



Outlook

July 2026

Abbots Langley
and Bedmond
Parish
Magazine

50p



SAVE THE LYCHGATE

The lychgate which stands at the main entrance to the churchyard of St Lawrence Church was commissioned as a memorial to Queen Victoria in 1901 and paid for by donations from the people of the parish.

It was designed by Architect Fredrick Kinnier—Tate of St Albans and constructed by a local tradesman Edwin Glennister. The construction was carried out over 3 months during the summer of 1902.

The construction is primarily an oak timber framed structure with traditional mortice and tenon joints to the upper sections and with metal dowels and through bolts to the balustrade, posts and groundsill.

After one hundred and twenty-four years of providing a focal point in the village, a fitting entrance to the churchyard and shelter for all who need it, it is now in need of specialist restoration.

The cost of this work is £15,000 and once again we need the help of all who live in the village, use the facility or value its importance to help us restore it for generations to come.

**PLEASE DONATE WHATEVER YOU CAN
USING THE QR CODE or
THE DONATE PAGE ON OUR WEBSITE**





REGULAR SERVICE TIMETABLE

Sunday

8.00am Eucharist
at St. Lawrence

9.30am Eucharist
at St. Lawrence

11.30am Eucharist
*at the Church of the
Ascension*

Wednesday

12.00 noon Eucharist

Monday to Saturday

9.15am Morning Prayer

WEEKLY EVENTS

*Weekly events do not
happen on a bank holiday.*

Monday

10.00am Coffee Morning
Breakspear Room
(Cancelled 6th July)

Tuesday

10.30am Tiny Tots
Breakspear Room
(Term time only)

Thursday

8.00pm Friends and Faith
Breakspear Room

Friday

2.00pm Craft and
Conversation
Breakspear Room

July Calendar

OTHER EVENTS

Wednesday 1st

10.00am Coffee Morning
The Tin Church

2.00pm Compassionate
Café
Breakspear Room

Friday 3rd

7.00pm Abbots Langley
Festival: John Noonan
Sings Country and Western
Classics
The Tin Church

Saturday 4th

9.30am Churchyard
Working Party
St Lawrence Churchyard

10am-4.30pm FOSL Tours
and Wedding Exhibition
St Lawrence Church

Sunday 5th

12.00-4.00pm FOSL Tours
and Wedding Exhibition
St Lawrence Church

5.00pm Breathing Space
St Lawrence Church

6.30pm Nameless Youth
Group
Breakspear Room

Tuesday 7th

8.00pm Blokes
Breakspear Room

Wednesday 8th

11.00am Mother's Union
Breakspear Room

3.30pm Messy Church
Methodist Church



Saturday 11th

5.00pm Nameless Youth
Group BBQ

8.00pm ALF's Sing and
Swing: Kings Langley
Community Choir and Brass
Band
St Lawrence Church

Sunday 12th

5.00pm CTAL: Festival
Songs of Praise
St Lawrence Church

Wednesday 15th

1.30pm Bedmond WI
Community Cafe
The Tin Church

Sunday 19th

1.00pm Sunday Lunch
St Lawrence Church Hall

5.00pm Taizé Service
St Lawrence Church

Sunday 26th

3.30pm The Spark Service
St Lawrence Church



Sunday 9th August

11.00am **St Lawrence Day
Service**, BBQ to follow



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Rickmansworth: 01923 293 136 Mon, Tues & Thurs 10-3.30, Wed & Fri 10-12.30

South Oxhey: 0208 515 8321 Mon – Fri 10-4

County wide Adviceline: 0800 144 8848, Monday to Friday 9am to 5pm.

This number also uses Relay UK, type in 18001 then 0800 144 8848

Messy Church

We all enjoyed a wonderful Messy Church in June learning about the Lord's Prayer. We divided the prayer in two and will learn the second part at July's Messy Church. We are hoping that the children will remember the Prayer and we aim to say it in our worship on a regular basis. As well as being able to say it, Dennis is teaching us the Lord's Prayer as a song with actions, so we will be able to sing it as well.

We had some great fun crafts this month including a book that the children made of the Lord's Prayer that they coloured and decorated which we will finish at July's Messy Church, a stained glass window and a crown with "let's change the world together" as we thought about God's Kingdom on earth. For the food

craft, the children made jam sandwiches to remind them of the line "Give us this day our daily bread"!

