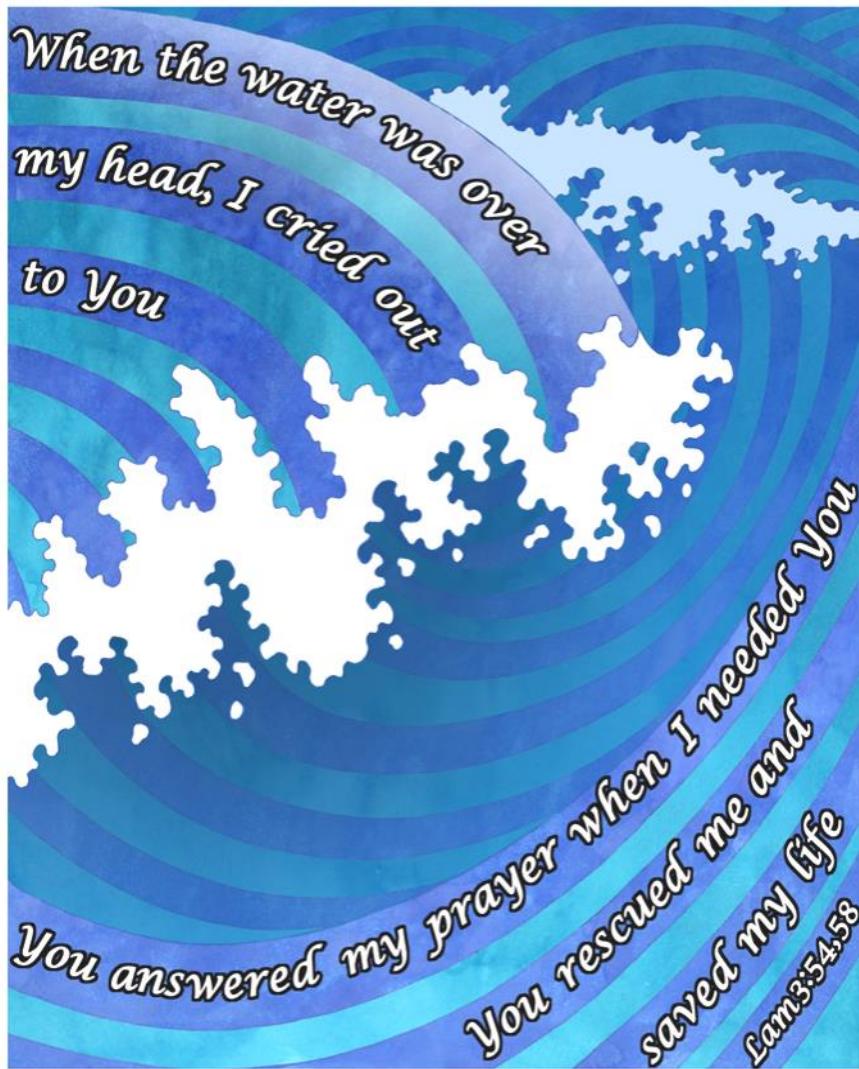


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Dear Holy Trinity Family!

Welcome to Lent! Welcome to this annual journey that started on Ash Wednesday last week when we were reminded of the reality of our mortality and failings. And so we humble ourselves before the eternal God who is the life-giver and redeemer. But Lent is not only about shadows and wrestling with our shortcomings. There is much more to it, and some describe it as “**bright sadness**”: As we are humbled, we find growing freedom and grace as God offers us wonderful mercy and healing.

So we are called to consider again who we are, and what it means to live a life worthy of our calling. We are called to grasp that **it is possible to be in the world in a new and fresh way**: Whilst we are challenged by serious issues about ourselves and the society around us, Jesus offers us a wonderful alternative.



What made Jesus so special is that he never doubted that he was God’s beloved son. This is how he was able to resist powerful temptations in the desert, and instead, live-out the life-giving love of his Father. So as we journey through Lent, we also need to remind ourselves of our divine identity: **We are Children of God**. This is our identity and the foundation of everything. And it should give us incredible assurance, strength, protection and hope.

So I encourage you to journey through Lent with the wonderful assurance from Paul the Apostle: “**By the grace of God I am what I am, and his grace towards me has not been in vain**” (1 Corinthians 15:10) [for more on this, please watch the “Living from Grace” talk Jane Williams gave to clergy and licensed lay ministers from our diocese: “Living from grace, Bishop's Study Day 2023, Shrove Tuesday, Chelmsford Cathedral”, see https://www.youtube.com/watch?v=VXgaZYX6_Mc].

I think that Paul reminds us here that **every single person is created beautifully by God, and that God gifts us with something wonderful**: His love and mercy are with us always – read Psalm 121 as a reminder. And as we pursue a demanding and risky journey to face our demons head-on, **Jesus does not condemn us, but wants to work with our shortcomings and woundedness, and turn it into something wonderfully life-giving**.

God is good, and I continue to be so grateful for your servant-heartedness and compassion, and that we continue to see such **goodness and blessings right in our midst**. We are so grateful for our wonderful first Family Church event (*thanks to the whole team lead by Christine & Kate*).

Please all make an effort to spread the word about the forthcoming follow-ups on 26 March and 7 April.

We are also grateful that Holy Trinity has been able to host a number of events, including the Deanery Synod (thanks in particular to Maxine), and the mid-week lunch for the North Ilford Fellowship of Churches (thanks in particular to Jeanne who cooked fantastic soups). And finally, our Lent Course “A Place for Us” based on West Side Story started really well on Tuesday for a day-time group (very much benefitting from the blessings of the Tuesday Drop-In) and then on Wednesday for an evening group.

But for now, and as always: **Thanks so much for who you are, and for all you do.** 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.

All my blessings. Fr. Chris

Prayer for Mothering Sunday

Loving Saviour,

Who experienced the love of an earthly mother. On Mothering Sunday we reflect and give thanks for Mother Earth, Mother Church and our earthly Mother.



You have supplied the earth with abundant riches. We pray that humankind be wise stewards of your bounteous provision for the needs of all. Help us to encourage everyone to care for your earth so that future generations will enjoy its beauty.

Thank you for Mother Church; for the opportunities to worship together, and, as a church community, reach out in love and acceptance to the lonely, the stranger, the refugee, all who are our neighbour.

We thank you for the love and nurture received from our own Mother. We are grateful that she set us on our way, protecting us from harm, directing us on the best way to live our life. We feel so blessed for her guidance which has enabled us to be the person we are today.



We ask you Lord to bring comfort and healing to everyone who this Mothering Sunday will be saddened, upset, or hurt by the memories of the day. All who have lost their mother recently or many years ago and yet the pain and deep sadness still remains.

All who have been abandoned for whatever reason by their mother. All who have been unable to have a child. All who have lost a child. All who have been hurt or abused. We ask you to enfold them in your arms and surround them with your love in their pain and sorrow.



We pray that you will give each of us the grace to be mindful of others, to be kind in our words and be sympathetic to others' situation.

