

## Women's Fellowship

This month's meeting is on Wednesday 28<sup>th</sup> October at 2.30 p.m. in the church meeting room. Mrs Sue Horner will speak about The Deanery Synod and how it works.

Mary Geering



## Mothers' Union

Our next meeting will be on **Tuesday 13<sup>th</sup> October** at 8.00 p.m. when Mrs Janet Bird will talk about the work of the Citizen's Advice Bureau.

Ann Stephens-Jones

## EXPLORING SPIRITUALITY DAY

St Albans Diocese

Everyday **ICONS**: Finding God  
in everyday life

**SATURDAY 17<sup>TH</sup> OCTOBER 2009 - 10am-3pm**

All Saints Church & Richard Hale School, Hertford



We all know and recognise without thinking images and icons around us - from film and rock stars to shop logos and brand names - and now computer icons too. Sometimes we need help to clear away the clutter and images that press in on every side and look with new eyes at all that we see and do.

The keynote speaker is Brian Draper. He will be known to many from 'Thought for the Day' as well as being a well regarded figure in the theological world where he has done much work to explore the interface between contemporary culture and Christianity.

More information and booking forms can be found at the back of church.

## Memorial Service

**10.00am Sunday 22<sup>nd</sup> November 2009**

There will be a Memorial Service for all the people who have died in the parish of All

Saints in the last two years and anyone else you may wish to be remembered, on Sunday 22<sup>nd</sup> November 2009 at 10.00am at All Saints Church.

This is a service where the names of those who have died will be read out, prayers will be said in the Communion Service and there will be a short reflection. We envisage that the service will last a little over an hour and there will be a chance to light a candle of remembrance during the service. This is an opportunity to remember those who have died, to give thanks for their lives and to remember that they are in God's closer presence now.

We do hope that you will be able to join us at this special service and would ask you to invite relatives and friends to join us as well. Tea and cakes will be served in St John's Hall afterwards.

If there are any other names of people you would like to be remembered please complete one of the forms which are available at the back of the Church, writing the names clearly in block capitals so that we can remember them at the service. Please return completed forms to Denise Dilley, 39 Ware Road, Hertford, SG13 7EB.

## Tai Chi a new beginners' group

A new beginners' group will be starting in St. John's Hall on Tuesday 20<sup>th</sup> October. The weekly Tuesday classes are each an hour long, between 2-3p.m. If Tai Chi is something that you have heard of and would like to try, then please ring David Hope on 01992 306754 for further information.

No previous experience is needed and Tai Chi is suitable for people of all ages and ability. Also, no special clothing or equipment is needed and it is non-competitive. The beginners' group will be part of an existing small, friendly, mixed class that has been meeting in the hall for the past year-and-a-half.

Tai Chi originated in China and it is widely promoted as a means of improving and maintaining one's health and wellbeing. It involves a sequence of slow, flowing movements that gently stretch and move the whole of the body. With regular practise it helps to develop one's stamina, balance, movement and concentration.

The teacher, David Hope, has been learning and practising Tai Chi for 18 years and teaching for 9. More general information about Tai Chi (aka T'ai Chi Ch'uan or Taijiquan) can be found on the website [www.tjqd.co.uk](http://www.tjqd.co.uk).

### Choirs are suddenly 'cool'

This autumn, do you want a cheap way to get 'a high', get fit, make friends and beat depression? Then join one of our local singing groups - or even our church choir.

No kidding – people all over the county have discovered the simple but real joy of singing with other people – whether in choirs or in karaoke bars. Following the TV programmes 'Last Choir Standing' and 'The Choir: Boys Don't Sing', choral groups have suddenly become mainstream 'cool'.

When even Susan Boyle of 'Britain's Got Talent' tried to join her local church choir earlier this year, they had to turn her away – the choir was already full to bursting point.

Researchers at the University of London have researched the benefits of singing. When you sing, you have to breathe in a way that uses more of your total lung volume. More air means more oxygen in the blood, which means you are left feeling more alert.

Singing also works the cardio-vascular systems, and gives you the kind of hormonal release that comes from being focused on a task - and enjoying it at the same time.

Singing is great for stressed out, deskbound people who spend their days slumped in a chair. It gets their diaphragms moving, and reduces their tension. Singing with other

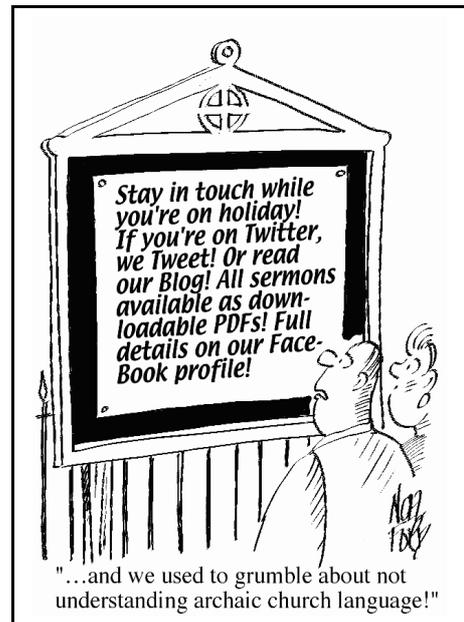
people gives you an increased sense of community and belonging.

If you want to find out more please talk to Martin.

### Funeral

While walking along the pavement in front of his church, a minister heard the intoning of a prayer that nearly made his collar wilt. Apparently, his five-year-old son and his playmates had found a dead robin. Feeling that proper burial should be performed, they had secured a small box and cotton wadding, then dug a hole and made ready for the disposal of the deceased.

The minister's son was chosen to say the appropriate prayers and with sonorous dignity intoned his version of what he thought his father always said: "Glory be unto the Faather, and unto the Sonnn, and into the hole he gooos"



**All Saints', Hertford**  
**Assistant Director of Music**

This large church, in the centre of Hertford, offers:

- A great tradition of musical excellence
- A large, enthusiastic and able choir
- Rich musical resources, including a recently restored 47 stop "Father" Willis organ and 2 Grand Pianos
- Opportunities for additional teaching work

We seek a competent (ARCO) organist and choir trainer to join us as soon as possible. More information from Martin Penny on **01462 677865** or e-mail us at [music@allsaintshertford.org](mailto:music@allsaintshertford.org) or visit [www.allsaintshertford.org](http://www.allsaintshertford.org)