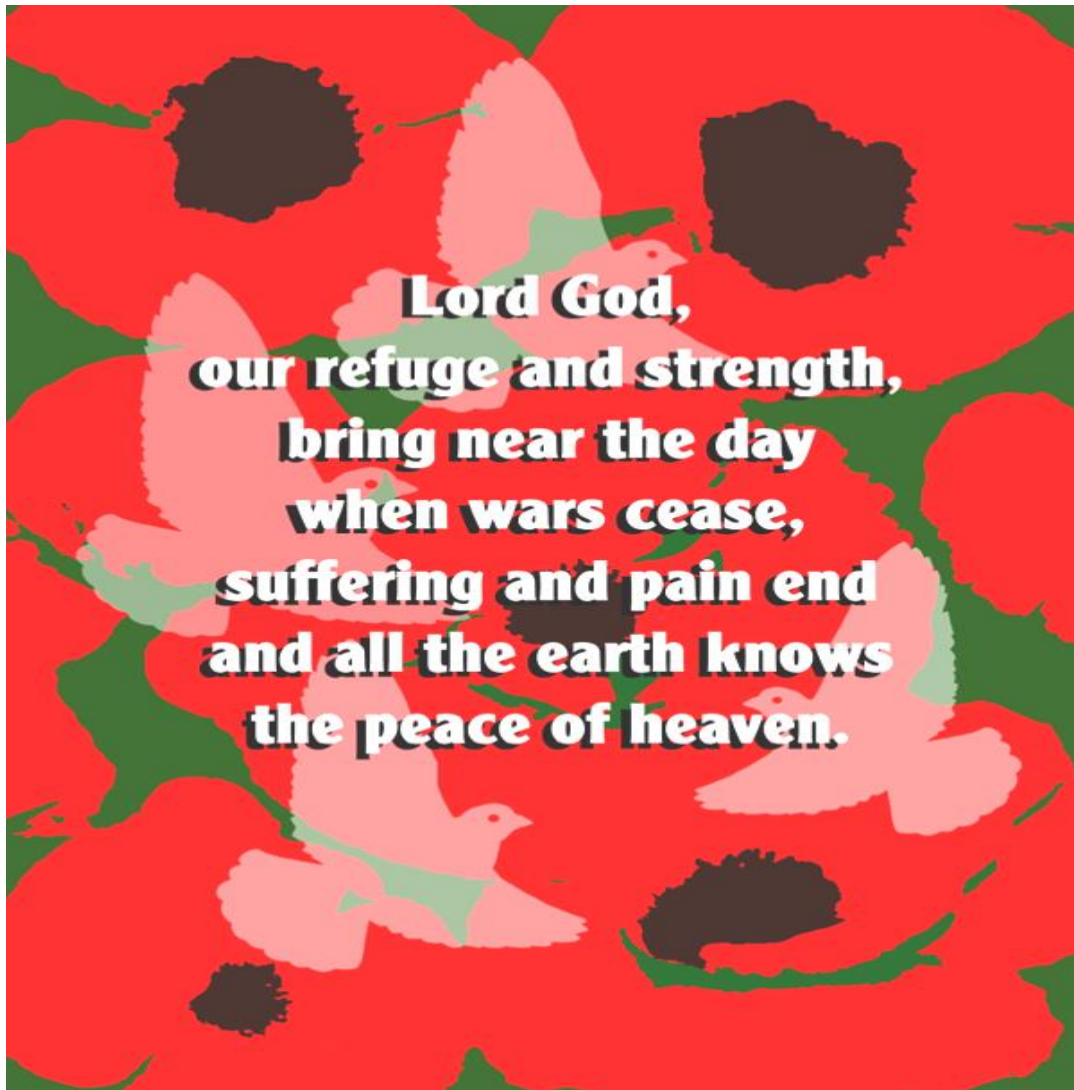


# Trinity Times

The Parish of Holy Trinity Church , Barkingside

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**Dear All,**

I hope this letter finds you well, even though we continue to face challenging times in regards to the cost-of-living crisis and so many other things. It is good that despite all this, **the wonderful British humour remains**: Matt Hancock thinks that this is the right time to join a TV 'jungle reality show'.

More seriously, **something happened to me recently that caught my attention** – and I think that it is of relevance to all of us as we embark on a new journey together. Earlier this month I met a couple who were distressed about the death of their young relative.

They were looking for a church for his funeral. I was very touched by their situation, and simply following my instinct, decided to break a previous 'taboo' and move the Wednesday Mass from 9:45am to 9:00am to allow the funeral take place in our church. What then happened made a huge impact on me: During the funeral in our church, the burial at the cemetery, and the wake in our Parish Hall, I felt a powerful outpouring of God's grace onto the grieving family and friends – a special blessing of love, compassion and peace. Witnessing it and being part of it was a wonderfully profound experience – and I thank the Wednesday congregation for all loyally turning up at 9am and allowing this to happen.



It felt special that we were able to be a vehicle of blessing to others – and it felt to me as if **God was showing what incredible blessings might be in store for us if we allow him to disrupt us and follow the Holy Spirit**. It was like a wake-up call not to go through the day 'head down', buried in routine and oblivious of God at work around us. Instead, I want to be intentional in being more aware of the Holy Spirit who moves freely and often in unexpected ways. More or less all stories in the Bible consist of God interrupting people like us in ordinary life, leading to powerful encounters, journeys with God, blessings and healing. "I pray that we allow God to interrupt us; I pray that we have a heart of compassion; and **I pray that God takes us on a journey.**"

All this makes clear that my priority as vicar is to pay attention to where I see God at work – where I see signs of his "life" – and make sure that we join in. This is what I am called to do, and this is why I 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; etc. Please talk to me or contact me via phone, text or email. And please be assured that nothing is too small or too trivial for this. All I can say is that I have felt so encouraged that four members of our congregation have approached me and shared with me about these kind of things. This brings me real joy. I see this as God moving in our midst.

Onto something else now, as I want to continue sharing how scripture spoke to me during last month when I prepared for sermons – and I do hope that your hearts connect with some of this! In the sermon about John 6:25-35, where Jesus famously declares in verse 35 *"I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty"*, I sensed that we are invited to imagine a society that is grounded in divine abundance. This "Economy of Christ" (Brueggemann) is one of abundance and limitless grace; where making friends is more important than money; where generosity is the best investment; where we know that nothing really belongs to us, but that ultimately everything belongs to God and that it's our choice what to do with it. Such an economy of friendships and relationships is simply much more life-giving than the economy we have around us – and it requires a new neighbourliness, a new gratitude and a new kind of action.

