

St Mary's, Watford

St Mary's News

November 2023



Includes

November, a busy month
Bishop Karowei, friend of St Mary's
Group Running Lifts the Spirits
Israel-Palestine Crisis October 2023

... and much more!

November, a busy month

November is a busy month with many events and commemorations that not only reflect our Christian faith but also the life of our nation and its standing in the world today.

The month begins with **All Saints Day or All Hallows** to give its more tradition name. It is a day to remember all the saints, and not just the obvious characters from the New Testament and those who are recognised for their deep faith and particular contribution to the life of the Church over the centuries. All Saints is an opportunity to remember all those unsung heroes who have gone before us whose



contribution and inspiration have gone unnoticed. One of those officially recognised as a saint is Mother Theresa of Kolkata. There is no doubt she achieved much in her life and her life was one of prayer and service to God, but she was also assisted by countless volunteers who also shared her ministry amongst the poorest of the poor.

5th November, **Bonfire Night**, needs no introduction as our bonfires and fireworks commemorate the foiled attempt to blow up the Houses of Parliament in 1605. It was an act of terrorism even if there would be those who have sympathy with Guy Fawkes and his companions' actions. It is perhaps a reminder that one person's terrorist is another person's freedom fighter.

The threat of terrorism is as real today as it always has been and is very often motivated by extreme political or religious views. These ideologies are used to justified often cowardly acts of violence with no regard for innocent members of the public, causing great distress to those who are injured and to the families of those killed.



the annual celebration of our Saviour's birth. Christ the King looks forward to that day when all is complete, and we will see the glory of Christ reigning in heaven and on earth where we will indeed know true justice and true peace.

There is much in November that serves as a stark reminder of some of the horrors the world faces today. Israel and Palestine is very much on our minds. The war in Ukraine still rages. There are many other conflicts in the world. There are many forms of injustice. There are countless millions of displaced people as a result. Some of them are members of our own congregation. We long for the day when we see Christ's sovereignty in all its fullness and world where, "There will be no more death or mourning or crying or pain, for the old order of things has passed away."

We have been given the words of the Lord's prayer, 'Thy will be done on earth as it is in heaven'. May this indeed be our daily prayer until we see God's kingdom in all its fullness where Christ's justice and peace reigns.

The Revd Tony Rindl



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There are details of two important interfaith events and Remembrance Sunday found in this magazine.



**DIOCESE OF
ST ALBANS**

Living God's Love

**ST. ALBANS
CATHEDRAL**

Open daily, 8.30am - 5.30pm.
All are welcome.



INTER FAITH WEEK EVENT 2023



THEME: STRANGERS & PILGRIMS

Sharing together how
encounter with those of
different beliefs
strengthen our own faith



WHEN

On Monday 6th Nov 2023
6:45 pm Refreshments
7:30 pm Start



WHERE

The Cathedral & Abbey
Church of Saint Alban
Sumpter Yard
St Albans AL1 1BY
(Entry via Visitors Entrance)



LIVE MUSIC & PRESENTATIONS

By The Abbey Musicians &
St Albans School pupils

ABOUT THIS EVENT

This will be an opportunity to meet,
network with, and hear from friends
& invited guests from different faiths,
cultures, and ethnicities and also our
ecumenical partners, civic dignitaries,
and political representatives.

Through our reflections & actions let
us act together in solidarity to
preserve justice, peace, and integrity
of creation.



PARKING

Parking is FREE after 6:30 pm at Civic
Centre Multi-Storey Car Park AL1 3JS

PLEASE BOOK YOUR PLACE AT

<https://www.eventbrite.com/e/st-albans-diocesan-inter-faith-week-event-2023-strangers-co-pilgrims-tickets-667004096207>

Grassroots
... a different point of view

For more info, please contact :
bishopbedfordpa@stalbans.anglican.org / 01234 831432

Parochial Church Council

The following report summarises some of the matters considered at the Council's meeting of 23rd October.

Finance: The Council appointed Richard Watson and Anthony Wilson as Joint Treasurers.

Buildings: On 18th October, for the third time in a year, heavy rain had caused water to come into the Church Centre by the moveable partition. An inspection after a previous occurrence had revealed no defects in the roof but the contractor had suggested that rain was bouncing off the lounge roof and entering the wall through cracks in the pointing between the flints. A leak in the gutter of the Essex Chapel had also been discovered. The Buildings Committee is taking action in both instances.

Sound system: Following the problems experienced with the sound system in the recent Creationtide services, the installers had visited the church and made changes to the system. These had considerably improved the sound quality although it was noted that some issues remained, especially with the pulpit and lectern microphones.

Concerts: The Council agreed to continue to hold lunchtime concerts for the next year.

