

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

## BREATHE

OUR MONTHLY PRAYER GATHERING:

SATURDAY 2<sup>ND</sup> NOVEMBER

SATURDAY 7<sup>TH</sup> DECEMBER

'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

**Soul Food is happening this month at St Andrew's Bonfire Party: further info. can be found in this magazine.**

**Soul Food takes a break in December and returns on Sunday 5<sup>th</sup> January at 7pm.**

*Our monthly café-style service with contemporary worship & gentle discussion. Refreshments from 6.45pm.*

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

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

**St Andrew's Church**  
**3<sup>rd</sup> November**  
**at 10.30am**

## Church at 3

Sunday 17<sup>th</sup> November 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 6<sup>th</sup> & 20<sup>th</sup> November**

**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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## ANNIVERSARY EVENSONG

At Evensong on Wednesday 20th November at 5pm at St Albans Cathedral, the Diocese will be remembering the 15th anniversary of our vicar, the Rev Alan Stewart, becoming a priest. All are welcome to attend.

# Soulspace

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

Wednesday 27<sup>th</sup> November 8-8.40pm (7.30pm for refreshments) at St Andrew's Church Hertford

*A perfect way to start preparing for Christmas*

## A candle-lit service for Advent

Carols, readings and time to pause and reflect

Sunday 1<sup>st</sup> December at 6.30pm

**FOR MANY CHRISTMAS IS A BITTERSWEET TIME.. IF YOU STRUGGLE WITH THIS TIME OF YEAR PLEASE JOIN US FOR OUR**

### *Blue Christmas Service*

A SHORT REFLECTIVE SERVICE WITH MUSIC, READINGS AND AN OPPORTUNITY TO REMEMBER LOVED ONES

**SUNDAY 15<sup>TH</sup> DECEMBER: 6.30PM AT ST ANDREW'S CHURCH**

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