*"The Parable of the Widow and the Unjust Judge"* (Luke 18:1-8) encouraged me not to lose heart – a feature of our times – and instead, to persist and join actively in pursuing justice in the world. I found it inspirational to watch the beautiful video of a young group of Africans sing a song about never giving up hope. However, the story also taught me something about praying: To pray so that WE are changed when we pray to God; and to pray with one another and for one another. We want to be less focused on ourselves, and instead, enter more and more into the loving and trusting relationship with one another, and God, who is eternally loving and full of compassion. This is where

we find God's purpose for us – we find life, compassion, healing, forgiveness and hope.

Reading Luke 4:16-24 (“The Spirit of the Lord is on me”) gave me a clear sense of the following: If the way we live out our faith does not make a difference to the poor, it's probably not living-out the “Good News”. Similarly, if the way we live out our faith does not make a difference to the marginalised and oppressed, we are probably not living-out the “Good News”. However, something else also drew my attention and spoke to me: That we learn to approach and interpret the Bible the way Jesus did. Jesus read and interpreted Scripture in a dynamic way – to him Scripture was a living document and grew through the context he lived in. Likewise, we are called to be the “living word” of God.

In Luke 6:20-31 (“Blessings and Woes”), Jesus addresses us as his followers, whom he knows well, and he reminds us of the things that are really on his heart. We need to hear that because the heart of the “Good News” is such a mind-blowing reversal of values and goes against all our selfish instincts. It's all about opening up ourselves again and again for renewal in Christ; giving Jesus permission to pull us up and point us in the right direction – inviting him to journey with us.

Finally, allow me to ask you: *How are you are coping with the various challenges you are facing?* Are you struggling? Are you anxious? 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 thinking about ways how we can offer practical help.

Looking ahead: It is hard to believe, but the last Sunday of November is already the 1<sup>st</sup> Advent! Soon we are entering one of the most special seasons of the year – when we wait and expect something very special and exciting to happen. Here we have something wonderful to look forward to – and don't we all need that! And we will have exciting things going on in our church during Advent and Christmas – so we hope that you will join in and bring your family and friends too.

As always, thanks so much for who you are, and for all you do,

**All my blessings,**

**Fr Chris**

### **44 million struggling with cost-of-living crisis**

In what has been described as ‘a landmark poll’, **CAP (Christians Against Poverty)** has found that nearly half of us living in the UK are being impacted by rising costs.

The poll, carried out for CAP by YouGov, found:

**Impacted** - 84% (about 44 million) of us have been financially affected by the cost-of-living crisis.

**Rising prices** – 49% of us (about 25.9 million) have seen our bills rise by between £101 and £500 a month.

**Cutting back** – an estimated 61% of us (more than 32 million) of us have reduced our energy use to save money. More than 46% of us (about 24 million) are shopping around more and using cheaper supermarkets.

**Desperation** — Sadly, about 15% of us, (almost 8 million) people are now thought to be going without heating or electricity completely. A similar amount of us are even skipping some meals. About 37% of us (or 19 million) have cut out socialising and leisure altogether.

**Debt & borrowing** — About 6.9 million people (13%) are behind on their bills, and more than 42% of us (about 22 million) have borrowed money to cope with rising costs. Of those who have borrowed money this year, 40% have borrowed £1000 or more, with 15% borrowing more than £3000 during 2022.

**Long term impact** — Over a third us who owe money expect that it will take us more than a year to pay it back.

## Freeze your leftover food, advises Sainsburys

During the cost-of-living crisis, shoppers should learn to freeze everything from eggs to herbs to yoghurt, according to the supermarket's latest advice.

The average family wastes £60 a month by throwing food away, according to the waste charity WRAP. "If it were a country, food waste would have the third largest carbon footprint in the world, behind only the USA and China," Catherine David, from WRAP, said.

Sainsburys says that just one in ten of us even know that it is possible to freeze eggs. The most commonly thrown-away food includes breads, milk and salad.

## Help your hedgehogs this autumn

With our warmer British autumns, hedgehogs now tend to begin hibernation later – in December or January. In the meantime, it is critical that they build up enough body weight to get them through those lean, bleak weeks of January to April... so now is the time to help them, by feeding them.

The hedgehog is carnivorous and, in the wild, lives on a diet of beetles, earthworms and other invertebrates. But in the winter, the bugs are dead or buried, and the worms deep underground. So – a hedgehog would appreciate your help! But don't put out milk and bread – both are actually bad for hedgehogs. Instead, they will thrive on tins of dogfood or non-fishy cat-food and water.

And while your spiny guests are noisily munching their dinner, you can prepare a bedroom, should they decide to move in. A nice deep compost heap will keep a hedgehog warm. It is also possible to buy hedgehog hibernation nests – ask your local wildlife centre or the RSPCA for details.

## Christian charity sets out action plan to combat cost-of-living crisis

*Revd Peter Crumpler*

A Christian charity has set out an urgent action plan to help churches respond to the gathering storm. The **Jubilee Plus** social action charity has published detailed advice to help local congregations support families and individuals survive the coming winter.

In 'Responding to a Deepening Crisis,' Jubilee Plus has called on churches and Christians to act decisively. The charity, which partners with local churches, states "You no longer have to be prophetic to see that many in our communities are facing the devastating impact of the cost-of-living crisis. As always, it's the most vulnerable who are being hit hardest.

"Hardly a week goes by without us learning that the lives of those who are already struggling or who are just about managing, are going to be hit even harder than originally anticipated."

The charity calls for churches to take action, including setting up a crisis fund, encouraging generosity, normalising asking for help and asking people what they need instead of assuming.

The plan encourages churches to speak up for the rights of those in need. This includes speaking truth to power and challenging decision-makers to act for the common good. Churches are encouraged to work with other community groups, and to make contact with key local organisations.

Jubilee Plus is encouraging churches to open up their buildings, or to hire one locally, that could become a drop-in centre for people who need to keep warm during the long winter months.

Jubilee Plus believes the crisis could be long-term and is encouraging urgent action: "Now is the time to be thinking strategically. So if you can set aside some time – as an individual, a project leader or a church leader – to think about what you need to put in place for the next few years – not just months – that will stand you, and the people you help in good stead for the future."

