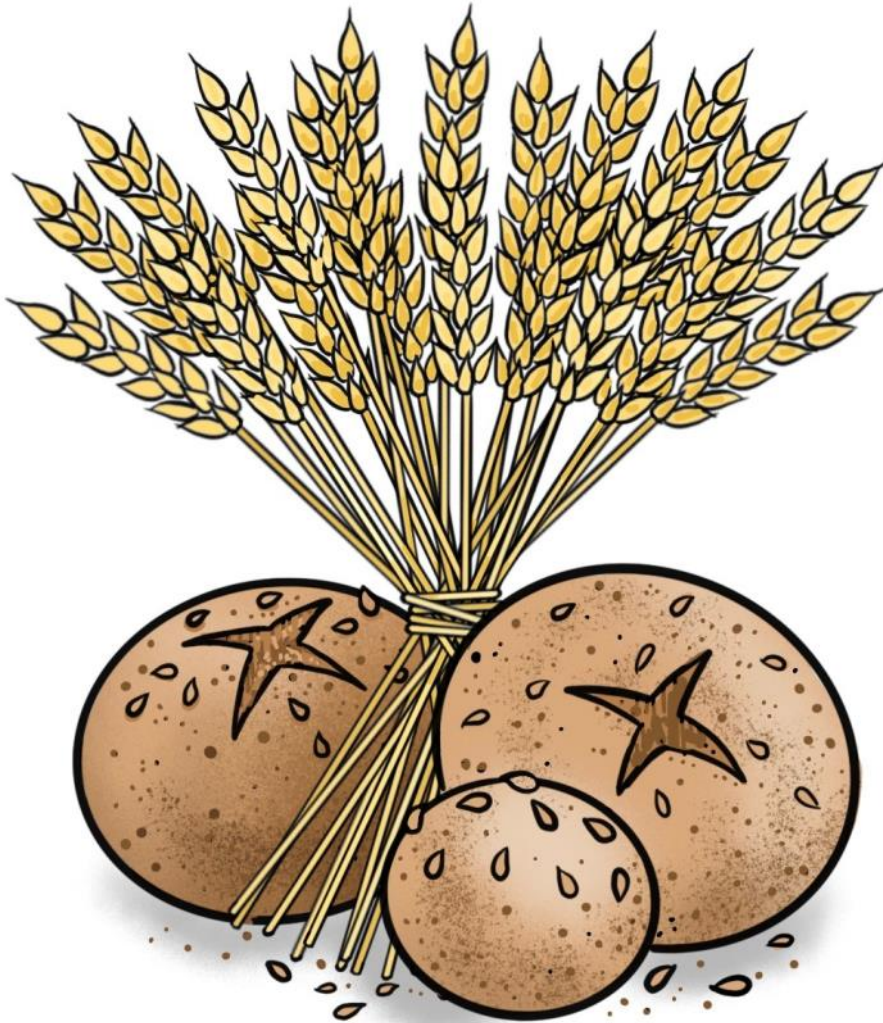


# Trinity Times

The Parish of Holy Trinity Church , Barkingside

**£12 subscription  
£1 donation.**



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

**Tuesdays 9:15am- Lectio Divina**

**Wednesdays at 9:45am,  
(Private prayer on Mondays, Wednesdays & Fridays 10am —12 noon.)**

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

**Dear all,**

It's wonderful to be here! I am so excited to being your new vicar and serving with you and for you. What an incredible privilege and wonderful moment in my life. And thanks so much for all you have done already – for all the support we had in getting here, for the welcome, and for all your prayers for me, Kate and the family – and looking ahead: for teaching me many new things and being forgiving and patient with me!

**Here is my promise: There will be laughter and joy.**

And I am also pleased to say that we have landed well in the wonderful vicarage, and are very excited about what is and will be. We are: Myself, a former History Prof who was called into priesthood; my wife and soul mate Kate who is also an ordained priest and is going to complete her last two years of Curacy at St Chad's in Chadwell Heath; and our daughters Grete & Ella – our two elder children Max & Laura have already 'flown the nest' and live in Leicester and Cambridge respectively.



So, the waiting is finally over. It's time to pause, be thankful and celebrate. Over the last year and more we have all faced various challenges – and some were very hard. But we got through and have been formed and grown. And in beautiful ways, sometimes this has brought us closer to God.

And now a new season begins. So we look ahead full of expectation what God's plans are for us, our neighbourhood and its people. And as we step into this new season, I am very excited about getting to know you. My greatest priority will be meeting all of you individually over a cup of tea or something stronger if you wish; and we are keen on welcoming all of you to our vicarage at some point. And of course I also want to get to know the wider parish and all its people.

Getting to know one another starts our journey together – and it is on my heart to listen to each one of you very carefully before we move forward together. I am particularly interested in what brings you joy and life and feeds you? Where and when do you encounter God? What makes you anxious? What pain and hurt do you carry? What are your dreams and vision going forward? Where would you like to serve? Who would you like to empower? And who is on your heart to share about Jesus Christ? Meanwhile I want to use my six sermons before the start of Advent to share with you some of the things that God has put on my heart in my ministry so far.

Facing the challenges and tasks set before us can be daunting – and it is easy to feel helpless and vulnerable. I certainly often feel like that, and stepping into the role as your Vicar could easily be overwhelming. However, I can assure you that deep inside me I have a very positive feeling and a great peace about our journey ahead.

In fact, I keep experiencing very encouraging things that feed my faith and hope. Only a few days ago I completed a powerful Bible Study about the Book of Exodus that, as you know, starts with loud cries and ends in the proclamation of the Good News. And I felt incredibly inspired by the journey of our Israelite fellow brothers and sisters and God's wonderful love and compassion for his people! Since moving to Barkingside, I have encountered our living God in profound ways when meeting total strangers, or have seen great examples of wonderful life in the midst of our community.

I really have a strong sense that 'God is with us', and that we can feel confident in having the most powerful and wonderful helper of all: The Holy Spirit. So, if there is one thing I would love us all to do, it is this: To open our eyes, ears and senses, and pay good attention to what God is saying and doing – and dare I say, asking: Where does God wants to disrupt you and us and pour out his grace? Like Moses and so many others after him, we want to be summoned by God and follow him on a journey of renewal and refreshment.

And we journey in full awareness of the particular challenges we are facing in our specific context, not least the devastating cost-of-living crisis, the climate emergency, the uncertainty about the Covid pandemic, and the ongoing decline in numbers of Christians and church-goers, particularly among the youth. The big question is this: How are we responding to all this?

