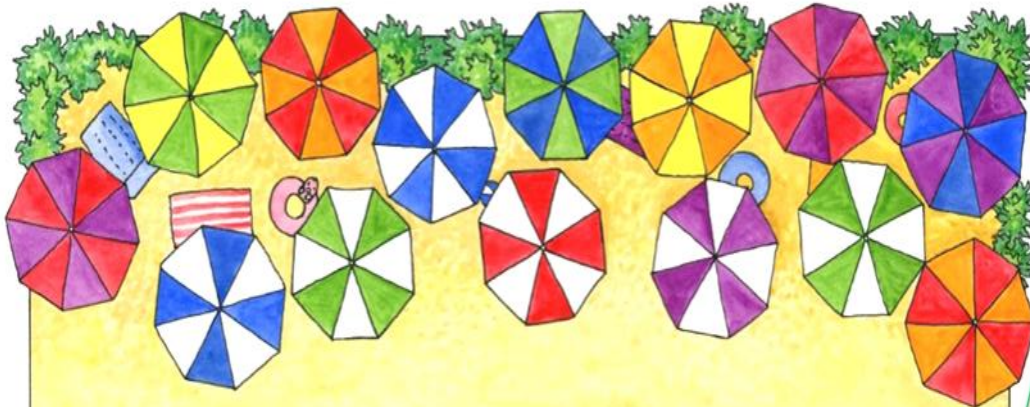


Trinity Times

The Parish of Holy Trinity Church , Barkingside

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£1 donation.**



Jesus said, "Come to me, everyone who is tired and burdened, and I will give you rest." Matthew 11:28

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 Family,

I hope this letter finds you well, and that you are enjoying the wonderful weather. We are now in the **long season we call “Ordinary Time”**: The six months when Sunday’s are numbered and there are no major feasts comparable to Christmas or Easter. However, the last two months have been anything but “ordinary”! First of all, congratulations is in order to all our Hammers fans: well done for winning some European silverware; for staying up; for keeping David Moyes; and for cashing in on Declan Rice.

But of course there was much more Good News closer home: We have been blessed by a whirlwind of memorable events at Holy Trinity, including the Coronation Garden Party (7 May – thanks Kate and Team!); the Christian Aid Concert (20 May – thanks Kaye & family!); two Family Church events (21 May & 18 June – thanks to Christine & Kate and their great team!); the “Songs of Praise” Gathering at Pentecost (28 May – thanks NIFOC!); and the ‘Musical Mergings’ concert by The New Essex Choir and United Singers’ (23 June – thanks Nigel!). So many moments to be grateful for!

And I hope that you have noticed that we have totally re-vamped **Holy Trinity’s website** (thanks Mike!) – among other things, introducing Bobby the Sprollie as our “Mission Enabler”: please check him out under “Who is Who” @ www.holytrinitybarkingside.org.uk! And yes, when I mentioned this in church a few Sundays ago, there were some calls for a Pet Service – and I promise that we will do that in the near future.



Anyhow, we hope that you like our new website, including our strap line: “Holy Trinity is a lively, Family Friendly Church. We have a Heart for the Common Good, seeking to make Jesus Christ known in Barkingside.” Please watch this space as we plan to add photos of various teams, including all members of our PCC; plus add information about the Tuesday Drop-In, Help / Advise, Eco Church, Safeguarding, and the history of Holy Trinity church. In general, we also encourage you to following us on our HT Facebook site, to gives us nice “likes”, and to “share” our posts with all your family and friends.

Last not least, the wonderful Tuesday drop-ins continue to give those who come essential company and hope (thanks Tricia & Maxine and great team); many of you check in on those who are ill; the Eco Church team is active; and we celebrated our very own Mike Priestman completing his Christian Studies course at Chelmsford Cathedral. So many reasons to be encouraged.

Getting back to journeying through “Ordinary Time”: Let’s reflect and keep asking one central thing: **How is Christ at work in us and through us?** Looking back at my last two sermons, I notice that one was about **our calling**, and the other about **being send out to spread the Good News**. The former reflected on the scene when Jesus called Matthew the tax collector and then had a meal with him and his gang of sinners (Matthew 9:9-13 & 18-26). And here is what was and is on my heart for us: **To remind ourselves of our specific calling – saying “yes” Jesus, “thank you Jesus”, and receiving something divine, and being open where the Spirit leads us.** Let’s have a posture of expectation and of hunger about our calling as individuals and as a church family as we journey forward. Let’s pray to receive the grace of Jesus, so that we are known as people with compassion.

My second sermon on Matthew 9:35-10:8 reflected on Jesus travelling throughout Galilee, proclaiming the Good News of the Kingdom, and healing people – and then summoning his disciples to do the same. So **we are asked to share the Life that is Jesus Christ, and that offers a total alternative**: Through him we find forgiveness; reconciliation; life-giving sharing and neighbourliness; compassion & generosity; healing & peace; the promise of ever-lasting life –

and we discover our true self: the real purpose of why we are here. So this is what we are called to do as Church of Christ. But because this is often hard and we often don't know what to do and how to do it, we should take heart and pray! **Let us all pray and ask God how we as individuals and how we as a church can bring Heaven to Earth to us and those around us here in Barkingside and beyond.**

And **as we navigate through summer, let's attempt to stay close to God**, and let's not drift away from our calling and journey together as a church. Here are a few suggestions how to keep us on track: What about pursuing a **spiritual daily routine**? Why not receive each day in the morning with gratefulness as a new gift, invite God's presence and commit to him afresh. Why not release the day at night by recalling God's closeness and care and moments when we felt disconnected; then giving thanks, confess our failing, and then letting go and leaving in God's hands things that we left undone and that threaten us. Why not give this a go?!

And why not have a go at the simple but effective **P.R.A.Y. acronym** (Praise, Repent, Ask and Yield); or **A.C.T.S. acronym** (Adoration, Confession, Thanksgiving and Supplication); or indeed **"The Seven Ps of Prayer"** (Presence, Praise, Purpose, Petition, Pardon, Protection and Persistence). Why not try one of these?!

We all need rest and refreshing. So let's make good use of the summer if we can. Just one thing we are definitely called to do before then: to show off with a few cool dance moves at our **forthcoming Garden Summer Party featuring The Variety Jazz Band** (15 July)! So please: Join us with all your family and friends for what will be a wonderful occasion.

