

Editorial

Dear Villagers,
I see some work has been done on the pavement in Church Road. I was a little surprised that it still seems to be patches, although better done than last time. I wish they would just re-lay the complete pavement. It would cost more initially but last so much longer and be safer.

From the diary it would seem that there are two AGMs on at the same time. We used to have a Village Diary to avoid such clashes. Anyone fancy taking on the role?

I note that a number of organisations are looking for new officers and committee members. Harlington has a wide range of clubs and societies, it would be a pity to lose them for lack of volunteers. I know times change, and the work situation is different to what it used to be, but consider if you could be part of running a group. We will run out of early retirees soon and we all grow older every day!

Finally, what changes have you noticed from the pandemic that you would like to be continued? Let me know. Clive.

CONTACT

Harlington Village Magazine

Editor

Clive Salmon

01525 874481

e-mail and advertising

harlingtonvillagemagazine@yahoo.co.uk

Distribution

Debbie Miles

Postal Subscriptions

Betty Goodge

01525 873725

Treasurer

Sue Whittle

07887 708304

Contents

Letter from St. Mary's Church	4
Harlington in Bloom	5
Thank You	5
New Year's Day Walk	6
St. Mary's Family and Children's team	7
Brain Tumour Research	8
Flittabus	9
HVH 100 Club	9
ADALHS	10
Jigsaw Library	10
Harlington Neighbourhood Help	11
Harlington WI	12
0 - 4 Club	13
Recycling at Westoning Village Hall	14
Flit Vale Wildlife Trust	15
Harlington Heritage Trust	15
Messy Church News	17
Harlington Society of Art and Crafts	19
Walking 4 Health	19
Life Church	20
Wednesday Coffee Morning	20
Methodist Church	21
St. Mary's Church Services	22
St. Mary's Churchwarden	23
Crafternoon Tea	25
Village Diary	28
Celebration Days	28

Contact is also regularly being published on-line now -
<https://harlingtonvillagemagazine.org>

DISCLAIMER

Please note that Contact Magazine does not officially endorse any advertising material included in this publication

Our preferred typeface is Times New Roman for regular articles and notices. Submissions should be suitable for A5 format. Submissions may be abridged for space reasons and inclusion is at the discretion of the Editor/Management Team.

March copy by 10th February please.

**PROMPT PAYMENT OF
ADVERTISING INVOICES WOULD
BE GREATLY APPRECIATED**

Advertisements



StotenGillam
chartered accountants
chartered tax advisers

Our aim is to provide an outstanding professional, cost effective and friendly service

- ✓ Established over 50 years
- ✓ Traditional values with forward thinking and modern technology
- ✓ Full range of business and personal accountancy and tax services
- ✓ Latest cloud software
- ✓ Free initial meeting



Tel: 01582 608601
99 High Street South,
Dunstable, LU6 3SF

Contact us today:
enquiries@stotengillam.co.uk
www.stotengillam.co.uk
f @stotengillam

Washing Machines Dryers - Dishwashers Repairs, Servicing & Sales



A local family business offering a quality service at a competitive price
Est. 1981



Tel: 01525 860148
Or Tim Downing direct on
07969 545 276

A member of the
White Goods Trade Association
Fully insured



GARAGE service x repair

My name is Jack Chauhan, I live in Harlington and own a family Garage in Luton
Beech Hill Garage (Est 1977) 110 Marsh Road Luton LU3 2NL

Tel 01582 504929/ 07860209098.

We repair/service **all makes and models** and no job is too big.

We have competitive rates and customer satisfaction is paramount to us.

I have customers who live in the village, who would happily provide a reference if requested.

I would appreciate it, if next time you want your car serviced/repared that you consider me.

I can pick-up/return your car/van from the village.

Advertisements

SCIENCE-MATHS UTEK TUITION

Afterschool, weekends and holiday Science, Chemistry, Physics, Biology and Maths lessons for Middle and Upper School students (KS3- KS5) taught in Harlington Methodist Church.



UTEK provides one-to-one and small group of five teaching.

Effective and interactive lessons are taught by a qualified teacher with the following qualifications:

Bachelor in Science Education (BSc), Masters in Science Education (MSc), Postgraduate Diploma in Education (PGDE), Ph.D. (Science Education).



Contact UTEK Tuition: 07538898164
Email Address: utektuition100@gmail.com



AMPTHILL & FLITWICK PHYSIOTHERAPY CLINIC

Tel: 01525 720882

www.chartered-physiotherapy.co.uk

Info@anfphysio.co.uk

1 Kings Road Flitwick MK45 1ED

Helping you get back on track

We offer the very best hands-on physiotherapy treatment

Neck/ Back/ Shoulder/Knee pain

Headaches/Migraines/Sciatica

Arthritis and all joint pain

Whiplash/RSI/Osteoporosis/Sports injuries

Vertigo and dizziness/Posture training and ergonomics

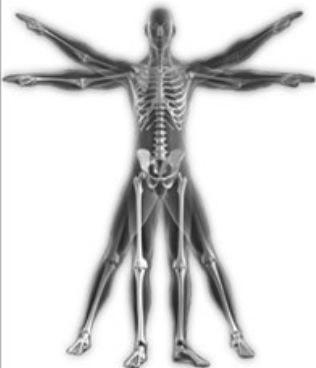
Long Covid

WE ARE PROVIDERS FOR MOST INSURANCE COMPANIES

We also offer complementary treatments:

Acupuncture/Chinese medicine

Clinical Psychology/Deep Tissue Massage



Letter from Rev. Nigel Washington, St. Mary's

Dear Friends,

Once there was a baby born to a family and the parents thought they would like to have the child baptised. So, the father went to see the vicar and asked if this was possible. And the vicar said: 'No. I don't see you in church, so why should I baptise your son?'

