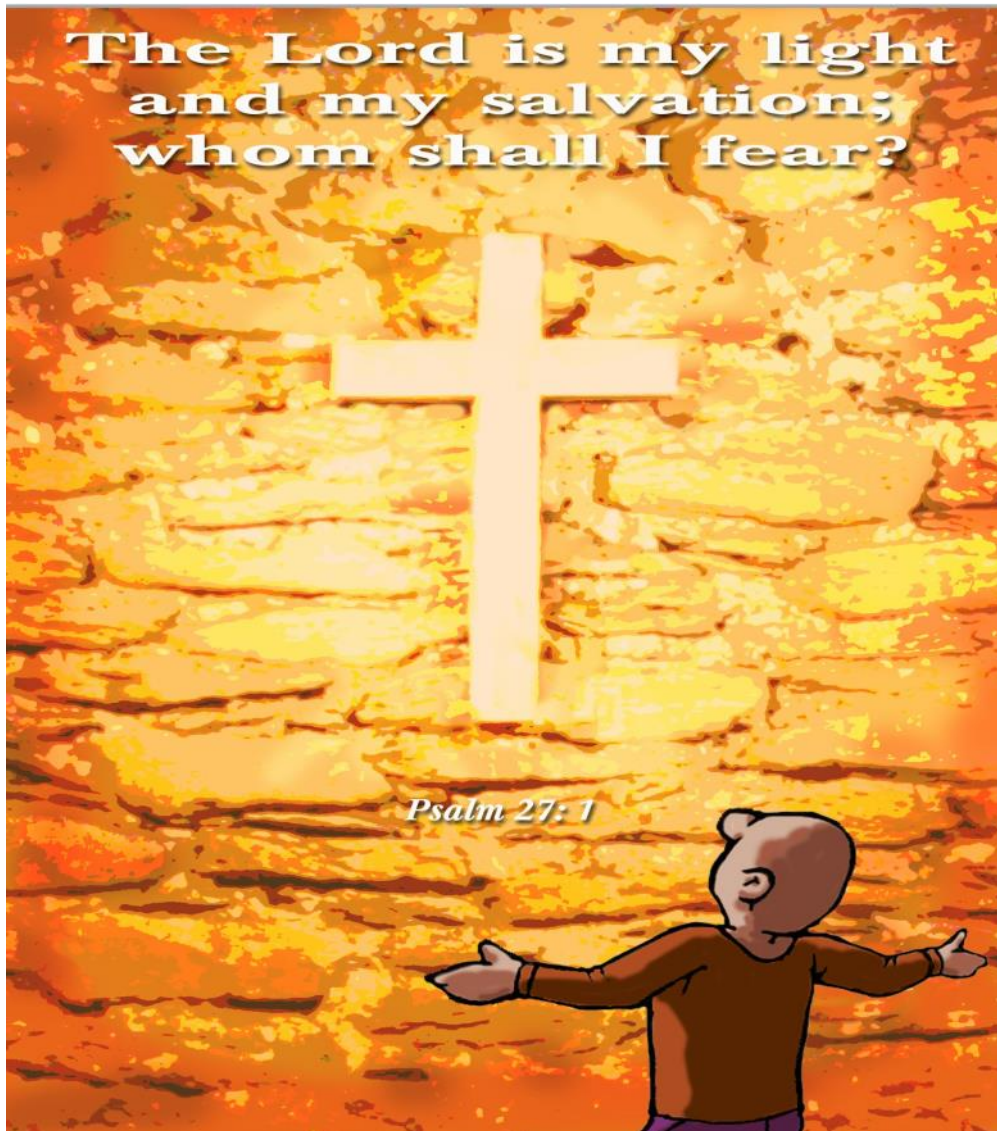


# Trinity Times

The Parish of Holy Trinity Church , 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

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

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

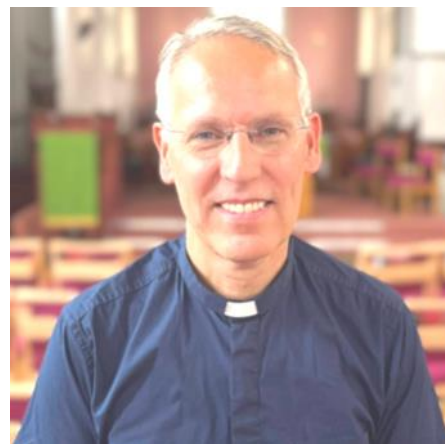
**Dear Holy Trinity Family!**

I hope this letter finds you well.

**January has been a tough month** with very cold weather; ongoing wars in the Holy Land, the Ukraine and elsewhere; and a cost-of living crisis that continues to bite with high bills, food prices and rents, leading to unacceptable high levels of poverty and high insecurity for more and more people. And so we realise that being well is not something we can take for granted, particularly in these times of challenges, uncertainty and anxiety.

However, in the season of Epiphany we have been reminded that **there is light that breaks into the darkness and manifests itself in Jesus Christ**. One of these lights has certainly been our **Alpha course** that we run in Marino's café. We are blessed by a large group of people exploring the meaning of life, and the basics of the Christian faith in an open, friendly environment. **It's wonderful to be on a journey together, and we are excited what will happen.**

**At the start of another year, we are asking what 2024 will have in store for us?** And I think that our bible readings might help guide us on our journey. When we looked at the beautiful **story of the Magi who came from the East** (Matthew 2:1-12), it raised some questions for all of us: "Are we willing to go on a journey?" "Are we willing to cross some boundaries, and go on a journey beyond business as usual?" **"Do we see our life as a search for God?"** And when pondering about the Magi's incredible adoration of baby Jesus and the way they poured themselves out into God, it seemed appropriate to reflect on our own lives, asking: "Why do we get up every day?" "What we are seeking?" "Are we prepared to give ourselves to God as the Magi did?"



Then, when we looked at one of the central stories in Epiphany, **when Jesus turns water into wine at Cana** (John 2:1-12), we were reminded that **Jesus comes as "Lord of the Feast"**. He shows us what he is all about: Giving us wonderful wine in the midst of scarcity – giving us hope in the middle of brokenness. And because he turns water into wine in a family celebration that feels very familiar to us, Jesus seems to be saying something to all of us.

**He is saying that it's on his heart to be at work in our family and in our community;** he wants to display his glory to us right here and now; he is seeking intimacy with us; and he asks us to be open to the unexpected. In other words, he wants to transform things in and around us into "wine of love", "wine of healing", "wine of comfort", and "wine of hope". So I wonder whether we are open to embrace the "Lord of the Feast" to turn water into wine of love in our lives, and in the life of Holy Trinity – this is the vision of the Kingdom of God.

**So here is a question for you: How do you want to serve and grow as disciple in building God's Kingdom?** God's church depends on volunteers, and we are particular in need in the following areas: treasurer (we are looking for a successor for Laura from May onwards); sound desk / power point (Nigel); 'Family Fun Zone' (Christine & Kate); Youth Club (to be launched after Easter to run 2 hours per week; Chris & Kate); Welcome team (Maxine). Please consider volunteering, and speak to the relevant leaders or myself.

