

Trinity Times

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The



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

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

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

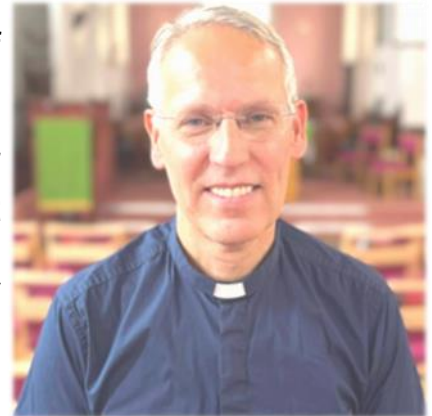
Dear Family,

The late summer is gone, rain and cold have become the norm. The terrible events unfolding in the Holy Land have shaken us and leave us in pain. We seem in a time of deep and dark shadows, even though the season of Advent starts next month.

I am sure that I am not the only one who is challenged by what is going on around us, and who is experiencing emotional ups and downs. One minute I am excited what wonderful thing God is doing, the next moment I see devastating images of war and innocent victims, and feel shocked and helpless.

And this experience seemed to run through the special services we ran last month:

On the one hand we celebrate God's wonderful gift of Creation and everything in it, including pets we love, and are reminded to see nature as a magnificent book in which God speaks to us and grants us a glimpse of his infinite beauty and goodness (**Creation and Pet Service**, 8 October). On the other hand, we are aware of the Climate Crisis and the 'growing possibility of our destroying ourselves and the world with our own neglect and excess'.



On the one hand we celebrate God's incredible abundance around us, at the same time we are in pain about people without food and homes right here in our midst (**Harvest Festival & Homeless Sunday**, 15 October). On the other hand we celebrate the contributions people of African and Caribbean heritage have made to British and global society, but at the same time we remember the challenges they have faced – and still are facing – often as a result of racism (**Racial Justice Sunday - Black History Month**, 22 October).

To me this brings into focus our commitment as a church **to challenge injustices, and to pursue peace and reconciliation**. Ultimately we are people who believe that we are called to bringing life and reconciliation into our context. So **we pray that we grasp better that Jesus Christ asks for our solidary & compassion with the crucified people in our midst – and with all of creation that is crying out in pain (Romans 8:22)**.

So this is the huge challenge we face in our daily lives: To face head-on and respond to the beauty AND brokenness of the world. This is far from easy. I find it often very difficult. So I would like to share with you a reflection that captures some of this. I found it beautiful and encouraging – please see below.

Every blessing, Fr. Chris

An Ordinary Day (Joy Mead) [abbreviated version; in *Wild Goose big book of liturgies. Volume 2* (Glasgow, 2018), 134-36]

Awaking:

As we greet with wonder and uncertainty the coming and the happenings of this new day

How can we keep from singing?

for people dying,
unheeded, untended,
from weather, hunger
and the ways of men;

As we see holiness in ordinary places
where people in all their depth and mystery
work and play, laugh and cry;
where life is cherished, sustained
and handed on

How can we keep from singing?

for children crying
where nobody hears;

for people sick and uncared for,
dirty and unkempt;

As we weep over injustice rejoice in goodness
love outrageously

How can we keep from singing?

for people oppressed
and longing for justice.

Seeking:

God, the promise of life in little bodies and tiny seeds,

we seek eyes that wonder at the mystery of the earth.

Sing a song of sadness:
for the neglect and abuse
of the earth and pollution
of the sweet waters.

God, the promise of life in a child's trusting hands,

we seek to make the way of wholeness and peace.

Sing a song of sadness
Walking across a field
in the last light
of a summer evening.

Lamenting:

The joy of the morning
and the sorrow of the day
are interwoven.

Sing a song of sadness:
for the miseries of the world
that venom every hour;

The Two Minutes Silence [*by David Pickup, a solicitor.*](#)

Remember, Lord, Your great mercy and love, for they are from of old. Do not remember the sins of my youth and my rebellious ways; according to Your love remember me, for You, Lord, are good. (Psalm 25:5-7)

I love the Psalms, as they cover every emotion and religious experience, from despair to praise and from fear to rejoicing. Some say they are difficult, but life is difficult, and so the book of Psalms is great for dipping into and finding the right one for you. This one is about remembering – remembering the past failures in our lives, and dealing with them.

What do you think about during the Two Minutes' Silence on Remembrance Sunday? Perhaps you do not think about anything. I find it helpful to make an effort to think about the war dead. I used to do some research into local men who were casualties. I had some photos taken from newspapers or sent home. These memories added some personalities and characteristics to the names on memorials.

I also think of members of my own family, who lived through the wars, and the experiences they had. Most did not go off to serve away from home, but lived through the blackouts, blitz, and evacuation and rationing. My grandfather left a photo of some comrades and had written on the back a request to 'keep this safe'.

2nd November: All Souls' Day – a time of reckoning with the past

The early Church was slow to dedicate a liturgical day to offering prayers and masses to commemorate the faithful departed. But in time prayers were offered on behalf of dead monks, that they might attain 'the Beatific Vision' through purification, which the Church later described as Purgatory. Odilo, the powerful abbot of Cluny, (d 1049) decreed that All Souls' Day should follow the feast of All Saints' Day.

At least four ancient English dedications are known, the most famous of which are All Souls College, Oxford and the church in Langham Place in London.

In bygone centuries All Souls' Day was certainly uncomfortable for anyone who had wronged a person who had then died. For it was believed that souls in purgatory could appear on earth on this day, in the form of ghosts, witches or toads, to haunt anyone who had wronged them in life.

On a more cheerful note, it was also believed that you could help the dead on this day by almsgiving in cash or in kind. Some of these beliefs seem to have been caught up in the popular customs of Hallowe'en.

When the Reformation came, the Protestants disregarded the idea of Purgatory, and this feast day remained with the Roman Catholic Church.



Be a stained-glass window

People are like stained glass windows. We glow and sparkle when it is sunny and bright outside. But it is only when the sun goes down that our true beauty is revealed – and then only if there is a light deep within us – the light of God.

Why go to church?

A church-goer complained to his minister: "I've been coming to church every Sunday for 30 years, and in that time I have heard thousands of sermons, but for the life of me, I can't think of a single one now. So, I think I have wasted my time."

The minister thought for a moment and replied: "I've been married for 30 years, and my wife and I have cooked thousands of meals. For the life of me I can't recall the entire menu of a single one of those meals now. But I do know that each one nourished us and gave us strength to carry on living. If we had not had those meals, but snacked on rubbish instead, we would have been stunted and eventually starved. Without regular Christian nourishment, we also will starve – spiritually."