Our next Messy Church will be on:
Wednesday 8th July, 3.30–5.45PM
ABBOTS LANGLEY
METHODIST CHURCH

Our July Messy Church will be the last of the term and as always, we will have our Messy Church party tea. **Please remember, we won't be meeting in August.**

Please let us know if you are coming so that we can plan for the crafts and for Messy Tea. Messy Church is free but donations are welcome. Contact Wendy Meldrum on wendymeldrum@gmail.com or the Church Office on 01923 261795. Please come and join in the fun, everyone is welcome!



Spring Concerts



I would like to give my heartfelt thanks to everyone who came to the Spring Concerts this year and helped us to raise over £3,400 towards the restoration of

the Lychgate. Thank you for your attendance and generosity. It was great to have such good audiences for what was a high standard of performances. All the performers—Parmiter's School Big Band, organist Stephen Wilcox, the Southorn/Stratton family, Vicky Iveson and the Cassio String quartet and finally the Quorum Singers—all gave their services completely free of charge for which we are very grateful. However without you all coming to support us the wonderful amount raised could not have happened so thank you again and please make a note in your diaries for the five Saturdays in May 2027!!

Brenda Southorn

Mothers' UNION

150 YEARS OF
Mothers' UNION
Join us, Join in

Lighting the way for
generations to come



At our June meeting we talked about making a branch Prayer booklet—writing or finding prayers to say for the many different aspects of our community associated with marriage and family life—eg churches, schools, care homes, social opportunities, etc. We listed as many of those as we could think of and at the July meeting we will begin to collate the prayers prior to producing a booklet for our personal use.

Mothers' Union celebrates 150 years this year and on 10th June there was a wonderful service in St Paul's Cathedral at which the Archbishop of Canterbury preached. The Diocesan Mothers' Union

celebrates the 150 years on 11th July in St Stephen's Church, St Albans.

On 22nd June we took part in the annual Wave of Prayer—the date for the St Albans Diocese's inclusion in this international opportunity for every diocese in the worldwide membership to be prayed for. We also prayed for our link dioceses of Rumonge in Burundi; Bukuru & Kabba in Nigeria; Tabora in Tanzania; and Nagpur in India.

This month we meet on 8th July at 11.00am in the Breakspear Room—and members, don't forget to bring your prayers or let me have them in advance if you can't make it. We shall then go into church for the 12.00 noon Communion service.

An advanced notice that our meeting in August will be after Communion when we shall have a BYO picnic lunch together—hopefully outside in the churchyard, weather permitting! Partners are welcome to join us. Please put 12th August in your diary now!

Pam Rastall

pamrastall@live.co.uk

Churchyard in July



The Black Horehound—highly valued in biodiversity surveys for its massive benefit to pollinators.

Very recently I spotted a new plant in the churchyard that I had not noticed before. At the beginning of June quite close to the church office I could see that many many bees were begin attracted to a plant with tiny purple flowers. I found out by using the ‘i naturalist’ app on my phone that this plant has the common name black horehound or to give it its proper name—*Ballota nigra*. I use the ‘i naturalist’ app to identify and record plants and send data back to the Beautiful Burial Grounds Project. This is a major conservation initiative led by the charity Caring for God’s Acre. Especially at this time of year there are events encouraging local communities, schools and groups to gather and record wildlife in churchyards. If you would like to be someone that photographs wildlife in our churchyard do let me know.

I set out to check if we had had this plant in the churchyard before and looking back to the records we have from 2020 and specifically the list drawn up by Herts. and Middlesex Trust on a visit to

us 6th August 2020 sure enough they found this plant in our churchyard. It was not new then. The plant generally appears around the edge of churchyards where the ground has been disturbed. Then as now it popped up in an area where we had turned the soil over. Generally in the churchyard we do not dig or turn over the soil but sometimes during work to the building or perhaps a wall—as it was the case—the seeds get disturbed and germinate.

I found out that black horehound is an herb belonging to the mint family often found in churchyards, hedgerows and on waste ground. It is highly valued in biodiversity surveys for its massive benefit to pollinators. I could definitely see this, as it was all the bees on the plant that caused me to notice it in the first place. If you crush the leaves it has a pungent, rotten smell earning it the nickname ‘Stinking Roger’. It blooms right across the summer from June until September. It is not dissimilar to the dead nettle but flowers are purple rather than red.

In herbal medicine it has been used to treat a range of issues from respiratory problems to travel sickness, depression to gout. Best not to try those out though.

So next time you walk close to the church office perhaps on the way to the Church hall or on the way to school do try and take a minute to notice the tall, slightly straggly plant with small purple flowers in the bed near to the wall that goes along the back of the hall behind the CAB building. It will be the black horehound.

