

The parish magazine of

Hertford St Andrew

www.hertfordstandrews.co.uk

MARCH 2024



Here with you Here for you

HERTFORD ST ANDREW

Registered charity 1132540

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Parochial Church Council comprises the Clergy, Readers, Churchwardens, Deanery Synod Members and Treasurer plus the following elected and co-opted members: Maria Henriksson-Bell, Chris Seward, Jenny Mutch, Louise Cobb, Laura Ramsay, Catherine Sleath, Adrian Walter, Chrissy Barclay, Anthony Collinson, Julie Frazer and Malcolm Fry.

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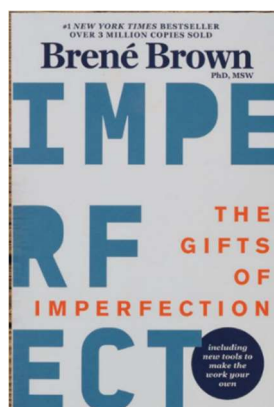
Whilst every reasonable care has been taken in presenting the information in this magazine, no responsibility can be taken for any inaccuracies. The opinions expressed in this magazine are not necessarily those of the Priests, Churchwardens or editor.

WHOLEHEARTED

'I'll be worthy when I lose weight.'

'I'll be worthy when everyone thinks I'm a good parent.'

'I'll be worthy when he calls back and asks me out.'



Most of us have our own version of the above; that elusive something that will make us more 'worthy' of the love, respect and attention of others.

In her wonderful book 'The Gifts of Imperfection', Brené Brown introduces what she calls Wholehearted Living.

"Wholehearted Living", she writes "is about engaging in our lives from a place of worthiness. It means cultivating the courage, compassion, and connection to wake up in the morning and think, no matter what gets done and how much is left undone, I am enough."

In the book she lists ten guideposts for this Wholehearted Life, which include authenticity, self-compassion, resilience, gratitude, creativity, rest and play, stillness and meaningful work. Online, you can fill in a questionnaire which provides a helpful inventory of each of the guideposts, and reflects back to you those things you're letting go of and those you're cultivating (<https://brenebrown.com/wholeheartedinventory/>)

Jesus once said that he came to bring 'life in all its fullness' or wholeness. And his own life was the greatest example of Courage,

Compassion and Connection. He lived out of that place of worthiness, and in that final week of his life, he showed us just how worthy we are; worth dying for.



In this season of Lent, you might like to fill in the Wholehearted Inventory and ask yourself what area of my life should I especially cultivate in this spring-cleaning season for the soul?

This Lent, may we each make time and space to nurture and nourish those things that help us flourish; that lead us to life in all its wholeness.

Alan

P.S. The Wholehearted Life is also the theme of our annual joint parish Away Day on Sunday 14th April! You'll find details elsewhere in the magazine.

WELCOME!

I am pleased to welcome everyone to St Andrew's, but in particular visitors and newcomers. Details of services are given in the following pages and the back of the magazine. If you wish to know more about anything mentioned, please get in touch with the contact person named in the article or speak with me or one of the churchwardens. For contact details, see the previous page.

The church is open during daylight hours, and there is a prayer space by the main door where there is an opportunity to post prayers on the prayer board and light a candle.

THE CLOSING DATE FOR THE APRIL MAGAZINE IS **SUNDAY 17TH MARCH**. Please send copy by e-mail to hertfordsta@aol.co.uk or post to Richard Taylor at 22 Highfield Road, Hertford SG13 8BH (Tel. 01992 302995).

SERVICES AND OTHER EVENTS

Church Services

You will find a full list of church services on the final page of this magazine and on the church website, with some additional information about certain services on this and the following page.

Junior Church

Children are welcome to attend Junior Church which runs during the 10.30am Parish Communion service on most Sundays except when there is an All-Age service when the children stay in church for the whole service.

ALL-AGE SERVICE

MOTHERING SUNDAY

10th March at 10.30am

A shorter, child-friendly, interactive communion service with songs, prayers and surprises.

St Andrew's services on Zoom

(Zoom codes are available from the church office: standrew.hertford@btinternet.com or call 01992 504373)

Join us on Zoom for: Service of the Word

every Sunday at 10.30am with praise, prayer and teaching. There is a communion service once a month. Please check the services on the last two pages of this magazine and the website for dates.

Fancy a chat after our Sunday worship on Zoom? **IT IS VERY EASY TO BE INCLUDED.** Just hang on after the service and instead of leaving you will be randomly put into a small group to speak with other people.

On Zoom on Sundays at 7pm except the second Sunday of the month.



Compline is based on the Felgild Compline from the Northumbria Community and Night Prayer from the New Zealand Prayer Book.

Meditation & Mindfulness

at 7.30pm on Wednesday each week

Explore the riches of Christian Meditation and how it fits with the practice and insights of Mindfulness. Each weekly 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 some silence. Beginners especially welcome!

In Church on first Wednesday of the month (and also available on Zoom). Other weeks on Zoom only.

FREE Mindfulness

AT SELE FARM COMMUNITY HUB

10.30AM
ON
MONDAYS
11TH & 25TH
MARCH

WHERE
Sele Community
Hub
Fleming Crescent, Sele
Farm SG14 2DJ

Mindfulness can help with **wellbeing, stress** and **anxiety**. Come along and join the **FREE 30-min sessions**, followed by refreshments.

Everyone is welcome

just turn up!

Know the Story; Share the Story; Live the Story

SERVICES AND OTHER EVENTS



**OUR MONTHLY PRAYER MEETING IS
NOW IN PERSON AND ON ZOOM**

IN PERSON IN THE LADY CHAPEL

AT ST ANDREW'S

SATURDAY 9TH MARCH AT 8.30AM

SATURDAY 6TH APRIL AT 8.30AM

AND ON ZOOM

**Time spent in prayer is always
time well spent**

CONTEMPORARY EVENING SERVICE

7pm on Sunday
10th March

in the St Andrew's Centre

soul food

*a service with worship songs, creative
prayer, gentle discussion and time for
reflection,
with refreshments beforehand.*

PRAYER MINISTRY

An opportunity to pray with a member of the prayer ministry team about any concerns you have; for wholeness and fullness of life for ourselves and others, and/or to give thanks to God for answered prayer. This takes place during and after the 10.30am Sunday service, usually in or by the chapel or at the back of the church.