**God is good, and I am so grateful for the ongoing goodness and blessings I see right in our midst.** So for now, and as always: **Thanks so much for who you are, and for all you do.** We like to think of ourselves as belonging to one family – so please do contact me or anyone else on our leadership team if there is anything we can do.

**All my blessings,**

**Fr Chris**

## 'Lenten Valentines'

This month both Ash Wednesday and Valentine's Day fall on the same day! The link between the two can be summed up in terms of the nature of real love! Lent, beginning on Ash Wednesday, focuses on learning to love God more, as we give Him space in our lives. This is what Jesus found when He was led into the desert by the Spirit to be tempted by Satan. (Luke 4:1-13).

Jesus was tempted to turn stones into bread. Yet loving God and His word comes before satisfying physical desires.

Satan tempted Jesus to worship him. However, worshipping God is an expression of loving God and serving Him.

Finally, He was tempted to put God to the test, by jumping off the Temple. Real love for God does not put Him to the test, but wants to obey Him.

Lent also teaches us how to live out the love of God in practical ways, as we follow Jesus in the way of the Cross. We see this clearly demonstrated in the life and death of Saint Valentine.

Valentine was a Christian who demonstrated the importance of sharing God's love with others. We know little about him, except that he was a priest who lived in the 3<sup>rd</sup> Century AD and that he was martyred on 14<sup>th</sup> February. Emperor Claudius felt that soldiers in the Roman Army were distracted from their duty by their wives, and so had attempted to outlaw marriage. It is believed that Valentine married couples in secret, which is why today we celebrate our love for one another on his day.

In trying to understand the meaning of her revelations from God, Julian of Norwich found: *'What, do you wish to know your Lord's meaning in this thing? Know it well, love was His meaning.'*

## What is the point of temptation?

*'Happy is the man who doesn't give in and do wrong when he is tempted, for afterwards he will get ... his reward....'* James 1:12

Temptation becomes a stepping stone rather than a stumbling block, when you realise that it's *just as much an opportunity to do the right thing, as the wrong thing.* Temptation just gives you the choice!

It's helpful to remember that God develops the fruit of the Spirit in us by allowing circumstances in which we're tempted – to express the exact opposite quality! For instance, He teaches us to love by bringing unlovely people into our lives. It takes no character to love people who are lovely and loving you. God teaches us joy in the midst of sorrow by causing us to turn to Him for comfort and strength, when all our other supports are gone.

He develops peace within us, not by making things go the way we planned, but by allowing times of chaos and confusion. Peace comes when we choose to trust God in situations where

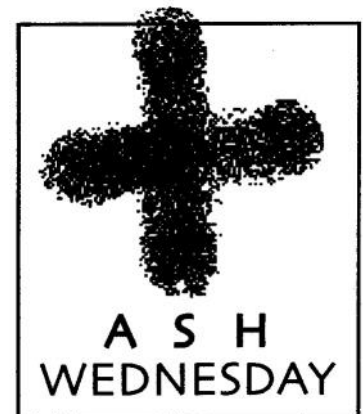
we're tempted to worry or be afraid.

Likewise, patience is developed through circumstances in which we're forced to wait and are tempted to be angry or have a short fuse.

You can't claim to be good if you've never been tempted to be bad; or be faithful if you've never had the opportunity to be unfaithful. Integrity is built through defeating dishonesty; humility grows as you refuse to give place to pride; endurance develops as you reject the temptation to give up.

The truth is that each time you defeat a temptation, you become more like Jesus.

*Adapted from: UCB, The Word for Today.*





## Hundreds of Christians arrested under India's anti-conversion laws

The recent anti-conversion laws in India have led to the arrests of hundreds of Christians, according to church sources.

UK-based Release International, which raises the voice of persecuted Christians worldwide, warns: "The persecution of Christians and other religious minorities in India increases dramatically with each passing month."

Twelve of India's 28 states have now passed anti-conversion laws, and momentum is building to impose a national law across the whole of India. This would limit the freedom of religious minorities, including Christians, Muslims, Buddhists, and Sikhs, from sharing their faith.

Police are arresting Christians under a law that is intended to prevent conversion by force, but in practise prevents any Christians from sharing their faith – even though their right to do so is enshrined in the Indian constitution.

*UCA news* report that nearly 400 Christians have been arrested in the state of Uttar Pradesh since the law was passed three years ago. They say most of the 398 Christians arrested are Protestant pastors and church members.

Uttar Pradesh is India's most populous state. It has long been a hotbed of 'Hindutva' – 'Hindu-ness' – which is championed by extreme Hindu nationalists who claim that to be Indian is to be Hindu. Observers warn that Hindutva religious nationalism is on the rise across the country.

India is set to hold national elections in 2024, raising the possibility of further gains for the Hindu nationalist BJP.

"Given the prevailing trend, the persecution of Christians in India is likely to increase," warns Release International CEO Paul Robinson.

Last year in Manipur, ethnic/religious rioters killed about 175 people, burned down 300 churches, and drove some 60,000 people from their homes.

Release International has launched an appeal to help Christians in India. For more details go to: <https://releaseinternational.org/campaign/thumleima/> *Canon Paul Hardingham*

## Food shortages are 'likely' this year

You might find some supermarket shelves empty in the coming months.

A combination of global conflicts, climate change and transportation issues are making it harder for food producers to get their products out of the field and onto your plate. And as at the end of last month (January), it got even more complicated, with the introduction of new checks on the goods coming from the EU into the UK.

Professor Chris Elliott of Queen's University Belfast is a food security expert. He explains: "It'll be about affordability but also availability, and the likelihood of empty shelves, particularly fresh produce shelves, in 2024 is alarmingly high."

Professor Elliott said: "We are virtually totally dependent on other countries for most of our fresh produce, our fruit and our vegetables. We were reasonably self-sufficient in dairy, we were reasonably self-sufficient in poultry and eggs. But that's also on the decline now, as a result of the collapse of some sectors of the food industry in the UK."

According to the gov.uk website, just under half of the actual food on our plates is produced within the UK.

**What's so special about Jesus?:** *As Lent begins, it is a good time to look at the things Jesus said, and the claims that He made. By the Revd Dr Herbert McGonigle.*

The gospels record that people were astounded by many of the things that Jesus said. Even His enemies, intent on trapping Him, admitted: "No one ever spoke the way this man does." (John 7:46) Furthermore, "the crowds were amazed at His teaching, because He taught as one who had authority, and not as their teachers of the law." (Matthew 7:28-9)

For in Jesus, we find something without precedent in the span of human literature. While urging humility on others and while giving the impression of the ultimately humble person, Jesus' teaching and claims are basically *egocentric and completely focussed on Himself*. In ordinary life, that would get a person labelled as crazy or as a megalomaniac!

Just think of the few astounding claims Jesus made about Himself. "I am the Resurrection and the Life." (Jn 11:25) "I am the Bread of Life." (Jn 6:35) "I am the Light of the World." (Jn 8:12) "I am the Good Shepherd." (Jn 10:7,9) "...whoever lives and believes in Me will never die." (Jn 11:26) And – most staggering of all - "anyone who has seen Me has seen the Father." (Jn 14:9)

CS Lewis comments on the inescapableness of Jesus' uniqueness: "There is no half-way house, and there is no parallel in other religions."

