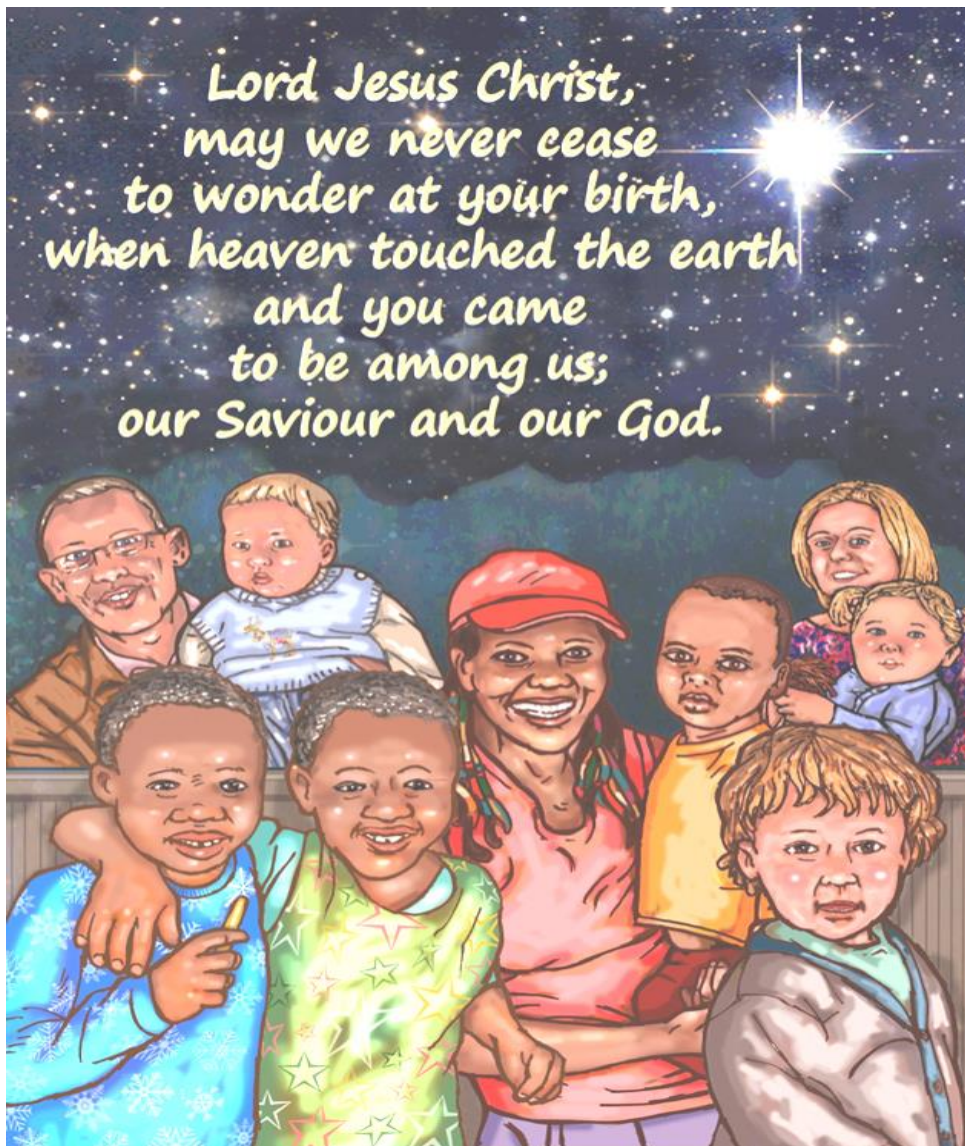


# Trinity Times

The Parish of Holy Trinity Church , Barkingside

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**Our Church is OPEN for Worship on**  
**Sundays at 10:30am**      **Wednesdays at 9:45am**  
(also on Facebook)

Please join us for Refreshments after our Services.

**Church is open for Private prayer on**  
**Mondays, Wednesdays & Fridays: 10am —12 noon.**

**Facebook Services:** Sundays - 10:30am. Parish Communion  
<https://www.facebook.com/Holy-Trinity-Barkingside-126325346912/>

**'Drop In'**  
**Every Tuesday**  
**9am—1pm**  
**Parish Hall**

**Tea, Coffee, Snacks**  
**Games and Crafts**  
**Good Company**  
**Friendships**

**Dear all,**

## **Wishing you all a peaceful and life-giving season of Advent!**

This year this special season comes as we continue to face challenging times in regards to the cost-of-living crisis, rising unemployment, and the biggest fall in living standards since records began. And there might be other things on your mind that keep you awake right now: Maybe you feel lonely; you might have lost someone dear to you; or you might feel not good about yourself. And, forgive me for being a little light-hearted now: **Oh dear, poor West Ham fans:** Declan Rice indicates he wants to leave the club as he seeks trophies and to play in the Champions League!

But I hope that whatever is going on around us and in our lives, we start tuning into something altogether much bigger that happens at the beginning of the Christian year: Whatever the darkness around, there is light that breaks into the shadows – there is hope of peace and salvation because of Jesus Christ.

**God is good, and I continue to be grateful for the goodness and blessings I see right in our midst.** This past month it seemed as if the Holy Spirit started to go on the move.



These are the things that stood out for me:

**1)** I am so touched by your wonderful generosity and heart: So many of you got involved in organising and packing Xmas shoeboxes and knitting scarves for the Ukraine – and more recently, brought in countless bags packed with foodstuff and Xmas crackers as part of our Reverse Advent Calendar collection which we brought to the Foodbank.

*And here is why I find this so encouraging:* The cost-of-living crisis is confronting us with one decisive question: “How do we respond as a church and as individuals?” “How do we reach out, and help, and make a difference?” Not long ago I claimed that if the way we live out our faith does not make a difference to the poor, to the marginalised and the oppressed, we are probably not living-out the “Good News”. And here we are: YOU are stepping in, responding and making a difference. Bless you all! Bless all who lead this!

Meanwhile, **2)** Holy Trinity signed up to provide a “Warm Welcome” “to support organisations to open their doors and provide a warm welcome for those struggling to heat their homes this winter”. Everyone who’s support was required to make this happen, immediately said: “I’m in. Yes, of course, I support this, and will do my bit.” It felt so good, and have to admit that the day our church went “live”, so to speak, on the “Warm Welcome’s” website (<https://www.warmwelcome.uk/>), I was full of joy. To me this is all about showing heart and saying to those in need: “You are welcome here – we are with you – we want to help.”

**3)** Last month another initiative relating to outreach for those in need sprang into action. It was on the heart of Jackie, Terry and Erica to gently revive the “Manna House ministry” in our church for a few hours per week for those who are struggling mentally. Now I have been saying that my role as vicar is to see and discern where God is on the move – where there is “life” – and then to support, empower and release. Well, of course this is what is happening here. And what a beautiful moment it was for me to see the beginning of this when I briefly visited and welcomed all during the first gathering.

So I continue to encourage all of you to share with me what is on your heart to grow the Kingdom of God, what vision dreams you have, what you noticed and where you think God was at work to start opening doors.

Meanwhile, my wife Kate and I have started to invite members of our congregation to fortnightly

Sunday afternoon tea & cake. These are really special occasions of building family and sharing joy (and if you have not yet come, we are thrilled to welcome you at some point!). One of them 4) involved some of our families & children, and Christine who leads this ministry. All I can say is that it was a glorious afternoon of fun and building family – somehow it felt like a profound moment and the presence of the Holy Spirit was tangible. We pray for growth in this area – it is on our heart to have a church full of families and babies, children, teenagers and young adults.

