

# ALL SAINTS'



## This week's Newsbulletin

All Saints' Welcomes Everyone

### Sunday 7<sup>th</sup> (Third Sunday Of Lent)

#### 10.00 Family Eucharist on Zoom

<https://us02web.zoom.us/j/87271593002?pwd=Um5QT3Z2ZEZXS0VLa3pTaG13cUxTZz09>  
Meeting ID: 872 7159 3002  
Passcode: 967985

### Tuesday 9<sup>th</sup> March

#### 11.00 Morning Prayer on Zoom

<https://us02web.zoom.us/j/88015708219>  
Meeting ID: 880 1570 8219

#### 19.30 Live Lent Session 3

*Jesus was in the transformation business*  
<https://us02web.zoom.us/j/84970984521>  
Meeting ID: 849 7098 4521

#### 'Zoom'-ing by 'phone

Call 0203 051 2874, 0203 481 5237, 0203 481 5240 or 0131460 1196 and use meeting id followed by #

## Retreat to advance!

Dear Friends,

How about a Retreat? Yes, it may feel like this lockdown is a permanent retreat but I mean a real retreat to help us move on!

'Retreat' means 'to withdraw, to drawback.' Throughout the ages, the Christian tradition has understood Retreat to be an important part of spirituality. We need to consciously set aside time for God, a change of focus, a deliberate act of stepping outside of normal routine by withdrawing (not running away) from the noise and pressures; the immediate and insistent claims of our social, domestic and working day responsibilities in order to be in a quiet place where all our senses are open and ready to listen to God. 'Loitering with intent' and awaiting God.

#### Prayer

The goal of our retreat is to be as fully present as we can be to God, ourselves, and the moment so that in 'keeping company with God' we take the opportunity to give quality time to re-collect, re-member, re-examine –

that which is important and central, so that we can be put back together again.

It is a recognition of the need to be with myself for a time to think, pray and reflect on 'who I am, what I am, where I am' in relation to God, self, others, world. We will need some solitude, stillness, time for prayer and reflection, time for God.

#### Pilgrimage

As followers of Jesus we are all part of an ongoing faith journey which takes place in the 'landscape of the heart'. Retreat is pilgrimage because it is 'the symbolic acting out of an inner journey'. We begin to take stock of our lives and look for that which really counts. This often requires that we take steps to leave the pressures and demands behind for a time and 'return to the heart'.

This is not an escape from reality but a very real engagement with reality and often about facing the truth about one's self. So, in taking a retreat we must bear in mind that God is at work, and that the inner journey stuff is not always pretty. We can also see that the purpose of retreat is to dispel illusion, set aside distraction and begin to penetrate the superficiality that deadens sensitivity to God.

#### Perspective

This is the greatest benefit of retreat as it gives fresh ways of seeing; opens new possibilities, enabling 'familiarity to no longer breed contempt'. Perspective gives the ability to see a situation objectively, stepping back to gain a bigger view.

This is our principal aim in going on retreat – to stop, listen, reflect, pray, so that we see with new eyes, think with new minds, so that even though we have to go back into the very same situations, the same set of circumstances, the same roles, responsibilities and relationships that we left behind to come to the place of retreat, we do so having changed inside.

It is strategic withdrawing in order to advance. The whole purpose of prayer, pilgrimage and

perspective in retreat is to bring renewed hope for the everyday comings and goings of life as it is for us. This can happen because renewed perspective brings us to a place where true priorities are reordered, a sense of direction is renewed and a right kind of action is resolved.

Henri Nouwen said that we 'can be preoccupied with being occupied.' To be too busy, on the go all the time not only brings exhaustion without, but also a fragmentation within. This results in a disconnection, (with self, family, church, God) leading to compartmentalisation, resulting in 'a vague discontent where our lives stagnate in a resigned acceptance' preventing us from actively seeking new discoveries of God. Retreat helps us dispel this murkiness of discontent by looking honestly at ourselves in relation to God, to be, to rest and be restored. I hope that you will join me in choosing to set aside **one day** during Holy Week 28<sup>th</sup> March to 4<sup>th</sup> April to do this. If you can't wait that's Ok as well! Please look at some of these ideas about how you can do this at home.

Love, Jo

## Retreat materials

### 6 reflections on the theme **Be Still**:

(<https://revrhona.wixsite.com/website/scripture-prayer-stations> )

And all these things shall be given to you...  
 Clothe yourself with compassion....  
 But how far will they go among so many....  
 How great is God...  
 How majestic...  
 Look at the birds of the air

### Sunday morning's BBC4 service.

<https://www.bbc.co.uk/programmes/m000sgv9>

### Jesuits - Knowing Jesus

<https://www.onlineprayer.net/>  
 BBC4 support for this course  
<https://www.bbc.co.uk/programmes/articles/3gGFW2dW4dqbsFxmJqzdmD/pathways-to-prayer-lent-retreat-2021>

### Our Lent Course.

It's not too late to join in with our Lent Course on Tuesday nights at 7.30pm. Full details at <https://www.allsaintshertford.org/lentcourse.php>

## Love in the Churchyard



Soraia Jorge has written, presented and filmed a short video introduction to our Love in the Churchyard project.

This is available on our Youtube Channel at <https://youtu.be/Z9JlbNx4wmo>

"Well Done" and "Thank You" Soraia!

## March is Free Wills Month!

Free Wills Month brings together a group of well-respected charities to offer members of the public aged 55 and over the opportunity to have their simple Wills written or updated free of charge.

Those taking up the offer are under no obligation to leave a gift to one of the Free Wills Month charities, however, we earnestly hope that many will see this as a chance to help their favourite causes, possibly including All Saints.

Full information and guidance is available online at <https://freewillsmoonth.org.uk/> .

### Contact information

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