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Holy Trinity is a lively, Family-Friendly Church. We have a Heart for the
Common Good, seeking to make Jesus Christ known in Barkingside

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Who We Are

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

We are a lively, Family friendly Church with a Heart for the Common Good, and want to make Jesus Christ known in Barkingside

Our Services Sunday 10:30am & Wednesday 9:45am

The Church is open for Private Prayer, and as a Welcoming Space Monday, Wednesday and Friday 10am - 12noon, and you are Welcome to Join us at our Tuesday Drop-In 9am to 1pm in the Parish Hall



Dear Family,

I hope this letter finds you well! Whilst I am sure that you are enjoying the warm and sunny late summer, scientists are stunned by planet's record September heat. So we are reminded of the Climate Emergency. And there are many other things around us and in us that are broken and that challenge us. **Yet, we are people who believe that we are called to bringing life and reconciliation into our context, and that there is always life and hope.** Yes, West Ham's results continue to make us smile (and Leicester's!), but what gives us ultimate faith and hope, is that we believe that God is always active and always gives life.

I shared recently at our last PCC meeting that I have a clear sense that there is a shift from focusing on administrative things (our procedures and practices, and the state of our church building, have been checked and found healthy as part of the "Visitation" and the "Quinquennial" over summer), to focusing much more on PEOPLE and RELATIONSHIPS. And I am very excited about that!

A few weeks ago Kate started leading a team to pray and bless our neighbourhood: "Mission Barkingside" takes place every Tuesday between 2-4pm – please join in if you have time – here is Patricia's encouraging reflection: "I went out with Kate & Mark to talk to people and engage about Christianity. we spoke to several different faiths and to invite them to the pet service, I really enjoyed the day. 2pm Tuesdays for the next few weeks. And we did litter picking ①"

Attention please! Currently we are inviting all those who attend Holy Trinity worship services to engage with our "What Gives Life" survey (please remember to submit the filled-out paper copy of the survey into the allocated box inside Holy Trinity church by Sunday, 15 October). And, crucially, we are choosing the positives as our focus: Things that are life-giving and connect us with Holy Trinity in positive ways. And in this, travelling well together will be crucial – so it's worth reminding ourselves of our diocesan values: Awareness of grace; Valuing the small, the vulnerable and the marginal; Focusing outward; Sustaining healthy rhythms; Kindness, mutual respect, gentleness and humility; Generously collaborative; Faithful, creative, courageous and open to the unexpected and surprising (please see the "Travelling Well Together" resource in HT church as paper copy, or visit the Chelmsford Diocese website).

Bishop Guli's reminder that how we journey is more important than the exact nature of the destination, spoke to me strongly when I discerned the Bible passages of Exodus 16:2-15 & Matthew 20:1-6 for our journey ahead. I noticed three things: First, God's Glory is with us. God's Glory appears unexpected to the Israelites in the middle of the wilderness after they had escaped the slavery in Egypt! The sight must have been breath-taking. So the Israelites no longer owed Pharaoh anything (symbolising the current system we live in), and instead, they were now fully in the arena of God's life-giving sovereignty. And of course Jesus carried this glory precisely in the "wilderness places" of society.

Second, **God provides abundantly for us.** The divine Manna provisions are central to the claim that God's creation is blessed by abundance – even in the midst of the wilderness (or brokenness and challenges). And this is how we can understand Jesus feeding the crowds in the wilderness. It's an invitation to engage with the wonders of God – an invitation to another world: Bread in the wilderness is a different kind of bread and lasts a long time.

And finally, the Parable of the Workers in the Vineyard gives us a clear choice: whilst we humans tend to compare ourselves with others and think that we deserve more and better, Jesus asks us to stop expecting for ourselves, stop counting & comparing, and instead

accepting God's love as a 100% gift. It's a shock to many of us, but in God's realm, "the last will be first, and the first will be last" (Matthew 20:16).

So, what about making this the fuel for our journey ahead?! God's glory, his abundant provisions, and his unconditional love? I truly believe that if we do that, our journey will be blessed, and amazing things will happen.

**:

Going forward, please pencil in our "special services" and events in the forthcoming months to invite family and friends (see our Parish Diary), especially the "Harvest Festival – Homeless Sunday" (15 October; includes bring-and-share lunch from 12noon); "Racial Justice – Black History Month" (22 October); Family Church event, 22 October, 3:30-5:00pm;



"Persecuted Church" (5 November); Family Church "Light Party", 4:30-6:00pm; "Remembrance Sunday" (12 November), and "Safeguarding Sunday" (19 November).

As always a reminder at the end: **You are awesome and wonderfully made by God!** Thanks so much for all the things you do – so much appreciated. Let's continue on our journey by supporting one another and encouraging one another. Please remember that the funeral of Barry Houston takes place on Monday, 16 October, 12:30pm. Finally, please get in touch with me if there is anything specific on your heart, or if you simply want to catch up – I would love to hear from you.

Every blessing, Fr. Chris



Do you need help?



We are here for you and want to support you.

We would love to meet you! The church is open for private prayer, and as a welcoming space Monday, Wednesday and Friday 10am - 12noon. You are also welcome to join us at our Tuesday drop-in 9am to 1pm in the Parish Hall, or during Worship Services on Sundays 10:30am and Wednesdays 9:45am. You can also contact our Vicar Chris or the Church Office via phone or email.

There are, however, many areas where it's best if you seek professional help. Please see the "Help" page on our church website for useful information (also available as a print-out in church), including two important links:

- "Directory of cost of living support", Redbridge Council
- · "Help in Redbridge" website

QR link to Holy Trinity Church website



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

Prisons Week - 8th to 14th October

Prisoners and their families need help, if they are to really repair and rebuild their lives.

And so it is that Prisons Week has been growing steadily, year by year. It currently has 25 Christian denominations and organisations working together to use "all our skills and gifts to see God's kingdom come and His peace be established in a place of suffering and weeping."

Prisons Week is supported by the Church of England, the Catholic Church, the Free Churches Group, and the Salvation Army. It is also supported by the prison ministry organisations including Prison Fellowship, Prison Advice and Care Trust, and Caring for Prison Leavers. Other supporting organisations include Bible Society, the Mothers Union, and Youth for Christ.

The week-long campaign each October aims to provide Christians across the country with information, expertise, resources, and encouragement for this particular, and challenging, area of ministry.

For anyone, or any group, who would like to support Prisons ministry, there are several campaign resources available at their website.