A new kind of Remembrance Poppy

For the first time in 28 years, there is a new kind of poppy for Remembrance Sunday this year: it is plastic free.

Director of the Poppy Appeal, Andy Taylor-Whyte explains: “We are very proud to introduce the plastic-free poppy. It will not only enable people to support our Armed Forces community but also continues the RBL’s commitment to sustainability.”

The new poppy has been three years in the development and making. The aim was to reduce the use of single-use plastic and to “be economical, sustainable, and less impactful to the environment.”

The new poppy design has a 40% smaller carbon footprint, and it made from “bespoke red and green paper.” The paper comes from a blend of renewable fibres, 50 per cent of which has been recovered from the waste used in the production of coffee cups.

The plastic-free poppy will be available alongside remaining stocks of the current poppy, to reduce any waste of poppies already produced. Poppies containing single-use plastic can be returned to Sainsbury’s stores for recycling.

Reflecting faith – Remembering Our Loved Ones by the Revd Dr Jo White.

For the last couple of months, we’ve been looking at seating in the church building.

Perhaps you’ve noticed that on the more ‘special’ items there are dedication plaques to the person who donated the money to buy the item or in whose name the item was purchased. In some churches, pretty much everywhere you look you will find such labels, whilst in others they are much rarer.

Of course, many people donate financially and give specific items in their own name or in memory of someone else without wishing for this to be publicly noted. But often when folk donate something they do like it made clear.

A couple of centuries ago people would leave money after their death for a mass to be said for their soul. In some rich cases this would be every day for a year or even longer.

The ‘very’ rich paid for a new altar to be placed in the church building or even in an extension to the building – a chantry. This is where their personal mass would be conducted each day. In these cases, a stipend would also be paid to cover the cost of a separate priest to do this task, rather than the rector or vicar having it as an extra daily task. A room would be provided for that priest above the chapel often.

This all stems from the belief that we have sinned and will be punished in purgatory or hell but can ‘buy’ time off through prayers.

Today our theology has moved back to a more biblical understanding, that Christ is the one who bore our sins on the cross, and we can’t earn our way to heaven; we can only get there by faith in Him.

But we still love and think about the people whom we loved, even though they are dead. Some Christians believe that, as we prayed for them in life, why should we stop just because they are dead?

As C.S.Lewis wrote;

“I pray because I can’t help myself. I pray because I’m helpless. I pray because the need flows out of me all the time, waking and sleeping. It doesn’t change God. It changes me.”

How to Deal with Enemies

Canon Paul Hardingham considers our response to those who hate us.

In the season of Remembrance, we consider those who have heroically given their lives in war. However, Jesus calls all of us to a radical heroism in our daily lives: 'You have heard that it was said, 'Love your neighbour and hate your enemy.' But I tell you: Love your enemies and pray for those who persecute you, that you may be children of your Father in heaven.' (Matt 5:43-45).

Love Your Enemies:

Our 'enemies' are rarely life-threatening; they can simply be impatient, judgmental, self-righteous or just plain disagreeable! Whether the conflict is with a family or church member, work colleague or neighbour, our attitude toward them should be one of love. We will naturally want to retaliate, but Jesus commands us to love!

Pray for Your Persecutors:

It's only when we are ready to pray for someone whom we find difficult, that God can soften our attitude towards them. Like us, they are those in need of God's forgiveness and grace. Dietrich Bonhoeffer, the German pastor executed by the Nazis at the end of World War 2, wrote:

'This is the supreme demand. Through the medium of prayer, we go to our enemy, stand by his side, and plead for him to God. For if we pray for them, we are taking their distress and poverty, their guilt and perdition upon ourselves and pleading to God for them.'

Become More Like Jesus:

When we start loving our enemies and praying for our persecutors, we become more like Jesus Himself. He willingly laid down His life for us, prayed for His persecutors and gives us the power to love our enemies as He did.

At a time when we recognise that we all need heroes; how will we respond to this call to radical heroism in our own life?

Be a Barnabas - encourage one another:

Paul Hardingham considers the power that each of us has been given - to help others.

'You'll never amount to much' said a Munich schoolteacher to the ten-year-old Albert Einstein. Good thing that he did not listen – and instead went on to prove his teacher wrong!

Just as children need encouragement, so do God's children. St Paul urged the Christians in his young churches to *'encourage one another.'* (1 Thess 5:11). In the Upper Room, Jesus used the same word to describe the Holy Spirit, meaning one *'called alongside to help'*.

When we encourage others, we exercise a ministry like that of the Spirit to each other. In Acts we read of Joseph, a wealthy Levite from Cyprus. We know him better by his nickname Barnabas, which means *'Son of Encouragement'* (Acts 4:36). How did Barnabas encourage others?

He was an example of *generous giving* (Acts 4:36-7), when he sold property and offered the money to the church for those in need. In the midst of a caring and sharing community, he was singled out as a symbol of generosity. Are we prepared to be generous to those in need around us?

He later gave *encouragement to a new Christian* in the person of Paul (Acts 9:27). After Paul's conversion and aware of his reputation, Barnabas came alongside Paul and brought him into the fellowship of the Church. Are we ready to help those who are new to the faith to find a place in our church?

Finally, Barnabas was sent to the church in Antioch and there *'saw the evidence of the grace of God'* (Acts 11:23). Here was a church which brought together Jewish and Gentile believers together for the first time. Like Barnabas, are we able to rejoice when we see God doing new things? Are we also willing to encourage others to embrace these things and facilitate change?

Don't forget, *'In the middle of every difficulty lies opportunity.'* (Albert Einstein).

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Memories of Barry

It isn't a habit I want to develop, but I have been asked to write a few words to commemorate and hopefully honour Barry's life insofar as our worlds collided and how it developed into a friendship which I shall treasure.

When I arrived in Barkingside, I had made a decision that was a change in direction career-wise and involved giving up a busy social life in Aylesbury, which had been my home for the better part of ten years. I was fortunate that I had my brother and sister-in-law living in Leyton, whilst they made every effort to keep me entertained, inevitably there were gaps. One such gap was church; I needed to be in my own Parish.

I had completed my move on the Sunday after the May Day bank holiday (in 1998) so I had a week to find the church. Having realised it wasn't to be the Barnardo's Church I found Holy Trinity. I duly went along the following Sunday and Barry and Bill Baker (who sadly died in 2002) were foremost in making me feel welcome. They made such sufficient effort that I more or less remembered their names.