Carol Higgs

Parish People



Vincent McLoughlin was born at Bushey Maternity Hospital although the family lived in Finchley. His father was in the Metropolitan Police and his mother was originally a bank teller but then worked in school offices. He has two older sisters. The family lived in a second floor flat before moving to a house, both police properties.

Vince attended St Mary's C of E Primary School in Finchley, which was originally a British School. The former pupils there still have a strong Facebook community who occasionally meet for reunions. From there he went to London Nautical School in Waterloo then, after two years, transferred to Christ's College, Finchley which was a boys' school. The building is still there and is a landmark with its round tower and green conical roof.

His first job was with Magnet Southern, now Magnet Kitchens, working in sales and computer-aided kitchen design. He did this for two years in Golders Green and Kentish Town. He then became a Communications Officer for the

Metropolitan Police at Harrow Road Police Station near Paddington. After eight and a half years Vince moved from there to Campbell Square Headquarters in Northampton where he spent four years in the role. After leaving Northampton he worked for Traffic Master in Milton Keynes as operations manager tracking stolen vehicles by satellite.

In 2006 he was asked to take part in a production of 'Allo 'Allo in Park Street and it was here that he met Penny. He was playing Lieutenant Gruber and she was playing Helga. In 2007 they moved to Kensworth.

Vince has been acting since the age of 11. He has performed in a lot of musicals—he was Nathan in *Guys and Dolls*, Anthony in *Sweeney Todd* and Vittorio Vidal in *Sweet Charity* to name a few. He played Professor Bhaer in *Little Women* at the Bloomsbury Theatre. He has also acted in many Shakespeare plays—*Much Ado About Nothing*, *As You Like It* (twice), *Romeo and Juliet* and a *Comedy of Errors* both at the Roman Theatre in Verulamium and at the famous Minack Theatre near Land's End. He has worked as a supporting artist in films and was the stand-in and double for Colin Firth in *Gambit* and *Before I Go to Sleep*. He has appeared in *Downton Abbey* working at Highclere Castle in an episode that was parodied by the comedian Harry Hill. It was when *Downton Abbey* was converted into a hospital for wounded soldiers. Vince can be seen with an eye patch carrying a stretcher. Unfortunately, in this scene

he caught his hand on a lighting truck but had to carry on because they were filming. Currently he is recording audio books and is working on Topaz by Richard Robinson. He also proofreads Richard's books before they are published. He performed at the Alban festival in 2025 and this year will be helping to prepare the Roman theatre for the 2026 performances.

I asked about Vince's hobbies and interests. He is a very capable DIY handyman, obviously the theatre and acting as chauffeur for his daughter Lexie. His pride and joy is his 1973 Mustang convertible which is in pristine condition. He takes it to car shows and also drives youngsters to school proms. He also has a 1980s Wurlitzer Bubbler juke box which he

tinkers with. He enjoys walking and cycling.

Vince has Irish ancestry but is also descended from the Vikings. This is verified by the fact that he has a slight skin condition on his hands which is only found in people with Viking ancestry!

He has written a book called 'Out of Control' full of stories from his police days.

Vince brings his skills to his role as a member of the Property Committee at St Lawrence and also occasionally sings in the church choir when he is available.

Brenda Southorn

**From the
Parish Registers
June 2026**

Christening
Mason Parker

Wedding
Bianca Lazar and
Tommy Walter

Funeral
Heather Twyman

Open Garden

Bishop of St Albans' hidden
two acre city centre oasis

Sunday 28 June
Sunday 4 July
Sunday 12 July
Sunday 19 July

2.00pm - 4.00pm

Abbey Gate House : Abbey Mill Lane : AL3 4HD
What3words: ///sings.fade.daily

Entrance £5 per adult - dogs on leads - no toilet facilities

Bishop of St Albans Open Garden



From the Vicar

What makes a human being special? What makes us, unlike all the other creatures, ‘in the image and likeness of God’ as the Book of Genesis puts it?

All sorts of suggestions have been made as to what the crucial factor might be. The tradition has been pretty certain that God *doesn’t* have two arms and two legs, so the image is not to be sought in any physical resemblance between divinity and humanity.

Maybe, some have said, it is to be found in human intelligence, and our power over the rest of creation. Others have suggested it is in the conscience, our sense of moral responsibility.