And as always, thanks so much for who you are – remember that you are wonderfully made by God, and that God loves you! Thanks so much for what you do, and for all your incredible support and love. It is so thrilling for me to see what God is doing in our midst and around us.

Grace and mercy, and have a great summer!

Fr. Chris

Spiritual Disciplines: Rest

'Come to me, all you who are weary and burdened, and I will give you rest.' (Matthew 11:28). Today, the spiritual discipline of *rest* is a challenging one. We are pressured to cram more and more activities into fewer hours. This has been described as *'hurry sickness'* and is an enemy of our spiritual life. August is a month for resting, and so is a good time to look at this discipline.

God instituted the discipline of rest in the creation of the world. He created everything in six days and rested on the seventh (Gen 2:3). He instituted the Sabbath, a weekly day of rest (Lev 23:3). However, it is helpful to draw a distinction between *busyness* and being *hurried*. Busyness is an outward condition, while hurry is about our inner state, resulting from too many competing priorities. Jesus was often busy but never hurried! What questions should we be asking about getting more rest?

Balancing Rest and Work:

What is a helpful rhythm of work and rest in our lives? How can we take seriously the Sabbath principle of having one day a week to rest and not work? How might we use our time differently eg taking a long walk or having an unhurried conversation with a friend?

Using Our Leisure Time Creatively:

When we actually take a break we often end up simply watching TV, surfing the net, shopping unnecessarily or eating when we are not hungry! Can we choose leisure activities that really refresh us? It's not a case of more leisure time, but using the time we have more creatively.

'The solution to an over busy life is not more time. It's to slow down and simplify our lives around what really matters.' (*The Ruthless Elimination of Hurry: John Mark Comer*).

Graduation?

There were so many graduates waiting to receive their degrees that day, that speed was of the essence. Presenting their diplomas, therefore, the Chancellor simply smiled and said: "Congratulations, keep moving."

Actually, that is good advice for all of life, and for your Christian life as well.

If you've discovered the reality of God's love for yourself, you deserve congratulations, for in a very real sense, you have arrived...*but keep moving!* - there is so much *more* that God has in store for you! St Paul in 2nd Timothy said: "I have fought the good fight, I have finished the race, I have kept the faith. *Now there is in store for me* the crown of righteousness, which the Lord, the righteous Judge, will award to me on that day..."

So, wherever *you* have reached in your own faith pilgrimage, *congratulations, but keep moving!*

God's Garden

Plant three rows of peas:

Peas of mind
Peas of heart
Peas of soul

Plant three rows of squash:

Squash gossip
Squash grumbling
Squash selfishness

Plant three rows of lettuce:

Lettuce be faithful
Lettuce be obedient
Lettuce love one another

Plant three rows of turnips:

Turnip for services
Turnip for meetings
Turnip to help one another

Plant three rows of thyme:

Thyme for God
Thyme for Bible study
Thyme for prayer.

Finally –

Water freely with patience,
Cultivate with love,
And remember – you will
only reap what you sow!

Alfresco

We love to dine alfresco
(We love to eat outside)
Roast chicken on the patio
With salad on the side!

For in the warmth of summer
You really cannot beat
A meal in the open air
It is the place to eat!

A barbie or a salad
Or a fresh takeaway
A picnic in the countryside
Just makes a summer day!

The birds a-singing in the trees
Bright flowers feast our eyes
The only thing that's not to like
Is beating off the flies!

By Nigel Beeton



Refugees in the UK – some stories *Sent in by the Ven John Barton.*

How are the refugees who have come to the UK getting along? This month we continue our short series, with another story:

From the Revd Stephen Crofts in Cheriton:

Aziz came to us in the shadow of a friend, Habib, who was looking for a church to go to. They had fled Iran, because they dared support the unrest against the government in the days before the news broke about Mahsa Amini – the young woman who died in prison after her arrest for wearing her hijab improperly.

They had both left families behind. One day Aziz told us his family had arrived elsewhere in the UK but the migration system didn't seem to want to reunite them. We leaned on a charity who knew what to do. It took some weeks, but they managed to reunite the family. The day he showed me the letter authorising his move, the last day we would see him, I spotted him turn to the altar, head bowed, tears flowing.

A week later, he sent us photos of himself with his family, a smile on his face I had never seen in his time with us. He has now found a church and is encouraging others join him.

Best position for effective prayer

Three ministers sat discussing the best positions for prayer while a telephone repairman worked nearby. "Kneeling is definitely best," claimed one minister.

"No," another contended. "I get the best results standing with my hands outstretched to Heaven."

"You're both wrong," the third insisted. "The most effective prayer position is lying prostrate, face down on the floor."

The repairman could contain himself no longer. "Sorry," he blurted out, "but the best praying I ever did was hanging upside down from a telephone pole."

Blessings

The student was writing to the head of the mission in England who had founded his local school in the African bush. He wanted to end with a blessing, 'May heaven preserve you.'

Not being quite confident of his English, he looked up the word 'preserve'. When the letter reached the head of the mission, it ended with the words: 'And may Heaven pickle you.'

No money

Lord, I have just balanced my cheque book.
And now I must turn to you to find calm and peace.
And dignity as well.
This dignity which has been eroded for twenty years
because of the awful worry about 'making ends
meet'.
This peace which I'm deprived of,
for fear of not getting through another month.
This calm which I lose when my small income

disappears
and I never have a penny left.
What I fear, Lord, is not really poverty.... what I'm
afraid of is degradation.
Afraid of no longer thinking of anything but money,
just because I don't have any....

*By Paul Geres (a nom de plume of a French priest
who was in charge of a parish in an industrial city.
This poem comes from his collection 'Prayers for
Impossible Days')*

The Transfiguration *Canon Paul Hardingham considers a dramatic story from the gospels.*

This month we celebrate Jesus' transfiguration, when Jesus took Peter, John and James with Him up a mountain to pray (Luke 9:28-36). Jesus was transfigured alongside Moses and Elijah: 'As He was praying, the appearance of His face changed, and His clothes became as bright as a flash of lightning.' (29).

Jesus' Transfiguration: Watch!

