

Trinity Times

The Parish of Holy Trinity Church , Barkingside

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Wednesday 22nd Feb

ASH WEDNESDAY

9.45am Mass
with the imposition of Ashes



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Dear Holy Trinity Family!

I hope this letter finds you well. Being well is not something we can take for granted, particularly in these times of uncertainty and anxiety. Reports suggest that the average British family will be less well off than the average Slovenian one by the end of next year, and by the end of this decade, the average British family will have a lower standard of living than the average Polish one. Meanwhile there are so many other reasons to be concerned, including the doubling of domestic abuse offences since 2015; black people continuing to face institutional and systemic racism; and some workers struggling to feed their children due to the cost-of-living crisis.

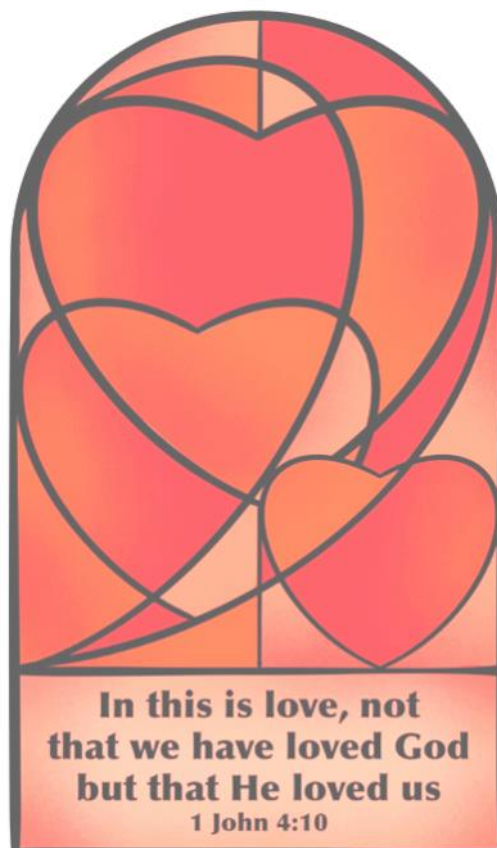
In the midst of all this we are reminded that **there is light that breaks into the shadows and manifests itself in Jesus Christ who offers us an alternative vision to what we are being offered in the society we live in.** This, after all, is at the heart of Epiphany that we journeyed together throughout January. Most recently, this is what Jesus shows us when turning water into wine at Cana (John 2:1-11; the reading we did not use on 29.1.2023 because we celebrated Candlemas / the Presentation of Christ in the Temple). Do you remember what we learned last November when we read John 6:25-35, where Jesus famously declares in verse 35 “I am the bread of life”? Here, in Cana, we hear the same astonishing message: That whoever comes to Christ will never go thirsty or hungry.



We are invited to imagine a society that is grounded in divine abundance and limitless grace; where generosity is the best investment; where making friends is more important and live-giving than money; where we know that nothing really belongs to us, but that ultimately everything belongs to God. All this requires a new neighbourliness, new gratitude and new kind of action – and I hope that you find this as exciting as I do and that it gives you as much hope as it gives me.

But how do we respond to Christ’s amazing vision and offer? **What exactly is our calling from God to help realise Christ’s vision?** When reading Isaiah 49:1-7 and John 1:29-42 (Sunday 15 January), I had a strong sense that God wants us to revisit our calling and ask: What was it once? What has become of it? What is it going forward? And if there is uncertainty, to keep listening, waiting, asking, and praying for our call – and in all this being clear that **if it’s from God, it has to be away from the Ego, to thinking about something bigger and ultimately love.** And the 2nd thing I wanted us to reflect on is our “larger vocation”: How can we as individuals and as a church “shine as a light to all the nations”, so that Christ’s salvation reaches everyone and everywhere. In other words, what are you and we called to do to have the good of the whole world as our aim. How can we be the leaven, the salt, the mustard seed that God uses to transform the world.

And this links up with the question I asked us to discern when reading Matthew 4 12-23 – The “Kingdom of Heaven” (Sunday 22 January): On Jesus’ lips, “God’s kingdom” – the “Kingdom of Heaven”, turns everything as we know it upside down. So we need to ask ourselves **whether we see our lives as an opportunity to make the beautiful music of “God’s Kingdom”** so that more and more people will be drawn into it. Everyone can have a role



in this expanding kingdom. So the question is **whether we want to commit to that: Dancing to the music but also facing the costs?** So I continue to encourage all of you to share with me what is on your heart to grow the Kingdom of God, what vision dreams you have, what you notice and where you think God is at work and starts opening doors.

God is good, and I am so grateful for the ongoing goodness and blessings I see right in our midst. I continue to be amazed about the wonderful **Tuesday Drop-In**: what a model of Christ's Kingdom in our neighbourhood!; I have been so touched by the new-found enthusiasm and growth in numbers of our **Eco Team**; the **baptisms of Benjamin and Kiran** were highlights for us all (bless the wonderful Rajevann and Baines families); and there are lots of other great things happening, including exciting plans for the **Family & Children ministry** led by Christine, a new push for our **Foodbank Collection** lead by Mark Gentry, and we want to pay particular attention to **Caring for our Elderly** (David, Hyacinth & Laura). Finally, I have to say that I love having a **"People's Altar" in the middle of the church** – something many churches have been doing. Whatever you might feel about it – and you might have reservations – let's open our hearts for this new location and allow ourselves to embrace this and see how we feel over time until we take stock. Of course we also celebrated **Fr Andrew's licensing as Priest-in-charge** of the Blackwater parishes of Maldon, St Mary; and **Mo Rosemary shared with the whole congregation that she would retire as Associate Priest** on 16 April after many years of devoted service at Holy Trinity – the latter in particular is a huge moment in the life of HT. Our thanks and prayers are with both.

Finally, thanks so much for all your prayers and compassion whilst my mother was ill; and then your kind messages and cards following her death. You have touched me immensely and gave me strength. God blessed us with amazing grace over the last eight months, and in the end my mother died very peacefully.

So for now, and as always: **Thanks so much for who you are, and for all you do.** We like to think of ourselves as belonging to one family – so please do contact me or anyone else on our wonderful team here at Holy Trinity church if there is anything I or we can do. And please rest assured that you are all in my prayers.