As time went on, and as I became more involved, I discovered that Barry was a member of what has become the Caravan Club, and performed the useful duty of checking the draught beer so that Jim Thomas could pick one for himself. Barry was also on hand to walk back from the Fairlop Oak and joined us for a 'Somerset moment' where Jim caught his breath and where we parted company. Latterly, Barry had a fondness for Port, and Liz sent him over to us with his ration of half a bottle. Barry also did the Christian Aid Collection, and you had to get in quickly to ensure you got the roads you wanted.

One of the highlights of the social calendar showed Barry and Liz opening their home to their friends for Burns Night. This was always held on 25th January, irrespective of the day upon which it fell. Barry was an Ulster Scot, which allowed him to chastise people who said he was Scottish. Of course the Ulster where he spent his early years was not in the 13 counties of Northern Ireland as we know it, but in Donegal., which is part of the Irish Republic. Being Barry, he was actually born in Londonderry, making him British, albeit fiercely Caledonian.

Barry addressed the Haggis each year, using the 'Address to the Haggis' as written by Robert Burns. The food was always nice and plentiful and the whisky wasn't bad, either. When the meal was done, most of the Sassenachs disappeared to avoid renditions of other parts of Burns' oeuvre, and/or the more contemporary poetry shared by Eleanor.

As the church's year progressed into Lent, Barry stepped up again to be the Soup King. It was always good and it was a poor do if you missed out.

Latterly Barry acquired Vascular dementia. This cruel disease robbed him (over time) of his faculties. I visited him, initially to provide a break for Liz to go shopping, then as someone different to break up the day a bit. He enjoyed crosswords and television sport. With Liz, he was a sports enthusiast, and it was a cardinal sin to interrupt the cricket.

In an attempt to grab his attention, I started running doughnuts to Sydney Road trying to avoid being caught by Terry and Jackie. If got there with doughnuts we enjoyed one each (this often encouraged Malcolm to join us). Since they both sported beards (being hairy men) the challenge was not to get jam in your beard. To eat a doughnut without spilling jam on your beard became known as a "Barry". You're probably ahead of me in terms of the "Malcolm". Me, being "a smooth man", getting jam down my front just made me a sloppy eater.

Barry was a faithful servant of the Church, having been a past Treasurer and Free will enve-

lope collator. He joined the choir to make a cheerful noise unto the Lord, often, like many fine orators, without reference to notes.

He supported the period when I was saying Evensong from the Book of Common Prayer, and the family generously fed me afterwards.

Whilst he had his views on the world; we didn't argue about politics or much at all. His impish grin and raucous laugh was disarming. I will miss him very much.

Liz and Barry got Married at Holy Trinity over 50 years ago, and they were part of the "young family group" that all seemed to appear at the church at the same time.



Barry was a "financial whizz-kid", and after an early retirement he became the practice manager of Liz's medical practice at Newbury Park, until Liz's retirement.

Barry was "in charge" of the printing of the church magazine. It was printed on a Gestetner, using black thick ink on a wax "master". Safe to say the ink went everywhere. Each side of each sheet was printed in turn, and on one particular evening Barry set out wooden tables, from which we all walked round in a circle, collating into a set, with the "chief stapler" at the end table.

The "Caravan Club" went on day trips to Calais and other villages in northern France, using the Toc H minibus. Once we reached Poperinge. There we felt obliged to sample the culture, food and "les vins du region". Barry's speech became less coherent as his mood "softened", and his youthful accent became more pronounced. (The long trip back from Dover to London was a lonely one for the driver, who was only kept awake by the frequent need to stop for passengers to recycle their previous consumptions.)

Farewell for the moment, Barry. We'll see you again, and have some more wonderful times together!

Stephen Gilson (& Chris Stoneham)



John Barrington Houston

15th December 1946—19th September 2023

The Bomb Girls - overlooked by history?

They have almost been left out of the history of World War Two, neglected, as a group at the National Memorial Parades, but they paid a vital part in our victory over The Axis Forces in 1945.

I remember how vulnerable it had felt being made to sign on for National Service in the army and there was only a distant Korean War then. No more of Mum's cooking, no more home comforts and 'me and my friends' considered ourselves to be tough, edge of London young men; jobs some might have said.

And yet in 1939 similar call-up letters were sent to girls as young as seventeen and a half (even though the call-up age was eighteen) in villages and small towns all over Britain telling them they were required on essential war work and instructing them to report, sometimes, long distances from all that was familiar to them.

It was stressful for some to a point where a doctor might recommend they be sent nearer home so that they could commute to the specified work, i.e. making detonators, filling shells and bullets etc.

Some of the chemicals used discoloured their skin and hair and even the colour of their eyes, turning them yellow. In the worst cases the girls were taken off certain aspects of work until their complexion and hair returned to normal, to then be sent back into the production line. Others, lost weight to the degree where they were sent home on medical advice.

It has to be remembered that these were, for the most part, young girls who, in previous years, would have remained in the protection of their families, village lasses, girls who would perhaps work in a mill or a shop, who would have remained in familiar surroundings until they, perhaps, married. Furthermore they were not, I suggest, as worldly wise as the young ladies of today.

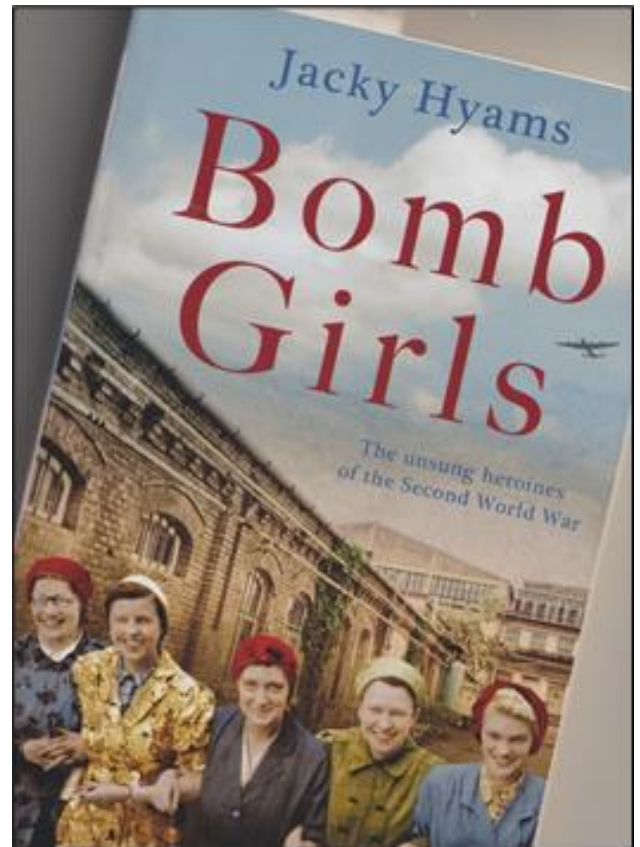
Their journeys to work had to be kept as unobtrusive as possible and the three shift system required them to travel in the early hours or the very late, dark hours. Of course there was camaraderie, friendships which kept them going. They would sing at the slightest opportunity unless they were in a very noisy work station and could not hear each other. Some spoke of utter tiredness, of girls falling off their seats with exhaustion.

