



# Trinity Times

The Parish of Holy Trinity Church , Barkingside

**£12 subscription  
£1 donation.**



**Our Church is OPEN for Worship on**  
**Sundays at 10:30am** (also on Facebook)  
**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  
<https://www.facebook.com/Holy-Trinity-Barkingside-126325346912/>

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

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

## Dear Holy Trinity Family!

**Welcome to a period of business!** Not that long ago we journeyed through Holy Week and Easter Sunday; this weekend we celebrate the Coronation of King Charles; later this month we look forward to a Christian Aid Concert (20 May), our APCM (Annual Parochial Church Meeting) and another Family Church event (both on 21 May); and at the end of May we celebrate Pentecost Sunday and host Pentecost Songs of Praise in the evening (28 May). Last not least, earlier in April we said goodbye to Rev Rosemary & Chris Potten after many years at HT, and then welcomed Rev Kate Szejmann as our new Assistant Curate. **PHEW!** All this gives me a **sense of new beginnings, energy, and invigoration** – and I am excited what God is doing in our midst, and about our journey ahead.

At the same time, and in particular when being busy, it is crucial that we continue to seek stillness and connect with God, and that we discern and pray what God wants us to do. We don't need to strive, but to surrender. **So allow me, first of all, to remind ourselves of the Drama and Mystery of Easter:** Our entanglement with Jesus's death and resurrection, and its implications for our lives. Once more we learned on Good Friday that power comes in weakness and vulnerability, and then three days later we learned the core truth of our faith: **The God of the Gospel brings Life out of Death.**



And I would like to share again what was on my heart for us when I preached on two occasions in particular. **Maundy Thursday** centred on something many of us feel uncomfortable with: foot washing. And I sensed that we should recognise that some of the things we find particularly uncomfortable, are precisely the areas that God might want to transform us – sometimes it's all about letting go of something, and realising by doing it, that it can actually feel very good and can be healing.

And of course the washing of feet mirrors in many ways God's practical relationship with us and all of his creation. He wants to serve us with his devotion and love, and he is doing this all the time. So Jesus is modelling to us that we can show him our weakest and most unattractive sides for healing and cleansing. In fact, this is the only way of getting closer to him. And he assures us that doing things totally different to what we know and used to, is the only way that brings "life". **So the question for us is: Can we also travel with towel and basin, act with humility, and wash other people's feet?**

**Easter Sunday was such a joyful occasion** – a church full with people celebrating the Resurrection of Christ, and then going on an Easter Egg hunt afterwards! So here is how I encouraged us to think: **What if Jesus was raised from the dead by the Father, so that His resurrection, His life, could happen everywhere? and all the time? What about seeking to access the resurrection life? What about tapping into God, the life-giver? What about being an Easter People and a Gospel People?**

What about going through challenging times and all the things that would normally destroy us – and really going through it to the bottom of our life and allowing ourselves to be transformed by God. And then, coming out on the other side, like Christ did between Good Friday (his execution) and Easter Sunday (his resurrection), and saying: "Peace be with you!" God's only job description is to turn things into life. This should give us such hope and confidence. **Christ is risen! And we have risen with him! Alleluia!**

**God is good, and I continue to see blessings poured out in and around us.** And as we are discerning new possibilities and await new things to emerge, it was wonderful to have Michael and Alan from **Teen Challenge Drug Rehabilitation Programme** come to us (Sunday 30 April) and share powerfully how their lives were totally changed from deep brokenness to fruitfulness by the life



-giving power of Christ. Their description of being changed by “love and acceptance”, and by “growing through failure”, seemed particularly relevant for us. And most importantly, Michael, in his word for us, focused on Acts 2:42 (“They devoted themselves to the apostles’ teaching and fellowship, to the breaking of bread and the prayers.”), and reminded us about the importance of being a loving community whose cornerstone is regular prayer.

**So, as we focus on what are we called to do or become in this season, we need to support and encourage one another and be humble and kind to one another.** We journey forward in the belief that God will reveal his interests to us as we discern our journey. And as always, I invite you to share with me if you feel that God has given you any sense, or idea or vision what this might mean.

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**

**PS Please don't forget to pray for Leicester staying in the Premier League** – fortunately West Ham looks relatively safe right now – and if it boils down to the last day when West Ham will actually play in Leicester, we would appreciate the three points!

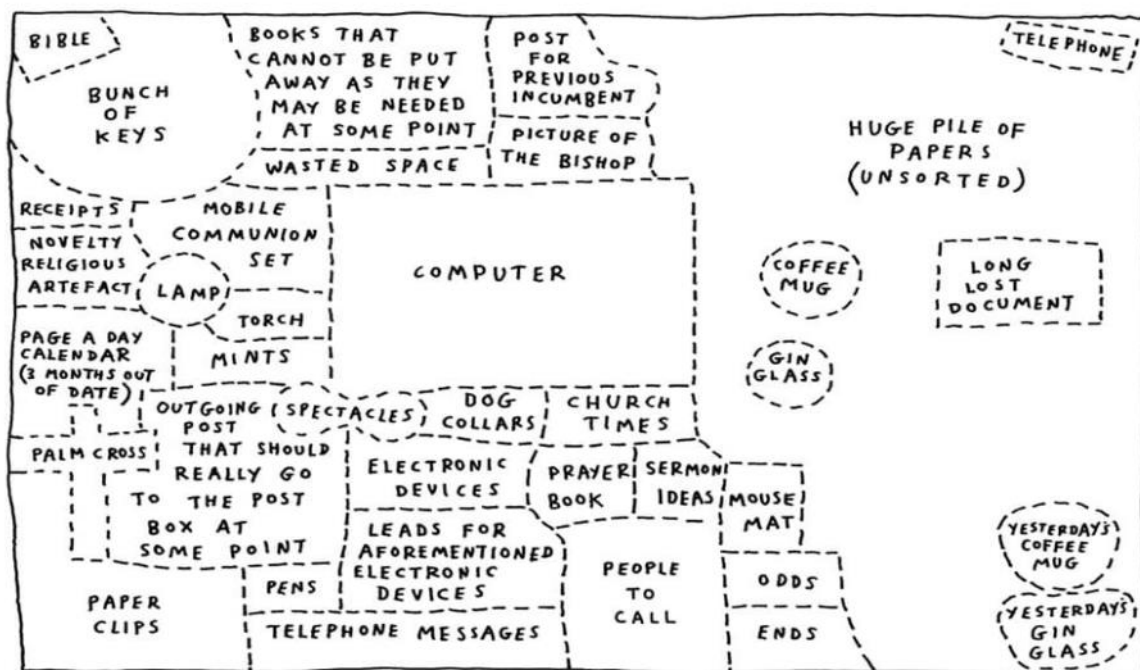
**Rev Kate Szejmann** joined us on 23rd April as Assistant Curate! She was introduced at the 10:30am Service. What wonderful news for all of us.

Her Licensing by Bishop Lynn has recently been Formalised, and at the time of writing Kate is involved in frantic preparations for the Coronation Party!



## THE CLERGY DESK

THE TRIED AND TESTED WAY TO ARRANGE IT



## 1<sup>st</sup> May: May Day and unbridled merriment

May is the month when the ancient pagans used to get up to 'all sorts'! The Romans held their festival to honour the mother-goddess Maia, goddess of nature and growth. (May is named after her.) The early Celts celebrated the feast of Beltane, in honour of the sun god, Beli.

For centuries in 'Olde England' the people went mad in May. After the hardship of winter, and hunger of early Spring, May was a time of indulgence. One Philip Stubbes, writing in 1583, was scandalised: 'for what kissing and bussing, what smooching and slabbering one of another, is not practised?'