More details at: <https://jubilee-plus.org>

## The message of Advent? – history is going somewhere!

*'And she gave birth to her firstborn son and wrapped Him in swaddling clothes and laid Him in a manger...'* (Luke 2:7)

*'They will see the Son of Man coming on the clouds of the sky, with power and great glory.'* (Matthew 24:30)

What a contrast between the humble birth of Jesus in Bethlehem – and His eventual return! No one knows when that day will be, but it will be earth-shaking. In the meantime, Advent reminds us of the last of six great saving actions of God in Jesus Christ.

The Birth of Jesus at Bethlehem was to inaugurate our salvation. The Death of Jesus at Calvary established it – forever. The Resurrection of Jesus at Easter confirmed it. The Ascension of Jesus to heaven celebrated it. The Gift of the Spirit at Pentecost drove it worldwide. And sixthly will come the Return of Jesus at the world's end – to consummate and complete it.

The message of Advent reminds us that history is not circular or locked into an unending stalemate. Neither can we ever accept a notion of successive reincarnations, for the Bible is clear that *man is destined to die once, and after that to face judgment* (Hebrews 9:27).

The Bible has had many pre-runs of that final 'Day of the Lord.' Noah's flood, the overthrow of wicked Babylon; these and other upheavals were but pointers to the final 'Day of our Lord Jesus Christ' (1 Corinthians 1:8), when all wrongs will be stopped, and the Lord shall reign with justice.

For the Bible is clear that world history is leading to a *Conclusion*, to the new heaven and the new earth. That will be inaugurated when 'He shall come to judge the quick and the dead.' Christ's return will usher in the final triumph, bringing about the dismantling of the whole apparatus of Evil that has so harassed us across the centuries.

The Cross and Resurrection secured the victory over evil. Christ's return will make it final! Believers echo Paul's words in 1 Thessalonians 4:17 - 'And so we will be with the Lord for ever.' If we have a *strong view of the future, we can be sure it will energise us in the present!*

In the meantime, Advent is coming round once again. It's time to celebrate the first of God's six mighty acts that secured our salvation – and look forward to the future.



### **Make a bird nut ball** *Country Traditions by Stephanie Donaldson*

You will need: equal quantities of melted fat and breadcrumbs; nuts, seeds and dried fruit; string; dried apricots; peanuts in their shells

Mix together the melted fat and the breadcrumbs, and stir in half of the nuts, seeds and dried fruit. As the mixture starts to solidify, shape it into a ball around a length of string and place it in the refrigerator to harden.

Place the remainder of the fruit, seeds and nuts on a piece of newspaper and roll the hardened ball around on it until it is completely covered with the mixture.

Make a loop from the string that protrudes from one side of the ball and thread apricots and peanuts in their shells onto the string on the other side of the ball.

Hang the bird treat from your bird table or the branch of a tree.



Canon Paul Hardingham considers the value of a brief silence

### The Two Minutes Silence

In the month when we think about those who have given their lives in war, the Two Minutes Silence is a significant act of remembrance. The silence provides an opportunity to remember those who have suffered in war and how we can work for a peaceful world. However, we can also find ourselves thinking about lunch or whether we've switched off our phone?

Victor Frankl, a victim of Auschwitz, suggested that the most intolerable of all human conditions is not imprisonment or hunger, but lack of meaning.

The two minutes of silence enables us to connect with Jesus' message, which offers true meaning to our lives and world. He spoke of giving ourselves in love for each other and the world, 'Love your enemies and pray for those that persecute you' (Matthew 5:44).

He also demonstrated such love in sacrificing His own life, 'Greater love has no-one than this, that he lay down his life for his friends' (John 15:13). When observing the silence, let's use it to reflect on this sacrificial love, as we call to mind those who have laid down their lives.

In our busy lives, where so much clamours for our attention, silence gives us an opportunity to reflect on our priorities and rediscover true meaning in our lives.

This is not just for Remembrance Sunday, as Jesus often withdrew to find silence to seek God (eg: Luke 5:16).

Let's use silence in our lives as space to seek God's will and offer ourselves to Him, just as those who gave themselves in conflict through the years.

'They shall grow not old as we that are left grow old: Age shall not weary them, nor the years condemn. At the going down of the sun and in the morning we will remember them.'



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## Just as you thought “a Walk in the Park” meant something simple and risk free.....

Yes folks, it is time to warn you of the impending peril of the electrical “Beast of Barkingside” (cue the music played to indicate something terrible is about to happen from chintzy old horror films).

## Stephen Gilson relates Experiences and Mishaps in his Electric Wheelchair...

This leatherette leviathan, packing anything up to four miles per hour, is driven with devastating derring-do by the youngest kid in the Village (the Village in question being the Anchor Housing Association Barnardo’s Village estate (where the youngest admissible age is currently 55). The kid moved in on the 55<sup>th</sup> birthday some six years ago; (you figure the maths).

With what can be severe lapses in the quality of my gait, a large-ish increase in “freezing” (in my case standing and trying to move), when I spend a lot of time and energy in controlling balance (against falling over) and initiating movement of any sort. Some movement is as dangerous as stopping suddenly, particularly the first few steps, which can be fast and uncontrollable. With these concerns in mind, and a thought for public safety, I have acquired an electrical wheelchair. This should increase road safety immeasurably, the more charitable of you may think. As we speak, dear reader, the countervailing aspects of this line of argument are, like Gaul, divided into three parts. These are as follows:

- Operator
- The machine
- The environment

### The operator

In general, there is an interesting conundrum that allows people who are banned from driving a car due to age or infirmity on a road built for the purpose and then letting them loose on the general public innocently using the pavement, which was not. One of the early symptoms of my condition was that my driving becoming more alarming than hitherto due to an inability to move laterally, affecting my ability to see traffic behind me or turning. These continue to be issues.

Some “devil may care” boulevardiers continue to consider that they own the pavement, which refunds the loss of ownership of the road. People who are more cautious in attitude, but no less dangerous are those who try to correct what they have done, as they might have done when “driving properly” i.e. in a car. The way to stop my vehicle is to take my hands off the controls. However, when hurtling towards the Cranbrook Road, a number of methods are used, including invoking the saving power of our Lord, and any saint nearby, and more locally sticking ones legs out and using them as brakes.

