

The Heartland Bulletin

Issue 3 - 18th December 2016



BC:AD - U.A Fanthorpe

This was the moment when Before
Turned into After, and the future's
Uninvented timekeepers presented arms.

This was the moment when nothing
Happened. Only dull peace
Sprawled boringly over the earth.

This was the moment when even energetic Romans
Could find nothing better to do
Than counting heads in remote provinces.

And this was the moment
When a few farm workers and three
Members of an obscure Persian sect
Walked haphazard by starlight straight
Into the kingdom of heaven.

This bulletin has been collated by Gill Elliott of Trinity URC St Albans.

If you have news or notices that you wish to be included in the next Bulletin, please email gilldotelliott@gmail.com, or ask your Heartland representative to do so on your behalf.

News of Edward Street's Advent Lunch

On Advent Sunday, 25 people sat down to a traditional Christmas lunch including turkey, yule log and mince pies. Homemade jams and chutney were also on sale. The proceeds from the lunch were over £233. This will provide 10 places at Crisis. The collection from the carol service on December 18th will also be given to Crisis.



News of the Luton & Dunstable joint carol service and tea.

The Luton and Dunstable Pastorate had a joint Carol Service on Saturday 3rd December at Wigmore URC in Luton. Each member church was asked to submit 3 carols; nine carols in all were chosen, there were prayers and readings including 3 readings from Word on the Street by Rob Lacey. The service was led by Rev Jenny Spouge and Mrs Sheila Marsden.

Afterwards we had tea, coffee and party food to eat and lots of chat. This was an excellent service, well attended by all our churches.



Angels! At..... Trinity

Trinity is exploring angels this Advent! The Singing Group have learned angel songs such as Angelus Ad Virginum (An angel to the virgin came), John Rutter's Angels' Carol and John Bell's Voces Angelorum (Voices of Angels). Fiona S has made translucent angel hangings, and we had an art workshop to which not only Trinity members but also members of the Trinity Playgroup came, and we all made more angels.



Harpenden used Twitter to invite people to services!

Welwyn Garden City invited people to sing carols in the Howard Centre.



Angels! At..... Homewood Road



Homewood Road, for the second year running, have participated in Operation Christmas Angel, knitting some 300+ angels and sending them out into St Albans to share messages of hope and seasonal encouragement to folks in the city. The project has provided many people in the congregation to engage in mission, not only through those being sent out, but in knitting extras for family and friends.

A new venture for this year has been 'Carols Around the Tree', with musical accompaniment from St Albans City Brass Band. Our 8ft tree is lighting the dark corner of Sandpit Lane/Homewood Road through December, and so deserved a jolly switching on event, attended by some 60 - 70 people, many of whom were from local streets and people not usually engaging with the church. Free festive drinks and nibbles were much enjoyed by all, and the church are looking forward to developing this event next year as a regular feature.



Homewood Road have a monthly 'Messy Church' called 'More@4' and in December held an outreach morning for families in the form of a Christmas Craft Morning. Alongside attracting our usual More@4 families, we welcomed three new families on that occasion and offered invites to engage regularly with the monthly session. Additionally, both sessions of the church parent and toddler group attended a special nativity service during their party session, with the message of the Christmas story being shared with over 80 families.

Our All Age Worship for Christmas on 11th December was well attended by families and children, featuring well known carols and a traditional nativity play, alongside a humorous 'grown up' version! We look forward in anticipation to our family Crib Service on Christmas Eve.

St. Albans Rough Sleeper Initiative.

For some time the churches, particularly the City Centre churches, have been planning and trying to organise help for Rough Sleepers in St. Albans. The discussions have continued during the course of the year and several barriers have now been overcome. It is still uncertain whether the hopes will come to fruition this winter but work is continuing with that aim. Information will be circulated as soon as it is available. Please note that Churches Together have decided on this Initiative as our Charity for the Year 2017, which means that – assuming it is a viable project – any money donated at the Service of Unity at the Cross on Good Friday at the Cathedral and Abbey Church of St. Albans (after expenses have been deducted) will be given to this worthy cause.



Day Service and Opportunities for adults experiencing mental health difficulties, learning disabilities and those feeling socially isolated

Day Service

Available Monday, Wednesday, Thursday and Friday, 9am - 2pm. Sessions facilitated by staff and volunteers, providing a range of activities based on interests of the group; Therapy Bunnies, Art, Quizzes, Drumming, trips bowling/shopping trips etc. Provided in a friendly and inclusive atmosphere.