Henry VIII went 'maying' on many occasions. Then folk would stay out all night in the dark rain-warm thickets and return in the morning for dancing on the green around the May pole, archery, vaulting, wrestling, and evening bonfires.

The Protestant reformers took a strong stand against May Day, and in 1644 May Day was abolished altogether. Many May poles came down - only to go up again at the Restoration, when the first May Day of King Charles's reign was 'the happiest Mayday that hath been many a year in England', according to Pepys.

May Day to most people today brings vague folk memories of a young Queen of the May decorated with garlands and streamers and flowers, a May Pole to weave, Morris dancing, and the intricacies of well dressing at Tissington in Derbyshire.

May Day is a medley of natural themes such as sunrise, the advent of summer, growth in nature, and - since 1833 - Robert Owen's vision of a millennium in the future, beginning on May Day, when there would be no more poverty, injustice or cruelty, but harmony and friendship. This is why, in modern times, May Day has become Labour Day, which honours the dignity of workers. And until recently, in communist countries May Day processions were in honour of the achievement of Marxism.

There has never been a Christian content to May Day, but nevertheless there is the well-known 6am service on the top of Magdalen Tower at Oxford where a choir sings in the dawn of May Day.

An old May carol includes the lines:

*The life of man is but a span, it flourishes like a flower  
We are here today and gone tomorrow - we are dead within an hour.*

There is something of a sadness about it, both in words and tune, as there is about all purely sensuous joy. For May Day is not Easter, and the joys it represents have always been earth-bound and fleeting.

---

The pastor was known for the clarity and brevity of his sermons. His talks were well organized and always ended promptly in 20 minutes.

One Sunday, he seemed to wander and drift around a bit and was still preaching to the congregation after 35 minutes. His wife managed a small signal, which fortunately he recognized as a sign he should come to a close.

When they got home after the service, the wife asked him why he got so muddled and why he went on speaking so long.

He answered, "Well, I've gotten into the habit of tucking a lozenge in my mouth before I stand to speak. When the lozenge has dissolved, I know it is time to stop. This morning, unfortunately I picked up a collar button instead of a lozenge."

## 2<sup>nd</sup> May: Athanasius, the theologian who gave us the Nicene Creed

This is the name behind the Athanasian Creed. Athanasius (296-373) was born into a prosperous family in Alexandria in Egypt, studied in the Christian school there and entered the ministry. He was 29 years old when he accompanied Alexander, the bishop of Alexandria, to the Church's first ecumenical Council, at Nicaea in 325.

Although Athanasius could not take part in the Council's debates because he was a deacon and not a bishop, Alexander consulted him on the meaning of biblical texts and theological distinctions. With Emperor Constantine sitting as President, 300 bishops argued about the Person of Christ. How is He the Son of God? Is He God or man or both together? Did He exist before He was born? If we worship Him, does that mean that we are worshipping two Gods?

The young Athanasius saw that some bishops wanted to impose the teaching of Arius on the Church. Arius was a popular preacher in Alexandria who taught that Christ was not eternal but was a 'Saviour' created by the Father. Athanasius worked with his bishop, Alexander, in framing what became known as the Nicene Creed. Our Lord's full divinity was safeguarded in the words, 'eternally begotten of the Father, God from God, light from light, true God from true God, begotten, not made, of one substance with the Father.'

When Bishop Alexander died in 328, Athanasius succeeded him as Bishop by popular demand. For the next 45 years Athanasius' devotion, scholarship, and forceful leadership established the Nicene Creed in the Christian Church. His enemies, both in Church and state, conspired against him, and he was exiled five times from the See of Alexandria and spent a total of 17 years in flight and hiding. It was his uncompromising stand for Nicene theology that gave rise to the familiar saying, Athanasius contra mundum, 'Athanasius against the world.'

Athanasius' name will always be linked with the triumph of New Testament Christology over every form of reductionism. Of his many writings the most significant was his great study on the person and work of Christ; *On the Incarnation of the Word of God*, written before he was 30 years old. The whole Church of Christ is always in need of bishops, leaders and theologians in the mould of Athanasius.

### Blind Bartimaeus

Blind Bartimaeus begged by the roadside  
As Jesus of Nazareth passed on His way,  
'Son of David, have mercy' he cried  
For he knew this was a special day.

'Be quiet!' - the crowd tried to shout him down  
But louder and louder came his cries,  
'What do you want?' the Master asked  
'Rabbi' he said 'open my eyes'.

'What do we want?' the Master would ask,  
For already He knows our fears and our cares,  
If like Bartimaeus we call out in faith  
We too will see Him answering prayers.

*By Megan Carter*

### Good idea!

Have you ever been just sitting there, and all of a sudden, you feel like doing something really nice for someone else? That could well be God, prompting you through the Holy Spirit.

### St John the Swift

St John was quite swift of the feet  
Indeed – he was so very fleet  
He thought it so fine  
He told us three times  
That he could run faster than Pete!

*By Nigel Beeton*





## The Coronation of King Charles III

By Canon Paul Hardingham

On 6<sup>th</sup> May His Majesty King Charles III will be crowned alongside Camilla, The Queen Consort, in Westminster Abbey. How can we pray for him, as he approaches this important event? Paul says: *'I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness.'* (1 Timothy 2:1,2).

*For God's presence* - to guide every aspect of King Charles' life as he prepares for his Coronation and future roles. At his Accession, he was proclaimed Defender of the Faith, the Supreme Governor of the Church of England. Charles has talked about *'the Sovereign's particular relationship and responsibility towards the Church of England - the Church in which my own faith is so deeply rooted.'*

*For God's wisdom* - as he provides leadership that will honour God and promote the wellbeing of our society. King Solomon prayed for wisdom for himself: *'So give your servant a discerning heart to govern your people and to distinguish between right and wrong.'* (1 Kings 3:9).

*For God's love* - to strengthen all relationships within the Royal Family; for reconciliation, understanding, forgiveness and good communication.

*For God's purpose* - to be fulfilled through the work of the King and Queen Consort and their family in the years to come. He has said: *'and whatever may be your background or beliefs, I shall endeavour to serve you with loyalty, respect and love, as I have throughout my life.'*

*A Prayer for the new King:*

*Everlasting God, we pray for our new King. Bless his reign and the life of our nation. Help us to work together so that truth and justice, harmony and fairness flourish among us; through Jesus Christ our Lord. Amen.*



FAMILY OWNED FUNERAL DIRECTORS  
Who have served the community for since 1847.

# HL HAWES & SON

## FUNERAL DIRECTORS

153 Station Road  
Chingford  
London  
E4 6AG

106 Tanners Lane  
Barkingside  
Ilford  
IG6 1QE

883 High Road  
Leytonstone  
London  
E11 1HR

**020 8559 3235**

**020 8550 4047**

**020 8532 9600**

[www.hlhawes.co.uk](http://www.hlhawes.co.uk)

[info@hlhawes.co.uk](mailto:info@hlhawes.co.uk)



- . Specialist Worldwide repatriation
- . New Jaguar Vehicles

- . Horse Drawn Funerals
- . Pre-Paid Funeral Plans

**Golden Charter**  
Funeral Plans   
The UK's largest independent funeral plan provider

Making life **easier** for your loved ones  
costs less than you might think.  
Please Contact **HL Hawes & Son** on  
**020 8550 4047** for free advice & help

**020 8550 4047**

24 HOUR PERSONAL SERVICE FROM  
PEOPLE WHO GENUINELY CARE FOR EACH FAMILY.



My cycling exploits have taken me and cycling club friends all over mainland Britain. Remote and odd places not usually on a tourist's itinerary. Along with cycling mates, I have stood on bleak, windswept Rannock Moor, Scotland, in pouring rain, clutching at a cape, amid a landscape of small lochs and other great pools of water. Almost as in an alien world.