A better start is what the Bible says about God—that ‘God is love’ (1 John 4:16). Not just that He loves—He *is* Love. If you want to imagine God, imagine infinite, bottomless generosity. Giving that keeps on giving eternally. A reality which is always, entirely, wholly, utterly about pouring goodness and life and joy into others. That’s God. To be in His image, then, is to be the same way—to be

always pouring yourself out, to be a great well of goodness and life and joy which gives itself away.

That is why human beings desperately want to love. It is what we are made for. It is why we will pour out love on all sorts of things—some worthy, some not. On people, on nations, on causes, on careers, on beauty and money and power—we have a longing to devote ourselves. It’s why a life which has no primary, organising love often seems rather adrift. And why those which choose the *wrong* goal end in grief.

A good way of thinking about Christianity is that it is a way of making sure our hunger to love is sent in the right direction. What is truly worthy of our love—of our *worship*? That word simply means, ‘giving supreme worth’. Where *should* our immense capacity and drive to love be directed? What will stop it from going wrong?

Christianity’s basic answer is ‘God’: set your heart on God, and your love is in the right place. However, it is in some ways not a helpful answer. What does that little word ‘God’ mean? How to give it some content, some reality, beyond just saying ‘the mystery we cannot explain’? On its own, just telling people to love God doesn’t really work.

Which is why that instruction never really has been given on its own. Early Christianity was sometimes known as ‘The Way’, and that was partly because it was understood as a whole life—a set of practices and habits and actions as well as convictions. The Church never just



said 'love God': it said, join in with this life, do these things, and you'll get some sense of what 'loving God' means.

One useful way of visualising all this is the 'worship wheel' printed on this page. It's a wheel with worship at its centre, surrounded by nine habits which—practised together, practised over time—will help us to know God and keep our worship centred on Him. Over the next few months, I'll say a bit more about each of the nine—what they are, why they matter, and how to do them. You might have noticed that they all, wonderfully conveniently, begin with the letter 'S': Society, Sharing, Scripture, Sacraments, Stillness, Sorrow, Sabbath, Service, and Supplication (pardon the unusual word, but it points to an important reality—asking for things in prayer—and it does start with an 'S'!).

The wonderful thing about a wheel is that you're not sure where it starts. It's not a

hierarchy: it *might* be true that some of these things are more important than others, but this would be at best debatable—I'd be fascinated to know what you think. Also, the wheel image brings out well the important truth that if one of the segments is missing or badly damaged the wheel will still (sort of) turn—but in a bumpy and jerky and not ideal kind of way. If two or three are missing, things will be worse still. If your worship is to be fully healthy and flourishing—if what makes you most fully human is to be those things—then you need to care about all of the elements of the wheel. More of how to do that in the months to come.

And one last thought. What's not on the wheel, but really should be? You'll get a prize if you can not only convince me, but make your missing word start with 'S'!

Peter

Malawi Project



Many thanks to all those who attended and supported the Back to Bailey's Disco at the end of May. We all had huge fun dancing to the sounds of the 60s/70s/80s with prizes for those who recognised music intros and remembered little known facts of the time! We enjoyed a very "retro" meal of chicken in the basket and gateau and to complete the picture several of us dressed up in some very eye catching 60's attire. Huge thanks to Sean and Jon who organised the disco and the evening added more than £670 to our Malawi Project funds.

The team were up and organising again for the Abbots Langley Carnival in June where we had a stall displaying a variety of items for sale. It was a good way for us to get our message of the work of the Malawi Project out to the village and we raised £260. Thank you to all who popped along to see us and bought from the stall.

Container: The container that we packed for last November has only just reached Africa! The Birmingham Diocese (that sends a container annually to Malawi and from which we buy space to send items to Malosa) used another contractor last year and they have taken an inordinate amount of time to ship the container. We are still waiting to hear that the hospital

and school have received our items. Not surprisingly, the Birmingham Diocese won't be using them again and are now sending their own container again. This should be going this autumn and we will keep you updated so those of you who donate items know the date we will be packing.

Current Project: We are delighted that the Principal Hospital Administrator Mr Winasai Boma has written to us in the last week to say that our latest project, the renovation and refurbishment of the hospital's toilet block has now been completed. He sent us the invoices and receipts of the work done and photos so we can see the completed block. He has already sent us the next urgent project that he would like the team to consider and you will hear more about that in the next edition of Outlook!

Our Next Visit: We are planning to visit Malosa again next year hopefully in May 2027. When we go we will be able to see for ourselves the projects that we have helped finance and the ongoing progress that is being made. You will hear a lot more about the visit in the next few months so look out for further information on it and for a presentation that we are hoping to give on the visit later in the next few months.