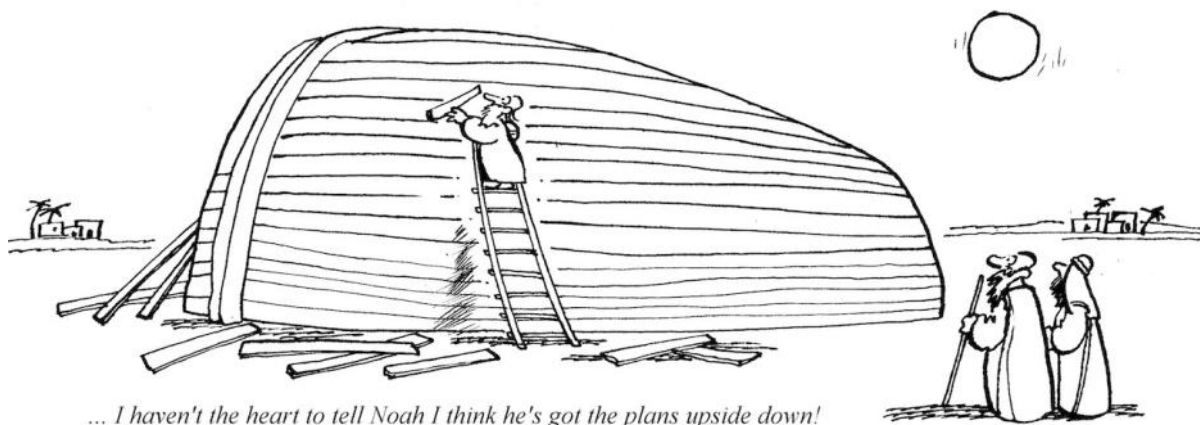
That Jesus cannot be ranked among a pantheon of religious leaders or prophets becomes further obvious when one reflects further on His claim of being at both the beginning and at the end of Creation and of History. He said: "I am the First and the Last" (Rev 1:17), as well as : "All authority in heaven and on earth has been given to me." (Mt 28:18).

Clearly the disciples accepted this, as John begins his gospel with these words: "In the beginning was the Word (Jesus) and the Word was with God and the Word was God... Through Him all things were made; without Him nothing was made that has been made.... The Word became flesh and made His dwelling among us.... and in Him all things hold together." (Col 1:16,17)

When we look at what Jesus goes on to say about the end of history, we are even more startled, as when He said of any person who follows Him: "I will raise him up at the last day." (Jn 6:40) This was the local carpenter, remember! And when we note that throughout the Bible final judgement is a function reserved to God alone, it is astounding to register that Jesus says of Himself: "For as the Father has life in Himself, so He has granted the Son .... authority to judge because He is the Son of Man." (Jn 5:26—27)

Yes, between Creation and the end of History stands Jesus. That also means, of course, and we note it with comfort, because everything in between is His also.

During this Lent, why not spend some time just quietly thinking about these claims of Jesus?



## What's the Big Idea? *An Introduction to the Books of the Bible: Exodus*

This month we are looking at Exodus, the second book of the Old Testament. Its name means departure, reminding us that Israel's flight out of slavery in Egypt is the major focus of the book.

Exodus is a book of two halves! The first part (chapters 1-19 & 32-34) is the story of an oppressed people who are delivered from slavery into a life of freedom. The second half (chapters 20-31 & 35-40) consists of detailed instructions about the life and worship of God's people. The book introduces us to their *salvation* or deliverance, as *story*. God's promises to Abraham are fulfilled as the people journey to the Promised Land. He also renews His covenant with them at Sinai, expressed in the Ten Commandments (20: 1-17).

At the heart of Exodus is the person of God Himself. In chapter 3 God reveals His name as YHWH or *'I am who I am'* (3:14) to Moses. This is the name by which God is known throughout the Old Testament, expressed in the title *'the LORD'*. To know God's name is to know Him, as well as His character ie His justice, truthfulness, mercy, faithfulness and holiness. He is the God who controls history, delivering the people out of Egypt, while the death of the Passover lamb points us to Jesus' death on the cross (1 Corinthians 5:7).

God's promises of help remain true for us today: *'Do not be afraid. Stand firm and you will see the deliverance the LORD will bring you today'* Exodus 14:13.

*Canon Paul Hardingham*

### Quiz on the Book of Exodus

*How well do you know what happened in Exodus? Try this quiz!*

1. Who rescued Moses from the basket in the bulrushes?
  - a. Pharaoh's daughter
  - b. Pharaoh's maid
  - c. Pharaoh's wife
2. How many plagues did God send on Egypt?
  - a. 5
  - b. 10
  - c. 15
3. What was the second plague?
  - a. frogs
  - b. water turned to blood
  - c. locusts

4. What is the name of the sea the Israelites crossed to escape the Egyptians?
  - a. Dead Sea
  - b. Black Sea
  - c. Red Sea
5. At what place did the Israelites arrive to find the water was too bitter to drink and God made it sweet?
  - a. Marah
  - b. Elim
  - c. Horeb
6. Which bird did God provide for meat in the wilderness?
  - a. pigeon
  - b. quail
  - c. turtledove
7. What guided the Israelites through the wilderness?
  - a. a star in the sky
  - b. Moses had visions telling him where to lead the people
  - c. a pillar of cloud and of fire
8. When there was no water to drink, how did Moses provide it?
  - a. from earthen jars
  - b. from his rod
  - c. from a rock
9. On which mountain were the Israelites given the Ten Commandments
  - a. Mt. Sinai
  - b. Mt. Nebo
  - c. Mt. of Olives
10. What is the seventh commandment?
  - a. Thou shalt not covet
  - b. Thou shalt not commit adultery
  - c. Thou shalt not bear false witness
11. What was on top of the Ark of the Covenant?
  - a. two cherubim
  - b. candlestick
  - c. Aaron's rod
12. What compelled the Israelites to form and worship the golden calf
  - a. they wanted to make a statue to the Lord
  - b. they made it as a symbol of their freedom from slavery
  - c. they didn't know what had happened to Moses
13. What was the name of a man who was given the Spirit of God, to enable him to become a good craftsman, and assist with the building of the tabernacle?
  - a. Caleb
  - b. Bezaleel
  - c. Buz
14. Who was Moses' successor?
  - a. Joshua
  - b. Caleb
  - c. Aaron
15. For how many years did the Israelites wander in the wilderness?
  - a. 20 years
  - b. 30 years
  - c. 40 years



