



Outlook

March 2024

**Abbots Langley
and Bedmond
Parish
Magazine**

50p



Dear Reader

With Lent upon us and Easter just around the corner there are lots of services and events for everyone. Head to page 5 to find out details of what's happening over Easter. Plus, if you haven't yet joined the CTAL Lent course, 'Be Still', it's not too late, contact the Church Office for more details. Until next time...

*Amanda Hawkes
Assistant Editor of Outlook*



Celebrate Spring!

Make sure you're giving yourself quality time enjoying creation: smelling the blossom, tapping catkins, copying bird song, finding a footprint or identifying spring flowers with the pl@ntNet app. Nature can boost our happiness so take time to observe nature in your gardens, on your balconies, and in your local green spaces.

For more practical ways to enjoy, nurture and defend nature, sign up to A Rocha UK's Wild Christian email at: arocha.org.uk/wild-christian



Musical opportunities at St Lawrence

Music plays a big part at St Lawrence Church. If you are interested in finding out more contact Director of Music, Marianne Ryall:

directorofmusic@abbotslangley.org.uk





March Calendar



REGULAR SERVICE TIMETABLE

Sunday

8am Eucharist
at St. Lawrence

9.30am Eucharist
at St. Lawrence

11.30am Eucharist at the
Church of the Ascension

Wednesday

11.15am Quiet Prayer

12.00 noon Eucharist

Monday to Saturday

9.15am Morning Prayer

WEEKLY EVENTS

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

Monday 10am

Coffee Morning
Breakspeare Room

Monday 1.45pm

Tiny Tots
Breakspeare Room

Tuesday 5th, 12th, 19th

12.30pm
Lent Course
Breakspeare Room

Tuesday 5th, 12th, 19th 8pm

Lent Course
Zoom

Thursday 8pm

Friends and Faith Group
Breakspeare Room

Friday 10am

Bedmond Bells Craft and Chat
The Church of the Ascension

Friday 2pm

Craft and Conversation
Breakspeare Room

OTHER EVENTS

Saturday 2nd 9.30am

Churchyard Working Party
(CWP)
St Lawrence Churchyard

Sunday 3rd 5.00pm

Breathing Space
St Lawrence Church

Sunday 3rd March 6.30pm

Nameless Youth Group
St Lawrence Church Hall

Thursday 7th 12.30pm

Women of the New
Testament Bible Group
Breakspeare Room

Wednesday 13th 11.00am

Mother's Union
Breakspeare Room

Wednesday 13th 13.30pm

Messy Church
Methodist Church

Thursday 14th 11.30am

Bedmond Bells
Community Café
Church of the Ascension

Wednesday 20th 10.30am

Mothers' Union making
Palm Crosses
Breakspeare Room

Saturday 16th 7.00pm

Malawi Gourmet Evening
St Lawrence Church Hall

Sunday 17th 5.00pm

Taizé Service
St Lawrence Church

OTHER EVENTS CONTINUED

Sunday 17th 6.30pm

Nameless Youth Group
St Lawrence Church Hall

Saturday 23rd 2.00pm

Children's Easter
Workshop
St Lawrence Church

Sunday 24th 11.00am

Palm Sunday
Kitters Green

Sunday 24th 11.30am

Palm Sunday Service
St Lawrence Church

Sunday 24th 1.00pm

Sunday Lunch
St Lawrence Church Hall

Friday 29th 10.00am

CTAL Walk of Witness
*St Pauls Church,
Langleybury*

Friday 29th 2.00pm

An Hour at the Cross
St Lawrence Church

Sunday 31st 6.00am

Sunrise Service
Bedmond Playing Fields

Sunday 31st

Easter Day Services
9.30am *St Lawrence
Church and
11.30am* *Church of the
Ascension, Bedmond*

Sunday 31st 3.30pm

The Spark Service
St Lawrence Church



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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 to Fri 10 - 4, Wed specialist appointments only
County wide Adviceline: 0800 144 8848, Mon-Wed 10am - 9pm Thurs & Fri 10am to 8pm Saturday -10am to 4pm.
This number also uses Relay UK, type in 18001 then 0800 144 8848

