Hertingfordbury

& The Five Greens

Parish News



Hertingfordbury & The Greens Summer Fete 1.30pm Saturday 21st June – Recreation Ground

June 2025

Here with you - Here for you

Printed copies are available from St Mary's church

PARISH OF ST. MARY'S, HERTINGFORDBURY

www.hertingfordburystmary.org

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Monthly Letter

In the absence of Rev Alan on sabbatical, it is our pleasure to have the church letter this month written by one of our Lay Readers, Melanie Seward

Trust

We live in a time when we are worried about giving our details to tech companies yet, many of us find it much easier to share details of our private lives in an electronic chat room. Our news is full of individuals communicating personal information on social media and then being attacked by vindictive, hurtful and often untrue anonymous messages. Even if we do not 'do' social media, rumours about what we have said or done can circulate and so be magnified, criticised and maligned. Maybe you have experienced this.

Back in the day, there was no modern idea of 'privacy'; there was no divide between the personal and the communal. We lived and moved in smaller communities. Everyone knew everyone else. We talked directly and there was no anonymity. We shared our lives because we lived more closely together.

Now, I'm not advocating that we tell everyone all the details about our lives but, as Human Beings, we are made to live in community and we do need to share our joys and sorrows.

In our modern culture, it isn't always easy to know who we can trust. Equally we all need to be able to trust for our own well-being and safety whether it be in friends, close colleagues, family or supportive neighbours. As the saying goes: No man is an island; we all rely upon something or someone other than ourselves. We all place our trust, or to use another word 'faith', in something other than ourselves; people, institutions and something even greater than all of that.

Melanie Seward

Sunday Services at St Mary's

Sung Eucharist 9.15am every Sunday

Zoom Sunday Service at 10.30am (joining details from Robin Bishop)

All Age Service 9.15am on 2nd Sunday of the month (unless notified)



This publication was kindly printed by St Andrew's church

Registers

Wedding

31 May - Harry Boyle & Emma Golding

Some Dates for your Diary

Wednesday 18th June – **Mindfulness & Meditation on Zoom** at 7.30pm led by Melanie Seward (lay reader)
Sunday 22nd June – **Evensong at St Mary's** 6.30pm (see below)

Rev Alan's Sabbatical

Please be mindful that Rev Alan Stewart is now away on a much deserved 3 month sabbatical. Church activity will be in the safe hands of Rev Bill Church supported by the Ministry team and our church wardens. Alan will be back at the beginning of August so in the meantime please direct any enquiries to the Bill and the team (contact details on page 2).



On St Mary's "Secret Service!"

Many of you may not know but on the 4th Sunday of every month there is an evening service at St Mary's. At one time every Anglican church had Evensong every Sunday evening. Nowadays there seem to be very few churches that do. So we are very lucky at Hertingfordbury that the tradition continues at least once per month.

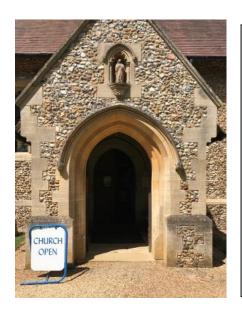
The service at St Mary's at 6.30 pm on the fourth Sunday of each month is a lovely reflective time for prayers, bible readings, psalms and sometimes hymns. We use the 1662 Book of Common Prayer which is beautifully written in Gods own language.

Presently the congregation never exceeds about 6 so we use the choir stalls but these could hold 12 to 14 people so there is always plenty of room. We could always move into the nave if too many people come. If you've never been do come. It is a lovely way to end the day, pray for those in need and worship in a peaceful and intimate way.

As one of our parishioners said, "For many year it has been my "service of choice" which enables me to communicate privately with my Maker in a way which has always - since childhood - been meaningful for me. At St Mary's it is unhurried and unpressured. Long may it continue".

Forthcoming dates :-

22nd June, 27th July, 24th August, 28th September, 26th October and 23rd November 2025.