Amen

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Some kind of lamb

If I were some kind of lamb,
soft, easy to attack,
fragile in the field

I would listen for the shepherd
who loves the colour
and texture of my wool

and the way I raise my head
when the sun shines:
He would overlook

the awkward way I run
and hit my knees
against protruding fences

in the night
and he would pick me up
for no good reason

by Tim Lenton

" I was Sir Derek Jacobi's mother . Part 2

We were in Edinburgh , performing at the festival in September 1957.

Truth to tell we were not in the West End thick of events ; we were fringe.....but who cares? We were there. On Henderson Row, a few streets away from Princes Street .

Illustrious enough , I suggest.

We were performing our Hamlet in the Edinburgh Academy school , built in 1824 with alumni the likes of Robert Louis Stevenson , Magnus Magnusson , R.M Ballantyne , Gordon Honeycomb , the former ITV newsreader and the marvellous Graham Crowden.

Our Hamlet was a production by 'The Players of Leyton ' ; more simply put , pupils or former pupils of Leyton County High School for boys. The play had been our school Christmas play the previous year , so we were all pretty well rehearsed.

We had given a number of performances, received great reviews and , were probably becoming disgracefully blasé about the whole business , we were stars in the making. We were all having a smashing time.

Among our number was one John Bunting, not an actor , but one of the necessary but invariably unsung technical crew , whose main passion was photography. Simple enough , you might think , but John was into.....movies !

John desperately wanted to shoot some footage of the play . Given that the entire thing would have been a test for Cecil B. De Mille , John realised that excerpts were all he could manage. There was another hurdle , however.

Photo sophistication hadn't run to high speed film , workshopping or any of today's technologies. The film would have to be developed after all.....Boots' or Dixons' aid would have to be enlisted.

I will not indulge younger readers by explaining that here , but I will direct you to a friend or family remember , who was born before the late Queen ascended, who will take you down the tortuous road of D & P.....including that very expression itself.

So, armed with his 8mm cine camera and quite expensive Ektachrome film , John Bunting (not giving too much thought to location shooting) decided to film in the adjacent school playground. The reason for this was fundamental. Even with the perfectly adequate stage lighting , Ektachrome would be quite unable to cope with the vagaries of a pretty basic camera.....not to mention actors, directors , make up crew , directors and (the best of) best boys.

John had already filmed the Ghost on the battlements, Hamlet's 'to be or not to be ' speech and was now bent on addressing his chosen his masterpiece.....the bedroom scene in Act 3.

To save you , dear reader , from an imminent fit of the vapours , I should explain the the scene in question is now more decorously referred to as ' the closet scene ' , where Hamlet and Gertrude have a marvellous ding-dong about the pros and cons of his mother's untimely remarriage to his uncle after his father's murder . The language is rich and beautifuloh , and Polonius gets done to death..... so there is much to commend it.

JB clearly had grand thoughts here.....maybe even a 'Psycho' shower scene (two years before Hitchcock) or even a chariot race around the bed, also two years ahead of William Wyler.....his demands were becoming very ambitious.....

The bed had to be moved into the playground ; an Arras and support structure had to be contrived.....and more.....

Meantime the autumn sun shone brightly and warmly down as we donned our Elsinore winter woollies and filming began..... Totally atmospheric.....I don't think.

Polonius had already secreted himself as his cue demanded.

Perhaps I should mention here that Roger Collinson, playing Polonius brilliantly , was a strapping six-footer who signally failed to bundle his frame into the wholly inadequate space provided by the frankly amateurish structure for the Arras ; his own arras (one might say) remaining resolutely visible despite his attempts to remain concealed.

I cannot swear , at this point, when it was that fits of the giggles started to erupt . My own professionalism (he laughingly calls it) had already started to buckle. DJ's would follow later , but follow , it assuredly would.

JB called action and dialogue began.

The director was standing by and had shown all the signs of turning this into a rehearsal where nothing would please him.....where was the man's sense of humour?

The cut and thrust of Shakespeare's masterpiece began with my line.....

"Hamlet , thou hast thy father much offended"

"Mother, you have my father much offended".....Great stuff....

Here , I am directed to flounce onto the bed in a huff.....so flounce I did, but perhaps more forcefully than the scene and the director , required. There was an almighty crack as the bottom legs of the bed gave way and precipitated my inevitable slide from the top to the bottom . DJ , wishing to prevent any injury to me (this was his defence afterwards) flung himself bedwards and joined the slide.

Shakespeare does not record anything at all about Gertrude's undergarments , but I was a schoolboy and my pants had been worn for only a few days.....and inside out too.so that was ok , but went from bad to worse when the fried onions with which I had slathered my lunchtime hot dog , decided to announce their omnipresence in my system - LOUDLY.

This was more than DJ could stand and his huge professionalism collapsed into similarly induced functions.

Meanwhile Collinson , whose restrictive pose had required his own system to function perversely, stood up , scarcely restraining a guffaw , certainly did not restrain his own contribution to the colonic thunderfest ! I later learned that he had entered the Church and when we met years later , I reminded him that his contribution that day was more proctalgic than priestly.

So , dear reader there you have it....

Somewhere out there , John Bunting's masterpiece may still be doing the roundsfor sale on e Bay, discovered in an attic , or in a suitcase of retro photo equipment.....

One thing is certain....we knew it existed. We were part of it.....we may want to disown it.....but if you find it....., I'll be in a queue to buy it. *Reg Wheeler*

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Turkey / Syrian Earthquake Appeal

The Total so far for our Turkey / Syrian Earthquake Appeal is £341.

There may be more next Sunday, and then Laura will post off the CHRISTIAN AID Collection envelopes, with their slips, so as to gain the Gift Aid as well.

The Lent Lunch on 1st March raised a further £105.

Thanks to everyone.

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A reflection on The Lord's Prayer (Matthew 6:1-18)

Our Father in heaven, please help us.
We, your children, learn slowly.
So often we say nothing when your name is mis-used.
Often our lives do not reflect your ways,
Mostly we do what we want on earth,
And this can make heaven unimaginable.
We expect so much more than we actually need each day.
Sometimes we think we don't need forgiveness,
Sometimes we think we are unforgivable,
And we forget that other people make these same errors of thinking.
When it comes to temptation, we find our own ways,
We are confused about what is and is not evil,
We are confused about deliverance,
We are confused...
And here is the wonder, the grace and the mystery,
That you know us completely,
Our failings, our secrets,
And still love us forever and ever,
Amen. By Daphne Kitching

5th March: Eusebius, friend of St Jerome

Eusebius is the saint for you if you believe in the Bible, and also in providing hospitality. He was born of a good family in Cremona, Italy, in the fourth century, and felt called to become a monk. As Eusebius was ascetic by nature, he sought out St Jerome in Rome, who advocated an austere lifestyle for monks. They became life-long friends. At that time, Jerome was secretary to Pope Damasus, who commissioned him to produce for the Western church a translation of the Bible in Latin.

It was a time when Christian theologians were defending the faith from various heresies which had arisen concerning the nature of God. Eusebius was a loyal friend of Jerome, and so became involved in Jerome's theological disputes against various heresies.

