

# All Saints Alive

## VICAR'S VIEWPOINT

### Better Shape Up!



Dear Friends,

We spend a lot of time thinking about the shape of our bodies, looking in the mirror, wondering about the fit of our clothes, comparing our size with others and often just despairing over what is really rather unimportant. But what about the more important question about the shape of our lives?

Sunday is a great day for being properly shaped by the spirit of God. St Benedict gave great priority in his monastic Rule to prayer because in worship we encounter God for ourselves and we are transformed. Benedict urged his monks to "*prefer nothing to the love of Christ*" and called prayer the *Opus Dei*, the work of God. We need to remind ourselves that prayer is not about persuading God to do what we want. When we pray together or alone we are making ourselves available to God.

Prayer is God's healing reconciling work in us through which we become aware and open to the Holy Spirit's leading. This is why we need to give our energy and attention and for this Benedict suggests "*heart and mind need to be in harmony*". God wants us to be fully alive and shaped by his transforming love. In the words of the early Desert Fathers, (some of the first people who lived a totally religious life in 3C Egypt), "*if you will, you can become all flame*"!

We may not be able to dedicate our lives quite as the monks of St Benedict and the Desert Fathers but our weeks are punctuated by our worship which enables us to be centred on God and not on our own perceived needs, offering a contemplative quality to our lives which can be profound. Rather like a pebble

thrown into a pond which drops deeply before the ripples move on the surface, the grace of God can reach deep places and we can be changed and reshape our lives.

Next time we catch ourselves thinking about shape in a negative way perhaps we can change the negative thought to the positive recollection and mindfulness of the power of prayer. On Sunday the intercessors, the readers, the organists, choristers all contribute to our worship and our welcomers and sidespeople can make sure that the open welcoming atmosphere is set. We need time to reflect and so it will be good to add some silence into our services just as we already enjoy in Compline.

Using more of our valuable time being open to God in prayer is surely the right start in our thinking about stewardship this month. God longs to share his love with us and then we must ask ourselves are we participating in God's work?

Love,  
Jo

**All Age Team Eucharist  
with Bishop Paul  
All Saints' Sunday  
3<sup>rd</sup> November at 10.00am**

Please join us for this celebration of All Saints' time at our All Age Team Eucharist led by Bishop Paul, the Bishop of Hertford, arranged by St Andrew's Church.

Last year our Team service at Pentecost was a marvellous spiritual experience of

worshipping together as a Team and we hope that we can build on this.

Everyone is invited and everyone counts, it will not be the same without you so we do look forward to welcoming you and ask that you really make this a special priority.

The choirs of all the churches will lead our praises and all the children will be very involved throughout the worship.

## **Healing in the Eucharist at 6.30pm on 6<sup>th</sup> October 2013**

### **Worried, in pain, concerned about others?**

There will be an opportunity to experience the laying on of hands and prayers for healing after Communion at 6.30 pm on Sunday 6<sup>th</sup> October at All Saints'.

The service will be the Eucharist and anyone who would like prayers for healing for themselves, for a friend or for the world is invited to join us in the Memorial Chapel directly after communion.

## **Hertford Foodbank**



Thank you so much to all the churches that send us a steady and constant supply of items for the Hertford Foodbank, we really could not do without your support.

At the moment we are short of cartons of fruit juice, long-life milk, tins of fruit and desserts and meat and meat based meals, toilet rolls. We have plenty of cereals, tea, beans and pasta.

We have had a few rough sleepers coming in lately and tins of corned beef and ham are very welcome with ring pulls. Also if people have a spare tin opener we would be grateful for those as well.

Thank you so much for your continued support. The Foodbank is open on week days from 4-5 pm and the church is always open on Thursday mornings between 10-12.

We look forward to updating you on our progress in a few weeks time.

Kind regards

Fran Spence  
Hertford Foodbank Management  
Committee