OPENING THE CHURCH – HELP NEEDED

We are very committed to St Mary's church being open during the day. To be there for our community. However we are very short of volunteers at the moment. Could you help? Even just opening in the mornings is very helpful. You would need to do a weekly stretch if possible. If you think you can help, please contact David Gorton 01992 551430 dgorton1@btinternet.com

Many thanks to those who have already responded to this







With the better weather upon us our churchyard looks so beautiful. St Mary's church and the churchyard is such a stunning view as people pass by and so many who come into the church say they just had to visit it because it looks so special. We are very grateful to David and the team of volunteers who meet regularly and keep it in such good order.

Joint Churches "Peace" Away Day

On Sunday 4th May, 12 of us from St Mary's joined our friends from St Andrew's at the Joint church Away Day at the beautiful venue of All Nations College, Easneye, Ware. Just a few minutes journey from Hertford, we experienced a building that dates back to 1869, since when it has maintained a consistent Christian presence.







Theme of Peace

As well as the opportunity to meet up and make new friends, we also explored the theme of Peace. This was done through words, prayer, music and a range of activities that offered lively and stimulating insights into the need for peace in our personal lives as well as in the wider world. There was time (and the weather) to experience the College's beautiful grounds where, by early May, trees and plants were in bloom. From certain vantage points you can see right along the Lea Valley and the skyscrapers of Canary Wharf and the City of London

The children and young people who joined us had their own activity but for the adults we split into 4 workshops.

- What Makes an Effective Peacemaker with Jenny & Forbes
- **Dwelling on Song** with Sam fun exercises to find your singing voice
- The Creative Present Mindfulness activity with Rev Alan
- A Dramatic Peace where Mick & Jools led a drama workshop

So we did some hard work! But really an Away Day is a great way to get to know people better and develop a real sense of belonging to our church community.

Thank you to all who attended and worked so hard to make the day such a success



Holistic Treatment Rooms Available at Cucumber Fields

We are excited to announce availability for two of our beautiful treatment spaces.

We're seeking passionate practitioners to regularly hire these spaces – a chance to welcome your existing clients and also our Cucumber guests to book with you.













Shepherds Hut

Our boutique Shepherds Hut, overlooking the wildlife pond, is a cosy, private space – ideal for talking therapies, coaching, nutrition, spiritual work, or simply a quiet place to work. We are open and excited to hear about your offerings.

Treatment Room

Our serene treatment room welcomes practitioners who may require the use of our luxury treatment couch. Perhaps you are a physiotherapist, kinesiologist, osteopath or a specialist in something similar...?

Contact pippaecucumberfields.co.uk for further information and to arrange a viewing.

The Friends of Hertingfordbury St Mary Events 2025

Saturday 12 July – Summer Fun Day at St Mary's with cream tea

Helping the Friends

The Friends of Hertingfordbury St Mary was granted charitable status in 2023 (Charity number 1206041).

The purpose of The Friends is to raise money for the restoration and preservation of the church building and churchyard. The funds are not for the day to day running of the church. That's the responsibility of the congregation. We should like to make sure that this beautiful church is here for future generations.

If you would like to make a donation there is a card reader at the back of the church on the wall by the South Door or please do not hesitate to contact me.

Thank you for your support

Helen Bishop the fobury@outlook.com / 07746 694890



Saturday 12th July 2-5pm

Cream Teas - Build-a-Rocket - Safari Trail - Teddy Zip-Wire

Fun for all the family



Fun Dog Show
plus...Traditional
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Dance, Homemade
Cakes, Food & Drink,
BBQ, Crafts & Antiques
and much more!

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Annual Parochial Church Meeting

The APCM took place on the last Sunday of April in church after the 9.15 service. There was an excellent turnout and below are the main extracts from Rev Alan's team vicar report

As this is my last but one Sunday with you before I disappear on Sabbatical, I thought I'd share with you a quote from Barbara Brown Taylor's aptly entitled memoir 'Leaving Church'! "Gradually I remembered what I had known all along, which is that church is not a stopping place but a starting place for discerning God's presence in this world."