Accidents happened, not very often perhaps but there were tales of loud bangs when the line would be shut down and the work shop vacated for a while. Everyone remained quiet,. Later, news would begin to circulate but they kept on working. Stocking up the fighting men with essential equipment.

One story told by those making detonators. If by chance one were dropped everyone had to keep still, no walking. Stepping on a detonator could mean the loss of a foot or worse.

There were sixty six such establishment throughout Britain and yet most people, caught up in their own war-time concerns, did not know. In my own small world as a child at that time I had been evacuated to Bridgend in South Wales. To my surprise in reading about The Bomb Girls in a book written by Jacky Hyams, I learned that there were more Bomb Girl's factories in Bridgend than any other part of the country. Of course I and millions of others were completely unaware of this. I must have brushed by them on my search for conkers or off ration sweets.

Thanks to the Bomb Girls for your bravery and dedication. **Bill Godfrey**



On Tuesday 31st October Revd Dr Sam Wells presented BBC Radio 4's Thought for the Day. You can [listen again here](#), or read it below.

“Good morning. Susan Abulhawa’s 2006 novel, *Mornings in Jenin*, tells of four generations of a family caught up in the story of the Holy Land over the last 75 years. The story hinges on two profound moments.

In the melee of flight during the 1948 war a mother is separated from Ishmael, one of her two young sons. Twenty years later, after the Six Day War, a soldier called David realises a prisoner called Yousef looks exactly like him. At the same moment, Yousef notices a distinctive scar on David’s face – a scar identical to that on the infant Ishmael who’d gone missing 19 years earlier.

The two men can’t unsee what they’ve seen. The tension in the novel is, when they’re going to recognise not just each other, but what this discovery is now going to mean for their lives and loyalties.

Reading the novel reminded me of a conversation I once had with the late Chief Rabbi Jonathan Sacks. He explained to me how the way to read the book of Genesis was through the lens of sibling rivalry. He highlighted how Isaac is pitted against his half-brother Ishmael, Jacob against his twin brother Esau, and Joseph against Judah and his other ten brothers. Sacks’ words made me see the conflict between the children of Abraham not as a clash of civilisations but as a fight between siblings.

That’s not to trivialise war. I have a friend whose lifelong struggle with his siblings is so intense it’s become the defining narrative of his existence. It’s primal. I never tell him it’s trivial.

It’s often said the war in the Holy Land goes back millennia; and there’s often a fight over when the story starts. But what seems to get forgotten is how inseparable the rival stories are. The point about the boy Ishmael who was brought up as David is not that his identity is really one or the other: it’s that it’s ineradicably both. To destroy one is to deny himself.

The lesson of *Mornings in Jenin*, and of Genesis, is that the easier path is for David and Yousef to settle for being enemies. That requires less imagination, less pain, less confusion. Both characters start by wanting to ignore the truth so they can continue to hate. But the lesson of the book, and of Genesis, is that eventually they must accept the fact they’re also brothers. No amount of hatred, or slaughter, can take that away. That’s what makes the book, and Genesis, a story not just for the Holy Land, but for all of us.”

Parishes are still “at our very heart”

“Parishes are at the very heart of the Church of England's mission.” This was the C of E’s response to a recent article in the Sunday Telegraph. The short comment was provided as a response to an article that had appeared in the newspaper on ‘parish closures.’

William Nye, the Church of England's Secretary General, said: “Local parish churches are at the very heart of the Church of England's mission and over the next nine years we are investing £3.6 billion of Church Commissioners funds in front-line ministry up and down the land, focussing particularly on those communities most in need. “It is early days, but we are seeing our efforts bear fruit - and local projects funded by the national church have already brought 27,000 new disciples into our congregations.

“Of course, churches do sometimes close - but the truth is that the number of closures is the lowest it has been for 50 years, and we are starting new worshipping communities all the time. In fact, earlier this summer General Synod formally committed the Church to revitalising our parishes.”

In fact, the number of consecrated churches closed has actually *decreased* in each of the last five decades. The figures provided to the Sunday Telegraph, who omitted them, were as follows:

1969-1979: 760 1990-1999: 274 2000-2009: 243 2010-2019: 209 1980-1989: 485

Ukraine needs the support of 'Christian solidarity'

The Primate of the Greek Catholic Church in Ukraine, Major Archbishop Svetoslav Shevchuk, has said that: "Ukraine will not be able to withstand this war without broad international help. Universal Catholic and Christian solidarity is a necessary condition for the stability and survival of our Church and people – a condition for Ukraine's victory in a war of good against evil."

Why keeping a stiff upper lip may not be such a bad idea after all

What do you do with your negative feelings and experiences?

Burying them and 'carrying on' has long gone out of fashion. Nowadays we are encouraged to express our fears and traumas, get them into the open, and not let them 'fester' in our subconscious.

But now researchers at the University of Cambridge have found evidence that talking about our traumas and problems might not be doing all that much good. It might be better to simply move on with our lives.

As one doctor said: "We're all familiar with the Freudian idea that if we suppress our feelings or thoughts, then these thoughts remain in our unconscious, influencing our behaviour and well-being perniciously. The whole point of psychotherapy is to dredge up these thoughts so one can deal with them and rob them of their power."

But according to the findings, it seems that suppressing negative thoughts might actually improve our mental health, among those of us who have post-traumatic stress disorder (PTSD).

As one psychologist explained: "What we found runs counter to the accepted narrative. This study challenges a widely accepted consensus in the therapeutic community that suppressing negative thoughts is harmful."

It may be that the reality is more nuanced, and that suppression of negative experiences "does not always lead to negative outcomes."

The study was published in Science Advances.

5th November: Guy Fawkes - an early terrorist

Back in 1605 Guy Fawkes managed to stow a good few barrels of gunpowder under the House of Lords without anybody noticing. He was part of a Roman Catholic plot to murder James 1 of England and his parliament at the state opening. Fortunately, Guy Fawkes was found - and stopped - in time.