ECO Church: The Council received a first draft of a *Plan for Gold* from the Climate Action Group setting out the steps by which St Mary's might qualify for an ECO Church Gold award. This will be further refined and sent to the Council for approval.

Mission Action Plan (MAP): Following a fruitful 'Away Day' on 7th October, the Council formed a MAP Working Group (Roger

Courtney, Tilly Elliott, Marcus Jones, Caroline Jones, Martin Whittick) to draw up a revised Vision Statement and Values for St Mary's. Its first meeting will be on 6th November. The Group will report initially to the Vicar and the Standing Committee.

Volunteers: The Council discussed the severe shortage of volunteers to lead Sunday School, drive the minibus and assist with lunchtime concerts which is having an impact on our ministry. A request for volunteers to help in these areas will be made in the weekly Mail Chimp and service sheets.

Same sex unions: The Council noted that the House of Bishops had recently released a Press Notice saying that they had approved prayers for use for same sex unions. This was a pastoral measure only and Canon Law had not changed: it would be some time before a full service of blessing for same sex unions could be written and agreed by General Synod. The Council recognised that this might be controversial for some church members.

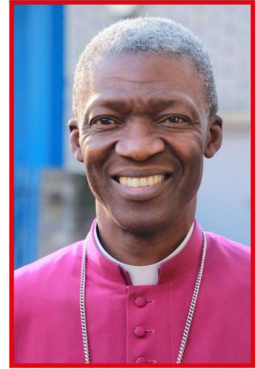
Once approved, full minutes are normally available on the St Mary's website: <https://www.stmaryswatford.org/pcc>

If you wish to send correspondence to the PCC please send it to the PCC Secretary, Marcus Jones (email: ttekcos@aol.com).

**Marcus Jones,
PCC Secretary**

Bishop Karowei, friend of St Mary's

Few bishops have links with St Mary's. The Rt Revd Karowei Dorgu, Bishop of Woolwich, whose untimely death was announced on 9th September, was one. St Mary's was his student placement church when he was studying theology at London Bible College (now the London School of Theology) in Northwood. He became very active in the church, particularly in helping to run the youth group. Our daughters have fond memories of him from those days.



Karowei had qualified as a doctor in Nigeria and practised medicine there for some years but he felt the call to mission and in 1987 came with his wife Mosun, also a doctor, and small son Timi, to England in order to study theology and afterwards help spread the gospel in a country that he thought was forgetting its Christian heritage. He was encouraged to go for ordination by the then Vicar of St Mary's, John Woodger, and after training at Oak Hill was ordained in St Paul's Cathedral in 1995. We were delighted to attend this joyous event, made memorable by the rainbow colours worn by Karowei's Nigerian friends and relatives. He served in the Diocese of London, becoming Vicar of St John the Evangelist Church, Upper Holloway. While there he and the family suffered a great tragedy when their younger son, Joshua, died at the age of 18.

With his constant smile and outgoing personality, Karowei was a powerful presence. His commitment to mission ran through everything he did and his abilities were recognised by his appointment in 2016 to be Bishop of Woolwich, the first black bishop to be appointed since John Sentamu in 1996 and the first

with a Nigerian heritage. At his consecration, he wore the mitre that Archbishop Sentamu had given him – he had promised that it would go to the next black bishop. At Woolwich, he was pastor to the clergy of 100 parishes in three London Boroughs.

Karowei renewed his link with St Mary's when he participated in John Woodger's funeral last October wearing a cope that John had passed on to him. His presence and that of Mosun lifted the spirits of the many present and former members of St Mary's who were there. Earlier this year, we visited them at their home in Forest Hill. Karowei wanted to hear the latest news from St Mary's and seemed his usual vigorous, buoyant self.

It came as a very great shock, therefore, to learn that he had died after a long struggle with illness. Southwark Cathedral was packed for his funeral service. The Archbishop of Canterbury gave the blessing and the present and former Bishops of London were amongst the many clergy that attended. We were privileged to be in the congregation, and Shirley and Ben Meaning added to the St Mary's representation. Timi spoke movingly of his father, and it was clear that he had had a huge impact on the diocese.

In the words of Archbishop Justin: 'Bishop Karowei was a truly holy man, full of the Spirit and of grace, who simply radiated the joy of Christ. To be in his presence was to know a little of that joy, and so he was adored everywhere.'

May he rest in peace and rise in glory.

Roger and Rosemary Courtney

Liturgical Colours and What They Mean

Have you ever wondered why the light colours change above the altar from time to time? If like me, you were not brought up in the Anglican tradition, it could just look like pretty lights to make the front of the church look more attractive. But no, there is reason, meaning and tradition behind it and it is all to do with the Christian Year and how it is made up.