The disciples' eyes were opened, as Jesus' hidden divinity was revealed. The presence of Moses and Elijah confirmed Him as God's promised Messiah, who fulfilled God's plan and purposes. By foreshadowing the cross, resurrection and ascension, this event powerfully calls us to entrust our lives into Jesus' hands to experience His presence and power.

The Father's Word: Listen!

There came a voice from the cloud covering them: 'This is my Son, whom I have chosen; listen to Him.' (35). God affirmed His love and call on Jesus, as His beloved and chosen Son. This is the second time God spoke audibly about Jesus (cf Luke 3:22), but on this occasion He was speaking for the benefit of the disciples. Do we hear God speaking these same words to us? We listen to what Jesus says to us, knowing that like Him we are deeply loved and accepted by God.

The Disciples Response: Learn!

'The disciples kept this to themselves and did not tell anyone at that time what they had seen' (36). They were impacted by this experience and needed time to reflect on what they had seen and heard about Jesus. Eight days before they were asked by Jesus: 'Who do you say I am?' (Luke 9:20). In the transfiguration their understanding of Jesus was being transformed. As we reflect on Jesus' ministry, to encounter the real Jesus, we are also transformed.

'No one who meets Jesus ever stays the same.' (Philip Yancey)

Church Commissioners and Church of England Pensions Board announce fossil fuel disinvestment

The Church Commissioners and the Church of England Pensions Board have announced that they will independently disinvest from fossil fuels.

The Church Commissioners and Church of England Pensions Board have recently each announced they will independently disinvest from fossil fuels this year.

The announcement came as the Church of England's National Investing Bodies (NIBs) reported back to the General Synod on progress against a 2018 Synod motion, which set out a five-year strategy to invest in climate solutions, engage with high carbon emitting companies, and disinvest from fossil fuel companies not aligned with the Paris Agreement.

The Archbishop of Canterbury, Justin Welby, said: "We have long urged companies to take climate change seriously, and specifically to align with the goals of the Paris Climate Agreement and pursue efforts to limit the rise in temperature to 1.5°C above pre-industrial levels. In practical terms that means phasing out fossil fuels, investing in renewables, and plotting a credible path to a net-zero world.

Some progress has been made, but not nearly enough. The Church will follow not just the science, but our faith – both of which call us to work for climate justice."

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Parable: The Strength of a Seed

by Dr Ruth M Bancewicz, who is Church Engagement Director at The Faraday Institute for Science and Religion in Cambridge. Ruth writes on the positive relationship between Science and Christian faith.

At this time of year, we enjoy the fruits of our gardens, fields and hedgerows: vegetables ripen, crops are harvested, and berries begin to show bright among the leaves. Much of this growth started with a few seeds in spring: the miracle of life coming from small dead-looking things. There is a league table of long-lived seeds. The winners so far are from the narrow-leaved campion, buried by squirrels in the Siberian permafrost over 30,000 years ago. When those seeds finally germinated, they became healthy plants that flowered and produced seeds of their own.

The Bible contains many links between seeds and spiritual growth, and the parable of the sower is the most famous (in Matthew 13). A person may hear or experience something of God which has the potential to germinate into a life of following Him, resulting in the fruit of others coming to know God too. But things can happen that snatch that seed away, killing it before it has finished germinating, or choking its growth.

What about the knowledge of God that gets trampled, churned too deep in the mire of life to receive the warmth and light it needs to develop into faith? Buried seeds don't always die, but they can lie dormant, remaining alive but inactive until the earth is turned over. The possibility of that moment of connecting with something divine, scrap of knowledge, or snatch of conversation resulting in a changed life may seem infinitesimally small, but it's not zero. The seed may be incredibly tough, just waiting for a chance to grow.

The Gospel narrative plays on the fact that it took a long time for the disciples to understand the full implications of Jesus' teaching: a germination process that took many of them three or more years. They could have been discouraged, but Jesus was not.

I don't think it's too much of a stretch to draw out of the parable of the sower to include the observation that it can take a long time, sometimes decades, for people to work their way through the various barriers, sticking points, and phases of forgetfulness that may keep them from following through on their spiritual experience. When we finally receive – or are open to – the encouragement, challenge, or experience that helps our faith in Christ grow, we can experience the rich fruit of a transformed life.

The Water of Life *By Megan Carter*

She came to the well around midday,
To avoid all the gossip she came alone,
She met a Man there who told her all things
Five husbands she had and one not her own.

He asked for a drink and they started to talk,
A Samaritan woman there with a Jew
Breaking all barriers to meet her need
He told her how she could be made new.

The water of life that He would give
Would mean that she never would thirst again
This transforming draught He offers to all
Once tasted you never will be the same.

At Cana He turned the water to wine
A miracle no-one but He could do
Just as the water was wondrously changed
If you drink from this Fount it can happen to you.

A little girl, dressed in her Sunday best, was running as fast as she could, trying not to be late for church. As she ran she prayed, "Dear Lord, please don't let me be late! Dear Lord, please don't let me be late!"

While she was running and praying, she tripped on a curb and fell, getting her clothes dirty and tearing her dress. She got up, brushed herself off, and started running again.

As she ran she once again began to pray, "Dear Lord, please don't let me be late! But please don't shove me either!"

Verger's advice to visiting preacher: "You'll 'ave to shout very loud in this 'ere church, vicar. The agnostics are somefink terrible!"

Allotments come of age as 2023 marks the 21st year of National Allotments Week

Much beloved by gardeners across the UK, allotments are cherished for the space they provide to grow one's own fresh vegetables, among other things.

This year the theme is Soil Health. As National Allotments Week explains: "Good soil health is widely accepted as way to improve yield when growing edibles, but also contributes positively to biodiversity and the environment as the world faces more climate challenges. The NAS hope that this National Allotments Week will inform and educate gardeners old and new about the benefit of caring for the soil and the creatures that inhabit it."

More info at: <https://www.nsalg.org.uk>

If anyone in our church has an allotment, let us know why you enjoy it so much.

Bumblebees are happy near churches

Bumblebees like churchyards. At least, they were the insects most seen during a recent survey of churchyards and burial grounds in England.

It all shows "how valuable, when managed sensitively, many of our churchyards are for bumblebees," said a spokesman for Caring for God's Acre, a conservation charity for UK burial grounds. Such places often offer unique habitats for nature.

The survey was part of the Churches Count on Nature, an opportunity for communities to record plants, insects and animals found in burial grounds and churchyards. After bumblebees, ladybirds and aphids took second and third place.