A Soulful Walk

Sunday 24th March

*"There is no wifi in the countryside but
you will find a better connection"*

We're rethinking Forest Church at the moment and in place of a meeting at St Joseph's in the Park we are offering a "soulful walk" in Panshanger Park on the afternoon of Sunday 24th March. With winter just having pivoted towards spring, and Easter on the horizon, we hope this will be an inspiring opportunity to find meaning and connection in the natural world around us.

Watch out for further details nearer the time!

HAVE YOU THOUGHT ABOUT JOINING A HOME GROUP?

Real intimacy, real spiritual depth, real church happens in small groups. At St Andrew's we have lots of different small groups which usually meet in someone's home on various days and times of the week. We meet to deepen friendships, offer support, explore questions, unpack the Bible, pray together and grow in love for one another and for God. A list of the current Home Groups is available on the church website.

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LENT

Lent Resources

The Church of England's Lent theme for 2024 is

Watch and Pray: Wisdom and hope for Lent and life

This Lent we are encouraged to wait expectantly for God to meet us and sustain us through the storms and trials we all face.

Watch and Pray invites us to seek God in both familiar and unfamiliar places this Lent: in darkness and in quiet; in movement and migration; in the healing and transforming work of the Spirit; in the weeping of Holy Week and in the joy of Easter morning.



Sign up for daily reflections during Lent at www.churchofengland.org straight to your inbox until Easter Day (31st March). The Watch and Pray app for [iOS](#) and [Android](#) – including daily audio – is available to download.

Tearfund's weekly devotional



Discover God's plan for restoration in your life and around the world this Lent. Sign up to receive a free email devotional with reflections and prayers to encourage you every week during Lent: www.tearfund.org/forms/lent-email-sign-up-form

Hymns and Cake

3pm at Hertford Methodist Church, Ware Road

Hertford Methodist Church's Lent Event will be their popular afternoon of HYMNS and CAKE on Sunday 24th March, between 3pm and 4.30pm, in the church.

in aid of



Come and join in and sing or just listen to some favourites old and new, and enjoy tea, cakes and conversation with friends from other churches.

Folk from all the Hertford churches are welcome, and you're invited to offer your hymn requests, too. Please send requests (first line of words and preferred tune, should there be more than one) to Trish Goldsmith: trishmgoldsmith@btinternet.com or 01992 589730. Donations will be invited for Christian Aid.

Know the Story; Share the Story; Live the Story

LENT EVENTS

WORLD DAY OF PRAYER

Hertford Baptist Church on Friday 1st March

Hertford Baptist Church is hosting the "World Day of Prayer" service this year, which takes place on Friday 1st March. They are planning something a little different to make the most of the opportunity of being together.

The focus will be on praying for the Middle East. There will be two times of corporate worship and prayer from 3-4pm and 8-9pm. Refreshments will be served at 4pm in the church hall. In between these times, the church will be open as a space for vigil, silence, and reflection, and then on the hour, every hour, there will be a led time of prayer. There will also be 'serve yourself' coffee and tea available through the afternoon and evening.

All are welcome to come along for as little, or as much time as you are able.

Riding Lights Theatre Production



**Hertford United Reformed Church
Tuesday 12th March, 7.30pm**

As part of the Hertford & District Churches Together Lent Events, Hertford URC has commissioned the Riding Lights Theatre Company to perform their Passion Play which is touring through Lent and Holy Week.

A man stands alone on a dusty road, an extraordinary journey before him; one that will re-trace the footsteps of Jesus into a world of miracles and madness, violence and liberation. As The Narrow Road is walked, this turbulent world is turned upside down; its inhabitants confronted by an unexpected challenge of a life beyond. Compellingly performed, The Narrow Road asks each of us to step out in faith on the journey today.

A powerful act of remembrance which is both participatory and reflective

The Narrow Road is more than a play to be performed for an audience; it is also a communal experience of theatre and worship. The performance is structured to ensure that the audience has an opportunity to reflect on Christ's Passion, and to make their own response at the foot of the Cross.

The play is aimed at adults and young people aged 12 and older. The performance may be suitable for younger children who are familiar with theatre-going experiences.

Tickets: £12 - Box Office: 07930 141446

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SERVICES

Palm Sunday, Holy Week & Easter at St Andrew's and St Mary's Hertingfordbury

Palm Sunday 24th March

9.15am (St Mary's)
10.30am (St Andrew's)
10.30am (Zoom)

PALM SUNDAY at St Andrew's: The congregation is invited to begin the service outside the church, weather permitting. Please collect a palm cross, service book and hymn book and head outside if you are able, where we will process into church through the West Doors, led by the clergy and the choir, as the service begins.

Mon 25th March 8pm Compline for Holy Week on Zoom

Tues 26th March 8pm A candlelit Service for Holy Week in the style of Taizé (St Andrew's)

Weds 27th March 8pm A Meditation for Holy Week (St Andrew's & Zoom)

Maundy Thurs 8pm Holy Communion followed by a candlelit medieval service of the shadows (Tenebrae) & watch 'til 10pm (St Andrew's)

Good Friday
10am Churches Together Walk of Witness beginning at Hertford Methodist Church, Ware Rd
12noon-2pm A quiet space with prayer stations and readings (St Andrew's)
2-3pm The Last Hour (with choir) (St Andrew's)
2-3pm The Last Hour (St Mary's)

Easter Day
5.30am Dawn Service (St Mary's)
8am Holy Communion (BCP) (St Andrew's)
9.15am (St Mary's)
10.30am (St Andrew's)
All-Age Holy Communion with Easter Egg Hunt
(Please remember to bring a fresh flower to decorate the cross)
10.30am (Zoom) A Communion service for Easter

Have a joyful Easter

www.hertfordstandrews.co.uk
www.hertingfordburystmary.org

For Zoom links go to St Andrew's website and under the Services & Occasions tab find "Lent, Holy Week & Easter".