When the Pope died in 384, Jerome decided to leave for the Holy Land. Eusebius begged to accompany him. At Antioch, they were joined by two female friends of Jerome's and together they made a pilgrimage to all the places connected with the earthly life of Jesus. Later, they decided to make their home in Bethlehem, where Jerome continued with writing, studying, and overseeing a monastery.

Jerome noticed that the vast number of pilgrims to Bethlehem were extremely poor, so he decided to build a hostel for them. Eusebius was sent to Croatia and Italy to raise money for the building project. He even sold his own property at Cremona to help with finances.

Meanwhile, the theological disputes continued, and it seems that Jerome next sent Eusebius to Rome, to support Pope Anastasius I.

In 400AD, Eusebius may have returned to his native Cremona, or else to Bethlehem to become the abbot of the church there. One (unproven) tradition credits him with founding the abbey of Guadalupe in Spain. Another late tradition credits him with raising three men from the dead - an event painted twice by Italian Renaissance painter Raphael Sanzio.

Wherever Eusebius spent his last years, he continued to support Jerome's interests, and they regularly corresponded on theology. Eusebius died in 423 and it is thought he is buried alongside Jerome in Bethlehem.

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THE POETRY OF SONGS IN WAR-TIME

While out cycling I sometimes find myself silently singing songs, sometimes those that also includes the 2nd World War. I had read about and seen documentaries on poets of the 1st World War, the likes of Siegfried Sassoon, Wilfred Owen, Robert Graves to name but three, who captured the horror and inhumanity of war, especially trench warfare, with memorable and meaningful words.

There were, of course, great poets of the 2nd World War too whose words equally exposed the carnage and hopelessness of those in the firing line. Heroes all, men and women who were, mostly, not in control of their own destiny.

There was too, poetry in war-time songs. Songs also intended to raise morale, to speak of better times or extol success.

Local girl Vera Lynn personified hope and future joy with her *Bluebirds Over the White Cliffs of Dover* (just you wait and see) *Love and Laughter and Peace Ever After* etc. And, *We'll Meet Again – Don't know where, don't know when -, But I Know We'll Meet Again Some Sunny Day*. So uplifting in that time of darkness and repression.

It was not only 'The Poor Blooming Infantry' that was on the front line, there were the Jolly Jack Tars, the Sailors exposed to bombardment from above and torpedoes from below. *Sailor Who Are You Thinking of Tonight. I Bet You that You're Dreaming of a Lady* etc. etc. *Bell bottom trousers, coat of navy blue, Susie loved a sailor and he loved her too* etc.



Let us not forget the Brylcreem Boys up there in the blue. Theirs was also a task of great danger in the war effort. One song particularly sums up what could have been regular incidents:

*Coming in on a Wing and a Prayer,
Look below there's our field over there
With our full crew aboard and our Trust in the Lord
Coming on on a wing and a prayer.*

Another song of that time: *Its a lovely day tomorrow - tomorrow is a lovely day - so forget your troubles and begin to say, tomorrow is a lovely day.*

In due course there was that lovely day for most people, the 8th May 1945 Victory in Europe, V.E Day. Even for those who had lost a loved one or had been badly affected, injured or deprived of a home or even a country, it was all such a huge relief not to be threatened by a bomb or bullet or even starvation. It could not be imagined that anyone would voluntarily start war again. The reality is, certain people or regimes do instigate conflict.

The Russian State and Putin, he gets no title or status here, are prepared to kill and destroy on a massive scale for their own misguided reasons.

Perhaps someone will or already has jotted down a derogatory ode, rhyme or song about this destructive folly. We can but hope and pray that Ukraine will prevail

Spiritual Disciplines - Fasting

Spiritual disciplines are practices designed to help us grow as disciples of Jesus. This month we are looking at the practice of *fasting*.

Fasting can be a neglected discipline, but plays an important part in the Christian life, especially during Lent. Jesus began His earthly ministry by fasting in the wilderness for 40 days and taught His disciples to fast: '*when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen.*' (Matthew 6:17,18).

Why Fast?

Firstly, giving up something in my life underlines my desire to put God first in my life. Secondly, fasting shows me how much I depend on things other than God in my life, so I can surrender my idols to Him. Thirdly, fasting encourages me to have a deeper hunger and dependency for God in my life. Therefore, fasting gives me space to focus on God for His strength, provision, and wisdom and leads to a more intimate relationship with Christ. It also enables the Holy Spirit to reveal my true spiritual condition, leading to repentance, and a transformed life and a more attentive heart towards God.

How can I fast?

Usually fasting involves missing one or two meals during the day, although some can't abstain for medical reasons. It might also include abstaining or limiting the time I give to television, alcohol or social media. However, Lent can also be a time to embrace new spiritual disciplines e.g. joining a study group, '*random acts of kindness*', or giving more time to prayer and Bible Study. Whatever you do, make Lent count this year!

'Blessed are those who hunger and thirst for righteousness, for they will be filled.' (Matthew 5:6).

Mothering Sunday

is a day of mixed emotions.

For many it's a happy, joyous day, but for others it's one of pain and grief. A day to celebrate love, while acknowledging those who cannot have children or have lost them and those who have no relationship with their mother.

In the dying moments of His life, Jesus honored Mary His mother by showing her love and care. He entrusted His mother to John's protection: '*When Jesus saw His mother there, and the disciple whom He loved standing nearby, He said to her, 'Woman, here is your son,' and to the disciple, 'Here is your mother.'* From that time on, this disciple took her into his home.' (John 19:26,27). While affirming the importance of mothers, Jesus reminds us that the love we show on Mothering Sunday is just a token of our continuous appreciation of them.

Jesus also creates a new way of being family, marking the beginnings of the church. In the past, people would go back to their '*mother*' church on this Sunday, to acknowledge its importance in their lives. Jesus invites us into this new family of love and mutual belonging, where we can find a place, irrespective of our own family circumstances.

Church is not always an easy place to be, because we are shaped by our own experience of mothering. We may find it hard to give or receive love without ourselves getting in the way. However, God's help is available to change things, '*because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us.*' (Romans 5:5)

The mother of three difficult youngsters was asked whether she'd have children if she had it to do over again. 'Yes,' she replied. '*But not the same ones.*'

8th March: Woodbine Willie, bringing love with cigarettes and the Bible

Here's a 'saint' that the Church of England remembers from the 1st World War - the Revd Geoffrey Studdert Kennedy MC, or 'Woodbine Willie', as everyone knew this popular, much-loved army chaplain on the Western Front.

Studdert Kennedy (27th June 1883 – 8th March 1929) had been born in Leeds as the seventh of nine children. After reading divinity and classics at Trinity College Dublin, he'd studied for ordination at Ripon Clergy College, and served his curacy at Rugby.

By the time war broke out in 1914, Studdert Kennedy was vicar of St Paul's Worcester. He soon volunteered to go to the Western Front as a chaplain to the army. Life on the front line in the trenches was a desperate affair, but soon Studdert Kennedy had hit on a way of bringing a few moments of relief to the stressed-out soldiers: as well as good cheer he gave out copious amounts of 'Woodbines', the most popular cheap cigarette of the time.

