

Trinity Times

The Parish of Holy Trinity Church , Barkingside

**£12 subscription
£1 donation.**



Pentecost -Acts 2

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

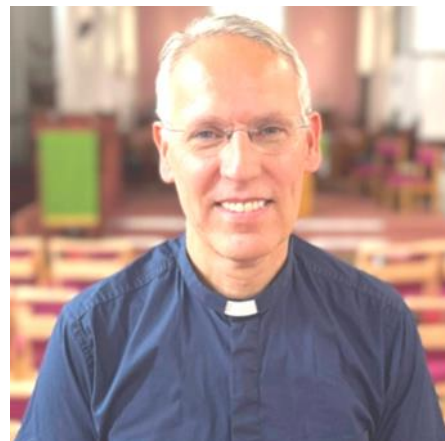
Tea, Coffee, Snacks
Games and Crafts
Good Company
Friendships

Dear Holy Trinity Family!

We are **still buzzing from the joyful Easter Sunday service** when our dreams & visions of a full church with wonderful people from all background & ages celebrating together came true. Gathering outside to light the Easter Candle – representing the risen Lord in his glory – and then processing into the building together with candles, and saying **“The light of Christ”** as we brought light and hope into darkness, was a great way to start the supreme moment in the celebration of the Lord Jesus Christ.

We are also grateful for a **profound Holy Week at our church**: Maundy Thursday with the traditional foot-washing moves us every year, but we were surprised how we were impacted by a “Station of the Cross” service that intentionally gave people a lot of space to connect with God; and then a “Veneration of the Cross Service” where we encountered the suffering Jesus on the Cross in such a tangible way. Finally, those who participated at the night Vigil between Thursday and Friday seemed to feel very blessed by the experience. God is so good!

It's worth reflecting what happened since we started the year feeling somewhat “heavy” and “challenged” by so many things. And we notice that there have been **amazing experiences of life and joy**. And as we are constantly discerning where God is active so that we can join in, it's very important to highlight three areas in particular: First, the ongoing and amazing **“Tuesday Drop-Ins”** run by our Mothers Union that provide a wonderful place of belonging for the elderly – thanks so much to Maxine, Tricia, Erica and Jon in particular. It's a blessing for the whole community.



Second, our **Alpha Course** where a large group of members from our congregation, and also people coming in from outside, journeyed together weekly in profound ways in Marino's Café from mid-January, to then continue this journey in weekly **Lent Gatherings** in our church. And what incredible fun & joy we have had learning Salsa dancing from David & Irene! And I think that we have all been impacted by the mini-series on **“Letting Go”**: Most importantly, **letting go of our big EGO that occupies so much we are thinking and doing and doesn't leave much space for others or God – and instead, learning to let go of this FALSE SELF, discover the goodness inside us, our REAL SELF, and fall into God (see graph at the end).**

We have now decided to continue with so-called **“Wednesday Gatherings”** at Holy Trinity from 10 April onwards starting at 7:30pm. At the moment we are still holding back with the launch of home groups as we are curious to see where these Wednesday Gatherings lead us. And **please, if you have not attended yet, would you kindly consider doing so, and bringing friends along. Everyone is welcome to attend! It's a time for friendship & joy, and of deepening our relationship with Christ.**

Thirdly, **the life & joy we see connecting with children & families**. Our **Family Fun Zone** team (lead by Kate & Christine and including Gill, Lorraine, Mike, Patricia, Rhiannon and Tricia) is simply amazing and their event on Good Friday was again truly wonderful. And of course it's on our heart that this spills into our wider church life, including our services where we need renewal as every healthy church does. And this is why the family-friendly Easter Sunday service was an important watershed and pointed in the direction we want to go in terms of renewal and growth – step-by-step of course.

And all this ties in with exciting connections and activities in the children, youth & family ministry, including schools coming in to visit us at Holy Trinity; Kate leading school assemblies at Mossford Green Primary School and acting de-facto as a school pastor during lunch times once a week; and new connections with Clore Tikva Primary School.