All my blessings, Fr Chris



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Disturb us, Lord

Disturb us, Lord, when we are too well pleased
with ourselves,
When our dreams have come true
Because we have dreamed too little,
When we arrived safely
Because we sailed too close to the shore.

Disturb us, Lord, when
With the abundance of things we possess
We have lost our thirst
For the waters of life;
Having fallen in love with life,
We have ceased to dream of eternity

And in our efforts to build a new earth,
We have allowed our vision
Of the new Heaven to dim.

Disturb us, Lord, to dare more boldly,
To venture on wider seas
Where storms will show your mastery;
Where losing sight of land,
We shall find the stars.
We ask You to push back
The horizons of our hopes;
And to push into the future
In strength, courage, hope, and love.

Attributed to Sir Francis Drake, 16th Century

Ukraine – one year on

By the Ven John Barton

On 24th February 2022, Russia invaded Ukraine without warning. Ukraine had been part of the Soviet Union 1922-1991 and even before that had been overshadowed and often overpowered by its larger neighbour. In 1932 millions of Ukrainians were deliberately starved to death in a famine, contrived by Joseph Stalin. This genocide, or Holodomor, is commemorated every year on the fourth Saturday in November.

The area had been overrun for centuries by successive external forces, until absorbed by Russia. In 1991, when the USSR was dissolved, Ukraine voted for independence, by a huge majority. There are still pro-Russian minorities in the East of the country, as there were in Crimea before 2014, when it was annexed by Russia.

In the last 12 months, one-quarter of the civilian population of Ukraine has been displaced, with 5+ million refugees escaping for temporary sanctuary in other countries. 95% of them are women and children. They have had to learn new languages (and a new script), find jobs and schools, and become accustomed to foreign cultures. When it seems safe, they want to return home and some have already done so.

The UK government, in partnership with County and District Councils, launched the Homes for Ukraine scheme last year. Would-be homes were inspected, and prospective hosts checked out for suitability and safety. A young Ukrainian woman lived in my home for six months before returning to Kyiv. In that time my pantry and fridge made room for bulgar wheat, lots of mushrooms and Salo, which is the name for slabs of cold cured pork fat, and much tastier than it sounds!

Most Ukrainians count themselves as Christian, including a number of Greek-Catholics, but the majority belong to what was the Russian Orthodox Church, and is now the independent Ukrainian Orthodox Church. The two churches separated after the Moscow patriarchate backed President Putin.

The Archbishop of Canterbury visited Kyiv in December and had to take cover in a bomb shelter when air raid warnings were sounded. He said the people of the West needed to realise the costs of this war were not short term, adding “there must be no way in which we force peace on Ukraine ... Peace is always better than war. But there are times when justice demands the defeat of an evil invasion.”

One year on there is still an urgent need for British people to open their homes to Ukrainian refugees.

The key to a happy life

Your mental health is the biggest single predictor of your personal happiness. So, suffering from depression or anxiety disorders can devastate your life.

Finding love is also a vital ingredient for happiness. “People need to be needed, and to be in meaningful relationships”, says a recent study by the London School of Economics. It goes on: “Happiness is hugely affected by the ethos of a society, which affects everyone in it. For example, happiness is higher in societies where people trust each other. Freedom is also a crucial determinant of happiness.”

The report also found that a boost in income, or more education, did not significantly affect our overall well-being. Having good mental health and someone to love were far more important.

How to give your children a head-start in life

Make sure they learn and memorise their times tables. Knowing any multiple up to 12 times 12 is a “basic building block for success in life”, according to experts. That is why times table tests for Year 4 pupils in England were introduced last year.

The schools minister, Nick Gibb, calls knowing your times tables an “immensely valuable skill” that has personally helped him both as a chartered accountant, and also in just figuring out the “best multi-pack supermarket bargains.”

The unlikely patron saint of television

by Tim Lenton

It was 65 years ago, on 17th February 1958, that St Clare of Assisi (1194-1253) was declared the patron saint of television by Pope Pius XII – on the basis that she had been too ill to attend Mass, but had still been able to see and hear it miraculously on the wall of her room.

St Clare was born Chiara Offreduccio in Assisi and was one of the first followers of St Francis of Assisi. Both her parents were from wealthy families, and her mother Ortolana was both generous and devout, eventually joining her daughter’s monastery – as did two of Clare’s sisters: one of them, Catarina, eventually became St Agnes of Assisi.

After hearing St Francis preach, Clare became devoted to poverty, humility and love, and founded the Order of Poor Ladies, which eventually became known as the Poor Clares. She became quite ill towards the end of her life and was unable to attend church, but apparently the images and sounds of the Mass appeared in full on the wall of her room. She is also the patron saint of computer screens, sore eyes and embroidery.

Clare wrote the first monastic Rule of Life known to have been written by a woman and in 1216 became abbess of San Damiano. The life of the sisters there consisted of manual labour and prayer. Reportedly they “went barefoot, slept on the ground, ate no meat and observed almost complete silence”.

Many places have been named after St Clare: Mission Santa Clara, founded in 1777 in northern California, gave its name to the valley where it is situated – now better known as Silicon Valley, home of computer technology.

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Keep Warm !!

It's all in the VALENTINE

For God so loVed the world,
That He gAve
His onL y
BegottE n
SoN
T hat whosoever
Believes I n Him
Should N ot perish,
But have E verlasting life." *John 3:16*

What the temptations mean for us

by Canon David Winter

Immediately after His baptism in the River Jordan, Jesus faced and resisted three powerful temptations during 40 days in the wilderness of Judea. This time of testing and temptation was His preparation for the work God had sent Him to do on earth. It's the principle behind the season of Lent, which begins on 22nd February.

Although the temptations were personal to Jesus, many of us will recognise their relevance in our own lives.

The first was simple. 'You're hungry. You can do miracles. Well, turn these hot stones at Your feet into loaves of bread'. It sounds quite plausible, but in fact it's an invitation to put one's own needs first. Temptation rejected.

Then came the second: 'throw yourself off a pinnacle of the Temple. You know that God will send His angels to catch you before you hit the ground'. Again, it's plausible (there was even a verse from the Bible to back it up). But this would be to substitute one spectacular publicity stunt for the hard slog of travel, preaching, healing and touching individual lives. Temptation rejected.