Easter Services

Sunday 24th March -

Palm Sunday Service at Kitters Green 11.00am, followed by a service in St Lawrence Church at 11.30am



Thursday 28th March 8.00pm -

Maundy Thursday Service
St Lawrence Church

Friday 29th March 10.00am -

CTAL Walk of Witness,
start at St Paul's Church, Langleybury

Friday 29th 2.00pm -

An hour at the Cross,
St Lawrence Church



Sunday 31st March 6.00am -

Sunrise Service, Bedmond Playing
Fields

Sunday 31st March 9.30am -

Easter Sunday Service in St Lawrence Church

Sunday 31st March 11.30am

Easter Sunday Service at Church of the
Ascension, Bedmond

Monday 1st April 9.30am -

Holy Communion in St Lawrence Church



Monday 1st April -

Easter Monday pilgrimage to St Albans Abbey (see below).

Easter Monday walk to St Albans.

We shall be walking to St Albans leaving the church hall car park at 11.00am. If you would like breakfast, please sign the sheet at the back of the Church. Breakfast will be at 10.00am following communion in St Lawrence at 9.30am. 1.00pm arrive at the Abbey - please feel free to join us at the Abbey even if you have not been able to walk with us. Bring a packed lunch to enjoy in the Abbey Orchard, before processing into the Abbey from 2.00pm, for the service which starts at 3.00pm. For those walking to St Albans from elsewhere in the area the Church of the Ascension, Bedmond will be open between 11.00am and 2.00pm for a refreshment break.

Duke of Edinburgh Bronze Award

In the February edition of *Outlook* you were able to read about Charlotte, who is volunteering with us as part of her Duke of Edinburgh Bronze award, here another volunteer, Daniel, tells you a little about himself and what he has been doing to achieve his Duke of Edinburgh Bronze award:

My name is Daniel, I am a Year 10 Kings Langley student and I have been baking treats for the church's coffee mornings after the services on Sundays. I am taking part in the Duke of Edinburgh Bronze Award which is split into four sections. One of those is Volunteering, and because I enjoy baking so much, I asked to volunteer for three months. I have baked brownies, cookies, scones, cakes, flapjacks, jam tarts and some more.

For the Skill section of the DofE, I am learning trampolining at school; for the Physical section I am continuing to play weekly tennis at a club; and for the Expedition section I will be camping for two nights in the local area. This will include using map skills, meeting at checkpoints and cooking for myself and my teammates under a time constraint.

In my spare time I like to do trampolining, tennis, and table tennis. I recently started kickboxing at Woodside sports centre and I'm really enjoying it. I also enjoy gaming with my friends online and because of this I chose to save up for my own computer. Of course, I also like cooking; me and my sister particularly enjoy my mac 'n' cheese, it's my favourite meal to cook at home.



Friends of St Lawrence

An Evening at La Banq: This was a "first" for the Friends. We enjoyed an evening at this very popular village restaurant and it proved to be very successful. The restaurant staff were very welcoming and couldn't have been more attentive to us.

The evening raised just over £500 which will go towards the maintenance and upkeep of St Lawrence Church building.

Our next event will be Saturday May 18th: Wine Tasting. This is yet another new venture for the Friends. Put the date in your diaries and look out for more details in Outlook.

Bedmond Bells WI

With the snowdrops out and the crocuses coming it seems spring might be on its way. We are looking forward to getting out and about again and have had our first outing of the year. This was a very enjoyable afternoon ten pin bowling. As it was a dank and drizzly day it was a cheerful and companionable way to spend an otherwise dull afternoon.



The speaker at our February meeting was Nik Pringle from the Hertfordshire Police Historical Society who talked about ‘Hertfordshire Murders’, which was surprisingly interesting! We were pleased to hear that Hertfordshire has a lower-than-average murder rate! He told us about some of the more notorious murders and how the perpetrators were caught.