To move on, as always **I would like to ask you: How are you?** Are there any particular challenges in your life? We like to think of ourselves as belonging to one family – so please do contact me or anyone else on our wonderful team here at Holy Trinity church if there is anything I or we can do. And please rest assured that you are all in my prayers, and that we are trying to think about ways how we can offer practical help.

Our Gospel reading in Matthew 24:36-44 on Sunday, 27 November (1<sup>st</sup> Advent), asked us to “keep awake”. So here is my prayer for us during Advent: **I pray that we live a “caught-up life”, not a “put-off live”**, so that whatever happens, we are wide awake, watching for the Lord who never tires of coming to the world. I pray that we keep saying “**Come, Lord Jesus**” and leap into freedom and surrender where we discover the abundance of God, and open ourselves up for a newness that can break the tired patterns in our lives. I pray “Come, Lord Jesus”: We ask you to act in us and through us, more than we imagined. And I pray that for ourselves, and our journey together here at Holy Trinity in Barkingside.

Finally, we are saying goodbye to **our beloved Fr Andrew and his family**. We are so thankful for all he has done here at Holy Trinity and in our community. What a wonderfully humble man, what a gifted priest, and what a great friend he has become to many of us. He and his family will be in our prayers as they embark on a new journey with Andrew’s appointment as Priest in Charge of Maldon St Mary, Christ Church Latchingdon and Mayland St Barnabas.

But for now, and as always: **Thanks so much for who you are, and for all you do.** Wishing you a wonderful season of Advent, a joyful Xmas and then a peaceful time over the New Year. And of course: I am excited to seeing you at our celebrations and church services! And I cannot wait to continue our wonderful journey together in 2023. God is good, and he is calling us to do exciting things!

**All my blessings,**

**Fr Chris**

**C**arols sound throughout the land  
**H**eralding a special birth  
**R**ejoicing as from Heaven’s realm  
**I**mmanuel comes to bless the earth.

**S**o in the town of Bethlehem  
**T**he Saviour Jesus gently lies,  
**M**ary rocks the tiny child  
**A**s angels serenade the skies.

**S**hepherds told the awesome story  
**D**ivinity will now reside  
**A**s He who ruled in Heaven above  
**Y**et Lord of all comes as a child.  
*By Megan Carter*

### **Christmas Prayer**

Father,

Thank you for creating us and for loving us so much that you sent Jesus to become one of us and to be our way to you. This Christmas may we know the love, peace, comfort and joy that only You can give, no matter what our circumstances. And may we reflect Your light and love in this dark world to bring glory to You. In Jesus’ name. Amen.

*By Daphne Kitching*

## A heart for helping the people of the Middle East

There are numerous communities in the Middle East which, for one reason or another, find themselves excluded from the mainstream. They are the focus of the charity 'Embrace the Middle East', which supports more than 50 health, education and community projects through their partners on the ground.

Embrace the Middle East explains: "We enable and partner with the Middle East's Christians as they work to transform lives and restore the dignity of the most excluded and marginalised communities. Where there is a need – for refuge, a home, for health care, for education, for justice and human rights – we, with our partners, respond."

Embrace works with various groups in Egypt, Iraq, Israel, Lebanon, Palestine and Syria. If you would like to support people in need who live in the lands of the Bible, please visit: <https://embraceme.org>

## 160 years of healing in Nazareth

Jesus brought healing to Galilee, and nowadays the Nazareth Trust carries on this work through running one of the oldest hospitals in the Middle East.

The Nazareth Trust traces its roots back to 1861 and is now one of the largest Christian organisations in Israel. Located in Nazareth, the Trust engages with around 400,000 people a year, including patients and their families, nursing students, international volunteers, pilgrims, and tourists, as well as their staff.

In fact, the Nazareth Hospital is one of the oldest hospitals in the Middle East, and the largest in Nazareth. The hospital is run by the Nazareth Trust and began in 1861, when a young Christian doctor, Dr Kaloost Vartan, made the journey from Edinburgh to Nazareth, the hometown of Jesus, to establish a small four-bed clinic.

At the time, it was the only medical facility in the town, and as far as Damascus and Beirut in the north, and Jerusalem in the south. Dr Vartan carried out pioneering medical work, reaching out to a population with a very low life expectancy.

Today the Nazareth Hospital is a general hospital with Nazareth's main Emergency Room that works 24/7, ICU, a recently refurbished Path Lab, Orthopaedic Surgical department, General Surgical department, a Paediatric surgical unit, Urology Unit and Esthetic Clinic. There is also an extensive Medical department and Psychiatry department.

The Nazareth Hospital is one of the area's biggest employers. It is affiliated with Bar-Ilan University and is committed to developing medical education and research. Each year it welcomes many students of medicine, nursing and other medical fields from universities and colleges around the world.

The Trust would welcome your support. Please visit: <https://nazarethtrust.org>



The word Reunion brings to mind a gathering of military folk in a room full of prized trophies, flags, silver and cut glass and a very formal occasion with the inevitable speeches of a congratulatory manner.

But far simpler is a catch up between friends. In a way the sending of Christmas cards falls into this category. We get out the Christmas card list and start reminiscing of friends not with us since the list was last used, and the inevitable changes which have happened in people's lives. Hopefully we'll also be able to add some more names to our list with new friends.

I always enjoy writing my Christmas cards selecting appropriate cards for the recipients. I know costs of postage are rising, but I find this is a great opportunity to continue thinking of friends far and wide.

My son surprised me, telling of a reunion he recently had with some ex-colleagues, some now retired and others planning it. They had much to reminisce and being men it wasn't a coffee morning but a breakfast meeting which seemed very appropriate. It was unanimously decided this had been a good idea and next time they would invite more. So often ladies meet up for coffee but we don't often hear of the men doing this.

I too had a reunion recently of a group of friends who shared a love of Guiding and although now all retired remain good friends. It was a coffee morning of course, and there was much laughter and chat, catching up on each other's lives and reminiscing. There's always the "do you remember when?" opportunity as well. One or two were absent, but nonetheless these reunions will continue and give each other pleasure.

My sister has diligently remained in touch with friends from school days, and they try to have a reunion every year if possible. Most have moved away from their childhood homes and find themselves driving great distances for the get together, but there remains a desire to keep in touch.

I'm sure there are many people who remain in contact with maybe ex-work colleagues or friends with similar interests and have reunions. It does require some thought to make sure people aren't forgotten though, and are included in such gatherings.