One colleague remembered Kennedy: "he'd come down into the trenches and say prayers with the men, have a cuppa out of a dirty tin mug and tell a joke as good as any of us. He was a chain smoker and always carried a packet of Woodbine cigarettes that he would give out in handfuls to us lads. That's how he got his nickname. He came down the trench one day to cheer us up. Had his Bible with him as usual. Well, I'd been there for weeks, unable to write home, of course, we were going over the top later that day. I asked him if he would write to my sweetheart at home, tell her I was still alive and, so far, in one piece... years later, after the war, she showed me the letter he'd sent, very nice it was. A lovely letter. My wife kept it until she died."

During the war, Kennedy supported the British military effort with enthusiasm, but soon after the war, he turned to Christian socialism and pacifism. He was given charge of St Edmunds in Lombard St, London, and took to writing a number of poems about his war experiences: *Rough Rhymes of a Padre* (1918) and *More Rough Rhymes* (1919). He went on to work for the Industrial Christian Fellowship, for whom he did speaking tours. It was on one of these tours that he was taken ill, and sadly died in Liverpool in 1929. He was only 46.

His compassion and generosity in the face of the horrors of the Western Front was immortalised in the song 'Absent Friends': "Woodbine Willie couldn't rest until he'd/given every bloke a final smoke/before the killing." He himself had once described his chaplain's ministry as taking "a box of fags in your haversack, and a great deal of love in your heart."

Church Website Provider has saved the UK Church £2.15million

Church Edit, part of the UK's leading Christian software company, celebrates a major milestone this year as it reaches 20 years since they started their church website builder.

The founder, Kyle Cottington, was re-designing his local church's website back in 2002 and saw the importance that the internet would bring to the church and how churches were struggling to create their own websites. Whilst working in full time employment, Kyle spent many evenings and weekends developing Church Edit until the first site launched in 2003. Church Edit hasn't stopped growing since - from just one person at the start, there are now 13 in the team, supporting churches in running their websites across the UK.

Church Edit is also used by 24 of the Church of England Dioceses. Church Edit has also recently launched an all new Design Builder, giving even greater control to churches to create an attractive, professional and responsive website for their church.

After analysis of historical websites prices, it has been calculated that Church Edit has saved the UK church £2.15million since its launch. Prices for Church Edit have always been around £175pa, including full and unlimited technical support.

More information on Church Edit can be found on their website www.churchedit.co.uk. Details on their sister product iKnow Church can be found on www.iknowchurch.co.uk

This recent cold spell got me thinking how fortunate most of us are to have some form of heating that we do not need to replenish as we used to do with coal

It is one aspect of domestic life that has slipped away almost unnoticed, the fire in the hearth, a very real symbol of home comfort. Many of us older folk who have dozed in front of glowing embers will know just what it was like.

Whole communities worked, often in dangerous circumstances, mining coal to supply the many millions of fireplaces that, back then, were the only means of warmth in the winter months. An old garment probably lying along the bottom of the living room door to try to prevent icy draughts, they always seemed to be icy! Should anyone have need to leave the room, there would be the cry of, "Shut the door". It all seems laughable now but it was very real in the 40s and 50s. Some more enterprising families had perhaps invested in an all-night burner. Otherwise the fire would go out during the night and there would be the messy business of cleaning the ashes from the grate and setting a new conflagration. It would usually take more than one attempt.

Access the coal bunker in the garden was essential. I can remember when snow fell, the first path cleared was the one to the coal bunker. Coal would be kept by the fire place in a coal scuttle. Such items nowadays are to be found in junk/antiques shops. Then here was the ritual of ordering your next delivery of coal, the coalman heaving great 100 weight sacks to the back garden, that is if you did not have a cellar. In terraced houses this would mean the delivery would have to go through the house.

Indeed our whole culture was based on home and hearth. During the 1st World War the song, "Keep the home fires burning" (Till the boys come home etc) was popular. Ivor Novello wrote 'Perchance to Dream'. In that show is a song called, 'We'll gather lilacs in the Spring Again', wherein the singer proclaims, "And in the evening by the firelight glow, I'll hold you close and never let you go". You cannot sing that about a radiator

Chairs, armchairs were placed around the fireplace but gradually the TV set became the centre attraction with maybe an electric fan or gas fire heater

Inevitably, modernisation came about. Storage heaters, gas fired central heating that warms the whole house thus banishing those cold draughts. But how lovely that glowing fire was. How useful to dispose of unwanted items, apple cores, nut and egg shells etc. And was there ever better toast than that done on a toasting fork in front of your own fire.

Let historians put it down as a past era, an era that defined many a way of life.





Give a Gift of Perseverance this Mothering Sunday

Make A Mother's Day is one of our annual flagship fundraising campaigns raising money for our global community and important projects around the world which transforms lives.

We know how important mothers, caregivers and grandmothers are and how much they do to help their children, families and communities thrive, often unnoticed and without thanks.

For Mothering Sunday (19th March) we are asking you to buy a 'Gift of Perseverance' to help empower women to transform their lives and reach their potential. In buying these life-changing gifts we will send you details of your donation and a Mothering Sunday card, which you can give to a loved one. You are also able to give a gift in memory of someone special.

17th March: St Patrick, beloved apostle to Ireland

St Patrick is the patron saint of Ireland. If you've ever been in New York on St Patrick's Day, you'd think he was the patron saint of New York as well... the flamboyant parade is full of American/Irish razzmatazz.

It's all a far cry from the hard life of this 5th century humble Christian who became in time both bishop and apostle of Ireland. Patrick was born the son of a town councillor in the west of England, between the Severn and the Clyde. But as a young man he was captured by Irish pirates, kidnapped to Ireland, and reduced to slavery. He was made to tend his master's herds.

Desolate and despairing, Patrick turned to prayer. He found God was there for him, even in such desperate circumstances. He spent much time in prayer, and his faith grew and deepened, in contrast to his earlier years, when he "knew not the true God". Then, after six gruelling, lonely years he was told in a dream he would soon go to his own country. He either escaped or was freed, made his way to a port 200 miles away and eventually persuaded some sailors to take him with them away from Ireland.

After various adventures in other lands, including near-starvation, Patrick landed on English soil at last, and returned to his family. But he was much changed. He had enjoyed his life of plenty before; now he wanted to devote the rest of his life to Christ. Patrick received some form of training for the priesthood, but not the higher education he really wanted.

But by 435, well-educated or not, Patrick was badly needed. Palladius' mission to the Irish had failed, and so the Pope sent Patrick back to the land of his slavery. He set up his see at Armagh and worked principally in the north. He urged the Irish to greater spirituality, set up a school, and made several missionary journeys.

Patrick's writings are the first literature certainly identified from the British Church. They reveal sincere simplicity and a deep pastoral care. He wanted to abolish paganism, idolatry, and was ready for imprisonment or death in the following of Christ.

