# Hertingfordbury & The Five Greens Parish News



Easter & Holy Week (full details inside)

"The Great Gift of Easter is Hope"

**March 2024** 

Here with you - Here for you

Printed copies are available from St Mary's church & Four Rivers Coffee Café

### PARISH OF ST. MARY'S, HERTINGFORDBURY www.hertingfordburystmary.org

Priest in Charge	Reverend Alan Stewart - email: <u>h.alanstewart:</u> Not Friday please unless very urgent	<u>1@gmail.com</u> 01992 582726		
Assistant Priest	Reverend Bill Church - email: <u>churchwj@hotm</u>	nail.com 01992 410469		
Churchwardens				
Robin Bishop	The Fobury, St. Mary's Lane, Hertingfordbury S robinhbishop@gmail.com	01992 551946		
David Gorton	3 The Mill, Hertingfordbury Rd, Hertingfordbu			
	dgorton1@btinternet.com	01992 551430		
PCC Secretary	Ms Rachel Carter	07378 550871		
	raich.carter@yahoo.co.uk			
Treasurer	Robin Bishop (address see above)			
	robinhbishop@gmail.com	01992 551946		
<b>Cheques</b> should be made payable to "St Mary's Hertingfordbury PCC"				
Choirmaster	Paul Attridge	01992 627210		
Organist	Paul Attridge	01992 627210		
<b>Pastoral Visitors</b>	Kay Juniper 01992 55832	1/07776 340932		
	Helen Bishop	01992 551946		
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Wedding Administrator				
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Safeguarding Officer				
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robinhbishop@gmail.com 01992 551946 Parish News Editorial & Advertising				
	-	2 / 01992 558321		

If you would like a printed copy of the Parish News delivered to you, please contact Philip Juniper above



## 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', Brene 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 <u>https://brenebrown.com/wholeheartedinventory/</u>

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 14<sup>th</sup> April! You'll find details elsewhere in the magazine.



### A Personal Prayer with Rev Alan

On the third Sunday of the month Rev Alan will again be available in the Cowper Chapel at St Mary's for personal prayer. This will be during communion at the 9.15am service and is for anyone who would value prayers of thanksgiving, healing or concern

## Registers

### Baptism – welcome into the family of the church

4 February – Thomas Raymond Duberry

11 February – Olivia Frances Chapman





Thomas Duberry

Olivia Chapman

## Some Dates for your Diary

6<sup>th</sup> March -<u>Mindfulness & Meditation</u> 7.30pm in church (St Andrews) and on Zoom

10 March – Mothering Sunday 9.15 All-Age service.

24 March – **A Soulful Walk afternoon** in Panshanger Park (more details to follow)

24 - 31 March - Easter & Holy Week Services – see poster opposite

# Holy Week & Easter at St Andrew's Hertford & St Mary's Hertingfordbury

Palm Sunday		
24th March	9.15am (St Mary's) 10.30am (St Andrew's) 10.30am (Zoom)	
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	<ul> <li>10am Churches Together Walk of Witness beginning at Hertford Methodist Church, Ware Rd</li> <li>12noon-2pm A quiet space with prayer stations and readings (St Andrew's)</li> <li>2-3pm The Last Hour (with choir) (St Andrew's)</li> <li>2-3pm The Last Hour (St Mary's)</li> </ul>	
Easter Day	<ul> <li>5.30am Dawn Service (St Mary's)</li> <li>8am Holy Communion (BCP) (St Andrew's)</li> <li>9.15am (St Mary's)</li> <li>10.30am (St Andrew's)</li> <li>All-Age Holy Communion with Easter Egg Hunt (Please remember to bring a fresh flower to decorate the cross)</li> <li>10.30am (Zoom) A Communion service for Easter</li> </ul>	

## Have a joyful Easter

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

## Joint Churches Away Day – "Wholehearted" Sunday 14<sup>th</sup> April - 10am to 3pm at St Joseph's in the Park

This year's joint parish Away Day isn't in fact very far away! We'll be gathering as sister churches at St Joseph in the Park School (just 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'.