The third was outrageous. 'Fall down and worship corrupt and evil power, and You will have infinite worldly power and success'. In other words, the divine Son of God should deny His Father and worship the devil, to glean success without going to the Cross. For the third time, temptation resisted.

I know these temptations were tests of the Messiah Jesus, but can't we see in them temptations that come to all of us from time to time?

Look after number one, and all will be well. Take the short cut to success and avoid all the hard slog. Compromise your integrity, in order to fulfill your ambitions.

Or choose the hard way: walk the narrow path of honesty, commitment, and truth. That's really the Lenten choice.

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Not knowing exactly when, or whether this appears in print, Happy Christmas/New Year/Easter. It is probably just me with my weirdly-wired brain who thinks of a word and decides to write an article about it for the Parish Magazine.

Have you ever thought about time as a concept and/or an abstract measurement? As far as we can determine in secular terms it starts with our birth and in earthly terms ends in death, both generally beyond our personal capacity to control. Obviously a very simplistic view and not allowing for personal intervention.

One thing we can generally all agree on is that there isn't enough of it, and good people have less of it than bad people it seems. We know that summers are shorter in the memory than winters and it takes a lot of waiting for good things to happen, whereas bad things creep up on us too soon.

My Collins Dictionary's first definition of time (there are a number of definitions) is "the continuous passage of existence in which events pass from a state of potentiality in the future through the present to a state of finality in the past". To my mind, that is a very negative and secular definition. As Christians, we are surely taught to believe almost the exact opposite because of the three stages of time (past, present and future) we have some measure of control over our present, and a faith which guides us to an imperishable and immortal future with God.

The Ancient Greeks had the three Fates; one who spun the web of life, one measured it and the third cut it. This feels much more in keeping with the distant, capricious and random time measurement of the dictionary.

Given that time is a measurement we have created for ourselves we need to be clear that we don't waste it. We need to make choices every day (remembering that doing nothing is a choice).

Every new day is a gift from God, a period of time where we can choose to support someone through a bad patch, or spend time indulging in selfish vanity. How easy it is to go out to lunch rather than feed a homeless person, because we judge them as different or dangerous, or hurry away from someone who you don't want to engage in conversation. Been there, done it. However, I have also been the person people didn't want to speak to, and I can tell you that it deepens feelings of rejection and damages the confidence to find someone else. In the end the fear of rejection can result in isolation and despair.

In general I have to say I'm probably a bit of an Eeyore, but happily some people keep on trying to break down my defences and give me time and confidence to step out into the sunshine of the mind of God. They have invested their time, so I will try to do the same. If I have the time, of course.

Today, I was at King George's Hospital and they have a "tree of Life" to show how many people survived the Covid-19 infection (but had been in hospital). Each life was portrayed by a bee and it was swarming with them. As we share our time, let us pray for more bees!!!!!!!!!!

Or, I could tell you the one about leaves and accountancy.....

2nd Feb: Candlemas, The Presentation of Christ in the Temple

In bygone centuries, Christians said their last farewells to the Christmas season on Candlemas, 2nd February. This is exactly 40 days after Christmas Day itself.

In New Testament times 40 days old was an important age for a baby boy: it was when they made their first 'public appearance'. Mary, like all good Jewish mothers, went to the Temple with Jesus, her first male child - to 'present Him to the Lord'. At the same time, she, as a new mother, was 'purified'. Thus, we have the Festival of the Presentation of Christ in the Temple.

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

It is one aspect of domestic life that has slipped away almost unnoticed, the fire in the hearth, a very real symbol of home comfort.

Many of us older folk who have dozed in front of glowing embers will know just what it was like.

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

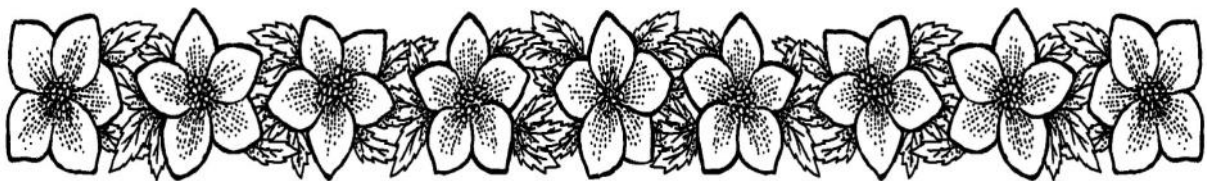
Access to the coal bunker in the garden was essential. I can remember when snow fell, the first path cleared was the one to the coal bunker. Coal would be kept by the fire place in a coal scuttle. Such items nowadays are to be found in junk/antiques shops.

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

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

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

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



So, where does the Candlemas bit come in? Jesus is described in the New Testament as the Light of the World, and early Christians developed the tradition of lighting many candles in celebration of this day. The Church also fell into the custom of blessing the year's supply of candles for the church on this day - hence the name, Candlemas.

The story of how Candlemas began can be found in Luke 2:22-40. Simeon's great declaration of faith and recognition of who Jesus was is of course found in the Nunc Dimittis, which is embedded in the Office of Evening Prayer in the West. But in medieval times, the Nunc Dimittis was mostly used just on this day, during the distribution of candles before the Eucharist. Only

" I WAS SIR DEREK JACOBI'S MOTHER....."

Reg Wheeler.

There ! Is that a striking enough headline for you ?

It's not true of course.....well , in a sense it is.....

But I anticipate myself..... For a start Sir Derek wasn't a 'Sir' at the time.

He and I were lucky enough to go to Leyton County High School for boys in the 1950s . I say lucky because that is exactly how I feel about it.

I am one of those people - I know not how many - who do honestly believe that their school days were indeed the happiest days of their lives.



Derek Jacobi

Making it so were a number of factors.

Primarily, teachers were truly and deeply dedicated (I intend no comparisons to the present here) They were in total command of their subjects and were in no way political animals or proselytisers (comparison to today is totally intentional.)

They were utterly respected, occasionally liked and, speaking for myself, even revered.

One such man was Mr Brown , who taught English , and, occasionally RE.

He was charged with producing the school plays, of which there were two a year.....Christmas and midsummer. During the year also, there was a house Play Competition, judged by local dignitaries and governors.