FOOD

With everyone being aware of the rising costs in the supermarket and suggestions of varying the ingredients in our diet, my thoughts stray back to the times of our parents who had far less choice of items with which to make a meal.

Of course, I'm referring to the time of WWII when many things were not available or rationed. People had to queue at the butchers with their ration books to see what was available and how many coupons they had left. Corned beef was sometimes all that was available. Fish was freely available without coupons, as long as the fishmonger had some in, so was often on our menu, although nothing as exotic as fish pie! My mother was a dab hand at pickling herring making soused herring a fairly cheap and nourishing meal. Fish and chips was not on ration and became firm favourites.

It was encouraged to "Dig for Victory" and anyone who had space in their back gardens, grew vegetables, or if lucky enough to have a bit more space, would keep chickens. But any eggs they produced had to be offset against the ration entitlement.

I can't recall knowing anyone who made their preference known as a vegetarian, in fact you had a diet of vegetables if nothing else was available. I remember Woolton Pie being promoted for housewives to make. It was created by a certain Lord Woolton who was in the Ministry of Food and wanted to encourage housewives to make more use of vegetables. If there were any leftovers from a meal these would often be turned into something else. Bubble and squeak was using leftover vegetables and was very popular. My mother seemed to be able to feed the five of us ok and I never remember being hungry.

Dried egg was introduced to make up for the shortage of fresh eggs, and I couldn't understand how you could make a cake using a fresh egg. Like a lot of housewives my mother tried different things for variety and I remember a birthday party once when she was offered the use of a neighbour's refrigerator (a luxury not many people had) to make some ice-cream. How exciting and I couldn't wait to try it, but one little girl spoilt my excitement by announcing it was just frozen custard. Most children came home for their dinners and few stayed to school dinners.

I think I had them once a week on Mondays being wash day when the kitchen was in full use. Over the years, Mediterranean food has entered our lives, and most of us include spaghetti Bolognese and other pasta dishes in our menus and there was a time when rice was only considered a dessert in pudding form, but is now a regular feature with savoury dishes. Travel has expanded our taste buds and we are all getting a little more adventurous in our diets.

Today, in spite of costs and availability we can still order a variety of takaways such as Chinese, Indian, KFC and fish and chips. Unheard of in my childhood. The only one being fish and chips (in newspaper of course) **Barbara Youngs**

World Water Day is 22nd March

We take clean water for granted. After all, when did you last turn on the tap and expect filthy water to come out?

But sadly, bad water is still a daily reality for billions of people. The United Nations wants to help them by ensuring that everyone can access clean water by 2030. It is part of the so-called '2030 Agenda for Sustainable Development', and it is an enormous challenge.

Meanwhile, this year each one of us can do at least something to help on 22nd March. A donation to Water Aid will help provide safe water to marginalised communities worldwide. Simply go to: www.wateraid.org/uk <http://www.worldwaterday.org>

Time for a Spring clean? By David Pickup, a solicitor.

Cleanse me with hyssop, and I will be clean; wash me, and I will be whiter than snow. (Psalm 51:77)

People used to have an annual ‘Spring clean’ when they would clean the house from top to bottom. Perhaps it was a way of marking the new season or because the longer days and increasing sunlight rays made the dust stand out. Certainly, the coal fires used all winter before central heating would have made the houses dusty!

If you do have a clean-up, why not have a clear-out as well? Some of us are not good at throwing things away. Even if we don’t use the thing, we can have a sentimental attachment to it, and not want to let it go.

But what do you do with the stuff you no longer want, without simply adding to landfill? There are online places to sell second-hand goods and local online organisations that advertise things people want to get rid of. You could also have a garage sale (called a yard sale in America) where you sell stuff, or even go to a car boot sale.

Another way of passing things on is via a charity shop. But charity shops are particular about what they can accept. Many reject items that do not have a safety label, and items that could be potentially dangerous, such as electrical goods.

If you want to raise money for church funds, how about holding a church or village jumble sale? If you decide to go ahead, just give yourself time to plan it well in advance with rules about what you will accept, how you will publicise it, how you can keep everyone safe, and who will manage the money.

Millions of children starving worldwide

More than 30 million children worldwide are suffering from “acute malnutrition” as the global food crisis persists into 2023.

That’s according to international experts, who say that the 15 countries enduring the worst of the crisis are Afghanistan, Burkina Faso, Chad, the Democratic Republic of the Congo, Ethiopia, Haiti, Kenya, Madagascar, Mali, Niger, Nigeria, Somalia, South Sudan, Sudan and Yemen.

In 2022 the key driver of food insecurity was massive inflation, which put even staple food such as bread beyond the financial reach of many. In 2023 there are likely to be increased shortages of food, owing to a global fertiliser shortage.

Natural disasters also have a terrible impact. Seven of the worst-affected countries are East African nations that have suffered several years of failed rainy seasons and droughts.

Now the Barnabas Fund has created *food.gives* – to supply food aid to needy Christians in many lands and meet this desperate, ongoing need. If you would like to help, please visit: <http://food.gives>

Your will

Father, I wait thy daily will;
Thou shalt divide my portion still;
Grant me on earth what seems thee best,
Till death and heaven reveal the rest.

By Isaac Watts

God stir the soil,
Run the ploughshare deep,
Cut the furrows round and round,
Overturn the hard, dry ground,
Spare no strength nor toil,
Even though I weep.
In the loose, fresh mangled earth
Sow new seed.
Free of withered vine and weed
Bring fair flowers to birth. *Anonymous*

19th March: Mothering Sunday & Mother Church

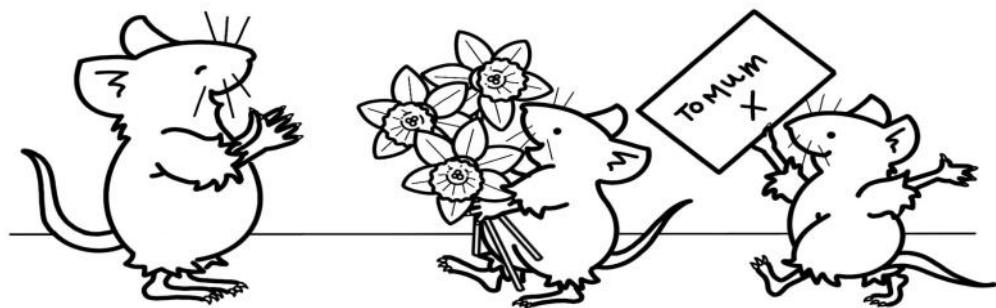
The Fourth Sunday in Lent was called 'Mid-Lent' or 'Refreshment Sunday', when the rigors of Lent were relaxed more than was normal for a feast day. It is called Mothering Sunday as a reference to the Epistle reading for the Day (Galatians 4:21-31). The Lenten Epistles follow from each other with teaching about our life as Christians and how we are to follow Christ.

On Mid-Lent Sunday the Epistle talks of bondage and freedom; the bondage of the Law and the Old Covenant as compared to the freedom in Christ, "the promised one", and the New Covenant. Verse 26 reads "But Jerusalem which is above is free, which is the mother of us all." We gain our freedom from Christ and, as it was seen before the Reformation, the Church.