This year's theme is "Wholehearted," based around an incredible book by Brene Brown called "The Gifts of Imperfection." She 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 at <u>https://brenebrown.com/wholeheartedinventory/</u> ahead of the day. We'll be exploring how Wholehearted Living connects with what Jesus said about 'life in all its fullness' (John 10 v10).

The day will start with coffee at 9.30am, 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 then 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 8am service at St Andrew's.

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.

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.

## Joint Churches Away Day – "Wholehearted"

To book your place(s) please contact <u>catherinesleath@gmail.com</u>. 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. We do not want anyone to be unable to attend on grounds of expense.

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

Alan

## 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 & Young Church 9.15am on 2<sup>nd</sup> Sunday of the month

## **Easter Church Cleaning**

The Easter clean is planned for the morning of Saturday 9<sup>th</sup> March between 10-12.00. Coffee, tea, refreshments and a chance to chat amongst the dusters and polish. Any queries please contact Virginia 01992 583560

## **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 <u>dgorton1@btinternet.com</u>



This publication was kindly printed by St Andrew's church



The Friends of Hertingfordbury St Mary Programme of Events 2024 Open to everyone

Saturday 4 May Village Breakfast at The Fobury (08.30 – 11.00) Helen Bishop 07746 694890

Saturday 11 May Welwyn Garden City Male Voice Choir at St Mary's Church (19.30) Tickets £10 Kay Juniper 07776 340932

Saturday 13 July Village Fun Day St Mary's Church (14.00 – 17.00) David Gorton 07544 702241

Saturday 28 September Le Café Français at St Mary's Church (10.00 -12.00) Helen Bishop 07746 694890

Saturday 16 November Christmas Market at St Mary's Church (10.00 -13.00) Helen Bishop 07746 694890

### **Becoming a Friend**

The Friends of Hertingfordbury St Mary was granted charitable status just before Christmas (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.

Membership forms, with the FoHSM account details, are available inside the church by the south door should you like to become a Friend or make a donation. Please do not hesitate to contact me if you would like more information. Thank you for your support. Helen Bishop thefobury@outlook.com 07746 694890

## St Mary's Race Night



A great night was enjoyed by around 90 people at St Josephs. Exciting racing, a great raffle and delicious fish & chips were delivered from Carleys at the interval. Many thanks to all those who assisted on the bar, tote, raffle and especially the two David's up front. Thanks also to all those who attended and were so generous in their support.



## What is St Mary's PCC and how can I get involved?

The Parochial Church Council (PCC), together with the clergy, oversees the mission and ministry of St Mary's and represents all those on the electoral roll. We are always on the lookout for new members to make sure that the whole congregation is represented, from the youngest to the oldest.

### What does it involve?

There are six meetings a year, as well as the APCM (Annual Parochial Church Meeting). We also hold a Mission morning once a year to plan for the year ahead. Meetings are held in the Brace Room at 7.30 pm on a Thursday. It is also possible to attend on Zoom.

Take a look at recent minutes for a flavour of what is discussed: these are available on the PCC page of the website: <u>PCC | St Mary's Hertingfordbury</u> (hertingfordburystmary.org) or in the church.

### Becoming a member of the PCC

The Parochial Church Council is the body that, with the minister, steers the life of the church in its mission, witness and service in the parish. The PCC's role is governed by law (the Parochial Church Councils (Powers) Measure 1956). It is a charitable trust and PCC members are charitable trustees, and so all the provisions of charity law apply to their corporate responsibilities, financial management and decision making. This is true whether or not the charity is registered with the Charity Commissioners. You cannot be a PCC member if by law you are not permitted to be a trustee. If you are interested in joining the PCC, speak to a member of the clergy, one of the churchwardens, or the PCC secretary. The current membership is listed on St Mary's website. People can also be co-opted onto the committee.