**So here is the Good News: God is good, and he has a good plan for us.** And wherever this journey leads, it is on my heart that we are in intimate relationship with God and love worshipping him; that we are a Family full of love and support for one another, empowering one another in our specific gifting; and that we seek to imitate Christ's humility and compassion, practicing radical welcome and hospitality to those around us.



**All my blessings, Fr Chris**

**20 September: HeartEdge event:** "Gospel and Culture: Churches as meeting places" - St Andrew's church, 11 London Road, Wickford SS12 0AN, 10:30-15:30. Anyone interested coming along with me, please book a ticket yourself.

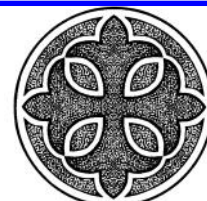
# RIDE + STRIDES

**Friend's of Essex Churches Trust Ride and Stride - 10 September**

By taking part in the Ride+Stride sponsored fundraising event you can help to preserve and maintain church buildings of all denominations and improve and enhance church facilities.

**We will also have an "Open Day / Work Day".  
From 10am. LUNCH at 12:30pm.**

**"Jobs" for everyone, or just come to chat... Refreshments Available.**

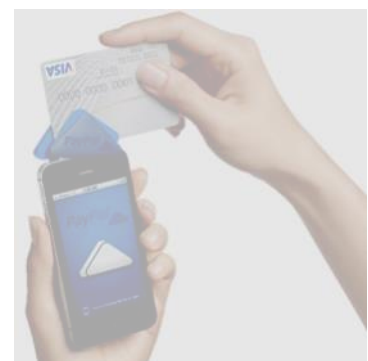


## Chips and Pins

After 180 years of taking groats, farthings, guineas and other miscellaneous coinage (including washers and French francs), Holy Trinity has dragged herself into the computer age.

You may already be used to paying for shopping or a coffee by placing your "card" on a machine to immediately take the money from it. Many venues are also doing this, and although it does seem "strange" for a church to do this, we "move with the times".

**We have a card reader.  
Please 'sharpen your cards' in readiness!!**





## BACK TO SCHOOL

There will be much excitement in some families this September when there is someone about to embark on secondary education. This is a very big step when education starts getting serious! Apart from getting emotionally prepared there is the big job of equipping the new arrival with the necessary requirements of the new school, for instance uniform. Not so strict now as the following might show from days gone by.

Going through some family papers, I came across the listings for new pupils to Ilford County High School for Girls for the intake year of 1947. Bearing in mind there was still a certain amount of rationing and shortages as well as economical restraints, I find the list quite severe. All goods were expected to be bought at either Wests or Bodgers (names from the past!) No hints of home-made or knitted items. 3 pairs of shoes were required – drill shoes (black plimsolls), indoor shoes (light in weight, low heels essential and black or brown only) and lastly hockey shoes (either special hockey shoes or stout walking shoes with low heels and bars fixed on them. Old football boots will also do) The word “trainers” didn’t exist then. I can’t think how some girls coped and were they asked to manage with their brother’s old cast off football boots!! Tunics had to be navy blue serge and the length was 4” off the ground when kneeling. No petticoats but dark knickers were essential. Summer dresses were either red/white, blue/white or green/white and again had to be purchased from Wests or Bodgers.

Blazers were obtainable through the school only and arrangements were made for the fitter to call at the school during the first part of Autumn term to take orders. Parents were requested not to try and obtain blazers in any other way!

Berets, scarves, pullovers, shoe bags and a purse were all to be part of one’s belongings. “Everything must have owner’s name clearly marked - most girls are forgetful and leave their belongings about at some time. If unnamed there is great difficulty in tracing and much waste of time”.

I remember being taken with my mother to get my first High School blazer and how very proud of it I was. It must have cost my family quite a pretty penny as the outfitters was quite an exclusive shop. But I treasured that blazer so much and even chose to wear it to go away on holiday before school began. I guess having something bought for me that was my own was quite special then. My grandmother lived with us and as a skilled dressmaker made most of our clothes. *So when you see the 2020 intake bedecked in their pristine outfits, give a thought to the difference that 70 years or so makes.*

**Barbara Youngs**

## 1<sup>st</sup> September

## Drithelm - vision of the afterlife

Drithelm is the saint for you if you have ever wondered what lies beyond death, or if you have had a near-death experience. He was married and living in Cunningham (now Ayrshire, then Northumbria) in the 7<sup>th</sup> century when he fell ill and apparently died. When he revived a few hours later he caused panic among the mourners, and was himself deeply shaken by the whole experience.

Drithelm went to pray in the village church until daylight, and during those long hours reviewed the priorities of his life in the light of what he had seen while ‘dead’. A celestial guide had shown him souls in hell, in purgatory, in paradise and heaven. Suddenly the reality of God and of coming judgement and of what Christ had done in redeeming mankind became real to him, and his life on earth could never be the same again. Next day he divided his wealth into three: giving one third to his wife, one third to his sons, and the remainder to the poor. He became a monk and went to live at Melrose, where he spent his time in prayer and contemplation of Jesus.

Drithelm’s Vision of the afterlife is remarkable in that it was the first example of this kind of literature from England. It was SO early: seventh century Anglo-Saxon England! Drithelm has even been seen as a remote precursor of Dante.

On a lighter note, Drithelm can also be a saint for you if you didn’t get abroad this summer, but ventured to swim instead off one of our beaches: he used to stand in the cold waters of the Tweed for hours, reciting Psalms.

I am emailing Holy Trinity Barkingside regarding the recruitment of foster carers from individuals attending the church. As you will know there is a huge demand for foster carers and what we find through talking to local communities is that a lot of people have thought about fostering at some point in the lives but don't take the next step for a variety of reasons.

Horizon Fostering Services have a small but strong group of carers and would like to increase our family of carers. We are based in Northwest London but have carers who live in different London boroughs and within 25 miles of London. Our carers come from different cultural and religious backgrounds and this diversity enriches the service we can provide to local authorities.

Please visit our website [www.horizonfostering.co.uk](http://www.horizonfostering.co.uk), which has recently been updated, this work is ongoing. Horizon Fostering Services can also be found on different social media platforms. In the month of July we held recruitment events in the community every Saturday and these were quite successful. We shared our publicity leaflet, brought different fostering material and we were accessible to answer enquirers' questions.

I am interested in visiting places of worship to give their members an opportunity to learn more about fostering and children in desperate need of nurturing care. My visit can be on a day that is convenient to you, preferably when the church is at its busiest and/or families are there together. I am open to any suggestion you have for the best time to visit.

I look forward to hearing from you.