Wendy Meldrum



Whit Sunday in the North of England



I was born in Bolton, Lancashire and then moved to Oldham when I started teaching. Oldham is still in Lancashire but is very close to the Yorkshire border. In fact I lived in Saddleworth which was originally in Yorkshire until the boundaries were moved. I have been told that people born in Saddleworth were the only Lancastrians who could play for the Yorkshire cricket team.

On 29th May I returned to Oldham to see an event which I haven't seen for 34 years. It is known as Whit Friday walks and was followed by the Saddleworth Band contest. The Whit walks were always very special to the working classes of the Lancashire mill towns but when I was growing up they took place on the Sunday after Pentecost. It was basically a walk of witness when all the churches in the town got together and paraded through the town following at least one brass band and frequently two or more. Everyone was dressed in their Sunday best but I can also remember my mum making new dresses for myself and my sisters in the same fabric so that we could stream the church banner. The very

young children held long pieces of ribbon attached to a huge basket of flowers held by two adults and followed behind. The rest of the congregations would follow.

When I returned to Oldham on that Whit Friday last month, I was stunned at how the event had grown. We returned to Uppermill which is the biggest of the Saddleworth villages. I estimate that there were at least 2,000 people assembled in the park, having walked from their churches to attend an interdenominational service. Music was provided by Uppermill Brass Band. After the service the churches separated into their groups and prepared to parade down the length of the high street and back again before walking back to their own churches, some of which were 3 or 4 miles away. The dress was far more casual than when I was a child, but the young children still held ribbons attached to a huge basket, and brass bands were still part of the procession—mostly youth bands, as the more experienced players were saving themselves for the competition later in the day.

Saddleworth is unique, as far as I know, for its Whit Friday Band Contest. The contest begins at 4pm and runs until midnight, with bands moving between Saddleworth's 13 villages nestled in the Pennine hills. They march down the high street, playing a piece of their choice, and then assemble to play a set competition piece. They are judged in each village for things such as best band, best deportment etc. Thirty-five years ago the event was mainly British, but it has grown into an international occasion. This year, 162 bands took part. It is a remarkable feat of organisation.

Fortunately, it was a beautiful day and the streets were packed. I enjoyed every minute of my trip down memory lane. The north could certainly teach the south a thing or two.

Lesley Cummings

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PARISH DIRECTORY

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Abbeyfield (West Herts) Society	Marcus Coultrup (334387)
Bedmond Bells WI	Janette Noonan 01923 266921 or Moira Bunting 01923 262242
Bedmond Village Carpet Bowls	Margaret Forrest (670989)
Bedmond Village Hall	Simon Smith (07401 331302)
Bell Ringing	Phill Higgs (07973 265666)
Bowling Club	off Langley Road (alongside the Scout HQ)
Breakspeare Community Pre-School	(by Tannerswood School) (274483)
Brownies, Rainbows and Guides	www.girlguiding.org.uk/interested
A/L Carers and Former Carers Support Group	Brenda Southorn 07933 144117
Churches Together	Brenda Southorn 07933 144117
Citizens Advice Bureau	01923 271 707, see advertisement on page 4
Community Centre	(to hire 07530 266293)
Cricket Club	www.abbotssc.hitssports.com
Evergreen Youth FC	Ian Turner (266640)
Family Planning	Garston Clinic (234525) Mon & Wed 6.00 – 8.00 pm
Flower Arrangement Society	Sylvia Clinton (262678)
Friends of St Lawrence	Wendy Meldrum (07710688633)
Friends of The Tin Church	Church Office: 01923 261795
Gardening Society	Jane Lay (447281)
Gilbert & Sullivan Society	Brenda Southorn 07933 144117
Hillside Residents Association	School Mead (261734)
Home Start (Helping Families Under Stress)	(248010)
Infant Welfare Clinic	St Saviour's Hall - Monday 1.30 to 3.00 pm (264639)
Jo Jingles	Mags Bilson (222529)
Library	Open: Mon & Thu 1.00pm-6.00pm; Tue & Fri 9.30am-6.00pm Sat 9.30am - 1.00pm; Wed & Sun closed all day
Little Fawns Pre School	07852 146857 Email: abbotslangleylittlefawnspreschool.co.uk
Local History Society	Or visit www.littlefawnspreschool.co.uk
Mothers' Union	Delva O'Reagan (267585)
Orchestra (ALO)	Pam Rastall Email: pamrastall@live.co.uk
Parent & Toddler Group	Penny Abbot (01442 873205)
Parish Council and Halls	Community Centre; Tue, Wed & Friday 9.15-11.15 am
Players (ALP)	Council Office, Langley Road (265139)
Royal British Legion	Jean James (461549)
St Lawrence Church Hall	Secretary: Chris Driscoll (01923 675563)
St Lawrence Church Flower Arrangers	Church Office (261795)
Scouts: 1st Abbots Langley (3rd North Watford)	Church Office (261795)
Langleybury Scout Group	Chair: Richard Gabriel chair@abbotslangleyscouts.co.uk
	5thnwscouts@gmail.com