Church is a 'starting place' where we listen for the many ways God shows up. As I reflect on this last year, I've been humbled by the many ways I believe God has shown up among us. And here are just a few:

After what felt like a very long time of repeat advertising, prayer and searching for a new Children and Families Worker, a chance comment at St Mary's PCC prompted a new member there to invite a friend to apply. That friend was Lindsey, and although this was a new ministry for her and therefore a steep learning curve, her energy and commitment, her passion and compassion have proved beyond doubt that this was absolutely the right appointment. It's been a real joy seeing Lindsey grow in confidence and the children respond to her warmth, wisdom and care. A huge thank you also is owed to Lindsey's predecessor Tracy, who over the last eight months has acted as Lindsey's mentor. Our work continues across three schools (St Joseph's, Hertingfordbury Cowper and Hertford St Andrew's) with whole-school weekly Collective Worship on Tuesdays and Early Years on Wednesday morning.

"Our work continues across three schools"

A particular highlight for me was last month when we welcomed the children of Hertingfordbury Cowper into church for the Easter Experience. Across six different stations the children engaged with an interactive retelling of the Easter story, and explored their own hopes and dreams; their own sadness and their joy. Thank you again to the amazing team who led this especially the story tellers who told their story 30 times that day!

During this past year our Eco Committee has met and we're very grateful to them for all they are doing to help us more carefully steward the valuable resources of our planet and work towards the Church of England's target to become carbon neutral by 2030. We've decided to set aside one Sunday each year to focus on our commitment to the environment, and this year's will take place on Sunday 5th October, the weekend before Harvest.



APCM

Another joy was to host a six week Exploring Faith course here at St Mary's during February and March this year, with about 16 people attending across the two churches and from beyond. The feedback has been incredibly encouraging, with one person describing the course as 'friendly, interesting, informative and therapeutic'. Each session beautifully, gently led and discussed with thought provoking ideas and interactions.' So, when we do it again in the Autumn, if you haven't done it, speak to someone who has and do consider coming along. It's been wonderful to host a Confirmation service recently here at St Mary's in March. Over the past year it's been wonderful to welcome new people into our congregation and one of the factors that keeps people here is our welcome. So please keep up that good work.

We're hugely grateful to the Friends of St Mary's who over the past year have hosted lots of wonderful events which help raise invaluable funds for the church's upkeep and bring people together. The Christmas Market and Café Francais were particular highlights with so many people through our doors and such wonderful atmospheres. Special thanks go to Helen Bishop who chairs the Friends so brilliantly. We're looking forward to our annual Summer Fun Day on Saturday 12th July, and our theme this year will be Computer Game Heroes with the return of the ever-popular Teddy Bear Zipwire!

We have eight weddings booked for this year and I'm hugely grateful to Karen our administrator, and to Bill and Simon Cutmore who will take those weddings that fall within my Sabbatical.

It was great last September to welcome all creatures great and small (well mainly dogs and humans) to our annual Pet Service and we look forward to our next one on Sunday 22nd September.

"We look forward to our annual Pet Service on Sunday 22 September"

Over this year we've enjoyed a wide range of different services both here and at our sister church, St Andrew's. To enhance our worship, we would like to buy some new hymn books which contain lots of the newer songs we've been singing for a while. If you'd like to sponsor a hymn book or books in thanksgiving or memory of someone, please speak with our treasurer, Robin.

A few weeks ago, we welcomed Rev Scott Martin as Assistant Priest to the parish. We look forward to Scott practicing his gifts and ministry among us and I know that you will all respect the fact that Scott has a demanding full-time job alongside. I'm very grateful to Bill and the wider Ministry Team for all they've given this year and will continue to in my absence. We've had to do some creative thinking around how to sustain things while I'm away. To avoid overloading our priests, the monthly all-age services will for the next three months be non-



APCM

Eucharistic, and led by our Readers, Melanie and Geoff. Zoom services will also continue under the care of Kath and Nick.

In my absence, Bill will be first point of contact for baptisms, funerals and any pastoral matters, supported ably by our Pastoral Visiting Team, Helen, Kay, Christine and Helen.

There are so many people to thank, who week by week sustain the ministry, hospitality and mission of this church, including our incredible organist and choir master Paul, our choir, our PCC and in particular PCC secretary Rachel, our fantastic churchwardens Robin and David who wear many different other hats, our Pastoral Team, our magazine editor (the magazine just gets better and better. Thank you Philip), flower team, cleaning team, coffee teams, bell-ringers, caterers and grass-cutters.