Thus, Mothering Sunday is about the freedom that we gain through the promise of Jesus Christ delivered through our Mother the Church. People were encouraged to go to their 'Mother Church' (their home church or their home Cathedral) to worship and give thanks. Hence apprentices, and others, went home for the weekend and often brought gifts (or accumulated pay) home to their family.



On the other hand, Mother's Day is a secular festival invented in 1904 and is celebrated on the 2nd Sunday in May in most countries in the world. The UK seems to be the exception. In recent years Mothering Sunday has been hijacked to take the place of a special, secular day to give thanks for our mothers.



19th March: St Joseph, patron saint of fathers and holy death

Why should St Joseph's day be in March? Surely, he belongs to Advent and Christmas, at Mary's side in millions of nativity scenes around the world.

In any case, as the foster-father of Christ and husband of Mary, Joseph played a major part in the story of the coming of Jesus Christ. All that we know about him for sure is in the gospels. Read especially Matthew 1 – 2. He was of Davidic descent, but his trade as a carpenter shows that he was not at all wealthy.

Joseph's gentleness and decency towards Mary, and his willingness to do God's will when it was revealed to him, portray him as a kind and godly person. Joseph is the patron saint of fathers of families, and he makes an excellent example. He comes across as a protecting, loyal, thoughtful, self-controlled person, full of integrity, and willing to work hard. Who wouldn't want a father like that?

Joseph is also the patron saint of all who desire a holy death. Thus, countless churches, hospitals and religious congregations are dedicated to Joseph.

26th March: Harriet Monsell – compassion and humour

The daughters of baronets don't usually choose to work with prostitutes and orphans, but Harriet Monsell was no ordinary woman.

She was born in 1811 into one of Ireland's oldest families. Her father, Sir Edward O'Brien, was 4th Baronet of Dromoland, and represented his county Clare in Parliament. Harriet married Charles Monsell, an Anglican clergyman connected with the Oxford Movement, and they moved to Derry, where his father was Archdeacon. But Charles developed tuberculosis, and soon he and Harriet were sent to the milder climate of Naples.

When Charles died in 1850, Harriet moved to England and continued her connection with the Oxford Movement. She also began working among former prostitutes and unwed mothers. Soon Harriet, along with two other women, decided to profess religious vows, and dedicate their lives to caring for the poor and needy. Inspired by John the Baptist's call to penitence, in 1852 they took the name of the Community of St John Baptist, of which Harriet became the Mother Superior.

They were one of the first Anglican religious orders since the Reformation, and because much of their work was in the Berkshire town of Clewer, they were often called the 'Clewer Sisters'.

Within five years their work had gone from caring for about 30 marginalised women to dedicating a building that would house about 80 such women. Mother Harriet guided the work with endless energy and extensive correspondence. The work grew to include 40 institutions, ranging from mission houses to orphanages, schools and hospitals.

Mother Harriet was much loved for her "strength of character, firmness of faith, an infectious sense of humour, a gift for listening, and a magnetism which none could resist," according to one admirer. She had to retire in 1875 for health reasons, but maintained an interest in the work until her death on Easter Sunday March 1883.

Burnley ministers tell their stories via TV

Revd Peter Crumpler

At the height of the Covid pandemic, the work of two Christian ministers in Burnley, Lancashire, moved TV viewers across the world. They were filmed by a BBC crew handing out food parcels and seeking to help people suffering deeply because of the lockdown.

The two men – Pastor Mick Fleming and Father Alex Frost – have now published books telling their remarkable stories.

In 'Blown Away: From Drug Dealer to Life Bringer,' (SPCK) Mick Fleming tells how he struggled with a traumatic childhood and turned to drugs and to crime, but ultimately came to faith following a series of events that many will call miraculous.

He explains how he launched 'Church on the Street' in Burnley – one of the poorest parts of England – after he sat on the ground outside McDonald's "with a suitcase of clothes, tea and coffee in flasks, and sandwiches, and a packet of cigarettes in my pocket."

Pastor Mick tells how angry he felt when the churches closed their doors during the Covid lockdowns. People were suffering, going hungry and the Church was, he writes, nowhere to be seen.

In 'Our Daily Bread' (Harper North), the Rev Alex Frost gives telling insights into what Christian ministry is like in Britain in the 2020s, serving some of the country's poorest people. He shows the role played by one Church of England priest, and his church, in serving the people of his Burnley parish, as they face life's challenges and setbacks.



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The Vicar's lost his iPad!

The Vicar's lost his iPad –
Disaster's come to church!
His sermon's on that iPad
It's left him in the lurch!

He's been looking for that iPad
For most of half an hour,
He's searched the chancel and the nave
So now he's up the tower!

Oh! Where's he put that iPad?
He had it when he came!
He's searching high and searching low
It's driving him insane!

The angels in the hammer beams
For several hundred years
Have witnessed proper order
But now they're all in tears.

For chaos reigns below them
Upon this modern day
For everyone is searching now –
Both clergyman and lay!

The Vicar found his iPad
Tonight, we'll all be sleeping!
He sent a message from his phone
And set his iPad beeping!

And as he holds his iPad
We feel his happy glow;
But could he not have done that trick
That half-an-hour ago?

The answer comes upon us
That trick he could not do!
For, in the caverns of our church
He'd lost his smartphone, too!

By Nigel Beeton

Chinese are increasing ‘weaponised surveillance’ against Christians

Release International, which serves the Persecuted Church around the world, has named China as a country of particular concern for 2023.

Bob Fu, a partner of Release International, warns “The Chinese government has steadily increased the oppression and control of Christians. Techno-authoritarianism in China has begun to reach new extremes under Xi Jinping in his third term as general secretary of the Chinese Communist party.”

Bob Fu issued his warning to the United States Commission on International Religious Freedom in December. The USCIRF reports: “Religious freedom conditions in China continue to deteriorate. The communist Chinese government has created a high-tech surveillance state, utilising facial recognition and artificial intelligence to monitor and harass Christians, Tibetan Buddhists, Falun Gong, and other religions.”

China has been accused of carrying out a genocide against its Muslim Uyghur people, rounding them up into more than a thousand concentration camps. China has long been using draconian methods to crackdown on its Christian minority.

Chinese censorship reached new extremes in April 2021, after a book recommendation on WeChat was banned due to the use of the word Christ.

Says Bob Fu: ‘The word Christ is in violation of the new law in categories including pornography, gambling, drug abuse, excessive marketing, and incitement.’

The Chinese Communist Party has a powerful civilian surveillance system with hundreds of millions of face-recognition cameras. They are all over China, including all the four walls of the church building and pulpits and every corner of the street.

‘They have the ability to collect digital prints and DNA with a national database. So virtually wherever you go, for every Chinese citizen, there are at least two digital face-recognition cameras following your every step.’

Wordsearch

St Patrick's Day Mothering Sunday Annunciation Lent

Leeks for St David's day, daffodils for the rest of the month: March brings us Spring.