We had four houses , labelled colours , rather than names , which I believe is the norm these days.....little controversy back then. Red, White, Blue and Gold.....hmmm.....on reflection maybe there is a secret connection. We were allocated on our first day , seemingly randomly , into one of these houses and there we stayed until our last day.

I was to join Red House, which as I recall had the worst sporting record in the entire annals. I cared little about this , knowing that any contribution I had would be minimal.

But also in Red House, was one Derek George Jacobi , who despite my previous comments , did hold the school swimming record for the 100m breast strokesomething of a thesp too , I believe.

I did my first house play with DJ when I was in my second year . We won the trophy then and in the four successive years we appeared together.....you see where I'm going with this.....?

At Christmas 1956 , Mr Brown determined that the school play would be Hamlet . DJ would be the Prince, the first of his many , now renowned such roles (which he speaks of warmly in his autobiography, As Luck Would Have It) and I was to play Queen Gertrudeare you awake yet ?

The interesting factor here , which never occurred to me at the time nor to anyone else I guess , was that DJ was born in October 1938 and I in December 1941.....er.....and I was playing his mum!

The play was an unqualified success . I am trying to use journalistic prose here.....but my appreciation then would have been expressed in rather more monosyllabic terms , possibly even with the odd , more colourful adjective thrown in. DJ got rave reviews from the local press . My own were more modest of course , but still encouraging .

Such was the reception of the play , that Mr Brown decided to take the entire Production to the Edinburgh Festival in September 1957. How enterprising! How adventurous !

Next time "How DJ became Hamlet, the farceur"

I dedicate this little piece to Pam Broomfield , in gratitude for her husband David's no small contribution to my happiest days when he was teaching PT at LCHS. I have a story about that too.""

10th Feb: Scholastica, the persuasive sister

Scholastica (d.c. 543) should be the patron saint of any woman who can bend her brother to do her will - no matter how 'powerful' that brother might seem to other people.

For Scholastica's brother was no less than the great monk Benedict, who founded the famous Benedictine order and lived at Monte Cassino. In no way over-awed, Scholastica simply became the first ever Benedictine nun, with a nunnery five miles down the road – at Plombariola.

Now Scholastica greatly enjoyed her annual meetings with her brother at a house nearby, but the time passed too quickly. One year she begged him to stay longer, to discuss "the joys of heaven", but he refused. So Scholastica took swift action: she prayed up such a mighty thunderstorm that her brother was forced to spend the rest of the night talking to her. Or maybe – she talked, and he listened? No one knows for sure.

In any case, Scholastica died happy three days later, and was buried in the tomb Benedict had prepared for himself. She became the patron of Benedictine nunneries.

14th Feb: The very first Valentine card, a legend

The Roman Emperor Claudius II needed soldiers. He suspected that marriage made men want to stay at home with their wives, instead of fighting wars, so he outlawed marriage.

A kind-hearted young priest named Valentine felt sorry for all the couples who wanted to marry, but who couldn't. So secretly he married as many couples as he could - until the Emperor found out and condemned him to death. While he was in prison awaiting execution, Valentine showed love and compassion to everyone around him, including his jailer. The jailer had a young daughter who was blind, but through Valentine's prayers, she was healed. Just before his death in Rome on 14th February, he wrote her a farewell message signed 'From your Valentine.'



So, the very first Valentine card was not between lovers, but between a priest about to die, and a little girl, healed through his prayers.

17th Feb: Janani Luum, Archbishop & martyr of Uganda

The Most Reverend Janani Luum (d 1977) was the Archbishop of Uganda, Rwanda and Burundi and Boga Zaire when 35 years ago this month he was murdered by the dictator Idi Amin. At the time the Church in Uganda was on the verge of centennial celebrations of its birth through the seed of the early Ugandan martyrs, and so Luum became the first martyr of the second century of Christianity in Uganda. A statue of him stands in Westminster Abbey London.

Janani Luum was greatly loved in Uganda. He was by all accounts an exceptional leader with a great personal godliness, a holistic vision, pastoral compassion and evangelistic fervour. Janani was born in 1922 at Mucwini in the Kitgum District of Uganda. He spent his childhood and early youth herding goats. Given an opportunity to attend a local school, he learned quickly, and was soon a teacher himself.

Janani Luum was converted to Christianity on 1st January 1948, started at theological college in Buwalasi the following year, became a deacon in 1955 and was ordained a priest in 1956. He served in the upper Nile Diocese of Uganda and the diocese of Mbale, and was consecrated Bishop of Northern Uganda in 1969 and Archbishop of Uganda in 1974, three years after Idi Amin came to power in a military coup. His death was mourned by millions in East Africa.



Mothers' UNION
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Give a Gift of Perseverance this Mothering Sunday

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

We know how important mothers, caregivers and grandmothers are and how much they do to help their children, families and communities thrive, often unnoticed and without thanks. For Mothering Sunday (19th March) we are asking you to buy a 'Gift of Perseverance' to help empower women to transform their lives and reach their potential. In buying these life-changing gifts we will send you details of your donation and a Mothering Sunday card, which you can give to a loved one. You are also able to give a gift in memory of someone special.

21st Feb: Shrove Tuesday, Pancake Day

Ever wonder why we eat pancakes just before Lent? The tradition dates back to Anglo-Saxon times, when Christians spent Lent in repentance and severe fasting.

So on the Tuesday before Ash Wednesday, the church bell would summon them to confession, where they would be 'shriven', or absolved from their sins, which gives us *Shrove* Tuesday. At home, they would then eat up their last eggs and fat, and making a pancake was the easiest way to do this. For the next 47 days, they pretty well starved themselves.

Pancakes feature in cookery books as far back as 1439, and today's pancake races are in remembrance of a panicked woman back in 1445 in Olney, Buckinghamshire. She was making pancakes when she heard the shriving bell calling her to confession. Afraid she'd be late, she ran to the church in a panic, still in her apron, and still holding the pan.

Flipping pancakes is also centuries old. A poem from Pasquil's Palin in 1619 runs: "And every man and maide doe take their turne, And tosse their Pancakes up for feare they burne."

Some people have noted that the ingredients of pancakes can be used to highlight four significant things about this time of year: eggs stand for creation, flour is the staff of life, while salt keeps things wholesome, and milk stands for purity.

