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Welcome to 2019! We wish you a wonderful start to a year of fulfilment.

We have lots of goodies planned to help you beat the After Christmas Blues, in particular our wonderful monthly **Yoga & Vegan Supper Clubs**, and a new series of **health walks** that finish with warming refreshments at Open Door.

Exciting news for this month is our **Quiz Night on 25th January**, which will be an evening with a difference. Bring your family and friends for a fun-filled night to re-invigorate your cerebral matter after all your festive indulgences. Details below.

## Emporium

*LAST DAYS!*

If you've not had a chance to visit our lovely display, you have **until 1pm this Saturday 5th**

to snap up some unique or delicious hand-made items.



# 'Faces and Places'

A photographic exhibition  
15th January to 2nd February



Join us for the first of the year's exhibitions on the theme of portraits and favourite locations. We've had some stunning submissions so far, such as this image of catkins and lichen in an ancient Argyll forest, taken by Louisa Stobbs.

We've also **extended the Submissions deadline to 8th January**, so please to share with anyone who might be interested. Check the [website Exhibitions page](#) for a copy of the Guidelines.

**Friday  
25th January  
7.30 pm**

**All Saints Church,  
Shrublands Road,**

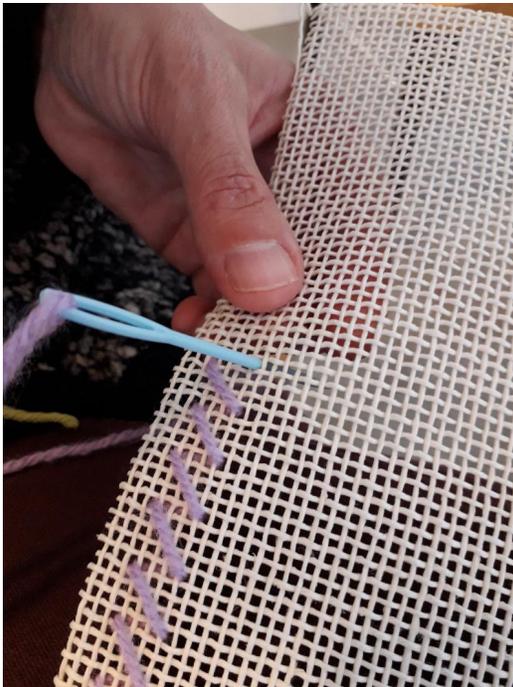
Berkhamsted



Come individually  
or book a table

Tickets £15 each,  
includes food  
(Bring your own  
alcohol)

Purchase via [opendoorberko@gmail.com](mailto:opendoorberko@gmail.com) or pop in to Open Door



## What's on in January?

In conjunction with the Hospice of St Francis, we're running the **Art Bag Project** on two dates. This is designed to be a relaxing way to connect and contemplate while creating, and finished items will form part of a public exhibition.

There'll be a Taster Session for Little Signers **sign language club** - a fun and popular activity for parents & carers of babies aged 5-18 months.

A new **evening gentle yoga** session is starting on a weekly basis for those who can't get to Open Door in the day-time.

The **needle felting** workshops were so popular in December that a new one is planned, in which you can make a bee brooch.

Details are also being finalised for the **photography club**, an ideal opportunity to learn more about camera settings for improved images.

### Interested in constructing or repairing things?

We are **gauging interest** in workshops for people who enjoy these types of practical activities. John McEwan will oversee the sessions, helping you to make anything from planters to furniture. Suitable for everyone. Please let us know if you'd be interested.

All details can be found at [What's On](#) on the website.

## Looking forward to February

Submissions are now being sought for 'Above and Below'  
- an exhibition of all media on the theme of sky and earth.  
Deadline is 21st January. Details available from the  
[Exhibitions page](#) of the website.

### *Volunteers*

We always need more help, so if you have any time spare to help us at Open Door on a regular or ad hoc basis (particularly on Saturdays), or any special skills to share, we'd love to hear from you, including offers for fundraising and arranging events.  
Thank you for all your wonderful support. It helps to keep the door open!

We are part of The Way Inn Christian Centre Trust, registered charity no. 1002449  
DISCLAIMER: We try at all times to keep information accurate and current,  
but please do check the website and social media for updates.

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