St Patrick, who brought Christianity to Ireland, is remembered with parades.

Mothering Sunday and Mother's Day are celebrated with more daffodils and Sunday lunch 'out'.

March brings us the Annunciation, when the angel first appeared to Mary to tell her of her coming pregnancy.

March is the month of Lent, of prayer and preparation for Easter.

Leeks	Sunday
Daffodils	Lunch
Spring	Pregnancy
Patrick	preparation
Day	prayer
Mum	parades
Mother	Mary
Angel	Magnificat
Ireland	Fasting
Wales	Lent



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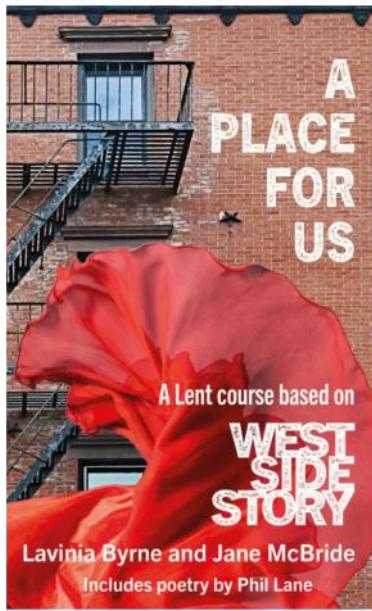
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- 4) The Promise
- 5) The Tragedy of Betrayal

Holy Trinity Church
Mossford Green
Barkingside, IG6 2BX
see our website &
Facebook page

contact:
Chris @ 07804 641931
email:
parishoffice@holytrinitybarkingside.org.uk

Tuesday, 28th February, 1:00-1:45pm

Wednesday, 1 March, 7:30-9pm

My dear Nephew Darren

On the perils of moving from city to country

Those parishioners of yours who won millions on the Lottery and moved into this parish have created quite a stir. It was perhaps a little unwise of them to tell everyone the reason why they had become so wealthy. While most of our parishioners also do the Lottery, few would ever admit it in public. (Since your friends arrived, the entire PCC is buying ever more lottery tickets, but from the shop in the NEXT village, to try and keep it secret.)

However, your family still has much to learn about our country ways. Buying the old Dower House was impressive; and spending a small fortune re-stocking the gardens was certainly commendable. But someone should have told them about installing cattle grids. It must have been quite a shock for them to wake up one morning and find the thirty sheep from the neighbouring field had wandered in for breakfast.

Their brand-new purple Ferrari has certainly brightened up the country lanes around here. The noise it makes as it roars up behind you quite quickens the pulse. Mrs Beamish had been suffering with low blood pressure for months; she says she is quite cured now. The Colonel, who is all for the community supporting the church, then asked if the newcomers would drive the bishop around on the day he came to do his tour of the parish. The Colonel thought that an open-topped purple Ferrari would make a great bishop-mobile; and the newcomers were so kind to agree. What a shame that they decided to accomplish the several miles of parish lanes in record time: the bishop barely even saw the several farmers that they nearly ran down. His new nickname in this parish is: The Purple Peril.

The newcomers have installed security lighting, which is understandable. But now I wonder how much sleep they are getting, as the rabbits, foxes, and badgers who live in their grounds keep it flood-lit for much of the night. Meanwhile, the Colonel is grumbling about the effect of light pollution on his young pheasants in the woods nearby.

But these little inconveniences apart, I am sure they will soon feel at home. I feel confident that by the third generation, they will be properly settled in.

Your loving Uncle

Eustace

Carry on

The vicar was making an appeal for more help with the Sunday School: "At the moment I'm just carrying on with a couple of single ladies!"

Breakdown

Yesterday I broke down on the M1. One of those emergency trucks charged me £200 to pull me off. I think it was the abominable towman!

Labouring

Curate: I can always tell when I am going to give birth to an idea for a sermon. My writer's cramps start coming two minutes apart.

Put it this way...

Some people have a keen sense of rumour.

Some people's vocabulary is small, but their turnover is terrific.

Adam and Eve's true nationality

A Brit, a Frenchman and a Russian were viewing a painting of Adam and Eve frolicking in the Garden of Eden. "Look at that garden they are maintaining so well," mused the Brit. "They must be British."

"Nonsense," the Frenchman disagreed. "They're naked, and so beautiful. Clearly, they are French."

"Ah, but no clothes, no shoes, no shelter," the Russian pointed out, "they have only an apple to eat, and they're being told this is paradise. They are Russian."

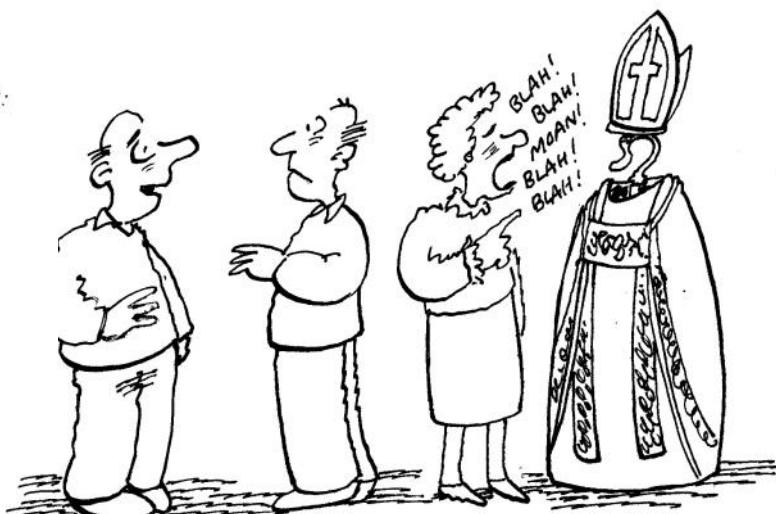




As the servers's strike entered its third week, the Army was called in.



"The new vicar is really cool, Dad.
Did you know that God emailed the Ten
Commandments to Moses' Tablet PC?"



...I haven't the heart to tell her the bishop went home 20minutes ago!

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

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

If you are considering fostering and would like to know more, please email fostering@redbridge.gov.uk or call us on 020 8708 6068.



The Bible according to children

Children's version of biblical stories and events have a charm all their own. The following efforts have not been retouched or corrected (i.e. bad spelling has been left in).

- ~ Adam and Eve were created from an apple tree.
- ~ Noah built an ark, which the animals came on to in pears.
- ~ Lot's wife was a pillar of salt by day, but a ball of fire by night.
- ~ The Egyptians were all drowned in the dessert. Afterwards, Moses went up on Mount Cyanide to get the ten amendments.
- ~ Samson slayed the Philistines with the axe of the Apostles.