In March our speaker will talk on ‘Magnetix Health’. We are also planning to hold another Community Café event in the Tin Church on Thursday 14th March from 11.30am to 1.30pm. We are hoping to repeat the success of the previous one, when soup and a filled roll, cakes and tea or coffee were on offer.



We are happy to welcome visitors and new members, so if you would like further information the contact details are as follows –

Christine Hunt – President
christineehunt@gmail.com
or 01923 573236.

Moira Bunting – 01923 262242

BedmondBellsWI@yahoo.com
Facebook: BedmondBellsWI

Funerals taken in February

Russell Smith
Kathleen Neal



Christenings taken in February

Dominic Wilson
Max Wilson



Parish People

MAUREEN FINERTY

Maureen was born in Stanborough Nursing Home, Watford, and spent her early years in West Watford. Her father was a librarian and worked in London until his retirement. Her mother worked for the civil service before having her children. Maureen attended a private school and remembers being picked up by her paternal grandmother and walking home along Vicarage Road where they often stopped at the corner baker's shop for cake.

Her parents were members of Beechen Grove Baptist Church (BGBC), and she attended the Sunday School there.

In 1953 the family moved to Gable Close, Abbots Langley. Maureen attended the old Abbots Langley Primary School, which was where the present library stands, before transferring to Hillside School when it opened. She learned the piano and sang in the school choir. She passed the 11+ and went to Watford Technical High School.

Maureen's parents became members of Abbots Langley Baptist Church and her mother was asked to set up a Girls' Life Brigade (GLB) company. Maureen joined this and rose through the ranks. She became an officer in the GLB but prior to that had gained the D of E gold award. In 1966 she was presented with this by the Duke of Edinburgh. Maureen took O levels and A levels but still wasn't sure what she wanted to do – librarian, police officer, join the WRENS or be a teacher. She



really wanted to join the WRENS but held back because her father had been a conscientious objector in World War 2 and she respected his viewpoint.

On leaving school, she worked in the finance department of the Ministry of Labour. Maureen obtained a place at the London College of Music studying piano and singing, gaining the GLCM Diploma. She also gained an LLCM diploma (singing) and an ALCM diploma (piano). She did her Post Graduate year in Liverpool and taught music at the Liverpool Institute High School for Girls, where she had the honour of holding two school carol services in the new Liverpool Cathedral – before it was finished! She also sang with the Royal Liverpool Philharmonic choir. She then taught music at Whitehall Junior School, Uxbridge. Following an audition she joined the London Philharmonic Choir, singing in concerts in the Royal Festival Hall and at the Proms.

While teaching she joined the Royal Naval Reserve at Northwood. There was weekly training and an annual 2-week exercise for which she was allowed time off school. She became a Leading Wren and then was promoted to Third Officer and then to Second Officer and specialised in Naval Intelligence. At 40 Maureen decided to give up teaching. For two years she worked in Naval Intelligence at

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Northwood and in 1988 she commenced work in the Ministry of Defence as an Intelligence Officer and retired in 2006.

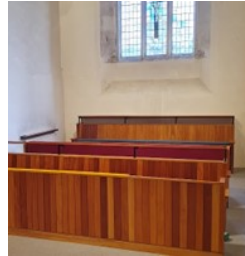
When Maureen's aunt died, she bought her house in Watford in 1980 and became a member at BGBC, where she started organ lessons. At BGBC she was elected as a Deacon, periodically played the organ, sang in the choir and was a flower arranger. Following retirement, Maureen moved back to Abbots Langley. She had a brief spell as a 'lollipop lady'(!) in Chipperfield before being asked to become temporary House Manager at BGBC. She then took on the role of Church Treasurer which she did for almost 8 years, until standing down on reaching the age of 70. She was a member of BGBC for 35 years and had qualified as a Lay Peacher. After leaving Beechen Grove she joined Chipperfield Baptist Church where she again became a Deacon. Sadly, Covid kicked in and the church closed last year. She belonged to the Abbots Langley Singers until they ceased and currently sings in the Chipperfield Choral Society.