Shrove Tuesday is always 47 days before Easter Sunday and falls between 3rd February and 9th March.

TURNING NIGHT INTO DAY

Bill Godfrey

So here we are with a nice New Year to, hopefully, enjoy, and now at a time in the year when many of us are pleased that the days are lengthening and the nights are getting shorter.

Because we have learned to lengthen our days artificially, it is hard for us 'modern' beings to imagine what it was like before we discovered electricity.

We, sort of, knew it was there in its wild form, lightning, electric fish, St Elmo's Fire seen around ships masts, when a blue glow would sometimes be seen as high voltages, the ships mast acting as a conductor, damages air molecules, magical to behold. Once we had found out how to make fire, a lighted wick in a drop of oil or animal fat dimly lit our progress through the centuries. It is astonishing what progress was made given the limitations of illumination. In our all consuming haste for light we put whales on the brink of extinction in our quest for their oil to feed our lamps.

Candles too were a valuable commodity, not just the decorative or ceremonial use for which they are put to today. Having written that, I am aware that they were also very useful during war years, to dimly light our cubby holes and shelters.

During a recent electricity cut in an Essex town where a relative lives, one of the neighbours very kindly went from door to door offering candles to those who had none. In its day making candles, (dipping a wick regularly into hot wax and allowing it to harden before repeating the process) was, in its time, an industrial business. I was told while at the *Blists Hill Victorian Village*, Shropshire that candles were valuable enough for employees to sometimes pilfer them. If they were caught they would likely, be sacked, a high price to pay for few hours of dim, flickering light. Hence the expression, "Its not worth a candle" (to lose ones job)

Gas lighting played a part in lighting up streets and homes early in the 19th century. Gas companies flourished, the borough of Ilford had it's own Gas, Light and Coke Company. The first street gas lighting was in London in 1807. Its progress into residences was hindered by distrust due to explosions and people being gassed. The tide turned in 1859 when new gas fittings were installed in the Houses of Parliament. Gas lighting was enhanced in theatres by burning lime to produce a bright light. It is sometimes still said that people seek the lime light

As I write this I am sitting under an arc lamp that concentrates light directly onto my Samsung Tablet. It brought to mind the cottages of Suffolk weavers I have visited where the loom, usually on an upper floor, was placed in front of larger than normal windows. In order to survive weavers had to wrest every bit of daylight for their work. Eye strain must have been a real issue for them, no NHS back then.

But on the whole, before all the innovations, Mr and Mrs John and Joan Public, Kings and Queens, woke to daylight and withdrew from activities as darkness fell. Those times must have been great for marauders and ne'er-do-wells with a cloak of darkness hiding their nefarious deeds.

In 1751 Benjamin Franklin's experiment in electricity opened up our ability to more easily 'turn night into day'. We are now able to choose our length of day. We can even fool plants into thinking it is sunny in the darkest days of winter.

We are indeed fortunate to live in a generation able to take advantage of this powerful resource.

22nd Feb: Ash Wednesday, a good time to admit you are sorry

Have you done something which haunts you? Which makes you feel restless and defensive, every time you think of it? Why not deal with it this month, and put it behind you? Whatever your mistake has been, consider what the Bible has to say to you:

'I have not come to call the virtuous but sinners to repentance' (said Jesus). (Luke 5.32)
'Let the wicked forsake his way, and the unrighteous man his thoughts: and let him return unto the Lord, and He will have mercy upon him; and to our God, for He will abundantly pardon. (Isaiah 55.7)

'Yet even now, says the Lord, return to me with all your heart, with fasting, with weeping, and with mourning; rend your hearts and not your clothing. Return to the Lord, your God, for He is gracious and merciful, slow to anger, and abounding in steadfast love, and relents from punishing.' (Joel 2:12-13)

God is inviting you to come to Him this Ash Wednesday. What a wonderful offer! Make the most of it and remember how the prodigal son was welcomed back by his compassionate father.

Number of Christmas services surged, as parishes welcome public

At the end of last year, the number of Christmas services advertised on the Church of England's church-finding website were up by more than a quarter on pre-pandemic levels.

The *A Church Near You* website was advertising just over 23,850 services and other gatherings. And search engines saw a surge in people searching for phrases such as 'midnight mass'. All in all, an estimated 682,000 people visited AChurchNearYou.com in December, and around 80 per cent of these visitors were on the site for the first time.

Carbon emissions reduce as Church of England makes progress towards 2030 target

The Church of England saw a gradual but steady reduction in carbon in 2021, according to the latest data from its national Energy Footprint Tool (EFT). Meanwhile, more than 400 churches across England are now reporting 'net zero' carbon emissions, an increase of 157 on the previous year, as part of the most comprehensive data collection to date.

The EFT was launched in 2019 to measure and record carbon emissions across the Church of England and is reporting data for the third time. For 2021, the data is now consolidated across all settings, including Church of England schools.

It estimates that overall carbon emissions were down by 5,000 tonnes CO₂e in 2021 to 410,000 tonnes overall, compared with 415,000 in 2020, despite buildings being open for more of the year than in 2020. The data also included travel-related emissions for the first time.

The 2021 report includes data from church schools, clergy housing, cathedrals, offices, theological education institutions, and work-related travel, in addition to the actual church buildings which were also recorded in 2020.

It also notes that Covid-19 mitigations, including lockdowns in 2020 and 2021, were likely to have had an impact on the figures, with churches closed for public worship and gatherings for some parts of both years.

The Bishop of Selby, John Thomson, who is the Church of England's lead bishop for Net Zero Carbon, said: "There are some positive indicators that the Church of England is making progress towards our target, and every effort, small or great, is important and welcome.

Fairtrade Fortnight 2023

This year Fairtrade Fortnight runs 27th February to 12th March. It comes with a sombre reminder: climate change means that soon some of our favourite foods, such as bananas, cocoa and coffee could be harder to grow. And if that is combined with deeply unfair trade, then communities growing these crops will be pushed to the brink. This makes Fairtrade all the more vital – for all of us.

You can help three ways during this Fortnight.

