

## Holy Baptism



9<sup>th</sup> December Emily Grace Vogeler

## In Peace



28<sup>th</sup> November Tony Weedon

9<sup>th</sup> January Roger Francis

Sheila Hudson

## Get Up & Go!

Thursdays 2.30-4.00 pm



'Get up & Go' is an evidence based, chair based exercise group that has been running at All Saints for the past 2 and a half years. It aims to improve balance and lower limb muscle strength to assist in falls prevention and give back confidence that is lacking when walking gets a bit 'wobbly'!

Improving balance and muscle strength does not happen overnight, but with weekly reminders of what exercises to do things can get better – and do. Several members of the group have reported improvements over the months.

It is also a great little social group and I am sure that most 'put up' with the exercises in order to get a cup of tea and a biscuit afterwards! It costs just £3 per session (£5

for Couples) and is run by an experienced Chartered Physiotherapist (who also feels that she benefits from doing the exercises herself!). During 2018 we were able to give over £600 to All Saints. If you would like to find out more please contact me.

Dorothy Toyn. MCSP Grad Dip Phys.  
01992 589781

[dorothy.toyn@ntlworld.com](mailto:dorothy.toyn@ntlworld.com)

## Bible Book Club

Just a reminder that we revert to our 'usual' slot on the first Tuesday (February 5<sup>th</sup>), continuing our exploration of Paul's First Letter to the Corinthians. All welcome!

## Mothers Union

### National Marriage Week

UK Marriage Week 2019 will be May 13<sup>th</sup>-19<sup>th</sup>, rather than embracing St Valentines Day (14<sup>th</sup> February). The theme is "Recipe for a Healthy Marriage". More information at [www.marriage-week.org.uk](http://www.marriage-week.org.uk)

### Tuesday 12<sup>th</sup> February at 7.30pm. 'English Women Artists'

Ann-Marie Parker will share her presentation on Women artists from 17<sup>th</sup> to 21<sup>st</sup> centuries. In particular, their struggle to gain recognition in the Art World and membership of The Royal Academy.

Venue: All Saints' Memorial Chapel.

### 25<sup>th</sup> Feb - 10<sup>th</sup> March Fairtrade Fortnight

Support Fairtrade by buying Fairtrade marked products in your supermarket.

More information on the Fairtrade Foundation's website at <http://www.fairtrade.org.uk/en/get-involved/current-campaigns/Fairtrade-Fortnight>

### 1<sup>st</sup> March Womens' World Day of Prayer

10.30 am Service at St Andrew's Church

**2nd March 9.45 to 2.30pm Diocesan Spring Sharing Day "Mothers Union listens, Observes, Acts".** The Church of St Mary, Hemel Hempstead Road, Redbourne, AL3 7NL

## **MU Planning Meeting and AGM**

Following our planning meeting in January we have a full year of events planned and programmes will be available at the back of the Church. Ann Stephens-Jones and Rosemary Bolton have run the MU for several years as the 'Dynamic Duo', and are also involved at Deanery level, but Ann feels she needs to step back a little for the time being and I offered to assist, and have been elected to lead the MU for the coming year. I was leader for 3 years following Jean Kemm over 20 years ago when the MU was reformed at Hertford, from the 'After Toddlers' group of mums wondering what to do after their toddlers went to school!

Mothers' Union is a Christian organisation that has been supporting families worldwide for over 140 years, and is now an international charity with over 4 million members in 84 countries. As a Christian membership charity, we aim to demonstrate our faith in action through the transformation of communities worldwide.

Our members work at grassroots level around the world bringing hope and practical support to millions of people every year. At All Saints we agreed last week to send a donation to the MU Disaster Fund assisting those in need following the all too frequent natural disasters around the world.

At a central level the MU has, through the years, campaigned at local, national and international levels to bring about real change for family life, women's and girls' rights and the protection of children.

At the heart of what we do is prayer for communities, fellow members and for those in need. Despite our name we are

an inclusive organisation and we are very proud to have a growing number of men who have joined us. As we continue to work in an ever-challenging world, why not join us in our journey and find out more?

Anyone is welcome to join our varied programme throughout the year and if anyone would like to become a member of the MU we would be more than happy to welcome you.

Dorothy Toyn

## **The Prayer Group – New Beginning**

The first quiet prayer time will take place on Sunday 17<sup>th</sup> February starting at 11.00 a.m.

Anyone who would like prayer for themselves or for another person will be welcome in the chapel. It will remain confidential unless otherwise requested.

Helen Wright



## Opportunities for study



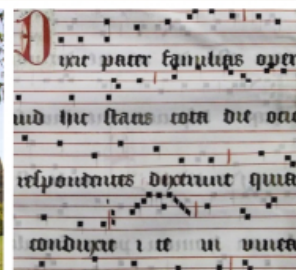
As well as the specific courses for Lent, of which there will be more information in the March Magazine, you may be interested in some of the following.

Quite a few of the events run by St Paul's Cathedral and St Albans Cathedral are free to attend; in most cases you are asked to book a ticket just to allow them to manage the number of attendees.

In addition there are a number of courses on-line. The Church of England commissioned "The Pilgrim Way" from Stephen Cottrell, Steven Croft, Paula Gooder and Robert Atwell. It can be accessed at <https://www.churchofengland.org/our-faith/pilgrim-way> and is available in print from Church House Bookshop.



<https://www.stpauls.co.uk/learning-faith/adult-learning>



<https://www.stalbanscathedral.org/learning/education-centre/>

## Card Payments



"Looks like they've introduced contactless payments for their collections."

We are trialling the use of a simple device to take **donations by card**. (Debit or Credit).

If anyone would like to try it, please see Colin Bird after a morning service.