### The machine

Picture, if you will, a wheelchair, with four similar sized wheels powered by a battery the size of a biscuit tin. The steering is provided by a smallish joystick, similar in size to a computer gaming device, such as Nintendo or Play Station . The choice between “drive” and “push” is extended by two red levers being down or up. The particular joy associated with these levers is that if you try and drive with both of them the machine will tell you with a truculent bleeping sound. If however, dear reader, one is down the machine’s way of telling you is to refuse to turn in the way that you hope, and leaves you engaged in small pirouettes, usually near a group of people who had hitherto been observing standard practice with regard to disabled people

The machine’s motion is controlled by gears, or power surges equating to gears. Having studied French at University, and then Accountancy, there is an almost overwhelming lack of interest in mechanics and, indeed, science of any sort, which is probably the space that gave room to my Parkinsons. This much I do know, if you’ve got enough power to do anything you want, you really need the green light to be on. This then translates to the drive lights (4 or 5 bars) which tells me if I can reverse, get myself out of a ditch or progress along a car-free piece of open road like the



proverbial Bat out of Hell. Changing direction and/or reversing are at their most amenable at high speed. It does come with a health warning because sudden movement could be lurching towards an unsuspecting pedestrian. The lowest level of drive speed is reserved for areas with high density of people, to allow them to wander unseeing and aimlessly and randomly

### **The Environment**

In normal times, the more progressive members of the Church family might write off a supporter of the Book of Common Prayer and Hymns Ancient and Modern, as antiquated believers that the earth is flat. Much has been made of the averaging out of the Marianas Trench and the Alps to achieve this conclusion. However, in the here and now, close up and personal, I have a shocking revelation: Barkingside is not flat.

As a trainee wheelchair user (both in motorised and manually assisted, I can assure you that even relatively short journeys present the uninitiated the opportunity to study topography.

### **Manually operated**

In the very short trip I have taken round the Green, I leave my flat, and almost immediately go down a slope, which passes the hazards of a savage Laurel bush (with which I have had many tussles) and ends in a dropped kerb. I travel across the service road to another similar path and Laurel bush. To add spice to this leg of the journey, there are normal sized kerbs with cars parked in the designated spaces. They form an apparently irresistible magnetic influence on wheelchairs, and if you are unlucky enough to fall off the path you tend to end up at an angle such that the drive wheels won't.

Assuming you get to the gate onto the Green, you discover that the fastening more or less rules out access by wheelchair. Making the tender assumption, dear reader, that you can enjoy access to the Green, you discover that the camber of the path is adverse (i.e. not how you expect it) and the edge of the path is higher than the grass next to it (see impact of this and compare with falling off kerbs). The user propelled chair moves more slowly, unless you have highly trained triceps, or better still, a friend or relative to push you.

### **Electric chair**

The Electric chair was acquired with the intention of being an aid to independence. As discussed in the previous section ("the machine"), there are a greater number of pitfalls. The people who stop to help are, of course, angels swooping low to aid the unwary traveller. Being notionally self-sufficient in walking (on a good day) and being too proud to accept help to start, the numpty operator tries to correct things himself, and whilst hopefully polite, brings out the Good Samaritan in some people. who in some cases will accompany the hapless operator to safety. These people bring the story up to date.

I expect also that the wounded traveller would have had the good grace to accept the help based either (1) the extent of his injuries being such that he was incapable of resisting it, or (2) was humble enough to accept help from a would-be rescuer. As yet, thank goodness, I have not been in situation (1), but I struggle with situation (2). A combination of false pride and a crushing feeling of embarrassment normally leaves me discouraging help, particularly when offered by two doyennes of the Parish (thanks again Pam and Kathleen).

It becomes very clear that the kindness and good intent of people often very different to me are ready to help. It brings gratitude to my heart. And just in case you thought all was now in place (as I did) the pigging machine tipped me out just by the front door

P.S. Just to prove that accountants have a sense of humour, I was explaining to my friends that the Lord must have been an accountant briefly, as the wind was distributing the fallen leaves across a number of cost centres from Parks to Highways (Cranbrook Road, probably Borough roads) to the Magistrates Courts service and Social Care. How we roared with laughter, bordering on hysteria, when we realised it might extend to the Court Car Park, Tesco and The Village estate.....

## Do you remember where you were when.....?

'How many times have we been asked.....'do you remember where you were when....?'  
....and of course the answer is always yes.

The older you get , the more you will answer positively..... and all our answers will have increased by one during the last two weeks ( as I write )

The assassination of JFK?.....yes. The death of HM Queen Elizabeth II ? .....yes.

*The attack on the two towers in NYC....?.....yes.*

Let me tell you about New York. My daughter, Jane married a local lad from Romford , who became so good at his job in the money market that he was offered a job managing the New York office. They moved to the USA over 25 years ago , and have made it their home.

Her husband , Andy, worked with his 140 colleagues in Tower number two. The time was 8.50am in NY. ....lunchtime here.....when Tower number one was hit.

News bulletins at first supposed this to have been a dreadful accident.....there was a while of supposition during which there were announcements in Tower two that they should begin an orderly evacuation which they duly did.

There shortly followed another announcement saying that staff in Tower two were not under threat and should return to their offices. The orderly exodus reversed itself and commenced their collective return.

Andy worked on floor 87. His intended exit had taken him (on foot) down to 54. He , and many colleagues paused as instructed and began their return. Like gentlemen all , they waited in the lift lobby, and allowed the ladies to board for the ascent.

Then struck the second aircraft! All Andy felt was a horrific tremor as if the Tower was shaking.....of course it was!

Smoke and shards filled the air.....yet Andy tells me , there was no suggestion of panic. The smoke thickened . Showers of glass and cement dust blinded them all....  
He felt a hand grab his as they reached the ground floor and.....they ran.....  
Out into the city.....ran.....blindly.... Through the.....cloud .....

We , of course, knew none of this.

They lived 60 miles or so, south of NYC on the New Jersey shore.....halcyon days away.....

**BUT FOR NINE HOURS WE DIDN'T KNOW IF HE WAS DEAD OR ALIVE.**

Jane received a phone call at six o'clock that night.....

'You don't know us, but we'll just let you know that Andy is alive and well and is safe upstate and we will see that he gets home ASAP.....

He did not know the hand who grabbed him....

He did not know the family who looked after him....".....so .....some twelve hours later.....the horrible events of that day are sinking in all over the the world .

We watched our human being brothers receive the news in various ways.....utter astonishment and respectful silence in New York.....silent solicitude in London....  
and.....jubilation in Baghdad and Teheran.....yes.....that's what I said.....remember?

Andy was safe and well at home.