"I haven't laughed so much in ages. I just feel so happy to be here" - Service User

Cost: £5 per hour (£25 for the day)

Groups

A Friendship group meets every Tuesday 1 - 2.30pm. This is a chance to learn new things from external speakers, each other and to discuss your worries with peers. Those who attend have experience of mental health issues.

Cost: £3

Courses and Workshops

We deliver Arts and Crafts, Cooking, Mindfulness and Tai Chi sessions with qualified and friendly facilitators. Please email to find out more about these and about future workshops that we will be delivering such as IT skills and Gardening.

"You have some brilliant and creative ideas when it comes to thinking of activities" - Volunteer

Cost: £3 - £5 depending on the course/workshop.

Social Space

We provide activities for 18 - 27 year olds with LD. We facilitate the opportunity to integrate younger service users into the project's activities, learning life skills from the other service users.

See our website for Volunteering Opportunities and for ways to donate www.Trinitycp.org.uk
Contact: Trinityprojectmanager@gmail.com
Tel: 01727 838671

1 Beaconsfield Rd. St Albans, AL1 3RD
Registered Charity No. 1164587

We are looking for Trustees

Trinity Community Project.


Trinity's Community Project runs courses that are open to all Please feel free to join with us in one or more of the below!



Cookery

group with Sarah
Have fun learning to cook!

- Develop your basic cookery skills
- Learn to follow a recipe
- Have a go at making a selection of healthy recipes
- Feel confident in trying new recipes



DETAILS

Day/Dates: Fridays
January 6th, 13th, 20th, 27th
February 3rd, 10th

Time: 12–2pm

Location: Trinity Community Project
1 Beaconsfield Rd, St. Albans AL1 3RD

Cost: £5 per session (includes meal and refreshments) to be paid in advance.

How to book:
Please contact Emily on 01727 838671 or trinityprojectmanager@gmail.com to book your place.

This group is for adults with mental health issues.



Arts and Crafts

group with Jenny



Resources are provided , Just bring yourself!

DETAILS

Day/Dates: Monday's (excluding bank holidays)
January 9th, 16th, 23rd, 30th
February 6th, 13th


Time: 2–3.30pm

Location: Trinity Community Project
1 Beaconsfield Rd, St. Albans AL1 3RD

Cost: £5 per session


How to book:
Please contact Emily on 01727 838671 or trinityprojectmanager@gmail.com to book your place.

This is for those with Learning disabilities and Mental health issues



Mindfulness

for Daily Living Drop in



- Learn basic mindfulness techniques to relieve stress
- Use simple mindfulness tools for better physical, emotional and mental health
- Enjoy meditation, conversation and herbal teas in a relaxing environment

Topics

Monday morning (excluding bank holidays)

Day/Dates: January 9th, 16th, 23rd, February 6th, 13th, 20th
March 6th, 13th, 20th

Time: 10.30am–12pm

Location: Trinity Community Project
1 Beaconsfield Rd, St. Albans AL1 3RD

Cost: £3 per session (includes refreshments)

Beginners and intermediate both welcome.

No need to book, just come along on the day. If you would like to find out more or let us know you're coming, please contact Cornélie on 01727 838671 or trinityprojectmanager@gmail.com



Personal Training - Expression of Interest

Trinity Community Project is looking to begin a new 10 week fitness programme for those who would like to get more active, in a safe non-judgemental environment. These would be facilitated by a friendly and understanding personal trainer. A trial will take place 5th January, allowing the PT to assess the group's needs and for you to judge suitability. Please complete the form if you're interested.

Contact details:

Name:

Address:

Tel:

Email:

Organisation:

For more information please contact Emily Douse via Trinityprojectmanager@gmail.com or 01727 838671

Address: 1 Beaconsfield Rd, St Albans, AL1 3RD



Events for the Week of Prayer For Christian Unity (18th to the 25th January)

St Albans City Centre Churches

(Dagnall Street Baptist Church, Marlborough Road Methodist Church, The Salvation Army Citadel, SS Alban & Stephen Roman Catholic Church, St Peter's Church of England and Trinity United Reformed Church)

Week of Prayer for Christian Unity

Grill the Clergy

An inter-denominational exploration of faith.

