

Active Lifestyles

Active Mind, Body and Spirit

Your Monthly Newsletter - April 2022

HAPPY HOLIDAYS!



by Andrene McDonald

Dear Members,

As we approach April 2022 we find a variety of religious festivals celebrated in this month.

Ramadan led by the moon and is the ninth month of the Islamic calendar, which honours when Allah revealed the first verses of the Qur'an to the prophet Muhammad.

Due to the lunar calendar being 11 days shorter than the Gregorian calendar, Ramadan can occur any time during the year. This year later than usual, Ramadan began on sundown on 2 April 2022 and begins and ends by the first crescent of the new moon over Mecca, Saudi Arabia, or on a predetermined date via astronomical calculation. The length of Ramadan is either 29 or 30 days, depending on the lunar cycle for that year. The end of the month is marked by Eid al-Fitr (Festival of

Breaking the Fast), which concludes the dawn to sunset fast observers follow.

Passover, also known as Pesach, falls from April 15 to April 23 this year. The Jewish Holiday, starts with the first Passover Seder on April 15 after nightfall, celebrates the emancipation of the Jewish people from slavery in ancient Egypt. The festival dates, governed by the Hebrew calendar, are usually determined by the 15th day of the month of Nisan, which is on the first night of a full moon after the spring equinox. The holiday can be seven or eight days long with one or two Seders. The holiday is seven days in Israel and eight days everywhere else. The dates fall later than usual this year and also happens to be a Jewish leap year.

Easter Sunday will occur on April 17 2022 and is always held on a Sunday but the exact date varies each year depending on the moon's position in early spring. Easter and other religious holidays related to it, (Ash Wednesday, Palm Sunday and Good Friday), are called 'moveable feast'. This means that there are no fixed dates on the calendar. Instead, these holidays are assigned according to what is called a lunisolar calendar, which aligns the moon's phases as well as the sun's position in the sky. Passover and other Jewish holidays also follow the lunisolar calendar. But each holiday also has its own set of rules that the Paschal Full Moon determines. Easter Sunday is the first Sunday after the Paschal Full Moon which is the first full moon of spring. It occurs on or shortly after the spring equinox.

Eastern Orthodox churches follow the solar Julian calendar, which typically means that the holiday falls behind the Christian holiday. This year, the holiday will fall on April 24, seven full days later.

Active Lifestyles is back at the Townsend Tennis and Bowling Club venue and we will continue to meet on alternating weeks in each month. Please watch out for notices of any

changes and dates of lunch club in the newsletters or on our website.

- Due to fire precautions everyone who attends the club needs to sign in at the front desk as you enter where you will also need to pay for your teas/coffees or luncheon if eating a meal. Kumaree, Brenda and Stella will be happy to advise you.
- Membership renewal started in March 2022. The **annual membership fee** has increased from £10 to **£12**, Tea/Coffee with biscuits/cake is now £2, a two course meal is £5.50 for members and £6 for non-members and take away (with an initial meal) £3.50.

Dates for your diary: **8 April 2022, Three Cultural Ambassadors**, from St Albans Masorti Synagogue (SAMS), the Polish and French community giving brief talks about their cultural heritage and presentation on some foods representing their culture. **22 April 2022 speaker: Councillor Sandy Walkington**, Liberal Democrats, Vice-Chair Overview and Scrutiny

Please be aware that when Active Lifestyle takes photos these are displayed, put on our website, www.activelifestyles.org.uk or in our newsletter. Please inform us if you are not happy for your photo to be taken and displayed.

You can help to keep this newsletter going by sending in your comments, poems, information etc. in fact anything you feel might be helpful and would like to share with each other. **Please send your contribution by 20th of each month to ensure it gets into the following month's edition.** You can tell myself or one of the committee members you are in contact with what you want to put in the

newsletter, (**Adele, Angie, Henrietta, Kumaree, Leynoe, Marjie, Mrs Rollins or Zaitun**).

Blessings, Andrene

Happy April Birthday Celebrations!