The question now was which church she linked up with. She started attending St Lawrence as she knew many people in the village and had sung with the church choir on special occasions. I'm glad to say that she decided to join the St Lawrence congregation. She leads intercessions regularly and sings with the church choir. As you can tell, Maureen remains as busy and involved as ever.

By Brenda Southorn

Choir Stalls

If you have been into St Lawrence recently you may have noticed that we have moved the choir stalls. The PCC agreed this move some time ago and we applied to the Archdeacon for permission to move them on a temporary basis. This means that within the next 12 months we either need to put them back or apply to the Archdeacon for a faculty to make it a permanent move. The idea of removing them from behind the organ was to create a more flexible space for events such as Breathing Space and for The Spark. It is early days yet but so far feedback has been positive. If you have any views positive or negative it would be helpful if you could let Helen or Peter or one of the Churchwardens know.



Deckchairs 2

Abbots Langley Players would like you to enjoy an evening (or afternoon) of smiles, laughter, spitefulness, intrigue and suspense when three different pairs of women enjoy (or suffer) the sea air as they weave their physical and verbal ways around the chairs on the seafront. All that for £12 at 8pm on Thursday April 11, Friday April 12, Saturday April 13 or 3pm on the Saturday, at the Henderson Hub. Book online at www.ticketsource.co.uk/alp or by phone on 08448045354.

From the Vicar

Do you remember when foodbanks were rare?

Back in 2010/11, the Trussell Trust (the largest network of foodbanks) had just 35 foodbanks across the country. In 2013/14, it was 650; now it is more than 1300. In 2010, they distributed about 50,000 food parcels; in 2017/18 it was 1.3 million; in 2022/23 just short of 3 million. Unsurprisingly, given that, one of the priorities of our parish has been to support our local foodbanks – and it is brilliant to see the generosity with which people are giving every week. Thank you! But why are we having to do this? Why are people hungry in the first place? Here we enter into controversial territory. As a great Christian of the last century, Dom Helder Camara, said ‘When I give the poor bread, they call me a saint. When I ask why they have no bread, they call me a Communist.’

Well, some disclaimers. The reasons behind food poverty are multiple, complex, and debatable. Vicars are not experts on all details of economic and social policy, and good Christians can have radically different takes on why our country (and it is worth noting, in passing, that we’re not alone: amongst others, Germany is also experiencing greatly increased food poverty) finds itself in this disaster. We probably should all agree, however, that it *is* a disaster, and that tackling it should be very near the top of our collective agenda. A good place to start thinking the issue through is with the considered opinion of the people who have most experience dealing with food poverty



day in, day out. The Trussell Trust sets out its view in the 2023 Report *Hunger in the UK* (freely available on their website).

First, they clear two illusions out of the way. The current situation is not just because of the pandemic, and not just because of inflation. These undoubtedly had a big effect, says the Trust – but what they really did was ‘expose and exacerbate a longer-term crisis.’ (*Hunger in the UK*, p.31). As the figures I began with show, things were getting worse right throughout the 2010s. To blame today’s hunger levels on what has happened since 2020 is to let our society off the hook far too easily.

No, argues the Trust – which, remember, in its early days was denounced by some as a Tory front – the real driver behind food poverty is insufficient income, caused largely by the design and delivery of the social security system (*Hunger in the UK*, p.14). There is a great lack of clarity about what benefits people are entitled to; the procedure of actually applying for them is overly complicated and bureaucratic; and even when secured, most payments are too low and often reduced further by deductions. Almost incredibly, there is a five week waiting period before the first payment of any

new Universal Credit claim, five weeks when the claimant and their dependants are expected to live off ... what exactly? Answer comes there none, except in the form of a government loan which must then be repaid with deductions from UC payments when they eventually arrive.