Come and find out more about the different church traditions.

There will be a round table discussion with speakers from the Anglican, Baptist, Catholic, Methodist, Salvation Army & United Reformed churches

Reverend John Reardon will represent the URC



On Tuesday 24th January 2017

at SS Alban & Stephen Parish Church Hall
Beaconsfield Road, St Albans

You are welcome to attend Mass at 7pm
Refreshments served from 7.30pm
Start at 8pm (finish by 9.30pm)



An event for Christians in Luton
marking the Week of Prayer for Christian Unity

Christian Spirituality for Today:

How can we be rooted in prayer, alert to God at work in the world,
and guided by the Spirit as we follow the way of Jesus
in our everyday lives?

Come and share your experience
and learn from the wisdom of other traditions and practices

Saturday 21st January 2016

10am – 1.00pm

Holy Ghost Roman Catholic Church, Westbourne Road, Luton
LU4 8JD – plenty of parking available on site. . Bookstall.

Speakers and Workshops

Keynote speaker: Dr. Gemma Simmonds, CJ, a sister of the
Congregation of Jesus and Senior Lecturer in Pastoral Theology,
Heythrop College: University of London

Workshops on various ways of praying –
lectio divina, Ignatian prayer, praying with the scriptures...

Organised by Luton Ecumenical Deans Group - for further information contact :-
Monsignor Kevin McGinnell : mcginnell@nores.org.uk 01582 728849
Rev. Julie Bradshaw: julie@lw2.co.uk 01582 561592
Rev. Joe Pienaar: joe@sthughs.org.uk

Trinity will be exchanging candles with St Alban & St Stephen Catholic Church across the road.

Lecture Series at Trinity: English Literature - reading emotions

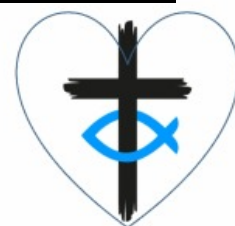
Starting on **February the 14th**; given by **Teodora Domotor**, who writes:

I have a background in university lecturing and I also ran a few literary events in London libraries before we relocated to St. Albans last year. The lecture series that I will do for Trinity focuses on 20th- and 21st-century English literature including novels, short stories and poems by British, American and Australian authors. We shall analyse literary texts by utilising such methodologies as psychoanalysis, social history and literary theory. What makes this lecture series unique, however, is that it will be bibliotherapeutic in nature (I studied bibliotherapy at the University of Warwick, and I am also a member of the Hungarian Bibliotherapy Association). Bibliotherapy as a concept refers to healing with the help of books, or reading for well-being. Bibliotherapy is not intended to replace psychotherapy - it does not, by any means, substitute for the work of professional health care - but it is a very important and effective supplement to mental health therapy. The course will consider how books can help us understand and cope with times of deep emotional strain. The first series (from February to June 2017, with monthly events) shall address the narrative representation of "otherness" in terms of racial, ethnic and national identity, and we shall discuss ways of how segregation and feelings of alienation can be tackled.

Date	Location	Event
Sun 18 th Dec 3 p.m.	Edward St URC	Carol service.
Sun 18 th Dec 4 p.m.	Wigmore URC	Carols by candlelight
Sun 18 th Dec 4 p.m.	Trinity URC	Tea and Carols - an informal service of carols and readings, including Mince Pies
Sun 18 th Dec 6.30 p.m.	Homewood Road URC	Carol service
Sat 24 th Dec 3 p.m.	St Katherine's URC	Crib Service
Sat 24 th Dec 11.30 p.m.	Homewood Road URC	Midnight service
Sun 29 th Jan 12 noon	Wigmore URC	Poverty Lunch. Sally Jones (A steward in the South Beds Methodist Circuit) will talk about Dementia.



Special Services



Prayer Rota

18/12/2016	Luton - Wigmore	for the success of Christmas food bank deliveries
25/12/2016	St Albans - Homewood Road	for the successful mission of the 'angel project'
01/01/2017	St Albans - Trinity	for the severe weather emergency provision (SWEP) for the street sleepers in St. Albans
08/01/2017	Panshanger	for the vacancy and for the CAP centre
15/01/2017	Welwyn Garden City	for the outreach of the Community Cafe and for improvements to the car park
22/01/2017	Wheathampstead	for the ecumenical development
29/01/2017	Heartland	for the vacancies and for the existing ministry