- * A minister was asked to give the grace at a parish dinner. 'Thank you, Lord, for this food, and we pray for strength to eat it!'
- * The preacher in the Dome in Brighton had given out his text: 'Paul we know and Apollos we know, but who are these?' The stewards were just showing in two late-comers, and one called out: "They are two businessmen staying at the Queen's Hotel."
- * A lady was advertising for a travelling companion, and ended with these words: 'Christian wanted, cheerful if possible.'

Are you ready for the winter storms?

There are storms coming this winter. So warns Ecclesiastical Insurance.

And so, it has been giving advice on how to prevent damage to property during the coming storm season. Its recommendations include removing loose roof materials, repairing damaged guttering, and clearing blocked rainwater gullies.

According to the Association of British Insurers, last year's storms led to more than 170,000 claims, amounting to an estimated £500million for property damage.

Jeremy Trott, claims director at Ecclesiastical Insurance, said: "Unpredictable and extreme weather is becoming more prevalent in the UK, from heatwaves to flooding."

Silent Prayer near abortion facilities is not a crime

The Home Secretary, Suella Braverman, has recently written to every police force in the country to say that silent prayer near abortion facilities is not a crime.

In the letter she writes that "silent prayer, within itself, is not unlawful." And that "holding lawful opinions, even if those opinions may offend others, is not a criminal offence."

Concern over the provision of RE in schools

A group of cross-party peers, MPs and religious educators has criticised the lack of funding for the teaching of religious education (RE). It has called on the Government to address the crisis in teaching and recruitment.

There were 30 signatories to a letter to the Secretary of State for Education, Gillian Keegan. They described the current provision of RE as a 'postcode lottery', in which some children receive a well-taught religious education, while others receive "either 'tokenist' RE, or none at all."

The letter went on to point out that half (51 per cent) of the RE lessons in secondary schools are currently being taught by non-specialist teachers. Pupils are now three times more likely to be taught RE by someone with no qualifications at all in the subject. And RE is on track to recruit only 44 per cent of its target by the end of the current recruitment year.

The group is concerned that students who do not receive good RE education "are consequently ill prepared to play their part in our complex religious and non-religious society, with all the opportunities created by its diversity."

The best time to exercise, if you want to lose weight

The two-hour window between 7am and 9am is the best time to go running or 'work out', if you want to lose weight.

A recent study by scientists at Franklin Pierce University has found that early morning exercise can help you lose weight more easily, reduce your BMI, and slim down your waist. It is thought that the 'fasted state' after you wake up could be the reason for this weight loss edge.

As one assistant professor of exercise physiology explains: "Exercise can burn fat and glucose," Dr Ma said. "After an overnight fast, the glucose stored in our body is low. Therefore, when we exercise our muscles are likely to burn more fat." He recommends 40 minutes of aerobic exercise before breakfast, such as running or biking.

The findings have been published in Obesity, The Obesity Society's (TOS) journal.

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”.

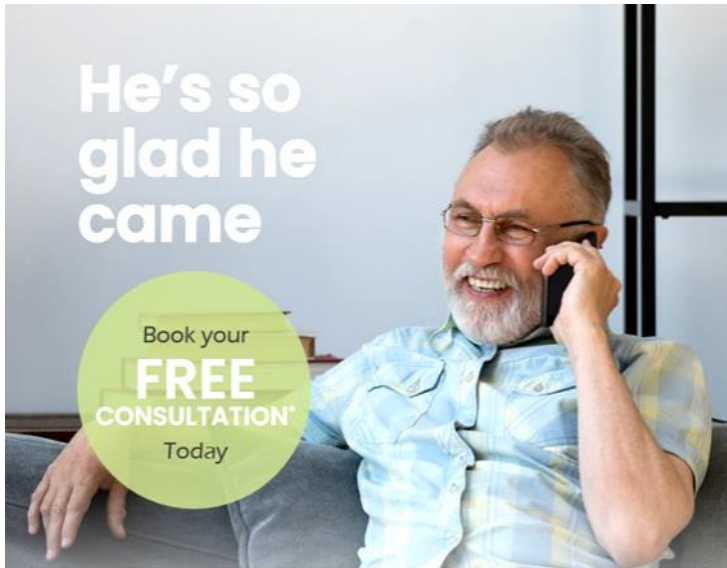
Reverse Advent Calendar - November 2023

1 Two Bags for Life 	2 Tinned Fruit 	3  Pasta Sauce	Size 5, 6 Nappies 4	5  Longlife Milk, Juice	Tinned Beans, Spaghetti 6 
7 Tea, Coffee & Hot Chocolate 	8 Tinned Vegetables 	9  Shampoo, Soap	10  Instant Noodles	11 Tinned Custard, Rice Pudding 	12 Toilet Rolls 
13 Tinned Tomatoes 	14  Toothbrush & Toothpaste	Tinned or Packaged Pulses, Beans 15	16 Rice 	17  Tinned Meat, Fish	18 Christmas Stuffing, Sauces 
19 Jams, Spreads 	20  Christmas Crackers	21  Christmas Biscuits	22  Christmas Treats	23  Christmas Pudding	24 Mince Pies 




PLEASE - BRING CONTRIBUTIONS TO CHURCH EACH WEEK

Redbridge Foodbank www.redbridgefoodbank.org Registered Charity in England & Wales (1183803)



He's so glad he came

Book your **FREE CONSULTATION*** Today

EAR CLEANING & SUCTIONING

Hearing loss, blocked ears, ringing, buzzing or vertigo?

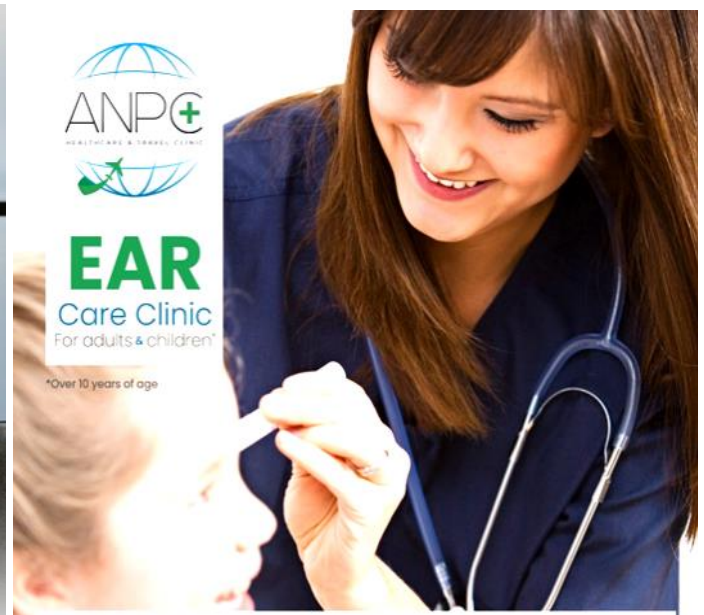
Call or text our experienced team or visit our website to book your consultation*.

