

Trinity Times

The Parish of Holy Trinity Church , Barkingside

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£1 donation.**



2nd April 10:30am - PALM SUNDAY - Blessing of Palm Crosses
3rd April 7:30pm - Stations of the Cross & Communion Service
6th April 7:30pm. Maundy Thursday- Communion Service and Night Vigil
7th April GOOD FRIDAY 8:30am - Morning Prayers and end of Vigil.
9am—Walk to Ken Aston Square for 9:30 NIFOC Service.
10:30am - Family Church
2pm - Veneration of the Cross
7:30pm - FAURE REQUIEM—The Drive Methodist Church

8th April 7:30pm - Easter Saturday—Easter Vigil and Service of Light.

9th April 10:30am—Easter Sunday - Service, 12am - Easter Egg Hunt.

Holy Trinity, Barkingside



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Wednesdays 10:30-12:00
Fridays 10:00-12:00

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

Please join us for Refreshments after our Services.

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

Facebook Services: Sundays - 10:30am. Parish Communion
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Dear Holy Trinity Family!

Welcome to Holy Week and Easter, drawing us back to the central truths of the Christian Faith! During Lent we were humbled by our mortality and failings, but we also reminded ourselves of Paul's wonderful assurance: **"By the grace of God I am what I am, and his grace towards me has not been in vain"** (1 Corinthians 15:10). Paul reminds us here that every single person – including YOU! – is created beautifully by God, and that God gifts us with pouring out his love, healing & salvation.

Now that **Palm Sunday** heralds Jesus's triumphant entry into Jerusalem, we are asked to stop, watch and wait. Only then can we experience close-up the incredible drama unfolding over Palm Sunday, Maundy Thursday, Good Friday, and Easter Sunday.

So **please make room to gather as a family in church at our special services**; make room to remind yourself of your entanglement with Jesus's death and resurrection, and its implications for your lives; and please invite friends & relatives to join in too. Once more we learn on Good Friday that power comes in weakness and vulnerability, and then three days later we learn the core truth of our faith: **The God of the Gospel brings Life out of Death.**



Here is what was on my heart for us when I preached recently. I tried to pay attention to what Jesus was doing when reading the well-known story about "The Woman at the Well" (John 4:5-42). And Jesus seems to be modelling to us, **to be more curious about the stories of others; to try and engage with others more full-heartedly** – recognising that sometimes it's our own attitudes or behaviour which can build walls – ; and **to try and reimagine what is possible**, and think of different possibilities for relationships across divides.

On Mothering Sunday (John 19:25-27), I had a strong sense that we too should open our hearts for **journeying together as a "New Family" of those who embrace God's will and purpose of love and peace and justice**; that we too are not only fixed on our own blood family; and that **Jesus calls us out to meet new sisters and brothers so that we cross boundaries of exclusion.**

God is good, and I continue to see blessings poured out in and around us – exciting things are happening, and I am so thrilled about all the things God will be doing in the future.



We have also finished the inspirational five-week **Lent Course based on West Side Story** where we explored Our Place in the midst of all the challenges we face (thanks to Sue & Mark Gentry, and Maxine and Tricia for providing delicious bakery and soups).



We are grateful for the wonderful second **Family Church** event (thanks to the whole team lead by Christine & Kate); the life-giving relationship we are building with **Mossford Green Primary School** (and now also Gilbert Colvin Primary School);



And now we call for special prayers and blessings: We are saying a huge “Thank You” and praying all our blessings over **Rev Rosemary and her husband Chris** as we say farewell to them on Sunday 16 April, with Rosemary’s retirement as Associate Priest. They have been strong members of our Congregation for many years, taking leadership roles such as PCC membership, Churchwarden and latterly Rosemary had been called to be Ordained and to become Associate Priest.

Throughout Interregnums Rosemary has stepped up and allowed continuity of our Services whilst we awaited new Priests to be appointed.



We also pray for **Rev Kate Szejmann** as she prepares to join us as Associate Curate on Sunday 23 April – we are thrilled to welcome her!

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 blessing, Fr Chris

General Synod:

Archbishop of Canterbury's recent speech in 'Living in Love and Faith' debate

"We are not divided but we disagree, and that is very painful. And I will use again the words close to those I used to the Bishops gathered at the Lambeth Conference on a very similar debate.

"For some, to question the inherited teaching damages witness and is sinful: you point out that in many provinces across the Anglican Communion any change might make the church a victim of derision, contempt and even attack for being part of what is called the 'gay church'. For we are often seen as the Mother Church.

"For others, you have not arrived easily at the conclusion that we need to change. You are not careless about Scripture. You do not reject Christ and His authority. But to question this change makes the church here and abroad a victim of derision, contempt, and even attack for being part of the perceived 'homophobic church'.

"Listening and loving is about what has been brought forward by the House of Bishops. It has been consulted extensively with the primates and many others in the Anglican Communion. What we are seeking is what we understand from the Spirit is right, not what is convenient or easy. There are no convenient or easy ways forward.

"What we have in this conversation and the decision we make, is at its heart the chance publicly to witness to Christ in the most difficult, distinctive and radical way – to disagree passionately and yet to be clear that we uphold our need for one another, and for the world, to come to the knowledge of being loved by God in Christ.

"Let me be clear on this point, we do that by saying to the world: unity in Jesus Christ is our common identity, and difference must be worked out within that identity.

"Even things that are so important and so painful for us, are not as important as the essentialness of others. That is our witness to a world that throws others away, excludes them, divides in the face of disagreement.

"I know there is fear of a slippery slope, of what may or may not happen at some point in the future, but let us not give in to the fear of a future which we can neither predict nor control.

"Each of us will answer to God at the judgement for our decisions on this matter. We are personally responsible. I am supporting these resources, not I think because I am controlled by culture but because of Scripture, tradition and reason evidenced in the vast work done over the last six years so ably by so many.

"I may be wrong, of course I may, but I cannot duck the issue any more than anyone else here. I ask each member of Synod to vote with their Spirit-inspired consciences, scripturally and spiritually guided, and not because groups or lobbies or outsiders have told you to.