A.S.A.P.

Have you ever considered the abbreviation A.S.A.P. (As Soon As Possible)? Generally, it brings even more hurry and stress into our lives. Yet there is another way to think of A.S.A.P, a way which might help us deal with those difficult times in our daily lives.

When there's work to do, and deadlines to meet, and your colleagues are rushing around, here's what you can do to help: A.S.A.P. – *Always Say a Prayer*. When your worries mount up and you don't know how you are ever going to cope with what is coming at you: A.S.A.P. – *Always Say a Prayer*.

God knows how stressful our lives can be, and He wants to ease our cares. In the Bible He promises to respond to our calls for help. So – call Him! A.S.A.P.!

The nervous nun

"People get nervous when they think that they have to call me 'my Lord', said an Irish bishop.

"Especially the poor nuns. One was giving me a cup of coffee. As she pushed the sugar bowl towards me, she said, 'How many lords, my lump?'"



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NHS

Our dear National Health Service has had some knocks in recent years, but I think everyone knows that at ground roots level, the very best is being done for us the patients. On a personal level, I as with many others, have a lot to thank the NHS for, and my thoughts go to how life was pre-1947 before the formation of the NHS.

People were in dread of a serious illness or Injury and Friendly Societies were formed as a way of saving. I was told that my late father-in-law was the treasurer for one of these groups and would collect weekly amounts from the participants which was all very carefully noted in individual subscription books. I never saw any of the paperwork.

Personally, pre NHS I had a fall at school and was brought home by car, and I remember my mother having to call for an ambulance to take me to hospital, for which she was billed 2s. 6d. Quite a bit then. My brother was born Christmas 1942, and as a young baby he must have had an infection and great discussions took place with our GP on the possibility of giving him the new drug Penicillin. Happily everyone agreed and he made a wonderful recovery.

My husband tells me their family doctor would regularly make home visits and when he was in need of having his tonsils removed, this was done on the kitchen table! What an outcry if that was even suggested today, nor would we want it to be. The majority of births took place at home and you only have to watch "Call the Midwife" to see the conditions faced by the midwives in some areas. There would be a District Nurse who had often served the neighbourhood for many years, and would know all the families very well.

Times have also changed in the way our GP's present. In the early 1960's when I had a young toddler and was pregnant with baby No. 2, our then GP told me off for walking to the surgery with pram and toddler and I was to call him should I need him, and he would make a home visit. We must not ignore and should be thankful for all the modern technology now available at the click of a button to identify and diagnose certain medical conditions and treatments, all bringing much support, diagnosis and often helping with life-changing disorders.

It's also interesting that hospitals continue to welcome chaplains of all denominations into the wards and the chapels are kept as an often necessary sanctuary.

Barbara Youngs

Eating late at night

It is not good to eat late at night, but it is very tempting at times. At least you can reduce the damage by avoiding certain types of food.

For while many people blame alcohol for a poor night's sleep, food high in processed carbohydrates, saturated fats, and sugar can also affect sleep quality, according to recent research published in the journal *Obesity*.

As one expert explains, such foods "upset our metabolism." Eating sugar late at night overstimulates you, as the rising blood sugar prepares your body for activity. When we eat late at night, our body temperature rises.

But when we are preparing to fall asleep, our body temperature falls, so eating late goes against our body's natural desire to drop in temperature."

I told my doctor's receptionist I need an appointment. "How about 10 tomorrow?" she asked. "I don't need that many," I replied.

You know how your eyes flicker open and in a split second analyse the time of the morning. Well today, 20th June, it was still dark outside and at 6 a.m. it should have been light. Then the soft sound of falling rain, and to confirm it, a distant roll of thunder.

Was our mini-heatwave temporally over? I had cut the grass last evening. The lawn would appreciate real rain as opposed to the artificial sort from watering can or hose pipe. All plants would perk-up, put on a spurt of growth, including the French beans. Most of them had survived being removed from the protection of the clear-plastic roofed garden shed and exposed to garden pests. Black fly had felled one or two of the young plants but most had begun their encircling anti-clockwise grasp of the poles. Earlier foraging blackfly had been wiped out but others would be bringing up their reserve armies of thousands under ant commandment. I will stand by with a spray of washing up liquid, one teaspoonful in 5 litres of water. It seems to work.

I don't think we British are very good a heat waves. My teacher way back in the '40s had told us we live in a Temperate Climate. Hot and dry and the clay soil in Clayhall dries like rock.. And yet the weed brigade does not seem to mind at all. They proliferate, thrive and send up even bigger, stronger shoots. I had, the evening before the rain, been digging them up. Not all of them of course, just the obvious, Trifid like ones.

My cultivated strawberries escaped years ago and have run wild growing everywhere their probing tentacles could reach. They still supply their berries but some are malformed. I really must bring them back under control. It means digging out many of them and making sure the remainder are in some sort of cultivated beds.

We are lucky enough to also have wild strawberries growing, we brought some plants back from a Cumbria holiday years ago. They need no special areas, they just fit in anywhere, their little berries available all the summer months.

A neighbour has given us some tomato plants. According to the labels there are at least four different varieties. Intriguing, what will they look like? Even more importantly, what will they taste like? The heat wave produced the rock solid soil surface and it took some time breaking down the hard lumps and adding compost before their frail, pot-nurtured roots could be accommodated. They look as though they are settling in and rooting down into more plant friendly soil lower down. Of course, once they are producing their fruit there will be an abundance of tomatoes in the shops at reasonable prices. But growing your own is still worth while.

Our temperate climate is something to be grateful for. Is it perhaps what has helped to develop our temperate characters? Cricket and ballroom dancing, bowls and English country gardens.

We grew away from bear bating years ago and bullfighting is not to our liking.



Journey to Bogotá

Kaye Larbi

A few weeks ago, at the end of a short visit to Colombia, Margaret and I found ourselves with a day to kill in the capital, Bogotá, an attractive city despite a somewhat dubious reputation.

Situated some 2600 metres above sea level, the city is not infrequently cold, wet and miserable – such was our last day in the country. We weighed up some of the options for our final day, a trip up on the funicular to a nearby summit for a reputedly wonderful panorama [when, of course, the sun is shining] or, perhaps a tour of some of the country's [and continent's] most notorious slums with a reformed gang member... ultimately we opted to visit the town of Zipaquirá, some 50 km north of Bogotá and renowned for its salt cathedral.