Enough about benefits, some will say. Why won't people work? Well, says the Trust, about 20% of foodbank users do – but in jobs that don't pay enough, or that are very insecure. I can back that up from my own experience of talking to people who use our local foodbanks: quite a few are working very hard, and some even in apparently 'good' jobs. And before you ask, no: they are not also swanning off on foreign holidays, smoking sixty a day, or buying the latest trainers and smartphones. They hate asking for charity, and yet for all their effort there is no option.

It's also true, though, that 80% of foodbank users aren't working. Could they? Well, yes, probably some could. They might even find jobs that pay enough, securely enough, to lift them out of food poverty. However, frankly, many of them can't. 75% of foodbank users report that either they themselves or a household member are disabled, 52% of that figure involving mental health difficulties. Many of them are far removed from being able to work. Perhaps with lots of care, attention, effort and investment they might get there. Some readers will want to say that a little bit of 'tough' love is also required, that it can be too easy for people to acquiesce in the belief they can't help themselves. People need to take some responsibility for their own futures. True enough. But let's make

sure there's as much love given as toughness: often telling someone to just go and get a job is a hopelessly oversimplified response to a very difficult human situation.

'Love' of course is an important element in all this. The Trust says that 25% of all its users report severe isolation, having contact with family or neighbours perhaps only once a month or less. Never mind the inadequacies of the State: many people don't have the practical, financial, emotional resource that comes through strong families and friendship. Lacking that, blows which we all have to weather – bereavements, illnesses, redundancies – can easily become overwhelming. Any diagnosis of what's gone wrong in our country can't just be about welfare policies; it has to be about what has happened to the whole ecology of human relationships. Why are we more fragmented, more privatised, lonelier and weaker than we were? And how do we put that right?

I'm only a vicar. I'm not telling you what to think, other than that the question of why a rich country has so many hungry people should be right at the top of your minds in an election year. And I'm certainly not telling you how to vote. A fully adequate response to this disaster, I imagine, goes beyond the agenda of any of our political parties. However, I will tell you what a really good question to ask anyone looking for your vote might be. 'Why do you think food-bank use has got so much worse in the last fourteen years – and what should we do about it?'

Peter

Mothering Sunday Violets and Primroses

Mothering Sunday always falls on the fourth Sunday in Lent (Laetare Sunday) and 3 weeks before Easter. *Laetare Jerusalem* (Rejoice, O Jerusalem) Isaiah 66 v 10.

On Mothering Sunday, which this year is 10th March, after the 9.30am service we will all be able to share the Simnel Cake that has been provided by the Mothers Union and made by Doreen Higgs. On the top of the cake will be a ring of flowers, usually Primroses and Violets. People are often unsure about whether to eat these or not. They are perfectly edible. The flowers of these two plants are crystallized by washing them, dipping them in egg white and then sugar. This preserves them for up to a year but the ones on the cake on Mothering Sunday will have been picked and preserved in the week leading up to the day.

In days gone by, particular flowers had particular messages. In Victorian times flowers were primarily used to deliver messages that could not be spoken aloud. The primroses and violets on top of the cake for Mothering Sunday are there for decoration rather than giving out any secret messages. As the date of Mothering Sunday moves about it is sometimes tricky to be able to get hold of these flowers from a garden and occasionally, depending upon how the date falls and how the weather has been, it has been necessary to buy a pot of primroses and remove all the flowers. This option is not usually available for obtaining the violets.

We are fortunate to have plenty of these flowers in our churchyard.



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Should you be curious as to what the meaning of these flowers might be, I can tell you that wild violet - *viola odorata* translates to “Our Lady of Modesty,” which officially associates the violet with Mary's humble nature and devotion in the Christian tradition.

The primrose -*primula vulgaris* - comes from the Latin for *primus*, or first. This references the flower's early blooming period. *Vulgaris* is Latin for common, which refers to the primroses' wide growing areas. As the primrose is one of the first flowers to bloom in spring this lends to it being a symbol of youth and renewal. To the Victorians, a gift of a primrose signified young love. In the language of flowers, a gift of a primrose says “I can't live without you.” The flowers figure in Norse mythology as a symbol of Freya, the goddess of love.