First, why not join an online *Big Fairtrade Get Together?* Hear Fairtrade farmers and other experts explain what needs to change, for a sustainable future. Secondly, *let your friends know* of any Fairtrade event in your area, from a coffee morning to a quiz night. Thirdly, buy Fairtrade whenever you can, from flowers to coffee, clothes to teas, plus lots else.

For more information, visit <https://www.fairtrade.org.uk>

Remembering the Munich Air Disaster:

by Tim Lenton

The Munich air disaster took place 65 years ago, on 6th February 1958, when a plane carrying the Manchester United football team (known as the Busby Babes), plus support staff and journalists, crashed while attempting to take off from a slush-affected runway at Munich-Riem Airport. Altogether, 23 people were killed, including eight players.

The Elizabethan-class Airspeed Ambassador, British European Airways Flight 609, crashed on its third attempt to take off. It had landed at Munich on its way from Belgrade to Manchester because a non-stop flight was beyond the range of the aircraft. The Babes had just beaten Red Star Belgrade in a European Cup match.

Engine problems had caused the first two take-off attempts to be aborted, but the pilots decided to try again because of scheduling issues. This time the plane was slowed by slush and failed to take off, smashing off the runway and into a house. A parked fuel truck was hit and exploded: only 21 of the 44 on board the plane survived

The pilot began evacuating passengers, and star goalkeeper Harry Gregg helped pull survivors – including a baby, its pregnant mother and two of his teammates – from the wreckage. A devout Christian at the time – he was said to have lost his faith when his wife and daughter later died of cancer – he became known as the hero of Munich.

His courage has been hailed by many, particularly in Serbia – home to the rescued Lukic family – but also back at Old Trafford, and at his own home in Ulster. He died in 2020.

Keep the love going all year round

Valentine's Day is for February, but love is for all year round, and that is not always easy. Relationships have their ups and downs, and sometimes a bit of encouragement helps a lot. So this year, you may find Care for the Family to be worth a visit. Its blog, podcasts and other resources offer a wide variety of tips, advice and encouragement, and are aimed at supporting your marriage and your family.

<https://www.careforthefamily.org.uk/support-for-you/family-life/couple-support/>

RADIO OR WIRELESS?

This will be a generation thing but how do you refer to your broadcasting apparatus? Few people use the expression “wireless” these days but that was how we referred to it and still do, and in our younger days it was one of our greatest forms of entertainment.

There was always a serial drama about 6pm and Dick Barton Special Agent was one of our favourites with nail-biting stories to follow each day, and with usually quite dramatic music as well, a bit like Saturday morning pictures.

Most evenings there were entertainment shows and some that come to mind are, Ray’s a Laugh, It’s that Man Again, The Navy Lark, Round the Horn and of course The Goon Show but as children we had to be sure our homework was finished before we could sit down and enjoy these half-hour sessions.

The Goon Show became such a cult over later years that the day after its broadcast, it was quite a talking point with people remembering the characters like Eddie Seagoon, Major Bloodnok, Bluebottle, Minnie Bannister, and all their crazy antics and catch phrases, played out by Spike Milligan, Harry Secombe, Peter Sellers and Michael Bentine.

I was living in London at the time and used to go as audiences (free) to various radio shows and remember once going to a recording of The Goon Show which was absolute mayhem and lasted much longer it should have. It was quite the

thing to collect autographs of the various artists in those days and I still have autograph books filled with long-forgotten names such as Benny Hill, Tommy Trinder, Peter Sellers, Richard Murdoch and many more. Bring back memories to anyone?

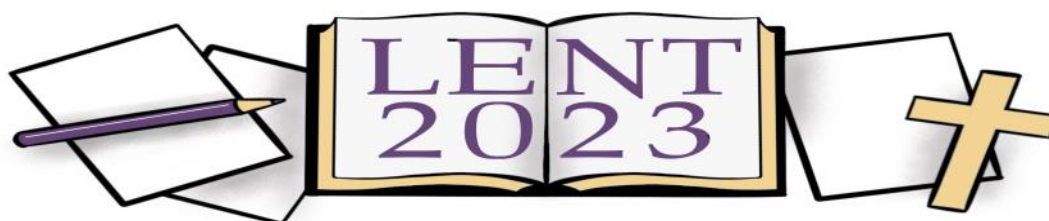
Of course there were many households who still used accumulators to charge up their wireless sets and there used to be a shop in Mossford Lane where these hefty and smelly items had to be taken for recharging. The family pram was sometimes used for this transportation!

In later years in our house, Sunday afternoons were given over to Radio 1 so that our children could pick up on Top of the Pops and very importantly listen to the countdown to find out what was top that week, and record it on their cassette player to listen to later in week. It was quite an art working out when to start the recording without getting the DJ’s voice.

We shouldn’t forget Radio Luxembourg or Radio Caroline, both loved by followers of pop music, and often listened to under the bed covers. Broadcasting nowadays has a different pattern with many radio stations catering for different tastes and it’s not just Auntie BBC who provides the material.

Occasionally I can sit, listen and enjoy some spoken word (often Radio 4) and relish the opportunity of losing myself in a good tale or two. This can be as good as a good book. Long may we have the freedom to choose.

Barbara Youngs





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Email:- jacurran@ntlworld.com

Lent

The monk, within his monastery,
The ploughman and the lord;
Would keep the Lent time patiently
And keep a simple board.

Rich food nor meat could touch their lip
Just plain and simple fare;
Dried bread in sauce they could not dip –
Or face the Parson's glare!

Today, such things don't tend to be
We've left them in the past!
Just those within that monastery
Who keep the Lenten fast.

But all should come to love anew
The treasured time of Lent
And spend more time with Father, who
Rewards such time well spent!

By Nigel Beeton

Are YOU ready to do your duty? REDBRIDGE NEEDS YOU !

Are You

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- Well Organised?
- Computer Literate
- Confident on the telephone?

YES?

Then Redbridge residents need YOU!



REDBRIDGE VOLUNTARY CARE

Registered Charity No. 278495



Is an award-winning charity, run by local people. Our volunteers act as "good neighbours" and, as we know, 'everyone needs good neighbours'! They drive people to appointments, help with shopping, filling in forms and sit with vulnerable people to give their carers a break.

WHAT DO WE NEED?

We need Volunteer Co-ordinators to take calls, read emails, and match volunteers to the people who have requested help. We need people like you.