"So let us decide as we each conclude the Lord desires. Above all, let us debate remembering that all Christians are indispensable members of God's Church, all Christians, and whatever our views or theirs will remain so.

"And let us show that in how we speak, and let us show that in how we decide, and that we are above all the church that demonstrates the call of God to people whom He desires to know and love."

2nd – 9th April – An overview of Passion Week

The events of Easter took place over a week, traditionally called Passion Week. It began on Palm Sunday. After all His teaching and healing, Jesus had built a following.

On the Sunday before He was to die, Jesus and His followers arrived at Jerusalem. The city was crowded. Jewish people were arriving to celebrate Passover. This commemorates how they had escaped from slavery in Egypt nearly 1,500 year earlier.

Jesus rode into the city on a young donkey. He was greeted like a conquering hero. Cheering crowds waved palm branches in tribute. He was hailed as the Messiah who had come to re-establish a Jewish kingdom.

The next day they returned to Jerusalem. Jesus went to the temple, the epicentre of the Jewish faith, and confronted money-changers and merchants who were ripping off the people. He overturned their tables and accused them of being thieves. The religious authorities were alarmed and feared how He was stirring up the crowds.

On the Tuesday, they challenged Jesus, questioning His authority. He answered by challenging and condemning their hypocrisy. Later that day Jesus spoke to His disciples about future times. He warned them about fake religious leaders; the coming destruction of Jerusalem; wars, earthquakes and famines; and how His followers would face persecution.

By midweek the Jewish religious leaders and elders were so angry with Jesus that they began plotting to arrest and kill Him. One of Jesus' disciples, Judas, went to the chief priests and agreed to betray Him to them.

Jesus and the 12 disciples gathered on the Thursday evening to celebrate the Passover meal. This is known as the Last Supper. During the evening, Jesus initiated a ritual still marked by Christians – Holy Communion – which commemorates His death. Jesus broke bread and shared it and a cup of wine with His disciples.

Judas then left to meet the other plotters. Jesus continued to teach the others and then went outside into an olive grove to pray. He even prayed for all future believers. He agonised over what was to come but chose the way of obedience. The Bible book, Luke, records Him praying, '*Father if you are willing, take this cup from me; yet not my will but yours be done*'. Minutes later Judas arrived with soldiers and the chief priests and Jesus was arrested

All part of the same BIG story of redemption Don't miss out on your sleep

Ever wonder how the Old Testament fits in with the New Testament? They are not different stories, but different stages in one and the same story – of how God has reached out and rescued mankind.

Throughout the Old Testament there are references to a coming Messiah who will redeem His people. For Jesus did not come to abolish the Old Testament, but to fulfil it. As St Augustine put it long ago: "The New is in the Old concealed; the Old is in the New revealed." Above all, the Bible – both Old and New Testaments – is a portrait of Jesus Christ.

A new study has found that people who do 'all-nighters' for work or study are stressing their brains. Sleep deprivation makes your brain look, and work, like it is two years older.

The good news is that getting just even three hours of sleep is enough to keep it normal. And also, the study by scientists at Forschungszentrum Jülich, a national research institution in Germany, found that even a single night of recovery sleep reverses the damage of an 'all-nighter'.

Sleep deprivation has also been found to slow down our cognitive functions. We tend to make poorer decisions, be muddled in our memories, get into a bad mood, and feel very irritable.

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**6th April:
Maundy Thursday, time to wash feet**

Maundy Thursday is famous for two things. The first is one of the final acts that Jesus did before His death: the washing of His own disciples' feet (see John 13). Jesus washed His disciples' feet for a purpose: "A new command I give you: Love one another. As I have loved you, so you must love one another." His disciples were to love through service, not domination, of one another.

In Latin, the opening phrase of this sentence is '*mandatum novum do vobis*'. The word 'mundy' is thus a corruption of the Latin 'mandatum' (or command).

The ceremony of the 'washing of the feet' of members of the congregation came to be an important part of the liturgy (regular worship) of the medieval church, symbolising the humility of the clergy, in obedience to the example of Christ.

But Thursday was also important because it was on that night that Jesus first introduced the Lord's Supper, or what we nowadays call Holy Communion.

Jesus and His close friends had met in a secret upper room to share the Passover meal together - for the last time. And there Jesus transformed the Passover into the Lord's Supper, saying, 'this is my body' and 'this is my blood' as He, the Lamb of God, prepared to die for the sins of the whole world.

John's gospel makes it clear that the Last Supper took place the evening BEFORE the regular Passover meal, and that later Jesus died at the same time that the Passover lambs were killed.

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" History really does repeat itself.....

Society is currently going through another period of 'do you remember what you were doing/ where you were/ who you were with , when a particular, momentous event occurred?'

The answer is almost always yes.....or is it ?

The really world-shattering stuff , like 9/11 , the war in Ukraine or the Boxing Day tsunami will, for a while at least , dominate conversations across the globe , but will eventually be consigned to the category now under discussion.

Other news might be world-shattering , but only to devotees of a particular genre or as the great Alan Freeman would have called them , 'avids'.

The last spectacular innings of Don Bradman , Andy Murray's first win at Wimbledon, England winning the football World Cup in 1966.....were probably not much acknowledged in China and almost certainly not even understood at all in Chicago or most of the USA come to that. Thus, when we talk of world-shattering, if that description is to be used accurately , it would normally involve an event that is tragic and accounts for a huge loss of life.

But an event that the World will witness in a few weeks time will not , it is to be sincerely hoped , be tragic or involve loss of life. It will be happy and spectacular and will be witnessed truly worldwide , by (I am guessing) half the world's population, probably more , and who have never experienced one before.

No prizes for guessing that I am talking about the Coronation of King Charles III , Monarch of the UK and head of state of commonwealth countries and , whilst having no sway over those that have secured their independence from Britain , one who still enjoys respect from them.

And, yes.....all that wild preamble leads me to admit that I do indeed, remember where I was on that day in 1953.....the 2nd June to be precise.....but please, for the sake of my dignity , please keep it to yourself....

Why?

Because , dear reader, I was on thehow shall I put it?.....in the.....er.....paying a visit.....spending a penny.....well.....a bit more than that in fact.