Last not least, we are launching our new **Edge Youth Club** on Thursday, 18 April, for those of ages

10 to 13. Please consider coming on team for this – whatever your gifts are. Everyone is welcome. And heads up at this point, that we are thrilled to welcome Helen Mullis-Kunda, one of our Edge leaders, to preach the sermon on Sunday 14 April at Holy Trinity.

I mentioned already in last month's letter that we are clearly in a **season of "planting" and "releasing"**. So, as we journey on from here, we continue to discern as individuals the question I raised before: **"Where do you see yourself in the midst of this season of 'planting' and 'releasing'?"** The **Parable of the Leaven** gives vital clues to growing a healthy church (Matthew 13:33): "He told them another parable: 'The kingdom of heaven is like yeast that a woman took and mixed in with three measures of flour until all of it was leavened.'" It is like baking a yummy cake for which one needs good ingredients, getting the mixing and proportions right, and knowing for how long and at what temperature to bake it for. Similarly, churches and relationships depend on the right interplay of various factors to be healthy and grow. So, **what is God asking you to do in this season? What do you feel called to do? How do you want to serve Holy Trinity Church and the wider Barkingside community?** Please do not hesitate to share with me, or Kate, what is on your heart.

As always, Thanks so much for who you are, and for all the things you do to radiate Christ's life. And please always feel welcome to contact me or Kate – we would love to hear from you!

Every blessing, Fr Chris



Time to pray for your church wardens *David Pickup, solicitor, considers church wardens...*

O Eternal God... enlighten with Thy Grace the Wardens of this church, and so rule their minds and guide their counsels, that in all things they may seek Thy Holy Will... Amen.

O Lord, ...we beseech Thee to bless all who, ...give themselves to the service of their fellow worshipers. Endue them with wisdom, patience and courage to strengthen the weak and raise up those who fall... that they may worthily minister in Thy Name to the suffering, the friendless and the needy... Amen (Prayers from the C of E)

Churchwardens have a vital and historical role in the life of the church. They are elected by the parish, not just the members of the church. Anyone in the parish can vote for them, not just people on the church's electoral roll.

So, if you want to be a churchwarden, just invite your neighbours on the day of the parish meetings in church! Wardens used to have a significant role in the wider life of the parish with responsibilities for charity, poor relief and even bridges and roads.

Their church duties today include:

Maintaining order and decency in the church and churchyard, especially during the time of divine service

Being entrusted with the property of the church

Having a duty to cooperate with the vicar

Encouraging parishioners in practice of "true religion"

Quite a job! These are their legal duties, but I also like the prayer above as it reminds us to pray for them to seek God's will, not theirs or ours, but God's, and to strengthen the weak and encourage the fallen.

They may feel most of the time that they are weak and have fallen, but they are equipped with our support and prayers to look after other people who need strength or support - which is probably most of us at times!

Holiday in Devon and Cornwall - Nick Mackenzie Smith. .

I am so grateful for a great trip to Devon and Cornwall. I started from Barkingside on a long and varied drive to Ilfracombe on the North Devon coast. At one stage there was a steep climb past beautiful trees. The roads can sometimes be very steep with plenty of corners and high banks.

I was blessed with lovely clear weather. Ilfracombe is set around different bays. The harbour is beautiful with a variety of fishing and other boats. There is a giant statue. I stayed in a bed and breakfast with winding staircases and a lovely view of the sea front. The town has an interesting mix of old and contemporary buildings, and picturesque walks along the coast.

I also did a walk further down the North Coast. It had dramatic view along a cliff beside farmland and wildlife area with bracken.

I was fortunate to visit Woolacombe Beach nearby.



It has a long stretch of beautiful soft sand. It had a great atmosphere with a mixture of wind surfers, those with surf boards and those sunbathing and swimming.

I recommend if you visit the area to try the local seafood, Cornish pasties and the traditional cream tea. I then visited great friends who live in Saint Austell on the South Coast in Cornwall.

They very kindly took me on a great day out surf boarding on the coast at Perranporth and lent to me the necessary equipment needed. They checked the weather conditions in advance and we were lucky to have excellent sea conditions for surfing. I had a rapid crash course on using a surf board including how to balance correctly on the board lying on your stomach. I had to paddle out far enough to catch the wave at the correct moment to carry me back to the beach. Some of the surfers that joined us were very experienced. Some of the wind surfers needed great strength to balance on the surf board whilst the wind caught the sail and drove the surf board forward at great speed. They needed to balance themselves and turn the board round very fast when the wind changed. Some surfers also caught the waves brilliantly and did long surfs back to the beach.