Above all, Prisons Week urges individual Christians to pray for prisoners and their families, that their lives might be rebuilt and renewed.

Prisons Week describes its aim as "relieving the human suffering caused by crime and imprisonment." For more info, please visit: www.prisonsweek.org

Those endless roadworks

Do you keep encountering roadworks? No wonder. There have been more than 200,000 of them in the UK over the past three years – due to the need to fix faulty water pipes.

Here is another depressing statistic: an average of 159 road repairs has been carried out *every* day since the start of 2020, again, because of the leaks.

A recent investigation by the Liberal Democrats uncovered the scale of the problem. Tim Farron, Lib Dem environment spokesman, says: "The water companies have caused misery right across the country. From pumping out raw sewage into our waterways to now causing traffic jams, they are a complete shambles.

"Whilst they have been stuffing their pockets with dividends and bonuses, people have suffered at their lack of investment in infrastructure. It is time to get tough with the water companies." Mr Farron wants "a new regulator with teeth that can hold these firms to account."

A Prayer for October

Dear Lord and Creator of all things,

In this fast-moving and high-tech world, help us to slow down – just occasionally – to notice the rhythms of Your creation; the beauty of the colours of autumn; the annual ritual of falling leaves and darkening evenings. All part of Your cycle of the year that we often take for granted.

And yet Lord, there is evidence of changes in our climate – extremes of temperature, droughts, floods and wildfires. There is evidence that our behaviour might be responsible for damaging Your world.

Lord, we thank You for Your goodness and faithfulness and grace to us. We are sorry when we get things wrong. Thank you for sending Jesus to show us the way to be in a right relationship with You. Help us to put our trust in Him and as part of living Christian lives, to accept our responsibility for caring for the world You created.

In Jesus' name, Amen By Daphne Kitching

Animal Welfare Sunday - 1st October

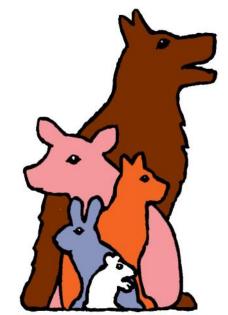
Animals suffer. All over the world.

One way in which you could help them is to support the work of The Anglican Society for the Welfare of Animals (ASWA), which has been working for more than 30 years to promote animal welfare, and to make "Christians and others aware of the need to care for the whole of Creation."

ASWA introduced the annual service of Animal Welfare Sunday (held on the nearest Sunday to 4th October – St Francis-tide) to encourage churches to include animal welfare concerns in their prayers.

As a spokesman explains, "Care for all God's creatures is a non-negotiable part of Christian discipleship. Animal issues are theological issues and should be on the churches' agenda. We believe that God has given us a responsibility towards sentient beings with whom we share God's world. The Bible teaches us that God has given us 'dominion' not 'domination' over animals (Genesis 1:26). This means 'loving care' not 'ruthless exploitation'.

"We teach respect for all creation and highlight the ways in which animals suffer because of human neglect, exploitation and cruelty.



"Throughout the Bible, there is a recurring theme that when people are given power by God, it is in the expectation that they will use it to benefit rather than oppress the weak. Furthermore, it is inconceivable that a compassionate Creator would make animals capable of thought and feeling, of knowing comfort and pain, and then be indifferent to the quality of life which they enjoyed.

"When we see images of animal cruelty on television or the newspapers, we ask what kind of person could have inflicted it. Similarly, what kind of God would deem it acceptable?

And so ASWA works, through education and lawful action, to curb the abuse of animals in intensive farming, the food chain, experimentation, diseases associated with animals, the ill treatment of pets and the killing of animals for pleasure. "These all raise ethical questions."

£9.4 million approved for additional curate posts

The Church of England is going to spend more money on curates.

Funding to the tune of £9.4 million has been approved to support dioceses with the costs of nearly 70 additional stipendiary curacy posts across the Church of England.

The grant, approved by the Strategic Mission and Ministry Investment Board (SMMIB), will support 68.5 additional stipendiary curacy posts for deacons ordained this year.

The funds have been made to ensure that there is no shortfall in the number of available stipendiary curacy posts. A further £8.4 million has been approved by the Board for additional curacies in 2024.

The Revd Helen Fraser, Head of Vocations and Deputy Director of the Ministry Development Team for the Church of England, said "Once again I am delighted that dioceses will receive this support in their ongoing provision of excellent training in curacy."

Bible Sunday – 29th October Canon Paul Hardingham considers why Christians put such a high value on the Bible.

At the recent Coronation the King was given a Bible with the words 'the most valuable thing that this world affords'. As Bible Sunday is celebrated this month, let's ask why we should read the Bible?

The Bible isn't a single book, but a library of 66 books, composed by some 44 writers over 1500 years in a range of styles including history, poetry, prophecy, letters and apocalyptic (looking at the end times). Despite having a number of different writers, it claims one authority - God Himself! 'All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in right-eousness, so that the man of God may be thoroughly equipped for every good work' (2 Timothy 3:16). The Bible is inspired ('the word of God in the words of men') and equips us to live for God in every aspect of our lives. We also have the promise of the Holy Spirit to guide us when we read: 'when the Spirit of truth comes, He will guide you into all truth' (John 16:13).

How should we read the Bible? Let's consider the following guidelines:

Right time: We need a regular routine, which will meet our needs. This will vary according to our circumstances: e.g., a mum at home with young children, somebody with a demanding job or a retired person.

Right Place: We need to find a space where we can be undisturbed (e.g. lounge, bedroom, train or kitchen).

Right Version: We need a version of the Bible which we can readily understand and use. A number of versions are available (e.g. NIV, The Message), as well as Bible apps we can access on our phone.

Right Help: Reading notes also help us to understand a passage and apply it to our lives.

Let's get reading!!

Don't Mess with us Wrinklies!

My Nan went into the bank with her card and waited at the counter.

When she got there she gave her card to the young lady and asked for £20.

The young girl so No as it was a small amount, she would have to use the machine.

Nan said she was unsure of using the machine would the young lady help her.

Rather rudely she said no she only dealt with large amounts and the instructions were very clear to understand on the machine.

Nan then asked if she wanted a larger amount could the young lady do this. She said if it was in the account then she could.

Nan then asked to take out £3,000, the girls smiled for the first time and gave it to her.

Nan counted it, peeled off £20 and put it in her purse. She then said to the girl I would like to deposit £2980 into my account.