We're also very grateful to those who open and lock our church each day enabling lots of people to enjoy this beautiful space and find some invaluable quiet and reflection. This does fall on the shoulders of a few, so if you have any time when you can regularly help with this, please speak with David.

"I know I leave our churches in safe and loving hands"

As I prepare to take a Sabbath for three months, I know I leave our churches in safe and loving hands. Thank you for giving me this opportunity to rest, explore and refuel. If you do see me out and about, please do say hello. Just don't talk about church!

It's hard to believe that I've been with you 18 years now, and some might say that's too long. I often ask myself whether I've outstayed my welcome, but so far it feels right to stay and I hope that's OK. I am so incredibly proud to be called the leader of such a welcoming, inclusive and openhearted church – Rev Alan







June at Celtic Harmony Camp

This June, escape to your local woodland and experience a unique blend of outdoor fun and ancient history at Celtic Harmony Camp and the Woodland Bistro —open every weekend with free entry and no booking needed!

For the more adventurous, book a round of Disc Golf, a fun and fast-growing sport that's a little like golf, but with frisbees! Winding through beautiful ancient woodland, our course is perfect for beginners and families, with plenty of fresh air, laughter, and a touch of friendly competition. Recent visitor James said he had 'great fun with the family, a technical course in a lovely natural setting'.





As you explore, step back in time inside our Palaeolithic Cave and Chieftain Roundhouse, admire the craftmanship in the Stone to Iron Age exhibition, then let your little ones get creative with den building in the forest. Wander through the thatched roundhouses and on towards The Woodland Bistro at Celtic Harmony Camp, the biggest Iron Age settlement in England!

Celebrate Father's Day with a hearty Woodland Feast from the Bistro, and don't miss our special Midsummer storytelling evening on Saturday 21st June, where renowned storyteller Xanthe Gresham brings the legendary Morgana Le Fay to life in a magical firelit performance. Whether you're playing, feasting, or dreaming by the fire—there's something for everyone at Celtic Harmony Camp this June. Well-behaved dogs on leads are very welcome—bring your furry friends along for the adventure!

To book, visit the website https://celticharmony.org/events/ or call us on 01438 718543





Church Flower Rota - June

1st Sue Parsell - 8th Sharron Maxwell & Penny Duce 15th Alison Robinson - 22nd Sue Payne - 29th Sue Parsell

We are extremely grateful for the time, generosity and skill that the flower team give each week to make the church look so beautiful



Hertingfordbury Cowper C of E (VA) Primary School

News from Hertingfordbury Cowper

TCS Mini London Marathon

On Saturday 26th April, a team of children from Years 4 to 6 took part in the TCS Mini London Marathon. Our children from Year 6 ran the 2.6km route and the children from Years 4 and 5 completed the one-mile route. Each route started in Horse Guards Parade, went past Buckingham Palace and ended at the iconic London Marathon finishing line on The Mall. It was a brilliant day with the sun shining and another occasion for us to be proud of our children. There were lots of happy smiles as the children received their medals.































Hertingfordbury Cowper C of E (VA) Primary School

Garden Area - Donations

Last year, we redeveloped and redesigned our gardening area. The garden area has an area for planters and a wildflower garden to help towards our sustainability work as a school.

We are looking for any donations of -

- wildflower seeds (even open/used boxes)
- · any surplus bedding plants
- · any seedlings of vegetables / herbs
- an unwanted garden hosepipe

If you have any of these please could contact the school office.



Thank you in advance @





Hertingfordbury School Summer Fete

On Saturday 5th July, we will be holding our school summer fete between 1pm and 4pm.



Friends of Panshanger Park

Panshanger Park is a wonderful natural area within our wider community and so the Friends of Panshanger Park are sharing some of it's history - some of which will include the village and greens and some not.