We had just acquired a television set , a Bush, if I recall , scarcely larger than a postage stamp , and costing roughly what a postage stamp does these days.....but WE had one , the only one in the street.....and that was the trouble.....

News travelled fast !forget Reuter , forget Pony express.....forget the Internet even ! Housewives clad in colourful aprons , low garden fences, and the insatiable desire to chat , bested all these devices and the news of our solitary TV was spread. There followed a melee of requests from neighbours , for a front row seat , a spontaneous (humph !) Invitation....etc....."I'll bring , cake, biscuits.....and so on....

As far as I recall none of these requests was from a male member of those families.....I sense that they could feel the peace that might be available to them for a few blissful hours.

The day dawned and brought an anticipation never before imagined in those of the families who were about to watch real , liveTV !!!

Sadly , with it , to the writer, the day brought an explosive bout ofhow can one put it delicately?...*gastric enteritis*.....I rose rapidly from my bed and just about made it to the toilet, where I resolved to spend the entire day , praying for comfort to my aching innards. The big problem was that.....are you ahead of me ?.....we had only one loo in the house.....Oh calamity !

Oh catastrophe ! Oh crikey !

Fanfares of trumpets blasted from the Bush. Squeals of delight came from the audience ladies , happily sufficient to drown the outpourings from the loo....but.....long it could not be , before my slow relief was interrupted by a furious hammering on the door.....I muttered insincere apologies and collected myself sufficiently to vacate my seat and scurry into a nearby corner to await my next colonic onslaught.

Sure enough , the wretched woman eventually ended her tenure , and I was again afforded respite on the seat which by now had acquired a semi-permanent warmth.

It was not long after getting settled and enduring my next attack , that I was again summarily demanded to vacateheaven knows I was trying hard enough!
Another reluctant scurry ensuedand so continued a process where I was relieving my lower regions of a weight in direct proportion to that being donned on her head by Her Majesty , the new Queen Elizabeth II.

Soyes, I do jolly well remember.....and on May 6th , history will repeat itself.....but not , I hope the enteritis.....

.....but , just in case, I have the Immodium on stand by.

Reg Wheeler.

“All you who pass by....” *The Ven John Barton visited York Minster last Good Friday ...*

For Good Friday last year, the morning service at York Minister was offered online for everyone to see, anywhere in the world. It's the most solemn day of the year. Hymns, readings, prayers: all focussed on Christ's death and its benefits for humanity, for all time.

A hundred or so people were in the congregation, alongside choir and clergy. Towards the end, the Archbishop of York carried a large replica cross from the back of the cathedral to a stand at the front. People were invited to come forward in silence, to venerate the cross, in the way they chose. Many came and knelt, or stood to pray, or touch the wood in memory of Christ's suffering and death.

While this was going on, the entrance doors remained open, and scores of visitors wandered round that great building. A number stopped briefly to look at what was going on; some appeared bemused. One man wearing a baseball cap lifted his video camera for a few seconds to record a snapshot of what was happening, then moved on. A teenager ran from one side of the Minster to the other and then disappeared out of sight.

It was an extraordinary mixture of reverence and irreverence. Should the doors have been closed while the service was taking place? Then one remembered this was a commemoration of the actual Crucifixion, which was also witnessed by a cross-section of the human race. A handful of disciples, mainly women, were nearby; others perhaps observing from a distance. Curious onlookers stared. Some just passed by. Telling verses from the Old Testament are often recalled on Good Friday:

“Is it nothing to you, all you who pass by? Look around and see. Is any suffering like my suffering that was inflicted on me, that the Lord brought on me in the day of his fierce anger?”

This was the day when Christ pronounced absolution on us for our ignorance, saying “Father, forgive them for they don't know what they are doing”. When we hear this, we feel both ashamed and revived, for we know this is what it cost Him to allow us another go at living as we should.

ARE DOGS DIFFERENT? - Bill Godfrey

Are dogs different since the 1940s and 50s?

Ok, go ahead and groan at yet another reflection on past times.

Looking back to the war years, it may seem unimportant to explain to those who did not experience those times that things just carried on despite bombs and Doodlebugs, or at least they tried to!

Milkmen still delivered the daily pints from a horse powered drey, buses conveyed passengers to work and shops. Although, at that time people were likely to use local shops a walking distance away. And young lads, like me, delivered newspapers, newspapers much thinner than peacetime editions. There were restrictions on paper supply and ink I guess.

As a boy of 10 and 11, I was a paper boy working from a newspaper shop at the bottom of Clayhall Avenue hill. It was called Stamfords.

Even though newspapers were much reduced in weight, I had difficulties in carrying the a full paper-round in one go so half the load was left in the shop to be collected en route. My older brother, Len, also a paper boy would sometimes help me with my load. especially on Thursdays, magazines day. My round started at No. 57, Cottesmore Avenue and proceeded up the hill.

It being early in the morning, the streets were occupied by paper boys and dogs. Yes dogs. It seems that dog ownership at that time meant opening the front door at dawn and sending the dog out into the neighbourhood to roam the streets alone.

It was my dread, most dogs, if not all roaming dogs, thought of their road as a dog might think of it's own garden. Us paper boys were intruders! They might bark aggressively and perhaps snarl. And yet, two of them at least were named *Chum*, one in Cottesmore Avenue and one in Heathcote Avenue. Chummy they were not! There was also a similarly aggressive dog in Lessingham Avenue. Don't know his / her name but it was probably *Gnasher*, (à la Dennis the Menace's dog) or *Bullseye* of Dicken's *Oliver Twist* fame.

Older folk who might read this, (if anyone does?), may remember seeing loose, wandering dogs. They were a source of road accidents, having absolutely no road sense; and their little piles of visiting placements were sometimes difficult to avoid. As a paper boy they were the bane of my newspaper delivery round.

My children now have dogs, mostly good, obedient dogs and I meet many canines on my daily excursions. It is as if they are a different animal from the roguish, irritable hounds that would combat innocent, little me.

Has evolution played a part, have us humans learned better how to control them, did the Barbara Woodhouse TV programmes in the 1980s change things? Certainly, to me, dogs are different now from those wartime curs.