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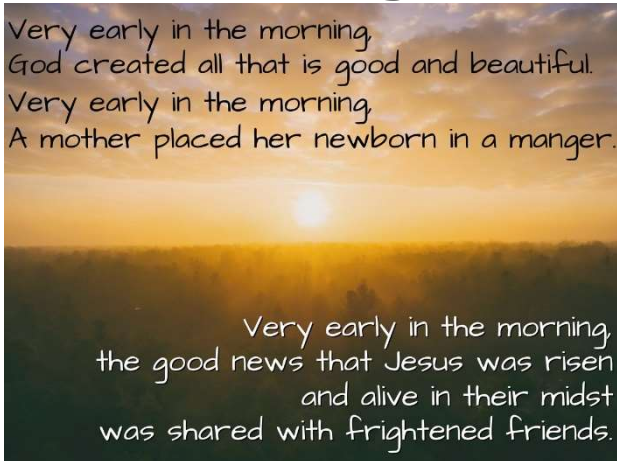
EASTER

Good Friday Walk of Witness

Please join us for Hertford Churches Together Walk of Witness starting at the Methodist Church in Ware Road at 10am. Joining members of other churches in the town, the walk will travel through Hertford, ending at Cowbridge Halls for hot cross buns and refreshments.

Easter Morning

Very early in the morning,
God created all that is good and beautiful.
Very early in the morning,
A mother placed her newborn in a manger.



Very early in the morning,
the good news that Jesus was risen
and alive in their midst
was shared with frightened friends.

5.30am Dawn Service at St Mary's Hertingfordbury

With the lighting of the first fire of Easter. In the early hours of Easter Day, just as the dawn is rising, travel with us as we re-enact the journey of the women who first went to the tomb. We begin in darkness in the church and then move outside where we light the first fire of the day. Please bring with you a torch and a noise-maker.

Easter Monday Pilgrimage

1st April, 2.30-5pm

St Albans Cathedral, Sumpter Yard, St Albans, Hertfordshire AL1 1BY
Join a thousand other pilgrims from across St Albans Diocese to celebrate the risen Christ at St Albans Cathedral.

Every year hundreds of people from across the diocese and beyond journey together to St Albans Cathedral for an Easter celebration. Some walk from their home church, some drive or cycle, some walk or get a bus or lift-share from a hub church.

Gather on the grass in front of the cathedral with your picnic, before heading into the cathedral from 2.30pm for an informal service of Holy Communion from 3pm led by Bishop Jane, during which we'll sing together and hear some excellent short Easter reflections. Dogs are welcome and most of us sit on the floor, although chairs are available if you'd prefer that.

How can I get involved?

You can just show up on the day with your friends but it would be really helpful for planning if you could register via the **St Albans Diocese** website to let them know you're thinking of coming. By registering you can receive the locations of hub churches from which you can travel to the Cathedral together.

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CHURCH MATTERS



Joint Church Away Day on Sunday 14th April

This year's joint Church Away Day for St Andrew's and St Mary's is approaching fast!

We'll be gathering as sister churches at St Joseph's in the Park School, Hertingfordbury (off St Mary's Lane, beside St Mary's Church).

Those of you who have come along to previous Away Days will know just what a special time this is to worship, reflect, create and play together. In their feedback from other years, people wrote **'perfect', 'excellent', 'fabulous!', 'very special', 'It felt like God was with us throughout the day', and 'An altogether rich, warm, welcoming and deeply-valued day'**

Wholehearted

This year's theme is 'Wholehearted', based around an incredible book by Brené Brown called 'The Gifts of Imperfection'.

Brené Brown defines wholehearted living as *'engaging with our lives from a place of worthiness. It means cultivating Courage, Compassion, and Connection to wake up in the morning and think, no matter what gets done and how much is left undone, I am enough. It's a deeply held belief that we are inextricably connected to each other by something greater than us.'*

She lists ten guideposts for wholehearted living and you're welcome to complete a short questionnaire ahead of the day:

<https://brenebrown.com/wholeheartedinventory/>.

We'll be exploring how Wholehearted Living connects with what Jesus said about **'life in all its fullness'** (John 10. 10).

What to expect at the Away Day

The day will start with coffee at 9.15am, and then a short introductory all-age session with worship, followed by some deeper reflection for the adults and separate activities for the children and young people.

There will be a range of exciting workshops (we've already confirmed the always popular singing workshop, Pilates and Mindful Walking).

We'll then have a hot lunch (cottage pie/veggie option, apple crumble and custard), some free time and we'll finish the day with a Eucharist for all ages. The day will end with coffee at 3.30pm.

Please note that there won't be a 9.15am service at St Mary's or a 10.30am service at St Andrew's that day. There will be a short 8.00am service at St Andrew's.

CONTINUED OVERLEAF

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CHURCH MATTERS



CONTINUED

We really hope that newcomers to St Andrew's and St Mary's will feel especially welcome and it should be a great opportunity to renew long-standing friendships and to make new ones.

How to book your place

The cost of the day will be £15 per adult with children coming free. If you'd like to increase your donation to cover the cost of others, please feel free.

To book your place(s) please contact catherinesleath@gmail.com Payment will be requested once bookings are confirmed and anyone who wishes to participate but is concerned about the amount involved can speak to Chris Seward or myself (contact details below). We do not want anyone to be unable to attend on grounds of expense.

Places will be allocated on a first-come, first-served basis with all requests to Catherine, please, by Sunday 3rd March.

We do hope you will be able to join us at this local venue for what should be a fantastic time away together as sister churches.

Alan

Contact details

Rev. Alan Stewart 01992 582726
h.alanstewart1@gmail.com

Chris Seward 01992 554217

Catherine Sleath 01992 537867
catherinesleath@gmail.com

PRAYER FOR THE EARTH

Every day in Salisbury Square
at 12.00 noon

ANOTHER
WORLD
IS
POSSIBLE



Who, when & where?

For a year throughout 2024, a group of Hertford residents will meet daily in Salisbury Square at 12 noon.

What?

We will read a prayer or a poem from a number of different parts of the world and spiritual traditions, followed by a short period of silent reflection.

Why?