A Poet at Panshanger

This month Kate Harwood recalls William Cowper, the poet, and his connection to Panshanger

William Cowper (1731-1800), the poet, was a grandson of Spencer Cowper, brother to the first Earl, who had been embroiled in the Sarah Stout murder in 1699. William was born at Berkhamsted where his father was the local rector as well as being chaplain to George II. The future poet was schooled first at Markyate, and then at Westminster where contemporaries were Warren Hastings and Elijah Impey, who were to make a great impact on the governance of India. Although his paternal grandfather, Spencer, was a judge at the court of common pleas, he followed the inclinations of his mother's relation, John Donne (1572-1631), the great metaphysical poet and Dean of St Paul's Cathedral. Many of William's poems, such as *The Task* were immensely popular but he also wrote many evangelical works which led to his support of the Abolition of Slavery. His poem of 1788 *The Negro's Complaint* was often quoted by Martin Luther King Jr.

The Cowper family were a close-knit clan and letters written by the poet indicate he was a frequent visitor to Cole Green and Panshanger and his 'friends' there during the second Earl's life. There is a series of 71 letters from 1766 in the archives at Hertford (Hertfordshire Archives & Local Studies, HALS) many written from Huntingdon, where he was staying with the Rev. Unwin. These were mostly addressed to Mrs Cowper at the Park House in Hertingfordbury, and on the subject of faith and religion. Major William Cowper MP died in 1769 and the poet continued to write to Mrs Cowper after she subsequently moved to London. By this time the second Earl had died (in 1764) and the third Earl had opted for life in Florence, so Cole Green house was not the place it had been earlier.

In the 18th century, penurious poets often sought wealthy patrons who had 'taste' which they showed by giving bed and board, for a period, to artists, poets and the like. We know that Alexander Pope visited many patrons, including Earl Bathurst who erected a stone seat in the park at Cirencester dedicated to Pope, although the poet may have looked as if he was waiting for a bus in a very smart bus shelter!

The 1862 Estate Map (HALS) shows a Cowper's Seat at the western end of the Chisel Shelf, near to the icehouse and although we don't know if the Cowper of the Panshanger Seat was the poet's, The Gardeners' Magazine of October 12 1895 certainly thinks so. The seat is no longer there but it was likely to have been a wooden structure. The first one had decayed but a replacement was installed by the time of the article. Cowper was well known for a love of nature and of writing alfresco in gardens or summer houses. The article goes on to say that the Chisel Shelf, a short distance to the east of the Seat, had a Hawthorn Glade. Humphry Repton was commissioned in 1799 to lay out the landscape

A Poet at Panshanger

around the new house at Panshanger and incorporate the older 'Capability' Brown one at Cole Green into a much bigger and better - and more modern - design. The poet died in 1800 so never had the chance to appreciate the Reptonian 'improvements' which took several years to implement. Repton was very fond of Thorneries, usually hawthorn and bramble. As well as providing white blossom in spring, bright red haws in winter, and lots of birds to feast on them, they didn't grow so tall that they blocked out the long views.

Cowper mentions hawthorns in his poems – perhaps inspired by the time he spent looking out across the river Mimram to the old Panshanger House from the knoll where Cowper's Seat was later marked on the map, and perhaps in the Glade (if it was planted under the 'Capability' Brown programme in the mid 1700s around Cole Green House). Maybe the seat was installed in his memory on the spot where he sat and was inspired.





William Cowper - Chisel Shelf crowds near Cowpers Seat in 1841

Later in the 19th century Cowper's Seat was used as a vantage point for the crowds who used to flock to the militia's Field Day hosted by Earl Cowper annually from 1862, the highlight of which was a sham battle. The spectators were meant to be well back from the action but could not see anything so crowded forward, often getting in the way of the action. One manoeuvre involved the 2nd Herts and Cambridgeshire Battalions which advanced towards "Cowper's Seat," followed by skirmishing towards the seat by the London Rifle Brigade.

Meanwhile the spectators milled around and *The Mercury* of 1862 reported - *On the very edge of the almost precipitous mound known as Cowper's seat, overlooking the valley from the north side, we observed crowded vehicles, the drivers of which appeared to be utterly unconcerned during the hottest of the firing, although if their horses had been in the least alarmed the consequences must have been terrible.*

These Field Days eventually ceased, although rifle practice at the Rifle Butts, annual camps parades and exercises by the local militias continued into the 20th century.