Regards Iris Burton

Special Thanks

A Methodist minister in a little Georgia town was known to a few folks to have a fondness for alcohol. One Saturday a parishioner knocked at the parsonage door. He held up a large bottle of homemade peach brandy and told the preacher, "Reverend I'd sure like to give you this, but there's one condition: You must thank me from the pulpit tomorrow morning."

The preacher thought about it for a moment and agreed. The next morning he strode to the pulpit and announced, "I really want to thank Brother Roberts for the lovely gift of fruit he brought by the parsonage yesterday and especially for the spirit in which was given."

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

Loyalty: Lester Amann considers faithfulness

In Edinburgh, the capital city of Scotland, stands Greyfriars Graveyard. In 1858 a faithful dog called Bobby followed the remains of his beloved master to this cemetery. Here the dog stayed on or near the graveside until his death, 14 years later.

This is a story about loyalty. More poignantly, many people have devoted themselves to others through all kinds of circumstances. It's amazing what some people have gone through in giving their lives to someone to ensure their comfort, safety, and well-being.

There are numerous examples of loyalty in the Bible. The widow Ruth refused to return home to Moab to be with her people. Instead, she committed herself to staying with her mother-in-law, Naomi, whatever happened.

The young David, many years before he became king, and Jonathan the son of King Saul promised to look out for each other no matter what ill befell them.

Moses was faithfully loyal to God. They spoke with each other as if they were friends! He served God endlessly despite the frustrations of leading a vast crowd of people through the desert for 40 years.

What about us? How loyal are we to God? A difficult question, when so much can sway our eyes, our minds, emotions and behaviour in a world that thinks it doesn't need a faithful and loving God to care for them! It's easy to be loyal when times are good, but a different thing when hardships surround us.

Do we ever feel uncomfortable singing hymns about courage, obedience and service? Some provoke a challenge. Do we *really* mean all the words we sing? Consider the popular hymn *Jesus I have promised to serve Thee to the end.* It is a stirring declaration of faith, with prayer requests that we be steadfast in all circumstances. While it is good to sing hymns about loyalty, we should also endeavour to work out what our commitment to God really entails.

Jesus made some testing statements about loyalty, and warned His hearers about weighing up the pros and cons before following Him. Jesus said 'Take up your cross'. This challenging phrase is the ultimate test of our devotion and dedication to Him.

Loyalty in all relationships is a joy to behold, but no loyalty is greater than our loyalty to the Lord. Fortunately, God knows our weaknesses and will aways pick us up when we stumble and will forgive us when we fail. After all, Jesus is 100% loyal to us and promised "I will never leave you and never forsake you." **Amen to that!**

How olive oil could help prevent dementia

If you have more than half a teaspoon of olive oil a day, it may cut your risk of dying from dementia by 28 per cent, a recent study by Harvard University suggests.

But nobody knows quite why. Some experts say it may be that the antioxidants in olive oil can pass through the blood-brain barrier, which may have a direct effect on cognition.

One doctor explained: "Opting for olive oil, a natural product, instead of fats such as margarine and commercial mayonnaise, is a safe choice and may reduce the risk of fatal dementia."

There are estimated to be 944,000 people living with dementia in Britain, with the majority suffering from Alzheimer's. The number is expected to increase to more than one million by 2030, with one in three people born in the UK this year expected to develop dementia in their lifetime.

The condition costs the country £34.7 billion annually and is now the leading cause of death. Sadly, there are currently no licensed drugs that can slow down or repair brain damage.

As Halloween approaches...

Have you ever wondered what a Christian is to make of the unseen world of evil and the occult? Where do evil spirits come from, anyway?

The Bible takes the unseen world of evil spirits very seriously indeed. It tells us clearly that evil spirits were once part of the created angelic order (Genesis 6). They were not created as evil beings, for all of God's original creation was good (Genesis 3:1). The Bible relates how a number of angels, headed by Satan, or Lucifer, rebelled against God's authority and fell (Isaiah 14:12-15; Ezekiel 28:11-19).

Satan, who disguised himself as the serpent in Eden, is leader of the fallen angels, and opposes himself to God. But evil and good are not co-equal! Thus, the idea of 'dualism' (belief in the equal and permanent existence of evil alongside the good) has no place in the Bible. Unlike goodness, evil has a beginning and an end. Satan's final destruction is already assured (Revelation 12:12; 20:10).

So, what is the world of the occult, then? The word 'occult' comes from the Latin: *occultus*, 'secret', 'hidden', and is our intrusion into the forbidden territory of superstition, fortune telling, magic and spiritism. Its downfall one day is promised us through Jesus. His early ministry established a bridgehead against the evil unseen world: no wonder the hostile, and sometimes violent, reaction of the demons! (Mark 1:23-27; 32-34).

But Jesus had no fear of demons, and neither should you, if you are a Christian. Further, it is important not to become obsessed with the unseen world – don't let it intimidate or fascinate you. Occult films can have deeply disturbing after-effects on people. Avoid them. A Christian has better things to think about.

While the occult world is certainly there, we are wise not to imagine, as some do, that every sin we commit, every bad habit, illness or misfortune we meet is due directly to an attack on us by Satan himself, and that therefore we need to be 'exorcised'. Terrible damage has been done in this regard by Christians who mean well but who are uninformed.

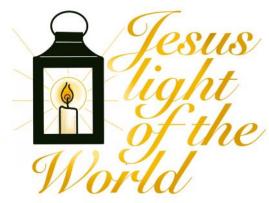
The kingdom of spirits is real, but so too is Christ's authority. Before Christ, the spirits shrink and retreat. Magic spells and charms have no power over the true Christian (provided we do not open ourselves to their influence) for "the One who is in you is greater than the one who is in the world." (1 John 4:4)

If ever you are frightened by anything occult, remember some sound biblical advice: resist the devil, and he will flee from you. (James 4:7). But remember, a Christian has no business dealing in anything occult. All occultism is to be ruthlessly shunned (eg Leviticus 19:31;20:6; 1 Samuel 28; 1 Chronicles 10:13; Isaiah 8:19,20; Acts 19:18-20.)

The demonic world is very real, very powerful, but it is also already doomed and defeated. (Colossians 2:15; Hebrews 2:14,15). Why? Because the death of Jesus Christ has achieved this victory.

So – be confident in Christ, but not complacent in your everyday life. Satan's kingdom is alive and well in this present world, and it will still not admit its defeat at the Cross.

The final destruction of all things occult will not come until the return of Christ.



