

ALL SAINTS'



This week's Newsbulletin

All Saints' Welcomes Everyone

Sunday 14th (Mothering Sunday)

10.00 Family Service on Zoom

<https://us02web.zoom.us/j/87271593002?pwd=Um5QT3Z2ZEZXS0VLa3pTaG13cUxTZz09>

Meeting ID: 872 7159 3002

Passcode: 967985

As this service is led by children from the All Saints family it will NOT be recorded and posted on our YouTube Channel. The order of service can be viewed and/or downloaded from

<https://allsaintshertford.org/downloads/MothSunOoS.pdf>

10.00 Morning Prayer on YouTube

Janet Bird leads a pre-recorded service of the Word, with hymns, which will premiere at 10.00 am but can be viewed later at <https://youtu.be/RH8a0MZA4o8>

Tuesday 16th March

11.00 Morning Prayer on Zoom

<https://us02web.zoom.us/j/88015708219>

Meeting ID: 880 1570 8219

19.30 Live Lent Session 4

Communicating Like Jesus did

<https://us02web.zoom.us/j/84970984521>

Meeting ID: 849 7098 4521

Wednesday 17th March

19.00 MU Lent reflection

Led by Janet Bird

<https://us02web.zoom.us/j/85639627892?pwd=R0UxeTJ2Q24yemg4QTJkMGZWNDRNNz09>

Meeting ID: 856 3962 7892

Passcode: 645323

'Zoom'-ing by 'phone

Call 0203 051 2874, 0203 481 5237, 0203 481 5240 or 0131460 1196 and use meeting id followed by #

Communicating well

Dear Friends,

A lot has been spoken this week about family, relationships and communication. This can affect any family.

How many of us simply speak to others as we have been spoken to for most of our lives? Oh, that's most of us! If we were brought up by parents who were loving and careful in effective communication - to others, to us - we are likely to pick up their positive interpersonal habits. For the rest of us, well, unless we learned it somehow or other along the way, we often need to learn, possibly the hard way.

Canadian writer Louise Penny's main character, Armand Gamache, is a good teacher, instructing his police trainees as follows: "Civility," he says, "How can we expect it if we don't give it?" Before speaking, he recommends that we consider what we're about to say by asking ourselves: "Is it true? Is it kind? Does it have to be said?"

Is it true?

What do we get out of telling a person that they are X or Y when our assessment isn't based on fact? How else do we expect them to respond to something untrue except defensively?

Accusing someone of being or doing something that is not factual gets us nowhere and doesn't put us in a very good light. In fact, it says rather more about our issues than the person we're accusing. Often it's reactive and involves projection.

Is it kind?

No matter what we say, it is vital to put it in the kindest way possible because hurting them is not really what we want to do. If we want to get our message across, it's not great to be blocked by someone trying to protect themselves from being hurt.

Kindness costs nothing. It may take a bit of time to consider and frame what we wish to say in a thoughtful manner, but it's worth the effort. Kind doesn't make you vulnerable. Being kind shows self-confidence and self-control.

Does it have to be said?

We are all guilty of repeating the obvious. It can make others feel very aware of something wrong and it may not be that constructive.

Does every thought we have need to be voiced? The same way that we filter our incoming thoughts we can filter our outgoing ones.

So, as we celebrate Mothering Sunday, with its vital values of caring and kindness, let's follow the words of St Paul as he reminds us in 1 Thessalonians 5:11

'Therefore encourage one another and build up each other, as indeed you are doing'

Love,
Jo

Mothering Sunday 14th March

It's Mothering Sunday and last Mothering Sunday (22nd March 2020) was the time when all our Churches were closed due to the outbreak of the pandemic.

We will meet on Zoom for our service which will be led by our young people, Soraia, James, Ollie, Emma and Isabel.

I hope that you will be able to join us for this service which reflects on the importance of caring.

There will be posies in the North porch to pick up on Saturday and Sunday, thanks to Dorothy and members of the Mother's Union.

Sunday 21st March

We will have our service together on Zoom at 10.00am with time to talk

There will also be **an 11.30am short, said Eucharist in All Saints Church**. We will follow the government guidelines of distancing, sanitising, wearing of facemasks and no conversation either inside or outside the church.

Tuesday 23rd March

A time to reflect

2-4pm in All Saints Church

Every death since lockdown has been very hard on relatives and friends. Care homes and hospitals were not able to allow visits, and feelings of regret and sadness may have become amplified as the grieving process has been particularly isolating during this crisis. Farewells may not have been properly said and hugs and touch were impossible.

This day marks the anniversary of a year since lockdown and various organisations, including Marie Curie are encouraging us all to mark this by quiet reflection and candle lighting in our sacred spaces. So we will open for private prayer on Tuesday 23rd 2.00-4.00pm.

More information:

<https://www.mariecurie.org.uk/get-involved/day-of-reflection>

Love in the Churchyard

Can you find these two hearts made by Isabel Jorge?



More information:

<https://www.allsaintshertford.org/lent.php>

Contact information

www.allsaintshertford.org    **AllSaintsHerf**

Vicar (and Team Rector of Hertford)

Rev Canon Jo Loveridge BA MTh AKC,
The Vicarage, Churchfields, Hertford SG13 8AE
01992 584899 vicar@allsaintshertford.org
<https://vicarallsaintshertford.blogspot.com/>

Office office@allsaintshertford.org

Full list of contacts:

<https://www.allsaintshertford.org/contacts.php>