HOW MUCH HELP DO WE NEED?

No regular commitment is necessary, just a willingness to take and make calls from time to time.

More details at:-

[Volunteer Co-ordinator at Redbridge Voluntary Care : Redbridge CVS](#)

HOW DO I GET INVOLVED?

Telephone: **020 8514 0980.**

Email: redvolcare@gmail.com

Website: www.redbridgevoluntarycare.co.uk

[Volunteer Co-ordinator at Redbridge Voluntary Care : Redbridge CVS](#)

One of our friendly volunteers will be happy to discuss how you can help.

[Volunteer Co-ordinator at Redbridge Voluntary Care : Redbridge CVS](#)

Wordsearch

In New Testament times 40 days old was an important age for a baby boy: it was when they made their first 'public appearance'.

Mary, like all good Jewish mothers, went to the Temple with Jesus, her first male child - to 'present him to the Lord'. At the same time, she, as a new mother, was 'purified'. Thus, we have the Festival of the Presentation of Christ in the Temple, 40 days after Christmas. Jesus is described in the Bible as the Light of the World, and so early Christians developed the tradition of lighting many candles in celebration of this day. The Church also fell into the custom of blessing the year's supply of candles for the church on this day - hence the name, Candlemas. The story can be found in Luke 2:22-40, where Simeon makes his great declaration of faith and recognition of Jesus. Simeon's 'Nunc Dimittis', is embedded in the Office of Evening Prayer.

Forty	Lord
Days	Festival
Baby	Presentation
Boy	Light
Public	World
Appearance	Candlemas
Mary	Simeon
Jewish	Nunc
Mothers	Dimittis
Temple	Office
Jesus	Evening
Purified	Prayer
Present	West

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

Some hints about prayer this Lent *The Ven John Barton considers what you need to remember when you pray.*

Prayer is instinctive for human beings, even those who don't regard themselves as religious. You are standing at a bus stop in the wind and the rain, thinking 'I do hope the bus will come soon'. It's an inner yearning. It defies logic: either the bus is coming, or it isn't. But we all do it. It's instinctive and it's the raw material of prayer. Hoping for something better is basic. Like all instincts, it needs to be trained.

To whom do we pray? What you pray, and the way you do it will be shaped by your view of God. Christian prayers are fashioned by what we know of Jesus and what He taught about prayer.

We pray by invitation. Again and again, Jesus encouraged His companions to pray. A couple of His parables on the subject have been misinterpreted as instructions to persuade a resistant God to do what we want. Have a look at Luke 18, verses 1-8, about a widow whose perseverance finally persuaded an unwilling judge to rule in her favour. The lesson is that God is *not* like that! Similarly, an unwelcome neighbour who persistently calls for help in the middle of the night gets what he wants (Luke 11:5-13). The lesson? If tenacious lobbying can overcome human unwillingness, *how much more* our gracious God will heed His children's cry.

Pushing at an open door. Jesus is already praying for us. So, when we start to pray, we step on to an already moving staircase. Sometimes prayer seems tougher than it need be. Jesus invited us to be linked to Him, in the way an inexperienced bullock is yoked to a mature ox. Have a look at Matthew 11:28-29, which concludes "for my yoke is easy and my burden is light".

The Rectory
St James the Least

My dear Nephew Darren



On why rural churchgoers like to freeze in church

Winter certainly exposes the difference between those of you who live in cities and us rural folk. While you bask in your centrally heated flat, with every modern convenience that could be imagined and complain about the half an inch of slush that makes your life so inconvenient, we country folk wear overcoats in our houses, open all doors and windows to let the heat *in* and battle through snow drifts, measured in feet, to get the morning paper.

Colonel Wainwright has acquired a new toy: a snow blower, of sufficient power that I believe it could clear the Antarctic. He kindly volunteered to clear the paths around the church. Working outwards from the church door, the path to the church soon became snow free. Unfortunately, he only realised when his job was complete that the blown snow then formed a five-foot drift under the lychgate. We now have to climb over the churchyard wall and negotiate buried gravestones before we can reach his pristine paths.

Miss Margison, ever meaning to be helpful, decided to unfreeze the pipes in the church hall. A blow torch was not the ideal solution, although the resulting burst did make some rather attractive ice sculptures round the kitchen equipment. The village badminton team that uses the hall has now temporarily changed sport, to ice hockey.

Inevitably, our congregation has soared these past few weeks. There is nothing like adversity for making people want to prove they have the moral fibre to overcome it. Much satisfaction seems to be obtained on discovering who has *not* dared venture out, which is taken as judgement on their strength of character. The Prentices upstaged most people by arriving on a sleigh. Mr Prentice was warmly wrapped in a travelling rug, while his wife pulled it. As her husband explained, he couldn't possibly let the pony work in such conditions.

What I momentarily thought was applause during my sermon was merely people keeping their hands warm and the hymns were drowned out by the stamping of feet. Our organist complained that the cold made his fingers so numb that he couldn't play properly – although I didn't notice that things were much different from normal.

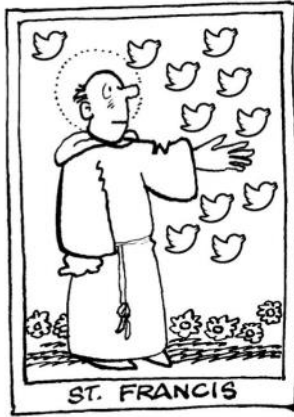
No, my dear nephew, you continue to fret about your church heating dropping to temperate, and a few flakes of wet snow obliging you to close your carpark for health and safety reasons. We shall continue to triumph heroically over adversity and return home after Mattins, feeling we have proved our Christian commitment by being utterly uncomfortable.

Your loving Uncle

Eustace



...the good news is - I've found a way of heating the church on unwanted chip-fat!...



He's been updated. He's now the patron saint of tweeting!



"But look", said Martin, "Maltesers have hardly any chocolate on"



"He moved here after the PCC voted to lower the church heating bill. He says it is warmer out here."



"That's two t's in Matthew", said Osric



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Tuesdays 9:00-13:00
Wednesdays 10:30-12:00
Fridays 10:00-12:00

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- Is the child under 16 (or 18 if they have a disability)?
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- This is called "private fostering" and we must be LEGALLY notified to ensure the child is safe.