We had a delicious lunch of fish and chips sitting on the park bench at Perranporth, which gave great views of the coast. We did a walk to the neighbouring bay with dramatic views of the cliffs and waves on the beach. Saint Austell has a long history of mining, including for China Clay. It was used for porcelain. You can see the mines when you drive into the town. My friends suggested a great walk from the town to the coast through beautiful woodland.

We visited the port nearby where the television series Poldark was filmed. There are very attractive restaurants, pubs and cafes there. I can imagine the sailors working on the ships there in the past. The gardens in the area have many exotic plants, trees and shrubs that you would not necessarily find in other parts of the United Kingdom. You can find rare plants such as ferns and wild orchids.

Some of the coastal walks pass dramatic cliff and rock formations. Those walking on the coastal paths need to be careful not to go too close to the cliff edge. Sometimes there are strong cross winds. Local farmers have to create extra fencing to try and stop cattle and sheep venturing and falling on the coast.

The Royal National Lifeboat Institution RNLI is well respected dealing with rescues on the coast and also out at sea, as they are in other parts of the United Kingdom.

On my way Home I visited Exeter. The Cathedral has an interesting programme of exhibitions and performances. The ceiling is breathtaking together with the lovely colours of the stained glass windows.



This includes the famous Great East Window. The stone carvings are also magnificent. In the Cathedral is the Sledging Flag used by Captain Robert Falcon Scott during the British National Antarctic 'Discovery' Expedition of 1901 – 1904.

Prove it

Prove it they cried, that You're the Messiah
Wouldn't He come as a conquering king?
Not as a poor man riding a donkey
How do you think we'd believe such a thing?

Wherever He went large crowds would follow,
He calmed the storm and turned water to wine,
The lame could walk and the deaf made to hear,
Fully a man and yet also divine.

His teaching had never been heard before,
He fed the five thousand with fish and bread
Gave sight to the blind and lepers were healed,
He cast out demons and raised the dead.

He died on a cross to take away sin
Rose up from the grave, what more could He do?
To prove of His love for all of mankind
Believe it or not it, it's all up to you.

By Megan Carter

The U in JesUs

Before U were thought of or time had begun,
God even stuck U in the name of His Son.

And each time U pray, you'll see it's true
You can't spell out JesUs and not include U

You're a pretty big part of His wonderful name,
For U, He was born; that's why He came.

And His great love for U is the reason He died.
It even takes U to spell crUcified.

Isn't it thrilling and splendidly grand
He rose from the dead, with U in His plan?

The stones split away, the gold trUmpet blew,
and this word resUrrection is spelled with a U.

When JesUs left earth at His upward ascension,
He felt there was one thing He just had to
mention.

"Now go into the world and tell them it's true
That the love I have shown is not just for U."

So many great people are spelled with a U,
Don't they have a right to know JesUs too?

It all depends now on what U will do,
He'd like them to know,
But it all starts with U.

The Bible in 50 words

God made.
Adam bit.
Noah arked.
Abraham split.
Joseph ruled.
Jacob fooled.
Bush talked.
Moses balked.
Pharaoh plagued.
People walked.
Sea divided.
Tablets guided.
Promise landed.
Saul freaked.
David peaked.
Prophets warned.
Jesus born.
God walked.
Love talked.
Anger crucified.
Hope died.
Love rose.
Spirit flamed.
Word spread.
God remained.

Emmaus

(Luke 24:13-32)

In the breaking of the bread
Our eyes were opened,
We knew Him then.
The Lord was with us
In Emmaus,
There was no doubt.
He was alive and with us,
The scriptures made sense.
What a difference!

But thinking back
To that journey –
To the grief that overwhelmed us,
The discussions, disagreements
And debilitating disappointment –
A different opening of the eyes,
We never were alone.

Before the word and bread,
Because of the word and bread
He was there,
He is here,
Always,
Walking with us.