The vicar obviously saw himself as a gatekeeper capable of discerning who should be blessed and who should not. How short sighted of him. But eventually the vicar relented and baptised the boy. About this time the maternal grandmother of this boy joyfully took the child in her arms and with a prayerful heart and godly blue eyes gazing with love, said to those around her: 'This one will either be a vicar or a teacher.'

The story is true as I was that child and since that baptism day I have been confirmed at the same church I was baptised in and married there too. 22 years ago I left that church to be ordained as a vicar in the Church of England but only after being a teacher, something I did for 34 years, 30 in Harlington.



It is amazing what can happen when we say yes to God and when others say yes to God on our behalf. It's amazing what can happen when someone prays for you and over you, like my wonderful grandmother. It's amazing what can happen when your parents are insistent on your behalf and push ahead to do the right thing, even when there is opposition.

Baptism is a wonderful thing and no one should leave home without it. Would you leave home without your shoes for your feet or your coat for protection on a Winter's day? No. Well why would you leave home without the covering for your life, the knowledge that you have said yes to God coming in to your life. Would you really look to journey in life without covering for the steps that you will take? Oh yes, that would be unwise.

It all begins with giving a **yes to God**, the request for baptism and the minister saying: **yes, it's possible** and friends saying: **yes, why not**, because God longs to say: **yes, do. This would please me.**

Who has missed out on baptism? Who has missed out on God? If it is you why not be baptised today? Just say yes to God. Then it will be a yes from the minister, a yes from friends and family, a yes from God and a yes from you. Make it 4 yeses and really use your God given talent.

And for those who have been baptised, is it time to freshen up your commitment to God and your journey with him. Do you walk with him week by week, day by day, hour by hour or minute by minute? Or rarely? Paul in the New Testament

Letter ctd., *plus* Harlington in Bloom & Thanks

gives us encouragement:

'I don't mean to say I am perfect. I haven't learned all I should even yet, but I keep working toward that day when I will finally be all that Christ saved me for and wants me to be.'

Every Blessing

Nigel

Revd Canon Nigel Washington

Harlington in Bloom



Greetings Everyone

We will hold the 2022 AGM this month. Do come along and attend. Meet the out-going committee. Hear what we have been up to in the last year and plans for the next. Stand for the 2022 committee!

Harlington in Bloom welcomes interest from all in the village. We are a volunteer group and always need extra hands through the year! Come and join us to contribute your time whether 'in the office' or at a working party group. All ages welcome!

Harlington in Bloom AGM West Room, Parish Hall (the one beside the Council Office)

Friday 25th February 7.30pm

Vivienne Dunlop on behalf of HiB Committee <https://www.facebook.com/HarlingtonInBloom/> or Tricia Murphy Secretary 07711511729 tricia.murphy5@ntlworld.com

Thank You

A very big THANK YOU to everyone who has supported the MS THERAPY CENTRE BEDFORD by buying my Marmalade and Jams from the garden at 31 LINCOLN WAY, or by giving generous donations.

We have raised £500.00 which has been forwarded to them and I know they are exceeding grateful.

Best wishes, Gwen Gray.

New Year's Day Walk 2022

A lovely way to start 2022: what could be better than meeting with 19 other like-minded ramblers & the first bit of sun we have seen for two weeks. It was unseasonably mild, a light breeze and we set off in boots & wellies (we all know about Harlington Clay!) across the field by the Village Hall, listening to the church chimes singing out 'Deck the halls with boughs of holly'. We were then treated to a brief, but dazzling display by three blue-and-gold Macaws flying free and returning to their confident owners.



We walked along the pavements of Barton Road (now becoming “Building Site Road”), with a clear view of Sharpenhoe Clappers to the right ... & then a descent down the VERY muddy bridleway down to Willow Farm. Such a pity some of the building rubble could not be used to improve this track. This led on to the Bottoms Road which we walked along for a while before turning off over a plank bridge. After passing a couple of new apple trees we crossed a substantial bridge over the mill stream.

Soon we got to Harlington Road, but followed the field footpath right to the gap in the hedge opposite the digger where it was explained that there was a footpath that was intended but never made official because the land owner was unknown! Nevertheless, we crossed the road, walked in front of the digger and then along the unofficial path meeting up with the official footpath, so avoiding an unpleasant & dangerous stroll along the busy road.

Walk 2022 ctd. *plus* St. Mary's Family

Next we skirted the edge of several fields and mostly didn't notice the time or distance or scenery because we were all busy catching up on news & enjoying the conversation. However, we had to admire the rainbow: it must have been raining at Pulloxhill!