A Bear called Paddington

It was 65 years ago, on 14th October 1958, that Michael Bond's children's book, *A Bear Called Paddington*, was published. It marked the debut of the lovable Paddington Bear, who is now a household name after appearing in two irresistible films.

Paddington starred in more than 20 books written by Bond, who died aged 91 in 2017. The original story was inspired by the author witnessing Jewish and British evacuee children passing through Reading station. Bond wanted the bear to have come from "darkest Africa", but this was changed to Peru when his agent pointed out that there were no bears in Africa.

Many people have found Christian characteristics in the bespectacled, kind, red-hatted, innocent Paddington, who always tries to do the right thing but often gets into trouble as a result. He is invariably polite, but has a "hard stare" for those who behave badly. The two hugely successful films, with Ben Whishaw voicing Paddington and household names in other roles, established the bear in the national psyche – a natural successor to Winnie the Pooh.

A stuffed toy Paddington Bear was chosen by British tunnellers as the first item to be passed to their French counterparts when the two sides of the Channel Tunnel came together in 1994. The books have been translated into 30 languages and have sold more than 30 million copies.

Paddington has also reached the very top of society. Comedian and later President of Ukraine Volodymyr Zelensky dubbed him in the Ukrainian version of the films, and to cap everything, Paddington joined the late Queen in one of her last public appearances – a brilliant comedy segment in the Platinum Party at the Palace on 4th June 2022, in which the Queen 'revealed' that she always carried a marmalade sandwich – Paddington's favourite food – in her handbag.

1st October Remigius, praying for ill children

If you've ever prayed for the ill children of non-Christian friends, then you are following in the steps of Remigius (d.533).

Remigius was bishop of Reims late in the 5th century, and the king's son was ill. The queen, Clotild, was a Christian, but the king of the Franks, Clovis I, was not. Then Remigius prayed for their ailing son, and he was healed. The king was so overwhelmed with gratitude that he decided to acknowledge and honour the Christian God.

In his enthusiasm King Clovis seems to have turned his royal household into something akin to the aftermath of a Billy Graham rally/Alpha course, for he commanded that all 3,000 members of the royal household and followers become Christians at once, and that they all be baptised.

Under the protection of King Clovis, Remigius carried on preaching the Gospel throughout the Frankish kingdom. He did some extensive church-planting - founding bishoprics and churches - and was greatly loved by the people up to his death in Reims in 533.

4th October St Francis and the Life of Simplicity

Just about the only thing most people know about Francis of Assisi is that he talked to the birds. Churchgoers also know the popular hymn based on his famous prayer, 'Make me a channel of your Peace', which was sung at the funeral of Princess Diana.

However, Italy's patron saint, whose feast day is this month (the 4th) was a more complex, and some would say controversial character. His life spanned the end of the 12th and beginning of the 13th centuries. He was born into a very wealthy family, but after what he called his 'conversion' standing before a crucifix. He renounced all his possessions. In fact, he stripped himself of his of his wealthy garments in a public square in his hometown, Assisi. For the rest of his life he and his followers, including his feminine counterpart. St Claire longed, prayed and worked for a life of simplicity – a lifestyle without luxury or privileges. For the Franciscan brothers and the Poor Claires. This meant no private possessions at all. Francis saw that many poor people without these things, actually seemed to live happier and more fulfilling lives than the ambitious rich. He spoke of a simple life not shaped by money or power but by love and mutual concern. As his hymn says, 'it is in giving of ourselves that we receive'.

11th October James the Deacon

James the Deacon is the saint for any lay person who has stepped in to lead their church when the clergy are far away.

In fact, an historian has called James the Deacon 'the one heroic figure' in the Roman mission to North-umbria. No wonder – in a time of political chaos, with the king murdered and even the bishop fleeing for safety, James the Deacon stood firm.

It had begun when Pope Gregory the Great sent Paulinus, Bishop of York, to take Roman Christianity to Northumbria. James the Deacon, almost certainly an Italian, was among those who went with Paulinus.

The mission began well, and Edwin the king of Northumbria was converted. Roman Christianity in Northumbria took root and began to grow. But then in 633 Edwin fell in battle with Penda, the ruthless pagan king of Mercia. A pagan backlash began. The queen and her son fled for Kent, with the bishop Paulinus going south with them.

All that was left of Roman Christianity in Northumbria was James, now a solitary deacon.

But James was made of stern stuff, and despite the danger from Penda, James stayed on at a village near Catterick, often risking his life as he cared for the Christians and continued to preach the gospel.

His success was discovered when the Northumbrian mission returned five to ten years later and found an active Christian community still in Northumbria. James had been a faithful servant.

After Penda died, and Christian rule was re-established in Northumbria, James turned to teaching music, especially Gregorian Chant, to the fledgling churches in the region. Bede praised him for his honour and integrity. James was present at the Synod of Whitby in 664, which met to discuss the differences between the Celtic Northumbrian Church of the North, and the Roman Church of the South.

When James died sometime after 671, he was deeply mourned by the ordinary Christians of Northumbria, both Celtic and Roman. He had never deserted them.

12th October Elizabeth Fry, prison reformer

Elizabeth Fry had endless compassion and endless energy – and together with a steadfast determination to do God's work, this outstanding philanthropist became one of the foremost promoters of prison reform – not just in Britain, but in all of Europe.

Elizabeth was born in 1780, far from any prison. The family lived in Norwich, where her father was a wealthy Quaker banker and merchant. In 1800 she married a London merchant, Joseph Fry. Elizabeth could have spent her life safely at home, raising her many children. But instead, she felt compelled to help the desperate social needs of the time.

There was a good reason for this. Back in 1798, when she had been attending a Quaker meeting in Norwich, someone had spoken what Elizabeth felt was a prophetic word for her life. As she noted in her diarry at the time:

'Deborah Darby then spoke... she addressed part of it to me; I only fear she says too much of what I am to be. A light to the blind; speech to the dumb; and feet to the lame; can it be? She seems as if she thought I was to be a minister of Christ. Can I ever be one? If I am obedient, I believe I shall.'

And she was.

Elizabeth was accepted as a Quaker 'minister', and her good works in London began. But it was not until one day in 1813, when she visited Newgate Prison in London, that Elizabeth's life changed forever. That day she witnessed such horrors of the circumstances in which women and children were kept, that she knew she had found the focus for her life's work.