Paddy & Weeby two well behaved dogs

7th April: Good Friday, the day the Son of God died for you

Good Friday is the day on which Jesus died on the cross. He was crucified at 9am in the morning, and died six hours later, at 3pm. It is the most solemn day in the Christian year and is widely marked by the removal of all decorations from churches. In Lutheran churches, the day was marked by the reading of the passion narrative in a gospel, a practice which lies behind the 'passions' composed by Johann Sebastian Bach (1685 – 1750). Both the St Matthew Passion and the St John Passion have their origins in this observance of Good Friday.

The custom of observing a period of three hours' devotion from 12 midday to 3pm on Good Friday goes back to the 18th century. The 'Three Hours of the Cross' often take the form of an extended meditation on the 'Seven Last Words from the Cross', with periods of silence, prayer, or hymn-singing.

9th April: Why Easter will never go away

How do you make sense of the Resurrection? Dead men don't rise, so why believe that this particular dead man *did* rise?

At the end of St Luke's gospel we read that: "they still did not believe it because of joy and amazement" (Luke 24:4). This is highly significant. The Gospels do not show us a group of disciples who were in a receptive frame of mind. After the crucifixion, they were in hiding, frightened and scattered. Then suddenly, they came out of hiding and were totally different; excited, joyful. By Pentecost they were confident, with one firm message: 'You crucified Jesus, but God raised Him up!'

How did they know this? Because of direct personal experience. Some of them had visited the tomb of Jesus: it was empty. Others claimed to have seen and touched the risen Lord. Were they hallucinating? People can hallucinate in groups – when taking drugs, for example. But of course, each one will see a different hallucination. But the disciples all saw the same thing. Or rather, the same person. Jesus.

Were they lying? Jesus had died a humiliating death as a criminal. Perhaps they wanted to rescue His good name. So, did they pretend they had seen Him?

This theory has a big problem. Their preaching led them into trouble with the authorities. They were beaten and imprisoned and some of them killed. People will die for ideas and causes which they believe in passionately. But not for things they have made up. We might suffer for our convictions, but we will not suffer for our inventions.

What about the 'swoon' theory? That Jesus didn't die on the cross, despite terrible wounds? That He recovered in the tomb, and then escaped? That the disciples nursed Him back to health? But Roman soldiers knew when a man was dead; and there was the guard on the tomb. Also, the events which followed simply don't fit. If the disciples had been hiding Jesus all along, they would have kept very low-key, and out of the way, so that the authorities did not come after Him again.

Besides, to preach that God had raised Jesus from the dead – which is exactly what they did preach – would have been a lie. Beatings and threat of death would soon have loosened their tongues. Inventions crumble under pressure; convictions hold fast.

Another reason for believing in the Resurrection is this: Jesus' continuing impact. Thousands and soon millions of people in every generation since have shared an inescapable sense of being 'accompanied' through life. Though unseen, they identify this presence as the Risen Lord.

Sometimes this experience of meeting Jesus is gentle and fitful. Sometimes it is dramatic and life changing. This reminds us that the resurrection of Jesus is not just an interesting historical puzzle. It is a vital, present day reality. It brings wonderful comfort, assuring us of the central Christian truths: death is dead; Jesus is alive; God is love.

The story behind the story of *Ben Hur*

(Luke 24:1-12)

There is a story to be told of the writing of *Ben Hur*, the book that became the 1959 block-buster film featuring Charlton Heston.

It was written in 1880 by Lew Wallace, an American lawyer, Union general during the Civil War, and then governor of the New Mexico Territory. (His statue still stands today on Washington's Capitol Hill).

Wallace had told his wife that he intended to examine the New Testament, and then write a book that would explode what he called "the myth of Christ's resurrection". Wisely, his Christian wife did not argue with him, but simply prayed.

The months passed, and Wallace read and reread the New Testament, and wrote and rewrote his draft chapters. Finally, he confided to his wife that he could not refute the resurrection of Christ, and that therefore his book would not be written.

Wallace's wife disagreed. She persuaded him to write his book, but from a new and different standpoint altogether. '*Ben Hur - a tale of the Christ*' was the result. It is the story of a high-born Jewish man who is taken prisoner by the Romans, who encounters Jesus, and whose life is gradually transformed. Oh, and there is a battle at sea and a chariot race in the story as well!

In the past 143 years since it was written, '*Ben Hur - a tale of the Christ*' has never been out of print.



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A surprising reason for suffering depression in later life

If you are exposed to air pollution over a period of many years, you may suffer from depression in later life.

Such are the findings of a recent study carried out by a team at Harvard University. It found a correlation between the risk of developing a mental health problem and the amount of time a person has been exposed to 'fine particulate matter', nitrogen dioxide and ozone.

The team concluded: "This study suggests that air pollution is a potential risk factor for late-onset depression."

British experts said the work had implications for polluted areas of cities such as London. The median nitrogen dioxide exposure in the study by Harvard University was 15.4 micrograms per cubic metre. However, in areas such as Tower Hamlets, east London, it can rise to 33.7.

As one professor of neuroscience and mental health said: "there is a complex relationship between individual vulnerability and environmental exposure, and not everyone who is exposed to these pollutants will go on to develop depression, but this is a plausible mechanism."

Long-term exposure to air pollution can also cause cardiovascular and respiratory diseases and lung cancer.

9th April: EASTER, the most joyful day of the year

Easter is the most joyful day of the year for Christians. Christ has died for our sins. We are forgiven. Christ has risen! We are redeemed! We can look forward to an eternity in His joy! Hallelujah!

The **Good News of Jesus Christ** is a message so simple that you can explain it to someone in a few minutes. It is so profound that for the rest of their lives they will still be 'growing' in their Christian walk with God.

Why does the date move around so much? Because the date of Passover moves around, and according to the biblical account, Easter is tied to the Passover. Passover celebrates the Israelites' exodus from Egypt, and it lasts for seven days, from the middle of the Hebrew month of Nisan, which equates to late March or early April.

Sir Isaac Newton was one of the first to use the Hebrew lunar calendar to come up with firm dates for the first Good Friday: Friday 7th April 30 AD or Friday 3rd April, 33 AD with Easter Day falling two days later. Modern scholars continue to think these two Fridays to be the most likely.

