

## Holy Baptism



7<sup>th</sup> April      Elijah James Cadzow

14<sup>th</sup> April      Orla Rae Kimsey

## Bible Book Club

Please note we cannot manage our usual first Tuesday date in May, we will move to the following day, Wednesday 8<sup>th</sup>, usual place.

After a couple of years of New Testament study, we have decided to dip into the Old Testament for the next two or three months to take a look at the Psalms.

The book of Psalms is the 'hymn book' of old Israel, with 150 songs expressing every imaginable mood and tone of human experience in words of prayer and praise.

This time, we also invite you to nominate individual Psalms you would like to learn more about, or share your passion for. Psalms 22, 51 and 137 are already on the list, and there is plenty to discover, even in the most familiar passages.

## Mothers Union

### National Marriage Week – May 13<sup>th</sup>–19<sup>th</sup> Recipe for a healthy Marriage

Marriage Week 2019 is all about the best 'ingredients' for a healthy relationship. We want to get people thinking about the recipe for a stable and loving marriage. And we want to get them spending fun time together by cooking. It works on two levels, which we are very pleased about!

<https://marriage-week.org.uk/>

**Monday 20<sup>th</sup> May at 7.30pm.**

### Syrian Refugees.

Kate Hurst and Catherine Henderson will be talking about the challenges faced by refugees.

Venue: All Saints' Meeting Room

Dorothy Toyn

## New Safeguarding Officer



Shanti Gordon was unanimously approved by the PCC as our new Parish Safeguarding Officer with effect from 1<sup>st</sup> May. She replaces Helen Harvey-Wright in a long-planned

'retirement', though Helen will continue to act as Deputy PSO in support of Shanti. Our thanks go to them both in taking on these important and largely hidden roles.

Shanti writes:

*I grew up in India where I attended a Christian school (called All Saints too).*

*I enjoyed working in the Probation Service for 18 years, spending the last 2 years in the high-risk team, where I learnt the importance of risk assessment and protecting the public and the importance of confidentiality. I have been helped by Helen Harvey-Wright, who has spent a considerable amount of time with me to explain the role of the Parish Safeguarding Officer at our church.*

*I have been a member of All Saints Church congregation since David Mowbray came here as he baptised my daughter Hannah in Broxbourne.*

## Coffee Morning/Plant Sale 18<sup>th</sup> May

We are looking forward to the annual plant sale. If anyone has plants they would like to donate please speak to Fiona or Dorothy, or just bring them on the day if

they are potted up. Donations of cakes for the Coffee Morning will also be welcome.

Proceeds from the Plant Sale will go to "Send-a-cow" and those from the Coffee Morning to All Saints.

For more information please speak to Fiona Earle 01992 462467 or Dorothy Toyn 01992 589781 – lots of plastic pots available if needed!

## **The Continuing Easter Journey**

Following the very positive experience of the children who came with us on the Easter Journey at All Saints, we have decided to invite the schools that took part to join us for a follow-up event. The intention will be to tell the story of the resurrection and the time Jesus spent with his disciples before his ascension, and also to emphasise Christ alive and at work in our world today.

Two of the schools have accepted the invitation and we will be offering these sessions on Monday May 20th and Thursday May 23, from 9:45 to 10:45.

## **Church Roof Alarms**

We have recently installed alarms on all the roofs of the church. The consequence for anyone trying to gain unauthorised access is a loud siren, flashing lights and a visit from a security guard. We hope this will deter metal thieves, and we are now able to obtain insurance cover for the full value of the roofs.

We can mute the alarms for short periods of time so that the Work Party and others can access the roofs for maintenance and inspection. The cost was £8,000, which was funded by a grant of £1,000 from Allchurches Trust via the Beds & Herts Historic Churches Trust (which we support through the annual Bike 'n Hike), VAT being recovered through the Listed Places of Worship Scheme and the balance of £5,000 from the All Saints Memorial Fund.

## **The Environment**

It is not too late to sow some annuals for pollinators in your garden. They will give you colour and will attract bees, butterflies and hoverflies.

Love In The Mist, Cornflowers, Candytuft, and Marigolds/Calendula, Nasturtiums, Echium, single poppies and Borage are all easy to grow. Sow directly into the ground in a reasonably sunny spot, and then be careful you don't weed them out!

Borage is a bright blue annual. The flowers are edible and pretty in salads, or floating in a glass of cordial, Pimms, or a cocktail. Nasturtium flowers and calendula petals brighten up a salad.

*Fiona Earle*

## **HymnQuest App – free!**

HymnQuest is a unique software program developed by The Pratt Green Trust, a charity devoted to the advancement of hymnody and music in worship. The app, which can be used on smartphones, tablets, laptops and desktop computers, gives free access to all public domain information and texts.

The full database (which we have a license for) is the most comprehensive ever published in its field, containing over 48,000 first lines and choruses, the full text of 33,000 hymns and songs from over 520 hymn books and publications.

The opening bars of over 25,000 melodies can be both viewed and heard, and the indices list tune names and metres; biblical, lectionary, thematic, liturgical and seasonal references, as well as information and pictures of authors, composers and translators.

It's even possible to search for tunes by playing the opening notes on a *Virtual Keyboard*.

The software also includes full music for over 1,300 public domain hymn tunes.

Available in Adobe PDF and Sibelius Scorch format, these enable you to view, print, listen to and transpose the hymns in full harmony.

<https://app.hymnquest.com/app>

## National Walking Month



May is National Walking Month so what better time to start walking with your local Hertfordshire Health Walks group? Over the summer our fantastic group of leaders are

also offering evening walks to help working folk get active and enjoy our greenspaces

### Want to be part of something BIG?

Hertfordshire County Council's Countryside and Rights of Way Service is attempting to set a new record for the greatest number of Health Walkers out walking, on Monday 13 May with the 4th annual Mass Health Walk. And what better time to set this challenge than during National Walking Month?



The Hertfordshire Health Walks initiative offers over 70 walks per week across the

county, helping residents to meet the target of 150 minutes exercise per week as recommended by the UK's Chief Medical Officers.

The walks are free, local, short and led by trained volunteers. Building on the success of 2018's Hertfordshire Year of Physical Activity, this year there will be over 40 walks on offer, hoping to inspire more walkers than ever to lace up their walking shoes. Last year 815 people took part in the Mass Health Walk event, so whether you're already a seasoned Health Walker or fancy trying it for the first time this is the ideal opportunity to get active and help break the record.

With walks taking place across the county you'll have the choice of joining a variety of distances, from a gentle 30 minute, through to a brisk 90 minute walk. Introduce a friend, bring a neighbour or rally the family to help make this the biggest Health Walk ever!

<https://www.livingstreets.org.uk/>

<https://www.walkingforhealth.org.uk/walkfinder/hertfordshire-health-walks>