We stopped for coffee by a large log, then returned via more field edges and Abbot's Hill above Bunyan's Oak. We were back shortly after 1pm, just as it was starting to rain. The Macaws had gone!

Tony Roberts – Harlington Resident & Chairman of Toddington Rambling Club.

St. Mary's Family Team News

Thank you so much all of you have joined us at our **Messy Family Breakfast** over the last couple of months. We have had a great time.

If you haven't been along yet we would love to welcome you on the first Sunday of each month at 9am.

Breakfast provided by us, normally continental but you never know when a bacon or sausage sandwich might appear!., Followed by a craft time and a story. We aim to be finished by 10:20/30 but you will always be welcome to stay for coffee as we join the Sunday morning congregation for a cuppa !

Contact Rebecca on 07877 342640 if you would like more information.

Here's what's coming up!

Sunday 6th February – Jonah the Groaner

Sunday 6^h March – The Good Samaritan

Sunday 3rd April – All things Easter.....and probably chocolate

Please do not hesitate to contact us if there is anything you need from us!

With love from everyone at St. Mary's.

February

"February, when the days of winter seem endless and no amount of wistful recollecting can bring back any air of summer."

- Shirley Jackson, *Raising Demons*

Brain Tumour Research



AND WE ARE OFF!



2022 has begun with a glorious inspirational morning spent on the allotment weeding and applying manure in preparation for the new growing season and inspired by one of my Christmas presents, a brassica tent. So plans are made and there is a feeling of excitement for 2022, for cauliflowers, courgettes, and tomatoes, to name but a few. I even put a column on my calendar for what and when I need to sow specific vegetable and flower seeds to keep me focussed. Let's hope we can all stay safe and feel some level of normality, that what we write on our calendars actually stands a chance of happening, unlike in 2021.

There was an article on New Year's Day from Brain Tumour Research that stated 2021 was the best fundraising year

“2021 was our best ever fundraising year with more than £6 million raised. We have ambitious plans for 2022 and with your continued support, we can continue to fund the fight against this devastating disease.”

So we can be encouraged with the progress that has been made and we can support the plans to match and maybe increase the funds raised to increase the opportunities for research through our continued support and fundraising.

Donations this Christmas raised £105; thank you all so much and in one of my cards was a cocktail recipe which I thought I would share with you all:

Gingerbread Russian

70ml vodka

45ml Kailua

45ml Gingerbread syrup

45ml Heavy cream

Fill glass with ice. Add the vodka, Kailua, gingerbread syrup and stir gently. Add the heavy cream and stir to combine. Garnish with cinnamon and gingerbread cookies.

Enjoy.

Please continue to stay in touch, read our articles and support our plant sales and fundraising.... watch this space!!

With love

Jane, Alice, Emma and Lewis

Flittabus *plus* 100 Club

Flittabus

Community Transport Ltd.



Special Excursions

Kew Orchid Festival: Saturday 5 March 2022

The Kew Orchid Festival is an annual event at the Princess of Wales Conservatory in Kew Gardens.

Thriplow Daffodil Festival. Saturday 19 March 2022

Join us for fun activities for all the family. Amble through over 100 stalls to find that something special. Enjoy hot drinks and homemade cake at the Village Tearooms.

To book these excursions,

Please contact Derek Wood on **07 563 170 067** or **07 715 161 621** or e-mail excursions@flittabus.co.uk for more details.

Please check with Mr Wood that pickup and drop-off in Harlington is possible.

For more info either call us on our Helpline **07 960 388 111** or go to our website at **flittabus.co.uk/home-2/**

HVH 100 Club

The December winner of the Village Hall 100 club is ticket number 18 belonging to Linda O'Brien of Astrey Close.

If you wish to be part of the 100 Club and have the chance to win £50, please contact me at: hvhtreasurer@btinternet.com.

The money raised each month helps to fund the upkeep of the Village Hall.

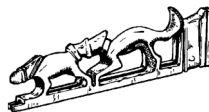
Dave Thew, Treasurer,

HVH Management Committee

ADALHS *plus* Jigsaw Library

**Amphill & District Archaeological
& Local History Society**

Programme 2022



The situation for members and venues is still not clear. Once Government guidance permits we will then review the situation with our members for the remainder of the season.

Monday, February 7th 2022

Flitwick Manor Park and Grounds: A 19th Century Visitor Attraction and Botanic Treasure House

Speaker – Stephen Coleman

Monday, March 7th 2022

The Pyghtle Works, Baillie Scott & Sir Albert Richardson

Speaker - David Fowler

Monday, April 4th 2022 & AGM

Tudor Houses; Architecture and Ways of Life

Speaker - Adam Smith

New members would be very welcome and guests too once we return to hall meetings. If you would like to join us then please follow the link on the meetings tab on our website or alternatively contact the secretary. For non Zoom meetings, a hall meeting fee of £2.00 for members & £3.00 for visitors is payable on the door.

For further details: clive.makin@ntlworld.com Tel: 01582 655785

www.adalhs.org.uk

Harlington Jigsaw Library

As we move into colder and wetter weather, there may be less opportunity for outdoor activities such as gardening. But if you're at a loose end, or having to stay in, the jigsaw library will still be available, with lots of varied and interesting puzzles for you to borrow.