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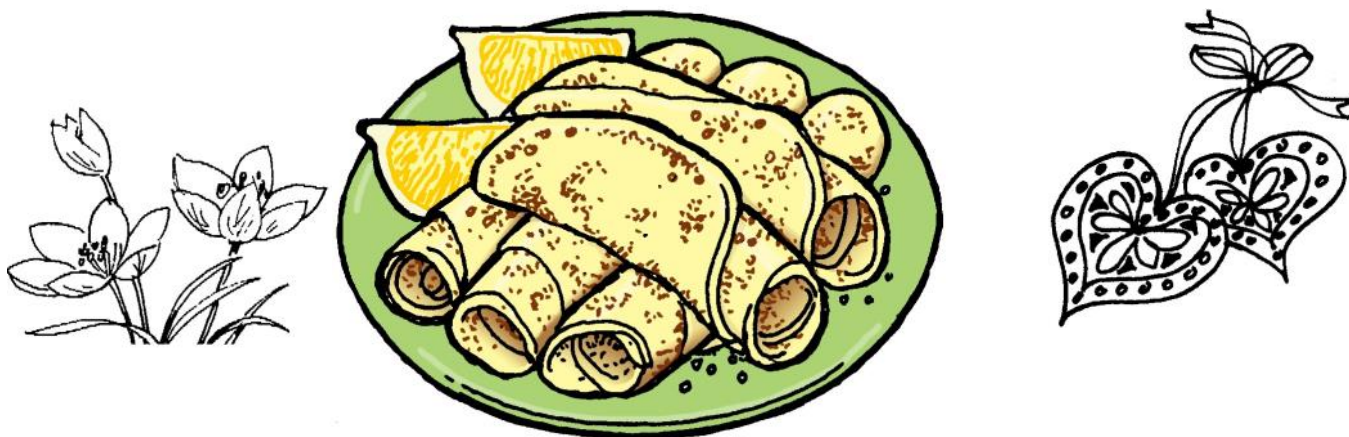
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## Remembering those who live in Care Homes *Dr Peter Brierley*

Care Homes are one type of communal establishments measured by the Office for National Statistics in the 2021 Census. In 2022, there were 408,371 people living in care homes across the United Kingdom.

Some residents enjoy regular visits from family or friends, while others lead a very lonely life. Some will 'pass on' relatively quickly, while others may live in the same room for several years.

Some residents are collected for church, and some join church services in their Home, while others have to resort to radio or television for spiritual encouragement. Only a relative few will have the technical competence and equipment to live-stream.

What does this mean for church leaders? It is likely they will have some church members or ex-members living in Care Homes. While for some, live-streaming of services will be a huge blessing, they do not replace regular visiting, if possible.

Giving elderly people the opportunity to go outside (in their wheelchair) will normally be enthusiastically welcomed, and, for some, especially the opportunity to attend Sunday service in their wheelchair. Pastoral work, gifts of flowers from the church, and personal prayer are hugely important, in the context of end-of-life spiritual care.

A visiting team from the Church to take a regular Sunday service is not only an encouragement to believers, but can also be a gentle encouragement to those without faith, particularly if accompanied by a regular opportunity for Communion (for believers) and hymn singing (favourites) for those with Sunday School and Church memories.

*A group from Holy Trinity Church, led by Kate Szejmann, visits Birchwood Home monthly. Please contact Kate should you wish to be part of this Team.*

## Abandoned and helpless

If February is the month of love, shouldn't that include some compassion for animals?

The RSPCA reports that animal abandonment incidents have reached a three-year high. Latest figures for 2023 reveal more than 20,000 reports of animals being simply dumped by their owners.

Dermot Murphy, RSPCA inspectorate commissioner, says: "Behind these shocking statistics are thousands of vulnerable animals. Each one is a valuable life in urgent need of our help."

He goes on: "The combined effects of the pandemic and the ongoing cost-of-living crisis has created a perfect storm, and means we expect more animals than ever will need our help this year."

Yet many rescue centres are already full to bursting, "so we are facing an unprecedented winter crisis. Our rescue teams are busier than ever. We need animal lovers to donate to help us be there for animals in desperate need."

'Your father has a lot to answer for', my Mum would remark with a wry smile each time I announced a fresh set of often unlikely travel plans. Cross Nicaragua by water? Drive up an active volcano on the Indian Ocean island of La Réunion? Go on a hunt for Socialist Realist statues in Albania? Sure thing! My dear Dad, you see, was the Export Director for a food company and a large part of his remit was to travel abroad extensively. My childhood was filled with the arrival of hundreds of thrilling postcards from him, postcards bearing pictures of koalas and deserts and tribespeople and, subliminally, I must have absorbed the notion that foreign travel was absolutely the thing to do when one was a grown-up.

Mum and I were lucky enough to accompany Dad on some of his adventuring; I met Jill, one of my lifelong best friends, in a swimming pool in Johannesburg when I was nine (Jill now lives in Perth, Western Australia and I am planning a big trip to visit her next year). For my gap year before university, my Dad had the brainwave inspiration that I go to South Africa to teach Latin, which I did, at Jill's old school. Those months living in Jo'burg, at the time of South Africa's first democratic elections, were the most joyous of my life. While there, I also travelled around Zimbabwe, tracking my progress in relation to the Southern Cross in the sky.

Languages, both classical and modern, are a key part of my life, and I have spent extended periods in both France (Tours, in the Loire Valley) and Italy (Bologna) studying. I am in fact off to Bologna next week to catch up with friends and exercise my too-long dormant Italian muscles, in sore need of being stretched given that I have spent the last five years studying

Portuguese. Just before Christmas I went to the exquisite Art Nouveau city of Nancy in eastern France, to visit a friend of mine who was directing an opera there. It had been too long since I had sampled the myriad delights of a French boulangerie!

A keen interest in Eastern Europe – not many people can boast that they are the proud possessor of a GCSE in General Russian Studies – has seen me travel to Ukraine, Romania, Poland, Hungary, Bulgaria, Albania, Estonia and Lithuania, the majority of these trips with my ever-game godmother Doreen, whose all-round amenability cracked only once, when I was leading us on a long trek through the snow in the former Jewish ghetto area of Warsaw, in temperatures of minus ten. The one place that Doreen and I never made it, to my great regret if not hers, was Minsk, the capital of Belarus.

I loath the idea of a 'list' of countries to visit or, hideous term, to 'do', ticking off places as if they are mere items on a supermarket shopping trip. I have actually met, on my travels

of course, a couple who are working through the countries of the world in alphabetical order. An exercise of this sort is vehemently not for me. Nonetheless, I am mountingly excited at the prospect of next year's jaunt to Australia, given that I have never been there previously, even though I have driven around New Zealand.



Niagara Falls 2018



South Africa 2016

India is another destination that intrigues me. When I mooted the possibility of a guided visit there, my otherwise unflappable mother convinced herself that I would contract some unnamed but ghastly illness and made me promise not to go. I smiled wryly, refrained from reminding her that I had previously returned from Cuba with dengue fever and acceded to her wish.

It was my parents, after all, who didn't flinch when I announced my plan to backpack around China as a student. My father's one immutable rule was that I never flew Aeroflot, because of this airline's abysmal safety record. (I thought it judicious not to tell him that the overhead luggage racks collapsed when my Air China flight took off from Beijing and remained just about hanging on at a perilous angle for the duration of the ten-hour journey).

Apart from that, the world was mine to discover – and there are few greater gifts that you can give a child.

## **SCRAPING THE BOTTOM OF BARRELS**

**Bill Godfrey**

Far be it from me to claim writer's block. You first have to be a writer to claim such a thing. Let me just say that I am metaphorically staring at a blank piece of paper (actually a computer screen) waiting for inspiration, for an idea, scraping the bottom of the barrel, so to speak.