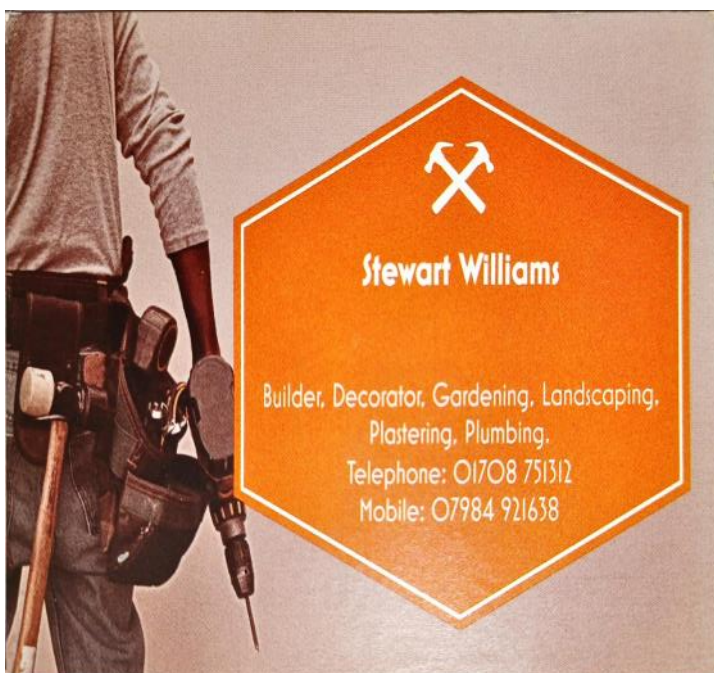
So as we look into another year, we're probably all glad to see the back of 2022 and look ahead in anticipation of better times and will continue to have our own reunions whether they are big or small.

### **Safe driving this winter**

The temperatures are dropping now, and if you are going away for Christmas, it is a good idea to nurture your car battery. Cold, damp weather can cause problems for it. The RAC recommends the following to take best care of your battery:

Before you switch off your engine at the end of a journey, turn off the lights, wipers, and heaters. This prevents any unnecessary drain on the battery next time you start the car. Check that everything is switched off before you turn on the ignition.

Avoid using the heater longer than necessary, as it puts high demands on the vehicle's battery. Check that you don't leave interior lights, satnavs or phone chargers connected. If possible, park in a garage.



### Protect our birds

This Christmas why not give the birds in your garden a Christmas present by joining the RSPB? More and more of our wild birds are disappearing, making the RSPB's work vital, to make sure that the birds we have grown up with and love remain a familiar sight for our children and future generations. More than 200 different kinds of wild bird live within our shores – why not help the RSPB to help them?

Visit: [www.rspb.org.uk](http://www.rspb.org.uk)

### Visiting Father Christmas

A mother took her young daughter to visit Father Christmas in his grotto at the garden centre.

He greeted the youngster merrily and asked: "And what would you like for Christmas?"

The little girl stared at him, open-mouthed with horror. "Didn't you get my email?!"

### Presents

December is the month when the children begin to discuss what to get Dad for Christmas. Some insist on getting him a shirt, others a pair of socks. But the argument always ends in a tie.

A little boy rushed home from school and said excitedly: "I got a part in the Christmas play!" "What part?" asked his mother. "I'm one of the three wise guys!"

Any astronomer can predict with absolute accuracy just where every star in the universe will be when the clocks chime midnight on Christmas Eve. He can make no such prediction about his teenage daughter. - *Anon.*

### New Year's Eve is coming soon...

The bagpipes are the missing link between music and noise. - *E K Kruger*

The inventor of the bagpipes was inspired when he saw a man carrying an indignant asthmatic piglet under his arm. Unfortunately, the man-made sound never equalled the purity of the sound achieved by the pig. - *Alfred Hitchcock.*

Bring not a bagpipe to a man in trouble. - *Jonathan Swift.*

I heard the bells on Christmas Day their old familiar carols play, and wild and sweet the words repeat of peace on earth, goodwill to men! - *Henry Wadsworth Longfellow*

If Jesus were born one thousand times in Bethlehem and not in me, then I would still be lost. - *Corrie ten Boom*

We must not have Christ Jesus, the Lord of Life, put any more in the stable amongst the horses and asses, but He must now have the best chamber. - *George Fox*

The hinge of history is on the door of a Bethlehem stable. - *R Sockman*

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**4<sup>th</sup> December:**

## **Osmond, an immigrant before Brexit**

Osmond is the saint for you if you regret Brexit, and believe that immigrants can bring good to Britain. Osmond came to England from France back in the days before EU regulations. It was shortly after 1066, and he was a Norman, following William the Conqueror.

Osmond himself was no soldier, but a gifted and godly man, with a great gift of administration. He became royal chaplain, and then chancellor in 1072, producing numerous royal letters and charters for the king. In 1078 he was made bishop of Salisbury. As such, he completed and consecrated the cathedral, and formed such an outstanding chapter and constitution that it later became a model for other English cathedrals.

Osmond took part in the preparation of the Domesday Book and was present when it was presented to William in April 1086. He died in 1099, well respected for his purity and learning, and his lack of avarice and ambition.

**6<sup>th</sup> December: St Nicholas, patron saint of children**

Father Christmas seems to be as old as Europe. Once he was Woden, lashing his reindeer through the darkness of northern midwinter. Then he encountered the Church, and She transformed him into a saint, the much-loved Nicholas, Bishop of Myra (in south-west Turkey) in the fourth century. St Nicholas became the patron saint of children and was given 6<sup>th</sup> December as his day.

Since the 6th century St Nicholas has been venerated in both East and West, though virtually nothing is known of his life. Some believe he may have been one of the fathers at the Council of Nicea (325), imprisoned during the Emperor Diocletian's persecution.

According to legend, Nicholas was an extremely generous man. He revived three schoolboys murdered by an innkeeper in a tub of pickles. He rescued three young women from prostitution by giving their poverty-stricken father three bags of gold. (Hence the use of three gold balls as the pawnbroker's signs.)

Over the centuries many people 'on the fringe', including children, sailors, unmarried girls, pawnbrokers and moneylenders have claimed him as their patron.

Perhaps it was on account of St. Nicholas' generosity that in recent centuries children began to write little notes sometime before 6<sup>th</sup> December, to tell him about the toys they specially wanted. These notes were then left on the windowsill at night - or else on a ledge in the chimney.

But St Nicholas Day chanced to lie in the magnetic field of a much more potent festival.... and after a time his activities were moved towards Christmas. Then in Bavaria the children still left their notes on the windowsill, but they addressed them to Liebes Christkind - Krishkinkle as they knew him - and the saint's part in the matter was simply to deliver the letters in heaven.

The most popular result of the cult of St Nicholas has been the institution of Santa Claus. He is based on Nicholas' patronage of children and the custom in the Low Countries of giving presents on his feast. Santa Claus has reached his zenith in America, where the Dutch Protestants of New Amsterdam (New York) united to it Nordic folklore legends of a magician who both punished naughty children and rewarded good ones with presents.





## What's in a (Christmas) Name?

What do your family call him, that cheerful old man in a red robe and floppy hat who pops up everywhere at Christmas? Sometimes he's Father Christmas, sometimes Santa Claus, and in parts of Europe he's Saint Nicholas. That's his real name, abbreviated to 'Santa Claus' by Brits and Americans who don't like to follow the Europeans, and then turned into a more homely, cuddly kind of name for the children. Whatever he's called, his function is the same – delivering presents to children at Christmas.

The first St Nicholas was bishop of Myra, in the country we now call Turkey, in the fourth century. He was known as the friend of the poor, and especially poor or abused children. At (or just before) Christmas he went around handing out presents to them, as well as rescuing some from dreadful circumstances. The red robe our modern Santa Claus wears may be a vague representation of a bishop's garment, and the floppy hat is his mitre!

The original good bishop from 1600 years ago is remembered by the Church on 6<sup>th</sup> December, and the lucky children in Belgium and the Netherlands get their presents then.