Kind regards, Kathy Allen. Recruitment Coordinator



Horizon Fostering, Kingsbury House, 468 Church Lane, North London NW9 8UA

Recruitment tel: 07951 972526 | General Enquiries: 020 8200 2366 | [recruitment@horizonfostering.co.uk](mailto:recruitment@horizonfostering.co.uk) | [www.horizonfostering.co.uk](http://www.horizonfostering.co.uk)



## Gardening could save your life – but only if you really get stuck in

A recent study has found that just an hour a week of digging and shovelling could be enough to cut your risk of dying. Such 'muscle strengthening exercises' has been found linked to a 10 to 20 per cent lower risk of death from all causes.

The study, recently published in the *British Journal of Sports Medicine*, also found that if you combine that hour a week of strength-training with regular aerobic exercise, you may even reduce your overall risk of an early death by as much as 40 per cent.

So brisk walking and cycling are great – but add in a bit of muscle building, too. Sadly, the growth in online shopping means we are not even carrying our shopping bags home from the supermarket as much as we used to do.





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Contact Alan Barnett ☎ 020 8504 4692 ■ 07871 446 590

## Friends of Zimbabwe

*Joan Marunda*

"Hello Chris.

It is that time of the year when I come back to on behalf of "Friends of Zimbabwe".

I am short of school uniforms for the next Semester in Zim . It starts in January 2023.

I am looking for uniforms for School children from 4yrs to 7yrs, for both boys and girls . These are beginners. I am looking also for Shoes and socks, nice outgrown dresses, underwear, shirts, trousers and shoes.

I can ship to Zimbabwe in batches. I might go to Zim in September. Then I can carry 2x23kgs bags if i get anything to take. I will then go for 8 weeks in December for the Children's graduation.

Can you spread the word please. I can come to Pam Broomfield's or to the church to pick up if there are any donations. My email address is [marundaj@hotmail.com](mailto:marundaj@hotmail.com)

## Be social

If you go to church and/or volunteer for local good causes, the good that you do to others will come back to you. A recent study has found that having a rich social life can help older people retain normal brain functions, and slow down any onset of dementia.

The research, done at the University of Utah, was recently presented to an Alzheimer's UK Research Conference in Brighton.

## Highest temperatures ever recorded

One hundred years ago, on 13<sup>th</sup> September 1922, the highest temperature ever recorded in the world was reported to be 57.7 Centigrade (136 Fahrenheit) in Al'Aziziyah in Libya.

This stood for nearly a century but was challenged at various times and eventually decertified by the World Meteorological Organisation in 2012, which believed there was a faulty reading. It was replaced by a record of 134F (56.7C), taken not in these heady days of climate crisis, but back in July 1913, at the aptly named Furnace Creek Ranch in Death Valley, California.

There are many other examples of temperatures near to 60C going as far back as 1909 (Cherokee, Oklahoma) and 1966 (Sonora, Mexico).

The WMO is an agency of the United Nations responsible for promoting international co-operation on atmospheric science, climatology, hydrology and geophysics.

Temperature peaks are measured in three major ways: air, ground, and through satellite observation. Of these, air measurements are used as standard because of the persistent unreliability of ground and satellite readings. Since these measurements generally are taken of necessity in extreme conditions, they are frequently challenged, and a great deal of uncertainty remains.

For comparison purposes, the hot weather in the UK in July this year peaked at 40.3C (104.5F), at Coningsby, Lincolnshire, on the 19<sup>th</sup> of that month. Many schools closed.

*Tim Lenton*



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## Oberammergau Diary



### **Thursday**

Day 1 - Operation 'transfer' - Hornchurch to Heathrow via Barkingside - accomplished.

Good journey with moderate traffic. Hotel modern and sufficient. Nice evening meal. Worth the extra expense given tube strikes. Early start tomorrow.

### **Friday**

Up at 5.45am (What; Where; Who?) and down for the obligatory fry up.

Arrived at the airport in plenty of time and joined the queue with the rest of the gang easily identifiable from a green McCabe pin badge and an officious, and slightly terrifying person wielding a clipboard. We met Bishop Michael Beasley formerly Bishop of Hertford and now Bishop of Bath and Wells and Rev Joshua Brocklesbury, our leaders for the tour (the purple shirt did help us find our way through the airport).

Some of the less able bypassed the queues but the rest of us battled through customs and on to the plane.



After a half hour delay (wouldn't be the same would it) we flapped our wings and lurched into the sky and landed some 80 minutes later and those with connecting flights were told to disembark 'quickly but without haste'?

After quite a long trek through Munich airport (which has apparently won 5 stars for best airport for 11 years running?) we regained all our worldly belongings and shouted 'hurrah' that we hadn't lost anyone and emerged into the Bavarian air. We met our coach and our tour guide and began our three-hour journey towards the Austrian Tyrol.

Bavaria is a once independent state now part of Germany (and we understand the locals would have it that way again) but is known locally as Bayern hence the footie team 'Bayern Munich' whose stadium we passed on the way – and very impressive it was too.

Our McCabe rep, Susan, gave us the usual run down about the weather forecast for the week and expected tour highlights and after some brief references to the *Sound of music* a few of the children decided a rendition of ...lonely goatherd... was in order. I sense more to come !

As we crossed from Germany into Austria, we entered a thunderstorm and some lightning, or in German 'donner and blitzen', who knew!



We started to see the familiar chalet style houses with balconies with beautiful flowers. How green everywhere was after the very dry and brown state of things back home.

Apparently, Austrians like their festivals. Their cows are taken up into the alps to avoid the warm temperatures in the summer and then they have a festival to bring them back down where they place headdresses on the cattle if they have had a prosperous year but if they haven't, say death in the family etc. then they don't dress them up. They also have a three-day dumpling festival – any excuse!

The local fire department is manned by volunteers and a bell is rung when they are called in an emergency. This is tested every Saturday lunchtime. Schnapps is common and they make it out of everything, even pine cones.



Now we enter Salzburgland. Avalanches are rare but one happened four years ago which closed the road for two days. We saw a helicopter landing pad which is used for airlifting casualties from the ski slopes.

Arrived safely at our hotel 'Bad Hochmoos' near between Lofer and St. Martin. Beautiful scenery, luscious green vegetation and quite damp with fresh mountain air which made for a change from back home where a semi drought continued.

Wonderful evening meal and fellowship and then we briefly introduced ourselves and made off to bed.



### Saturday

Rose early for a fabulous breakfast with lots of choices and after loading up with calories for the day we caught our coach which took us to Salzburg about an hour away.

We arrived and met 'Werner' our local guide who took us on a walking tour of the old and new town pointing out the sights including the Mirabelle Gardens, the local University, the various fountains and squares including famous film locations from, yes you guessed it, 'the sound of music'.

