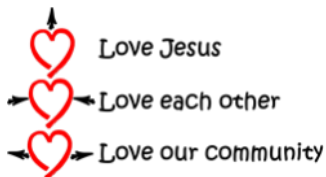




# adeyfield free church

www.adeyfieldfree.org.uk  
01442 260175 admin@adeyfieldfree.org.uk



## Minister

Rev. Paul Stein

✉ [pastor@adeyfieldfree.org.uk](mailto:pastor@adeyfieldfree.org.uk)

## Church Secretary

✉ [secretary@adeyfieldfree.org.uk](mailto:secretary@adeyfieldfree.org.uk)

## Church Office

☎ 01442 260175

✉ [admin@adeyfieldfree.org.uk](mailto:admin@adeyfieldfree.org.uk)

## Prayer Chain Coordinator

Sheree Blastock

✉ [shreeblastock@hotmail.com](mailto:shreeblastock@hotmail.com)

Adeyfield Free Church Centre  
Maylands Avenue. HP2 4GZ

[www.adeyfieldfree.org.uk](http://www.adeyfieldfree.org.uk)



# In Touch


19th January 2025

**Speaker:**  
**Penny Stuart**

**Duty Elder:**  
**Yvonne Davis**



A member Church of the  
United Reformed Church



## Thoughts from the Elders



### Message from Pam

Hello everyone,

•Last Sunday Pastor Paul began a new theme during the service that will take us up to Lent. This week we will go deeper into Chapter One of Philippians.

- We are back into the swing of things with all our activities opening again. Little Fish began again this week.
- In the past week the Elders had a joint meeting with St George's elders. This happens several times in the year.
- MDM Focus Group is meeting this week to make decisions about several things in the pipeline.... Easter and beyond on Sundays, Baptism and discipleship being some of them.
- A team will be visiting St Paul's Care Home this week to share prayer and praise with them. This happens every month
- Many thanks to all of you who are praying for the pastoral issues that have arisen lately.

Have a good week.

Pam

*Meet & Eat Community Space*

*Open Wednesdays & Thursdays*

*9.30-12.30*

*Serving Teas, coffees, cakes, savouries*

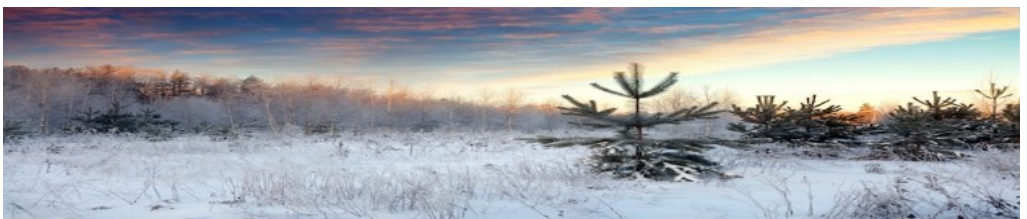
*COME & ENJOY*

## Coming up

|                       | <b>Church Information</b>                                           | <b>Other activities</b>                                                                                 |
|-----------------------|---------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|
| <b>Monday 20th</b>    | Office 8.30—12.30; 1.30—3.30pm<br>Rock-A-Bye Babies 10:30am-11:30am | Fingerprints 9:00am—3:00pm<br>Leap Dance 4:00pm-7:00pm                                                  |
| <b>Tuesday 21st</b>   | Office 9—1pm<br>Senior Pals 10:00am-12:00pm                         | Fingerprints 9:00am—3:00pm<br>Squirrels 4:30pm-5:15pm<br>Tai Chi—7-8pm                                  |
| <b>Wednesday 22nd</b> | Office 11.30—3.30pm<br>Meet and Eat 9:30am-12:30pm<br>U3A 10:30-12  | Fingerprints 9:00am—3:00pm<br>Fitsteps 7:45pm-8:45pm                                                    |
| <b>Thursday 23rd</b>  | Meet and Eat 9:30am-12:30pm<br>Little Fish 9:30am-10:45am           | Fingerprints 9:00am-3:00pm                                                                              |
| <b>Friday 24th</b>    | Meditation 11.30am<br>Prayers 12.15pm                               | Fingerprints 9:00am-3:00pm<br>Squirrels: 5:00pm-5:45pm<br>Beavers: 6:00pm-7:00pm<br>Cubs: 7:15pm-8:30pm |
| <b>Saturday 25th</b>  |                                                                     | Leap Dance classes 8:45am-12:30pm                                                                       |
| <b>Sunday 26th</b>    | Sunday Service: 10am                                                |                                                                                                         |

### Coming up....

**Bible Journalling 28th January**  
**Art Social 31st January**  
**Pray Hemel: 1st February**  
**Church Meeting 9th February**



## Our Nursery would still like your junk modelling materials!

### A message from Fingerprints...

Please could we ask you to bring in and leave with Reception any re-useable materials for the children at our pre-school to use for junk modelling, such as large cardboard boxes, cereal boxes, cardboard tubes, yoghurt pots, tubs etc to use in our creative area.