The library is not based in Bradshaws Estate Agents now, so please contact me if you'd like to borrow one. Just call/ text or email your request; approximate size, "normal" or larger pieces etc and I will then deliver to your home. You're welcome to collect if you prefer. When returning a jigsaw, just let me know if there are any missing pieces or any other problem. Thank you. Tricia 07711 511729



HNH Good Neighbour Scheme

HARLINGTON NEIGHBOURHOOD HELP

GOOD NEIGHBOUR SCHEME

Notice - Annual General Meeting



Monday 7 February 2022
7.30pm At the Café
6 Lincoln Way Harlington

Harlington Neighbourhood Help (HNH) started in 2000 and was a pioneer group for Bedfordshire with, at one point, 80 volunteers. We currently have 19 volunteers and 6 Committee members who are all up for re-election at this AGM. Roles include Chair, Secretary, and Treasurer. **We'd love to have a Minutes Secretary too if you want to join us.**

What assistance do we give?

We helped over 320 people this year in the village by dropping off and picking up your prescriptions, getting to the dentist, hospital appointments and covid jabs, or a visit to the vets, or simply a Tesco shop. Sometimes we are just asked to pop in for a cup of tea and a chat. We also lead the Walks for Health and support the Flittabus trips to shops in Flitwick, Ampthill, and M. Keynes. Transport requests are for anyone who has difficulty using local public transport. We use DBS checked **volunteer drivers** who wait during your appointment, and these are reimbursed at 45p per mile. We always need more drivers. Short local journeys are currently free, but we do make a charge for Hospital trips.

How might you get involved?

As a driver, handy person or someone who lives in the village and is good at conversations with people. If you'd like to attend the AGM and are not a committee member or just want to have a chat please contact Sue Whittle, Secretary, on 07887 708304



HNH Good neighbours line 07849 835410



Harlington WI



As 2022 gets under way, and as we learn to get on with our lives even with Covid, Harlington WI have some fascinating meetings planned over the next few months.

On Tuesday February 16th we have Ross the blood-biker talking about the Blood Biker Delivery Service. Come along and find out all about this amazing life-saving voluntary service.

On Tuesday March 16th, we are hoping to collaborate with Harlington Upper School to join in with our Resolution Evening discussions, as these are topics that all ages can all relate to. Don't forget the chocolate tasting as an extra incentive!

On a more serious note, we are looking for a new President as Lin is stepping down. She has very kindly offered to mentor anyone who is interested. Sadly, if no-one steps forward our WI will no longer be viable.

On Tuesday April 20th we are having our AGM where our new President and committee will be approved for the next year. We are always looking for new people to join the committee so please have a think about what you could do to help. We also have Elaine Mountforte speaking about how we can protect ourselves against scammers, which has sadly escalated during lockdown. There should be useful tips for everyone.

On Tuesday 17th May we are organising a Games Evening with a fish & chip supper. Come along and join in the fun!

Our meetings in the Village Hall start at 7.30 pm. Visitors are very welcome to give us a try. We are still observing current guidelines and the hall will be well ventilated for everyone's safety.

Remember to look out for Sara's newsletters with more details and updates on all our activities.

Take care and hoping to see you soon, Sally Tombe.

For further information please call Lin Merrison on 01525 757161.

"The February sunshine steeps your boughs and tints the buds and swells the leaves within."

- *William C. Bryant*

Advertisements *plus* 0 - 4 Club

HI Education

EARLY YEARS, KS1 & YRS 3+4 TUTORING





- Phonics, Maths, English and Handwriting Tuition
- Qualified Teacher
- Over 18 years teaching in local primary schools
- 12 years of Early Years' experience teaching children to read
- Enhanced DBS checked

E-mail Helen Ingram on:

E: helen@hi-education.co.uk

www.hi-education.co.uk



-  Are you anxious, fearful, sick?
-  How has lockdown affected you?
-  Would you welcome a listening ear and some prayer?
-  Healing Rooms Flitwick is here for you.

ONLINE VIA ZOOM

Wednesdays between 1.30pm and 3.00pm
(alternative times may be available upon request)

For a confidential appointment email flitwick@healingrooms.org.uk



FLITWICK VILLAGE HALL

Friday mornings from 9.30 to 11.30am

 /FlitwickBedsHR/

0 - 4 Club



We run our playgroup on **Mondays** and **Fridays 10-11.30** (term time only). Sessions cost £3.50 for one child with £1 for each additional child. Children under six months are free with an older sibling. Mums, dads, grandparents and carers are all welcome to come and play with their children and enjoy a chat and a cup of tea with some of the other parents. Each of our sessions are different. We provide a range of activities for the children including crafts, cooking, trikes and ride ons, play dough, small world play, dressing up, stories, songs as well as many other activities. We also have a dedicated baby area.

Please see our Facebook and Instagram pages for up-to-date guidelines on any current Covid restrictions. It is very important to us that our families stay safe and well.