Barrels. Now there's a thought. Do I not remember juvenile hero Jim Hawkins in Scotsman Robert Louis Stevenson's book *Treasure Island* (published 1883) secreting himself inside a barrel and hearing the motley crew, including Long John Silver, planning to overthrow the captain of the ship? From that barrel incident the story grew to become one of Britain's classic tales.

Apparently in the days of wind powered sailing craft, a barrel of apples might be kept on deck for the crew to eat to help prevent the dreaded, perhaps life threatening, disease scurvy.

Scurvy not only caused serious health hazards but threatened world wide trade. The British, at one point, provided quantities of lime juice for its sailors and that worked well. It is the reason why, even to this day, Americans may refer to the British as Limeys! There is no similar reason why the British Navy for many years, supplied a daily ration of rum to its Tars.

In the days before plastics, making containers for liquids, i.e. barrels of large capacity was a craft. Placing wooden planks together and binding them within iron hoops was a skilful trade carried out by Coopers. The skill in producing a leak proof barrel was, still is, worthy of recognition and thus, there is a Worshipful Company of Coopers. Initially the barrel probably leaked profoundly until the wood swelled in the contained liquid and sealed the gaps. Of course you all know that. Anyway how else could vintners, whisky makers, beer producers and the like store those huge quantities of, to them, precious liquid. I wonder if young Jim Hawkins got a whiff of what had been in the barrel before apples?

Those of you old enough might remember The Andrew Sisters, a trio of lady songstresses in the '40s and '50s who accompanied the likes of Bing Crosby on 78 shellac records. If you are of that vintage you might remember one of their most famous songs was *Roll Out The Barrel* (The Beer Barrel Polka). In it's time it was a real favourite. "Roll out the barrel, we'll have a barrel of fun..." I suggest that it helped us to win the war (but of course to us Brits it was Vera Lynn who did that with a little help from Anne Shelton).

Before my time (yes there was such a time) Barrel Organs could be heard on the streets of big cities, certainly in London. The rumbustious sound apparently helped to raise the spirit and passers-by would proffer a penny or halfpenny to the Organ Grinder. One might wonder if the offering was a donation in appreciation of the music of the music or a bribe to get him to move away?

Nowadays barrels, of course, are sold in garden centres as plant containers but the large, genuine barrels for holding alcoholic liquids are still being used, unequalled by anything else.

Well, this article may not exactly be a barrel of laughs but perhaps it is of some vague interest.



**Ukraine - Two Years Later** *John Barton looks back on 2 years of Russian-Ukrainian war.* Although Russian troops were massing near the borders of Ukraine in February 2022, we naively believed their denial that an attack was imminent.

Since then, an all-out war has resulted in tens of thousands of civilian deaths, and hundreds of thousands of military casualties. A quarter of the Ukrainian population has been displaced. Eight million are now refugees, spread across Europe.

Few of us realised that a war between the two countries really started in 2014, when pro-Russian regions of Ukraine rebelled and Crimea was annexed.

Hostilities between the two countries had begun even earlier. Ukraine had joined the Soviet Union in 1922 and ten years later lost more than a million of its population in the 'Holodomor' famine, now widely regarded as genocide inflicted by Joseph Stalin, the Soviet leader.

Relationships between the two countries have always been turbulent, and Russia's possessive attitude towards its neighbour is deeply resented.

Ukrainian refugees in the UK are mainly women and children, for their men are needed for war service. So, they have organised themselves into self-help groups, painstakingly learning to read and write in English, as well as working full or part-time and keeping up their morale by organising groups for young and old. Choirs have sprung up, often assisted by British musicians. One member wrote movingly of how singing helped her cope with the mental trauma of her homeland fighting for survival.

Ukrainians are unceasingly grateful for our hospitality, but they fear our compassion may wear thin, as our attention has been diverted by news of the barbarity between Israelis and Palestinians. That conflict also has a long history of smouldering hatred on both sides. Wars rarely solve disputes. When wearied people recognise their futility, settlements may be negotiated. Forgiveness takes longer.

### **The war in Gaza-Israel – Bishops urge people to pray – and act**

"The first thing Christians can do in response to war is to pray for peace and for those affected." That is the message of the Archbishops of Canterbury and York.

The Archbishops are praying for "those mourning, those injured, and all those fearing for their safety," and for "restraint on all sides, and renewed efforts towards a just peace for all."

The Archbishops and Bishops are also encouraging Christians throughout the UK to join them in prayer, and to consider practical action, by supporting organisations "working to promote peace and human flourishing in the Middle East."

*The following is posted on the Church of England website:*

Christian Aid is the official ecumenical arm of Churches in Britain and Ireland and has been working with the poorest and most vulnerable people in the Middle East since the early 1950s, when it provided humanitarian relief to Palestinian refugees.

The Church Mission Society is a historic Anglican mission society which supports mission partners across the region.

The Council of Christians and Jews is a leading interfaith charity which works to help Jews and Christians to meet, to understand each other better and to create meaningful engagement between the communities.

Embrace the Middle East is an ecumenical Christian charity working to help marginalised and vulnerable communities in the Middle East.

Friends of the Holy Land is a non-political Christian Charity whose mission it is to secure a resilient and enduring Christian community in the West Bank, Gaza, Israel and Jordan - the part of the world that Christians call the Holy Land.

The Jerusalem Middle East Church Association has supported the life and work of the Anglican Church across Jerusalem, the Middle East and North Africa for more than 120 years and other many ways for individuals to get involved in supporting the Church in the Holy Land.

### **Tamworth Business Centre Grinds to a Halt When Mr Bump Goes Missing**

**(Roger and Angela Norwood** share memories of their grandson Thomas when he was 2 years old. He will be 21 this year and is now in his final year at university.)

A business centre in Tamworth ground to a halt for over 3 hours last Thursday morning, when the wife of a senior manager realised that their there two-year-old little boy's favourite toy, Mr Bump mysteriously went missing.

Mr Bump was last seen on Tuesday morning with his master, young Thomas Wright leaving the shopping trolley at Tesco Super Store at Shirley, when Thomas' Grandad claimed he was put into the back of the car while mum was strapping him into his car seat.

Two days elapsed before Thomas asked 'where has Mr Bump gone'? A full-scale search was instigated, boxes of toys were being upturned and gone through with a fine-tooth comb, the house looked as if it had been ransacked with draws and cupboards emptied, all to no avail.

Many frantic phone calls between Michelle, Thomas' mother and husband Graham at the Tamworth Business centre could not throw any light on the plight of missing Mr Bump. Michelle insisted that Thomas' Grandad take her back to the scene of a possible crime to make a search of the huge carpark belonging to Tesco. Thomas' sister, 5 month-old Hannah lay blissfully in her cot totally unaware of the unfolding crises.

Tesco's carpark was treated like a crime scene, all it lacked were the men in white coats, but Mr Bump was nowhere to be seen. Returning home without Mr Bump there were very long and sad faces, but life must go on as they say.

Thomas' Grandad and Grandma set about an orderly and methodical search of the house, room by room, while Thomas and his sister Hannah were given a very late breakfast. Sadly, it looked as if Mr Bump had gone forever. Husband Graham was beside himself with worry, for he knew Thomas would not go to bed without Mr Bump - even though it was pointed out by Grandad that he did the previous night - but that was dismissed as a one-off occasion!!