A salt cathedral was inaugurated in 1954 but, carved inside an active mine, it was closed in 1992 due to structural problems and safety concerns! A new cathedral was inaugurated in 1995 after the removal of some 250,000 tons of salt and is now one of Colombia's major attractions.

The Cathedral complex can accommodate 8400 people and holds exceedingly popular services on Sundays – needless to say, it is in heavy demand as a wedding venue; brides can be driven to the main altar but grooms must walk the whole trail which at least gives them a final opportunity to consider the wisdom of their actions... Curiously, this functioning church has no bishop and thus no official status as a cathedral in Catholicism.

We wondered how bus timetables could possibly allow over two hours for a relatively short journey – we soon found out why, the capital is also renowned for its traffic problems!

On arrival we were allocated a guide, a former miner with an astonishingly good command of English, and gradually descended 180m along a Via Dolorosa passing through 14 small chapels representing the Stations of the Cross before arriving in the main nave which features a huge illuminated cross [the largest structure of its kind in an underground church].

We spent a couple of hours visiting the three naves representing the birth, life and death of Christ, admiring the statues [all of salt], examining the mirror of brine and assorted salt-artefact stalls before embarking upon another frustrating bus journey back to the capital.

How to deal with those stressful people in your life

Sadly, most of us know someone who makes us feel stressed. That awkward colleague at work, a selfish family member, an aggressive neighbour, or a friend who emotionally drains you.

Whoever they are, beware: stress-giving people can seriously affect your mental – and physical – health. Travis Bradberry, the author of *Emotional Intelligence 2.0*, warns: "Even if we are exposed to stress for just a few days, it can still compromise the effectiveness of neurons in the hippocampus - that part of the brain which is responsible for reasoning and memory."

Stress produces more adrenaline and cortisol. These 'stress' hormones put you in a state of 'hyper-arousal'. Your heart rate and blood pressure increase, you feel angry, anxious, out of control, overwhelmed or numb. Long term, this can result in insomnia, and even heart disease and stroke.

So how do you stop stressful people from hurting you? Clinical psychologist Dr Marianne Trent and other psychotherapists suggest the following: Try to take breaks from the stress-giver for at least 20 minutes at a time. Give your stress hormones time to rebalance, and regain your inner calm.

Try to schedule your meeting with the stress-giver between activities that make you happy. Even just texting a good friend can help.

Try to reduce the time you spend with them. Of course, as stressful people are often 'un-boundaried', they will not like that, because *they* want to set the agenda. Instead, start setting boundaries as to when you are available. Don't be afraid to just say 'no'. They don't own you, and they should not be running your life.

Instead, remember that God loves you and wants you to know freedom and peace. Remember His compassion and kindness. He is always your refuge.

I once worked with a man who was full of brilliant ideas to the point where he was awarded an MBE. To my astonishment, when he organised a gathering of work colleagues to celebrate his award I was one of the plastic cups at the bottom of his pyramid representing work mates who had supported him. He kindly said that if my plastic cup had been removed the whole pyramid would have fallen down.

Why am I writing this? Well one of his sayings was that he didn't really have time to go on holiday because he had to leave ideas and projects in abeyance. No such problem for me, although I understood what he meant. There was always loose ends to come back to. Retirement helps of course unless you are a keen gardener wondering who will water your prize plants etc. in your absence.

Until recent times our holidays were in Somerset. En route we parked at Stonehenge about half way to our destination. To give an idea of the timescale, we sat by the great stones to eat our breakfast in the early hours of the morning, at a spot long since cordoned off. Now we go east to the sea battered coasts of East Anglia, half the distance, and still enjoyed.

In between what we call Annual Holidays, we have taken part in coach trips in support of The British Legion Poppy Appeal, mainly, visiting the battlefield of the 1st W W. So it was that earlier in June we found ourselves, along with friends, in Brentwood awaiting our coach that had started in Suffolk. 'The best laid plans' went slightly astray due to road works on the A12.

We were late away but the Channel Tunnel train whisked us under the sea to Calais. Passports examined for leaving and for entering and soon we were looking at the relatively flat, hedgeless countryside of France from the wrong side of the road of course.

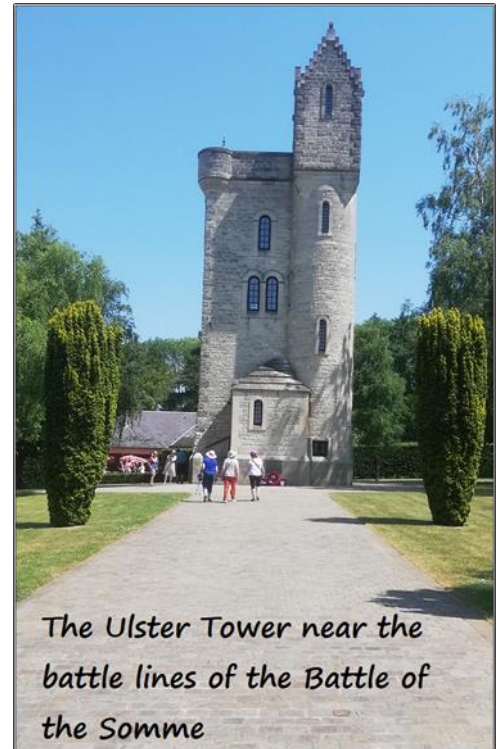
Our driver, who had evolved into a courier, plied us with snippets of information as he did for the next four days. It took us all day to get to our very nice hotel in Ypres, Belgium. We did not attend the nightly ceremony at the Menin Gate, we were too tired. But we did go to the ceremony the next evening at eight o'clock and reverently stood while the Last Post was played and wreaths were laid.

There were many poignant moments on our tour. The grave of a 15 year old in Essex Farm Cemetery. (Places were often renamed by the British who found the native language difficult) We were told of the continued discovery of bodies, of the detailed work in trying to identify the remains. Our driver/courier told us that the British used cardboard Dog Tags which soon rotted away.

We learned that J R R Tolkien was the only officer to survive when his trench was destroyed because he was absent due to Trench Fever. Had he not survived there would be no Lord of the Rings etc.