## 21<sup>st</sup> December: Winter Solstice

A Midwinter festival has been a part of life since pre-Christian times. When the hours of daylight are fewest, the warmth of the sun weakest, and life itself seemingly at a standstill, our ancestors, the pagan peoples of Europe and Western Asia, kept festival by lighting bonfires and decorating their buildings with evergreens.

Perhaps they believed that the dying sun could be enheartened by fire, and the life of the buried seed assured by the presence of evergreen branches.

With the advent of Christianity, the Spring gods became identified with Christ, and the birthday of the sun with the birthday of the Light of the World.

The early church father Tertullian did not approve of Christmas decorations. "Let those who have no light in themselves light candles!... You are the light of the world, you are the tree ever green..." But by the time of St Gregory and St Augustine, four centuries later, this had changed. Pope Gregory instructed Augustine not to worry about harmless outward customs, as long as the right God be worshipped through them. And so many Anglo-Saxon customs were never discarded, but simply endowed with a new significance.

By 1598 one John Stow of London wrote how: "Against the feast of Christmas, every man's house, as also their parish churches, were decked with holme, ivie, bayes, and whatsoever the season of the yeare afforded to be greene."

## POSADA

Just to let you know the Posada will begin its' journey around the High Street on 1st December. The Nativity Set will go from shop to shop, and to local Churches.

There will be **Carol Singing on the 16th in the Chequers at 4pm**, and the **Fairlop Oak at 4.45pm** before it continues on its way.  
**All are welcome.**



**Matthew 1:18 Joseph's dilemma**

*This is how the birth of Jesus the Messiah came about. His mother Mary was pledged to be married to Joseph, but before they came together, she was found to be pregnant through the Holy Spirit...."*

It is not clear at what point Mary told Joseph the news of her pregnancy, but when she did it came as a bombshell. What should he do, knowing the child was not his? Could her story be true? He was however a righteous man, and he sought God for direction rather than acting impulsively. God spoke to him through a dream, confirming that the child was conceived by the Holy Spirit, and this gave him the courage to stand by her, and take her as his wife. It was a brave decision, but he now knew that the child would be the One to save people from their sins.

It is easy when we have difficult decisions to make to be impetuous or hasty, but the best decisions are made slowly and with prayer. When you are making important choices ask God to guide you clearly, and to give you the courage to do what is right.

**Matthew 1:22 Long-awaited Immanuel**

*All this took place to fulfil what the Lord had said through the prophet: 'The virgin will conceive and give birth to a son, and they will call him Immanuel' (which means 'God with us')... And Joseph gave Him the name Jesus.*

The plan of salvation is intimately connected to the Old Testament, and was the fulfilment of prophecies made long ago. God was sending His Son into the world that we might be saved. God is with us – this astonishing, mind-blowing truth underpinned Joseph's straight-forward trust in Him. Today as you get on with your life, pray that the wonder of knowing that God is with you will never be far from your awareness.

**Luke 2:1-7 Bethlehem**

*In those days Caesar Augustus issued a decree that a census should be taken of the entire Roman world... so Joseph also went up from the town of Nazareth in Galilee to Judea, to Bethlehem the town of David, because he belonged to the house and line of David. He went there to register with Mary, who was pledged to be married to him and was expecting a child. While they were there, the time came for the baby to be born, and she gave birth to her firstborn, a son. She wrapped Him in cloths and placed him in a manger, because there was no guest room available for them.*

This is perhaps the most familiar picture we have of the Christmas event—but remember what was happening. This was no ordinary child. In Jesus God became a human being and dwelt among us, perhaps the greatest miracle (and mystery) of all. As you visualise the scene again, let worship arise in your heart: *'From heaven you came, helpless Babe, entered our world your glory veiled.'* Emmanuel, God with us! The Servant King, worthy of all our adoration and love.

LORD God, in this season please help me to live in the wonder of your upside-down Kingdom where your love for us compels you to become helpless, vulnerable and dependent. May your Kingdom come in and through my life today.

**Luke 2:8-12 The Shepherds arrive**

*And there were shepherds living out in the fields nearby, keeping watch over their flocks at night. An angel of the Lord appeared to them, and the glory of the Lord shone around them, and they were terrified. But the angel said to them, "Do not be afraid. I bring you good news that will cause great joy for all the people. Today in the town of David a Saviour has been born to you; he is the Messiah, the Lord.*

The first visitors are not VIPs but humble shepherds who have been summoned by an angelic visitor. For those who have eyes to see, there hidden in the manger beneath the blankets is the Son of God, the one sent by the Father to be the Saviour of the world. Very few of those crowded into Bethlehem that night were aware of what was happening. Only those with faith could recognise the arrival of the long-awaited Messiah. It is the same today.

Lord, I pray for eyes to see where the glory of Heaven touches earth. May I be alive today with the

truth that the Saviour, rescuer, King Jesus has been born 'to us' and that there is joy in this for all people. May my life reflect that glory even in a small way in my interactions with people, so that in this Christmas season the good news of great joy will be known.

### **Luke 2:13-15      Angel hosts**

*Suddenly a great company of the heavenly host appeared with the angel, praising God and saying, 'Glory to God in the highest heaven, and on earth peace to those on whom his favour rests.'*

The darkness of the Judean hillside was lit up by the appearance of a great angelic choir, messengers sent to herald the birth of the Saviour. Their song breaks the stillness of the night, first in praise of God for his act of mercy in sending the Son, and then in proclamation of the peace the child will bring to earth. The shepherds now decide to do the unthinkable -leave their flocks, and head off into town to see the new born King. Such is the drawing power of the Saviour. Sometimes there are things we too must leave behind if we are to follow his call, but whatever sacrifice is needed, it will be worth it just to find him for ourselves.

### **Luke 2:16-20      Mary ponders**

*So they hurried off and found Mary and Joseph, and the baby, who was lying in the manger. ... Mary treasured up all these things and pondered them in her heart. The shepherds returned, glorifying and praising God for all the things they had heard and seen...*

The shepherds became the first evangelists, proclaiming the good news... That was their response, and it should be ours too. But for Mary there followed a time of reflection. Exuberant witness and quiet contemplation are not opposites. They are in fact good companions in the spiritual life.

Thank you, LORD Jesus, that you are still found when we search for you. May I be willing to share the discovery I've made with others at this time. But I also want to know you better in my inner life, too. Please give me that balance of active following and heart-pondering reflection, especially in this Christmas season.

## **26<sup>th</sup> December: St Stephen – the first martyr**

Have you ever stopped to consider that the very first martyr of the Christian Church was a deacon? (But no, he wasn't worked to death by his church.) It was Stephen, one of the first seven deacons of the Christian Church. He'd been appointed by the apostles to look after the distribution of alms to the faithful poor, and to help in the ministry of preaching.

Acts 6 and 7 tells us all that we know of his life, and the passages seem to suggest that he was an educated Hellenistic Jew. Certainly, Stephen's famous challenge to the Jews reveals him to have been learned in the Scriptures and the history of Judaism, besides being eloquent and forceful.

Stephen's proclamation on the day of his martyrdom pulled no punches. He told the Jews that God did not depend on the Temple. The Temple was but a temporary institution destined to be fulfilled and superseded by Christ, who was the prophet foreseen by Moses as the Messiah for whom the Jewish race had so long awaited.

Stephen then challenged his hearers for resisting the Spirit and for killing the Christ, as their fathers before them had killed the prophets. The Jews were so outraged by this that they stoned Stephen on the spot for blasphemy.