Experienced a bike ride across moors to Cape Wrath, the extreme north of Scotland on a narrow, the very potholed road constructed by the military, goodness knows how long ago? At the approach of the occasional single decker bus we had to get off the tarmac and step into a sort of No-man's-land of abandoned vehicles. It seems no one expected to be rescued on this highway to 'the very top' of Scotland, so they pushed the vehicle off the road to eventually become a rusty sculpture..

We have stored our bikes in farm buildings, barns and cow sheds where radio 4 is continually playing. "To help settle the cattle" the farmer said. We have dozed off in our damp cycling kit in Jodrell Bank having cycled for some distance in rain and then settled in warm, comfortable seats in the planetarium.

On a Wales Tour we climbed, walked up, Mount Snowden (that is to say we did not use the train). It was a twist of tragic fate that this was the time when Princess Diana had died. She was, of course, The Princess of Wales. The summit was strewn with flowers and heartfelt notes on the lines of, 'What will we do without our lovely Princess'. A very memorable occasion.

On our Lands End to John O'Groats ride I had my first ever venison. We paid the bill and walked out of the pub and there, by the side of the road stood a huge, lone stag. I almost felt that I should apologise for eating one of his relatives.

On our Coast to Coast ride, from 'Arnside to (as I put it) the Other side' (in fact to Whitby), we entered one of those pubs with shiny carpets. Perhaps a hundred years of spilled drink and polished by thousands of feet. It was there that a lady with a slurred voice said, "Hope you are not going up Sutton Bank". We grinned, unaware of what it was or if it was on our route. It was; it was our, sort of, Everest. We must have climbed it because we eventually got to Whitby climbing, as we went, yet another 1 in 3 hill en route. (I walked most of it).

Something else that stays in my memory was coming across a model of a garden (pictured) made with **plasticine** in Sudbury Hall, Derbyshire. At first we thought it was a bust of Carl Marx but in was of William Harbutt (1844-1921) the British artist who invented the modelling clay plasticine. His invention must be one of the most played with past times by generations of children of all ages.

**William Harbutt** (13 February 1844 – 1 June 1921) was a British artist and the inventor of Plasticine.

On the first floor of the Victoria Art Gallery in Bath you'll find the bust of William Harbutt, local hero and inventor of Plasticine.



Plasticine Garden & bust of the inventor at Sudbury Hall - 16th September 2009. Photo by Bill Payne

He died of [pneumonia](#) while on a trip to [New York City](#) in 1921. Born in [North Shields, England](#), the son of Thomas Harbutt (5 August 1803 – 1880) and Elizabeth Whitehouse Jefcoate (27 June 1804 – 1883), Harbutt studied at the [National Art Training School](#). Harbutt was also a councillor on [Bath rural district council](#) and [Bathampton parish council](#). He was a member of Bath New Church Society which followed the teachings of [See more](#)

The [Paradise in Plasticine garden](#), a creation of journalist and presenter [James May](#) displayed at the 2009 Chelsea Flower Show .



## 14th May: Rogation Sunday (Sunday before Ascension)

In the Anglican Church, Rogation is celebrated on the fifth Sunday after Easter. Rogation means an asking of God - for blessing on the seed and land for the year ahead. It is appropriate in any emergency, war, plague, drought or foul weather.

The practice began with the Romans, who invoked the help of the gods Terminus and Ambarvalia. In those days a crowd moved in procession around the cornfields, singing and dancing, sacrificing animals, and driving away Winter with sticks. They wanted to rid the cornfields of evil.

In about 465 the Western world was suffering from earthquake, storm and epidemic. So Mamerius, Bishop of Vienne, aware of the popular pagan custom, ordered that prayers should be said in the ruined or neglected fields on the days leading up to Ascension. With his decision, 'beating the bounds' became a Christian ceremonial.

Rogation-tide arrived in England early in the eighth century and became a fixed and perennial asking for help of the Christian God. On Rogation-tide, a little party would set out to trace the boundaries of the parish. At the head marched the bishop or the priest, with a minor official bearing a Cross, and after them the people of the parish, with schoolboys and their master trailing along. Most of them held slender wands of willow.

At certain points along the route - at well-known landmarks like a bridge or stile or ancient tree, the Cross halted, the party gathered about the priest, and a litany or rogation is said, imploring

## 18<sup>th</sup> May: Ascension Day, 40 Days with the Risen Christ

40 days after Easter comes Ascension Day. These are the 40 days during which the Risen Christ appeared again and again to His disciples, following His death and resurrection. (*Matthew 28; Mark 16; Luke 24; and John 20.*)

The Gospels give us little of Christ's teachings and deeds during those 40 days. Jesus was seen by numerous of His disciples: on the road to Emmaus, by the Sea of Galilee, in houses, etc. He strengthened and encouraged His disciples, and at last opened their eyes to all that the Scriptures had promised about the Messiah. Jesus also told them that as the Father had sent Him, He was now going to send them - to all corners of the earth, as His witnesses.

Surely the most tender, moving 'farewell' in history took place on Ascension Day. Luke records the story with great poignancy: 'When Jesus had led them out to the vicinity of Bethany, He lifted up His hands - and blessed them.'

As Christmas began the story of Jesus' life on earth, so Ascension Day completes it, with His return to His Father in heaven. Jesus' last act on earth was to bless His disciples. He and they had a bond as close as could be: they had just lived through three tumultuous years of public ministry and miracles - persecution and death - and resurrection! Just as we part from our nearest and dearest by still looking at them with love and memories in our eyes, so exactly did Jesus: 'While He was blessing them, He left them and was taken up into heaven.' (Luke 24:50-1) He was not forsaking them, but merely going on ahead to a kingdom which would also be theirs one day: 'I am ascending to my Father and to your Father, to my God and your God...' (John 20:17)

The disciples were surely the most favoured folk in history. Imagine being one of the last few people on earth to be face to face with Jesus, and to have Him look on you with love. No wonder then that Luke goes on: 'they worshipped Him, and returned to Jerusalem with great joy. And they stayed continually at the temple, praising God.' (Luke 24:52,53)

Paul Hardingham ponders the Ascension

## Where did Jesus go?

In Salvador Dali's picture of Jesus' ascension all you can see are His feet! As we celebrate the event this month, it prompts the question *'where did Jesus go?'* Peter says Jesus *'has gone into heaven and is at God's right hand'* (1 Peter 3:22). However, the New Testament tells us three things about what Jesus is doing at the Father's side.

**Sitting:** At Pentecost Peter says Jesus is *'exalted to the right hand of God, He has received from the Father the promised Holy Spirit and has poured out what you now see and hear...'* *'The Lord said to my Lord: "Sit at my right hand"'* (Acts 2: 33-4). Peter is affirming Jesus' position of authority and power at the heart of the universe. By pouring out the gift of the Holy Spirit upon us, Jesus gives us a foretaste of the life of heaven i.e. eternal life, forgiveness, healing, release and God's provision for our lives.

**Standing:** When Stephen, the first Christian martyr, was being stoned to death by the Jewish authorities he cried out: *'I see heaven open and the Son of Man standing at the right hand of God.'* (Acts 7:56). Our experience of heaven is only ever partial, as we live with the reality of suffering and setbacks. However, Jesus is still on the throne! He has a bigger plan and purpose for our lives than we might imagine (including the difficulties), and we are called to trust Him daily.