Purple	Red	Green	Gold	White
				
Penance & Preparation	Sacrifice	Hope, Life & Growth	Joy & Celebration	Purity
Used during Advent and Lent	Used during Passion Sunday, Good Friday, Pentecost and for the Apostles and martyrs	Used throughout Ordinary Time	Used for special days of celebration, such as Easter Sunday and Christmas day	Used in the seasons of Easter & Christmas, and for saints who were not martyrs

The Christian Year starts in early winter with the season of **Advent**, building towards the celebration of **Christmas**. After Christmas comes the season of **Epiphany**. This is followed by a period of '**Ordinary Time**', the name for parts of the year which are in no particular season. From Ash Wednesday, we are in the season of **Lent**, preparing Christians for their most important feast, **Easter**. The season of Easter actually lasts for seven weeks, up to the celebration of **Pentecost**. Following this is a long period of **Ordinary Time**. This can be broken up with a season called **Creantiontide** in early autumn.

Each season has a colour attached to it which indicates the mood and focus of that season and these colours have been used for

centuries to help congregations understand and track the seasons of the church year. We used to use Frontals/cloths that went on the front of the altar to show which season we are in. Now we are lucky enough to be able to use the lights.

So next time you notice the lights think about what season it is and check that the Church Wardens have remembered to change the colour, and that they have put the correct colour up! Children, if you catch us out, we might have to find a prize for you!

Eileen Roby


St Mary's, Watford

Entry to the concerts is free
but we will be very grateful
for donations towards the
running expenses so we'd
like to encourage you to give
as generously as you can ...

9th November
Valeria Trofimova
Ukrainian Singer

16th November
Soundproof Jazz
5-piece Jazz Band

**Thursday
Lunchtime
Concerts**
St Mary's Church
off the High Street, Watford
12.30pm

Group Running Lifts the Spirit



Everyone knows that running is good for you, physically, right? Well, it seems there is more to it than that. Recent research in The Netherlands found another benefit - “going out jogging with others twice a week as part of a ‘group running therapy’ programme can deliver the

same mental health boost as a course of antidepressants, with the added bonus of improved fitness”.

[Group running as effective as antidepressants in boosting mental health](#)

While the St Mary’s Runners is NOT a therapy programme, we do find that if we run slowly enough, we get to have great conversations and generally find we are in a happier place.

Why not try it for yourself? We meet at the entrance to Cassiobury Park by the Rickmansworth Road (map opposite) at 8.30am every Saturday. We warm-up by jogging down to the canal through the park for the traditional group photo (see right), then split up by ability going different routes through the beautiful Whippendell Woods (hilly) or along the canal (flat).



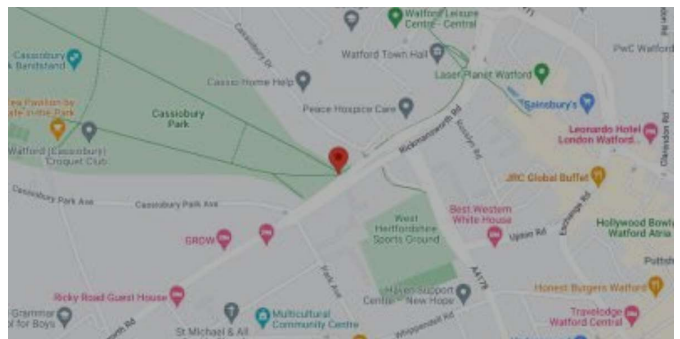
Afterwards we go for breakfast together at around 10am, kindly hosted by members of the group, often Alison Saunders, but Liz, Phil and Maurice also help out!



And if you cannot run, we'd love to have you join St Mary's Walkers - who meet at exactly the same but don't go so far! The therapeutic effects of walking and talking and breakfast together are very similar to running in a group, or at least so we observe!

If you want more information talk to any of the following regulars; Victor, Helen, Margaret, Alison, Charlie, Francis, Chang, Caroline, Liz or me, Andy (07414 832983, andyroby2001@yahoo.com).

ALL WELCOME!



Letter to the Bishops of the Diocese

from the Diocesan Interfaith Advisors

10th October 2023

Israel-Palestine Crisis October 2023

Dear Bishop Alan, Bishop Richard & Bishop Jane

What is happening in Israel-Palestine is terrible and there is so much uncertainty about how much more devastation might be caused in the days to come. What we are seeing currently seems to suggest it is likely to get far worse before it gets better.

We are all troubled & distressed by this ongoing war and vengeance, knowing well what is needed in the region is forgiveness & reconciliation, and an acknowledgment of everyone's right to peaceful co-existence, with respect and dignity.

As faith leaders, we must be keen to say & do something, but it is very tricky at the moment, given the complexity of the Israel-Palestine situation, influenced on the one hand by the global powers & politics and on the other hand by the civil society & faith organisations and movements.