As he died, (c 35 AD) Stephen saw a vision of Christ on God's right hand. The men who were witness to the stoning placed their clothes at the feet of Saul (afterwards Paul), who (to his deep regret later) consented to Stephen's death.

By the fourth century Stephen had his own feast day in both East and West Churches. When his supposed tomb was discovered in 415, his popularity soared. His (supposed) relics were taken to Constantinople and then Rome, along with some stones (allegedly) used at his martyrdom.

Early on the Church made Stephen the patron saint of deacons. In the late Middle Ages he was also invoked to help against headaches (?!).

In England, 46 ancient churches are dedicated to him, most of them built after the Norman Conquest. In art Stephen is usually given a book of the Gospels and a stone, and sometimes the palm of martyrdom.

Holy Trinity with St Laurence,  
Barkingside Branch

Telephone No: 020 8504 3500

email address:  
mothersunion@holytrinitybarkingside.org.uk



### Dear Friends

It is so lovely for the members of the Mothers' Union at Holy Trinity Church, Barkingside and St Laurence Church, Barkingside to again be able invite you, your members and friends to our

**Annual Festival of Readings and Carols which will be held at Holy Trinity Church, Mossford Green, Barkingside, IG6 2BX at 2p.m. on Tuesday 13th December 2022.**

**Tea and mince pies will be served after the service in the Parish Hall.**

This invitation is open to all whether you are a member of Mothers' Union or not and please feel free to bring a friend. For catering purposes, it would be appreciated if you could let us know via the above contact email, telephone or postal address how many of your members are likely to be attending.

We do hope you can join us and look forward to seeing you on this joyous occasion.

God Bless

**Maxine Paul     Branch Secretary.**

### Mothers' Union partners campaign against domestic abuse

Mothers' Union has teamed up with Women's Aid in a campaign to help draw attention to end domestic abuse.

The campaign aims to highlight the fact that 1.6 million women in England experience domestic abuse every year. Three women are killed each fortnight by a current or ex-partner. And one in every seven children will have to live with domestic violence at some point in their childhood.

As Bev Jullien, CEO of Mothers' Union, says: "It's what happens behind closed doors which is so very worrying. Domestic abuse takes many forms. As well as the bruises and violence, which is absolutely shocking, it's restricting access to money, it's tracking your partner online, it's controlling who they speak to. It's very much about exercising power over those who are closest to you. Of course, the longer it continues, the more impact it has on any children in a relationship as well.

"God created man and woman as equal. He teaches us to love one another, and those core principles should lead us all to be in healthy relationships and help others to be so too."

More details at: <https://www.mothersunion.org/partnerships/womensaid>

## New £15 million fund to help churches with energy bills

The Church of England is to provide £15 million for dioceses to help churches struggling to pay their energy costs.

The Energy Costs Grant will be distributed to dioceses to enable them to help Parochial Church Councils (PCCs) cover the increased cost of heating and lighting church buildings this winter.

Dioceses will also be able to use some of their fund allocation to make additional targeted hardship payments for clergy and other employed ministers to cover household bills, in particular energy costs.

The new funding comes after £3 million was made available earlier this year by the Church of England for dioceses to distribute to clergy and lay ministers who are facing a particular hardship because of the cost-of-living crisis.

The Energy Costs Grant is accompanied by [information](#) aimed at helping churches to become more energy efficient and reduce their carbon footprint.

John Spence, Chair of the Archbishops' Council Finance Committee, said: "The Government has announced welcome support for non-domestic energy users including voluntary sector organisations such as PCCs.

"But, in spite of this, our churches still face the challenge of significant rises in their energy bills over this winter, and that is why we are announcing the Energy Costs Grant which will be in addition to Government support. We will keep the situation under close review throughout the winter."

## The man who gave us safe milk and saved the silk industry *Tim Lenton*

Two hundred years ago, on 27th December 1822, the French biologist, microbiologist and chemist Louis Pasteur was born. One of the fathers of germ theory, he was best known for the pasteurisation process, which is named in his honour.

At school he was not an outstanding student, his favourite subject being art. But he eventually became a professor of chemistry first at the University of Strasbourg, where he met his wife Marie, and then, in 1854, at the University of Lille, where he was also dean of the science faculty.

A Roman Catholic by birth, he was said to have retained strong beliefs in God and eternity, – saying that studying nature led to his amazement at the works of the Creator. But he rarely attended church, saying that he prayed while working in the laboratory.

His achievements were many and varied, though after his death some doubt was cast on his methods and his failure sometimes to attribute the work of other scientists. He is best known for the now familiar process of pasteurising milk, removing harmful bacteria, but he also developed vaccinations for anthrax, TB and rabies. He also created, in 1865, a method of eliminating microbes that attacked silkworm eggs and was said to have helped save the silk industry as a result.

In 1868 he suffered a stroke and became partially paralysed, but he was able to continue his work. In 1885 he vaccinated a boy who had been bitten by a rabid dog: the success of this brought him fame and led to fundraising and the building of the Pasteur Institute in Paris in 1888. He died in 1895.

## The story behind the hymn: Good King Wenceslas

Each year at Christmas we sing about good King Wenceslas looking on the Feast of Stephen... ever wonder who on earth he was? Here are three of the five verses...

*Good King Wenceslas looked out on the Feast of Stephen  
When the snow lay round about, deep and crisp and even.  
Brightly shone the moon that night, tho' the frost was cruel  
When the poor man came in sight, gathering winter fuel...*

*Bring me flesh and bring me wine; bring me pine logs hither;  
Thou and I will see him dine when we bear them thither.  
Page and monarch forth they went, forth they went together,  
Through the rude winds' wild lament, and the bitter weather...*

*In his master's steps he trod where the snow lay dinted;  
Heat was in the very sod which the saint had printed.  
Therefore Christian men, be sure wealth or rank possessing,  
Ye who now will bless the poor, shall yourself find blessing.*

This carol was 900 years in the making... and started with a brutal murder in Bohemia.

For Wenceslas was a real person, the Duke of Bohemia, who lived in the early 10<sup>th</sup> century. He seems to have been a rare ruler, in that he was just and had compassion for the poor. His goodness made him enemies, and when he was only 22, he was assassinated on the steps of a church in Prague in 935.

But that was not the end of Wenceslas. Deeply mourned by the common people, he was soon considered a martyr and a saint. A cult of Wenceslas grew up in Bohemia, influencing the High Middle Ages idea of the *rex Justus* – or 'righteous king' - that is, a monarch whose power stems mainly from his great piety.

The story of Wenceslas came to England sometime before 1853, when Queen Victoria's envoy to Stockholm sent some rare books to a friend, John Mason Neale, Warden of Sackville College, East Grinstead. Here Neale found the story of Wenceslas in an ancient poem by Czech poet Václav Alois Svoboda. Neale published his translation as a carol in 1853. He made the 'Duke' into a 'King', as a later Pope had conferred the regal title on Wenceslas.

The carol tells the poignant story of a young king and his page braving harsh winter weather in order to bring food, wine and fuel to a poor peasant on the Feast of St Stephen (26 December). The journey is terrible, and the page only gets through by following in the king's footprints, step by step, through deep snow. There are themes here of following Christ, through suffering, to do good to the poor.

If the story is ancient, so is the melody that Neale chose for his carol - it goes back to Finland in 1582.