### Being elected to the PCC

A person is eligible for election to the PCC by the Annual Parochial Church Meeting (APCM) if:

- his/her name has been on the Electoral Roll of the parish for at least the preceding six months (unless under the age of 18 at the date of the election)
- he/she is an actual communicant (receiving Communion at least three times in the previous 12 months)
- Because of their responsibilities, PCC members will be expected to attend Safeguarding training. You cannot be a PCC member if convicted of a specified safeguarding offence or included in a barred list.

Rachel Carter - PCC Secretary

## **Eco Church: Caring for God's Earth**

Help us to respond faithfully to the climate and nature crises



Evelyn Simak / St Andrew's church, Roudham - pigeons perched in the sound hole

Eco Church is a scheme run by A Rocha UK, equipping churches to care for God's creation through their worship, buildings, land, community engagement, and individual lifestyles.

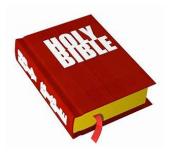
Essentially, the idea is that churches make a commitment to demonstrate their engagement with the environment by working towards an award.

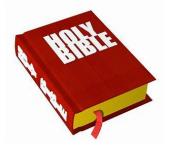
There are five areas that a church must demonstrate environmental engagement with to receive an award:

- Worship and teaching
- Management of church buildings
- Management of church land
- Community and global engagement
- Lifestyle

According to the Church of England website: 'As of the end of 2022, there are 1155 Bronze, 401 Silver, and 23 Gold Church of England Eco Churches, and our first two gold cathedrals; Salisbury and Chelmsford. The scheme is a fantastic resource for encouraging churches, cathedrals, and dioceses to embody the fifth mark of mission.'

St Mary's is proposing to have a go at working towards a Bronze Award! If you care about the environment and would like to get involved, ask Rachel Carter (<u>raich.carter@yahoo.co.uk</u>)





### **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.

13 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: <u>kathoates2022@virginmedia.com</u>



### A Soulful Walk

"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, 24<sup>th</sup> 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!



## Hertingfordbury Cowper C of E (VA) Primary School

It is hard to believe that we are now halfway through the school year. We have had an exciting art project taking place in our school entrance area. We wanted our school badge to be a feature to welcome our visitors, and children from across the school were chosen to work with Mrs Shropshire to help to paint, and I'm sure you'll agree they have truly shown their artistic skills and produced a great piece of artwork.

















### Litter Pick

Another appalling haul of litter and fly tipping was collected from Hertingfordbury and the Five Greens on Saturday 10th February. We had great turnout of 40 volunteers with many meeting for refreshments afterwards, generously provided by the White Horse in Hertingfordbury. If you would like to join a future litter pick, please contact Sarah Sullivan - <u>sullivanpipers@icloud.com</u>.





## Village Sign

Always in the original plan, lighting has now been installed to the Village Sign. Power courtesy of the White Horse, it is timed from dusk to midnight. This project was funded by the Hertingfordbury Village Residents Association Centrebus

### **<u>324 CENTREBUS</u>** - WELWYN GARDEN CITY – HERTFORD - WARE

A very welcome new bus service is now in operation connecting Ware & Hertford via Hertingfordbury and the Greens to Welwyn Garden City. This is an hourly bus and operates Monday – Saturday.

To Welwyn GC during the day it's 14 mins past the hour from The White Horse and 17 from Birch Green. To Hertford/Ware it's 47 mins past the hour from Birch Green and 50 from The White Horse

Full details of the timetable can be found on the Birch Green notice board and bus stops. Centrebus website - centrebus.info or via a search engine.



Visit to the Thursford Christmas Spectacular

Thursday 5<sup>th</sup> December 2024

I have been asked by a few people (who went a while ago) and have managed to get some tickets for this show, if anybody else would be interested in going. If you are then 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 performance. The show starts at 2.00pm and ends around 5.00pm. We would have a short comfort break on both legs of the journey £94.00 per person includes Deluxe Show Seats; Coach Transfers and Courier Service . My details are babsburridge@gmail.com 07749 709905. Thank you, Barbara Burridge

**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



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. Visitors are very welcome at the lectures for a small fee.