Grandma and Grandad returned to their Ilford home sick with worry as to how Thomas would be at bedtime without Mr Bump. As predicted Thomas was very distressed, but finally went to sleep around 9.00pm.

Mother Michelle searched the internet looking for a replacement Mr Bump, but he was a limited edition made for a fast-food chain so it was unlikely that a replacement would be found quickly. Michelle decided she would change the bedding in the guest room where her parents had been sleeping, yes, you've guessed it, when she lifted the pillows to change the covers there was Mr Bump, safe and sound, fast asleep.

Looking back young Thomas had got into his grandma's bed while she was sleeping and Grandad was in the bathroom. Unknown to Grandma Thomas must have put Mr Bump under her pillow.

Thomas has now been reunited with his favourite toy Mr Bump, even Mr Bump is smiling!! All's well that ends well as they say.

This is a true story. [Roger and Angela Norwood, grandparents.](#)

## CLUB LIFE

It occurs to me that most people, perhaps everybody, are better off by being in a club. It does not matter too much what sort of club it is as long as there are rules and a requirement to meet each other on occasions. It is why there are clubs, for people to converse and mutually support the foibles of others. It forms the foundation of the club whether it is fishing or pigeon fancying, tennis or bowls.

Join my stamp collection club, admire my pre civil war Colombian blue. Slightly curled at the edges but still desirable. The cricket club AGM will decide if they should approve the purchase of some new crockery or a new set of stumps.

Whatever, it is something that will motivate you getting out of the armchair and meeting fellow members in, oft times, draughty village halls or the dusty, hardly used room at the end of the corridor. If someone can find the key.

Some years back we, cycling club friends and I, wandered into a village hall by the green in Writtle in search teas. We had, unknowingly, intervened in a table-top historical battle re-enactment. Our arrival engendered activity. Yes they would hold a truce while someone made tea for us. Was it possible, perhaps they thought, that we might be interested in tiny plasticine cannon balls, emplacements of toy soldiers and battle lines. Yes we were interested; but my own interest was - why were they interested?

Being in a club can be intrusive, nibbling away at selfish inner thoughts. Whose turn is it to make the refreshment, take the notes, put the chairs away?

Dare I say that religion is 'being in a club'. A mutual interest, regular (sometimes inconvenient?) get-togethers. Sets of rules, jobs to do/avoid. People to befriend, joyous moments, sadness too. Let us support each other as best we can.

Yes, it is good to be in a club - as long as it is not a rifle club. As my mum might have said, it takes you out of yourself, thrusts you into the company of others, helps you to observe others' points of view, maybe even makes you laugh.

Just a thought! What are yours? **Bill Godfrey**

**BBC Radio 4** has a programme called "A Point of View" in which a speaker give a ten minute talk about a subject of topical interest. In a loose sense of the word it could be described as a sermon. The programme is broadcast at 8:50 on Friday evenings and repeated at 8:48 on Sunday mornings, so you can listen to it before coming to the 10:30 Service at Holy Trinity.

On 15 & 17 December the programme featured the writer and academic **Will Self** giving a talk on sermons. Self describes himself as an agnostic who takes his agnosticism seriously and he regularly attends services of various religions in the belief that perhaps one day he will have a divine revelation, his doubts will be settled and all will become clear to him. He feels that if this were to happen it is most likely to be because of the sermon rather than any other part of the service.

In his talk Self concentrates on a service he went to at St Jude on the Hill in Hampstead Garden Suburb and the sermon preached there. Self grew up in the Hampstead area and possibly went to St Jude's in his younger years. The writer Evelyn Waugh also attended St Jude's in his youth before converting to Catholicism in his late twenties.

The programme is available on the BBC website and a can be accessed by using the link

<https://www.bbc.co.uk/programmes/m001t9v4> or Google "Will Self" and Sermon. Googling the two terms will also lead you to <https://www.standard.co.uk/comment/comment/historic-london-churches-christmas-b1045484.html>

**Colin Price**



## 13<sup>st</sup> February - Shrove Tuesday, Pancake Day

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

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

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

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

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

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

## 14<sup>th</sup> February - Ash Wednesday, mourning our sins

Lent begins with Ash Wednesday. But why 'Ash' Wednesday? The reason has to do with getting things right between you and God, and the tradition goes right back to the Old Testament.

In the Old Testament, the Israelites often sinned. When they finally came to their senses, and saw their evil ways as God saw them, they could do nothing but repent in sorrow. They mourned for the damage and evil they had done. As part of this repentance, they covered their heads with ashes. For the Israelites, putting ashes on your head, and even rending your clothes, was an outward sign of their heart-felt repentance and acknowledgement of sin. (See Genesis 18:27; 2 Samuel 13:19; Job 2:8, 30:19; Isaiah 58:5; Jeremiah 6:26; Jonah 3:6)

In the very early Christian Church, the yearly 'class' of penitents had ashes sprinkled over them at the beginning of Lent. They were turning to God for the first time, and mourning their sins. But soon many other Christians wanted to take part in the custom, and to do so at the very start of Lent. They heeded Joel's call to 'rend your hearts and not your garments' (Joel 2:12-19). Ash Wednesday became known as either the 'beginning of the fast' or 'the day of the ashes'.

The collect for today goes back to the Prayer Book, and it stresses the penitential character of the day. It encourages us with the reminder of the readiness of God to forgive us and to renew us.

The Bible readings for today are often Joel 2:1-2, 12-18, Matthew 6: 1-6, 16 - 21 and Paul's moving catalogue of suffering, "as having nothing and yet possessing everything." (2 Corinthians 5:20b - 6:10)

The actual custom of 'ashing' was abolished at the Reformation, though the old name for the day remained. Today, throughout the Church of England, receiving the mark of ashes on one's forehead is optional. Certainly, the mark of ashes on the forehead reminds people of their mortality: "Remember that you are dust and to dust you will return..." (Genesis 3:19)

The late medieval custom was to burn the branches used on Palm Sunday in the previous year in order to create the ashes for today.

## New Year, New Challenge

I will save more money. I will eat more healthily.

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We can't wait to hear from you!



**New Year  
New Challenge**

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**Redbridge**

**Foster for Redbridge**

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

## “Jesus walks with us through our grief and isolation”

### Church of England online service

Jesus accompanies those experiencing grief, loneliness, and sadness. That was the message of a recent national online service.

In a sermon recorded at St Nicholas Church in Rattlesden, Suffolk, where she is Rector, the Rev Sharon Grenham-Thompson spoke of her grief for her teenage son Leo, who died in 2021.

But Jesus, she said, is the ‘Good Shepherd’, and He knows us “behind the outer masks we wear.” He calls us by name, and He will never cease to reach out to us.

She said: “Jesus died in pain and loneliness upon the cross – and He understands our isolation and grief. This Jesus speaks to me. This Jesus doesn’t trivialise or deny my tribulations – He takes my hand and walks with me through them. This is Mary’s Jesus, my Jesus, and your Jesus.

If you are going through a time of grief and isolation, you can access the Church of England’s mental health resources at <https://www.churchofengland.org/resources/mental-health-resources> or make a space to pray by lighting a virtual candle.