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Friends of St Lawrence

Wedding dress display and
tours of the Church Saturday

4th July, 10.00am–4.30pm and Sunday 5th
July, 12 noon–4.00pm.

How much do you know about St
Lawrence? Would you like to know a bit
more? Here are a few questions to test your
knowledge.

*What was the original position of the
Norman font?*

*When did Nicholas Breakspear become
Pope and for how long did he remain in
that position?*

*What is the skew arch, why is it skew, why
did it need extra support and when did that
happen?*

*Where is the window dedicated to Martyn
Ginder and who was he?*

*Where will you find a pig, a mouse, a lion,
an ox and an eagle in the church?*

*What is missing from the wooden panel on
the wall setting out the 10 commandments?*

*What is the weight of the heaviest bell in
the church tower?*

*How many bells do we have in the church
(hint—it is a lot more than 6)?*

If you would like to know the answers to
all these questions why not come along on
4th or 5th July and find out. You can take a
guided tour around the church or take a self
guided tour and discover things for
yourself. You can also admire all the
wedding dresses on display and have a look
at the baptism register or wedding registers.

Carol Higgs

Bedmond Bells Women's Institute

We had an interesting and informative
meeting in June. The St John's Ambulance
attended to give us a First aid update. This
ties in with a recent WI Resolution
'Bystanders can be Lifesavers'. We were
reminded of CPR—cardiopulmonary
Resuscitation—and were given a chance to
practise on dummies, which was useful.

We were also able to practise using a
defibrillator on the dummies. None of us
were confident about this, but having a go
was reassuring. We were reminded that
whatever you do, you give someone a
chance.

The following week we had a lovely
evening canal cruise. We were lucky with
the weather—it was warm and sunny—and
were well looked after by the voluntary

crew. A very pleasant four hours. We are
looking forward to our next outing—a trip
to Hitchen Lavender Farm—in July.

Our Afternoon Tea in the Tin Church in
May was another successful event.
Everyone enjoyed a tasty plate of savouries
and cakes, with a hot drink and good
company. We will be holding a further one
on Wednesday 15th July, from 2 to 3.30pm.
Do come and join us.

Finally at our July meeting, we will be
having a talk on 'The Crime Scene', which
should be interesting. Visitors are always
welcome. For more information our contact
details are as follows:

Carol Paley (President): 07932 007353
Moira Bunting: 01923 262242
bedmondbellswi@gmail.com

Meetings are held in Bedmond Village Hall
at 7.30pm on the 2nd Friday of each month
except August.

A Rocha UK's Easy Eco Tips

It's Plastic Free July and this year we're thinking about laundry, a top source of microplastic pollution. Fibres from synthetic clothes (polyester, nylon, and acrylic for example) shed tiny fibres during washing and drying. These enter the sewage systems and are hard to filter out. Use a microfibre bag or ball to catch the fibres.

Learn more about reducing plastic pollution in the laundry process at plasticfreejuly.org/get-involved/what-you-can-do/plastic-free-laundry/ and more about this year's campaign at plasticfreejuly.org.

For more eco tips visit:
arocha.org.uk/wild-christian



QR Codes

If you would like to access the website for either St Lawrence and the Church of the Ascension or for St Albans Cathedral, you can do so by scanning the QR codes below.

QR code for St Lawrence Church and The Church of the Ascension



QR code for St Albans Cathedral



Churchwardens

Richard Baldwin
(churchwarden1@abbotslangley.org.uk)

Pam Lewis
(churchwarden2@abbotslangley.org.uk)

St Lawrence Church Abbots Langley *and*
The Tin Church Bedmond



Contacts

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Website: www.abbotslangley.org.uk

To submit an article for Outlook, please contact the Church office.

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FOR TICKETS CONTACT JOHN:

07856 732 672 / JNOONAN05@AOL.COM

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5PM

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**ALL ARE
WELCOME**

Deadline for all content for August Outlook is Thursday 16th July