We finished the tour in Salzburg cathedral, one of three in the city, and one which had been rebuilt three times, and were treated to VIP seats near the altar where we listened to an organ concert on three of the apparent seven organs (played separately not together) on which Mozart himself played once.

We then went down to the crypt and had a short service led by Bishop Michael where we started the first of several reflections on the lead up to the passion play at Oberammergau.

This began with Palm Sunday and 'excitement', the entrance into Jerusalem and we discussed what made us excited, how that made us feel, whether we would recognise Jesus, and how we would welcome him.



Afterwards we split up for a couple of hours of free time and some of us went up to the fortress Hohensalzburg on the funicular railway to walk around the walls and see the views which were somewhat restricted by the bad weather. I hadn't seen it rain so much for quite some time and we started to become quite soggy.

Back down on terra firma we searched for coffee and cake and a place to dry out and then met up for the trip home.

The CD of the sound of music soundtrack was duly inserted but most of us were sound asleep

after our exertions.

### Sunday

Off to Jakobsweg. Bright sunny day for a change. Travel to Lake Pillersee for morning worship at St. Adolari. RC 1407.



(Continued on page 10)

This morning's theme was Maundy Thursday - Confusion - and we discussed how Jesus felt when he broke bread with the disciples at the last supper and told what must happen. What Judas might have been thinking about; when we have felt confused; and how you feel when you don't understand something.

We received communion and exchanged the peace which was a truly moving moment in itself after much contactless sharing.

We then walked through the alps for a couple of miles. Quite warm. Chair lift to the top and lunch and then ascended the Jakobskreuz a viewing platform with 180 steps shaped like a cross. Magnificent panoramic views from top.



Descended and caught the coach to Leogang and the miner's museum and chapel of St. Anna, mother of Mary and patron of mining. Mining museum full of Gothic art was not to everyone's taste.



Off to Maria Kirchenthal chapel. Truly amazing retreat location. Amazingly serene and peaceful. We held worship again on the theme of Good Friday and Sadness. We were in a very gaudy baroque style church but a very 'lifelike' icon of Christ crucified stared down at us while we discussed where we would have been when Jesus died; what his friends might have done that evening; when we have felt sad or let down; and who looks after you when you're sad.



### Monday

This morning we were treated to a lie in and then a guided walk with Susan, our rep, around the local area for around two hours finishing at the cable car station at Lofer.

We finished the walk with a service in the local church on the theme of Easter and Joy and discussed what we would have said to Jesus if we had been with the women at the tomb; how the disciples might have felt hearing that Jesus was alive; how, because of Jesus, we can always be forgiven; and who you would share the news with.

We sung our final song 'thine be the glory' and really raised the roof.

Free time in the afternoon for exploring and we took the cable car in two stages up to the top and down again.



In the evening we enjoyed an Austrian themed evening of food and music and some dancing.



### Tuesday

A whole free day of leisure time. Some got on the bus and went to Zell am See and took a boat-ride on the lake.

The rest of us went back to Lofer and rode the cable car to the top and then some of us walked for two hours down the mountain following the 'waterfall way' with some breath-taking scenery and waterfalls. On the way back some of the group went swimming in the outdoor lido and some of us went back to the hotel to relax and take a nap.





### Wednesday

Breakfast and then checkout from the hotel for our journey to Oberammergau. Quick group photo before we left. Stopped on way for 90mins at Lake Achensee where we went paddling in the lake and had a coffee.

In the afternoon we arrived at Oberammergau and checked into two hotels very conveniently situated not more than 5 minutes from the Passion Play Theatre.



We immediately dumped our bags and went for a reconnoitre around the town and a recommended Italian ice cream which was fabulous.

In the evening we had a nice meal and then went outside to witness the anniversary celebrations for King Ludwig (reign 1825-1848) who is much loved in the area for his sponsorship of the arts in times gone by. This began with a fire lit in the shape of a crown on the top of the nearest peak and then a procession down the mountain by torch bearers finishing with a parade of torches through the town following a marching band. Good fun!



### Thursday

This morning we arose for a wander around the town, and a free introductory talk and Q&A from a passion play cast member in the theatre. We then had a light lunch at a local Italian restaurant before making our way back to the theatre for part one which lasted for two and a half hours. In the three-hour interval we dined and then returned again for part two and a further two-and-a-half-hour stint.



At this point, I won't try to describe what the play was like or its history, it really is something that you need to experience in person and sadly, but understandably, no photography is allowed of the performance, suffice to say it was a very spiritual and moving experience.

### Friday

This morning we packed our bags and departed for Munich airport and our journey home with fond farewells said at the airport and then made our respective local journeys home.

All in all, it was a very memorable experience and we have made some lifelong friends along the way.

**Mike Priestman** 28/8/2022

*Here is a poem written with 'Back to Church' Sunday in mind, (on 18<sup>th</sup> September).*

**Going back** (Luke 15:11-32)

Could I go back  
After all this time,  
After all I've done,  
The places I've been,  
The wild living  
And the wasted years,  
Could I go back?

Would they let me in,  
Would *he* want me at all,  
Is it possible even now  
To turn round  
And simply go home?

From the coming to my senses  
Comes decision,  
Comes a risking,  
Comes a turning  
And a danger of rejection, after all.

But when I'm still far off  
And searching  
The way beckons like a beacon -  
And there He is,  
Arms wide in welcome.  
And He's running out  
To bring me in  
To the still place of the love  
That is my Father and my home.  
*By Daphne Kitching*



## ALL MODERN CONVENIENCES TOO PLEASE

As the old song goes, we do like to be beside the seaside but nowadays with all mod. cons! Gone are the days of basic caravan holidays, of fetching and carrying water, of emptying the mucky bucket under the kitchen sink and the dreaded late night time trudge, sometimes in rain, to the toilet block before going to bed.

Our recent holiday to a site near Dunwich, Suffolk afforded us a luxury lodge, two bedrooms en suite, central heating and, of course television and Wi-Fi!

We could book a meal in the site if we chose or use the modern kitchen to cook. But perhaps the nicest way to eat was to walk along a lane and find a path through woods to the huge hut on Dunwich beach. It is a very popular spot for fish and chips, fish straight from the sea, so to speak, very good quality it is too!



The hut stands just behind a beach carved out by the sea over hundreds of years. Dunwich had, at one time, been a thriving town and port but the sea had claimed the town that had twelve churches. On our holiday we could stand on the sandy beach and stare at the grey-green, rolling sea whose waves had mercilessly stolen a town.