"It is now impossible to deny the harm humankind has inflicted upon our Earth. Prayer inoculates us against the despair that leads to inaction, connects us back into the Earth's beauty, and gives us the courage to take small compassionate actions and to face whatever is coming".
Satya Robyn, whose idea it was to say a daily Prayer for the Earth.

How can I get involved?

Join us as little or as often as you would like and let your friends know about Prayer for the Earth.

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CHURCH MATTERS

FROM THE REGISTERS

BAPTISMS:

We welcome into the Lord's family:

25th February

Harley Casey Mauro

The Bible Course

An eight-session course helping you to explore the BIG story



Whether you're well versed in Scripture or new to the Bible, The Bible Course (from the Bible Society) offers a superb overview of the world's best-selling book. The course will increase your confidence, equip you to read the Bible better and help you to see its relevance to daily life. Over eight interactive sessions, it combines video teaching, group discussion, personal reflection and daily readings.

Meeting people in groups, where everyone shares their thoughts and experiences, lies at the heart of The Bible Course as everyone learns from each other.

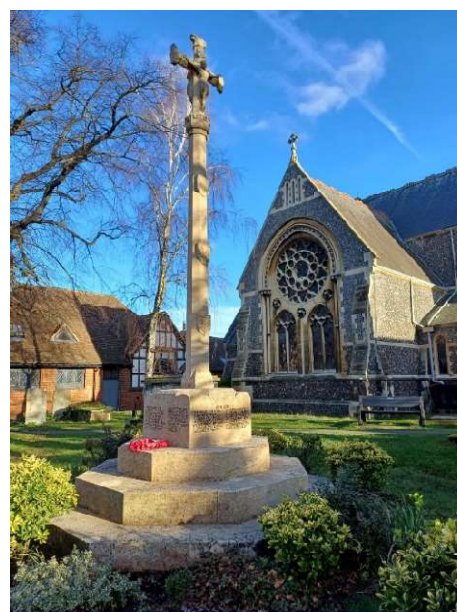
Thirteen of us took part in this course in the autumn and found it really helpful and enjoyable.

We are looking to offer it again in the summer, starting in early June. We'd like to get an idea of what size of group we might expect before deciding on a time and venue.

To find out more, or to register your interest in attending the course, please get in touch with Kath Oates: kathoates2022@virginmedia.com

St Andrew's War Memorial

We are most grateful to (Lt Col) Carl Igolen-Robinson, CCF Contingent Commander of Haileybury Cadet Force & Teacher of French at the College who took on the challenge of 10,000 press-ups in 100 days to raise the funds required to meet the cost of cleaning the war memorial within the churchyard at St Andrew's. Thank you also to everyone who sponsored Carl. The expert cleaning work was undertaken by SMB Restoration of Dunstable at the end of January and the memorial now looks resplendent after the removal of dirt and staining caused by road traffic and weather.



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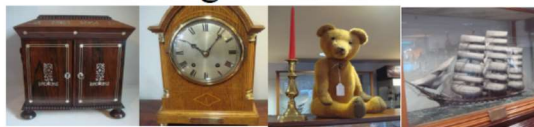


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EVENTS AT ST ANDREW'S

March's Coffee Morning

Saturday 2nd, 10.30am - 12.30pm



RAISING FUNDS FOR CHIPS AND ST ANDREW'S CHURCH

As well as the scrumptious cakes and bakes we're known for, courtesy of our brilliant Bakers Galore team, there will be pop-up stalls including Neal's Yard Remedies (selling natural cosmetics, skin care products and essential oils) and a Nutritional Therapist. On top of that our popular chocolate tombola will be back with an Easter theme.

Our nominated local charity is CHIPS - playschemes, specialist clubs and groups for children with additional needs.

(Proceeds will be split equally between CHIPS and St Andrew's Church.)

MUSIC FROM AN INNER SPACE

RACHEL CHAPLIN'S ALBUM LAUNCH CONCERT

Saturday 2nd March 7:30pm at St Andrew's

Rachel Chaplin presents the launch of her debut album *Music from an Inner Space*, a collection of sacred songs for vocals, piano, strings and trumpet. Rachel's music is spacious and reflective, her songs described as 'beautiful and powerful, better than any medicine' by BBC Radio 3 Presenter Hannah French. She is joined by contemporary singer Evi Dobner, whose ethereal voice has been the inspiration for many of her songs.

Rachel performs in top concert halls and venues around the world as an oboist. *Music from an Inner Space* has been her private passion project, written in between her schedule of performing. For this special launch concert, Rachel performs on the piano and leads a group of outstanding instrumentalists.

Expect an evening of beauty and stillness, away from the bustle of everyday life, in the gorgeous surrounds of St Andrew's Church. A licensed bar selling wine and soft drinks will be available before the concert (doors open at 6.30pm) and at the interval.

Tickets are £18 (£6 concessions) + booking fee

www.ticketsource.co.uk/st-andrews-church

Scan the QR code for more information



Know the Story; Share the Story; Live the Story

EVENTS AT ST ANDREW'S



At St Andrew's we welcome some of country's top, headline folk performers. Coming up...

Martin Simpson

Thursday 14th March, 7.30pm

We welcome the return to St Andrew's of one of the UK's great guitarists and performers. Martin Simpson has developed a repertoire that, as well as being rooted in the English folk tradition, also reflects his love of blues and American music. Martin is held in high esteem by his peers and we can look forward to a wonderful evening of playing, singing and story telling.

Martin's music will fill the church and will be complemented by the fine acoustic of the building. Audience members will be able to enjoy refreshments from the licenced bar serving real ale, wine and soft drinks, open from 6.30pm. Tickets £19 plus booking fee – see below.



Spiers & Boden

SOLD OUT

Tuesday 16th April, 7.30pm

Maybe the finest instrumental duo on the traditional scene.

Julie Fowlis in Concert

Thursday 30th May, 7.30pm

Wonderful Scottish singer who plays major concert halls internationally. Known for her work with Spell Songs, Julie will be back by some of her country's finest instrumentalists. Licensed bar available. Tickets £29 plus booking fee – see below.