## 25<sup>th</sup> December: The history of Christmas

The Bible does not give a date for the birth of Jesus. In the third century it was suggested that Jesus was conceived at the Spring equinox, 25<sup>th</sup> March, popularising the belief that He was born nine months later on 25<sup>th</sup> December. John Chrysostom, the Archbishop of Constantinople, encouraged Christians worldwide to make Christmas a holy day in about 400.

In the early Middle Ages, Christians celebrated a series of midwinter holy days. Epiphany (which recalls the visit to the infant Jesus of the wise men bearing gifts) was the climax of 12 days of Christmas, beginning on 25<sup>th</sup> December. The Emperor Charlemagne chose 25<sup>th</sup> December for his coronation in 800, and the prominence of Christmas Day rose. In England, William the Conqueror also chose 25<sup>th</sup> December for his coronation in 1066, and the date became a fixture both for religious observance and feasting.

Cooking a boar was a common feature of mediaeval Christmas feasts, and singing carols accompanied it. Writers of the time lament the fact that the true significance of Christmas was being lost because of partying. They condemn the rise of 'misrule' – drunken dancing and promiscuity. The day was a public holiday, and traditions of bringing evergreen foliage into the house and the exchange of gifts (usually on Epiphany) date from this time.

In the 17th century the rise of new Protestant denominations led to a rejection of many celebrations that were associated with Catholic Christianity. Christmas was one of them. After the execution of Charles I, England's Puritan rulers made the celebration of Christmas illegal for 14 years. The restoration of Charles II ended the ban, but religious leaders continued to discourage excess, especially in Scotland. In Western Europe (but not worldwide) the day for exchanging gifts changed from Epiphany (6<sup>th</sup> January) to Christmas Day.

By the 1820s, the significance of Christmas was declining. Charles Dickens was one of several writers who sought to restore it. His novel *A Christmas Carol* was significant in reviving merriment during the festival. He emphasised charity and family reunions, alongside religious observance. Christmas trees, paper chains, cards and many well-known carols date from this time. So did the tradition of Boxing Day, on 26<sup>th</sup> December, when tradesmen who had given reliable service during the year would collect 'boxes' of money or gifts from their customers.

In Europe Santa Claus is the figure associated with the bringing of gifts. Santa Claus is a shortening of the name of Saint Nicholas, who was a Christian bishop in the fourth century in present-day Turkey. He was particularly noted for his care for children and for his generosity to the poor. By the Middle Ages his appearance, in red bishop's robes and a mitre, was adored in the Netherlands and familiar across Europe.

Father Christmas dates from 17th century England, where he was a secular figure of good cheer (more associated with drunkenness than gifts). The transformation of Santa Claus into today's Father Christmas started in New York in the 1880s, where his red robes and white beard became potent advertising symbols. In some countries (such as Latin America and Eastern Europe) the tradition attempts to combine the secular and religious elements by holding that Santa Claus makes children's presents and then gives them to the baby Jesus to distribute.



At Christmas time when I was small  
We placed the figures in the stall  
(Mary, Blessed Babe and All),  
Made calendars for, kitchen walls,  
And decked our tree with shiny balls.

On Christmas Eve beside the fire,  
We gathered round the wicker chair  
To hear our mother's mother read  
Of sugar-plums that danced in air,  
Of moonlight on new fallen snow  
And this we knew – as children know –  
Was evidence of love below.  
The great high arc of heaven's dome,  
Of Christmasses secured by home.

The cold – a stabbing, piercing knife.  
The stars – small dazzling flecks of light  
Our breath rose up up in columns white,  
And Oh, the still of Christmas night !

I ask myself – what did it mean  
The stockings, tinsel, branches green,  
The smell of oranges and pie,  
The wreaths, the bells, the winter sky,  
Where once a star shone for the Child,  
Whose birth we hailed with praises mild,  
While overhead the Milky Way  
Was passage for Old Santa's sleigh.

We still hang up the mistletoe  
My children's faces rosy grow,  
Their boots squeak on the hard-packed snow,  
Their eyes with eagerness will glow,  
And I'm the only one who'll know,  
That it was different long ago.

The only thing that's changed is me.  
It's hot a fir with lights I see,  
For only God can make a tree –  
This is what I see –  
And children's eyes can only be  
Small windows on eternity.

And so with gifts, and cousins small,  
And so with garlands in the hall,  
And firelight's shadows on the wall –  
God's handiwork, that's all.

Yet in this season of our joy  
There are those who feel a toy  
Is all that matters – not The Boy,  
Whose praises we should all employ,  
Lest man all brotherhood destroy.  
Come, take your stand – decry the whim  
That turkeys, gifts and greetings slim  
Define the core – they are the rim  
And but the glossy surface skim  
For in our hearts we kneel to him.

Camilla R. Bittle

## Mary

As Jesus' mother, Mary plays a crucial part in the Christmas story. It begins with Gabriel's visit to her: *'Do not be afraid, Mary, you have found favour with God. You will conceive and give birth to a son, and you are to call Him Jesus.'* (Luke 1:30,31). This conversation takes us straight to the heart of what Christmas is all about. God was doing something unique, that had never happened before! *'God was beginning, at this divine and human point, the New Creation of all things. The whole soiled and weary universe quivered at this direct injection of essential life.'* (CS Lewis).

This child unites heaven and earth: the eternal God entered time and space and became a baby, both a real human being and fully divine. It reminds me of the sci-fi film *Fantastic Voyage* (1966) in which a team of surgeons are shrunk to the size of blood cells and injected into the veins of a patient to perform lifesaving surgery. The Christmas message affirms that God has entered the bloodstream of humanity to put things right with Him on the inside. We can know Him personally and make sense of His world.

God chose an unknown, frightened teenage girl to bring about this new beginning for the world. Her response is the pattern for us, as we welcome God's special gift into our lives this Christmas: *"I am the Lord's servant," Mary answered. "May your word to me be fulfilled."* (Luke 1:38).

Mary gave an unqualified Yes to all that God wanted to do in her life. It was a costly decision, which risked both shame and scandal. Yet she was ready to obey God and trust His plans for her life, despite her many questions. Is the same true for us this Christmas?





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## **Congratulations to Kathleen Harvey, on the Celebration of her 90th Birthday.**

Kath remembers so much of the “Old Barkingside”, and the “open streams” along Cranbrook Road, the “Moss” river along Mossford Green, and the stream crossing at “the Wash” at Valentine’s Park.

Until recently she was an avid walker with the London Explorers Club, and is still a regular member of the local National Trust Association, visiting N T properties and Christmas Lunches.



## **Are YOU ready to do your duty? REDBRIDGE NEEDS YOU !**

### **Are You**

- • A Kind Person
- • Well Organised?
- • Computer Literate
- • Confident on the telephone?

**YES?**

**Then Redbridge residents need YOU!**



## **REDBRIDGE VOLUNTARY CARE**

Registered Charity No. 278495



Is an award-winning charity, run by local people. Our volunteers act as “good neighbours” and, as we know, ‘everyone needs good neighbours’! They drive people to appointments, help with shopping, filling in forms and sit with vulnerable people to give their carers a break.

### **WHAT DO WE NEED?**

We need Volunteer Co-ordinators to take calls, read emails, and match volunteers to the people who have requested help. We need people like you.

### **HOW MUCH HELP DO WE NEED?**

No regular commitment is necessary, just a willingness to take and make calls from time to time.