I hope you enjoy the cake!

Carol Higgs

Mothers' UNION
Christian care for families

Thank you to everyone who supported the Mothers Union pancake lunch. £175 was raised for MU projects at home and abroad. Special thanks must be given to Mike Jefford and Pam Rastall for cooking the pancakes.

Our next meeting is 13th March at 11.00am in the Breakspear Room. Revd. Helen Neville will be leading us in a Lent Meditation, followed by 12.00pm Corporate Communion in St Lawrence Church. On 20th March at 10.30am we will be making Palm Crosses ready for Palm Sunday. All are welcome to come and help. Many hands make light work! Training given on the day: just bring a pair of scissors.



Thank you to Doreen Higgs for making the Simnel cake for Mothering Sunday.

Contact Branch Leader Jill Matthews: 07966 887380 or by email: matthewsjill2410@gmail.com

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PARISH DIRECTORY

The code 01923 precedes all the telephone numbers unless stated otherwise

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)
Bedmond Village Taskforce	bedmondvillagetaskforce@gmail.com
Bell Ringing	Phill Higgs (440676)
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 677139
Churches Together	Brenda Southorn 677139
Citizens Advice Bureau	(08444 111444) - 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	Bill Sanderson (265963) / Wendy Meldrum (07710688633)
Gardening Society	Jane Lay (447281)
Gilbert & Sullivan Society	Brenda Southorn (677139)
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)
Karate Club (Junior)	(Scout HQ, Langley Road) Andrew Lewry (07774 161685)
Library	Open: Mon & Thu 1.00pm-6.00pm; Tue & Fri 9.30am-6.00pm Sat 9.30am - 1.00pm; Wed & Sun closed all day
Local History Society	Delva O'Reagan (267585)
Mothers' Union	Jill Matthews (262046)
Orchestra (ALO)	Penny Abbot (01442 873205)
Parent & Toddler Group	Community Centre; Tue, Wed & Friday 9.15-11.15 am
Parish Council and Halls	Council Office, Langley Road (265139)
Players (ALP)	Jean James (461549)
Red Cross	Jeanne Johnson (263598)
Royal British Legion	Secretary: Chris Driscoll (01923 675563)
St Lawrence Church Hall	Church Office (261795)
St Lawrence Church Flower Arrangers	Church Office (261795)
Scouts: Abbots Langley Scout Group	Alison Redmond gsl@abbotslangleyscouts.org.uk
Langleybury Scout Group	5thnwscouts@gmail.com
Youth FC	Tim Denyer (270563)

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Kevin: sales@gpsprintworks.co.uk
Lea: studio@gpsprintworks.co.uk

Malawi Project

There are two fundraising events left before our visit to Malawi in May this year. We are working hard to raise as much money as we can before we go.

SATURDAY 16TH MARCH A GOURMET EVENING with CHEF MICHEL

We welcome back our wonderful chef, Michel, for another food extravaganza! As we anticipate our visit to Malawi, we will have the opportunity to try out some African dishes sourced by Chef Michel. This will be an amazing three course meal starting with mocktails. St. Lawrence Church Hall: 7pm start Please book your tickets now £22.50pp. Contact: Eileen and David Adams: David.lo.adams31@gmail.com or 01923 265228. Alternatively, contact the church office on 01923 261795.

SATURDAY 13TH APRIL A CONCERT with STRATOSFRERE

We welcome back this amazing cover band for another excellent evening of music. They also write their own songs and play a wide variety of music from the 60's/70's to present day. Come along and support! Look out for more details nearer the event Venue TBC. Contact: Wendy Meldrum. wendymeldrum@gmail.com or church office: 01923 261795

OUR VISIT TO MALAWI: MAY 2024:

We are in the midst of preparing for our visit to Malosa in May. Our accommodation, flights, insurance and

transport while we are there, have already been organised and now we are putting together our programme of events with our contacts, whilst we are out in Malawi.