For ticket information and full event details, please check our website for updates! www.hertfordstandrews.co.uk

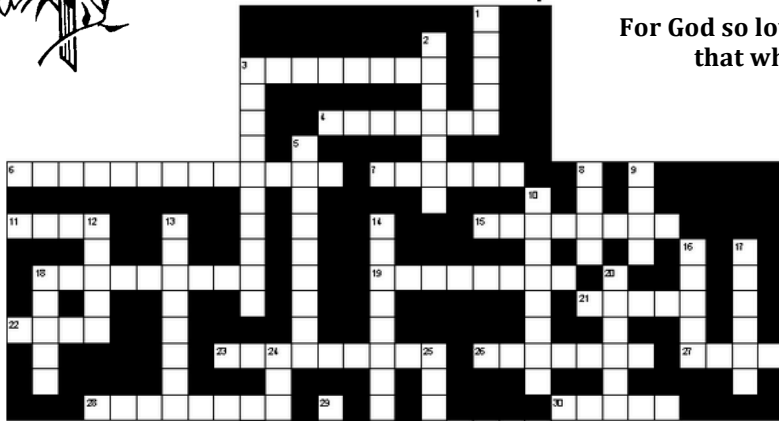


Know the Story; Share the Story; Live the Story



Think about...the Easter story

For God so loved the world that He gave His only begotten Son,
that whosoever believes in Him should not perish,
but have everlasting life. *John 3. 16*



DOWN

1/ The father-in-law to the high priest. Jesus was first brought to him.
2/ Another name for the place of His crucifixion.
3/ The garden where Jesus prayed before He was arrested.
5/ And it was the third hour, and they _____ Him.

8/ This was written and set over His head: "_____ of the Jews".
9/ Judas betrayed Jesus with a _____.
10/ "Go ye into the world and preach the gospel to every _____."
12/ Joseph took His body down and wrapped it in fine _____.
13/ The prisoner released by Pilate instead of Jesus.
14/ The Pharisee who brought spices for His burial.
16/ The apostle who betrayed Christ.
17/ "Why seek ye the _____ among the dead?"
18/ He was taken up; and a _____ received Him out of their sight.

THE EASTER STORY BIG CROSSWORD CHALLENGE!

ACROSS

3/ It means "A place of a skull"; where He was crucified.
4/ These guys were crucified on each side of Him.
6/ And He was numbered with the _____.
7/ Jesus was anointed with precious ointment in preparation for His _____.
11/ This part of the temple was torn in two from the top to the bottom.
15/ And when the sixth hour was come, there was _____ over the whole land.
18/ This Roman said, "Truly this was the Son of God."
19/ The high priest who said it was expedient that one man die for all.
21/ The _____ of blood was purchased with the betrayal money.
22/ The disciple that took Mary home as his own mother.
23/ He appeared first unto Mary _____.
26/ "Father, _____ them; for they know not what they do."
27/ He shed His blood so our _____ would be forgiven.
28/ The Last Supper was a celebration of this Jewish holiday.
30/ The ruler of Galilee.
31/ This was sent to strengthen Him when He was praying in the garden.
32/ This apostle denied that He knew Jesus three times.
33/ This wealthy man of Arimathea buried Him.
37/ The doubtful apostle.
38/ "A spirit has not _____ and bones as ye see me have."
40/ And they stripped Him, and put on Him a scarlet _____.
42/ They gave Him this to drink when He was on the cross.

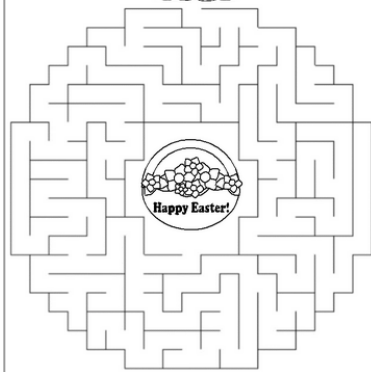
DOWN clues continued...

20/ Judas betrayed Jesus for thirty pieces of _____.
24/ And they crucified Him, and parted His _____, casting lots.
25/ He appeared to two disciples on the way to this village.
29/ Jesus told Peter to feed His _____.
34/ The Roman governor who washed his hands of the whole affair.
35/ This was rolled in front of the tomb and then sealed.
36/ And his sweat was as it were great drops of _____.
39/ The soldier pierced His side with this.
41/ He is not here: for He is _____ as He said.

Happy Easter!



Help the Easter Bunny find his basket.



What kind of dancing do bunnies like?

Hip hop!



Easter Egg Hunt

Can you find which Easter egg appears only once?



Word search

K Z O U K H J R C Y J F I N E H Y K R I E K A U Q H T R A E
D R O B E Q B T J T O S T D O Y U V X X C L Z S E V E I H T
E T H R E E D A Y S S I C L K F I H O V I E J C F A G W A N
A P O S T L E S S D E L E O U L G N O I X I F I C U R C N U
T N J T N Y Q V Y C P V R T I C R O W N O F T H O R N S T V
H I G H P R I E S T H E R F V G J U D A S I S C A R I O T I

ANGELS
APOSTLES
BETRAYAL
BLOOD
CALVARY
CROSS
CROWN OF THORNS
CRUCIFIXION
DARKNESS
DEATH
EARTHQUAKE
EASTER
GOLGOTHA
HIGH PRIEST
JESUS CHRIST
JOSEPH
JUDAS ISCARIOT
KING
LAMB

P I E R C E D S
I A S L R U R P
E C S A S A T K
C N E S C I B L
E P D W O R N B
S N Q F Z V I Y
O O S L S O E F
R U V B C Y L U
R S K P S T P C
B E T R A Y A L
Q R T Q O S E F
T D V S N X N G
F O R A A H E O
N B M I K E R L
V O O B I B Y G
R P V I N W C O
Q D R T G V F T
D M J J C F O H
B L O O D E N A
C B X V L S O J
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S R M I T T I S
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M A L N G S I I
T A R A C C D S
C I R K M M L T
V R Z Y N B O Y
R Y O R E E S G
K I C S Y D S G
P N H N S Q E S

Can you find all the words?