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GENERAL ENQUIRIES

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Ilford, Essex. IG6 2BX

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

parishoffice@holytrinitybarkingside.org.uk
HALL LETTINGS

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

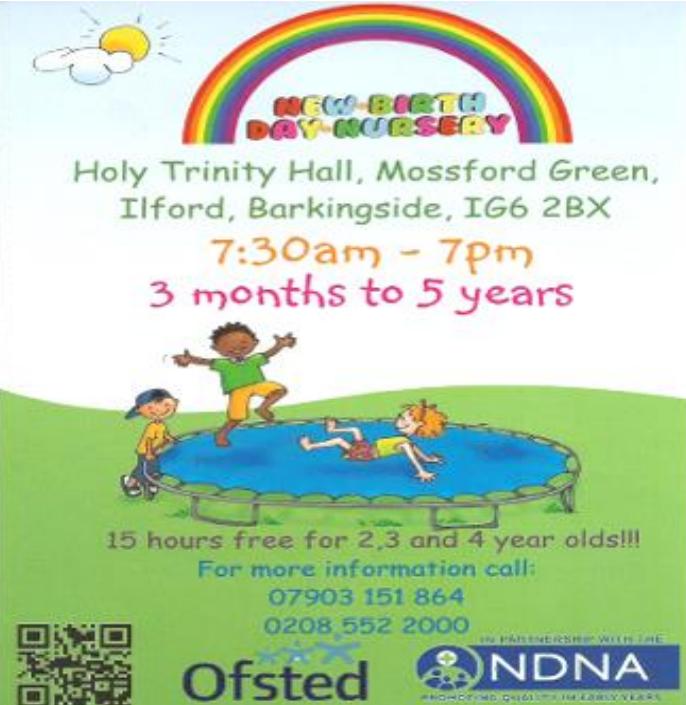
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All contributions are welcome but the Editor cannot guarantee to publish everything that is given to us.

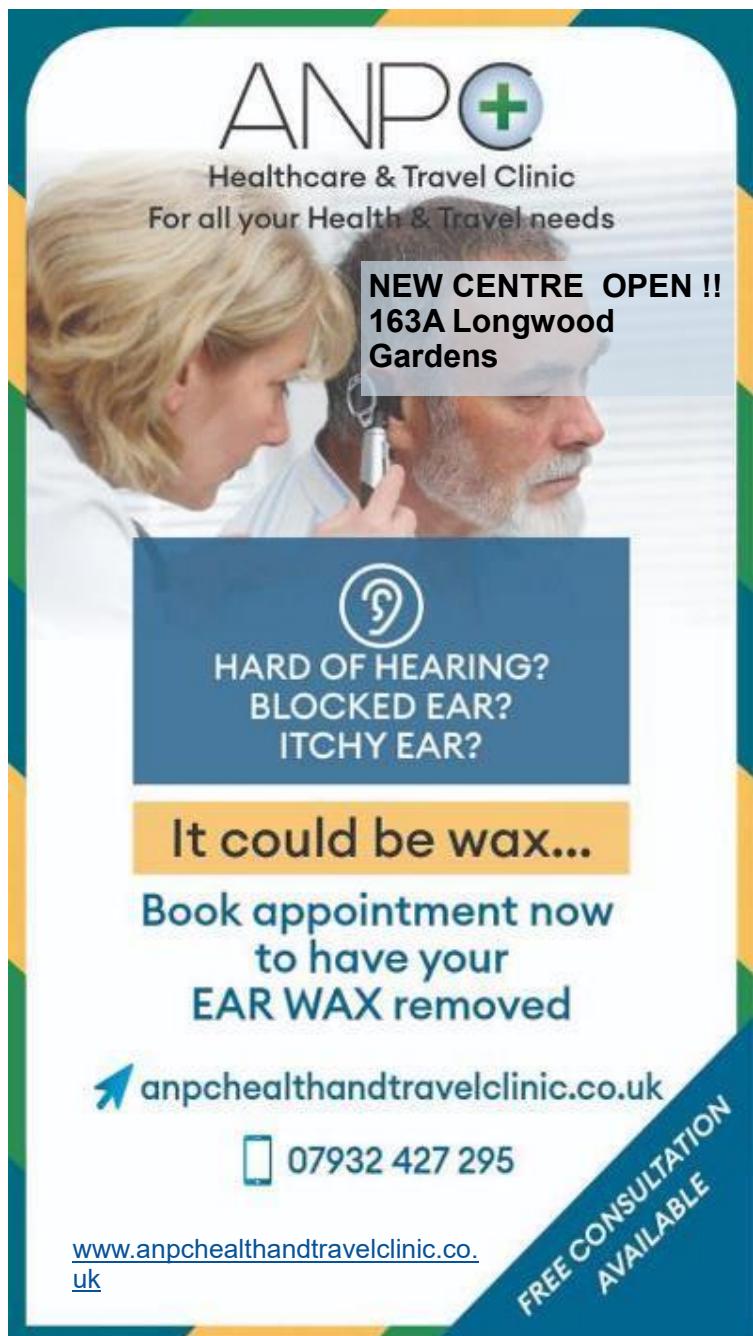


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VICAR:

Rev Dr Chris Szejnmann - 0208 8637 4859
The Vicarage, 36 Mossford Green, IG6 2BJ
(07804 641 931)
priest@holytrinitybarkingside.org.uk

Associate Priest:

Rev Rosemary Potten - 020 8551 2011

Churchwardens:

Chris Potten - 020 8551 2011
churchwarden.chris@holytrinitybarkingside.org.uk
Chris Stoneham, - 07828 885 439 / 020 8270 5742
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
Parish Safeguarding Officer:
psr@holytrinitybarkingside.org.uk
Kaye Larbi 020 8491 8178
Magazine:parishmagazine@holytrinitybarkingside.org.uk**Mothers' Union:**mothersunion@holytrinitybarkingside.org.uk**Music Group:**musicgroup@holytrinitybarkingside.org.uk**Webmaster:**webmaster@holytrinitybarkingside.org.uk**PARISH DIARY**

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

Tuesdays in Lent - 1pm - LENT STUDIES - Parish Hall - (Soup & Roll Lunch)

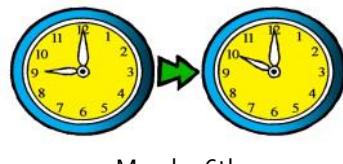
Wednesdays in Lent - Lent Studies - 7:30pm - 9pm - In Church

Weds

12 noon NIFOC Lent Lunch—All Wednesdays in Lent with a short meditation & prayers, All very welcome; donations will go to **Christian Aid**
March 8th Hainault Baptist Church (1pm)
March 15th Gants Hill U R C
March 22nd Gants Hill Methodist Church
March 29th St Francis Church

14th March

Tues 10:30am M.U. Branch Service in Holy Trinity Church

**19th March
26th March**

Sun - 10:30am Mothering Sunday Service
Sun - 3:30pm Family Church

March 26th

1st April

Sat 10am - 3pm - "Parish Work Day" - Please come along at any time.
Lunch available at 12 noon-ish. **P.A.T. Testing for all electrical items.**

ELECTORAL ROLL 2023

If you have changed any of your details (such as Address, email, tel. No. etc.) or would like to be entered on the Roll, please let Paul or the Churchwardens know, so that the register can be updated. Thank you.

Paul McKenzie, Electoral Roll Officer

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