

Holy Baptism

5th April

Arien Thomas Loveridge

In Peace

23rd March

Patricia Whittaker

1st April

Harry Crane

8th April

Joan Smithers

16th April

Audrey Neale

Mothers Union

Sat 9th May Christian Aid Walk Starting from Allenbury's Sports Club, Ware at 8.30am. Helpers and/or walkers needed please. Please contact Rosemary.

Tues 12th May 6.45pm Diocesan Forum Bedford

Mon 1st June 7pm Road to Bali and Beyond
Andrew and Rosemary Bolton will show some slides of their Indonesian travels in the Church Meeting Room at 7pm.

For more details see either Rosemary Bolton or Ann Stephens-Jones.

Christian Aid Walk 9th May

I am hoping that some of you would please be kind enough to help out with the Christian Aid Walk for 2015 which will take place on Saturday 9th May.

As usual, All Saints' are responsible for the starting check point (because we are so good at it!).

This year the walk will be starting from Allenbury's Sports Club in Ware. Last year the format was changed to increase the number of participants and raise more money for a very worthwhile charity. There was a different starting time for runners, this was partially successful so the format has been 'tweaked' again to give different starting times for walkers, joggers and runners.

We are going to continue with encouraging more online pre-registration, which did help last year, albeit with some teething problems. However the money raised last year was significantly higher at £13,460. This is a substantial amount for Christian Aid and partially due to all your efforts last year, thank you.

The start will still be at 8.30am for the walkers with check in from 8am so it is an early start from probably 7.30am please. You will still be able to leave early and have the rest of the day free, or you are obviously welcome to walk or marshal a later stage.

The numbers of volunteers unfortunately goes down every year as people take on more commitments, so your help would be valuable.

I would grateful if you could let me know if you would be available to help.

Thank you!

Rosemary Bolton

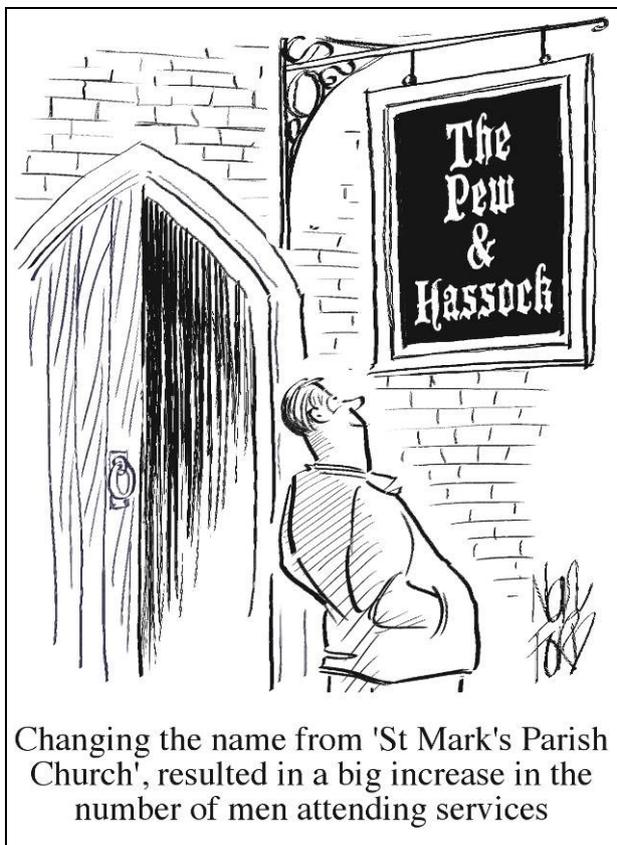
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Andrew & Kay's Ruby Wedding

We would like to thank all of you who turned up on 11 April to support us at the service we held to celebrate our Ruby wedding anniversary. We were quite overwhelmed with the number of you who attended and are deeply appreciative of you being there to enjoy the celebrations. Thank you all so much.

Love
Andrew and Kay



Bengeo Book Fair

The Bengeo Book Fayre is a regular and popular event that promises to be even bigger this year, this is always seen as an opportunity to review your book shelves and perhaps make a few changes, all are welcome.

| | |
|---------------|----------------|
| Thursday 14th | May 11am - 4pm |
| Friday 15th | May 11am -7pm |
| Saturday 16th | May 11am- 4pm. |

Bring, Buy, Browse, have a chat and a coffee.

Many thousands of books cassettes CD's and vinyl all at bargain prices all well organised for you to seek your favourite author, subject or holiday guide book or just perhaps try something new. Big section of children's books, you may even find a perfect birthday present.

All in Holy Trinity Church, New Road,
Bengeo Contact Ros 01992 553465



Age UK Hertfordshire's Healthwise scheme is for anyone over the age of 50 that wants to meet new people. Our trained staff will run 10 sessions for 1 hour per week, on the same day and time each week. Within the sessions we aim to have fun, get clients interacting with each other and generally having a good time.

We provide this service for anyone over the age of 50, for people with dementia, those that are socially isolated or perhaps with mental health problems and we hope that we can support those in the community.

Our sessions consist of gentle seated exercise which we tailor to meet the needs of the clients, depending on their abilities. We provide the music and all exercise equipment that we use in the sessions.

To encourage healthy eating, we have food tasting in the sessions. It may be exotic fruit, or smoothies, or generally talking about the importance of hydration. We like to discuss healthy eating options and how it can benefit us all.

Social interaction is a key part of the sessions. We bring quizzes and games to each session to encourage our clients to interact with each other. The reminiscence balls for example, are great fun and allows clients to share their past experience, like jobs and homes and childhood memories,

with the other clients. We aim to just have a good time and fun.

We'll bring a laptop to play music in the sessions and if the venue has wi-fi we will show the group what sorts of things that can be accessed on the internet.

We might show YouTube videos, do virtual tours of Buckingham Palace or how we can do food shopping online. It's a great way of showing older people what technology is capable of and how we can use it to make our lives easier.

The Healthwise scheme is fully funded so it is free for clients to attend.

Sessions are being run at the St.Andrews Church Centre, Hertford, SG14 1HZ on Wednesdays from 14:30 – 15:30

- Week 1 6th May 2015
- Week 2 13th May 2015
- Week 3 20th May 2015
- Week 4 27th May 2015
- Week 5 3rd June 2015
- Week 6 10th June 2015
- Week 7 17th June 2015
- Week 8 24th June 2015
- Week 9 1st July 2015
- Week 10 8th July 2015

Please contact me if you would like to know more

Susan Johns
Healthwise Countywide Coordinator
Mobile: 07772 173682
Healthwise.1@ageuk.herts.org.uk
Mon-Fri 09.00- 16:30



A New Hymn?

to St Denio –“ Immortal, invisible”

Immoral, impossible, God only knows
How tenors and basses, sopranos, altos
At Service on Sunday are rarely the same
As those who on Thursday to Choir
practice came.

Unread, unable to sight-read the notes.
Nor counting, nor blending, they tighten
their throats

The descant so piercing is soaring above,
A melody only a mother could love.

They have a director, but one wonders
why:

No one in the choir ever turns him an eye.,
it's clear by his flailing, he wants them to
look

But each singer slouches with nose in the
book.

Despite the offenses, the music rings out,
The folks in the pews are enraptured, no
doubt.

Their faces are blissful, their thoughts
appear deep,
But it is no wonder, for they are asleep!

The Alban Pilgrimage 2015



We hope to arrange a Parish Picnic at this event – part of Archbishop Justin's visit to the Diocese in June. Please pencil this into your diaries now.