MARY
NAILS
PASSOVER
PIECES OF SILVER
PIERCED
PILATE
RESURRECTION
ROBE
ROMANS
SACRIFICE
SIMON OF CYRENE
SOLDIERS
SON OF GOD
SPEAR
STONE
TEMPLE
THIEVES
THREE DAYS
TOMB

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OUR WORLD

Waste not, want not

Jenny Mutch, Chair of the eco-church committee, offers some food for thought

It's Lent and traditionally we ask ourselves the question 'what are we going to give up?'. This is often an opportunity to be a little self-centred and give up types of food that we know are bad for us but we can't resist. For me this year, it's processed sugar, so if you see me going for a biscuit – shout "NO Jenny!"

Anyway, this got me thinking about food wastage! Do you know how much food is thrown away each year in the UK?



100 million pints of milk tipped down the drain!



50 million chickens in the bin



240,000 tonnes of supermarket food wasted.

10 billion tonnes of wasted food every year, the equivalent of 790,000 double decker buses!



AND 32% of all food wasted is our daily bread!

Figures may vary a bit depending on source

That's a lot of wasted food! It's clearly not fair on those who don't have enough to eat. It's also a waste of the world's resources and adds to the UK's carbon footprint through the manufacturing, distribution and disposal process.

How much do you throw away? Next time you throw food away, ask yourself: is there anything else I can do with this? Is it just a bit stale or shrivelled rather than not edible?

What about the following for ideas for your dry but still edible bread?

- ✓ Add to soups for thickening. Ribollita is a rustic Italian soup with beans, vegetable and bread; it will be on our menu next time we have spare bread!
- ✓ Turn it into crispbreads with olive oil and pop it in the oven then add your favourite toppings; works a treat!
- ✓ Simply sprinkle water and reheat in the oven; one to try.

I am sure you have much better ideas, so why not let us all know – perhaps add your favourite idea in the next magazine edition.

Next month: What's so good about trees and what is the UK government planning to do to encourage us to think about their benefits?

Know the Story; Share the Story; Live the Story

MISCELLANY

Type 2 Diabetes Self Help Group

We are a small group of people with type 2 diabetes who meet monthly to share experiences and help each other manage the condition. We are looking for new members.

We all have different treatment methods and find it useful to share our experiences of living with and managing diabetes. Most of us are also experiencing some side effects of diabetes and find it helpful to discuss them as well as how it feels living with diabetes 24 hours a day.

Each month we share our conditions and have a rolling plan of one diabetes related topic per month on which we concentrate to help us understand it better. This often helps us to prepare questions to discuss with the professionals helping us to manage our situations.

At the end of a session it often helps us feel better and may explain "why I feel this way".

We are looking for new members to enhance the group so...if you have type 2 diabetes – either for some time or newly diagnosed – and have questions or experiences to share, please do consider joining us.

We meet at 7.15pm for two hours on the last Thursday in each month in the St Andrew's Centre behind St Andrew's Church in Hertford.

If you are interested please call GLYN on 07500 805605

THURSFORD CHRISTMAS SPECTACULAR

I have been asked by a few people who went a while ago about this show and I have now managed to get some tickets for **Thursday 5th December 2024**. If you are interested in going please let me know asap.

This excellent show has been a favourite for many years and has become a must see. These are Deluxe Seats...the best for seeing this spectacular show. The show starts at 2pm and ends around 5pm.

The price is £94.00 per person which includes Deluxe Show Seats, Coach Transfers and Courier Service.

Pickup Points: Cheshunt Old Pond 09:15; Wormley 09:20; Broxbourne 09:20; Hoddesdon 09:30; Roselands 09:35; Hertford 09:45; Ware High Street 10.00.

Barbara Burrridge

Looking for something different?



Then try
Dance Scottish
on Tuesday nights

Sele Farm Community Centre
7pm – 8.30pm

for Fun, Fitness and Friendship

Classes £15 per half term
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www.rscdsherts.org/south-east-herts

Come and try it - all welcome

Contact Emma or Ian
email: sehscds@hotmail.com
phone: 07842034890

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YOUNG PEOPLE



St Andrew's Youth Group for secondary-age children.

In secondary school? Like playing daft games? Having a laugh? Eating?

Not afraid to think deeply for a few minutes at a time?

Curious about God, the Universe and everything in-between?

Brilliant, because so are we!

We meet usually on the first and third Sundays of the month from 4.30-6pm (*dates, times and venues may vary - please check the calendar on the church website or email John – see below*).

If you're not already receiving updates about TMM, please get in touch with John so he can keep you informed about what's happening week by week: johnwache@yahoo.com



More info
here

Toastie Tuesday

After-School Club
St Andrew's Church
4-5.30pm

Grab a toastie with your favourite fillings and enjoy time with friends, fun games and activities, plus meaningful conversations about life, faith, and more. We meet every Tuesday in term time. All young people in years 7-13 are welcome!

Contact:

Bryan Fries
bfries@YLinternational.org

07846 549809

YLIHertford

hertford.YLinternational.org

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International

LOCAL INTEREST GROUPS

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Square Dance!

New class starting on

Monday 11th March 2024

7.30pm – 10.00pm £5.00 per session

Waggoners Square Dance Club

St Joseph's in the Park School Hall, St Mary's Lane, Hertingfordbury, Herts SG14 2LX

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- ❖ No special dress code required
- ❖ No previous dance experience necessary

To find out more tel. Penny or Bob 01920 465276

e-mail: waggonerssdc@gmail.com

or just turn up on the night

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Hertford Art Society

meet every Tuesday, 7.30-9.30 pm in the URC Hall, Cowbridge, Hertford, SG14 1PG for talks, critiques, demonstrations, workshops and painting sessions.

The events in March are:

5th Critique: members' work, reviewed by an artist

12th Drawing workshop: Fruits and vegetables*

19th Mixed media workshop: flowers, leaves etc

26th Talk: Inspirations, Art Show, and beyond.

**This event is for Members only*

You don't have to be an artist to join us - come along as a guest (£2) to an open evening & sample our activities. If you decide to become a Member the cost is £40 a year

For more information go to

www.hertfordartsociety.co.uk or if you'd like to talk to someone about what we do ring 07914 567204 for more information.