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- Advice & ENT referrals service

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OUR CLINICS

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ILFORD
163A Longwood Gardens, Clayhall, Ilford, London IG5 0EG

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

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ILFORD 163A Longwood Gardens, Clayhall, Ilford, London IG5 0EG

Making melody unto the Lord

Miriam plays her tambourine
In tribute to her Lord,
The harpists play their melodies
Their sound is heard abroad.

The trumpets and the cymbals too
Ring out throughout the earth,
Extolling God our Saviour
And telling of His worth.

So let there be a paean of praise
To Him who set us free,
Forgiveness and His gift of life
He gives to you and me.

This gift was bought by Christ's own blood,
A cost none could afford,
So let us join with heaven and earth
To praise our Risen Lord.

By Megan Carter

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, Ilford, IG6 2BX

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



12th November The poppies of Remembrance Sunday

In late 1914, WW1 erupted across Northern France and Flanders. Great swathes of previously green fields and forests were blasted and bombed, leaving them bleak and barren, with seemingly every living thing destroyed.

But then in the Spring of 1915, something beautiful began to come out of all the destruction. Tens of thousands of bright red Flanders poppies began to put out tentative shoots across the endless vistas of mud. These resilient little flowers had actually flourished in the middle of so much chaos and destruction, because their seeds grow when exposed to sunlight, through disturbances to soil.

We all know that these endless fields of cheerful poppies, growing in the midst of such misery and destruction, were what inspired the Canadian doctor, Lieutenant Colonel John McCrae, to write the now famous poem 'In Flanders Fields'.

And it was McCrae's poem which inspired an American academic named Moina Michael to adopt the poppy in memory of those who had fallen in the war. She got it adopted as an official symbol of Remembrance across the United States, and worked with others who were trying to do the same in Canada, Australia, and the UK.



A French woman, Anna Guérin who was in the UK in 1921, caught the same vision, and planned to sell the poppies in London. There she met Earl Haig, the founder of the Royal British Legion, who was persuaded to adopt the poppy as its emblem in the UK.

The Royal British Legion, which had been formed in 1921, ordered nine million poppies and sold them on 11 November that year. Ever since then, the red poppy has been a symbol of Remembrance, of support for the Armed Forces community, and also of hope for a peaceful future.

With Remembrance in mind, here are some observations on war...

The tragedy of war is that it uses man's best to do man's worst. - *Anon*

Mankind must put an end to war, or war will put an end to mankind. - *John F Kennedy*

Let men who delight in the cruelties of war remember that their day is coming. - *Louis Mumford*

In war, whichever side may call itself the victor, there are no winners, but all are losers. - *Neville Chamberlain*

A Prayer for the Holy Land from St Martin-in-the-Fields

*Brokenhearted God,
your ways are ways of gentleness and all your
paths are peace.*

*Speak to the hearts of those intent on hatred
and extermination.*

*Open the borders that aid may reach those
most desperate.
Visit the hungry, thirsty, injured and terrified
with the transforming grace of your Holy Spirit.
Uphold all who have experienced horror and
fear worse to come.*

*Empower the international community
that it may bring reason and understanding
to all amid grief and loss.
Make of this crisis a moment of truth,
that in devastation people may resolve on a
different path, and in despair people may find a
new hope.*

*Change the souls of us all
that we might see through our enemy our only
path to you.
In Christ who was broken that we might be
made whole.*

Amen.



Longwood Foot Clinic



Chiropody & Podiatry

163 A, Longwood Gardens, Clayhall, IG5 0EG

What we offer

- Routine Footcare
- Corns and Hard skin removal
- Ingrowing toe nail surgery
- Fungal Nails
- Diabetic Footcare
- HCPC Registered Podiatrist
- Practising since 2012
- Member of College of Podiatry
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- Easy parking space
- Home visits available

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“One Place East”

Have Assumed the Duties of Redbridge Voluntary Care after more than 25 years

The Number will remain the same :- 020 8514 0980

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Gas appliance, service / maintain.

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25th November: Catherine of Alexandria – patron saint of young girls and nurses

Catherine is thought to have been a noble girl who lived in the 4th century. She was persecuted for her Christianity, and despised marriage with the Emperor because she was a 'bride of Christ'. According to the legend, Catherine was no push-over intellectually, either: she disputed successfully with 50 philosophers who were called in to convince her of the errors of Christianity.

Catherine protested against the persecution of Christians by Maxentius, and then she herself was tortured: broken on a wheel (later called Catherine wheel), but the machine then broke down itself, injuring bystanders. Catherine was then beheaded.

This legend strongly appealed to the Middle Age imagination. Catherine became the patron of young girls, students, philosophers, nurses and craftsmen such as wheelwrights, spinners and millers.

26th November: The excitement of the Sunday of Christ the King

The last Sunday in November is the last Sunday of the church year, and in some ways the most important. Why? Because everything else in the Christian year looks BACK on what happened 2000 years ago. The Sunday of Christ the King looks FORWARD to what we can expect next.... the return one day of Jesus Christ to this earth, as King of Kings.

Does the idea of Jesus of Nazareth literally returning to earth seem a bit quaint to accept, in our computerised world of e-mails and the internet? Well, that is what the Bible says will happen – *it is promised more than 250 times!*

The Bible is quite clear: the return of the Lord Jesus Christ as King of Kings will take place personally, powerfully, bodily, visibly, publicly – and INSTANTLY. (Read Matthew 24:30,31, or 1 Thessalonians 4:13 – 5:3.) Here are words of Jesus Himself:

For the Son of Man in his day will be like the lightning, which flashes and lights up the sky from one end to the other. (Luke 17:24)

This will be no local story for a BBC TV reporter to cover if he gets time. That day he won't be interviewing the Carpenter of Nazareth, wearing Galilean homespun. Jesus will be in His incandescent brilliance as the 'Son of Man' – a bit of a challenge even for TV reporters! Certainly when Peter, James and John were witness to their familiar Master 'transfigured', as the same irradiated Person – in a dramatic preview of Christ's triumphant final rule (Luke 9:28-36), they did not feel very confident.