At the Ulster Tower (Pictured) a battle line in the Battle of The Somme, we were lectured most interestingly standing by the actual trenches of the battle of the Somme. So much to see and so many lessons to learn.

We returned on a sea ferry.



The Ulster Tower near the battle lines of the Battle of the Somme

He's so glad he came

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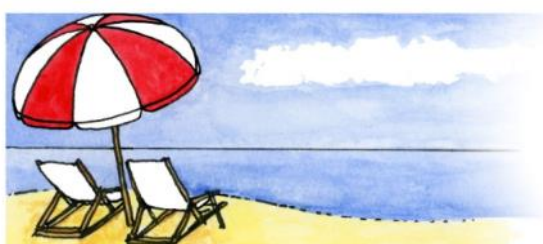
Several people from our Church attended a performance of "9 to 5", at the Kenneth More Theatre.

This is a play about the exploitation of women workers at an international firm.

The lively songs and imaginative choreography made for an entertaining and humorous performance, and the audience stood to applaud when the misogynistic boss gets his comeuppance.

The final scene with the reprise of the songs was led by a movie of Dolly Parton, and had the audience dancing in the aisles.

A very good show . Congratulations to Barking MAD!!



**August
2023**

Nigeria – the attacks continue

Release International partner, Archbishop Ben Kwashi, says: “We have come to another season of constant attacks on Christian villages and Christian people in central Nigeria.

“The consistency with which these attacks have gone for nearly 20 years is a sad commentary on the leadership of Nigeria, who do not care about the poor and vulnerable, especially farmers in the villages.

“We as Christians in the Middle Belt in northern Nigeria are asking for concerted prayer because the devastation is beyond human ability to bear.”

Paul Robinson, CEO of Release International, says: “This violence is often characterised in the media as clashes between herders and farmers. This ignores the religious dimension behind many of the Fulani attacks, which together have the characteristic of an Islamist jihad.”

According to Nigerian NGO Intersociety, 1,080 Christians have been killed in attacks in the first quarter of 2023 alone. In the previous year, 5100 were killed in attacks by Boko Haram, Islamic State West Africa, and



summer of hope

Summer of Hope event

Join the fun and help turn hope to action for communities around the world this summer.

We invite you to join our Summer of Hope party to raise money for Mothers' Union's life changing work around the world.

Where? **Tuesday 11th**

When? **July**

Other info: **2.30pm**

Mothers' Union is a global Christian movement working with people of all faiths and none to develop communities, strengthen families and advocate for change.

Our members are active in 84 countries and work tirelessly to serve their communities to build a future where everyone thrives.

To find out more go to: mothersunion.org

Join together this summer to turn hope into action

Mothers UNION

Registered with FUNDRAISING REGULATOR

Registration charity number: 240531 Mary Sumner House, 24 Tuffen Street, London SW1P 3RB

Beware of that pizza

Summer evenings make it so easy to want a pizza – but before you reach for your next slice, there's something you should know.

Pizza is very high in salt. When the campaign group Action on Salt analysed the salt content of more than 1,300 pizzas from restaurants, takeaways and supermarkets, it found that one in two pizzas contain a whole day's recommended intake. That is 6g of salt a day, which amounts to roughly one level teaspoon, according to the NHS.

Takeaway pizzas were found to be the worst culprits. A basic Domino's cheese and tomato pizza contained 10.77g of salt, and a Papa John's double pepperoni stuffed-crust pizza contained 14.31g. Franco pizza, with spicy salami fried onion & chilli-infused honey, contains 7.18g, more than a whole day's worth. A Zizzi's rustica pizza margherita contains the equivalent of 1.2 teaspoons of salt.

The human body needs some salt to function properly, but too much can lead to high blood pressure, which can lead to heart disease.





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Puns for Educated Minds

1. The fattest knight at King Arthur's round table was Sir Cumference. He acquired his size from too much pi.
2. I thought I saw an eye doctor on an Alaskan island, but it turned out to be an optical Aleutian.
3. She was only a whiskey maker, but he loved her still.
4. A rubber band pistol was confiscated from algebra class, because it was a weapon of math disruption.
5. No matter how much you push the envelope, it'll still be stationery.
6. A dog gave birth to puppies near the road and was cited for littering.
7. A grenade thrown into a kitchen in France would result in Linoleum Blownapart.
8. Two silk worms had a race. They ended up in a tie.
9. A hole has been found in the nudist camp wall. The police are looking into it.
10. Time flies like an arrow. Fruit flies like a banana.
11. Atheism is a non-prophet organization.
12. Two hats were hanging on a hat rack in the hallway. One hat said to the other: 'You stay here; I'll go on a head.'
13. I wondered why the baseball kept getting bigger. Then it hit me
14. A sign on the lawn at a drug rehab center said: 'Keep off the Grass.'
- 15.. The midget fortune-teller who escaped from prison was a small medium at large.
16. The soldier who survived mustard gas and pepper spray is now a seasoned veteran.
17. A backward poet writes inverse.
18. In a democracy it's your vote that counts. In feudalism it's your count that votes.
19. When cannibals ate a missionary, they got a taste of religion.
20. If you jumped off the bridge in Paris, you'd be in Seine.
21. A vulture boards an airplane, carrying two dead raccoons. The stewardess looks at him and says, 'I'm sorry, sir, only one carrion allowed per passenger.'
22. Two fish swim into a concrete wall. One turns to the other and says 'Dam!'
23. Two Eskimos sitting in a kayak were chilly, so they lit a fire in the craft. Unsurprisingly it sank, proving once again that you can't have your kayak and heat it too.
24. Two hydrogen atoms meet. One says, 'I've lost my electron.' The other says 'Are you sure?' The first replies, 'Yes, I'm positive.'
25. Did you hear about the Buddhist who refused Novocain during a root canal? His goal: transcendental medication.
26. There was the person who sent ten puns to friends, with the hope that at least one of the puns would make them laugh. No pun in ten did.

Musical Mergings

The performance of two choirs— The New Essex Choir and The United Singers gave an imaginative and professional programme of varied songs and and music.

The church seating was realigned to provide a tiered stage area for the singers, and a good seating area .

After the performance a comprehensive buffet tea was enjoyed by all.

Thanks to all those involved for a pleasurable evening.