Recycling at Westoning Village Hall

You may have just finished the last of the cheese & crackers from Christmas, but did you know you can now recycle that packaging at Westoning Village Hall? They are collecting a wide range of packaging that you cannot place in your green bin to raise much-needed funds.

Please make sure that there are no food residues, and that packing is not folded up in origami shapes! Please remove any cardboard and foil and place those in your green bin.

Recycling Packaging at Westoning Village Hall, 34 Church Road, Westoning, MK45 5JL

24/7 access, using the bin collection point outside the main entrance.

Crisp packets – all brands and sizes (inc multipack wrapping). Flattened, not folded

Bread & bakery packaging – e.g., bagels, wraps, waxed paper, bread bags

Plastic confectionary wrappers, pouches and outer packaging – all brands and all sizes e.g., Nestle, Rowntrees, Cadburys

Popcorn, nuts, and pretzel packs – all brands and all sizes e.g., Butterkist, KP nuts

Cheese packaging all brands of grip-seal pouches, individual plastic wrappers, sliced cheese films and nets & labels

Babybel packaging – nets, metal clasps, wax, labels, plastic wrappers, trays and films (please separate packaging types if possible and place small items together in a [bread] bag

Pringle cans – any size or flavour

Biscuit, cracker and cake bar wrappers and plastic outer packaging

Dishwasher, cleaning and fragrance flexible plastic packaging e.g. tablet, stain remover and salt grip-seal bags, refill pouches, disposable wipes packaging, dishwasher cleaner & fragrance outer packing

Dental health items – all brands of electric toothbrush heads and covers, interdental sticks, flossing sticks and containers

Plastic ring carriers from multi-pack cans e.g. from baked beans and beer bottles. All brands.

ACCEPTED WASTE



All flexible plastic ring carriers used to hold cans

ACCEPTED WASTE

ALL BRANDS ACCEPTED



Wildlife Trust, Flit Vale Local Group *plus* HHT



Bedfordshire
Cambridgeshire
Northamptonshire

Wildlife walks & talks

February

Monday 21st February, start at 7.30 pm – On-line Zoom talk

Beneficial Insects** with Brian Eversham

Brian, the Wildlife Trust BCN's CEO, will enthral with fascinating stories of the diverse benefits that insects and other invertebrate residents and visitors bring to our gardens, pollination, seed dispersal, 'pest' control and more.

Please register with Ann if you would like to attend. A link to the Zoom meeting will be provided to all registered attendees closer to the event.

**free, but donations at another Flit Vale event always welcome

Open to all.

To book places or for additional information please email
flitvale.info@gmail.com or ring or text Ann on 075801 78889

The Wildlife Trust for Bedfordshire, Cambridgeshire and Northamptonshire
Registered charity number: 1000412
www.wildlifebcn.org
Flit Vale Local Group
www.flitvale.org.uk

Harlington Heritage Trust

Now that some form of normality is returning, the Heritage Trust are getting back to normal.

A committee meeting has been arranged for early January with a view to arranging meetings and trips.

Further details will be available early next year. Also we are in need of a secretary, so if you are interested please e-mail johncyfl@aol.com

Advertisements



All aspects of building work undertaken including: extensions, bathrooms, plumbing, plastering, fascias, soffits & gutters and general property maintenance.

Call Rob: 07846143941 or e-mail rbarnard.pb@gmail.com

RENRAL ROOFING

Felt & Asphalt Specialist

- Tiling
- Balconies
- Fascia and Guttering
- Re-pointing
- Repairs
- All roofing work carried out
- Free estimates
- Family firm, established over 20 years
- All work guaranteed
- Fully insured

Contact Andy on
Tel: 01525 630898
Mobile: 07866 319997

Messy Church News



It is still possible for us to meet together in Messy Church, although anyone over 11 needs to wear a face mask. We are also still running a hybrid Messy Church. Our pattern is to have the first 45 mins as activities, which you can



also join on Zoom although you may need extra materials. Then we have a 45 min Celebration, which is also on Zoom, and this bit (or at least the leaders' bit of it) is also streamed to YouTube. We include activities in this bit for which the materials should be things you can find at home or buy easily, such as icing. Then we have tea. The YouTube video stays on the Harlington Methodist Church YouTube Channel, if you want to follow it later, and you can get a copy of the booklet and all the other material from <https://cliveandtina.co.uk> as a download.

Our December meeting was on the Christmas story. Mostly we focussed on the Wise Men,



although we had activities covering the whole story. So we decorated cakes with stars,



and made “camel dung”, we painted stars, and made mobiles, we cut out whole angel choirs, and we made Wise Men paper plate hand puppets.



Our February meeting will be on the 19th at 4 pm. We will be talking about an aspect of Lent.

Don't forget, while children need an adult, Messy Church, live or virtual, is not just for children.

If you want to have the material, or the Zoom link, emailed, contact me on clivedsalmon@aol.com.