In the hospital: The Principal Hospital Administrator, Mr Boma, has requested that we help with the refurbishment of the Hospital's laundry. This is an essential part of the hospital where surgical gowns and items from the operating theatre are laundered along with staff uniforms. Our financial support for this project will include replumbing the machines and refurbishing the electrics. When we visit we will be working alongside the hospital staff painting and decorating the laundry unit to make it all "look brand new" as requested by Mr Boma. I hope our team is up to the task!!

In the Community: The Primary Health Care Co-ordinator, Mrs Wallamwa, has asked us to consider supporting financially a number of Community projects which include training nursery school volunteers, training TB volunteers and helping source PPE, training community healthcare volunteers. We will be visiting local nurseries and community feeding projects when we are there.

ITEMS TO TAKE WITH US AND ITEMS FOR THE CONTAINER:

When we visit Malawi, the team (there are 8 of us) will take two suitcases each, one for our personal needs and one to carry items for the projects we will be supporting. Also, we are collecting items for the Birmingham Container

which will be going out in June (just after we get back). In order that we don't send out too many requests, we will be collecting for items to take in our suitcases and for the container at the same time!

These are the items that have been requested.

For the nurseries and school: Biro's, colouring pencils, pencil sharpeners, lead pencils, rubbers, rulers, maths equipment, footballs,

For the hospital: PPE .. masks, gloves, children's clothes (0-6 years old),

bandages, cotton wool, hand sanitisers, plasters. Wheelchairs, crutches, zimmer frames, incontinence pads, blood pressure machines.

If you are able to help us please contact Wendy Meldrum:
wendymeldrum@gmail.com or drop them off in the Church office.



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

Carol Higgs
(churchwarden1@abbotslangley.org.uk)

Tom Betteridge
(churchwarden2@abbotslangley.org.uk)

St Lawrence Church Abbots Langley and
The Tin Church Bedmond

To submit an article for
Outlook, please contact the
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CONTACTS

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Messy Church



We had a very busy but fun afternoon for our February Messy Church. As it was Valentine's Day, our theme was "Love" and God's love for us and our crafts reflected that theme. We made bird feeders, friendship crowns, love bug biscuits and wrote prayers to go on our prayer tree. A very messy and enjoyable time was had by all! Our Bible story for our March Messy Church will be Jesus' temptations and we will be thinking about how we spend our time and how we can help others during this time of Lent.



**Our March Messy Church is:
Wednesday 13th March
3.30pm – 5.45pm
Methodist Church,
Abbots Langley**

Please let us know if you are coming so that we can cater for Messy Tea and for our crafts. **All are welcome. Come along and join in the fun!**

Future dates for your diaries:

April Messy Church:
Wednesday 10th April will fall during the Easter holidays and we will be holding MC at St Lawrence's. We will have an Easter trail round the Churchyard and lots of Easter fun and activities. **It will be 2.30pm – 4.45pm**

May Messy Church will be held on Wednesday 1st May (the first Wednesday in the month) and not 8th May for this month.



What is beauty?

Breathing Space



**Is Barbie
beautiful?**

Sunday 3rd March

5.00pm

St Lawrence Church

All are welcome

Refreshments will be provided



African Gourmet Dinner with Entertainment

- *Three course menu designed by our French Chef Michel.*
- *Great entertainment through the evening with Stratosfrere.*
- *Soft Drinks and South African Wine can be purchased on arrival.*

Saturday 16th March 2024

£22.50 per person

- **Doors open at 7.00pm with a welcome mocktail.**
- **Tables of up to 6 maximum - Book your own table or join another table on the night.**

***St Lawrence Church Hall
High Street, Abbots Langley
WD5 0AS***

Tickets are available from:

Wendy Meldrum; 01923 267383 / Wendymeldrum@gmail.com

David Adams; 01923 265228 / David.Adams31@ntlworld.com



Deadline for all content for April Outlook is Tuesday 19th March