Most people will tell you that Easter falls on the first Sunday after the first full moon after the Spring Equinox, which is broadly true. But the precise calculations are complicated and involve something called an 'ecclesiastical full moon', which is not the same as the moon in the sky. The earliest possible date for Easter in the West is 22nd March, which last fell in 1818. The latest is 25th April, which last happened in 1943.

Why the name, 'Easter'? In almost every European language, the festival's name comes from 'Pesach', the Hebrew word for Passover. The Germanic word 'Easter', however, seems to come from *Eostre*, a Saxon fertility goddess mentioned by the Venerable Bede. He thought that the Saxons worshipped her in 'Eostur month,' but may have confused her with the classical dawn goddesses like *Eos* and *Aurora*, whose names mean 'shining in the east'. So, Easter might have meant simply 'beginning month' – a good time for starting up again after a long winter.

Finally, why Easter eggs? On one hand, they are an ancient symbol of birth in most European cultures. On the other hand, hens start laying regularly again each Spring. Since eggs were forbidden during Lent, it's easy to see how decorating and eating them became a practical way to celebrate Easter.

Gardening in March.

Well, I had hoped to be able to report substantial progress after the winter break but, alas, so far this spring the weather has been pretty dire and, both at home and at Holy Trinity, all gardening plans have been placed on virtual hold.

Usually at this time of year I have cultivated a healthy variety of assorted seedlings and am beginning to think of transferring them to pots or Gro-bags – not this year though; it'll be several weeks before I have anything ready to face the elements. Clearly though, the weather has had a major impact on commercial plant growers as well – supermarkets seem totally bereft of bedding plants; so far this year I have managed to purchase just one tray of purple pansies and it looks as though there will be nothing to replace the daffodils with when they die down.

Oh yes, talking of daffodils...thanks to Redbridge Council's generous donation of bulbs a year or so ago, the pathway up to the Church has been ablaze with yellow and white flowers – so attractive has the display been that, only recently, a group of people were apprehended, bags in hand, as they prepared to harvest it!...

When my seedlings have matured somewhat we shall hope to follow last year's pattern and grow tomatoes and pumpkins at the back of the Church building though this year, weather permitting, we shall hope to do this on a grander scale.

One exciting development is that a parishioner has kindly offered to share his allotment with the Church Eco-Group; we have dug over the ground and will hope to grow vegetables that we can offer in the Church – watch this space! **Kaye Larbi - Gardener - in - Chief.**

14 conversations to have with your neighbours at a King's Coronation street party

We have all known that awkward moment at a party, when your conversation with a stranger suddenly dries up. But if you are going to one of the King's Coronation street parties next month, you don't need to worry.

An information pack called the Coronation Big Lunch 'conversation menu' has been published, offering 14 handy ideas for keeping the conversational ball rolling. The ideas range from asking your neighbours whether they have ever met a member of the Royal Family, to what is their favourite way to spend a bank holiday. The 'menu' even includes a couple of jokes you can tell, if you get really desperate.

More than a million people, and more than 7,000 street parties and community events, have so far signed up to the Coronation Big Lunch initiative.

Buckingham Palace is hoping the celebration will bring neighbours together across the country. Certainly, chatting with our neighbours is no longer common. One poll from 2019 found that half of us had not chatted over the garden fence or outside our homes in at least a month, while almost one in five of us have never spoken to our neighbours at all.

The Coronation Big Lunch will take place on Sunday, 7th May, the day after the King and the Queen Consort are crowned at Westminster Abbey.

More than 17.2 million people took part in Big Lunch events last June, for the Queen's Platinum Jubilee.

Happy Birthday, Cadbury Crème Egg

Cadbury Crème Eggs celebrate their 60th birthday this Spring. They have a lot to celebrate: the Crème Egg is the best-selling confectionery item between New Year's Day and Easter in the UK, with annual sales of more than 200 million eggs, worth about £55 million.

Cadbury Crème Eggs were first created by the British chocolatier Fry's in 1963, before being renamed by Cadbury in 1971.

Why is it getting harder to see your GP ??

Ever wonder how many other patients your local GP now cares for? Recent figures show that could be up to as many as 3,000 other people.

Amid worsening staff shortages, the number of fully qualified GPs has fallen from 29,320 in 2016 to 27,372 last year, as more and more doctors are opting to reduce their hours, or go for early retirement.

And to make matters worse, the number of registered patients has grown from 58 million to 62.2 million in that time, according to the House of Commons Library.

The Liberal Democrats, who commissioned the research, have recently warned that the falling numbers of GPs "is creating a perfect storm that means for many people, it feels almost impossible to see your GP when you need to.

"This ever-worsening GP shortage is having a terrible human cost, as people face delayed or missed diagnoses, and A&Es fill up with desperate patients looking for treatment."

You can do this at home, leading up to Easter!

Why not put a small cross in your front window as Lent draws to a close, and Easter Week approaches? You can use a Palm cross or a wooden one. A cross is a visible reminder of the death of Jesus, and the Christian meaning of Easter and Resurrection.

An Easter Meditation

In the New Testament the resurrection of Jesus is presented as a simple historical fact. He did rise from the grave on that first Easter morning.

The four evangelists, and Paul, carefully lay out the evidence. They record for us the details of the empty tomb, the names of those who visited it, the various appearances of the risen Jesus and how He was seen by more than five hundred witnesses. But the New Testament tells us more than that.

It tells us, not only of the power of God that raised Jesus from the grave (eg. Romans 1:4) but also of that same power being invested in the Church. Christians are new people! We are 'made alive' in our Risen Head (Ephesians 1:1). His victory has become our victory! As Jesus promised: 'Because I live, you will also live' (John 14:19).

Until our Lord returns again one day, Christians will die physically, but their victory over death is already guaranteed. As Paul demonstrates in 1 Corinthians 15, death is 'swallowed up in victory'! Death's sting is abolished! And so Paul proclaims our victory anthem. 'Thanks be to God who gives us the victory through our Lord Jesus Christ' (vv.55-57)!