The family who had helped to rescue him lived miles up state.....when he got home he said that he had stumbled out of the building before it collapsed , but was blinded by the dust and rubble caused by the destruction of No.1 Tower.....a hand seized his and pulled him in a certain direction and all he was able to do was run, run and keep on running.

His memory fails...and he cannot explain even now how he found himself safe with a strange family miles away who were feeding and reclothing him.  
Their Christian succour did not end there either.....They lent him a car to drive himself home as he wanted to do. They said he could bring it back any time.

We were due to fly home the following day , but of course all flights were grounded and the only air traffic was police or military.....the skies were strangely silent and bereft of any vapour trails and suchlike.

When the neighbours found out what a narrow escape Andy had had , they brought food to the door daily.....pies , bread , casseroles and all sorts.....we literally dined for days on the experience..

The pastor, Mary (no, not that one ) of the local Lutheran Church was a constant, caring visitor too.

Five days on, we managed to get the first Virgin Atlantic flight out of Newark Airport. My wife was somewhat nervous , but I managed to convince her that safety would be paramount and so it proved.....you didn't quite have to declare the dirt under your fingernails, but it felt like it and nobody minded.

On our last evening we invited the neighbours in for farewell drinks.....this wasn't our first transatlantic trip and we had become friends with many of them on previous visits. We had heart-warming conversations with them all ..... " we now know how you Brits must have felt in the blitz" .....etc. etc.....

Funding for the IRA dried up almost immediately too...

The people I felt most sorry for were our English families who simply couldn't get news of us for over 24 agonising hours.

Horrendous though the story is, it does highlight the fact that people do care for each other and by and large, they step up when required"

He only knew that the following day, he was safe in our arms.....in his own home....

**Bill Godfrey**

## **'Support Ukrainian refugees' – Tearfund**

Tearfund is calling on British Christians to help support the many displaced and desperate Ukrainian refugees that have fled their country since the start of the brutal war. Since February, more than five million people have been displaced, their families scattered, their homes and cities destroyed.

Tearfund's partners in Ukraine have been working around the clock to meet the immediate needs of these refugees – providing support such as food, bedding, and temporary accommodation.

If you can help, visit: [www.tearfund.org/campaigns/ukraine-crisis](http://www.tearfund.org/campaigns/ukraine-crisis).

Holy Trinity with St Laurence,  
Barkingside Branch

Telephone No: 020 8504 3500

email address:  
mothersunion@holytrinitybarkingside.org.uk



1st November 2022

### 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 to 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. This invitation is open to all whether you are a member of Mothers' Union or not and please feel free to bring a friend.

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

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.**

### Prayers for Remembrance

Remembrance Sunday will be especially poignant this year, as Russia's war on Ukraine continues to cast long shadows over Europe. But Remembrance is also a time to remember those whom we have loved and lost, from Queen Elizabeth II to members of our own families. So, these prayers may help direct your thoughts as you think back...

#### **For those who have died**

Almighty and eternal God,  
from whose love in Christ we cannot be parted,  
either by death or life:  
hear our prayers and thanksgivings  
for all whom we remember this day;  
fulfil in them the purpose of your love;  
and bring us all, with them, to your eternal joy;  
through Jesus Christ our Lord. Amen.

#### **For those who have died on active service**

O God of truth and justice,  
we hold before you those men and women  
who have died in active service:  
in Iraq, in Afghanistan and elsewhere.  
As we honour their courage and cherish their  
memory,  
may we put our faith in your future;  
for you are the source of life and hope,  
now and for ever. Amen.

#### **On a bereavement**

Father,  
you know our hearts and share our sorrows.  
We are hurt by our parting from those whom  
we loved:  
when we are angry at the loss we have  
sustained,  
when we long for words of comfort,  
yet find them hard to hear,  
turn our grief to truer living,  
our affliction to firmer hope  
in Jesus Christ our Lord.  
Amen.  
through your steadfast love and faithfulness,  
in Jesus Christ our Saviour.  
Amen.

## MUSIC

Life without music would be very dull but considering all the different genres, perhaps some fine tuning is necessary. It's fortunate we all have our own favourites or else thousands of musicians would be out of business. What is a sound of bliss to some people could be a nightmare to others.

One of my personal favourites is church choral music and listening to the marvellous choirs at the recent funeral of our dear departed Queen Elizabeth II was a wonderful experience. However, I must admit I personally felt more emotionally affected by the music used at the funeral of her husband the Duke of Edinburgh last year. His choices were so suitable.

Moving to more cheerful music, I am a sucker for swing music and the songs of that era. Benny Goodman, Glenn Miller and their like produced some brilliant pieces making you want to get your dancing shoes on and do a little bit of Strictly. A set of saxophones and trumpets swinging along makes my heart sing. Give me a singer performing Gershwin or Cole Porter and I'm in heaven. I can understand the words and the tunes are familiar to my ear. Can't exactly say the same for some of today's pop music.

Music can be very therapeutic and is used regularly to entertain residents in care homes, and probably bringing back some memories, long since forgotten. I've been particularly impressed hearing about the recent choirs being formed for dementia patients. These are popping up all over the place, usually started up by volunteers to entertain both patients and carers. When a dementia patient can forget the right words to use in speech, they will very often have no problem singing a song. These choirs can also bring much social interactivity which is so important at this stage of life.

Being a musician and making music must be a joy but unfortunately I didn't achieve any success in this field. In spite of weekly piano lessons, I failed miserably. However I do have family members who are more successful than I and can entertain themselves and others on various instruments. Your voice is an instrument too, so choral singing is another lovely way of making music.

Coming up to the Christmas season we'll soon be hearing Christmas carols surrounding us in the supermarkets. A little early you might say, but the old traditional carols have glorious words and music and put you in a festive mood.

Once upon a time there would be groups of carol singers going round the streets all muffled up with mitts, hats and scarves, and perhaps with a few musicians and a collecting box.

My favourite and meaningful carol still is "O Come all ye Faithful", and I also look forward to singing "Yea Lord we greet thee" on Christmas morning.

**Barbara Youngs**

## Real-life notes left for milkmen...

- ~ Please knock. My TV's broken down and I missed Coronation Street last night. Maybe we could talk about what happened over a cup of tea?
- ~ My daughter says she wants a milkshake. Do you do this before you deliver, or do I have to shake it at my end?
- ~ Please send me a form for cheap milk, as I have a baby two months old and did not know about it until a neighbour told me.
- ~ Milk is needed for the baby. Father unable to supply it.
- ~ Please leave no milk today. When I say today, I mean tomorrow, as I wrote this note yesterday.