Soon her daily visits to the prison, where she read the Bible and taught the women to sew, grew into a campaign to achieve basic rights for the women prisoners. She fought for the classification of criminals, the segregation of the sexes, female supervision of women, and some provision for education. In 1820 Elizabeth tackled the huge problem of destitution in London. She opened a 'Nightly Shelter for the Homeless in London', which became the first of many. She founded a society to help released prisoners with rehabilitation. And she was certainly a 'hands-on' sort of lady; it was said that for the next 20 years she personally inspected every single ship containing women convicts before it sailed to Australia.

Is now a good time to grow old? By the Revd Peter Crumpler

"Don't grow old," a parishioner of advanced years warned me some while back. "You won't like it."

Sadly, that dear woman is no longer with us, and I'm a whole lot older than when she offered me that kind advice. But was there wisdom in her words?

It's true that generally people are living longer and in better health than in generations before, but there are increasing challenges for older men and women in our society.

My friend, Maggie Dodd is an 'Anna Chaplain' for older people. She is one of around 300 such chaplains up and down the country. They spiritually support people – of strong, little or no faith – in care homes, sheltered housing or in their own homes.

Maggie has told me how life is becoming harder for older people, and we've swapped notes on what we have both observed.

She told me: "Some of the basic services older people need are becoming more difficult to access. I hear about doctor's surgeries asking for patients to print out their own forms or send photos to or from smartphones. Banks are phasing out high street branches, pushing everyone towards online banking. Many older people feel very uneasy about going online, worried of being scammed out of their savings.

"A trip to the shops is also becoming more complicated. Checkouts in supermarkets are increasingly self-service. Mobility can also be affected as car parks often need an app to be uploaded onto a smartphone to park. In many car parks there is no option to pay by card or cash!"

Plans to remove the ticket offices at train stations will make matters worse for many older wouldbe rail travellers.

Maggie told me "This gradual marginalisation of people can leave them feeling lonely and isolated. Loneliness can have a huge detrimental effect on health and wellbeing. Prolonged social isolation and loneliness are the equivalent of smoking 15 cigarettes a day."

It's good that many churches run special events and activities for older people, as well as groups for all ages. But is this enough? Christians are called to follow Christ's example and speak out for at risk of being marginalised in our society.

Today, that could be our older brothers and sisters.

24th October Felix of Thibiuca, the man who would not give up his Bible

Do you value your Bible? If so, Felix of Thibiuca (247 – 303) is a good patron saint for you. The year was 303, and Diocletian was emperor in Rome. In February of that year he decided that Christians were NOT a good thing. So, he issued an edict: all copies of the Christian Scriptures and all liturgical books were to be surrendered and burnt. Diocletian had decided to 'wind up' this upstart religion.

The persecution began in Rome. By June of that year, the edict had reached North Africa, and Thibiuca, where Felix was bishop. Felix was arrested and interrogated. Yes, he said, he did have a copy of the Scriptures. No, he said, he would not hand them over.

Felix was a highly respected bishop, and even the authorities were loath to take immediate action against him. So, they gave him three days grace to see sense, and back down. But Felix prayed and became only more certain that this was a conflict between the commandments of God and the commandments of men.

At the end of the three days Felix was referred to the proconsul. He still refused to hand over his Scriptures. His last words in public were memorable "God, I thank you. I have passed 56 years in this world. I have preserved my chastity; I have observed the Gospels; I have preached the faith and the truth. Lord God of heaven and earth, Jesus Christ, I bend my neck as a sacrifice for you, who abides for ever." He was condemned to be beheaded at Carthage, and so became one of the first martyrs to die under Diocletian.

30th October Alphonsus Rodriguez, losing everything he valued

If you have done your best to live 'right', and still had nothing but trouble and heartache in your life, Alphonsus is the saint for you. He was born in 1533, the son of a wool merchant in Segovia. He followed his father into the profession, married, and had two children. He was a responsible person. Then – his wife died, his children died, and the business failed. By the time he was 38, Alphonsus had lost everything – through no fault of his own. In 1571 he entered the Jesuit order, and was sent to the college of Montesione (Majorca). They decreed he should be a hall porter – and so he was, for the rest of his life.

We can only surmise the grief, despair and anger that Alphonsus must have struggled with at times. All we know is that at some point, he discovered he was still able to salvage something from the wreck of his life. For the surviving accounts of Alphonsus describe him as a prayerful, self-sacrificing, obedient man. Indeed, his character was so remarkable that it bore fruit more widely than he could ever have imagined, and down the years many sought out that hall porter for counselling over the heartbreaks of their own lives. God honoured Alphonsus' faith in Him, and the famous poet Gerard Manley Hopkins, centuries later, wrote a poem in which he praises Alphonsus as an example of holiness realised in and through the duties of an unspectacular, humdrum life.

Thoughts on our Christian pilgrimage...

- Exercise daily walk with the Lord. Anon
- We don't change God's message His message changes us. Anon
- Whatever we part with for God's sake shall be made up to us in kind or kindness.
- Affliction is God's shepherd dog to drive us back to the fold. Anon
- God's biggest problem with labourers in His vineyard is absenteeism. Anon
- God works in us and with us, not against us or without us. John Owen
- God always provides a light through every one of His tunnels. Anon
- We are saved not by our deeds but by Christ's sacrifice for our misdeeds. Fred Catherwood.
- Necessary evil: one we like so much we refuse to do away with it. Anon
- The need of the world is to listen to God. Albert Einstein
- A religion that does not begin with repentance is certain to end there perhaps too late. -
- If Christians praised God more, the world would doubt Him less. C E Jefferson
- The Bible has a great deal to say about suffering and most of it is encouraging. A W Tozer
- Some people treat God as they do a lawyer; they go to Him only when they are in trouble. -
- The wages of sin is death. Repent before payday. Anon

Miscellaneous thoughts on daily life...

- * One thing all nations have in common is the ability to see each other's faults. Anon
- * Over the centuries, people seem to have improved everything except people. Anon
- In giving until it hurts, some people are extremely sensitive to pain. Anon
- * Monday morning: when we look back wistfully on the good old days Saturday and Sunday.
- Don't let the littleness in others bring out the littleness in you. Anon
- * A clear conscience makes a soft pillow. *Anon*
- * Some people are born great, some achieve greatness, and some just grate. Anon

A chicken and a pig were walking by a church where a gala charity event was taking place.

Getting caught up in the spirit of the fun, the chicken suggested to the pig that they each contribute to the meal. "Let's offer them ham and eggs!"

"Not so fast," said the pig. "For you, that's a contribution. For me, it's a total commitment."