**Praying:** *'Christ Jesus who died – more than that, who was raised to life – is at the right hand of God and is also interceding for us.'* (Romans 8:34, cf Hebrews 7:25). Even when we don't know how to pray, we have the assurance that Jesus is already praying for us! He knows our needs even better than we do ourselves, so when we feel condemned or defeated in our Christian lives, we have somebody on our side!

The Ascension reminds us that the risen Jesus lives in the immediate presence of God and both transcends and embraces our present experience. This truth lies at the heart of the *up* language used to describe the event.

*'Heaven relates to earth tangentially so that the one who is in heaven can be present simultaneously anywhere and everywhere on earth: the ascension therefore means that Jesus is available, accessible, without people having to travel to a particular spot on the earth to find Him.'* (Tom Wright).



**christian aid**  
**COFFEE MORNING**  
SATURDAY 20TH MAY



10:30-12:30

TEAS AND COFFEES  
CAKE STALL  
PLANT STALL  
BOOK STALL

**christian aid**  
GANTS HILL URC HALL  
ETHELBERT GARDENS



**THE NEW REDBRIDGE WIND ORCHESTRA**  
**PRESENTS...**

**THE ANNUAL CHRISTIAN AID CONCERT**

Sat 20 May 2023  
7.30PM

Tickets £10 - including cake!

Holy Trinity Church,  
Barkingside IG6 2BX

**christian aid**

## Speak out *By the Ven John Barton*

As a little boy growing up during World War II, I spent night after night in a bomb shelter. Why were those wicked Germans strafing us? Why was everything rationed (especially sweets)?

After the war I began to understand that many other countries had suffered too, and unspeakable atrocities had been inflicted on Jews and other defenceless minorities. In my own lifetime, history had shown what happens when a failure to recognise the unique worth of all other human beings turns civilised people into monsters.

It was hard to accept that Germans were an enlightened, cultured people whose history, like ours, was steeped in the Christian faith.

Yet as I grew older, I came to the conclusion that if they could succumb to an evil ideology, despite the values which must have been instilled in them as children, so could we, and it would be arrogant and blinkered to imagine we were immune from the influence of inhuman propaganda.

We need to highlight disinformation and speak out when other people are demeaned, even if that makes us unpopular. Keeping silent when others are being oppressed is not an option.

The German Pastor Martin Niemöller issued this warning:

*First they came for the Communists  
And I did not speak out  
Because I was not a Communist.  
Then they came for the Socialists  
And I did not speak out  
Because I was not a Socialist.  
Then they came for the trade unionists  
And I did not speak out  
Because I was not a trade unionist.*

*Then they came for the Freemasons  
And I did not speak out  
Because I was not a Freemason  
Then they came for the Jews  
And I did not speak out  
Because I was not a Jew.  
Then they came for me  
And there was no one left  
To speak out for me.*

Niemöller was a one-time supporter of Hitler, but changed when Nazis imposed their racial ideology on churches. He was incarcerated in concentration camps from 1938 to 1945.

That's the price he paid for speaking out.

## How your friends may be keeping you alive

Take care of your friendships, and they will take care of you.

A recent study has found that if, in later life, you enjoy your friends on a regular and frequent basis, then the joy that they bring you may even halve your risk of death within five years.

The book of Proverbs (27:9) compares the balm of ointments and perfumes to the soothing effect of a good friend, and an analysis of the research would seem to confirm this. People in their later years who socialised every day were healthier than those who didn't. Even those who saw their friends only once a week were healthier than those who saw no friends on a regular basis.

In fact, the team reported having found a 'dose response', with the greater the frequency of socialising, the greater the likelihood of living longer. As one doctor put it: "The more frequent the social activity, the more prolonged the survival time." It is thought that having regular contact with



## Why is everything so bloomin' difficult?

Mobile phones, don't you just love them?

All those apps which allow us to communicate, listen to music, watch the big match, do our homework, play a multitude of games, send and receive payments, the list goes on.

However, if you break one (like I did recently) all this turns to nothing in the same way as Aladdin's treasure when Abanazar gets the magic lamp.

Some of the information held was on the hard drive which meant that Doctor Samsung could receive some of my data by reading and matching my XR codes. Ironically, I have no idea what I have lost, and so in many ways one comes to the heady reality that we probably know more than we need, but can't apply that knowledge to do some good.

Bring back the (human) person who used to be in the shop or on the telephone who can sort out my problem (now). Modern life is so changeable that everything must happen now at the very latest. People who try and identify and mitigate problems are regarded initially with benign contempt or outright opposition. We want to solve the problem as quickly and cheaply as possible.

The Human race has been wrestling with the idea that nations, religions, races, genders (whether defined or not) can be satisfied by policy, treaty. Articles of understanding between faiths and legislation to protect the rights of all people, particularly in the LGBTQIA+ (I think that's the most recent acronym, apologies if not)

The net result of all our endeavours will be, we hope, happiness and love for all. Tongue in cheek, we might call this the Pax Britannia. Scholars of History know that this was illusory and belonged to a time (as enunciated by WS Gilbert, of Gilbert and Sullivan fame) "when Britain really ruled the waves".

The extension of mass communication means that everyone (who wants to) can find out more or less what their neighbour does, what their home is worth, which in turn can make us envious, which completes the circle of violence alive.

Where people fill in the gaps with platitudes and policies "to show we care", particularly in the western world, where real choices can be made. I doubt that where the choice is much closed to life or death that the price of fair trade goods makes them less likely to be found in the weekly shopping of poorer households. If you're living on a dollar a day, a footballer's weekly salary of £600,000 is a meaningless fortune, but as soon as you know such things exist, people will migrate to find it.

Thus one can argue that computers and mobile phones are direct causes of the end of the world, war, pestilence and famine. The road to Hell is paved with good intentions, which we will be able to see from the handcart we are using to get there. We may even be able see the gold from the streets of London, (which probably drained through the potholes)

A gloomy prospect, which the nay sayers may find compelling. They can point to the Bible and say, look at Adam and Eve, the Tower of Babel, the various defeats, humiliations and periods of slavery in the Old Testament, let alone the treatment of our Lord during his earthly ministry and the persecution of the church then and now.

The search for the best way of doing the right way, when dreamed up by Humankind often have long-term problems attached. We want the Tree of the knowledge of good and evil back if only so we can eat fruit straight from the Tree, rather than picking up the mouldy fallen apples. We know we want our Saviour to return and cleanse us from our sins (well most of them it would be

nice to keep some naughty secrets like chocolate and ice cream).

We know that our drive to technology is probably the best option for the majority of people. We try hard to pick up those people who struggle with it, but inevitably we will miss some, and disqualify others.

I know my flippant style may grate on some people and others will doubtless disagree with my view. What I am trying to say is that God must look down on Earth and wonder how we have managed to make such a mess of things, even when we have tried to do good. The world is breaking up between “haves” and “have nots” and neither side can imagine how the other half lives. Some of it is having the right resources at the right time and the right place, some of it is defined by conflict. God loves us how we are and can mend the brokenness. He’s even given us the tools to do the job. We just need to follow the example shown to us by Jesus.

“Please hold, your call is very important to us.....”

As we do, it is worth reflecting that our need for speed has deprived a human of a job, and the computer neither knows nor cares. We are God’s chosen delight, and He will reveal to us all we need to know in His own good time Every new day gives us the chance to be reborn and renewed in our Saviour’s image.