We were not searching for food on every outing. We, and our dogs, could turn left out of the site towards the coastguard cottages on Dunwich Heath exactly a mile away. I know the distance because I clocked it on my bike! It's a pleasant walk through gorse and heather with hot sausage rolls or pasties a reward for the journey. Just before we get there we catch sight of a big golf ball shape on the horizon. It is the Sizewell Nuclear Power Station. We could, if the mood takes us, walk to Sizewell from here along sandy tracks and by the edge of the sea. but usually stay and sip tea or coffee and, on occasions, wrap up against the sea breezes.

One day we drove to Warberswick for lunch. The village seems to fade away into huts, gravel paths and car parks, some desirable properties too of course, as it reaches the River Blythe. The river prevents further progress, by vehicle, to Southwold seen clearly on the other side. This day we just sat and watched the rowing boat ferry taking people the 50 or so yards, at £2 a person, across the gentle flow of the river, very relaxing.

Not far from our site is Minsmere Bird Reserve. The lanes here are fairly narrow in places, almost as if to discourage motorists! In fact visitors are welcome, it gives support to the place. There are many bird related items on sale as well as a restaurant. On our visit we sat and enjoyed the peace but for bird watchers it is a great place to be. Referring back to the narrow lanes it has to be admitted that both those of my family in the car and me on my bike, missed the return route narrow lane and had to double back and search to find our way back.



There is a shop on the site that sells basic food items and gifts. If more serious shopping is needed there is a general store in the village of Westleton about 2 miles away.

Such a place suits us, the thought of flying and airports in no way appeals. So a pleasant British holiday, including all mod.cons. is fine by us

**Bill Godfrey.**

\*\*\* A man walked into a minister's study and confessed: "I think I'm addicted to Twitter." The minister looked at him and replied, "Sorry, I don't follow you."

\*\*\* I have enough money to last me the rest of my life, unless I buy something.

## 18<sup>th</sup> September St Joseph of Copertino, the awkward saint

Joseph of Copertino (1603 – 63) should be the patron saint of all awkward people who mean well, but who drive those around them to distraction – especially their church leaders.

Joseph began life in a garden shed, because his father had sold the house to pay debts. Then he grew up wandering about open-mouthed – his mother despised him and called him ‘the Gaper’.

Young Joseph’s intense devotion to God led him to try and join the Capuchin monks – but he drove them crazy: forgetting to do what he was told, dropping piles of plates on the kitchen floor, and neglecting to tend the all-important kitchen fire. He was finally accepted by the Franciscans as a servant, and grew so religiously fervent that he was accepted as a novice in 1625, and ordained a priest in 1628.

As a priest he was devout, but apt to do anything – much to the irritation of his superiors. One problem was his repeated levitations, of which there were 70 reported instances. The most spectacular stories are of his flying to images placed high above the altars and helping workmen to erect a Calvary Cross 36 feet high by lifting it into place while he was hanging in mid-air himself. Such feats earned him the name of ‘the Flying Friar’ by admiring locals, but gave his superiors headaches. They were also disturbed by his habit of going into states of ecstasy, from which nothing could wake him.

## Synod votes to condemn Russian invasion

Russia’s illegal invasion of Ukraine was recently condemned by the General Synod in a debate where members heard of the suffering and terror experienced by ordinary Ukrainians because of the conflict.

Members backed a call for prayer for an end to the war in Ukraine and for parishes and dioceses to work towards providing long term refuge and hospitality for people fleeing the war.

The Bishop of Leeds, Nick Baines, said: “Russia’s invasion of Ukraine constitutes an act of evil that cannot go unchallenged. Ukraine has a legitimate right to self-defence and a right to seek assistance from others in doing so.

“The Government and the wider international community must stand with Ukraine and provide financial, humanitarian, military, and diplomatic support as part of its broader efforts to uphold international law.

“Yet, as the MOD suggested, such support cannot realistically be unlimited, and this war cannot be waged without restraint. The focus of our efforts must be bringing this conflict to an end in a way that respects Ukraine’s independent sovereign status.”

## Listen up

While I was giving a sermon one Sunday, two teenage girls at the back giggled and disturbed people. Finally, I interrupted my sermon and announced sternly, "There are two of you here who have not heard a word I’ve said." That quieted them down.

When the service was over, I went to greet people at the front door.

Three members of the PCC shuffled by, apologised for going to sleep in church, and promising it would never happen again.

## Enrich a Life. Foster for Redbridge.

Do you remember jumping over the waves at the beach in the summer? Or the dance show you were in when you were 6?

If you would like to create fun and lasting memories for children who may have never had these experiences, please email [fostering@redbridge.gov.uk](mailto:fostering@redbridge.gov.uk), call us on 020 8708 6068 or join us on our next virtual information session on 12 August 2022 10am to 11am. Visit <https://www.eventbrite.co.uk/e/foster-for-redbridge-coffee-morning-120822-10-11am-tickets-240073565497> book a place.

### Gemma Seabrook

#### Recruitment, Engagement and Development Officer – Fostering

Fostering, Adoption and Children with Disabilities Service, London Borough of Redbridge

Station Road Centre, Station Road, Barkingside IG6 1NB. Tel: 020 8708 7463

E mail [gemma.seabrook@redbridge.gov.uk](mailto:gemma.seabrook@redbridge.gov.uk) Web: [www.redbridge.gov.uk](http://www.redbridge.gov.uk)

Twitter: [@redbridgelive](https://twitter.com/redbridgelive) Facebook: [www.facebook.com/redbridgelive](https://www.facebook.com/redbridgelive)

## 21<sup>st</sup> September St Matthew, correct and concise

Matthew was one of 12 apostles. But he began as a publican i.e., a tax-collector of Jewish race who worked for the Romans, before he left all at the call of Christ. From earliest times, he was regarded as the author of the first of the four Gospels. The Gospel of Matthew is in correct, concise style, very suitable for public reading.

His usual emblem as an evangelist is a man, because his genealogy emphasised the family ties of Christ. In art, he has been represented as either an evangelist or as an apostle. As an evangelist, he has been depicted sitting at a desk, writing his gospel with an angel holding the inkwell. In the Middle Ages he was even given a pair of spectacles.

Matthew was martyred by a sword or a spear, some think in Ethiopia.

## More funding needed for palliative care, General Synod hears

The General Synod recently called on the Government to allocate more money for palliative care, as members voted to reaffirm the Church of England's opposition to a change in the law on Assisted Suicide.

Following a debate, members backed a Private Member's Motion (PMM) paying tribute to the 'enormous and untiring' efforts of health professionals working in palliative and end of life care.