Please ensure that the containers are:

- Clean
- Not glass
- Have not contained nuts or peanuts (may contain is fine)
- Not packaging from medical items
- Have no sharp edges or corners



## Intergenerational Fun Day

Thames North & Southern Synod

**ALL AGES WELCOME**

**Saturday 1st Feb 2025, 11am - 4pm**  
**Lumen, Kings Cross, London WC1H 9RS**



**Book your FREE space**  
**online by 17th Jan**

**[www.bit.ly/fun-day2025](http://www.bit.ly/fun-day2025)**

## SENIOR PALS

..A friendly group for seniors where all are welcome. We meet Tuesdays from 10.00am until 11.45am in the Meet & Eat. Why not pop along, meet new (or existing) friends, enjoy a cup of tea or coffee and enjoy our weekly quiz?



# Pray Hemel



Good morning everyone and a Happy New Year.

On Saturday 1st February we meet at AFC (Adeyfield Free Church) where refreshments will be served in the Meet & Eat Community

Space in their reception area from 8 am, with worship starting at 8.30 am.

Pray Hemel Team

**EXPRESSIONS**  
ACADEMY



One year of

**Eco**  
**ARTS**

## UPCYCLED MAPS WORKSHOP

As part of our new project 'One Year of Eco Arts' funded by Dacorum Borough council, bring along any old or unwanted maps and make it into something new!

**Price: £5** Please bring a map with you for the workshop. Price includes refreshments.



Book via our website:  
[www.expressions.academy](http://www.expressions.academy)

**FRIDAY 31ST JANUARY**  
**7:30-9:30PM**

Location:



**Adeyfield Free Church Centre,  
Maylands Avenue, HP2 4GZ**



## Weekly Prayers

**Come to Me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls”**

**(Matthew 11:28-29).**

Many thanks to all of you who use this prayer page during your regular prayer times. Let's engage our faith in God's power and mercy. As we lift names and situations in faith, God deals with the details.

**We thank you Lord.....**

For our warm space in our building

For our small groups

For the gift of prayer

**We lift those who need healing, support or guidance to God and thank Him for His action as we pray**

For Shirley in hospital at the time of writing,

June P, Mark, June R, Clive, Shaz.

For all those suffering from coughs, colds and flu.

For those whose loved ones are a long way away.

**We also bring to the Lord our prayers for.....**

Those in the middle of mock exams

Those who find it difficult to stay in school or college

Those worried about relatives

**We pray for these up-coming events at AFC**

The MDM Focus Group meeting

The visit to St Paul's Care Home

**Please continue to pray for all who have been on the list recently.**

**Bless you.**

## How great Thou art.

**The elders appreciate your prayers for them. The days set aside for each elder:**

**Everyday:** Rev Paul Stein **Sunday:** Sue **Monday:** Yvonne **Tuesday:** Shirley

**Wednesday:** Heather **Thursday:** All Elders **Friday:** Pam **Saturday:** Penny

## Pancake Day Fundraiser

March 4<sup>th</sup> between 6.30pm and 8.30pm

### In Meet and Eat

You are invited to a Shrove Tuesday Pancake Fest. Pancakes and Scotch Pancakes with a variety of delicious toppings, teas and coffees. You can have a go at a quiz if you would like to and there will be a pancake race!!!!

Donations will go towards our work and mission.

To come please sign up on Sundays before 4<sup>th</sup> March or email Pam Annison at [pamramannison@gmail.com](mailto:pamramannison@gmail.com) by Sunday 2<sup>nd</sup> March.



## FitSteps FAB is For All Bodies

FAB is a dance fitness workout where there is no partner required!

#### GET FIT

FitSteps® FAB is a great way to improve your fitness, increase your mobility and move to amazing music. It's so much fun it won't feel like a workout!

#### MEET NEW PEOPLE

You'll become part of a fab-u-lous group of FAB FitSteppers and become part of our FitSteps® community. FitSteps is a great way to socialise and make new friends.

#### LEARN THE DANCES FROM STRICTLY

This is your chance to learn the wonderful dances you see on Strictly without the need for a partner and in a relaxed fun environment.

#### ANYONE CAN DO IT

You don't need any dance experience and you don't need to be fit to be able to enjoy FitSteps® FAB - It's a low impact, low intensity dance fitness workout suitable for everyone!

Come and join me for some *Strictly Fun Fitness!*

**DANIELLA - EXPRESSIONS ACADEMY**

Time / Day: **WEDNESDAYS 7:45-8:45PM**

Venue: **ADEYFIELD FREE CHURCH, HP2 4GZ**

Contact me: **INFO@EXPRESSIONS.ACADEMY**

Follow us:



#danceyourselffit



Coming up



# BIBLE *journaling*

**Tuesday 28th January. 7:30-8:30 Pm**

Adeyfield Free Church,  
Maylands Avenue, HP2 4GZ



**£8 Per Person**

includes all art supplies and refreshments

**Booking essential:**

[www.expressions.academy](http://www.expressions.academy)

[info@expressions.academy](mailto:info@expressions.academy)



Follow us:  