The martyred Stephen, about to die, had a

similar glimpse: "Behold I see the heavens opened, and the Son of Man standing at the right hand of God' (Acts 7:56). The exiled apostle John on the island of Patmos saw the same figure: '...His face was like the sun shining in full strength' (Revelation 1:16.)

When Christ one day returns, the whole world will finally witness this same spectacle (Revelation 1:7). His return will mark the end of history, as we know it. It will inaugurate the final Judgment. It will re-unite the Lord with His Church on earth.

Jesus' return to us will bring about the new heaven and the new earth. Pain, death, persecution, privation and sorrow will all be banished. The entire edifice of evil that has raised itself against the rule of God will be dismantled in a moment.

We have been warned all along not to place a date or a time upon the Second Coming of Christ. (Matthew 24:42-44) Sadly, many people ignore this warning and waste endless time in calculations. The way in which we should be spending our days before the end is to work, watch and witness to our Lord Jesus – whether or not ours is a world of computers, e-mail and all the rest!

In the meantime, where is Jesus now? The Bible writers tells us that Jesus has returned to the place of privilege and power, and is 'seated at the right hand' of the Father (Ephesians 1:20-21; Colossians 3:1; Hebrews 1:3), and is waiting for the Father's timing for Him to return to earth in glory (Mark 13:26-27,32), to raise the dead (1 Thessalonians 4:13-18), and give them their resurrection bodies (1 Corinthians 15:35-44).

Jesus will never be a baby again. He is now Christ the King – today, tomorrow, forever.

Wordsearch - St Andrew

On 30th November, Scotland remembers one of the very first disciples of Jesus. St Andrew He is honoured, not for any mighty deeds of his own, but for his love of introducing people to Jesus. He went straight off and introduced his brother Peter to the Saviour, and followed that up by bringing Nathanael/Bartholomew to Jesus. 'Better Together' seems to have been his slogan, too! 'We have found the Messiah!', he told them, unable to keep the good news to himself. Andrew's connection with Scotland dates back to the claimed translation of his remains from Patras in Achaia to Scotland in the eighth century. The church in Fife where these remains were buried became a place of pilgrimage during the tenth century. All of this may be no more than pious legend, but that St Andrew was highly regarded in Scotland and became its patron saint is beyond doubt.

Scotland	remains
disciples	translation
Jesus	
Andrew	Fife
honoured	pilgrimage
	tenth
Peter	pious
Nathanael	patron
Bartholomew	
Messiah	saint
Saviour	love
	introducing
Patras	place
Archaia	
eighth	

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

Watch, Wait

(Mk 13:31-37, Rev 21:3,4,22:20)

Help us to watch, Lord,
 While we wait.
 To watch as we serve You,
 On the margins,
 In the mainstream,
 In the mix-up of this world.
 Yet always preparing,
 Building for Your kingdom
 Ready for Your return.

Help us to respond, Lord,
 To the signs,
 While we wait.
 Not demanding details,
 But trusting Your word,
 Holding Your promise
 To wipe away tears and suffering
 When You make all things new
 On that day.

Help us Lord, oh help us
 While we watch
 In the darkness,

While we wait
 Through the between times
 For You
 To come,
 To be our God,
 Our glorious, victorious King.

Come Lord Jesus.

By Daphne Kitching



The Rectory
St James the Least



My dear Nephew Darren

On using Glebe land for allotments

I hear you have joined the committee which wants to convert the waste land between the abandoned soap factory and canal in your parish into allotments – although I would have thought there were holier sorts of conversions you could have concentrated on. I am sure you will soon be caught up in arguments which make that little disagreement over an apple in the Garden of Eden seem quite trivial.

Some years ago, we similarly decided to let part of our Glebe land become allotments; the outcome was not wholly as may have been anticipated. Colonel Wainwright saw it as an opportunity of re-living his War years and was only just restrained from digging trenches around his plot; no doubt he would have offered to play football with neighbouring allotment holders on Christmas Day.

It caused some surprise when the Earl of Stowe applied for a plot, but it has become something of an attraction to see his daily procession, preceded by his gardener pushing the wheelbarrow, the under-gardener carrying the tools and following him, his butler with the newspaper, a deckchair, and a flask of coffee. He then settles down for a comfortable hour while occasionally supervising the work, once reports on the local hunt have been read.

Miss Simpson managed to unite everyone in communal outrage by using her plot to encourage fluffy bunnies, darling foxes, and sweet squirrels. She seemed to be particularly grateful to everyone else for providing fruit and vegetables for their happiness. Resolution was only achieved when she was convinced to grow potatoes, helping the Colonel in his War Effort. Fortunately, he did not ask her to arrive equipped with the regulation gas mask.

Our local architect seems to spend most of his time beautifying his garden shed, rather than growing produce. With its gothic arched windows, Norman tower and flying buttresses, I do wonder if he may have spent rather too much of his time renovating ancient churches. Neighbouring plot-holders look forward to the agricultural equivalent of the Dissolution of the Monasteries.

I am sure you will find you have committed yourself to many hours of unnecessary work. Just make sure you get a percentage of their produce for your Harvest Festival.

**Your loving uncle,
Eustace**

Spiders

On a chill November morning
A spider's web, bedewed
With the moisture of the
dawning
Will cheer our wint'ry mood.
'Tis one of nature's wonders
'Tis lovely to behold
Till a moth, unwary, blunders
Into its sticky fold.

The spider's role is savage
Its killing bite is sure.
Sweet nature then will ravage
'Tis red in tooth and claw.

Such goings-on we pardon,
We do not moan or grouse
If kept within the garden –
But not inside the house!

For webs across the doorway
Or underneath the bed
Are pretty much a sure way
To get *me* seeing red!

No house stays clean and tidy
When spiders are about,
Their webby messes spidery –
You cannot help but shout!

I wish, to our eight-legged
friends
I could request, "Oh, please,
"Just go outside, don't be a
pest!"
But I don't speak spider-ese.

By Nigel Beeton



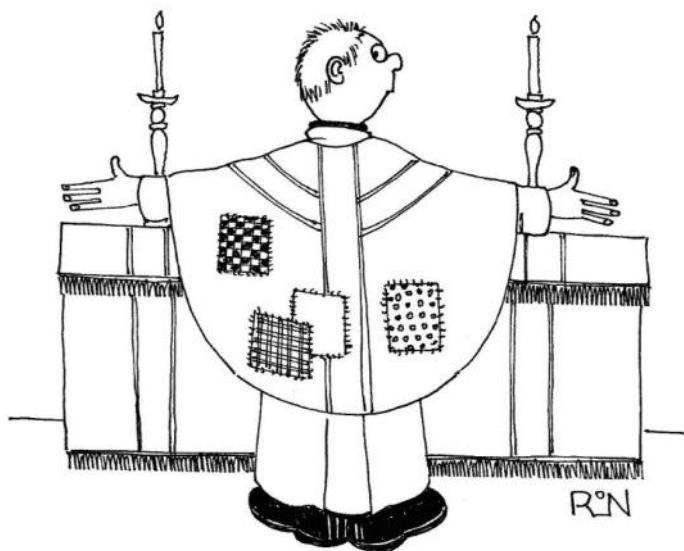
The treasurer still had a trick up his sleeve



...his constant droning from the pulpit is really getting on my nerves!