PH Soo
Diana Ma
Millie Wallace
Adele Stapleton
Helen Clarke
Doris Yau
Ilyas Phillippe Armarh

Upcoming Events this Month:

The Big Iftar 2022

Watch this space.....The Big Iftar 2022 is being planned for Saturday 23 April 2022 from 6pm onwards in Fleetville Park, Hatfield Road, St Albans. This is going to be a great event for all communities to get together and share in a public breaking of the fast during Ramadan with Muslim friends and colleagues.

MIND in Mid Herts

Free online Mental Health Peer Supporter training for local organisations and communities in Hertfordshire.

Additional course dates for this training – please see below:



- **Monday 11th April, Tuesday 12th April, Wednesday 13th April, Thursday 14th April** (4x half days 1-5pm)
- **Thursday 28th April & Friday 29th April** (2 x full days 9:30am-4:30pm)
- **Tuesday 10th May & Wednesday 11th May** (2 x full days 9:30am-4:30pm)
- **Tuesday 24th May, Wednesday 25th May, Thursday 26th May, Friday 27th May** (4 x half days 9am-1pm)
- **Tuesday 31st May & Wednesday 1st June** (2 x full days 9:30am-4:30pm)
- **Monday 20th June, Tuesday 21st June, Wednesday 22nd June, Thursday 23rd June** (4 x half days 9am-1pm)

This training will give you the skills to support others with their mental health and wellbeing. You can book onto a free course by clicking on the below link:

<https://www.mindinmidherts.org.uk/product/building-stronger-communities-in-herts/>

Mayor's Pride Awards 2022

The Mayor's Pride Awards is an event held on 29 March 2022 to celebrate the role played by volunteers and community leaders. These are individuals that have gone the extra mile for their community, or a project that unites people of different backgrounds or working with organisations to benefit the community. I was one of eight judges and a community group that helped Cllr. Edgar Hill, The Right Worshipful the Mayor of the City and District of St Albans, to review over 300 nominations that covered 75 individuals, businesses, groups and projects.



There were eight categories and Leeanna's Wish and Caravanserai was finalist in the Cultural Innovation Award. This award is given to a person, group or project that has contributed to the arts, culture or sport, inspired creativity, or simply made St Albans and District a better place to live. St Albans Rainbow Trails were the winners in this category; congratulations to all finalists and winners.



April Poem

written by Sara Teasdale

The roofs are shining from the rain.
The sparrows twitter as they fly,
And with a windy April grace
The little clouds go by.

Yet the back-yards are bare and brown
With only one unchanging tree--
I could not be so sure of Spring
Save that it sings in me.

Minister's Corner

by Minister Urla Rollins

Active Lifestyle Members, Family, Relatives,
Friends and Colleagues Peace be unto you!

Greetings!

"God did this so that, by two I changeable things in which it is impossible for God to lie, we who have fled to take hold of the Hope offered to us may be greatly encouraged. We have this Hope as an Anchor for the soul firm and Secure." (Hebrews 6:18-19b, NIV, The Holy Bible).

The Grace of our Lord Jesus Christ be with all of you. Every Blessing!

THIS MONTH'S
NOTICEBOARD

HEALTH & WELLBEING

♦ **Diabetes** It's estimated around 5 million people across England are at risk of

developing Type 2 diabetes. Some of the risk factors are:

- Being overweight or obese
- Being inactive
- Having high blood pressure
- Having high cholesterol
- Having a close family member with Type 2 diabetes
- Giving birth to a baby weighing more than 9 pounds

You can establish if you are at risk of Type 2 diabetes by completing a short questionnaire called the *Know Your Risk Tool* which is available on the NHS website. You may be eligible for free support from the NHS Diabetes Prevention Programme. More information is available online here and there & a leaflet available to download. For further information please contact:

Email: info@preventing-diabetes.co.uk

Phone: 0333 577 3010

♦ **University Arts London, (UAL) St Albans Future Creative** is a new and growing venture for UAL. They provide inspiring art and design classes for young people 7 to 17 year olds after school, on Saturdays and during the holidays. Sandringham School, the Ridgway, St Albans, Herts. AL4 9NX

They help to explore young people's creativity outside of the classroom and help teenagers develop their skills for GCSES, A-levels and beyond.