## A VISIT TO PETWORTH HOUSE, WEST SUSSEX

The Ilford National Trust Association's coach outing on 15<sup>th</sup> October found 42 of us boarding the coach at St Andrew's Church in The Drive. It was a mild day with occasional autumn sunshine.

I have to admit that the historical interests associated with Petworth House were unknown to me. As it turned out Petworth was the depository of fabulous art collections, sculptures, paintings and carvings as well as recording the visits of the famous people of their time.

A drive along motorways took us to the pleasant lanes of West Sussex and our destination. Then a stroll along the paths in the 700 acre deer park, one of Capability Brown's inspirations, passing under fine ancient trees, notably sweet chestnuts, huge trees that displayed their names by their fallen fruits that was scattered along the paths.

As we neared the big house lunch time was approaching. A small stall manned by a young lady was offering hot pasties and sausage rolls, tea and coffee. But our quartet decided to continue on to the dining room. A mistake - a queue had formed and it appeared to be static. We returned to the stall and bought our lunch, which was enjoyed sitting in the open.

The house was a cornucopia of fine art. Each room dedicated to a certain aspect, time or artist. Pictures hanging at all levels from eye line to crick-in-the-neck height, room attendants offering information, at times highlighting features with flash-light beams. One room had images of the evils that escaped from Pandora's box but Hope remained contained in the Box. So many paintings to see, Van Dyke, Turner and Gainsborough and many other artists of repute that I failed to make note of.

In the big room of many sculptors, I asked a lady attendant what would be her choice if she was able to select one of the exhibits. She chose a papier-mâché globe of the world, about 2' 6" in diameter, dated 1595. She explained that it had been given as a gift to the Henry Percy the 9<sup>th</sup> Earl of Northumberland, a Roman Catholic, by a fellow prisoner both having been incarcerated in The Tower of London after being implicated in the Gun Powder Plot 5<sup>th</sup> November 1605. He was imprisoned for 16 years. It has to be supposed that due to his status the Earl would have benefited from many privileges!

His connection with Petworth you may ask? Well he lived in Petworth and died there on in 1632 on - note this - **the 5<sup>th</sup> November**.


Then the journey home, but not before the raffle! A nice end to an interesting day thanks to the organisers. BG



**VALENTINE SINGERS**  
Conductor: Christine Gwynn      Pianist: Tim Smith  
Ralph Vaughan Williams  
Toward the Unknown Region  
Bob Chilcott  
Five Days that changed the World

4pm  
Sunday 6 November 2022  
St Anne's Church  
200 Larkshall Road  
Chingford E4 6NP  
www.valentinesingers.org | info@valentinesingers.org | Registered Charity: 1037459

£12 (£6 for students/benefit holders) in advance  
£14 (£8) on the door  
Admission free for under-16s  
Information & tickets:  
www.valentinesingers.org  
or call 020 8550 4654



**Mothers' Union**  
**Global Day of Action**  
**#NoMore1in3** End abuse and violence now  
**Saturday 26**  
**November 2022**

On our Global Day of Action, tied into the 16 Days of Activism, we are building on last year's campaign, focusing on #nomore1in3 (no more 1 in 3). 1 in 3 women will be impacted by some form of violence in their life and we believe this is unacceptable.

**What are we doing on this Global Day?**

 This year we join together on Saturday 26 November, wearing specially branded #nomore1in3 badges.

 We will gather, where possible, for a one-minute silence at **1.03pm** (linking to the 1 in 3 theme).

 We want to make this as big as we can, combining the voices of our four million members around the world – calling for action on an international scale and in the countries where we live.



**Holy Trinity with St Laurence, Barkingside MU Branch**

We will be holding a service on the Mothers' Union Global Day of Action 26th November 2022 12.30pm At St Laurence Church Donnington Ave Barkingside, IG6 1AA

You don't have to be an MU member to take a stand against the gender-based violence and abuse experienced by one in three women worldwide. Come and pray with us.

**What is 16 Days of Activism?**

The United Nations' 16 Days of Activism Against Gender-Based Violence and Abuse is an annual international campaign. It takes place from 25 November (International Day for the Elimination of Violence Against Women) until 10 December (International Human Rights Day).

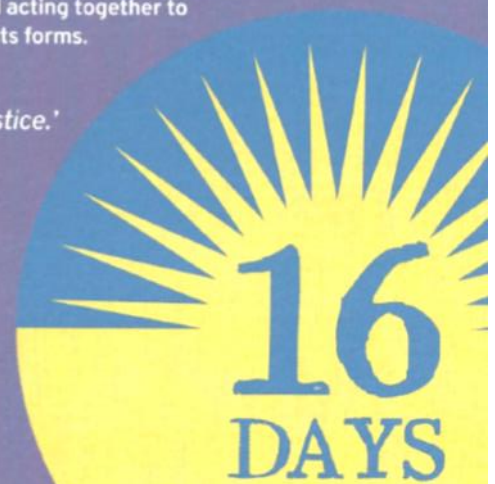
Started over 30 years ago by activists at the inaugural Women's Global Leadership Institute, the 16 Days are used by individuals and organisations around the world to call for prevention and elimination of violence against women and girls.

Throughout the campaign, Mothers' Union joins with over 6,000 organisations from approximately 187 countries to raise awareness of, and call for an end to, gender-based violence and abuse in all forms and in all societies.

GBV can affect any person at any time, and statistics demonstrate that women and girls are particularly at risk. Every day of the year, Mothers' Union works alongside communities to help end domestic abuse and gender-based violence and to support those affected by it. For these 16 days, we focus on women and girls, recognising the value of women and men reflecting, praying, and acting together to call for an end to violence in all its forms.

*'For the LORD is a God of justice.'*  
*(Isaiah 30:18b)*

*'Nothing in all creation is hidden from God's sight. Everything is uncovered and laid bare before the eyes of him to whom we must give account.'*  
*(Hebrews 4:13)*



## Has covid changed your personality?

It may well have done – especially if you are a young person. A recent study has found evidence that the pandemic may actually have changed the way they think, feel and act.

Researchers at Florida State University College of Medicine found that young people have become more prone to stress and less cooperative with others. Other social personality traits such as extraversion, openness, agreeableness and conscientiousness, have also declined.