Clive

Advertisements



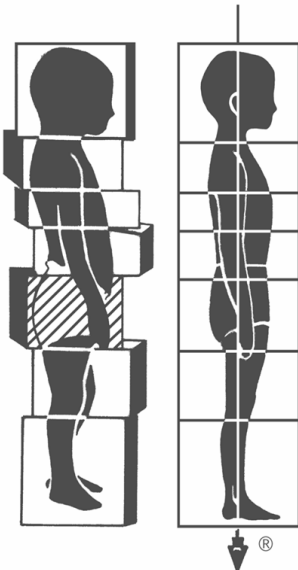
WHITE & FENSOME

BUILDING CONTRACTORS



Tel: 01582 594766 Fax: 01582 594866
Mobile: 07860 967191 & 07899 806256

- PROPERTY MAINTENANCE
- DOUBLE GLAZING
- EXTENSIONS
- PLASTERING
- CARPENTRY
- FENCING
- ROOFING



Rolfing® Structural Integration: **now in Harlington**

Rolfing® is a unique form of manual therapy that could be described as a cross between deep tissue manipulation, chiropractic, physiotherapy and psychotherapy. The technique was invented by a pioneer of fascia work Ida Rolf. Fascia, also known as connective tissue, is an envelope of every muscle, nerve, bone and organ in the body and plays a critical role in postural alignment.

Rolfing® can help with:

- poor posture
- coordination issues
- poor balance
- chronic back pain
- neck pain & headaches
- fascial tension and jaw tension.

I recently moved into the area and, as one of only 40 fully certified practitioners in the UK, have been practising Rolfing® since 2014.

To enquire email: luke@rolfing-london.com

WhatsApp: 07737523690

More info: www.rolfing.london

HSAC *plus* Walking for Health



Harlington Society of Art and Crafts

AGM and Social - Friday 25th February 2022

Harlington Village Hall - 7.30pm

Come and hear what we are planning for 2022.

Please let us know if you are coming so that we can have enough refreshments!

Bring what you want to drink and a small wrapped gift (no food)

RSVP - Mary 01525 754049

Walking4Health



Walking for Health Harlington takes place every second Friday.

It is a great way to stay fit, enjoy the village, meet fellow residents and now to also stop off for coffee, cake and conversation at the cafe after!

The leaders aim to offer 2 walks each time - a short 40 minute walk around the village and a longer more strenuous walk within the village but over the fields.

The starting point as always is from the village hall car park at 10.30am.

Dates for walks next month are the 11th and 25th February

We would love you to join us as a walker or volunteer!

Call for any info - 07887 708304

February

When February sun shines cold
There comes a day when in the air
The wings of winter slow unfold
And show the golden summer there.

~Philip Henry Savage (1868–1899)

LIFE Church *plus* Wednesday Coffee Mornings



LIFE CHURCH
HARLINGTON

Sunday services at 10.30am in **The Parish Rooms**

Everyone welcome

FEBRUARY

6th - John Doohan

13th - Worship Service

20th - Vicky York

27th - Rob Payne

Wednesday 7pm Prayer meeting continues to meet on Zoom.

If you have any prayer requests or would like to talk to someone please contact us on the address below

lifechurchcentralbeds@gmail.com

Wednesday Coffee Mornings and Games



If you have not been before and would like to join us for coffee/tea, a chat or a game of table tennis we would love to see you. We meet every Wednesday in the Parish Hall from 10am until 12oclock. The



Games Group section have begun playing table tennis again and

you are very welcome to join us. We also have a small snooker table, and if anyone would like to come perhaps to play different indoor games eg chess, card games or Scrabble, please do come along any Wednesday morning to see us and have a chat.



Doreen Gatward and Valerie Bates.

Methodist Church

We are holding all services in the church, and our services continue to be available on **Zoom** and streamed to **YouTube** on the Harlington Methodist Church YouTube channel. For those in the Church, refreshments are available after the morning service.



February preachers are:

6th 10 am Come and See Rev Nina Johnson
6 pm Service with Holy Communion led by Rev Dr Ebute Obiabo
13th 10 am Colin Quine
20th 10 am Service with Holy Communion led by Rev Nina Johnson
27th 10 am Martin Wallis

Our circulated material is available on <https://www.southbedsmethodist.org.uk> or by email. If you want to join us on Zoom, the Zoom link is normally sent out the day before. Email me, clivedsalmon@aol.com, or phone 874481 to be added to either email list. Or you can watch us live on YouTube, or see the recording later, on the Harlington Methodist Church YouTube channel.

COFFEE MORNING 26th February, 10 am to 12 noon in aid of our charity. Live in the hall, but with a Zoom link for those who want to just “drop-in”.

LADIES BRIGHT HOUR

We meet at 2.45 pm every Thursday in the Church Hall

February

3rd to be arranged
10th John Sorsby
17th Rev'd Nina Johnson
24th Marie Mead
Jo



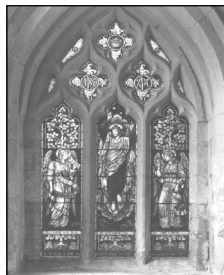
ROOM BOOKINGS

Contact Trevor Caveney if you are interested in booking any of our Halls, Rooms or the Church, subject to COVID rules. The Halls are suitable for meetings, groups, clubs and particularly good for children’s parties. Reasonable prices Tel 01525 754527 or hmc.bookings@ntlworld.com

St. Mary's Church Services in February

YOU ARE WELCOME. Just come sit and be....