**Stephen Gilson**

## **21<sup>st</sup> May: Helena, Protector of the Holy Places**

Helena should be the patron saint of all mothers who help their sons achieve great things. Helena was born at Drepanum in Bithynia about 250. Although only a stable-maid or innkeeper’s daughter, she caught the eye and affections of a Roman general, Constantius Chlorus, while he was stationed in Asia Minor on a military campaign. She bore him a son, Constantine, in about 272.

But Constantius was ambitious, and when he became co-emperor (Caesar) in the West in 292, he abandoned Helena in order to marry the stepdaughter of his patron. Helena and her son were sent to live in the court of Diocletian at Nicomedia, where Constantine grew up as a member of the inner circle. Helena never remarried, and lived close to her son, who was devoted to her.

Then, in 306, Constantius died, and Constantine became Augustus of the Roman Empire. He brought his beloved mother to live at the imperial court.

When Constantine became the first Christian emperor of Rome, Helena also became a Christian. She was devout, dressing modestly, and giving generously to churches, the poor, and to prisoners. But soon Constantine had other plans for her: they agreed that she would help him locate the relics of Judeo-Christian tradition in Palestine. To aid her, Constantine gave her the title *Augusta Imperatrix*, and unlimited access to the imperial treasury.

And so, from 326-28, even though she was very old, Helena explored the Holy Land on behalf of her son, the Emperor. She went to Bethlehem and founded the Church of the Nativity. She went to the Mount of Olives and founded the Church of Eleona. She went to Calvary and tore down a temple built to Venus over the tomb of Jesus. Constantine then ordered the building of the Church of the Holy Sepulchre. Helena also seems to have founded the chapel at St Catherine’s Monastery.

Helena died in 330 in the Holy Land, with Constantine at her side. He brought her body back to Constantinople and buried her in the imperial vault in the Church of the Apostles. We owe to this special mother and son the preservation and honouring of the most famous sites of Christianity.

## **HEALTH TIMES - Some Interesting Thoughts**

### **Walk 10,000 steps a day:**

This goal has been a popular mantra for years, and it has even been adopted by the World Health Organisation. But the number was chosen arbitrarily in a Japanese boardroom in the 1960s. The company, Yamasa, simply dreamt up the figure in its effort to promote the world's first step counter, ahead of the Tokyo 1964 Olympics.

Instead, recent studies, including one at the University of Alabama, have found that taking between just 6,000 to 8,000 steps a day may be fine. And even if you take far less than that, then just adding an extra 500 steps a day will bring you significant health benefits. Research does suggest that it is not a great idea to take less than 5,000 steps a day.

### **Five a day:**

This encouragement to eat daily fruit and veg came from the UK government in the late 1980s, and it is probably the best-known piece of public health advice that we have.

But recent studies suggest that five a day is unlikely to be enough. Scientists at Imperial College London suggest it is more like seven or ten helpings a day, if you are to get all the nutrients and fibre that you need. One scientist at the University of Leeds says there needs to be a push for people to make dietary fibre the majority of their daily diet, rather than processed foods.

### **You need eight hours sleep:**

This notion goes back to Victorian times! During the industrial revolution, it was thought that the best daily regime was eight hours labour, eight hours recreation, and eight hours rest.

But in fact, modern studies have found that the amount of sleep you need is highly individualised. Some people get along fine on less than six hours, while others need ten hours.

### **Two litres of water a day:**

For decades, the advice has been to drink two litres of water a day, or about eight glasses.

But our fluid requirements vary, depending on exercise, the weather, climate, and our age. You may need as many as six, or as little as one. For, according to a professor of nutritional sciences at the University of Wisconsin-Madison, "a lot of your water comes from the food you eat."

### **Breakfast is the most important meal of the day:**

This advice began to be spread in the 1920s, when cereal companies were running marketing campaigns to get people to eat their products for breakfast.

But nutrition experts point out that breakfast is only good for you if you eat the right kind of foods. Highly processed foods and a large sugar content is likely to do you more harm than good.

### **2,000 calories a day:**

The NHS recommends a daily calorie intake of 2,000 calories a day for women and 2,500 for men.

But your actual calorie needs depend on your age, gender, height, weight and physical activities levels. Some of us need to eat much less, and some of us need to eat more.



## Gardening in April.

Well, the March missive was pretty miserable and, I fear, this one for April will be little different!

April proved, from the gardening point of view at least, highly disappointing being largely cold and wet. During the preceding month I did manage to plant a considerable variety of seeds which, thanks largely to heated propagators and our sunny extensions, seemed to germinate and develop surprisingly quickly but alas, the temperatures have been such that there has been little prospect of being able to put out delicate plants.

Courgettes, cucumbers and pumpkins have all germinated successfully and proceeded to grow with wild abandon in their pots when really they have reached a stage in their development when they should be firmly ensconced in Grow-bags or in the ground...The problem is not so acute with the myriad different chilli varieties being grown though it would be nice to have less of our house taken up with vegetation! Next week, come hell or high water, a lot of the plants are going to have to take their chances in the great outdoors, be that in our garden or at the back of the Church; I shall also hope to ascertain what we can hope to relocate to the allotment mentioned in the March episode.

In the Church gardens we were very well served by the bulbs planted last year – there has been an excellent display of both daffodils and tulips which, inevitably, is now coming to and end. The dearth of attractive bedding plants in the local supermarkets continues to be noteworthy – virtually nothing worth buying! I did get to a nursery the other day in Chingford and managed to acquire marigolds, petunias and snap-dragons and intend to return over the coming weekend to purchase more.

The hope must be that May proves to be a more garden-friendly month and that both flowers and vegetables can make up for lost time!  
**Kaye Larbi**



## Do good, be blessed

When we do good, even when others are doing wrong – God will bless us. That does not mean God will always bless us in material ways, although at times this is the case. But God will always bless you spiritually for your faithfulness.

If you have committed your life to God, let your life reflect His love for those around you. “Let your light shine before men, that they may see your good deeds and praise your Father in heaven.” (Matthew 5:16). By your daily actions and your daily words to friends, colleagues and



## **28<sup>th</sup> May: Day of Pentecost, Whit Sunday**

Pentecost took place on the well-established Jewish festival of First Fruits, which was observed at the beginning of the wheat harvest. It was seven weeks after Easter, or 50 days including Easter.

A feast day to celebrate the country's wheat harvest does not sound exactly world-changing, but that year, it became one of the most important days in world history. For Pentecost was the day that Jesus sent the Holy Spirit - the day the Church was born.

Jesus had told His disciples that something big was going to happen, and that they were to wait for it in Jerusalem, instead of returning to Galilee. Jesus had plans for His disciples, but He knew they could not do the work themselves. They would need His help.

And so, they waited in Jerusalem, praying together with His other followers, for many days. And then on that fateful morning there was suddenly the sound as of a mighty rushing wind. Tongues of flame flickered on their heads, and they began to praise God in many tongues, to the astonishment of those who heard them. The curse of Babel (Genesis 11: 1- 9) was dramatically reversed that morning.

That morning the Holy Spirit came to indwell the disciples and followers of Jesus. The Church was born. The Christians were suddenly full of life and power, utterly different from their former fearful selves. The change in them was permanent.

Peter gave the first ever sermon of the Christian Church that morning, proclaiming Jesus was the Messiah. His boldness in the face of possible death was in marked contrast to the man who had denied Jesus 50 days before. And 3,000 people responded, were converted, and were baptised. How's that for fast church growth!

Of course, Pentecost was not the first time the Holy Spirit had acted in this world. All through the Old Testament there are accounts of how God's Spirit guided people and strengthened them. But now, because of Christ's death and resurrection, He could INDWELL them. From now on, every Christian could have the confidence that Jesus was with them constantly, through the indwelling of His Holy Spirit.