**King Charles III** *Canon Paul Hardingham considers our new monarch.*

*'And wherever you may live in the United Kingdom, or in the realms and territories across the world, and whatever may be your background or beliefs, I shall endeavour to serve you with loyalty, respect and love, as I have throughout my life.'*

These are King Charles III's words from his TV broadcast following the death of Queen Elizabeth. They reflect the Queen's own commitment to serve the nation for 70 years. They also express the continuity of monarchy: *'The Queen is dead. Long live the King!'*

However, continuity doesn't mean that things remain the same. King Charles III will face different challenges to the Queen, but the same God works His purposes through each of them. At his death, King David spoke these words to his son Solomon: *'Be strong and observe what the Lord your God requires: walk in obedience to him...Do this so that you may prosper in all you do and wherever you go.'* (1 Kings 2:2,3) These are words for our new King and ourselves, as we seek God's will in a time of uncertainty.

King Charles III has demonstrated his ability to get alongside people to *'see the value of each person as God sees them.'* (Archbishop of Canterbury). He is also in touch with the important issues of the day. He has provided young people with opportunities to change their lives. He understands the life of the poorest in our society, and he is passionate about the state of our planet. Let's pray for our king, as he faces new challenges and opportunities: *'I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness.* (1 Timothy



**"When I grow up,  
I want to be a superhero!"**

London Borough of Redbridge 

**Foster for Redbridge**  
0208 708 6068  
fostering@redbridge.gov.uk





## Longwood Foot Clinic



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### **REDBRIDGE VOLUNTARY CARE**

Offering neighbourly help in emergencies or when difficulties arise in daily living.

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Volunteers needed. Contact the Duty Officer if able to help.

An initiative from the Churches in Redbridge

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Barkingside.  
IG6 1LU



*Tel:- 020 8220 7157*

*Email:- jacurran@ntlworld.com*

## Great invention

The boys had been up in the attic together helping with some cleaning. They uncovered an old manual typewriter and asked their mother what it was. She briefly explained, but they were still puzzled as to how it worked.

So the mother rolled some paper into the typewriter and began striking the keys, leaving black letters of print on the page.

"WOW!" they exclaimed, "That's really cool...but where do you plug it in?"

"There is no plug," she answered. "Then where do you put the batteries?" they persisted.

"It doesn't need batteries either," she continued.

"Wow! This is so cool!" they exclaimed. "Someone should have invented this a long time ago!"

**Barking Music and Drama**  
presents...

**BARKING MAD**  
**ABOUT**  
**MUSICALS**

**Thurs. 24th - Sat. 26th November 2022**

**The Ripple Centre**  
**Ripple Road**  
**Barking IG11 7FN**

**Evenings at 7:30pm (Sat Mat 3:00pm)**

**Limited Tickets available online at**  
**www.BarkingMAD.org.uk**

**Barking**  
**MAD**  
Music and Drama

## You are my Memorial – my Legacy

*(Some thoughts on remembering)*

Remember me –  
As the poppies fall on the  
shoulders, heads, and at the feet  
Of young and old  
All gathered for the Festival.

Remember me –  
In the music played,  
In the clapping of the audience  
keeping time  
And uniforms so proudly worn.

Remember me –  
In the stories told,  
Most from the distant past, but  
others new,  
Each one rehearsing memories  
stored

Remember me -  
And if a tear should chance to flow  
Then let it flow for the world in  
pain,  
And dedicate yourself to peace

Remember me -  
And let the sun, moon, stars, shine  
bright  
To bring my love to you like the  
light  
That shines in the darkness all  
around.

*By Sam Doubtfire*

## Wordsearch clues & answers

**November is a wistful month**, tinged with sadness and good-byes. The last of the leaves are falling, as the trees go to sleep for winter. It is a month of remembrance, of poppies, of remembering lost loved ones, and of letting go. It is a month of bonfires for the 'Guy', and Thanksgiving for Americans. It is a month of remembering Saints and looking forward to triumph - the church year ends with the joyful Sunday of Christ the King.

And then Advent begins...looking forward to a very special Baby!

poppies	turkey
remembrance	all
courage	saints
bravery	
flanders	advent
	leaves
dead	sadness
guns	angel
war	mary
peace	
afghanistan	elizabeth
	bonfire
iraq	gunpowder
thanksgiving	guy



## SHOE BOXES & BLANKETS

Members of MU and friends filled 59 shoe boxes for **Children in Distress**.



The 22 blankets will be going to Ukraine and were made by "Knit and Natter" group at "Tuesday Morning Drop-in ". Particular thanks to Carola and Hilary for sewing all the squares together and crocheting the edgings.

The Rectory  
St James the Least

My dear Nephew Darren



### On the challenge of hitting 11 o'clock precisely....

It is a great shame that your church doesn't have chandeliers – although in your low-ceilinged converted cinema, any chandelier more than a few feet tall would also be embedded in your floor carpeting. But I find that there is nothing like watching the standard bearers on Remembrance Sunday parading up the aisle with their flags and getting them caught up in our brass candelabra.

One year, the procession ground to a halt while a bearer fought to retrieve his flag, and was obliged to leave it flying in the centre of the church while he presented me with an empty pole. I always feel obliged to tell parishioners that, since all the candelabra will inevitably be sent spinning, not to stare at them, or they may leave the church hypnotised. On the other hand, Miss Simpson generally leaves the church looking like that.

Major Hastings always arrives bejewelled with so many medals that every time he kneels for prayer, it sounds as if he is taking the collection. Their weight increases his stoop by at least ten degrees, to the point where some feel we should support him with a personal flying buttress.

Since the trumpeter playing the Last Post can be of varying quality, your idea of broadcasting it from London into your church is inspired. However, your worries about whether your radio will be good enough need not trouble you. If you tell your congregation that they are about to hear the broadcast silence and you then simply not switch the thing on, no one will be able to tell the slightest difference whether the silence is being broadcast or not. In fact, they will even congratulate you on hitting 11am at exactly the right moment.

I always use subterfuge; I have the church clock disconnected and then when we reach the time for silence, irrespective of the true time, I get a churchwarden to toll the bell eleven times. This way, I have apparently come to the exact moment without a hitch for the last 30 years.

You will also find that preaching about warfare and of man's inhumanity to man will give you greater insights into the working of your church council. The only difference is that on committees – sadly – the use of machine guns is rather frowned on.

**Your loving Uncle**

**Eustace**



### Prison Quartet

While I was a guest preacher in a rural church, they announced that their prison quartet would be singing at the evening service.