This is a really good time to welcome new worshippers who would like to join a service occasionally, once a month or more often. We are pleased when new people join us on a Sunday morning. The more the better. We assure you of a very warm welcome and this February we will further unfold the story of Jesus. Come and sing, come and be...



All Sunday services are at 9.30am except where stated.

6th.	8am	BCP Communion
	9am	Families Breakfast Club
	9.30am	Holy Communion
13th	9.30am	Morning Prayer
20th	9.30am	Holy Communion
27th	9.30am	Holy Communion

There is a weekly Church information newsletter issued by email. Let us know if you would like to receive this.

We also have a **Wednesday Morning Service** which starts at 10am. All welcome.

A Quintet **Upper Room Service** takes place **each Sunday at 6pm**. Join people from across the quintet of churches in an hour when you do not need to stray from your home. There's music, scripture, reflection and prayer in a time where you can just sit and listen. Contact a minister for a zoom invitation to the Upper Room.

Please check the **Church Noticeboard** and websites for updates.

The church is also available for Private Prayer by arrangement. Please contact Linda or Nigel or a churchwarden for access and for more information.

Useful links: Website: www.harlingtonchurch.org

Facebook: www.facebook.com/stmarysharlington/

A Church Near You: <https://www.achurchnearyou.com/church/7667>

If you would like a chat or prayer, or would like to discuss marriages, funerals or baptisms, do call us on 01525 714442 or email Nigel: nwashy2@gmail.com or Linda: revdtoddington@gmail.com

We are here for you.

Revd Linda and Revd Canon Nigel Washington, Ministers and Dr Robert Johns

St Mary's Churchwarden

St Mary's Church



Churchyard: February is a funny month – what IS there to write about? Everyone talks about the New Year in January and then February begins, cold and wet. Well, there's a lot to look forward to with Spring around the corner. The churchyard primroses will soon be putting on their marvellous annual display and I recommend that you take a look when they do, as they are beautiful. The birds will be checking out the nest boxes to find one that's suitable, and we really hope the blue tits return. Fingers crossed.

Recycling: just a reminder that we are still collecting biscuit wrappers – sweet and savoury – to send to Terracycle. You can bring them to 43 Barton Road, or leave in the labelled bin at church (near to the 'normal' waste bins) which is through the side gate on Church Road. Thank you. I'm also trying to start a chewing gum recycling company.....I just need a little help getting it off the ground!

Restoration Work: we have been given the go ahead for the first stage of our restoration work on the south porch of the church (facing the park). If any of you have walked past or perhaps visited the Nativity tableau, you may have noticed large cracks and missing masonry? It's not surprising given how old the church is, and also as a result of what previous generations thought would "improve" the exterior ie concrete render. We now know that wasn't such a good idea after all, leading to all sorts of problems! The current phase of work will cost around £60,000. We are now looking at any grants available and carrying on with our fund raising whenever we can.

If you'd like to help, a simple way is via the Easyfundraising website which raises income for us – at no extra cost to you – when you shop online at over 6000 retailers. After creating a login, you then go via the Easyfundraising website to your chosen store's website and shop as normal. You can also create a reminder icon which pops up on your computer. You can opt in or out of receiving email updates etc. If you'd like to know more or would like the link that enables us to receive an extra £5 on top of any fundraising, please do contact me. tricia.murphy5@ntlworld.com. Our Easyfundraising good cause is St Mary's Church Harlington Beds.

Best wishes,
Tricia
Churchwarden

Advertisements



MAYFLOWER
accountancy

Local tax and accounting family business

- Accounts Preparation
- Company Secretarial
- Bookkeeping
- Payroll
- Capital Gains Tax
- Inheritance Tax Planning
- Income Tax Self Assessment
- Corporation Tax & VAT

Please contact us to arrange a free consultation
Angel Business Centre, Toddington

Telephone: 01525 887277

Email: info@mayfloweraccountancy.co.uk

www.mayfloweraccountancy.co.uk



Liisa Grant
Director



James Colvin
Director

bacp | Registered Member
379415
MBACP



Life throws us many challenges

Sometimes we all need a little help to find our way through



Harlington Counselling

Online and in-person counselling
for adults and young people (16 years+)

Are you feeling overwhelmed, anxious or depressed?

Are you struggling in relationships or unable to cope with the loss of a loved one?

Speaking to a trained therapist means having a safe, confidential space to talk about your feelings, to consider positive change and take control of your mental wellbeing.

EMAIL:
natasha@harlingtoncounselling.co.uk

TELEPHONE:
01525 591025

VISIT:
www.harlingtoncounselling.co.uk

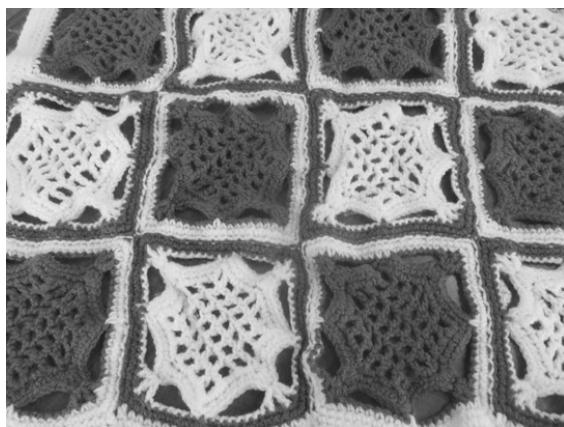
Crafternoon Tea

We will start February as we tried to finish January – meeting at the Church, wearing masks unless eating or drinking. If you do not want to wear a mask for the afternoon, please feel free to join us on Zoom. I cannot promise that you will be able to hear us clearly – even if one is in the same room, wearing masks makes hearing and joining in conversations difficult! – but we will see what we can do to improve things. If there are only a couple of us, we might move into the vestry, the small room by the kitchen, where there is much less echo!