## **How an argument over tea led to the founding of America**

Some 250 years ago, on 10<sup>th</sup> May 1773, Britain passed the Tea Act, which favoured the British East India Company over the American colonies. This led to the Boston Tea Party in December, which escalated into the American Revolution and the establishment of the USA.

The idea of the Tea Act was to help the struggling British East India Company to dispose of its vast holdings of tea profitably in the American colonies, where much of the (inferior) tea came from Dutch sources and was smuggled in. But the colonists reacted strongly against the attempt to manipulate their tea-buying, and against British taxes generally, which they regarded as taxation without representation.

Later the same year this led to what has become known as the Boston Tea Party, where a large group of citizens, calling themselves the Sons of Liberty and dressed as Mohawk Indians, boarded the British tea ships and threw 92,000 pounds of tea into the harbour.

This was not a violent insurrection. No-one was injured, and it was reported that the Sons of Liberty swept the decks of the ships afterwards. But British politicians of all sides were appalled, not least because many of them had substantial holdings in the British East India Company.

Added to the ill-feeling resulting from the Boston Massacre in 1770, in which five people died after British troops had been taunted (the comparison with Ulster is obvious), this led in two short years to the American War of Independence, which changed everything.



## Longwood Foot Clinic



Chiropody & Podiatry

163 A, Longwood Gardens, Clayhall, IG5 0EG

### What we offer

- Routine Footcare
- Corns and Hard skin removal
- Ingrowing toe nail surgery
- Fungal Nails
- Diabetic Footcare
- HCPC Registered Podiatrist
- Practising since 2012
- Member of College of Podiatry
- Easy transport, bus no 462
- Easy parking space
- Home visits available

**Tel: 020 8551 6729**

### **REDBRIDGE VOLUNTARY CARE**

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

**020 8514 0980**

Volunteers needed. Contact the Duty Officer if able to help.  
An initiative from the Churches in Redbridge

## **J A CURRAN**

*Gas appliance, service / maintain.*

*Plumbing repairs and maintenance.*

20, Carlton Drive,  
Barkingside.  
IG6 1LU



*Tel:- 020 8220 7157*

*Email:- jacurran@ntlworld.com*



## **Worshipping online looks set to carry on**

We still enjoy 'going to church' online. In fact, recent viewing figures for the CofE's national online services reveal that they continue to receive about 150,000 views a week. Overall, in 2022, they attracted more than eight million views.

It was in March this year that the C of E marked three years since the start of the online services, which were begun during the Covid lockdown. By the end of that first year, it was found that clips and content from the services across the country had been seen 40 million times on social-media channels.

The current figure of 150,000 a week is thought to be conservative. As a Church House spokesman in London said: "Our analysis in May 2022 showed that 20 per cent of viewers watched with at least one other person, so this would have meant at least another 30,000 views." The C of E online service on New

Year's Day gained 800,000 views alone.

And weekly production of services continues. Services are broadcast on social-media channels every Sunday, via YouTube and Instagram. They cover all the C of E traditions, and include estates churches, military chaplaincies, rural parishes, multiple church benefices, big county town churches, and cathedrals.

As one vicar said, "Worship online has made such an enormous difference... now we live-stream absolutely everything, and I'm really passionate about that."

## **31<sup>st</sup> May: Mary, the Blessed Virgin, visits Elizabeth**

Mary – the virgin mother of Jesus. For centuries, the eastern and western churches have considered her pre-eminent among all the saints.

In the gospels, Mary makes her first appearance as a teenager. Nothing is known of her childhood, and what we do know of her is found mostly in Matthew 1 – 2 and in Luke 1 – 2. If you read both accounts, you'll notice that Luke's account seems to give the story from Mary's standpoint, whereas Matthew concentrates more on Joseph's side of things. In both accounts the virginal conception of Christ is clearly stated. Mary's quiet devotion to God and her total acceptance of His will shine forth.

Her visit to Elizabeth, when both were pregnant, is a moving and poignant account of two humble, ordinary women, suddenly caught up in a great event that would shape world history. Their trusting faith in God and acceptance of His will, shine through.

After Jesus is born, Mary fades into the background, and makes few appearances: when the family visits Jerusalem and she loses her son on the way home; when she urges Him to help the wedding party in Cana with its wine problem; and when Jesus gives her into the keeping of the beloved disciple when He is dying on the cross. Mary's last appearance is in Acts chapter one, just before Pentecost.

Mary obviously joined the early Church, but her role was never one of teaching and preaching, and indeed she remained so much in the background that nothing more about her is known for certain. Both Ephesus and Jerusalem have claimed to be the place of her death.

Mary, chosen to be the mother of Jesus Christ, one who is both God and Man, holds a unique place in the history of mankind. Down the centuries that have followed, the Church has paid special honour to Mary – and well deserved it is. "All generations shall call me blessed..."

## Wordsearch for May 2023

## Facts about King Charles

He was born at 9.14pm on 14<sup>th</sup> November 1948 at Buckingham Palace.  
 He has been heir-apparent to the throne since he was three years old.  
 He is the first monarch in British history to have earned a university degree. He can speak Welsh. He is a qualified pilot and diver.  
 He is a keen watercolour painter, a published author and played the cello at Cambridge.  
 As Prince of Wales, he founded about 20 charities which raise about £140million each year for good causes.  
 Aged 73, King Charles III is the oldest monarch ever to be crowned in British history.  
 He became King on 8<sup>th</sup> September 2022, after the death of his mother the Queen, in Balmoral.

As King, he is also now head of the Commonwealth.

buckingham	monarch
palace	commonwealth
throne	november
welsh	heir
pilot	university
diver	cello
watercolour	charles
author	balmoral
cambridge	king
charities	oldest

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

### "Look Closer Nurse"

*What do you see nurse, what do you see  
 Are you thinking when you're looking at me  
 A crabbit old woman, not very wise*

*Uncertain of habit, with faraway eyes  
 Who dribbles her food and makes no reply  
 When you say in a loud voice, "I do wish you'd try"  
 Who seems not to notice the things that you do  
 And forever is losing a stocking or shoe  
 Who, resisting or not, lets you do as you will  
 With bathing and feeding, the long day to fill  
 Is that what you're thinking, is that what you see  
 Then open your eyes nurse, for you're looking at me*

*I'll tell you who I am as I sit here so still  
 As I use at you biddings, as I eat at your will  
 I am a small child of ten with a father and mother  
 Brothers and sisters who love one another  
 A young girl of sixteen, with wings on her feet  
 Dreaming of soon her lover she'll meet  
 A bride soon at twenty my heart gives a leap  
 Remembering the vows that I promised to keep*

*At twenty five now I have young of my own  
 A woman of thirty, my young growing fast  
 Bound to each other with ties that will last  
 At forty my young sons will now grow and be gone  
 At fifty, once more babies play around my knee  
 Again we know children my loved one and me*

*Dark days are upon me, my husband is dead  
 I look to the future, I shudder with dread  
 For my young are all busy, rearing young of their own*

*And I think of the years, and the love I have known  
 I'm now an old woman and nature is cruel  
 Tis her jest to make old age look like a fool  
 The body, it crumbles, grace and vigour depart  
 There is now a stone where I once had a heart  
 But inside this old carcass a young girl still dwells  
 And now and again my battered heart swells*

*I remember the joys, I remember the pain  
 And I'm loving and living life all over again  
 I think of the years all too few - gone, so fast  
 And accept the stark fact that nothing can last  
 So, open your eyes nurse, open and see  
 Not a crabbit old woman, look closer, see ME*

Submitted by Mary Fabb

The Rectory  
St James the Least

My dear Nephew Darren

### Beware those modern choruses



I am afraid we shall have to agree to disagree on yet another topic – although I suspect the list of items that we agree to agree on would be considerably shorter. I like to think my appreciation of hymns resembles a connoisseur of fine wines savouring a grand cru claret, yours seems to resemble a Russian female tractor driver who is a Hero of the Nation.