...love the new notice board, Vicar...
...just not quite so sure about the wording...



Trevor hated asking for money, but he sometimes made subtle hints

As for those signs found outside churches:

- ◆ Church car park sign...**FOR MEMBERS ONLY.** Trespassers will be baptised.
- ◆ No God - No Peace. Know God - Know Peace.
- ◆ Free Trip to heaven. Details Inside!
- ◆ Searching for a new look? Have your faith lifted here!
- ◆ Outside one church is a picture of two hands holding stone tablets on which the Ten Commandments are inscribed. A headline reads: 'For fast relief, take

two tablets.'

- ◆ When the restaurant next to a church put out a big sign with red letters that said, 'Open Sundays', the church reciprocated with its own message: 'We are open on Sundays, too.'
- ◆ Come in and pray today. Beat the Christmas rush!

THE CHURCH OF ENGLAND
www.churchofengland.org/safeguarding

Promoting a safer church

The care and protection of children, young people and adults involved in Church activities is the responsibility of everyone who participates in the life of the Church

House of Bishops
Safeguarding Policy
for children, young people & adults

IF YOU ARE CONCERNED
that someone you know is at risk of, or is being abused, or presents a risk to others, please seek advice from a Safeguarding Adviser or if necessary report the matter to the Local Authority Social Care Services or the Police without delay.

Local contacts available to speak to if you have any concerns:

Name: Mare Lebb
Role: Safeguarding Officer
Tel: 07847 324955
E-mail: mar@holytrinitybarkingside.org.uk

Name: Chris Szajmann
Role: Vicar, Holy Trinity
Tel: 07804 641931
E-mail: priest@holytrinitybarkingside.org.uk

Name: Danielle Law
Role: Diocesan Safeguarding Adviser
Tel: 01245 29 44 44
E-mail: dlaaw@cheshamford.anglican.org

Local Authority Social Services:
Children's Social Care: 020 8708 3985
Emergency Duty Team: 020 8708 5807

IF THERE IS IMMEDIATE RISK OR DANGER PLEASE CONTACT THE POLICE ON 999.

OUR COMMITMENTS

- Promoting a safer environment and culture
- Safely recruiting and supporting all those with any responsibility related to children and vulnerable adults
- Responding promptly to every safeguarding concern or allegation
- Caring pastorally for victims/survivors of abuse or other affected persons
- Caring pastorally for those who are the subject of concerns/allegations of abuse and other affected persons
- Responding to those that may pose a present risk.

HELPLINES

- NSPCC: 0800 800 5000
- Family Lives: 0800 800 2222
- Childline: 0800 1111
- National Domestic Abuse Helpline: 0800 2000 247
- Stop It Now: 0800 1000 900
- NAPAC: 0800 801 0331
- Men's Advice Line: 0800 8010 327
- Samaritans: 116 123
- National Careline: 0800 0699 784

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

Watch, Wait

(Mk 13:31-37, Rev 21:3,4,22:20)

Help us to watch, Lord,
While we wait.
To watch as we serve You,
On the margins,
In the mainstream,
In the mix-up of this world.
Yet always preparing,
Building for Your kingdom
Ready for Your return.

Help us to respond, Lord,
To the signs,
While we wait.
Not demanding details,
But trusting Your word,
Holding Your promise
To wipe away tears and suffering
When You make all things new
On that day.

Help us Lord, oh help us
While we watch
In the darkness,
While we wait
Through the between times
For You
To come,
To be our God,
Our glorious, victorious King.

Come Lord Jesus.

By Daphne Kitching



Spare room feeling empty?

Foster for Redbridge

020 8708 6068

fostering@redbridge.gov.uk



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/?utm_source=FaithGroup&utm_medium=newsletter&utm_campaign=fostering or call 020 8708 6068 or email fostering@redbridge.gov.uk.

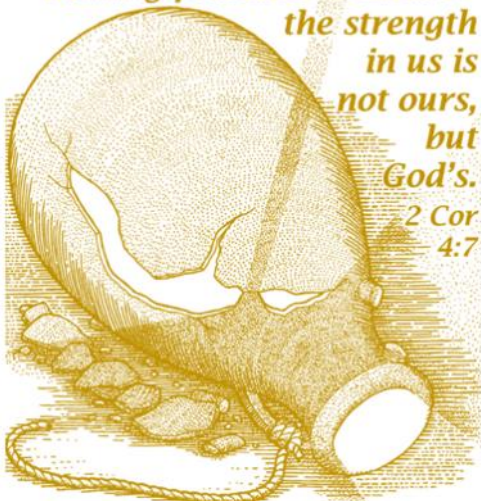
Prayer for November 2023

We are like fragile clay jars holding priceless treasure -

the strength in us is not ours,

but God's.

2 Cor 4:7



Father God,

November is not many people's favourite month, unless there is a birthday or a delight in bonfires. Short days, sometimes dismal weather can lower our mood. The days of springtime optimism and summer sunshine seem a long way away, whether we look back or forward.

Help us Lord, whatever the month, whatever our circumstances, whatever our mood, to know the reality of Your presence and peace; to treasure each new day and know it is transformed by You into the most precious and beautiful gift. Help us not to waste a single one of them, Lord. Thank You so much for November days.
In Jesus' name, Amen.

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 Szejnmann - 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

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

5th Nov Sun 10.30am - All Saints' Day - "The Persecuted Church"

5th Nov Sun - 4:30pm. "Light Party" - Parish Hall - Fireworks, Fun & Food .

12th Nov 10:30am Sun - Remembrance Sunday

19th Nov 10.30am "Safeguarding" Sunday

26th Nov 10.30am "Christ the King" Sunday

2nd Dec Sat 5:30pm New Essex Choir Concert

3rd Dec 10.30am - ADVENT SUNDAY
6.30pm - 'Carols by Candlelight' - Fairlop Brass Band
Refreshments afterwards in Church

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

21st Dec Carols in Barkingside High Street