“Wheat and Tares” Wordsearch Puzzle

g	f	n	p	w	d	f	i	e	l	d	o
j	e	v	i	l	o	d	a	r	n	e	l
b	b	v	r	g	a	r	c	r	p	y	p
u	h	o	p	x	h	n	k	s	m	p	b
j	w	a	s	c	a	t	t	e	r	e	d
k	s	l	p	j	r	g	n	s	r	o	r
p	o	p	r	p	v	e	w	o	w	p	s
d	r	u	o	w	e	v	s	e	h	l	e
j	t	l	u	t	s	n	p	s	e	e	e
w	c	l	t	o	t	e	h	g	a	d	d
d	o	h	e	a	v	e	n	j	t	m	s
g	o	o	d	g	l	a	d	n	v	a	e

worker

heaven

evil

pull

spotted

weeds

world

angels

good

happen

sort

wheat

same

field

seeds

harvest

scattered

farmer

enemy

plants

people

darnel

night

sprouted

PROBUS MEN’S Lunch Club

If you would like to join us for a leisurely lunch with good conversation amongst like-minded men, then perhaps you should try the **Iford Probus Men’s Probus Branch**.

We meet at Luigi’s on the 1st Friday each month, and after our 3 Course Lunch we have a guest speaker to stimulate the grey cells and provide an interesting talk.

Our wives / sweethearts also meet up in another dining room, and there they can (I am sure) have a natter about “us”.

If this interests you, please contact us via Stephen Gilson or Chris Stoneham.

The Rectory
St James the Least

My dear Nephew Darren
On why we don't bother to lock the church



Since I happened to be in your area last week, I tried to call in at your church, and was sorry to find it was locked and bolted, with surveillance cameras watching me.

We tend to be a little more relaxed about matters of security. The key to the medieval lock was lost some time during Queen Victoria's reign and never replaced. How someone managed to misplace a foot long piece of cast iron, weighing about 10 pounds is a mystery. If it had fallen out of someone's pocket, it would certainly have broken their foot. Ever since, no one has bothered with locking the door – which makes me wish our burglars last year had thought of trying it, before wasting so much energy smashing a stained-glass window when they visited in the early hours one morning. On the other hand, were the key still in use, I should probably be arrested these days for carrying an offensive weapon.

As with most rural churches, keys which open just about everything in the village are hidden in various parts of the church. The vestry key is under my seat cushion, the organ key under a vase on the altar, the church hall key on top of the hymn book cupboard, and Miss Simpson's spare front door key inside the font. I have never been certain whether the latter is there for safety, or as a general invitation. I am sure someone could usefully produce a book suggesting the many places that keys are likely to be found secreted in churches for the use of vergers, flower arrangers, cleaners – and thieves wanting to save themselves time and effort.

I suspect that the burdened look that many urban clergy wear is not because they are weighed down with parish troubles, but because they are obliged to carry with them a superfluity of keys needed to negotiate every door in church, hall, school, and vicarage. And why is there always one for which no one has any idea what it opens?

The only occasion I have ever thought it would be useful to be able to lock a church is when you have a party of visitors inside. So often, on hearing the words "let us pray" or the start of an appeal for funds, they bolt for the door.

Your loving Uncle
Eustace

Musings on modern life:

Gardens are not made by singing 'Oh how beautiful' and sitting in the shade. - *Rudyard Kipling*

Much trouble is caused by our yearnings getting ahead of our earnings. - *Anon*

Art is here because God meant it to be here. - *Hans Rookmaaker*

Please don't walk on our church lawn. Grass grows by the inch but is worn down by the foot! - *Anon*

The most terrible of lies is not that which is

uttered but that which is lived. - *W G Clarke*

We cannot control the evil tongues of others; but a good life enables us to disregard them. – *Cato*

Fire is the test of gold; adversity of strong men. - *Seneca*

If parents haven't learned something from experience, they can always learn it from their children. - *Anon*

When a girl reduces, she is going out of her weigh to please some man. - *Anon*

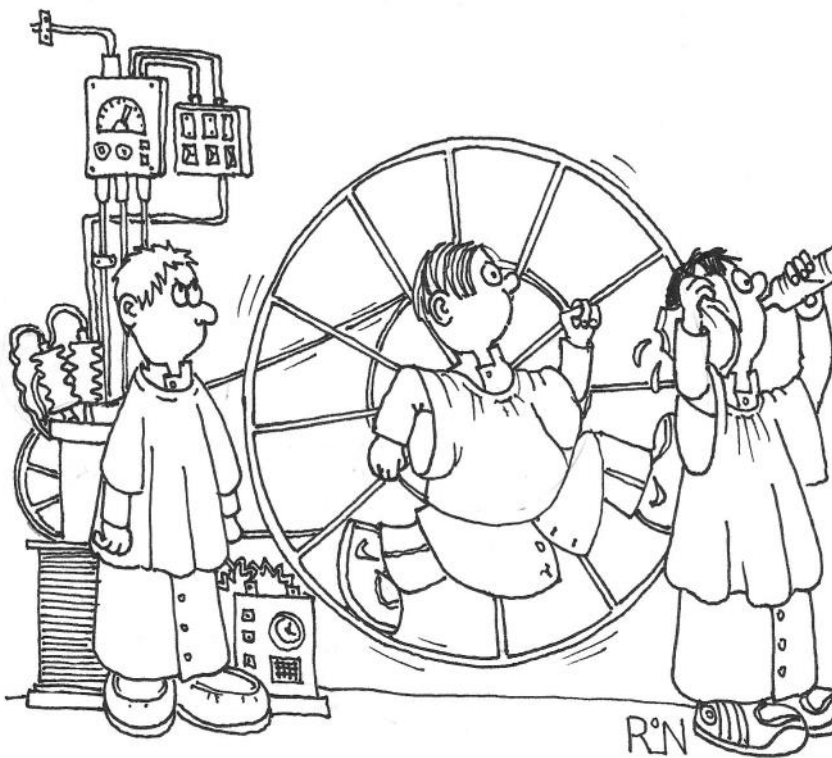
Tomorrow never comes, but the morning after certainly does. - *Anon*



The start of the football season was
the season of penitence



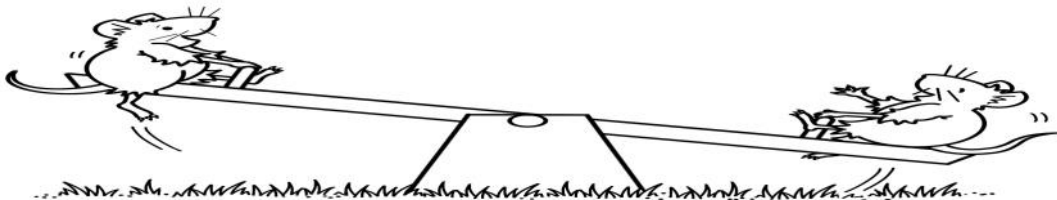
"But I said you'd be happy to lead a
Group this autumn"



When the solar panels weren't working,
there was Plan "B"



"It's not a new stained-glass window –
the Youth Club put its skateboard ramp
too close to the church's west wall!"