We at St James the Least are more than happy with *Hymns Ancient & Modern* – the original 1861 edition, naturally - the later editions display a dangerous tendency towards modernism. Sadly, St. Paul was not able to sing *Onward, Christian soldiers*, but I am sure he regretted the fact that it had yet to be written. The hymns our grandparents pretended to sing when they were in church are quite good enough for the ones we pretend to sing when we sit in the same pews.

At least when we come to the last verse, we know that we can then sit down, mission accomplished. The last time I attended your church, just as I saw the last words and therefore the finishing line of one of your choruses coming into sight, we were told it would be splendid to sing the thing another three times. At least it gave me another analogy to use when I next preached on eternity in hell.

And your method of singing would plunge our congregation into an existential crisis. What do they do with their hands when they don't have books to hold and are obliged to look at a screen? To be deprived of being able to hold a book in church is like a smoker who is trying to give up being unable to grasp a cigarette when in the pub.

The ladies do not know whether to clasp their handbags, which then makes it look as if they suspect the rest of the congregation of theft, or to hold some flowers, which looks a little too matrimonial. The men experiment with putting hands in pockets, which they then realise looks scruffy, so they try to hold on to the pew in front, which is inevitably too low, so they have to adopt some form of half crouch, which makes them look as if they have recently had hernia operations.

Your choral tradition – if I can flatter it with such a description – also seems to require half an hour before the Service spent singing for our congregation. That time is more usefully spent discussing Government incompetence, livestock prices and why Miss Threlfall always wears a red felt hat with her tangerine coat.

Should we ever have a joint Service, I can't imagine how we'll all get through the first hymn together.

**Your loving Uncle  
Eustace**

### Five exercises that clergy should avoid – at all costs

Beating your head against the wall; climbing the walls; beating your own drum; dragging your heels; jumping to conclusions; grasping at straws; fishing for compliments; throwing your weight around; passing the buck; using clichés.

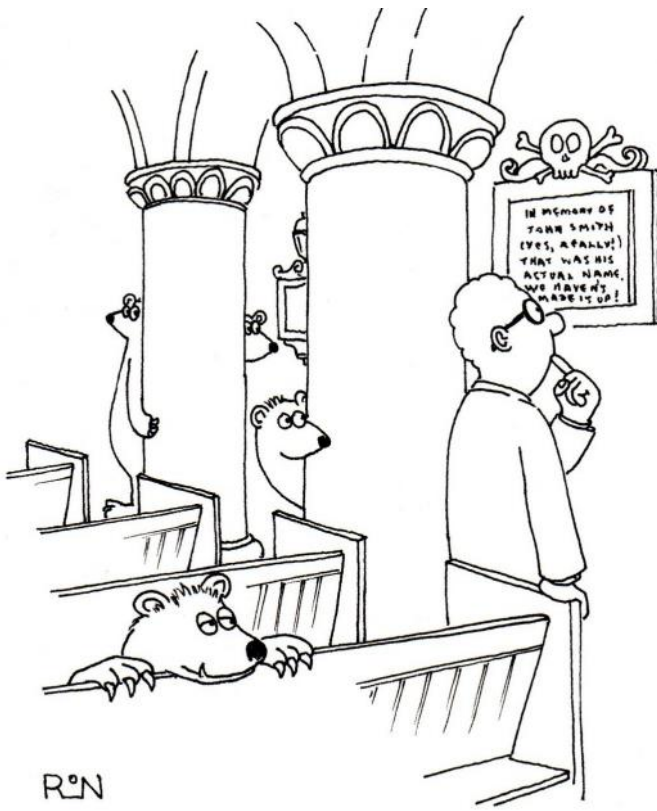
\*\*

### Political systems

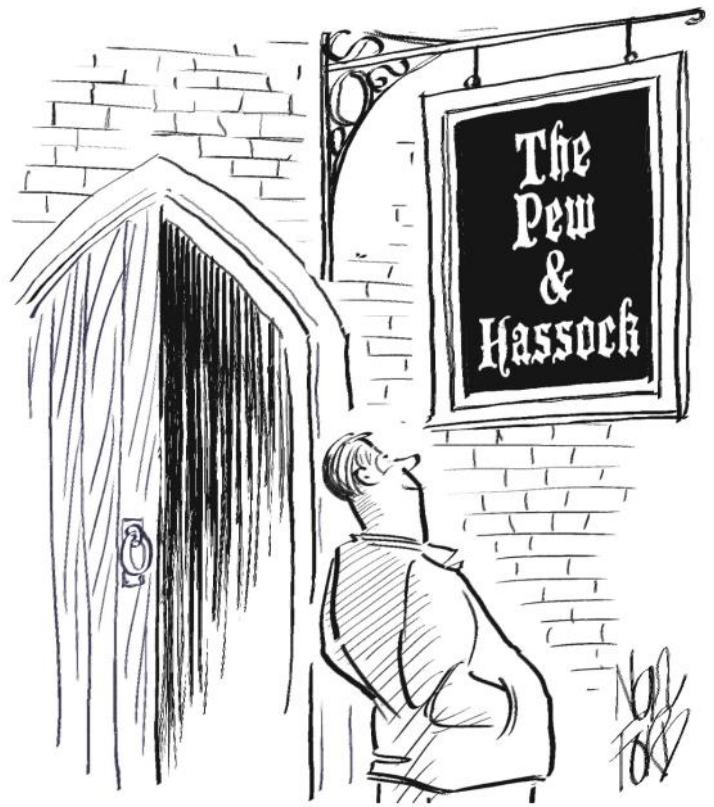
What is the difference between Capitalism and Socialism?

Capitalism is the exploitation of man by man. Socialism is the exact opposite.





Dennis spent a long time in church looking for his forbears



Changing the name from 'St Mark's Parish Church', resulted in a big increase in the number of men attending services



Mrs Logan went for her atmoiser and Mrs Pugh went for hers...



"It comes to something when the state of the pound is such that we *hope* to find lots of foreign coins!"

**We are actively recruiting for three specialist foster care pathways...**

**Foster for Redbridge**

**020 8708 6068  
fostering@redbridge.gov.uk**



**ANPC+**  
HEALTHCARE & TRAVEL CLINIC

**EAR**  
Care Clinic  
For adults & children\*

\*Over 10 years of age

**EAR CLEANING & SYRINGING**

**Do you have a build up of ear wax?**  
Book your ear wax removal in a safe and clean environment with our friendly experienced Nurses and Health-care Professionals.