Down through 2,000 years Christ's people have lived in that glorious victory. One example was Donald Cargill (1619-1681). Cargill was a Presbyterian minister and a Covenanter in the years known in Scotland's history as 'the killing times.' The Covenanters opposed all attempts by the English parliament to impose Episcopacy on Scotland. With other Covenanters, Cargill strongly denounced the immorality and irreligion of the court of King Charles II. Hundreds of Covenanters were imprisoned at this time, and many were executed, both men and women.

Cargill's fearless itinerant preaching made him a marked man. He moved from place to place, preaching in cottages, fields, and town squares, protected by loyal friends. Then in July 1681 he was arrested and imprisoned. The outcome of his trial was never in question. The government of the day was determined to silence this influential 'rebel.' He was sentenced for execution on July 27th of that year.

On the scaffold in Edinburgh, Cargill spoke to the large crowd that had come to support him. "I climb this ladder," he declared, "with less fear than ever I entered a pulpit to preach." Then, raising his eyes to a blue July sky over his beloved Scotland, he cried out: "I have gotten me Christ and Christ has gotten me the victory." The blade fell and the brave soul of Donald Cargill joined the martyrs who lived and died in the victory of the Risen Christ.

Thanks be to God indeed! That glorious victory is not only for all the brave martyrs, but for all of us who belong to Christ. Death is defeated. The grave is conquered. Christ lives for ever in the power of an endless life. And we live in Him! We can all say: *'I have gotten me Christ and Christ has gotten me the victory.'*

23rd April: St George of the Golden Legend

The Saint of an English Army before he was Patron Saint of England, St George may have been a soldier, but he was no Englishman. Some stories say that he was an officer in the Roman army under Diocletian, who refused to abandon his faith during the Terror, and was martyred at Lydda in Palestine about the year 300 AD - supposedly 23rd April. Over the years St George became the example of a Christian fighting-man, a powerful helper against evil powers affecting individual lives. He was the soldier-hero of the Middle Ages, of whom remarkable deeds were reported.

In the Golden Legend of the 13th century, Jacobus de Voragine gave St George a handsome write-up. The story runs thus:

One day, St George rode up to the heathen city of Sylene in Lybya where he found the citizens in great distress. A neighbouring dragon had forced them to surrender two sheep each day for its dinner, and when the sheep gave out, two of their children; and now they were about to sacrifice the King's daughter, dressed as if for her wedding. St George encountered the little party by a stagnant lake, where the dragon lived, and persuaded the sobbing Princess to tell him why she was so miserable. At that moment the dragon appeared, looking inexpressibly revolting. St George charged forwards and drove his spear into the dragon's gaping mouth. To everyone's amazement, he tumbled the monster over and over.

Then St George borrowed the Princess's girdle, tied it round the dragon's neck, and persuaded her to lead it back to Sylene herself. The sight of her approaching with the befuddled dragon on its makeshift lead emptied the town. When the inhabitants timidly crept back, St George promised to behead the dragon if they would all believe in Jesus Christ and be baptised.

It was a most effective form of evangelism, for everybody said 'yes' at once. So, 15,000 people were baptised, and four carts were commissioned to remove the dragon's body.

St George thus became a symbol of the war against evil, and he is usually portrayed trampling the dragon of sin under his horse's hoofs. The Crusaders had a vision of him helping them against the Saracens at Antioch, during the first Crusade, and so brought the story of St George back with them from Palestine. Presently England put herself under the protection of the Saint. His day was declared a holiday in 1222. A red cross on a white field is the flag of St George.

Hedgehogs need your help this Spring

During the winter when hedgehogs hibernate, their heart rate drops from around 190 beats per minute to just about 20. They breathe only once every few minutes. So, to rouse themselves from that depth of torpor and get back into normal life takes a huge surge of energy.

Which is where you can come in. Hedgehogs are hungry in the Spring. Very hungry. Most of them will have slept until mid-March, and so will now be awake - but starving.

So why not put out some shallow dishes of meaty cat or dog food or cat biscuits and water? You can even buy or make special hedgehog feeders.

Hedgehogs have always been popular, but they are now sadly classed as 'vulnerable to extinction'. Numbers have been plummeting, and now there are less than one million left in the UK.

"With their coat of prickles and inquisitive nose, alongside a penchant for snuffling around our back gardens snaffling up slugs and earthworms, hedgehogs are a childhood memory of delight," said one scientist. "Sadly, hedgehogs might be banished to memories alone and lost as a source of wonder for our children and grandchildren."



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Only Jesus (John 19:17, 1:4)

Carrying the cross by Himself
He went out.
Sent out,
Yet choosing to go.
Word of life,
Choosing death,
Knowing the end from the beginning,

Carrying the cross by Himself
He went out.
The only one who could,
The only way He could,
He went out
To the Skull Place,
For me.

By Daphne Kitching

Easter Story

Amazing love how can it be
As helpless Babe from heaven He came
Walked our earth as Light descending
To our world engulfed in pain.

How marvellous, how wonderful
His loving kindness as a flood,
Taking all our sin and sorrow
As He shed His precious blood.

The rugged cross was a battle ground
As the Father's face turned from His Son
Darkness engulfed the whole of the land
'Finished!' - the cry as victory was won.

We stand now amazed in the presence
Of the Man that came from above,
The Crucified One - but living again,
Who kissed our guilty world in love.

By Megan Carter

In true post-Covid style, I've just returned from a **trip to Istanbul** that had been planned for 2020. My best friend and I - both Art History graduates - have long dreamt of seeing the Hagia Sophia's sparkling domes in real life and were determined that the year we turned 30, we'd finally make it east. Alas, it took us three years to get there, but they say good things come to those who wait - and on Friday, we finally found ourselves outside the mosque waiting for extended Ramadan prayers to finish.

As we removed our shoes on the green carpet, we prepared ourselves to absorb the finest example of Byzantine-Orthodox-Moorish architecture in the world. Would it be more awe inspiring than the Saint Chapelle on the Ile de Cite, or more holy than Santiago de Compostela in Spain? Would it be as hectic as the East London Mosque in Whitechapel, or as beautiful as the Grande Mosquée de Paris?