**Upcoming lectures** 

14 March – Handel's Messiah Part2: Behold the Lamb of God by Peter Medhurst
 25 April – Hidden Canvases: Street Art and the City by Doug Gillen
 30 May – Tamara de Lempicka: Art Deco Diva by Alexandra Epps

For more information please go to our website <u>www.theartssocietyeastherts.org.uk</u>

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Member Society of The Arts Society



### 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 Jamie Shawyer or Mick Barratt

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All sessions at St Joseph's in the Park School Hall Hertingfordbury

### Want to have fun, exercise, make friends?

Square Dancing is fun and easy to learn. No previous dancing experience is necessary. Singles and couples welcome. Wear comfortable shoes. Dance to a range of music with movements cued by the Caller.

"New class for Beginners" starts on Monday 11<sup>th</sup> March - £5 per week MIDSUMMER HOEDOWN on Monday 17<sup>th</sup> June HARVEST HOEDOWN on Monday 7<sup>th</sup> October

Interested throughout the year? Please contact Penny & Bob Warner - 01920 465276 For further details see <u>www.waggonerssquaredanceclub.com</u> e-mail: <u>waggonerssdc@gmail.com</u>





Church Flower Rota

## There will be no flowers in church now until April after Easter

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



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## Four Rivers Coffee Shop open in Birch Green – now open Thursdays!

The Birch Green café is now open Thursday to Sunday. You can buy to drink in or to take away. For more information visit fourriverscoffee.co.uk





### Printed copies of the Parish News are now available from Four Rivers Café



**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

## Hertingfordbury Parish Council

Chairman – Paul Rochford Vice Chairman – Haidy Blake Councillors – Nicola Gordon, Roger Morris, Simon Bostock

Member of Parliament – Oliver Heald County Councillor – Ken Crofton District Councillor – Bob Deering

If you wish to contact the Parish Council please contact the Clerk **Clerk**: Katie Eyre at <u>clerk@hertingfordbury.org.uk</u>

#### **Next Meeting**

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 <u>https://www.hertfordshire.gov.uk/faultreporting/</u>



### **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 Second Saturday of each month, anytime between 9 - 12 noon Reward is a picnic lunch and good company...... and a laugh! Please let David Gorton know if you are able to help

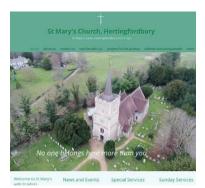




## Volunteers needed to open/close St. Mary's

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 <u>raich.carter@yahoo.co.uk</u>





## ALFS – Animal Food Bank

ALFS Animal Food Bank is delivering free pet food and accessories, helping to neuter, covering vet bills and rehoming dogs and cats ALFS is also supporting people along the way in this process

# ALFS is also supporting Ukraine by supplying humanitarian, medical and animal aid

This is all funded by your donations. Please like and share ALFS Facebook page <u>www.facebook.com/alfsherts</u> so that we can help as many people as possible If you can help or donate in any way call 07714 999581



## **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

**Every Wednesday** Meditation & Mindfulness 8.00pm

### **Every Sunday**

Service of the Word 10.30am (Every 3<sup>rd</sup> 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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### WALTER WALLINGER CHARITY

Walter Wallinger died in 1709 leaving "Four hundred pounds for the placing of poor children of this Parish as Apprentices."

Times have moved on and the trustees of the charity now take the view that the income from the endowment should be used to give grants for educational purposes to people under 25 who have for at least two years lived, or been educated, within'the ancient parish of Hertingfordbury' which today roughly means Hertingfordbury village and the five Greens and outlying houses.

Something of the order of £1500 is available annually. Typically grants are one-off payments not exceeding £300 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 <u>robinhbishop@gmail.com</u>



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## Mindfulness & Meditation 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!

### Now Online on Zoom every Wednesday at 7.30pm except for the first Wednesdays when we usually meet in person at St Andrew's church

For further details and Zoom codes please see our website <u>www.hertfordstandrews.co.uk</u>

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

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