Today neither Cowper's Seat nor the Rifle Butts are detectable in the landscape at Panshanger but the views across and along the Mimram still enchant visitors — though perhaps not as far as inspiring them to write poems.

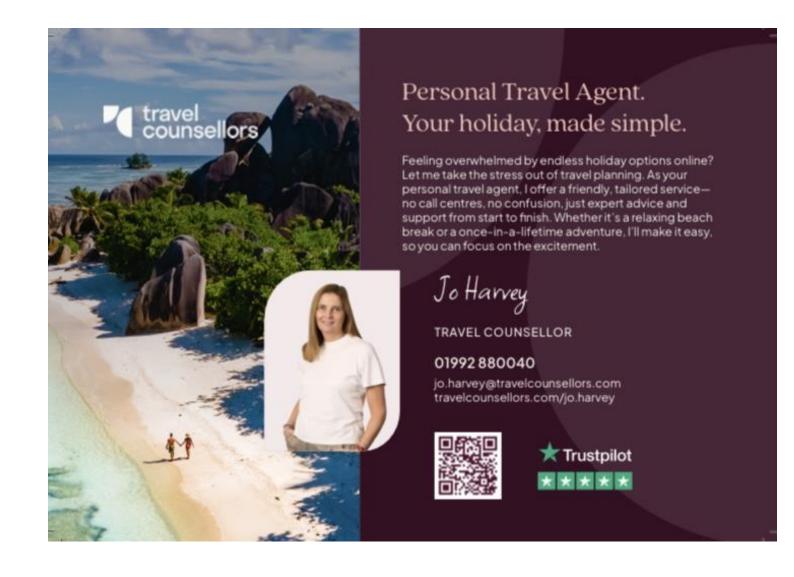
(with thanks to Philip Sheail for the information on the Field Days)



Recreation Ground Library

A library, containing books, both fiction and non-fiction, including a good children's section, DVD's and games has been set up in the tennis pavilion on the Hertingfordbury recreation ground.

This is a free resource for all Hertingfordbury residents. Access can be gained at any time by the use of keys that are kept in a key-safe at the pavilion. Should anyone have any books, DVD's, or games to donate to the library new stock is always welcome. If you are interested in using this facility please contact Penny or Mick Barratt on 07715 378212 and they can provide you with the key safe access code





We bring people together through a shared curiosity for the arts. We meet on the last Thursday of the month to hear arts related lectures in a comfortable, friendly atmosphere at the The Spotlight in Hoddesdon. We meet for coffee at 10am, followed by the lecture at 10.30. <u>Visitors are very welcome at the lectures for a small fee</u>. Contact Philip Juniper at <u>kpjuniper@yahoo.co.uk</u> for more information on joining

Upcoming lectures

26 June – 100th Anniversary of the Paris Exhibition
25 September – The Bloomsbury Group: The Art of Vanessa Bell
30 October – Oscar Wilde: 125th Anniversary of The Importance of Being Earnest

For more information please go to our website

www.theartssocietyeastherts.org.uk

Registered Charity no 281752

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SCOTTISH DANCING IN HERTFORD – 65 YEARS AND COUNTING!

Hello Hertingfordbury and The Greens!

Have you done the Dashing White Sergeant at a barn dance or the Eightsome Reel at a wedding? At South East Herts Scottish Country Dance Society (SEHSCDS) we do the same sort of dances, but with a bit more polish.

Scottish country dancing is a very social form of dance which relies on mutual co-operation. Following the patterns of the dance and dancing in time together is fun, exciting and highly satisfying. We are a friendly group of people and would be delighted to get to know you. So if you're interested in something fun, which helps you get fitter and make new friends, then come along and try Scottish Dancing for yourself. Complete beginners always welcome. First session free.

We meet on Tuesday evenings in term time at Sele Farm Community Centre, Hertford, SG14 2LW. Visit https://www.rscdsherts.org/south-east-herts or email us on sehscds@hotmail.com for more info.