Church School Test

For a church school exam, young children were asked questions about the Old and New Testaments. These were some of the (real) results...

1. In the first book of the Bible, Guinness, God got tired of creating the world, so He took the Sabbath off.
2. Adam and Eve were created from an apple tree. Noah's wife was called Joan of Ark. Noah built an ark and the animals came on in pears.
3. Lot's wife was a pillar of salt during the day, but a ball of fire during the night.
4. The Jews were a proud people and throughout history they had trouble with unsympathetic Genitals.
5. Sampson was a strong man who let himself be led astray by a Jezebel like Delilah.
6. Samson slayed the Philistines with the axe of the Apostles.
7. Moses led the Jews to the Red Sea where they made unleavened bread which is bread without any ingredients.
8. The Egyptians were all drowned in the dessert. Afterwards, Moses went up to Mount Cyanide to get the ten amendments.
9. The first commandment was when Eve told Adam to eat the apple.
10. The seventh Commandment is thou shalt not admit adultery.
11. Moses died before he ever reached Canada. Then Joshua led the Hebrews in the battle of Geritol.
12. The greatest miracle in the Bible is when Joshua told his son to stand still, and he obeyed him.

Summer Bonus:-

The Rectory, St James the Least

My dear Nephew Darren **On why it is so hard to read**

Your suggestion that every month at clergy meetings, someone should review a book of theology they have been reading, was bound to be greeted with uneasy resistance. It would mean that the majority would have to start *opening* books, rather than just occasionally dusting them. Possessing books does not necessarily imply that they are ever read.

Your high church colleagues will only read the Racing News, low church members the Railway Review, liberals the Knitting Weekly and those with tendencies towards non-conformism, the Vegetarian Times. Clerical studies may be lined with books, but they are largely for effect – and to hide damp patches on the wallpaper. Anything with hard covers will have been bought with the best of intentions - but somehow the vicarage lawn or the church hall drains will have taken precedence. And from what I know of your colleague over at St Crispin's, the only books he will buy will be to colour in.

I do try to keep up with my reading, but sleep mercifully intervenes after the first 10 minutes. On those days when I sit by my study window, so passers-by can see me deeply occupied in intellectual activity, it is most useful that my large tome on the letters of Eusebius can easily conceal an Agatha Christie inside it.

I confess that I was once gloriously put down when I tried to impress one of our blue stockings by mentioning a new edition of a Dostoevsky novel. She replied: "I have never read Dostoevsky in translation." It only confirmed my suspicions that she had worked as a Russian spy in earlier years.

I was hugely impressed when, during the bitter cold of last winter, the Earl of Stowe, whose library would comfortably contain one of our cathedrals, told me he was slowly getting through its contents of tens of thousands of volumes. It was only some time later that I discovered he meant he threw the occasional one on the fire, when he was running low on wood.

No, my dear Darren, the only literary activities that will spark interest will be crosswords for the majority, or diocesan reports for the truly dedicated – with weighty tomes being used as door stops.

**Some see
hard work.
You see a
Happy Ever
After**

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6th August The Transfiguration of Jesus

It's an unusual story. One day, Jesus is with three disciples on a high mountain in Galilee, when His appearance dramatically changes. Also, Moses and Elijah suddenly appear, and from a cloud comes the voice of God. What is this all about?

This event was witnessed by James, Peter, and John. They were close friends of Jesus. In the future, they were to become prominent leaders in the Early Church. They needed to see something special that would help them remember Jesus in the difficult years ahead. They had a glimpse of Christ in His divine glory. His face shone like the sun and His clothes turned white as light.

While this was an extraordinary sight for the disciples, it served to encourage Jesus who once had glory and majesty in Heaven. One day He would have it again. But firstly, He had to fulfil His mission: to suffer on the cross and die.

Why were Moses and Elijah standing with Jesus? Moses was the giver of the Law and Elijah represented all the prophets. They had pointed people to the promised Messiah. Jesus was about to complete God's plan of salvation.

God's voice was heard to remind Peter there was no need to build shelters. They were not going to stay on the mountain. God spoke to get the disciples to fix their attention of Jesus. The wonder of the Transfiguration was a short interlude before Jesus had to return to His work and subsequent death on the cross.

This story is a reminder that our times of spiritual blessing have to be followed by down-to-earth commitments and responsibilities. In the same way that Jesus gave His friends a glimpse of His awesome glory, to help them face challenging and traumatic times ahead, our special times in His presence are provided to encourage us and equip us for the trials we may have to face.

Our journey through life may sometimes rise to the peaks but we can't stay on a 'high' all the time – no matter how much we want it! We have to descend to face everyday challenges if we are to fulfil our calling in Christ. From *our* mountain-top experiences we all need to find a balance between times alone with God and serving Him in the company of others.

PARISH OFFICE (in Church)

e-mail parishoffice@holytrinitybarkingside.org.uk or phone **07478 187 010**

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

VICAR:

Rev Dr Chris Szejmann - 07804 641 931

The Vicarage, 36 Mossford Green, IG6 2BJ
priest@holytrinitybarkingside.org.uk

Associate Curate Rev Kate Szejmann

kate.szejmann@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

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).

15th July Jazz Concert 3pm.

20th August Family Church/Family Day

9th Sept Churchyard Day & Ride and Stride

15th October Harvest Festival Service plus an "event"

3rd Dec Start of Advent – Fairlop Brass Band in Church

9th Dec Variety Jazz band in Parish Hall, with Meal / refreshments

21st Dec Carols in Barkingside High Street

24th Dec Christingle Service.