Memories and Dedication
It can be difficult to know what to say or how to come to terms with the loss of someone you love.
In memory of a loved one, or as a dedication to relative or friend who has passed on.
Although you may have given a gift to their favourite charity, you may also wish to remember them in other ways.
In order to commemorate these people in a tangible way, you can "dedicate" a chair to them.
The Church is now accepting donations for a brass plaque to be placed on a chair.
If you would like to make a donation, and also to commission a plaque, please complete the form below, and place it, with your remittance, in an envelope.
The Vicar, Churchwarden, or Treasurer will be pleased to receive this.
From
Text to be placed on the Plaque(In memory of)
I enclose cheque / cash for £ 60 (£30 for concessions)
Please make cheques payable to "Holy Trinity PCC".

Turkey-Syria Earthquake Appeal: Christian Aid thanks supporters

Eight months on from the devastating earthquakes that killed at least 58,000 people across southern Turkey and northwest Syria, Christian Aid has thanked the generosity of their supporters for raising over £3.4m to help "tens of thousands of people who lost their homes, livelihoods and loved ones."

Since the deadly earthquakes on 6th February, the first of which struck in the early hours of the morning when many people were asleep and destroyed thousands of buildings, survivors have faced torrential rains and flooding and then the extreme summer heat affecting much of southern Europe.

In northwest Syria, working through local partners and with funding from several donors, Christian Aid has been able to reach more than 60,000 people badly impacted by the earthquake and another 5,000 people in Southern Turkey.



Free consultation if you have treatment with ANDC Manithonia



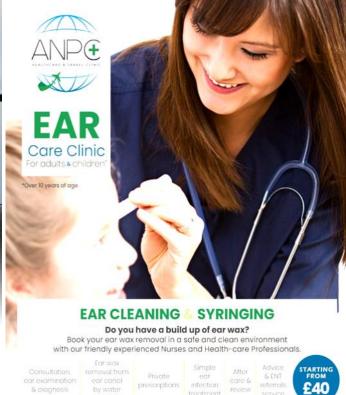
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PROBUS Men's Lunch Club

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

We meet at Luigi's on the 1st Friday each month.

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.

Want to hire a Large Hall or a Small Hall?

both light & pleasant, incl. modern kitchen, restrooms / disabled toilet, stage, and plenty of table & chairs

Seeking to host a one-off or regular event?



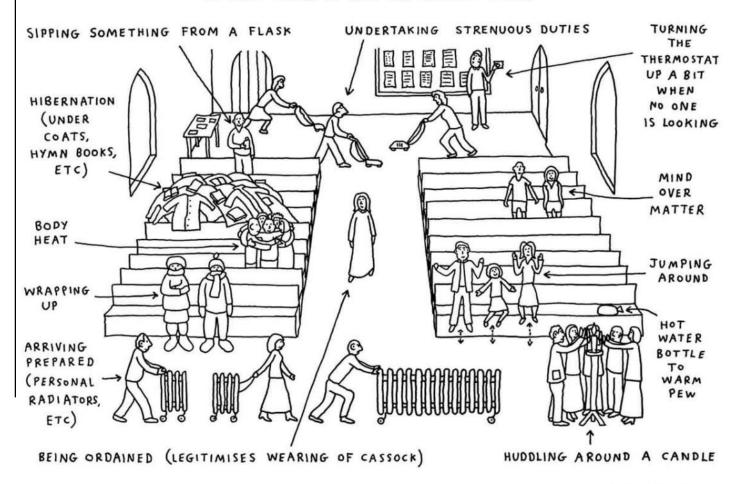
Parish Hall, Holy Trinity Church, Mossford Green Barkingside, Illford, IG6 2BX

Please see our website for further details, and contact us via our Parish Office @ tel.: 07478 187010; email: parishoffice@holytrinitybarkingside.org.uk.



WAYS TO KEEP WARM

IN CASE THERE IS ONE YOU HAVEN'T TRIED



CartoonChurch.com

CHURCH HEATING

As the weather gets colder, the high Gas bills will again be a problem for us this winter.

Please try to wear warmer clothes when the weather is cold. It is OK to keep your outdoor coats and jackets on !!

We will try to warm the church up to 60°f (15°C). During the week we will have our smaller meetings in the choir vestry, which we will warm with electric heaters. Thanks. Chris (Churchwarden)





Longwood Foot Clinic



Chiropody & Podiatry 163 A, Longwood Gardens, Clayhall, IG5 0EG

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- · Fungal Nails
- · Diabetic Footcare

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After more than 25 years of local Service, REDBRIDGE VOLUNTARY CARE duties will be managed by

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Do the Bible and Science contradict each other? Dr Ruth M Bancewicz.

For the Christian, the Bible is God's Word to us; it tells us about His character and creative purposes, how He has related to people in the past, and His promises for the future. Science is a specific way of studying the world, exploring the physical properties of things – a wonderful way to explore God's creation. So, the question to ask if the Bible and Science seem to be contradicting each other is, have we made a mistake in interpreting one or the other?

Science is very good at answering certain types of questions: 'What size is it?', 'How fast does it travel?', 'What is it made of?', and so on. Questions like 'What's it for?', 'What should I do with it?', and 'What's it worth?' can't be answered using scientific methods. Some of the misunderstanding in discussions of Science and Religion come from not recognising the limits of science.

It's also important to recognise what the Bible is, and what sorts of questions it can answer. The Bible was written well before people began to investigate the world in ways we would recognise as scientific. Of course, people in the Ancient Near East were studying the world around them, observing the movements of the stars, the processes of life and death that happened all around them, the seasons, the behaviour of physical objects, and so on. But they did not study the mechanisms underlying these things systematically using the tools of science, and they did not see or describe the world in scientific terms – not because they weren't intelligent, but because Science, as we know it, wasn't happening at that time.

Instead, the biblical writers used words that were commonly used in their own cultures to record events, share truth and wisdom, and tell stories that convey deep truth about God's character. If we want to understand God's intention in inspiring these words, we need to do some careful work to connect with those ancient writers and find out what they meant, before we can discover what those words mean to us today.

These principles can help us have far more fruitful conversations about Science and Christian faith. If we allow any apparent conflict between Science and the Bible to fuel our search for understanding, not only will we learn as individuals, but we will be able to draw others into a conversation that is relevant to wider society today.

A vicar was talking to one of his parishioners. He said: "When you get to my age, you spend a lot more time thinking about the hereafter."