I wasn't aware there was a prison in the vicinity, and so looked forward to hearing them. That evening I was puzzled when four members of the church sheepishly approached the stage.

Then the choir master introduced them. "This is our prison quartet," he said with a grin, "always behind a few bars, and looking in vain for the key."





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*...love the new notice board, Vicar...  
...just not quite so sure about the wording...*



*Trevor hated asking for money, but he sometimes made subtle hints*



*An epic struggle between good and evil  
took place in the Vicarage kitchen*



© www.parishpump.co.uk

*...it's perhaps not the most dynamic of mission statements...  
but at least it received the unanimous approval of the Church Council!*

### Grandad's Typewriter

My Grandad had a typewriter  
Imperial, I think  
Used to command his empire  
With black typewriter ink.  
He wrote his lengthy letters  
On subjects to him dear  
Then sealed them, stamped them,  
sent them, To places far and near.

He was quite heavy fingered  
Those keys he'd really pound  
The house's very timbers  
Vibrated with the sound;  
It went on for long hours  
And we'd hear everything  
And at the end of ev'ry line  
A little bell would ring!

He sent them to the mission field  
And to our poor MP  
He sent them off to strangers  
And to his family;  
So then he'd watch the postman  
And how his wrath would burn  
If his poor correspondents  
Replied not by return!

I never thought I'd miss it  
But, looking back, I do;  
A sound, like many others,  
That wove my childhood through.  
What sounds today, I wonder  
That do not bring us bliss,  
Will soon be just a memory  
That we might really miss?



**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
Concessions:	£10.00
Children under 16:	FREE

*~ 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 Barkingside 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!



## **A prayer of remembering and looking forward**

Loving Father,  
Here we are in November, the month of short days and mist and remembering. And this year we have so much to remember. The year our Servant Queen left us and came to be with you, the King of Kings she had served so faithfully. Remembering celebration and sadness Lord, as we thank you for Queen Elizabeth, but looking forward too as we prepare for Advent. As we work towards Christmas, yes, we remember your coming as a baby in Jesus, but even more reassuring in these difficult times we can hold on to your promise that You will come back again as our glorious King, when there will be no more death or mourning, crying or pain - when You will make all things new, when all shall be well!

**Come Lord Jesus!**

**Amen.**

*By Daphne Kitching*

## **Autumn**

He arrives in a coat of many colours,  
Flame, gold, russet and brown,  
Autumn appears with dancing feet  
Crunching on leaves the wind has blown down.

Rustling and bustling, friend with the wind,  
Whistling and blowing and whooshing around,  
Creating a carpet of multiple colours,  
Teasing the leaves as they fall to the ground.

Mellowing fruits and ripening corn,  
Autumn's bounty for us to share,  
Our God of provision,  
providing, sustaining  
Whatever the season,  
His presence is near.

*By Megan Carter*



## 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)

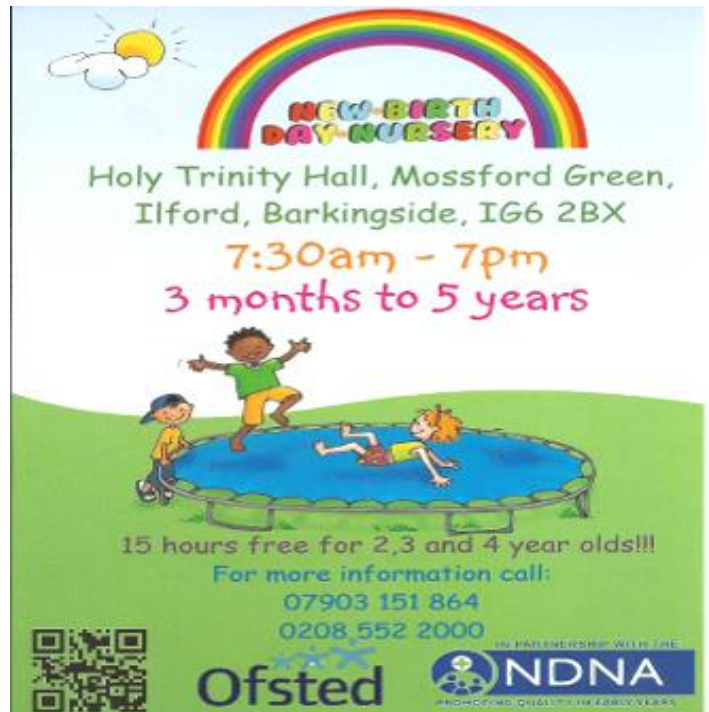
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**NEW BIRTH DAY NURSERY**

Holy Trinity Hall, Mossford Green,  
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3 months to 5 years

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**FREE CONSULTATION  
AVAILABLE**

**PARISH OFFICE** (in Church)

– 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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**Rev Dr Chris Szejnmann - 0208 8637 4859**

**The Vicarage, 36 Mossford Green, IG6 2BJ**

(07804 641 931)

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

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**Assistant Curate:**

Rev Andrew Appiah - 07853 197 937

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

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[churchwarden.chris@holytrinitybarkingside.org.uk](mailto:churchwarden.chris@holytrinitybarkingside.org.uk)

Chris Stoneham, - 07828 885 439 / 020 8270 5742

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

**Minister with Permission to Officiate:**

Rev Margaret Chapman - 020 8504 6750

**Sacristan / Verger:**

(& Organist) Mary Fabb - 020 8550 9694

**Deputy Wardens:**

Maxine Paul, Paul McKenzie

**Church Treasurer:**

Laura Priestman

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

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**Webmaster:**

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

## PARISH DIARY

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

**6th Nov Sat - 4pm - Valentine Singers - "5 days that changed the World"**

**13th Nov 10:30am - Remembrance Sunday Service**

**16th Nov Weds 2—4pm—The "Manna House Group". Weekly. In Church.**

**24 - 26 Nov Wed- Sat - "Barking Mad about Musicals" - Ripple Hall, Barking**

**26th Nov Sat- 9:30am - 1pm. Quiet Morning—in preparation for Advent / Christmas**

**27th Nov ADVENT SUNDAY**

**3rd Dec Sat 7pm - Church Christmas Party !!!**

**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**

**11th Dec Sun - 6:30pm - 'Carols by Candlelight' - with Fairlop Brass Band**

**21st Dec Wed - 7:30pm. "Blue Christmas"**

**24th Dec Sat - 3pm - Christingle Service 11:30pm - Midnight Mass**