They called on the Government to guarantee adequate funding and resourcing of palliative care services to ensure the highest possible standards of care for all. Members further affirmed that the law on Assisted Suicide should remain unchanged.





Holy Trinity with St Laurence Mothers' Union Branch  
up to December 2022

**Tuesday 13th Sept 10.30** Short service followed by fellowship with "Tuesday Morning Drop In"

**Friday 23rd September 7.30pm** - Zoom Meeting

**Tuesday 11th Oct 10.30** Short service followed by fellowship with "Tuesday Morning Drop In" and covering Shoe Boxes for *Children in Distress*

**Tuesday Oct 25th October 1pm** Filling Shoe Boxes

**Thursday 20th October 10am-2pm** CDMU Members Day

**Friday 28th October 7.30pm**

**Tuesday 8th November 10.30** Short service followed by fellowship with "Tuesday Morning Drop In"

**Saturday 26th November** Global Day to mark the start 16 days of activism against gender based violence. (Event TBA around this date)

**Tuesday 13th December 2pm** Carol Service

**Coffee Mornings and *Knit'n'Natter*** are now part of the new *Tuesday Morning Drop In* in Holy Trinity Parish Hall 9am to 1pm.

**Friday Evening meetings:** These will continue to be on Zoom.

**2023 dates:** *Tuesday 10th Jan, Friday 27th Jan*

*Tuesday 14th Feb, Friday 24th Feb*

*Tuesday 14th Mar, Friday 24th Mar (Rev'd Chris Burrows, St L)*

*Tuesday 11th April, Friday 21st April*

*Tuesday 9th May, Friday 26th May*

*Tuesday 13th June, Friday 23rd June (*

*Tuesday 11th July, Friday 28th July (Summer of Hope)*

*We have also invited:*

*Dr Rev Chris Szejnmann (HT), Rev'd Rod Reid (CDMU Chaplain),*

*Val Thompson and Epping "Thrive" DA Project.*

*Please feel free to volunteer to lead one of our Friday evening sessions.*

**ANPO** 

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**Some real life extracts from church announcements that didn't come out quite right...**

\* *Announcement in the church bulletin for a National PRAYER & FASTING Conference:* The cost for attending the Prayer & Fasting conference includes meals.

\* *Report in a church magazine:* Miss Charlene Mason sang *I will not pass this way again*, giving obvious pleasure to the congregation.

\* *From a pew-sheet:* Ladies, don't forget the jumble sale. Now's your chance to get rid of all those things not worth keeping around the house. Don't forget your husbands.

\* *From a pew-sheet:* The sermon this morning is entitled 'Jesus Walks on the Water'. The sermon tonight will be: 'Searching for Jesus'.

\* *From a pew-sheet:* Next Thursday there will be try-outs for the choir. Do go along if you can sing at all. They need all the help they can get.

\* *From an announcement:* Sadly, Barbara remains in the hospital. She is having trouble sleeping, and so has requested tapes of the minister's sermons.

**Prayer for September**

Father, September – a month of new starts for many. We pray for all starting school, university or college, or moving into a new class or job.

We pray for the new Prime Minister to prove to a person of integrity, dedicated to working for the good of all.

We especially ask you to help those struggling with the rising cost of living who don't know how they are going to make ends meet.

Have mercy on this nation, Lord and bring us back to Your ways.

Thank You for Jesus and that through trusting in Him we can know You, as Father and God of truth, mercy and compassion.

Thank You that You never give up on us. You will help us if we turn to You, In Jesus name,

**Amen.**

*By Daphne Kitching*

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### **REDBRIDGE VOLUNTARY CARE**

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

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An initiative from the Churches in Redbridge

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IG6 1LU



*Tel:- 020 8220 7157*

*Email:- jacurran@ntlworld.com*



## 28<sup>th</sup> September St Lioba, a memorable woman

What really gets a woman remembered? Loved? Respected? Lioba the abbess of Bischofsheim is the patron saint for any woman who wants to make the most of her life.

Lioba was born in Wessex early in the 8<sup>th</sup> century. Her family was noble, her mother was a relative of the monk Boniface (the Billy Graham of the day, in that he was the apostle and then archbishop of Germany).

Lioba was educated first at the nunnery of Minster-in-Thanet and then at Wimborne, Dorset. She became a nun. After some years of correspondence with Boniface, he invited her to Germany to help him evangelise the people by establishing convents. Convents were sort of the 'Fresh Expressions' of church in those days.

And so Lioba left Dorset with 30 nuns and went to Tauberbischofsheim, where she established a convent. She was a wonderful 'ambassador' of Christianity, for people found her both beautiful and accessible, intelligent and patiently kind. She became so highly esteemed that soon her advice was sought by magnates of both Church and State.

Lioba's convents followed the Rule of St Benedict: all her nuns learned Latin as well as manual work in scriptorium, kitchen, bakery, brewery, and garden. Above all, the regular public prayer of the Church was upheld.

Learning, hard work, and love of God: those were the factors that made Lioba who she was. Her walk with God was evident in her inner strength and dignity, her goodness and kindness. No wonder that even 50 years after her death in 782, the local people were still talking of her with great affection.

**September** is that time of year when we get back to school after the summer break, along with our other routines. As disciples (lit: *learners*) we are all called to learn from Jesus and live like Him. God wants us to make a difference as disciples in our school and workplace, family and friends. As Paul writes:

*'And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through Him.'* (Colossians 3:17).

*'WHATEVER you do'*: God is at work in every aspect of our lives. He can use whatever we do to make a difference to those around. Do we believe this? Our lives shouldn't be like an orange, segmented into the sacred and secular, but more like an apple, in which the whole is available to God.

*'Whatever YOU do'*: God wants to use us to share God's love with the people around us, wherever we spend time. We can trust Him for the resources we need hour by hour, day by day, year by year. What do we need from Him?

*'Whatever you DO'*: Our work is for God alone, as a response to God's love for us. How does this perspective make a difference when what we do seems hard, unrewarding, or unappreciated by others?

A man standing on a train platform was asked one day: *'Who are you?'* He replied, *'I am a Christian thinly disguised as an accountant.'* If we were asked the same question I wonder what we would say. As disciples of Jesus Christ, our identity is rooted in God and His call upon our lives.

For each of us, September represents going back to school with Jesus, to learn how we can live for Him.

## General Synod Presidential Address by the Archbishop of York

*Here is an edited version of Stephen Cottrell's recent speech...*

### **Following Jesus isn't easy.**

In the public square our words will often be misunderstood, misinterpreted and misquoted. People will think we're woke, naïve, misguided, too left wing, too right wing, too liberal or too conservative. We will be applauded for taking a moral stand, and pilloried for getting involved in politics. At the same time. On the same issue. But, knowing very well that we will sometimes get it wrong, what we are trying to be, is faithful to Jesus.

