Church

13th October

10.30am

Church at 3

Sunday 20th October at 3pm

a short service of well-known hymns and readings for those living with memory loss and their families and carers, followed by tea and cake.

Church at 3 is a service for everyone but has been structured so that people living with memory loss will feel comfortable, welcomed and part of the worship. It lasts approximately 30 minutes followed by tea and cake. Our vicar, Alan Stewart, leads the service. You do not need to have been to church before and you decide how much you want to participate or not.

MEDITATION & MINDFULNESS

**Explore the riches of Christian meditation and how it fits with
the practice and insights of Mindfulness**

Wednesdays 2nd & 16th September

8pm at St Andrew's Church

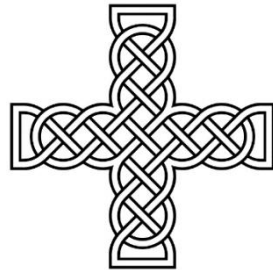
Each session is free and lasts for about 45 minutes. We begin with some gentle exercises to help still the mind and then a guided meditation, followed by a time of silence. Beginners especially welcome.

Know the Story; Share the Story; Live the Story

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Craft, food, games, stories and fun for all the family!
Hertford St Andrew School, Calton Avenue, Hertford
3pm – 5pm ***Sunday 13th October***
For more information contact: Rosemary on 07713 139650
or Tracy (standrewstracy@gmail.com)



A Northumbrian Day

Saturday 19th October 10.30am-2pm

Celtic Morning, Midday and Evening prayer
from the Northumbrian Community with time to reflect quietly
and eat together in beautiful surroundings

Places are very limited.

Contact Alan h.alanstewart1@gmail.com or 01992 582726.
Please come along with something for a bring & share lunch.
The Grove, Port Hill, Hertford

Soulspace

a quiet space
to be still
with music, readings,
mindfulness, silence
and prayers

Wednesdays 23rd October and 27th November
8-8.40pm at St Andrew's Church Hertford

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