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GIGS AT ST ANDREW'S



Like many churches, St Andrew's actively pursues the priority of seeking to engage our local community. We want people to come into the church building, feel a sense of welcome and realise the reality of the statement (on our website) that "no one belongs here more than you".

Before Covid came amongst us, we decided to run the occasional folk concert featuring high profile names who would attract an audience. Folk music appealed because we felt there was a gap in the local market and because having solo singers and/or small sized bands was going to be much easier to organise than big bands with excessive technical demands. In those early days, we quickly discovered that folk artists are used to playing in church buildings, enjoy our acoustics and respect the space with its opportunities and limitations. We are not a commercial theatre, we rely on our church members as volunteers and toilet facilities are very limited!

As with so much else across society, March 2020 brought a nasty interruption to our work. Planned events had to be cancelled and, for the next couple of years, it was hard to organise anything with certainty. However, we have come through those difficult times and now have organised a succession of successful, often sold-out gigs. Artists such as Fairport Convention, Ralph McTell and Cara Dillon have graced the building and offered enrichment and enjoyment to our audiences (nb. we even had visitors from the U.S.A. whose

tour of Europe was organised to fit with the specific date of Martin Simpson's gig - we offered them front row seats!).

To make a success of the gigs has required support, team work and lots of learning. We have relied greatly on Pat, a near neighbour of the church with a passion for folk music and a generous heart, to help out with PA and tech requirements - we could not have undertaken the programme without him. Tickets sales through Ticketsource work beautifully, coping with re-funds and providing confirmation of ticket income for artists' agents when it comes to settling final payments. Also, we set up a St Andrew's Folk newsletter which currently has nearly one hundred recipients and is sent approximately every month.

An important attraction is a licensed bar which operates before the show and at the interval, with soft drinks, wine and real ale from a local brewery (thank you to John at New River Brewery). It took us a long time to realise that we should refer to it on our publicity - people were not expecting refreshments and often went to the nearby pub pre-show. Now they come to the church for their drink and while, for many, consuming beer in a church pew came as a culture shock, after a few years' experience, they are getting used to it!

Talking to the musicians has helped us understand the demands of touring and how they appreciate a warm welcome and hospitality (something they do not always experience). The offer of a cup of tea, some cake and a warm meal makes a huge difference and has led to St Andrew's becoming known on "the circuit". Indeed, in the past year, we have been asked for gigs by musicians and their agents who have heard good

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GIGS AT ST ANDREW'S

things about us. One consequence of this has been reaching a point where we may have to say "no" to an artist because we cannot make excessive requests to our pool of volunteers who give their time so generously to ensure the events are successful.

However, undoubtedly, our music programme (which also includes Beer and Carols at Christmas and Harvest Fest in October), has brought together a great team from our worshipping community. They enjoy offering the hospitality, working together and seeing the enjoyment of performers and audience alike. We all feel part of something quite special.

Risk assessments, evacuation plans, first aid provision and marketing all need to be prioritised. However, with bands booked into 2025 and the prospect of welcoming high profile folk artists such as Spiers and Boden, Julie Fowlis and Gigsparner, there is a lot to look forward to. It is important that everyone in the church community (not just those most involved in organisation) recognise the role of the music programme in the life of St Andrew's. Prayer and encouragement help to make it work and if it didn't exist, in many ways, we would be much the poorer!

Chris Seward

Alone in the world of traditional folk music

Fobes Mutch reviews the concert given by Eliza Carthy and Jan Reid

In early January, the north of England came to St Andrew's in the musical form of two outstanding solo folk singers. It was a memorable concert.

First up was Jennifer (or Jen) Reid. Speaking in her broad Lancashire accent, she introduced herself as the purveyor of 'Victorian broadside ballads and Industrial Revolution work songs'. Asking her later what a 'broadside ballad' was, she described the genre as 'descriptive of narrative songs, sung in simple ballad form, on a popular theme, which used to be printed on broadsides for sale in the streets in the nineteenth century'. Jen is widely respected as a musical historian, collecting most of her material from Cheetham's Library and the Working-Class Movement Library in Manchester. Her pedigree as a performer includes supporting performance-poet John Cooper Clarke and Jarvis Cocker's Sheffield band Pulp. She may also be recognised as playing the character of Barb in Shane Meadows' TV period drama *The Gallows Pole*.



She really is a 'solo' performer, singing unaccompanied with a powerful, beautifully belligerent voice. Her themes are about mills, mines and working-class people, having fun at fairs and wakes' week outings, or struggling with poverty, hunger and disease. Her half-hour set takes the audience on a musical tour of Lancashire, with songs from Rochdale, Burnley, Nelson, Oldham and Salford Bridge on a Saturday night. Despite the grim background to many of her songs, her performance is brought alive by a depreciating sense of humour

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GIGS AT ST ANDREW'S

and a genuine passion for the music of old.



After Jennifer, comes Eliza Carthy. Due to play a gig in the church with her well-known singer-songwriter father Martin Carthy last year, they had to

pull out of that appearance due to illness. Eliza couldn't wait to make up for that disappointment and requested a slot at St Andrew's as part of her spring tour.

Despite her status as one of Britain's finest folk singers and musicians, Eliza is relaxed and friendly before going on stage. We chat in the vestry over portions of delicious lasagne and compare our names. I tell her the history of the name Forbes Robertson Mutch and she responds with delight to say that her full name is Eliza Amy Forbes Carthy. Could we be related, we laugh?

Hailing from Scarborough in North Yorkshire – the other side of the Pennines to Jen Reid – both singers are inspired by traditional folk music and nineteenth century ballads. The difference is that Eliza is more experimental and accompanies herself on the fiddle. She is also known to play the viola, melodeon, piano, guitar, tenor guitar and ukulele. The phrase 'talented musician' is an understatement. She has been performing since she was 13 and has conquered the world of folk music, with a long list of awards and prestigious collaborations with other folk celebrities, including Nancy Kerr and Jon

Boden. In the BBC Radio 2 Folk Awards one year, she won 'Folk Singer of the Year', 'Best Album' (for *Anglicana*) and 'Best Traditional Track' (for *Worcester City*, from the same album). In 2014, she was awarded an MBE for services to folk music in the Queen's Birthday Honours.