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





# 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: Kaye Larbi  
Role: Safeguarding Officer  
Tel: 07847 324955  
E-mail: [psr@holytrinitybarkingside.org.uk](mailto:psr@holytrinitybarkingside.org.uk)



Name: Chris Szejnmann  
Role: Vicar, Holy Trinity  
Tel: 07804 641931  
E-mail: [priest@holytrinitybarkingside.org.uk](mailto:priest@holytrinitybarkingside.org.uk)



Name: Danielle Law  
Role: Diocesan Safeguarding Adviser  
Tel: 01245 29 44 44  
E-mail: [dlaw@chelmsford.anglican.org](mailto:dlaw@chelmsford.anglican.org)

Local Authority Social Services:

Children's Social Care: 020 8708 3885  
Emergency Duty Team: 020 8708 5897

**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: 0808 800 5000
- Childline: 0800 1111
- Stop It Now: 0808 1000 900
- NAPAC: 0808 801 0331
- Samaritans: 116 123
- Family Lives: 0808 800 2222
- National Domestic Abuse Helpline: 0808 2000 247
- Men's Advice Line: 0808 8010 327
- National Careline: 0800 0699 784

*I must be careful! You know that you can now call up 'Chat GPT' and say 'Give me a poem about February!' and it will push out dozens of suggestions for you to choose from, having soaked up the best work from the best poets all through the ages?*

### **I've been replaced by a Robot!**

I've been replaced by a robot -  
His name is 'Chat GPT.'  
He is a poet of a robot -  
And that's what troubles me.

He can read in a moment  
Shakespeare, Keats, and Lear -  
More in that one single moment  
Than I can read in a year!

He has an acceptable meter;  
His work runs quite nicely to time,  
His work gets neater and neater,  
And he is quite good with a rhyme!

In fact, so good is his manner  
The robot is quite hard to see:  
So, I'll have to dumb down my grammar:  
"This poem, it woz writ by me!"

*By Nigel Beeton*

*Nigel Beeton writes: '11<sup>th</sup> February is 'Transfiguration Sunday.' We have a window in St Mary's Church, Bury St Edmunds which depicts the Transfiguration, and I always find it really inspiring. It was a breath-taking moment, and we can scarcely imagine the impact it had on the watching Peter, James, and John.'*

### **Transfiguration**

Reveal Thyself to me,  
Transfigured shining Son!  
Thy Holy radiance may I see  
God's own anointed One.

The prophets there with Thee  
What stories do they tell?  
What holy words of mystery?  
What glories do they spell?

Then, God's own mighty voice  
Rolling through shrouding cloud;  
Must make the hardest heart rejoice  
To hear Him clear and loud:

"This, my beloved Son!  
"Listen to what He says

"Know that He is the chosen One  
"And follow Him all thy days!"

*(Tune: Trentham)*

*By Nigel Beeton*

### **True Love**

(Lk2:22-35)

Broken world,  
Broken lives,  
Broken hearts  
Without hope  
Until there, in the Temple,  
In that bundle of a baby,  
Love provides  
Restoration,  
According to His word.

*By Daphne Kitching*

### **Prayer for February 2024**

Father,

In this coldest and shortest of months, this month when traditionally thoughts turn to love and the promise of Spring, help us to be thankful and steadfast and to see Your bigger picture in what is sometimes a frightening world, a world where love between nations seems to be in short supply and the future uncertain.

We pray for all those whose lives are in turmoil through a lack of love and justice. Help us to remember the great love You have for Your world and Your people, so great that You sent Jesus to show us how to live, how to love and how to overcome the troubles of the world.

Thank you that Your love is stronger than the forces of evil, stronger than death. Help us to put our trust in Jesus, to keep our focus on Him, knowing He will never leave us or forsake us. Thank you that His love is stronger than the forces of evil, stronger than death.

In his name,  
**Amen.**

*By Daphne Kitching*



## Wordsearch for February

February is the month of romance. Millions of Valentine cards will be sent in the next week or two, as we celebrate our romantic love for that special person in our lives.

But there are other kinds of love to celebrate: and on Candlemas we remember Mary and Joseph taking their baby son to the temple to present Him to God.

Jesus' whole life was a loving present to us from God. Through His death for us on the cross, and His resurrection, His love can now transform any-one's life. Romances can die, but God's love for us is always there.

But it won't do us much good -  
unless we accept it!

|            |              |
|------------|--------------|
| Valentine  | boyfriend    |
| Rose       | fiancé       |
| Romance    | worship      |
| Love       | repentance   |
| Present    | angels       |
| Restaurant | baby         |
| Hearts     | temple       |
| Kiss       | Mary         |
| Hug        | Candlemas    |
| Girlfriend | presentation |

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

## 29<sup>th</sup> February - Oswald of Worcester, the saint for Leap Year

There is a saint for Leap Year: he is St Oswald of Worcester, who died on 29<sup>th</sup> February 992. His family story was extraordinary, and full of some surprising 'leaps', all by itself. It provides a tantalising glimpse of what happened to at least one of those pagan Viking warriors who settled in Anglo-Saxon Britain.

For Oswald's great-uncle had come to England c 865, as part of the 'Great Heathen Army' of Viking invaders. But his son, Oswald's uncle, Oda, forsook paganism, and not only converted to Christianity, but actually ended up as Archbishop of Canterbury. From there, Oda was in a position to help his nephew, Oswald, which he did.

Oda sent young Oswald to be educated at the abbey of Fleury, then a great centre of learning. There Oswald absorbed the Benedictine ideals

which would guide his later life and work. Back in England, he became bishop of Worcester in 961, and with the support of King Edgar, eagerly joined in major reforms of the Anglo-Saxon church. In 972 Oswald was made Archbishop of York, and seems to have taken a great interest in renewing the church in the Danelaw. He founded Ramsey Abbey, which became one of the great Fenland monasteries.

Oswald was popular as an archbishop, and always washed the feet of the poor every Lent. On 29<sup>th</sup> February 992 he had just completed this service at Worcester when he collapsed and died. In later years, Worcester adopted both him and Wulfstan to be its two chief saints: they flank the tomb of King John, which is before the high altar in the cathedral.

The next Leap Year is in 2028.

The Rectory  
St James the Least

My dear Nephew Darren

**On why rural church-goers like to freeze in church**



Winter certainly exposes the difference between those of you who live in cities and us rural folk. While you bask in your centrally heated flat, and complain about the half an inch of slush outside, we country folk wear overcoats in our houses, open all doors and windows to let the heat in and battle through snow drifts, measured in feet, to get the morning paper.

Colonel Wainwright has acquired a new toy: a snow blower, of sufficient power that I believe it could clear the Antarctic. He kindly volunteered to clear the paths around the church. Working outwards from the church door, the path to the church soon became snow-free. Unfortunately, he only realised when his job was complete that the blown snow then formed a ten-foot drift under the lych gate.

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

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

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

No, my dear nephew, a few flakes of wet snow may close *your* car park for health and safety reasons, but we shall continue to triumph heroically over adversity. We return home after Mattins, knowing we have proved our Christian commitment in being utterly uncomfortable.

Your loving uncle,

Eustace



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"Next Sunday I think I'll do a new take on the Parable of the Virgins and the Oil."