**More details at:-**

**[Volunteer Co-ordinator at Redbridge Voluntary Care : Redbridge CVS](#)**

### **HOW DO I GET INVOLVED?**

**Telephone: 020 8514 0980.**

**Email: [redvolcare@gmail.com](mailto:redvolcare@gmail.com)**

**Website: [www.redbridgevoluntarycare.co.uk](http://www.redbridgevoluntarycare.co.uk)**

**[Volunteer Co-ordinator at Redbridge Voluntary Care : Redbridge CVS](#)**

**One of our friendly volunteers will be happy to discuss how you can help.**

**[Volunteer Co-ordinator at Redbridge Voluntary Care : Redbridge CVS](#)**

## Wordsearch

Christmas is nearly here! Two thousand years ago the Jews were longing for the coming of their Messiah. The Old Testament had promised that when He came, He would preach good news to the poor, bind up the broken hearted, proclaim freedom for the captives and release from darkness for the prisoners, proclaim the year of the Lord's favour, comfort all who mourn and to bestow on his people a crown of beauty instead of ashes. Jesus did all those things.

*He was and is the Son of God, and whoever has seen Him has seen the Father. Whoever believes in Him will have the best gift of all – His Spirit within them, which gives them eternal life.*

Messiah	Crown
Broken	Beauty
Heart	Ashes
Freedom	Son
Darkness	God
	Jesus
Favour	
Prisoners	Seen
Comfort	Father
Mourn	Whoever
Bestow	longing
	thousand

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

## CRIME PREVENTION ADVICE



**We urge members of public to be vigilant when out and about!**

**Unknown individuals distraction techniques to get what they want.**

- "This can involve bumping into victims - something which causes them to be flustered and unaware someone has stolen from them. Or it can involve working in pairs with one person distracting the victim while the other steals from them.
- "It's worth making sure you read the tips below in order to best prevent yourself from becoming a victim and making sure any elderly people in your life are aware of these tips as well."
- Attach a bell to your handbag so you can hear if it is moved
- Never hang your handbag on pushchairs or shopping trolleys
- Keep your bag firmly closed, with the flap against your body
- Remember thieves can use cards to make contactless purchases, so report the loss of your cards immediately to the card issuers
- Protect your pin when using your card or withdrawing money from an ATM, and do not keep your pin number in your handbag or purse
- If you feel you're being watched or someone is acting suspiciously, inform the store security or customer service desk
- Check your car for any obvious signs of damage prior to driving away and once inside, ensure doors are locked and windows closed
- If someone knocks on your car window, do not open it, or get out of your car. Either pick up your mobile phone to give the impression you're calling for help or start driving away slowly
- If you have witnessed, been a victim of crime or want to report an incident, please call 101 or report online at <https://www.met.police.uk/ro/report/ocr/af/how-to-report-a-crime/>
- Always call 999 in an emergency and where a crime is in progress, or someone is in danger. Alternatively, if you wish to remain anonymous, call Crimestoppers on 0800 555 111.
- For more crime prevention advice visit <https://www.met.police.uk/cp/crime-prevention/>



The Rectory  
St James the Least

My dear Nephew Darren



### On giving the after-dinner speech

I have been slightly surprised that in your ministry so far, you have never been asked to give an after-dinner speech. Now you have delivered your first one, I can understand why. Speeches after any dinner come at the point where stomachs are dealing with a little too much food and brains with about the same quantity of wine. They should be short and witty; yours was neither.

An hour-long speech on the Herodians and Second Temple Judaism at the time of the birth of Christ was not quite what we had expected. I applauded your enthusiasm, but I was the only one; the rest of them were asleep. Long after you had left, the catering staff gently vacuumed the carpets around the audience, and it was only when the night security guard arrived that the last diners were woken and politely sent home. I suspect you will have put many marriages under strain as husbands, returning home in the early hours of the morning, had to explain to wives why they were so late. Their truthful answers would have been unbelievable.

When the head waiter appeared in a dressing gown and started placing chairs on tables, even you must have suspected that hints were being dropped and I have never heard of a hotel manager interrupting a speech to place his keys on the top table and asking if the last person to leave would kindly lock the main door.

I know that your clerical attire is more usually T-shirt and jeans, but borrowing the curate's dinner suit from your next-door parish was also not a good idea. He is a foot taller and several stones heavier than you. The result was quite worrying – several people wondered if you had just recovered from some dreadful disease that had made you shrink.

In the light of your qualified success, thank you for offering to come to repeat your speech after our annual Christmas dinner, but no thank you. The verger's son wants to share with us how many potholes he has counted in and around the town, and that should be most interesting.

**Your loving Uncle**

**Eustace**



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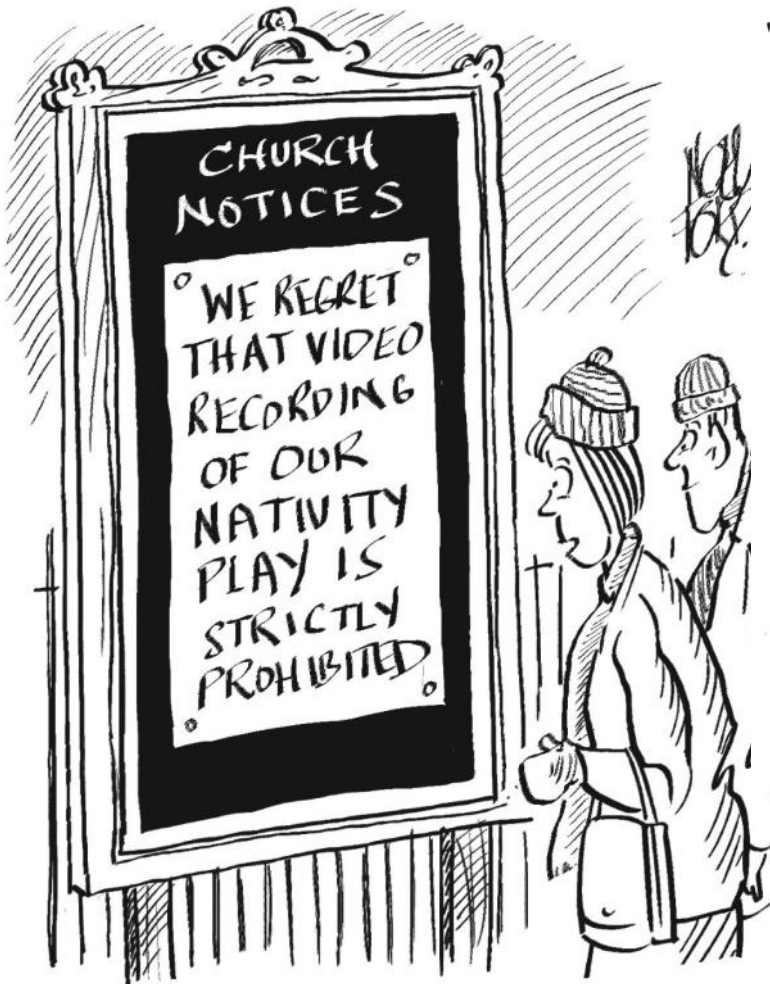
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**Tuesdays 9:00-13:00**  
**Wednesdays 10:30-12:00**  
**Fridays 10:00-12:00**



Rodney didn't know how she'd got in, but she seemed keen to audition for the nativity play...



"Does anyone have a light, please?"



"The vicar's still miffed that one of the parents got £250 from You've Been Framed for their video of last year's nativity play."