The parishioner was impressed and asked him to for more details. The vicar replied: "Well, I often find myself going into a room and thinking: whatever did I come in here after?"

The Sunday School teacher was describing how when Lot's wife looked back at Sodom, she turned into a pillar of salt. Young James nodded with understanding. "My mum looked back once while she was driving," he observed, "and she turned into a telephone pole."

The wheel of my grocery cart was making a horrible scraping sound as I rolled it through the supermarket. Nevertheless, when I finished my shopping and saw a cartless woman, I offered it up, explaining, "It makes an awful complaining noise, but it works."

dogs off the bed long and be comfortable.

The biggest joke on have begun asking have begun askin

have a husband at home like that."

As part of his annual talk to our local Town Council, our minister told some funny stories. Since he planned to use the same anecdotes at the forthcoming Harvest Dinner at church, he asked the young reporter covering the event not to include them in his report.

Reading the newspaper on the following morning, he noticed that the well-meaning reporter had ended his story on the banquet with the observation "The minister told a number of stories that cannot be published."

Lean outside and ring your own doorbell on your way to bed at night. This will clear the dogs off the bed long enough for you to get in and be comfortable.

The biggest joke on mankind is that computers have begun asking humans to prove they aren't a robot.

"That's okay," she said cheerfully, taking it. "I

Wordsearch - St Luke

To St Luke, whose feast-day is 18th October, we owe a beautifully written gospel as well as the Book of Acts. He was a Greek physician and faithful travelling companion to St Paul. Under house arrest near the end of his life Paul noted, 'only Luke is with me'. Luke's gospel focuses on the compassion of Christ, and offers us moving parables, such as the Good Samaritan and Prodigal Son. Women figure more prominently in Luke's gospel than in any other: look out for the extended story of the Virgin Birth, and stories of Mary, Elizabeth, and the woman who was a sinner. His gospel also features more poor people, more lepers, more 'sinners', who are all shown to be 'inside' the love of Christ. In Acts, Luke skilfully links sacred and profane history, as subsequent archaeology has shown. He tells of how the early Christians moved away from Jerusalem into the pagan world, and especially on to Rome.

Luke women physician Virgin companion Birth house arrest poor lepers Paul sacred compassion profane parables pagan Good Samaritan early Christians Jerusalem Prodigal Son Rome

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Those Church Bulletin notes that didn't quite work as intended

The Fasting & Prayer Conference includes meals.

The sermon this morning: 'Jesus Walks on the Water.'

The sermon tonight: 'Searching for Jesus.'

Ladies, don't forget the jumble sale. It's a chance to get rid of those things not worth keeping around the house.

Bring your husbands.

Remember in prayer the many who are sick of our community.

Smile at someone who is hard to love. Say 'Hell' to someone who doesn't care much about you.

Don't let worry kill you off - let the Church help.

Miss Charlene Mason sang 'I will not pass this way again,' giving obvious pleasure to the congregation.

At the evening service tonight, the sermon topic will be 'What is Hell?' Come early and listen to our choir practice.

Eight new choir robes are currently needed, due to the addition of several new members and to the deterioration of some older ones.

The senior choir invites any member of the congregation who enjoys sinning to join the choir.

Please join us as we show our support for Amy and Alan in preparing for the girth of their first child.

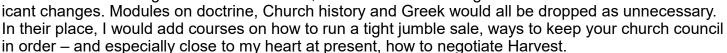
For those of you who have children and don't know it, we have a nursery downstairs.

The Rectory St James the Least

My dear Nephew Darren

On the perils of Harvest

In the unlikely event of ever being put in charge of designing the course for those being trained for ordination, I would make a few signif-



The first skirmish starts in early Summer when it becomes clear that the flower arrangers' plans mean that the choir would disappear behind a huge array of chrysanthemums. The choir then retaliate by announcing that their Harvest anthem must take place just when the Sunday School intended to re-enact the parable of the Good Samaritan. They, in turn, raise the stakes by insisting that a stage will be needed for their performance, thus ensuring that I will be separated from the congregation by an impenetrable barricade.

In September, therefore, there is the traditional meeting to iron out all these little difficulties. This inevitably results with the annual act of the verger handing in his resignation, of the bell ringers threatening a mass walk-out, and those who organise coffee afterwards demanding that my sermon lasts no more than three minutes, so there will be plenty of time for socialising after the Service.

I greet all suggestions with a spontaneous burst of indifference, smile, agree with it all – and do nothing (this, incidentally, is a good policy for all decision-making). Inevitably, everything goes ahead exactly as it has always done for the last century.

Come the day, there will be the usual arrangement of eggs round the font, with the strategically placed card saying 'Given anonymously by Elsie Jones' and the pyramid of apples temptingly near the choirboys, so designed that when someone tries to pinch one during the sermon, the whole pile disintegrates as they roll all over the chancel.

On the following Friday, all will leave after the Harvest Supper saying that the entertainment was worse than the previous year and that the absence of red cabbage had quite ruined the hot pot. Everyone therefore has had an enjoyable evening.

My Harvest training course would be compulsory and a pass mark of 90% would be needed before ordination could be considered.

If you would like a copy of our published booklet of Uncle Eustace's letters, please email us at: enquiries@parishpump.co.uk

God our Help

With floods and storms thus we be tossed. Awake, good Lord, to Thee we cry. Our ship is almost sunk and lost. Thy mercy help our misery.

Man's strength is weak; man's wit is dull: Man's reason's blind. These things to amend, Thy hand, O Lord, of might is full; Awake betime, and help us send.

In Thee we trust, and in no wight: Save us as chickens under the hen. Our crookedness Thou canst make right Glory to Thee for aye. Amen.

Anonymous, 17th century

Spoken, Written, Living Word

Gen1:3&31,3, Ps119:105, Isaiah40:8,55:11, Jn1:1

God has spoken.

His word created everything

In the beginning.

God saw all

That He had spoken into being,

And it was very good,

His spoken world.

He spoke freedom

To the ones in His image.

But then a stumbling

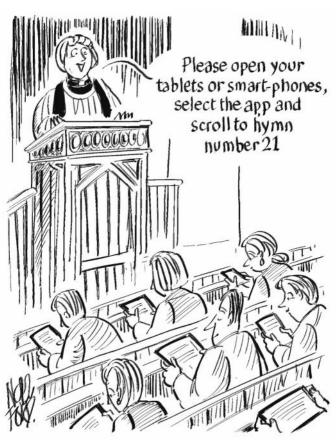
And a falling

And a need for the path to be lit.