Her set that evening covered a huge canvas of music, ranging from the aforementioned ballads to songs from what she describes as a 'barrack room folk opera' *The Transports* by Peter Bellamy; from a collaborative album with American banjo player Tim Eriksen, to songs that she composed for Shakespeare's little-known play *The Two Noble Kinsmen* at The Globe theatre in London. Featuring two fiddle virtuosos, this complex tune is the highlight of the evening. She finishes with a rendering of her most famous solo track, *Worcester City*, which she humorously describes as a 'typical folk tale about murder'.

Stripped back and minimalist compared to many of St Andrew's folk events, the concert is, nonetheless, a perfect example of the talent that exists on the British folk scene at the moment and another demonstration of the church's pulling power as a first-class venue.

Don't forget to book your tickets for Martin Simpson on 14th March, and Julie Fowles on Thursday 30th May. John Spiers & Jon Boden's concert on Tuesday 16th April is sold out.

Forbes Mutch (no MBE)

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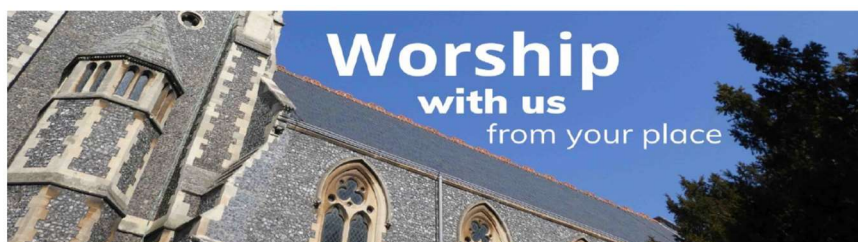
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Join a Zoom service via your landline

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Telephone participants will need to call either: 0208 080 6592 or 0203 481 5237 just prior to the service start time. Then follow the verbal instructions, which are:

1. Enter the meeting ID (see below) followed by the # key
2. You will be asked to enter your participant ID, simply press the # key
3. Enter the password (602435) followed by the # key
4. You should then automatically join the service.

WEEKLY ZOOM SERVICES AND MEETING ID NUMBERS (February/March to July 2024)

Service	ID Number
Sunday Worship 10.30am 25 February – 7 July	ID: 853 6851 4310
Sunday Compline 7.00pm 10 March – 21 July	ID: 884 7913 8014
Wednesday Mindfulness & Meditation 7.30pm 20 March – 31 July	ID: 847 2826 9137
BREATHE – first Saturdays 8.30am	ID: 598 221 0120

PASSWORD FOR EACH SERVICE: 602435

Please note that your call charge for connecting to Zoom is likely to be no more than a local rate charge, or may be free. However, this will depend on your call plan. If in doubt, please check with your provider.



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Services at St Andrew's

March 2024



To attend a Zoom service please email the Parish Office at:- standrew.hertford@btinternet.com

	Date	Time	Service	Celebrant	Preacher
SUNDAY	3	8.00 am	Holy Communion (BCP)	Rev Bill Church	
<i>Lent 3</i>		10.30 am	Parish Communion	Rev Bill Church	Melanie Seward
		10.30 am	Morning Service on Zoom	Kath Oates	Melanie Seward
		7.00 pm	Compline	Forbes Mutch	
Monday	4	8.00 am	Morning Prayer (Common Worship)		
Wednesday	6	10.30 am	Holy Communion (Traditional)	Rev Bill Church	
Thursday	7	8.00 am	Morning Prayer (BCP)		
SUNDAY	10	8.00 am	Holy Communion (BCP)	Rev Bill Church	
<i>Mothering Sunday</i>		10.30 am	All Age Service	Rev Alan Stewart	
		10.30 am	Holy Communion on Zoom	Rev Bill Church	
		7.00 pm	Soul Food		
Monday	11	8.00 am	Morning Prayer (Common Worship)		
Wednesday	13	10.30 am	Holy Communion (Traditional)	Rev Alan Stewart	Forbes Mutch
Thursday	14	8.00 am	Morning Prayer (BCP)		
		10.30 am	Holy Communion Calton Court	Rev Bill Church	
SUNDAY	17	8.00 am	Holy Communion (BCP)	Rev Alan Stewart	
<i>Lent 5</i>		10.30 am	Parish Communion	Rev Alan Stewart	Maria Henriksson-Bell
		10.30 am	Morning Service on Zoom	Nick Hoyle	Geoff Oates
		7.00 pm	Compline	Rev Alan Stewart	
Monday	18	8.00 am	Morning Prayer (Common Worship)		
Wednesday	20	10.30 am	Holy Communion (Traditional)	Rev Bill Church	
Thursday	21	8.00 am	Morning Prayer (BCP)		
SUNDAY	24	8.00 am	Holy Communion (BCP)	Rev Bill Church	
<i>Palm Sunday</i>		10.30 am	Parish Communion	Rev Alan Stewart	
		10.30 am	Morning Service on Zoom	Kath Oates	Rev Alan Stewart
		6.30 pm	Evensong St Mary's Hertingfordbury		
		7.00 pm	Compline	Rev Alan Stewart	
Monday	25	8.00 am	Morning Prayer (Common Worship)		
		8.00 pm	Reflections for Holy Week on Zoom	Zoom Team	
Tuesday	26	8.00 pm	Taize Service	Rev Alan Stewart	
Wednesday	27	10.30 am	Holy Communion (Traditional)	Rev Bill Church	
		8.00 pm	A Meditation for Holy Week (also on Zoom)	Rev Alan Stewart	
Thursday	28	8.00 am	Morning Prayer (BCP)		
<i>Maundy Thursday</i>		10.30 am	Holy Communion Calton Court	Rev Bill Church	
		8.00 pm	Holy Communion & Tenebrae service	Rev Alan Stewart	Geoff Oates
Friday	29	12 - 3 pm	3 Hour Devotions, last hour with choir		
SUNDAY	31		EASTER DAY SERVICES: DETAILS ARE INSIDE THIS MAGAZINE		