Barry was secretly proud of his part in the Nativity play



"Of all the cheek! Rides up on his sleigh in his flashy red suit, pushes to the front of the queue to the stable shouting 'Ho! Ho! Ho!'... who DOES he think he is?!"





**The New Essex Choir**

*presents:*

## *A Festive Farrago*



5:30pm on Saturday 10th December 2022

at

The Drive Methodist Church, Ilford, IG1 3PP

### **TICKETS**

Standard:	£12.00
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*~ Conductor: Tom Rodgers*

*~ Accompanist: Janet Balda*

For tickets or enquires please telephone 020 8550 5303  
or visit [www.newessexchoral.org.uk](http://www.newessexchoral.org.uk)



### **DO YOU ENJOY SINGING?**

Been caught singing along to your favourite song and told you have a nice voice?

Sang at school but haven't made music with others for a long time?

**HAVE YOU EVER THOUGHT ABOUT JOINING A CHOIR?**

**If not, why not? It's a great way to make new friends.**

Plus, the health and well-being benefits are wide-ranging!  
Boosting your confidence, increasing your lung capacity and just making you feel better!  
Making music together is an enjoyable activity - what more could you want?!



New Essex Choir is your local choir and we would love you to add your voice to ours this year.



There is no audition process and no requirement to read music. Those who do will help you and we provide learning tracks for all singers.

We meet most **Friday evenings at 7:30pm** during term-time at Barkside Methodist Church, Fremantle Road, IG6 2AZ.

All you need to do is to give us a "spin" and see what we're about. Visit our website: [www.newessexchoral.org.uk/join-us](http://www.newessexchoral.org.uk/join-us) for more info. Alternatively call 020 8550 5303 to speak to someone real!

**Interested?** Please email [info@newessexchoral.org.uk](mailto:info@newessexchoral.org.uk) to plan your visit.



You might just find we strike a positive note with you!



## **It takes a special person to care for a special person.**

Gloria Samuel, Interim Head of Service for Fostering and Children with Disabilities Services in Redbridge Council, previously fostered for 20 years. Many of the children she cared for had physical and learning disabilities. Now retired from fostering, Gloria states "I don't think potential foster carers realise just how much training and support is available when looking after children who happen to be disabled or have additional needs. There are many different care packages offered to support the child and foster carers fully and the training involved is outstanding".

**If you are considering fostering and would like to know more, please email [fostering@redbridge.gov.uk](mailto:fostering@redbridge.gov.uk) or call us on 020 8708 6068.**

**We can't wait to hear from you!**



## GENERAL ENQUIRIES

Parish Office, Holy Trinity Church  
Mossford Green, Barkingside  
Ilford, Essex. IG6 2BX

*Monday, Wednesday, Friday: 10 am – 12 noon  
(07478 187 010)*

[parishoffice@holytrinitybarkingside.org.uk](mailto:parishoffice@holytrinitybarkingside.org.uk)

## HALL LETTINGS

[hallbookings@holytrinitybarkingside.org.uk](mailto:hallbookings@holytrinitybarkingside.org.uk)

(please note that halls are not generally available for wedding receptions or parties for children over 11 years)

## BAPTISMS, WEDDINGS & FUNERALS

please contact:

**Rev Dr Chris Szejmann**

**020 8637 4859** to arrange an Interview

## Parish Safeguarding

**We are committed to Safeguarding Children, Young People, Victims / perpetrators of Domestic Abuse, and Vulnerable Adults.**

The PCC has adopted the Church of England's policies and best practice on safeguarding which may be found on the Church of England's website:

<https://www.churchofengland.org/more/safeguarding>

**Our Parish Safeguarding Officer is Mr. Kaye Larbi, who may be contacted at church or by email:**

[psr@holytrinitybarkingside.org.uk](mailto:psr@holytrinitybarkingside.org.uk)

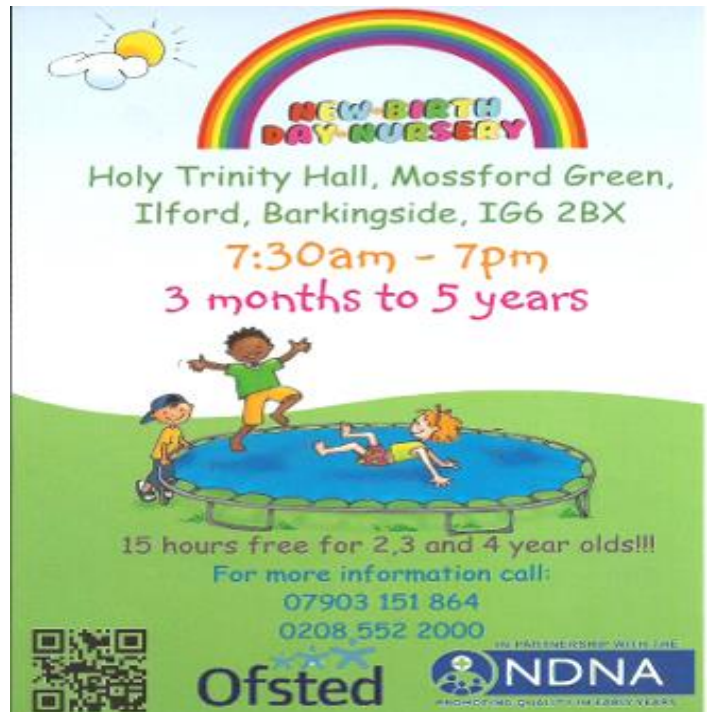
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– normally open: Mon, Wed, Fri 10 am – 12 noon

e-mail [parishoffice@holytrinitybarkingside.org.uk](mailto:parishoffice@holytrinitybarkingside.org.uk) or phone **07478 187 010**

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The Vicarage, 36 Mossford Green, IG6 2BJ  
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[priest@holytrinitybarkingside.org.uk](mailto:priest@holytrinitybarkingside.org.uk)

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**Assistant Curate:**

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[andrew.appiah@holytrinitybarkingside.org.uk](mailto:andrew.appiah@holytrinitybarkingside.org.uk)

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[chrisstoneham1@gmail.com](mailto:chrisstoneham1@gmail.com)

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**Sacristan / Verger:**

(& Organist) Mary Fabb - 020 8550 9694

**Deputy Wardens:**

Maxine Paul, Paul McKenzie

**Church Treasurer:**

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## PARISH DIARY

**Every Tuesday 9am - 1pm 'Tuesday Morning Drop In'**  
Parish Hall (continuing weekly).

**3rd Dec Sat - 5pm - Church Christmas Party !!!**  
**4th Dec Sun - 6:30pm - 'Carols by Candlelight' - with Fairlop Brass Band**  
**9th Dec Visit(s) by Gilbert Colvin school**  
**10th Dec Sat - 10am - Carol Singing outside The Chequers**  
**10th Dec Sat - 5:30pm - "Christmas Farrago" - New Essex Choir**

**21st Dec Wed - 7:30pm. "Blue Christmas"**  
**24th Dec Sat - 3pm - Christingle Service especially for children, but all are welcome.**  
**11:30pm - Midnight Mass**

**25th Dec Sun - 10:30am - Christmas Day Service**  
**27th Dec Mon - 11am - Possibly a walk around Fairlop Waters.**

**2023**

**22nd Jan Sun - 4pm - Christian Unity Service - Barkingside Methodist Church**

**18th Feb Sat - Quiz Evening - in support of Christian Aid.**