In personal witness we will sometimes meet scorn, apathy, even hostility. That which means most to us, will be considered trivial, laughable and neanderthal by some. But when we do share the gospel, we will find ourselves standing on the holy ground of other people's stories - and their pain - and often we won't have the words to say, such as when we're ministering to those whose lives are cut short, or when taking the funeral of a child.

Our hearts will be pierced, and like Mary standing at the foot of the cross, our witness will be a silent vigil and a determination to abide.

We will carry a towel, not a flag. We will issue an invitation, not a summons. We will, wherever possible, roll away stones.

In overseeing and resourcing the church for ministry, a responsibility that we all share, we will have to make painful and difficult decisions. In facing up to mistakes, we will be humbled, especially by our failings to safeguard the Church or to root out racism or even just to communicate well, and show kindness to each other, in these things, we will be pierced and broken.

Yet the sight of the Most High gladdens and sustains us. For me, that is around the table of the Lord and in the daily slog and diet of prayer and the comfort of scripture.

And for all of us, laity, priests and bishops, the whole people of God, we must, as our first priority and the first call upon our lives, pay attention to those sources of replenishing grace that are given us in word and worship, in sacrament and fellowship, enabling us to persevere, to get better, to make amends, to love one another.

So this is what I say to myself each day: Stephen, know your need of God; know that you need resources outside yourself; don't believe your own publicity; own up to your mistakes; don't think you're in charge or this is your church. It isn't. And seek out those places of prayerful contemplation and replenishing where you will know God's love for you.

## *Calligraphist???*

*If you are good at "calligraphy", then we are looking for someone who can bring the "Chantry Book" up to date, to ensure that past members of our church are not forgotten.  
If you are interested please see Clergy or Churchwardens!!*

The Rectory  
St James the Least

My dear Nephew Darren

### On how to save electricity in church



Your church certainly seems to have taken to the idea of green electricity with a vengeance. To have covered the whole of your roof with solar panels was a brave move, and it makes quite a sight – especially when the sun catches them, dazzling motorists on the by-pass and causing multiple pile-ups. I pity the local pigeons, who try to land on it and then do a gentle glissade into the gutters.

I know there have been objections to your proposal to erect a wind turbine in your car park – although no one could claim that it spoils the aesthetic appearance of your church. Nothing, my dear Darren, could do that.

May I humbly offer you some further suggestions for reducing your electricity consumption. If you cut your sermons by half, then everyone could go home 20 minutes earlier. Similarly, if you only sang each chorus once instead of your customary 17 times, that should cut your service times in half. And why have lighting so good that everyone can see everyone else? That is the last thing our own congregation ever want to do.

I raised the issue at our last church council meeting, but having only recently gone on to electricity, there seemed little enthusiasm for yet more change. Major Hastings still fondly remembers our old acetylene plant in the churchyard, destroyed during one Mattins when the verger was unaware of the gas leak and lit up a cigarette. We still occasionally find pieces of his cassock when mowing the grass.

Mr Prentice, with a slightly malicious gleam, suggested building a treadmill, to be worked by the Young Farmers – which would also keep them out of the pub while Evensong was taking place.

I couldn't help feeling that our Ladies Group would have far more determination to keep the thing rotating – probably providing enough energy to light the entire County.

I was tempted to suggest we invite the vicar from our adjoining parish, St Agatha's, to preach every Sunday, as that would fill our church with more than enough hot air.

I finally stopped all further discussion on the subject when a solar panel consultant arrived at the Rectory and began his sales pitch with the phrase: "I've come to convert you".

**Your loving Uncle**

**Eustace**



"Wait a moment, dear, this isn't a tourists'- attraction ratings guide, it's a Health and Safety warning!"

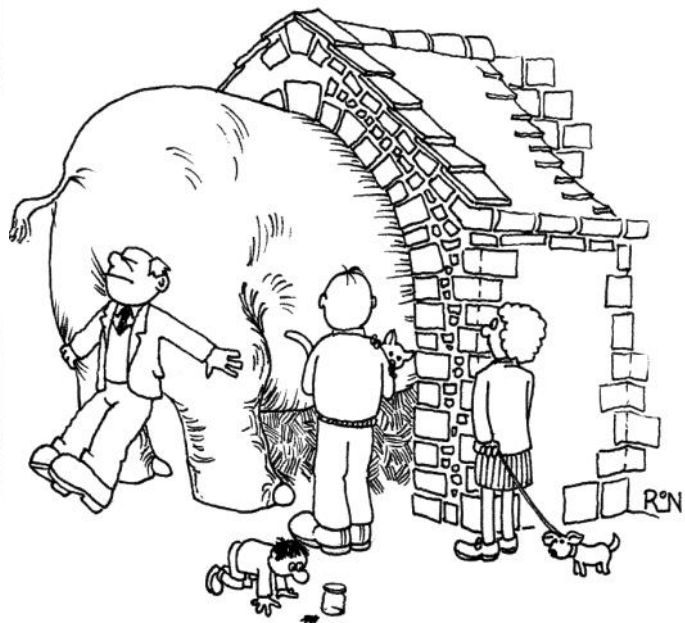




"Finally, we're still waiting for someone from last week's Parent & Toddler Group to come and claim this lost property..."



...if you have been affected by any of the issues raised in this sermon...



Eventually they decided to hold the pets' service outdoors

apologise for describing the bishop as a bored again Christian.

Our ministry team have had a little setback with regard to encouraging the good folk of St Cliff's to expect the miraculous. Last Sunday, when praying for Mr Carruther's hip he was asked if he wanted the affected leg longer. His reply that "yes, another 25 years would be great" wasn't what they were expecting.

Our competition to rename our women's intercessors group is being extended by an additional week. The only entry, 'Birds of Pray' was felt to be not quite right.

We are pleased to announce that the FREE WIFE sign in St Cliff's foyer has now been corrected to read FREE WIFI.