On the one hand, Vigils are being planned and held for the safety of Israel and Jewish communities. On the other hand, solidarity demonstrations are being planned and held demanding justice for Palestinians.

As faith leaders, it is best we encourage everyone to keep strong in our prayers for peace in the region rather than saying or doing something that may unnecessarily spark unhelpful discourses causing even more hurt, pain, and polarisation.

In these despairing moments, it is best to call upon God to be our strength and refuge as we watch the events unfold from a distance.

Of course, we must not hesitate to express and share our prayerful concern and support to those living in the UK, who may be desperately concerned about their family and friends in the region. We must also pray aloud for those who have lost their loved ones in this conflict.

We must not hesitate in condemning the appalling desecration of human life on both sides. We must discourage people from circulating any social media posts that celebrate violence, promote hatred, or call for the destruction of either side.

After all, it is the Holy Land and it is the homeland for both. We must therefore encourage mutual support and understanding, and mutually supportive communities, locally as well as globally, in the days and weeks ahead.

It might also be fine for you as Bishops to write a personal (short) note of prayerful support to your local Jewish-Muslim contacts, expressing your solidarity, globally as well as locally.

In solidarity,

Diocesan Inter Faith Advisors

The Revd Tony Rindl (Vicar, St Mary's Watford)

The Revd David Kesterton (Vicar, All Saints with St Peters, Luton)



Christmas Flowers



As I write it is eight weeks to Christmas, and only seven by the time you read this. Every year we look forward to that most joyous of times as a church family to celebrate the birth of Jesus.

Flowers play a large part to help create that wonderful, special atmosphere and ambience of Christmas and are a visual proclamation that 'all things bright and beautiful, the Lord God made them all'.

It is time also for personal and family reflections, memories and for remembrance of those especially dear to us which many people like to mark by contributing towards the cost of the flowers. We would be delighted and grateful if you would like to donate towards the flowers as we have great demands on our finances.

I believe it is not an exaggeration to say that everyone from our excited little ones to our oldest members and visitors receive such joy and pleasure from our beautifully decorated St Mary's. This special aura of our church at Christmas adds to our worship and testifies to all that we are celebrating as the true meaning of Christmas.

Also, I would like to invite anyone who would like to join us – Caroline Jones, Rosemary Courtney and Tilly Elliott – to arrange the flowers.

Donations and offers of help can be given to any of us, or to the churchwardens, Eileen Roby or Peter Dean.

Hilary (Tilly) Elliott



 **WATFORD**
INTERFAITH ASSOCIATION



National Interfaith Week

Interfaith Pilgrimage

Sunday 19th November

**Starting at St Mary's Parish Church at 12.30
and calling at Al-Zahra Centre, Beechen
Grove Baptist Church, Central Mosque and
finishing at Sri Guru Singh Sabha Gurdwara
at about 5pm.**

***All are welcome, from any or no faith and
every age and ability.***

***For more information, contact 07564 972616
or wifasec@aol.com.***



www.wifa.org.uk

**Watford Interfaith
Association
Facebook page**



Services

The Church is usually open each week

Monday to Friday between 9.30am and 3.00pm
and on Saturday between 12.00noon and 2.00pm

Sunday

9.00am Holy Communion (said) in church
every Sunday

10.30am Morning Service in church and via Zoom
every Sunday

5.30pm Encounter in church
on last Sunday of month only
(preceded at 5.00pm with refreshments)

Wednesday

12.30pm Holy Communion in church

(for Zoom links please contact the Church Office)

Thought for the Week

on our website - based on a bible verse or passage,
it is a short reflection by one of the leadership team
for you to think about during the week.

It can be downloaded and listened to whenever and wherever.

Please keep up to date with what is on offer
via our Facebook page, Instagram
or the website www.stmaryswatford.org

Who's Who at St Mary's

Vicar

The Revd Tony Rindl
01923 225189 / 07792 505480
tony.rindl@gmail.com

Churchwardens

Peter Dean
07876 154387
peter.dean@stmaryswatford.org
Eileen Roby
07479 846544
eileen.robby@stmaryswatford.org

Facilities Manager

stmarysfacilitiesmanager@gmail.com

Church Office

office@stmaryswatford.org
St Mary's Church, Church Street,
Watford WD18 0EG
01923 225189

Parish Safeguarding Officer

Lesley Gray
stmaryssafeguarding10@gmail.com

www.stmaryswatford.org

Remembrance Sunday Service

12th November
10.30am

St Mary's Church

All welcome

includes

Two Minutes' Silence at 11.00am

2.30pm Meet at St Mary's Church
to walk to the Peace Memorial
for 3.00pm