By His power.



The harvest produce was taken to the old people's bungalows



Thanks to technology, replacing the wornout hymn books didn't cost a penny



Dark forces were at work in Dave's fridge



"But, Mum, if the vicar wasn't coming here Trick-Or-Treating, why did she still take the chocolates I gave her?"

150 years ago, on 1st Oct 1873 that Edwin Landseer, artist and sculptor, died. Known for his animal paintings, and for his famous lion sculptures at the base of Nelson's Column in London.

100 years ago, on 10th Oct 1923 that Nicholas Parsons, radio and TV game show host and actor was born. Best known for hosting *Just a Minute* and *Sale of the Century*. (Died 2020)

90 years ago, on 17th Oct 1933 that physicist Albert Einstein arrived in the USA as a refugee from Nazi Germany.

65 years ago, on 1st Oct 1958 that Michael Bond's children's book *A Bear Called Paddington* was published. It marked the debut appearance of Paddington Bear.

Also 65 years ago, on 28th Oct 1958 that the State Opening of the British Parliament was televised for the first time.

STEWARDSHIP & SUPPORT

At a time of the cost of living crisis it is particularly important that we look after those in need, and that we are generous with what we have – so that those who have enough, share with all.

Giving

The Bible tells us to give sacrificially. We need your support not only to cover the running costs of our Parish Church and halls but also to contribute to the life and work of the church in many different ways, in particular, to support our mission and outreach projects. "Giving" is really essential to secure our Church's future ability to serve our family and community. However, we are aware that circumstances differ enormously, and that your gift will not simply reflect your willingness to give but also your ability.

Ways to Give

By far the best way to give is via the Parish Giving scheme regularly every month – and we believe that in giving to others we should give in proportion to what we receive, i.e. in proportion to our income. Some tithe at 10 percent, others give 5 percent or 1 percent. If you would like details on how to set up a regular donation, please ask us in church or contact the Parish Office.

Other ways you can Give

- -A one-off or recurring gift to Holy Trinity Barkingside PCC (Charity number 1128271);
- -A regular collection is taken at all Sunday services;
- -A gift via a CAF Charity Account or Stewardship / Charity Gift voucher (payable to Holy Trinity Barkingside PCC);
- -You may also like to consider making a bequest to (Charity number 1128271) in your will (see: www.churchlegacy.org.uk). Please ask your solicitor when you make or change your will.

Tax Efficient Giving

If you pay enough UK income tax and/or capital gains tax to cover the amount of tax Holy Trinity can reclaim, we can use Gift Aid to make your donation worth even more. For every pound you give to Holy Trinity, we can claim back tax from HMRC – it really is that simple. Please ask for details.

Finally ...

We recognize that all this can be very challenging. Please be assured we are grateful for and careful with every donation made to the Church, mindful of our duty to use your gifts wisely to grow the presence of God and the Church in our local Community



Spare room feeling a little empty?

Do you miss conversations after school around the dinner table? Miss helping with homework and seeing that lightbulb moment when they understand something they have been struggling with? And although you repeated yourself hundreds of times to tidy things away, are you now, ever so slightly, missing the mess?

Bring conversation, laughter and love into your life and provide a safe, stable and nurturing environment for our most vulnerable babies, children and young people that they can call home.

If you are considering fostering and would like to know more, please visit our website on https://www.redbridge.gov.uk/adult-and-childrens-services/fostering/?
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40 years ago, on 5th Oct 1983 that Lech Walesa, leader of the Solidarity movement in Poland (and later President of Poland) was awarded the Nobel Peace Prize.

Also 40 years ago, on 25th Oct 1983 that Microsoft Word 1.0 was released. It was the first version of the popular word processor, and Microsoft's first full-featured application.

30 years ago, on 15th Oct 1993 that South African leaders Nelson Mandela and F.W. de Klerk, won the 1993 Nobel Peace Prize for their efforts to end apartheid.

25 years ago, on 16th Oct 1998 that David Trimble and John Hume won the 1998 Nobel Peace Prize for brokering the Northern Ireland peace accord.

20 years ago, on 19th Oct 2003, that Mother Teresa was beatified by Pope John Paul II and given the title Blessed Teresa of Calcutta. (She was canonised as Saint Teresa of Calcutta in 2016.)

15 years ago, on 24th Oct 2008 that the 2008 financial crisis 'Bloody Friday' took place. The world's stock exchanges suffered one of the worst declines in their history – about 10% in most cases. About £89.5billion was wiped off the value of Britain's biggest companies.

PARISH OFFICE (in Church) normally open: Mon, Wed, Fri 10 am – 12 noon

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

VICAR:

Rev Dr Chris Szeinmann - 07804 641 931

The Vicarage, 36 Mossford Green, IG6 2BJ

priest@holytrinitybarkingside.org.uk

Associate Curate Rev Kate Szejnmann

kate.szejnmann@holytrinitybarkingside.org.uk

Clergy with Permission to Officiate:

Rev Margaret Chapman - 020 8504 6750

Churchwardens:

Chris Stoneham, -07828 885 439 / 020 8270 5742

chris.stoneham@holytrinitybarkingside.org.uk

Parish Safeguarding Officer:

psr@holytrinitybarkingside.org.uk Kaye Larbi 020 8491 8178

Church Treasurer:

Laura Priestman

accounts@holytrinitybarkingside.org.uk

Sacristan / Verger:

(& Organist) Mary Fabb - 020 8550 9694

Deputy Warden:

Maxine Paul

Magazine:

parishmagazine@holytrinitybarkingside.org.uk

Mothers' Union:

mothersunion@holytrinitybarkingside.org.uk

Music Group:

musicgroup@holytrinitybarkingside.org.uk

Webmaster:

webmaster@holytrinitybarkingside.org.uk

PARISH DIARY

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

Parish Hall (continuing weekly).

15th Oct **Harvest Festival Service - Homeless**

Sunday. Bring Gifts for the Foodbank

Bring & Share Lunch 12 noon.

29th Oct Clocks go back 1 hour

5th Nov Sun - "Light Party" - Fireworks & BBQ

Sun - All Saints' Day - "The Persecuted Church" 5th Nov

12th Nov Remembrance Sunday

19th Nov "Safeguarding" Sunday

26th Nov "Christ the King" Sunday

3rd Dec **Start of Advent** — Carols by Candlelight - Fairlop Brass Band in

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

21st Dec Carols in Barkingside High Street