The answer on all counts was definitively 'no'. The Hagia Sofia was far less grand than our studies had had us believe. Gone were the icons, relics, mosaics we thought might have been preserved. Hundreds of tourists posed for pictures against orbs inscribed with Islamic text, tour guides interrupted any moment of silence with their inane chat and there was nothing of note to really look at. The highlight was seeing a sweet little cat being lovingly attended to by a group of women praying (there are cats everywhere in Istanbul).

Slightly disappointed, we left and started the trudge back towards the Bosphorus. And it was while stopping to eat a Simit (a sesame bread roll) on a bench beyond the market, that we discovered a much smaller, less grand mosque which blew our artistic socks off. Its back door looked onto the gushing river, mother of pearl slabs reflected the sunset in the doors and every wall boasted intricate, highly decorative tiling. It was everything we'd hoped for. In its mathematical beauty, you really did get a sense of the divine.

Later in our trip, we dipped in and out of various Greek Orthodox and Catholic churches (all of which offer services in Spanish and Korean), as well as a synagogue with a depressingly high level of security. Every few streets, you're reminded of the incredibly rich cultural and religious history of the city - one uniquely placed on the intersect between east and west. And you get the

(Continued on page 19)

sense that, generally speaking, these communities are happy to coexist and respect each other's cultural beliefs.

Of course, we didn't spend our entire time seeking out places of worship. We bought fruits and spices at the Grand Bizarre while ogling the number of fake Gucci bags on sale everywhere, drank unmentionable quantities of spicy margheritas, visited a spectacular retrospective of Paula Rego at the Pela Museum and took over 60 photos of cats in three days.

The Haga Sofia wasn't the jaw dropping experience we'd expected, but arguably that made us more appreciative of everything else. **Miranda Kaye**

Even as Jesus ate that last Passover meal with His disciples, He warned them He was about to be betrayed. He took the bread, blessed it, broke it and gave it to them; He took the cup, gave thanks, and gave it to them to drink. The Old Covenant, based on Law, was ticking away its final hours; the New Covenant, based on Christ's body and His blood, was about to be ushered in. Jesus prayed in Gethsemane that this fearful cup of suffering might be removed from Him, but even more, that God's will might be done. And it was. Because of Easter we can approach God through his Son, Jesus Christ. He has opened the gates to heaven for us!

Jesus	Covenant
Ate	Law
Last	
Passover	Old
Meal	New
	Body
Disciples	Blood
Warned	Gethsemane
Betrayed	
Bread	Cup
Blessed	Removed
	Will
Wine	Easter
Thanks	Approach
Drink	God

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

Out West

A devout cowboy lost his Bible while he was mending fences out on the range. Three weeks later a cow walked up to him, carrying the Bible in its mouth. The cowboy couldn't believe his eyes. He took the book out of the cow's mouth and exclaimed, "It's a miracle!"

"Well, hardly that," said the cow. "Your name was written inside the cover."

Sermon

A pastor, known for his lengthy sermons, noticed a man get up and leave during the middle of his message. The man returned just before the conclusion of the service. Afterwards the pastor asked the man where he had gone.

"I went to get a haircut," was the reply.

"But," said the pastor, "why didn't you do that before the service?"

Came the reply: "Because I didn't need one then."

The Rectory
St James the Least



My dear Nephew Darren
Beware when the choirs meet

You agonised recently over your ecumenical service: who should be invited? Who should preach? What about the order of service? If you had attended our recent combined churches' choir festival, your own dilemmas would have seemed a little less acute.

At the pre-meeting, there was heated discussion about whether those choirs who normally wore robes would be comfortable standing among those who didn't. The more aesthetically sensitive worried whether St Agatha's pea green cassocks may clash with our red ones. Intending to be helpful, but phrasing it rather badly, someone suggested that the normally robed choirs should wear nothing. Colonel Wainwright was a little too quick to chuckle.

I began to wonder if a prize was to be awarded to the person who raised the greatest number of concerns: Should the choirs stay separate? Would the tenors be next to the altos or the basses? Where would extra seating be placed? Would the heating be on for the rehearsal? Then came what you would call the 'elephant in the room': of all the choirmasters, *who would conduct and who play the organ?* Tension mounted, and expressions grew grim. But before the committee started to dig trenches in my carpet and position howitzers under the desk, I briefly left the room, turned off all the electricity and claimed we'd had a power cut. This is a useful device for truculent committees; sadly, it can be used only rarely.

Come the day, an uneasy truce lasted while everyone adopted the traditional solution to disagreement within congregations, and simply did exactly what they wanted. Some were robed, some were not, some choirs congealed in their own huddles, while others joyfully sat next to people from other churches – mainly so they could point out their neighbour's wrong notes. Some sang in the right key, some sang in the wrong key, some sang what sounded like quite different songs altogether.

The service ended with one choir thinking that the organist had played too loudly, while another choir thought that the conductor wasn't up to much. Everyone agreed afterwards that we must do it again, while firmly stating that if their own choirmaster didn't conduct next year, they wouldn't be there.

Thankfully, one fundamental thing on the day united them: they all said that our church was too cold, and they all went down to the pub afterwards to warm up.

**Your loving Uncle
Eustace**

Sea of Galilee

A vicar planning an Easter pilgrimage to the Holy Land was shaken when he found it would cost him £50 an hour to rent a boat on the Sea of Galilee.

He protested to the travel agent that the cost was ridiculous. "That might be true," replied the travel agent, "but you have to take into account that the Sea of Galilee is water on which our Lord Himself walked."

"Well," said the vicar, "at £50 an hour for a boat, I am not surprised!"

Palm Sunday visit

It was Palm Sunday, but because of a sore throat, five-year-old Bobby was kept home from church with his grannie. When the family returned home, they were carrying several palm fronds and Bobby asked them what they were for. "People held them over Jesus' head as He walked by," his father explained.

Bobby was aghast. "I don't believe it! The one Sunday I don't go, and He shows up!"