Look forward to meeting you

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Hertingfordbury Parish Council

Chairman – Paul Rochford
Vice Chairman – Haidy Blake
Councillors – Niki Gordon, Roger Morris, Simon Bostock, Lesley Clark

Member of Parliament – Chris Hinchliff County Councillor – Ken Crofton District Councillor – Bob Deering

If you wish to contact the Parish Council please contact the Clerk **Clerk**: Katie Eyre at clerk@hertingfordbury-pc.gov.uk

Council Meetings

Meetings are at Hertingfordbury Cowper School between 7pm – 9pm. Members of the public are welcome. Please see website for latest dates

To report an issue with fly tipping, highway fault, overflowing rubbish, street lighting etc, please call East Herts District Council directly on 01279 655261 or go to https://www.hertfordshire.gov.uk/faultreporting/



Defibrillators

Please note that Defibrillators are housed on the outside walls of the.....

- Parish Room (The Brace Room) at St Mary's Church, Hertingfordbury
- Cowper School, Birch Green outside the school gate





Church Cleaners

We really need people (men or women!) to join our church cleaning rota

It takes a couple of hours every few weeks. We want our beautiful church to always look its best

If you can help please contact Virginia on 01992 583560

.....



Churchyard Volunteers Needed



Volunteers required for grass cutting

Between 9 - 12 noon on a Saturday, we are now trying to coordinate dates to coincide with our weddings at St Mary's

Reward is a picnic lunch and good company........ and a laugh!

Please contact David Gorton for more information and timings if you think you can help

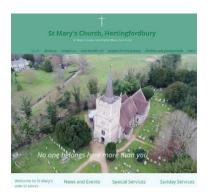




Volunteers needed to open/close St. Mary's

As part of St. Mary's commitment to be 'Here with you, Here for you' we are pleased that we have been able to keep the church open during the day. However, to do so requires volunteers to open and close the building every day. As a village if we want the church to be open — and I think we do - we need some new volunteers. It is not an onerous task.

Please give serious thought to joining the rota and speak to one of the Churchwardens. Thank you for considering this



www.hertingfordburystmary.org

The St Mary's website features all the church news including the latest digital Parish

News in full colour

This website is a vital communication tool to be able to follow updates on the church.

If you wish to contribute in any way please contact Rachel via e mail

raich.carter@yahoo.co.uk



WhatsApp Groups

If you would like to be part of the **St Mary's Church WhatsApp Group** please contact David Gorton on 07544 702241

Hertingfordbury Village WhatsApp Group is a sociable community group. For more information please contact Mick Barratt

Brace Room

The Brace Room at St Mary's Church is available for hire for anybody in our community. This could be for meetings, exercise sessions or any other purpose. Includes excellent toilet and kitchen facilities. For more information contact David Gorton 01992 551430 or dgorton1@btinternet.com



Zoom Services

While we welcome you to services at St Mary's, Zoom services available for your worship

Please contact the church office if you'd like to be added to our mailing list and receive the service or meeting invitation details: standrew.hertford@btinternet.com or contact Robin Bishop to be added to the St Mary's distribution list

Twice monthly on Wednesday
Mindfulness & Meditation 7.30pm

Every Sunday

Service of the Word 10.30am (Every 3rd Sunday will offer Communion) Compline 7.00pm

Please note that a recording of the Reading, Sermon and Prayers from the Sunday morning service is now available on the St Mary's website www.hertingfordburystmary.org



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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!

Online by Zoom on the first and third Wednesday of the month at 7.30pm except for the first Wednesday which will also be in person at St Andrew's church

For further details and Zoom codes please see our website www.hertfordstandrews.co.uk

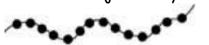
or contact the church office 01992 504373 standrew.hertford@btinternet.com

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Something of the order of £1500 is available annually. Typically grants are one-off payments not exceeding £450 for something that will help with the applicant's education in a broad sense, such as a musical instrument, specialist equipment, a field or other course. Grants are available to anyone in school, FE or Higher Education.

An application form is obtainable from Robin Bishop, the Chairman of Walter Wallinger's charity at robinhbishop@gmail.com



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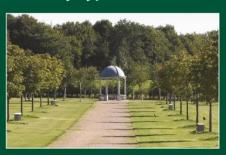
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