Consultation, ear examination & diagnosis	Ear wax removal from ear canal by water irrigation	Private prescriptions	Simple ear infection treatment	After care & review	Advice & ENT referrals service
---	--	-----------------------	--------------------------------	---------------------	--------------------------------

**STARTING FROM £40**

**BOOK NOW** 0207 175 1802 • 07932 42 72 95 • [www.anpchealthandtravelclinic.co.uk](http://www.anpchealthandtravelclinic.co.uk)

**OUR CLINICS**

**ILFORD** 163A Longwood Gardens, Clayhall, Ilford, London IG5 0EG  
**SOUTH WOODFORD** 11 Lily House, George Lane, South Woodford, London E18 1BD  
**EMAIL** [info@anpchealthandtravelclinic.co.uk](mailto:info@anpchealthandtravelclinic.co.uk)  
**FOLLOW US** [anpchealthcaretravelclinic](https://www.facebook.com/anpchealthcaretravelclinic) [anpc\\_healthcare\\_travel\\_clinic](https://www.instagram.com/anpc_healthcare_travel_clinic)

**He's so glad he came**

Book your **FREE CONSULTATION\*** Today

**EAR CLEANING & SUCTIONING**  
Hearing loss, blocked ears, ringing, buzzing or vertigo?  
Call or text our experienced team or visit our website to book your consultation\*.  
☎ 0207 175 1802 • 07932 42 72 95 🌐 [www.anpchealthandtravelclinic.co.uk](http://www.anpchealthandtravelclinic.co.uk)

Consultation, ear examination & diagnosis	Ear wax removal from ear canal by suctioning	Private prescriptions	Simple ear infection treatment	After care & review	Advice & ENT referrals service
---	--	-----------------------	--------------------------------	---------------------	--------------------------------

**STARTING FROM JUST £59.99**

\*Free consultation if you have treatment with ANPC Healthcare

**OUR CLINICS**

**SOUTH WOODFORD**  
11 Lily House, George Lane,  
South Woodford, London E18 1BD  
**ILFORD**  
163A Longwood Gardens,  
Clayhall, Ilford, London IG5 0EG  
**EMAIL** [info@anpchealthandtravelclinic.co.uk](mailto:info@anpchealthandtravelclinic.co.uk)  
**FOLLOW US** [anpchealthcaretravelclinic](https://www.facebook.com/anpchealthcaretravelclinic) [anpc\\_healthcare\\_travel\\_clinic](https://www.instagram.com/anpc_healthcare_travel_clinic)

**Our other services include:** travel vaccinations, child immunisations, blood tests, occupational health clinic, men & women health checks



## GENERAL ENQUIRIES

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

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

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

## HALL LETTINGS

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

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

## BAPTISMS, WEDDINGS & FUNERALS

please contact:

**Rev Dr Chris Szejmann**

**020 8637 4859** to arrange an Interview

## Parish Safeguarding

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

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

[https://www.churchofengland.org/more/  
safeguarding](https://www.churchofengland.org/more/safeguarding)

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

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

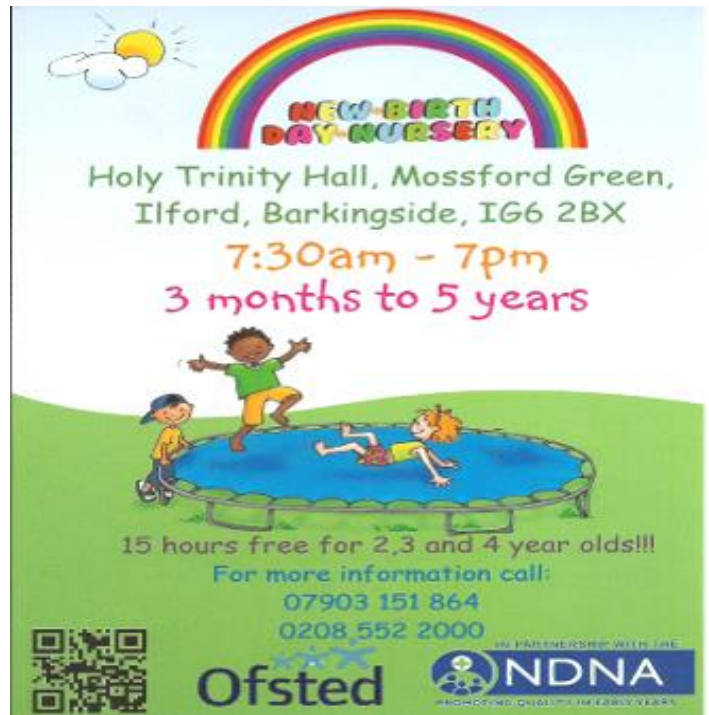
## The LEGAL STUFF

Holy Trinity Church, Barkingside  
REGISTERED CHARITY No. 1128271 © 2007-  
2023

All articles are copyright to the PCC and the con-  
tributors unless otherwise stated. Views expressed  
are those of the author and not necessarily those of  
the Editor or the PCC.

Disclaimer: The publishers do not sponsor any adver-  
tisement and cannot be held responsible for the quali-  
ty of goods or services. Items may be submitted at  
any time in writing or by Email using MS Word (.docx  
or .doc file) or a plain text file (.txt). In all cases, the  
name and contact details (the latter not for publica-  
tion) should be clearly shown. Items restricted by  
copyright must include 'permission to use'.

All contributions are welcome but the Editor cannot



**NEW BIRTH  
DAY-NURSERY**

Holy Trinity Hall, Mossford Green,  
Ilford, Barkingside, IG6 2BX

7:30am - 7pm  
3 months to 5 years

15 hours free for 2,3 and 4 year olds!!!  
For more information call:  
07903 151 864  
0208 552 2000

Ofsted NDNA

THE PARTNERSHIP WITH LIFE  
PROMOTING QUALITY IN THE EARLY YEARS



**New Essex Choir** with the **United Singers**  
proudly presents....

**Musical Mergings**

...INCLUDES SUMMER BUFFET

**Saturday 24<sup>th</sup> June 2023  
5:30pm**

**Tickets:**  
Standard: £12.00  
Concessions: £11.00  
Under 16s: Free

Holy Trinity Church, Mossford Green,  
Barkingside, Ilford, IG6 2BX



**PARISH OFFICE** (in Church)

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

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

**VICAR:**

**Rev Dr Chris Szejnmann - 07804 641 931**

The Vicarage, 36 Mossford Green, IG6 2BJ

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

**Associate Curate Rev Kate Szejnmann**

[kate.szejnmann@holytrinitybarkingside.org.uk](mailto:kate.szejnmann@holytrinitybarkingside.org.uk)

**Clergy with Permission to Officiate:**

Rev Margaret Chapman - 020 8504 6750

**Churchwardens:**

**Chris Stoneham**, -07828 885 439 / 020 8270 5742

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

**Sacristan / Verger:**

(& Organist) Mary Fabb - 020 8550 9694

**Deputy Wardens:**

Maxine Paul, Paul McKenzie

**Church Treasurer:**

Laura Priestman

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

**Parish Safeguarding Officer:**

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

Kaye Larbi 020 8491 8178

**Magazine:**

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

**Mothers' Union:**

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

**Music Group:**

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

**Webmaster:**

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

## **PARISH DIARY**

**Every Tuesday 9am - 1pm 'Tuesday Morning Drop In'**

**Parish Hall** (continuing weekly).

**20 May**

**Saturday 10:30am - Christian Aid Coffee Morning & Plant Stall - Gants Hill URC**

**Saturday 7:30pm - Christian Aid Concert with The New Redbridge Wind Orchestra** (see advert inside)

**21 May**

**Sunday APCM** (Annual Parochial Church Meeting) immediately after the 10:30am Service

**21 May**

**Sunday Family Church @ 3:30-5pm**

**28 May**

**Sunday Pentecost Songs of Praise @ 6:30pm**

**4 June**

**Sunday Environment Sunday**

**18 June**

**Sunday Family Church @ 3:30-5pm**

**24th June**

**Saturday 5:30pm "Musical Mergings" New Essex Choral Society**

## **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*

<https://www.facebook.com/Holy-Trinity-Barkingside-126325346912/>