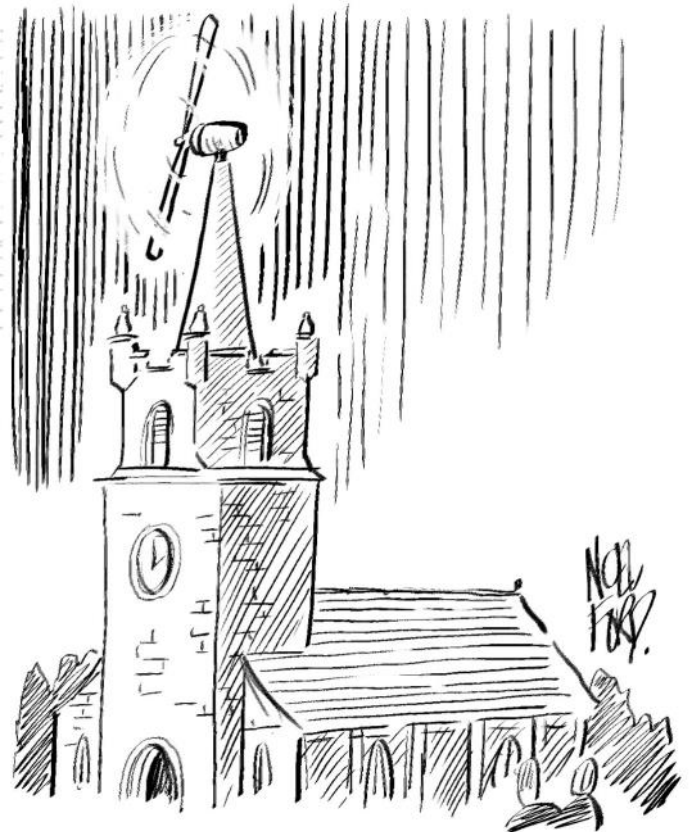
Among their demands were bourbon biscuits, double fees for weddings, and Sundays off



"Police? This is St Mary's Ladies' Knitting & Vigilante Circle. We've detained two gents trying to nick the church silver."



Leviticus confirmed it - Rob's pullover was an abomination



"It's not as picturesque as the old steeple but it's saving a fortune in electricity bills!"

**Although I'm not their mother
I care for them each day.
I cuddle, sing and read to them
And watch them as they play.**

**I see each new accomplishment,
Growing and learning over the years.
They proudly show their work to me,
I give the loudest cheers!**

**No, I'm not their mother,
But my role is just as strong.
I nurture them and keep them safe,
Though maybe not for long.**

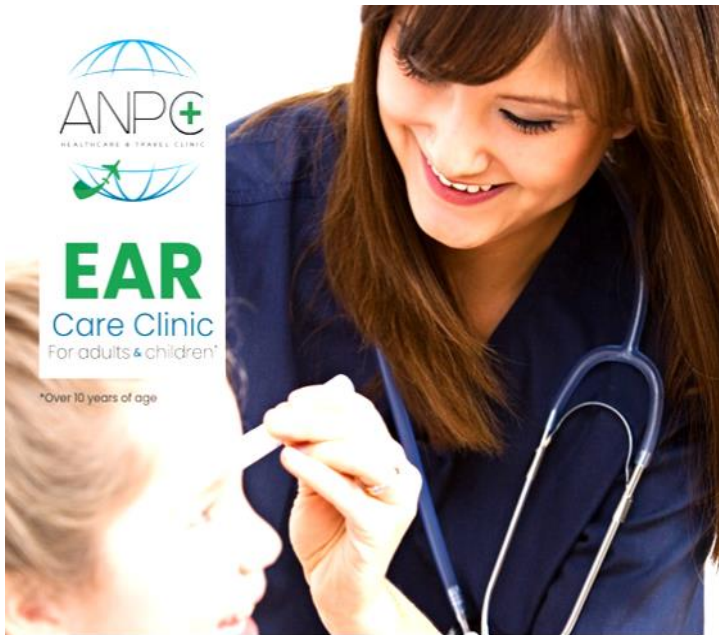
**I know someday the time will come,
When we will have to part.
But I know each child I cared for
Is forever in my heart.**



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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


The LEGAL STUFF

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Ofsted 

Who is eating the plastic at sea?

Scientists believe they may have discovered what happens to a great deal of the plastic that is dumped in the ocean.

The mystery has been that while about 14 million tonnes end up in marine environments each year, only about one per cent of that is ever found in sampling surveys.

While much of the plastic may have sunk to the deep bottom of the sea, now scientists believe that the answer may also be partially because bacteria are eating it.

A recent study by the Royal Netherlands Institute for Sea Research (NIOZ) has found that the widespread bug *Bacterium Rhodococcus ruber* can actually digest plastic, turning it into carbon dioxide and other harmless substances.

One scientist explained that while "this is certainly not a solution to the problem of the plastic soup in our oceans," it does help explain "where all the 'missing plastic' in the oceans has gone."

Rhodococcus ruber is found across the globe, and is abundant in soil, water and marine environments. The species is known to transform a number of harmful pollutants, including industrial chemicals and pesticides, into harmless molecules.

The research was published in the [Marine Pollution Bulletin](#).

PARISH OFFICE (in Church)

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

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(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:

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Church Treasurer:

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Music Group:

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Webmaster:

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PARISH DIARY

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

HOLY WEEK

2nd April

Sunday 10:30am - PALM SUNDAY - Blessing of Palm Crosses

3rd April

Mon 7:30pm - Stations of the Cross & Communion Service

5th April

Weds 9:45am Holy Communion Service

6th April

Thurs 7:30pm. Maundy Thursday— Communion Service and Night Vigil

7th April

GOOD FRIDAY 8:30am - Morning Prayers and end of Vigil.

9am—Walk to Ken Aston Square for 9:30 NIFOC Service.

10:30am - Family Church

2pm - Veneration of the Cross

7:30pm - FAURE REQUIEM—The Drive Methodist Church

8th April

7:30pm - Easter Saturday—Easter Vigil and Service of Light.

9th April

10:30am—Easter Sunday - Service, 12am - Easter Egg Hunt.

12th April

Weds 7:30pm. Handel's Messiah—St John's Church.

16th April

10:30am - Low Sunday - Mo. Rosemary's Retirement Service, 1pm Lunch

7th May

**Sunday –10:30am Sunday Service, followed by Coronation Festive
Lunch - Church / Vicarage / Halls / Lichen Court (tba)**

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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