Mr Mackenzie kept forgetting his PIN

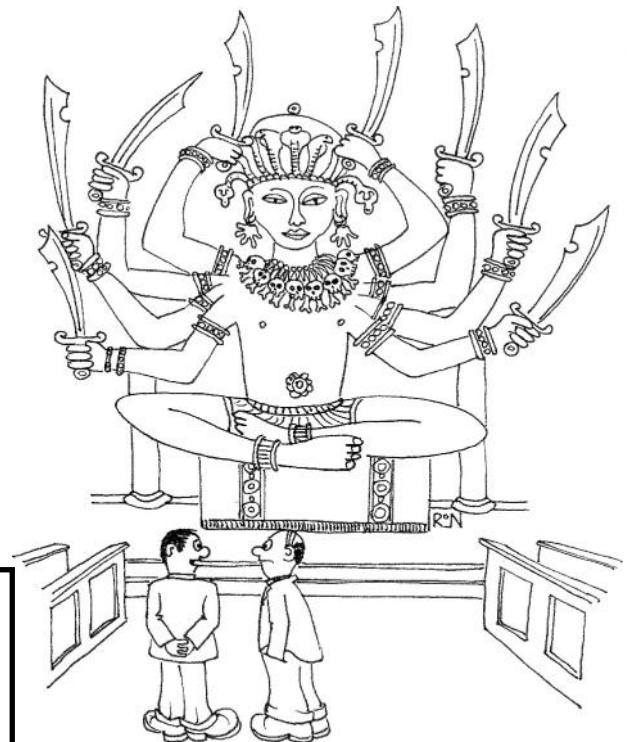


...the good news is - I've found a way of heating the church on unwanted chip-fat!...

Having just seen an article in today's paper got me remembering my Paul. It was about the Army having to pay compensation to soldiers for cold feet, and coverage of floods.

During his National Service, 1952-54, he covered two problems, one he was sent to Canvey Island to help, first getting people to safety, then filling sandbags and helping to make the flood barrier. He said how he had never been so cold or wet in his life, but seeing the damage stayed with him, also how grateful the people were.

The second was a dockers strike when he was sent to Liverpool to help unload food ships, He got to carry sides of frozen beef from Argentina. Although they were given leather sacks for their shoulders he said the sheer weight and depth of cold was awful and the gang plank was uneven which made it worse. The walk to unload pass jeering dockers was not happy.  
Regards, Iris Burton



"Strictly speaking", said the Archdeacon  
"You should have applied for a faculty"





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One Place East  
Where disability matters

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We promote equality and inclusion for disabled people, people with lived experience of mental health problems, long term conditions and people with a learning disability and Autism. We deliver high-quality, culturally appropriate, accessible services responding to local need and the views of our service users. A key part of our work is challenging the stigma and discrimination that people experience in their everyday lives. We also provide information and signposting.

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Visit our website: [www.oneplaceeast.org](http://www.oneplaceeast.org)

We offer both written and audio monthly newsletters, which can be found online. Further information can also be found on our Facebook page, X and Instagram



Registered office: One Place East Ltd | Registered Charity No: 1065770 | Company Limited by Guarantee No: 3115971

## GENERAL ENQUIRIES

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

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

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

## HALL LETTINGS

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

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

## BAPTISMS, WEDDINGS & FUNERALS

please contact:

**Rev Dr Chris Szejmann**

**020 8637 4859** to arrange an Interview

## Parish Safeguarding

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

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

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

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

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

## The LEGAL STUFF

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**He's so glad he came**

Book your **FREE CONSULTATION\*** Today

### EAR CLEANING & SUCTIONING

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

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

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

Consultation, ear examination & diagnosis

Ear wax removal from ear canal by suctioning

Private prescriptions

Simple ear infection treatment

After care & review

Advice & ENT referrals service

**STARTING FROM JUST £59.99**

\*Free consultation if you have treatment with ANPC Healthcare

### OUR CLINICS



**SOUTH WOODFORD**  
11 Lily House, George Lane,  
South Woodford, London E18 1BD

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

EMAIL [info@anpchealthandtravelclinic.co.uk](mailto:info@anpchealthandtravelclinic.co.uk)

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

**ANPC**  
HEALTHCARE & TRAVEL CLINIC

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

\*Over 10 years of age

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### OUR CLINICS

**ILFORD** 163A Longwood Gardens, Clayhall, Ilford, London IG5 0EG  
**SOUTH WOODFORD** 11 Lily House, George Lane, South Woodford, London E18 1BD

EMAIL [info@anpchealthandtravelclinic.co.uk](mailto:info@anpchealthandtravelclinic.co.uk)

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# 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



Join a series of group conversations that freely explore the basics of the Christian faith in an open, friendly environment. You can say anything you like, or nothing at all. Everyone's welcome. You're invited, no matter your background or beliefs. It's free; it includes a warm meal & drink, and there's no pressure to come back.

# Alpha STAY CURIOUS

**Where?** Marino's Café  
24 High Street,  
Barkingside, IG6 2DF

**When?** Starts Wednesday,  
17 January, 7:30pm —  
runs for 7 weeks

**Booking required -  
Contact Chris @ 07804 641931**

**PARISH OFFICE** (in Church)

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

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

or phone **07478 187 010**

**VICAR:**

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

The Vicarage, 36 Mossford Green, IG6 2BJ  
[priest@holytrinitybarkingside.org.uk](mailto:priest@holytrinitybarkingside.org.uk)

**Associate Curate** Rev Kate Szejmann  
[kate.szejmann@holytrinitybarkingside.org.uk](mailto:kate.szejmann@holytrinitybarkingside.org.uk)

**Clergy with Permission to Officiate:**  
Rev Margaret Chapman - 020 8504 6750

**Churchwardens:**  
**Chris Stoneham**, -07828 885 439 / 020 8270 5742  
[chris.stoneham@holytrinitybarkingside.org.uk](mailto:chris.stoneham@holytrinitybarkingside.org.uk)

**Parish Safeguarding Officer:**  
[psr@holytrinitybarkingside.org.uk](mailto:psr@holytrinitybarkingside.org.uk)  
Kaye Larbi 020 8491 8178

**Church Treasurer:**

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

**Sacristan / Verger:**

(& Organist) Mary Fabb - 020 8550 9694

**Deputy Warden:**

Maxine Paul

**Magazine:**

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

**Mothers' Union:**

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

**Music Group:**

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

**Webmaster:**

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

## PARISH DIARY

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

**13th Feb Tues - Pancakes at the Drop In !!**

**14th Feb Weds 9.45am ASH WEDNESDAY. Imposition of Ashes**  
(also 7.30pm at St Francis Church)

**21st Feb Weds 12 Noon - Lent Lunch - Barkingside Methodists**

**29th Feb 12 Noon - THURSDAY - Hainault Baptist Church**

**6th March Weds 12 noon - St Francis Barkingside**

**10th March Sun - Mothering Sunday Service**

**13th March Weds 13th 12 noon - Gants Hill Methodists**

**20th March Weds 20th 12 Noon - Holy Trinity Barkingside**

**29th March GOOD FRIDAY**

**31st March EASTER SUNDAY - British Summer Time Begins**