Please contact Redbridge Children's Services:

 020 8708 3885

 CPAT.Referrals@redbridge.gov.uk

or visit www.redbridge.gov.uk/private-fostering for more information

Smile Lines

Giving up for Lent

At the end of the pre-Lent sermon, the vicar suggested, as an example to the rest of the community, that the congregation should worship in an unheated church for the whole of Lent. As they made their way into the chill Sunday air the vicar addressed one member of the congregation, asking what she had decided to give up for Lent. "Church," she replied firmly.

Blessing

One Sunday, when my granddaughter was about two years old, her daddy and mummy made their Communion at my local church and took her up with them for a blessing. Arriving back in our pew she said in a loud voice: "Granny, the man has said his prayers on my head, and he has a lovely dress on."

Sick

During a church service my young niece had to go outside, as she did not feel well. She returned a few minutes later and admitted: 'I have been a little sick. But it doesn't matter, there's a box at the door marked 'for the sick'.'



DO YOU ENJOY SINGING?

Been caught singing along to your favourite song and told you have a nice voice?

Sang at school but haven't made music with others for a long time?

HAVE YOU EVER THOUGHT ABOUT JOINING A CHOIR?

If not, why not? It's a great way to make new friends.

Plus, the health and well-being benefits are wide-ranging!
Boosting your confidence, increasing your lung capacity and just making you feel better!
Making music together is an enjoyable activity - what more could you want?!



New Essex Choir is your local choir and we would love you to add your voice to ours this year.



There is no audition process and no requirement to read music. Those who do will help you and we provide learning tracks for all singers.

We meet most **Friday evenings at 7:30pm** during term-time at Barkingside Methodist Church, Fremantle Road, IG6 2AZ.

All you need to do is to give us a "spin" and see what we're about. Visit our website: www.newessexchoral.org.uk/join-us for more info. Alternatively call 020 8550 5303 to speak to someone real!

Interested? Please email info@newessexchoral.org.uk to plan your visit.



You might just find we strike a positive note with you!



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

HALL LETTINGS

hallbookings@holytrinitybarkingside.org.uk

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

BAPTISMS, WEDDINGS & FUNERALS

please contact:

Rev Dr Chris Szejmann

020 8637 4859 to arrange an Interview

Parish Safeguarding

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

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

<https://www.churchofengland.org/more/safeguarding>

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

psr@holytrinitybarkingside.org.uk

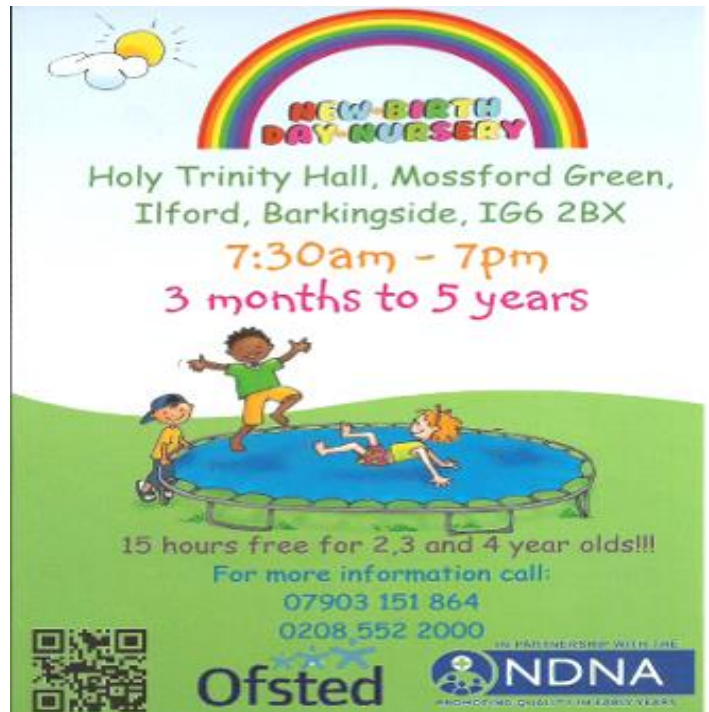
The LEGAL STUFF

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




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VICAR:

Rev Dr Chris Szejnmann - 0208 8637 4859

The Vicarage, 36 Mossford Green, IG6 2BJ

(07804 641 931)

priest@holytrinitybarkingside.org.uk

Associate Priest:

Rev Rosemary Potten - 020 8551 2011

Churchwardens:

Chris Potten - 020 8551 2011

churchwarden.chris@holytrinitybarkingside.org.uk

Chris Stoneham, - 07828 885 439 / 020 8270 5742

chrisstoneham1@gmail.com

Minister with Permission to Officiate:

Rev Margaret Chapman - 020 8504 6750

Sacristan / Verger:

(& Organist) Mary Fabb - 020 8550 9694

Deputy Wardens:

Maxine Paul, Paul McKenzie

Church Treasurer:

Laura Priestman

accounts@holytrinitybarkingside.org.uk

Parish Safeguarding Officer:

psr@holytrinitybarkingside.org.uk

Kaye Larbi 020 8491 8178

Magazine:

parishmagazine@holytrinitybarkingside.org.uk

Mothers' Union:

mothersunion@holytrinitybarkingside.org.uk

Music Group:

musicgroup@holytrinitybarkingside.org.uk

Webmaster:

webmaster@holytrinitybarkingside.org.uk

PARISH DIARY

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

14th Feb Tues 10.30am Mothers' Union – AGM.

22nd Feb **Wednesday ASH WEDNESDAY**
9.45am Mass with the imposition of Ashes at Holy Trinity
8pm Mass with the imposition of Ashes (MMU) at St Laurence Church.

25th Feb **Sat - "If Prison Walls could Talk"** . Ashurst Drive Baptist Church -
Evening Theatrical event for adults & children 11+. Tickets £7 Reservations by
texting the Church Secretary, Fay Chambers on 07990 5052298.

27th Feb **Mon 8.00pm** PCC Meeting.

1th March **Wed 12 noon NIFOC Lent Lunch at Holy Trinity Church** with a short
meditation & prayers, All very welcome; donations will go to Christian Aid

8th March **Wed 12 noon NIFOC Lent Lunch—All Wednesdays in Lent**