If you have any questions, would like to get involved in teaching or recommend your local area as a Future Creative hub let us know.

Email: ualfuturecreatives@arts.ac.uk; Phone: 0207 514 7015

April Quiz

Question Time! Any Answers?

- Q1. On what date in April is St George's Day?
Q2. What is April's birthstone?



Q3. Which event made British news headlines on the 2nd of April, 1982?
Q4. On what date in April is the Queen's birthday?

Answers:
A1. 23rd of April
A2. Diamond
A3. Argentina invaded the Falkland Islands
A4. 21 April

April Word Search



B	Q	U	L	J	D	O	V	O	P	F	V	N	G	W
H	F	S	A	P	T	I	I	L	G	C	D	P	X	A
J	Q	A	M	Y	B	D	Z	K	I	T	E	N	L	L
P	M	I	X	Z	U	R	E	F	W	X	C	L	M	P
K	T	H	D	I	M	G	T	E	C	U	W	P	U	R
P	U	B	J	S	C	P	E	D	W	Z	A	M	P	O
L	G	R	T	S	Y	I	X	I	S	N	N	O	T	R
A	R	Z	D	U	N	L	R	Q	P	W	G	E	S	N
C	V	E	N	E	M	E	K	S	L	H	E	G	F	D
Q	V	W	R	T	Y	Q	U	Q	I	O	P	A	S	F
G	V	H	J	K	N	U	B	L	C	X	Z	P	O	I
U	L	Y	T	R	E	N	W	V	Q	A	S	D	F	G
B	H	S	B	L	I	D	J	E	L	P	M	B	V	T
R	E	W	S	G	Y	J	I	G	S	U	H	A	R	M
J	K	R	E	W	X	V	Y	K	P	M	U	Y	S	B

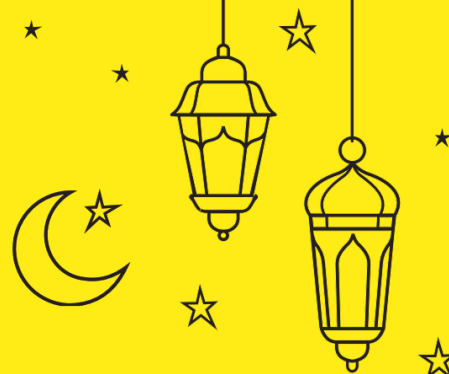
APRIL
UMBRELLA
SCHOOL
CLOUDS
CRCT

RAIN
BASEBALL
SPRING
WINDY
FLOWERS

SHOWERS
TESTS
RAINDROP
OUTSIDE
BLOOMING

Ramadan 7-a-Side Cup Tournament

8th May
2022



We are uniting all faiths within our community to come together to fight against hate and Islamophobia through a fun, competitive and free football tournament.

Age Groups:

Under 16's
Tournament
10am-1pm

Over 16's (Adults)
Tournament
2pm-5pm

Watford FC
Training Ground,
Bell Lane, London
Colney

For more information on how to register a team please contact karen.stephanou@watfordfc.com



COMPUTER FRIENDLY

Computer Friendly is pleased to have become a partner at: The Healthy Hub at the Civic Centre, St Albans

We will hold a Drop-In Session every
Wednesday morning 9:30-12:00, starting on 13th April 2022
This will replace the Thursday morning session at St Paul's Church

So we now offer the following Drop-Ins

In St Albans:

Wednesday 9:30-12:00 at the Healthy HUB, Civic Centre
Thursday 13:30-16:00 at Marshalswick Baptist Free Church
Saturday 14:30-16:00 at the Islamic Community Centre

In Harpenden:

Thursday 9:30-12:30 at the Quaker Meeting House

In Flamstead:

First Wednesday in the month 10:30-12:00 at The Spotted Dog

If you have any questions, call 01727 617359
(Mon, Weds and Fri 10:00-13:00)

or

Email courses@computerfriendly.org.uk

Web cfsta.org