Crafternoon Tea meets fortnightly on Monday afternoons, between 2 and 4 pm. Conversation is often wide-ranging and not necessarily about craft. Our February meetings will be 14th and 28th. Please let me know if you want the Zoom link.

You do not have to be working at any particular craft, we welcome any and every craft, and all logics for crafting! If your hands don't happen to be occupied at the moment, it doesn't matter. If you want to try a new craft, we will endeavour to find you the materials and tools, and even someone to help, if that is what you need. If you just want a companionable afternoon, in a warm space, with refreshments, we can supply that.

We still have some Aida fabric, and embroidery silks available, as well as the beads mentioned last time. Are you hoping to start a new project, and need some additional materials? Come and see what we have.



The centre of each square is worked as a square, and then turned at 45° and finished off as a square at that angle. The finished item is a pram blanket or, made a little larger, a cot blanket. The pattern is printed in a “learning to crochet” booklet, published in the late 1970s.

Contact: Tina Salmon (christinasalmon60@gmail.com), 874481, website: <https://cliveandtina.co.uk>

Advertisements



BlueSky Gardens

Fencing - Patios - Turfing – Decking – Planting
Garden Design

Call Jack White on **07910838810** for a free quotation!

   Like us on **Facebook**



We help you prepare for the choices you have to make.
NEVILLE. Because there is a difference.

AMPTHILL

The Old Church, Flitwick Road
MK45 2NT
t: 01525 406132
e: amphill@nevillefuneralservice.com

LUTON

Neville House, Marsh Road,
Leagrave LU3 2RZ
t: 01582 490005
e: luton@nevillefuneralservice.com



www.nevillefuneralservice.com

Advertisements

Kinsbridge Plumbing Heating Gas and Electrical Engineers

All Plumbing, Heating, Gas and Electrical work undertaken .
Boilers , Radiators , Underfloor Heating Systems . Unvented Hot water systems , LPG
Power Flushing (to remove heating system sludge) Full rewires, Consumer unit upgrades
Kitchens and Bathrooms (complete install , supplied and fitted) Landlords Certificates

Mobile: 07973842037

Web: www.kinsbridge.co.uk

Office : 01525 60024

Email: info@kinsbridge.co.uk

Proud members of
Checkatrade.com
Where reputation matters



551729



James Plumbing & Heating

Local, reliable and quality service

-  Boiler servicing
-  Landlord Certificates
-  Boiler and central heating installation
-  Heating breakdowns
-  Heating and boiler upgrades
-  Radiator replacement or relocation
-  General plumbing work

Call for a free no obligation quote.

Mob: 07970 275358

Tel: 01582 882245

Email: danieljames5@outlook.com




KP Sewing Repairs & Alterations Sewing by hand or machine

Friendly, convenient service
Pick up & deliver
Harlington based



Contact Karen:

 07930 443123

 kpsewing@outlook.com

Village Diary

February 2022

6 th Family Breakfast	Parish Hall 9 am
7 th ADALHS	On Zoom see www.adalhs.org.uk
7 th HNH AGM	Hub and Spoke Café 7.30 pm
10 th Contact Copy Date!!	
11 th Walk 4 Health	Village Hall Car Park 10.30 am
14 th Crafternoon Tea	Methodist Church Hall 2 - 4 pm and Zoom
16 th WI Meeting	Village Hall 7.30 pm
19 th Messy Church	Methodist Church and Halls, 4 - 6pm
21 st Wildlife talk	On Zoom 7.30 pm email flitvale.info@gmail.com
25 th Walk 4 Health	Village Hall Car Park 10.30 am
25 th HiB AGM	Parish Hall West Room 7.30 pm
25 th HSAC AGM & Social	Village Hall 7.30 pm
26 th Coffee Morning	Methodist Church Hall 10 am to 12 noon
28 th Crafternoon Tea	Methodist Church Hall 2 - 4 pm and Zoom

March

4 th World Day of Prayer	Methodist Church 2 pm
6 th Family Breakfast	Parish Hall 9 am

If you want your events included here, send details to the editor by 10th January
You can do that without sending anything else, if you want.
Don't forget the regular weekly things like the Wednesday Coffee Mornings that aren't shown here.

**GET YOUR MARCH 2022 DATES TO THE MAGAZINE BY
10TH FEBRUARY
NOTE THE EARLIER DATE!!!**

February Celebrations

- 1st Chinese New Year -Year of the Tiger
- 14th St. Valentine's Day