### Save the date!

Saturday 1st October 2022

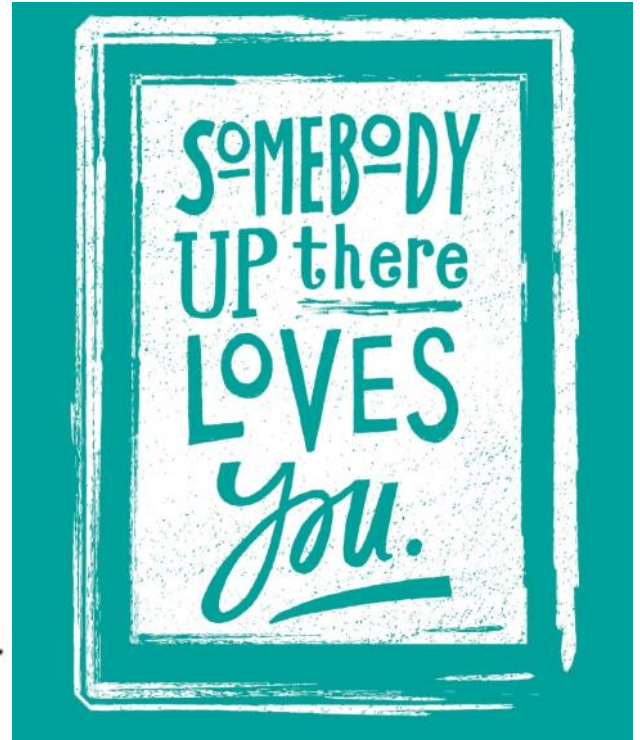
7.15pm for a 7.30pm start

Woodford Baptist Church, George Lane, South Woodford.

£10/person tables of up to 8

BYO Drinks – snacks/nibbles provided.

Email [office@christianeducationproject.org.uk](mailto:office@christianeducationproject.org.uk) to reserve spaces.



## 29<sup>th</sup> September Enter all the angels, led by Michael *By Canon David Winter*

What is an angel? Easy, people think: a shining figure with glorious wings, who appears from time to time to do some mighty work for God or bring a very special message from him.

Well, that's right in one sense (apart from the wings, which owe more to stained glass windows than the Bible). But the fact that not all 'angels' in the Bible are 'glorious' or 'shining' should make us hesitate to categorise them in this spectacular way. After all, the three apparently ordinary men who visited Abraham and Sarah to tell them that she would have a son even though she was long past child-bearing age had none of those outward embellishments. Nevertheless, Abraham recognised them as divine messengers.

The Bible is full of angels, from the early chapters of Genesis to the last chapter of Revelation, and often they had a key role in crucial events. It seems, from just two instances, that Michael was their leader, an 'archangel'. In many stained glass windows he's seen with a sword, because in a vision in Revelation he led the angelic host who fought and defeated Satan and his army.

In the Gospels, an angel of the Lord appeared to Zechariah in the Temple, to tell him that his elderly wife was to have a son, the forerunner of the Messiah, John the Baptist. An angel, Gabriel, appeared to Mary to tell her that she would be the mother of the Messiah, the Son of God. An angel appeared 'in a dream' to Joseph, the village carpenter in Nazareth, to tell him to go ahead and marry his fiancée, Mary, and later - also in a dream - warned him not to go back to Bethlehem. A 'young man', whom we take to have been an angel, was sitting in the empty tomb on Easter morning, waiting to tell the startled women that Jesus wasn't there - He had risen (Mark 16:5).

Without going into every biblical reference to angels, those should be sufficient to show that the word covers an enormous diversity of experience.



## 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**

**0208 637 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)


## The LEGAL STUFF

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All contributions are welcome but the Editor cannot guarantee to publish everything that is given to us.




**NEW BIRTHS DAY-NURSERY**

Holy Trinity Hall, Mossford Green,  
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7:30am - 7pm  
3 months to 5 years

15 hours free for 2,3 and 4 year olds!!!

For more information call:  
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0208 552 2000

Ofsted 

## Did you know about Stacking Chairs



A new study performed by Life Way Research revealed that there is a "strong connection" between your personal holiness and the number of chairs you stack while tearing down a church service or other church function.

The report looked at thousands of churchgoers from all over the nation and found that all across the board, the more chairs you stack, the further along you are in your sanctification journey.

"People who stack lots of chairs were found to be very close to Jesus, while people who just stand around and talk were found to be basically pagans," said a study intern. "There are lots of baby Christians out there, of course, who fall somewhere in between. Brand-new believers tend to mill about the meeting room and reluctantly grab a chair or two before slinking away and muttering something about having to go pick up their kids."

So if you want to be nearer Jesus – ask Sandra about joining the Venue Team and join in with Stacking and setting up chairs and tables just once a month.



**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**

**VICAR:**

Rev Dr Chris Szejnmann - 0208 8637 4859  
The Vicarage, 36 Mossford Green, IG6 2BJ  
[CSzejnmann@outlook.com](mailto:CSzejnmann@outlook.com) 07804 641 931

**Associate Priest:**

Rev Rosemary Potten - 020 8551 2011

**Assistant Curate:**

Rev Andrew Appiah - 07853 197 937  
[priest@holytrinitybarkingside.org.uk](mailto:priest@holytrinitybarkingside.org.uk)  
[andrew.appiah@holytrinitybarkingside.org.uk](mailto:andrew.appiah@holytrinitybarkingside.org.uk)

**Churchwardens:**

Chris Potten - 020 8551 2011  
[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)

**Parish Safeguarding Officer:**

[psr@holytrinitybarkingside.org.uk](mailto:psr@holytrinitybarkingside.org.uk)  
Kaye Larbi 020 8491 8178

**Magazine:**

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**Mothers' Union:**

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**Music Group:**

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

**Webmaster:**

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

## PARISH DIARY

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

- 5th Sept Mon - Institution & Induction of Rev. Dr. Chris Szejnmann**  
followed by Reception in Parish Hall
- 10th Sept Sat - 10am "Church Work Day." + Ride & Stride. + Lunch @ 12:30.**
- 12th Sept Mon - 7:30pm. PCC Meeting in Church**
- 13th Sept Tues - 10:30am MU service in church - with *Summer of Hope* event**
- 18th Sept Sun - 6:30pm "Harvest Songs of Praise" - Gants Hill URC**
- 20th Sept 10:30 - 15:30 - HeartEdge "Gospel & Culture" Event - see details inside.**
- 20th Sept 7:30pm - Licensing of Rev. Kate Szejnmann - St Chad's Church**
- 1st Oct Sat—Christian Education Project Quiz—See inside for details**
- 2nd Oct Sun - 10:30am - Harvest Festival - please bring non-perishable food for the Foodbank. Light Lunch afterwards.**  
**4.00pm - St. Francis of Assisi - Choral Evensong led by the Chelmsford Cathedral Choir (led by James Davey, choirmaster)**
- 9th Oct Sun - Confirmation Service - St Paul's Woodford Bridge**
- 1st Oct Tues 10:30am MU service in church - and Filling shoe boxes**
- 29/30 Oct Sat / Sun—Clocks go Backwards 1 hour. Don't be late !!**