

Mothers Union

Tuesday 18th June Deanery Meeting "Breaking New Ground" 7.30pm

Diocesan President Susan Roberts will talk to us about the 2013 MU Theme in the Church Meeting Room at 7.30pm.

26th June Diocesan Forum Hitchin 6.45pm

Sat 6th July Wave of Prayer. Our Deanery Wave of Prayer service is at Watton Church at 3.30pm.

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

The Prayer Group



If you welcome a time of peaceful relaxation in the middle of a busy lifestyle one morning a month, the Prayer Group may be just what you need.

We have been pleased to welcome different people over the past few months. Some come every month, others with limited time come when they are able.

We usually begin and end with a piece of music; there is a meditative reading on the theme of the month which help us to relax and enjoy being in the presence of God. For the last part of the hour we pray for people and situations brought to our attention, and always pray for anyone listed in the All Saints weekly notice sheet.

For the next few months the theme is the Fruit of the Spirit based on Galatians 5. 22-23. "The fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness and self-control." The meditation will be based on a different fruit

each month.

You can contribute as much or as little as you wish, there is no pressure on anyone to do anything with which they are not comfortable – and we are a friendly and welcoming group.

Those with spare time are welcome to stay afterwards for a cup of freshly ground coffee.

We meet at 10.30 a.m. on the third Tuesday of the month in my home 1 St John's Court, St John's Street (opposite the Catholic Church.) I can provide a visitor's parking permit for anyone with limited mobility, otherwise people with cars park in Tesco's car park nearby.

Programmes with dates are available at the back of the church. There will not be a meeting in August this year. If you need to know more, phone me on 01992 534535.

Helen Wright

The Alban Pilgrimage Saturday 22nd June



Please aim to arrive by 10.30am ready for the procession to set off at 11.00am prompt.

11.00am Pilgrimage Procession begins through the City Centre.

The route this year begins from St Peter's Church, St Albans, and continues to the Town Hall and then we will process to the West End of the Cathedral.

c.12noon Festival Eucharist (following the Procession)

Preacher: The Right Reverend Nicholas

Holtam, Bishop of Salisbury.
The service is sung by the Abbey Girls Choir.

12noon Children's Worship and Activities

In the Abbey Primary School. Please download the Registration form below if your child would like to take part.

From lunchtime food and drink will be available from the Abbot's Kitchen and our shops will be open.

14.00 Orthodox Service and Veneration of the Relic at the Shrine of Saint Alban
Organized by the Ecumenical Chaplaincy and the Fellowship of St Alban and St Sergius - all welcome.

15.00 Anointing for Healing in the Lady Chapel.

16.00 Festival Evensong and Procession to the Shrine
Preacher: Fr Timothy Radcliffe O.P.
The service is sung by the Cathedral Choir

For information and to register please visit <http://www.stalbanscathedral.org/news/the-alban-pilgrimage>

Beds and Herts Bike 'n Hike

This year's Bike 'n Hike will take place on **Saturday 14th September**. Full details will be in the July magazine. If you would like more information in the meantime please speak to Dorothy Toyn (01992 589781 dorothy.toyn@ntlworld.com) or visit <http://www.bedshertshct.org.uk/bikenhike.html>

“Good News in a nutshell, Cosmos in a Hashtag”

Almost six million people were reached by the Church of England's (@c_of_e) Easter 2013 Twitter campaign. Recently released figures from Twitter showed a cumulative reach of 5.8m users from the 8,527 tweets sent over the Easter period, from Good Friday to Easter Day, using the hashtag #EverythingChanges.

Devised by the Church of England's Communications office with a group of Christian tweeters and bloggers, the aim of the campaign sought to highlight the Christian meaning of Easter on the social media network. Tweets were sent from across the country with a marked tone of solemnity and sorrow in tweets on Good Friday and peaking on Easter Day with tweets celebrating the resurrection of Jesus Christ.

Vicky Beeching (@vickybeeching) - Research Fellow in Internet ethics at St John's College Durham said: "The #everythingchanges hashtag was another great example of the Church engaging proactively with the digital sphere. To get a new 'digital generation' to feel welcome in Church and to hear the Christian message, using social media is crucial. Social media is a medium where all of life is lived; meaningful messages can be communicated and the Church is boldly embracing the digital world in these campaigns."

The Rt. Revd Dr. Graham Kings, Bishop of Sherborne (@BishopSherborne) said: "#everythingchanges focuses the vast scope of the cross and resurrection. It is more than Jesus being killed and raised, or my whole life being changed. It is as big as the whole universe beginning to be transformed. Good news in a nutshell. Cosmos in a hashtag."

Isabel Hospice Starlight Walk



Join us for the 3rd year to complete the 10km route from Ware to Hertford (return) and raise valuable funds for Isabel Hospice. With a NEW earlier start time and plenty to see and do before the walk, it is one night not to be missed! 10pm start, registration from 8.30pm.

Music Development Fund Report

In 2012 the MDF, mainly funded by the proceeds from SoundBites, disbursed monies as follows:

- All the operating costs, purchase of ingredients, publicity, use of church etc of Soundbites and 'Come and Sing' events
- Full fees to artists
- Regular singing and music theory coaching for twelve choristers
- Seven grants for singing lessons
- Delivering a series of music workshops in all the local primary schools
- Supporting attendance at external courses (Eton Choral Course, Oundle for Organists etc).
- Funding young professionals with engagements
- Funding the 'Soundbites' Organ Scholarship.

All of this is only possible because of the generosity of those attending the concerts, a number of anonymous donations, the work of the catering teams and the huge effort in finding artists and juggling schedules by Chris Benham.

On behalf of all the beneficiaries – thank you all!

Martin Penny

The Lord is my Shepherd

A Sunday School teacher decided to have her young class memorize one of the most quoted passages in the Bible; Psalm 23. She gave the youngsters a month to learn the verse. Little Rick was excited about the task -- but, he just couldn't remember the Psalm.

After much practice, he could barely get past the first line. On the day that the kids were scheduled to recite Psalm 23 in front of the congregation, Ricky was so nervous.

When it was his turn, he stepped up to the microphone and said proudly, *'The Lord is my Shepherd, and that's all I need to know.'*

Smartphone overload?

Do you spend your days feeling stressed, and somewhat confused?

Your smartphone and use of social networking sites may well be to blame. Facebook and Twitter clog the mind with a deluge of information, ranging from gossip to breaking news, and smartphones only increase the problem.

"A saturated mind is the single biggest cause of stress, lack of confidence, bad decisions, strained relationships, fumbled goals and unrealised potential." Says Jamie Smart, an international behaviour expert.

He says he finds some eight year olds can think more clearly than some business leaders and politicians. "People are paying the price as time-scarcity and information-saturation clogs the 'mental machinery' they rely on. When your mind is clear you can focus, solve problems and succeed."