By Daphne Kitching

FAMILY OWNED FUNERAL DIRECTORS
Who have served the community for since 1847.

HL HAWES & SON

FUNERAL DIRECTORS

153 Station Road
Chingford
London
E4 6AG

106 Tanners Lane
Barkingside
Ilford
IG6 1QE

883 High Road
Leytonstone
London
E11 1HR

020 8559 3235

020 8550 4047

020 8532 9600

www.hlhawes.co.uk

info@hlhawes.co.uk



- . Specialist Worldwide repatriation
- . New Jaguar Vehicles

- . Horse Drawn Funerals
- . Pre-Paid Funeral Plans

Golden Charter
Funeral Plans 
The UK's largest independent funeral plan provider

Making life **easier** for your loved ones
costs less than you might think.
Please Contact **HL Hawes & Son** on
020 8550 4047 for free advice & help

020 8550 4047

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

Pauline Southcott

It is with regret that we record the Passing of Pauline Southcott on 20th February 2024.

Pauline was born on 29th April 1929 in Ealing to Alfred and Mabel. They lived in an end terrace on Verulam Road which is still there today. Alfred was a coach trimmer. He smoked a pipe, but spent most of the time lighting or tapping it out on the chimney breast.

Pauline's children Paul and Mark still remember the visits to their grandparents, filled with playing on the grass lawn, exploring the shed, investigating the veg patch, eating Cottage Pie and making tea on the coal stove in the kitchen.

It didn't change much between the generations, I can imagine Pauline doing similar things, helping her mum in the small kitchen, with food from the pantry, sitting in the dining room for meals and retiring to the sitting room after. Maybe listening to the wireless, and sewing till bedtime.

Pauline had an older brother Tom, a very charismatic figure, always upbeat and charming. He had a motor bike that Pauline used to ride on. Stories of her hanging on for dear life to Tom's leather flying jacket were common. No doubt they were going too fast with Pauline wearing inappropriate shoes and a skirt!

Pauline worked at Kiwi Shoe Factory in Ealing (now an iconic landmark) as a bookkeeper. At weekends she would help out at the local cricket club scoring and making lunches. The story of how she met Roy is unclear, but somewhere cricket or football related would be likely. Many photos of the teams and the after-match parties are now part of the Southcott archives.

Pauline and Roy married in March 1954 and moved into Heybridge Drive together. The house cost £2500, a sum which neither parent's thought was reasonable at the time. But as Pauline still lived there, I guess it was a reasonable investment!

Roy worked locally at Kelvin Hughes and as was normal at the time, when Paul was born in 1958, Pauline gave up work to raise the family, Mark came along three years later and life revolved around walking to Mossford infant School and later to Fairlop Boys. With all three of them coming home for lunch each day, it left little time for anything else.

They liked dancing and socialising, with both Paul and Mark enjoying a bottle of lemonade and a bag of crisps in the car whilst mum and dad finished their drinks in the pub.

Mum was a great seamstress and made most of her own clothes and some for both the boys. A joy she kept up and later in life worked at a college teaching dressmaking. Which she enjoyed greatly.

During the years Paul and Mark were at school, there was a monthly trip around the North Circular to Ealing to see her Mum and Dad, with annual holiday trips to Ainsdale to Dad's parents. Normally staying at Pontins Southport - a very "Hi Di Hi experience". A highlight of this period must be in May 1967 when Pauline won a car on a Kellogg's cereal competition. A very exciting trip to Jessops in Gants Hill to collect it, with the Press and photographers in attendance!

Pauline liked to keep busy, and took evening classes to gain a number of qualifications in Dressmaking and tailoring, which also led onto teaching evening classes in Redbridge. Around 1980 with both Paul and Mark working and starting to live independent lives Pauline and Roy took the opportunity to travel either cruising or visiting countries they had always been interested in. Trips to Europe, Australia, Malta, the US and Bahamas to name but a few.



During this period Roy retired and between trips he would paint, and Pauline continued with her interests in the WI, Holy Trinity Church, Ilford Bowls Club, and the Flower Club, together with visiting friends and family. A busy and fun time with lots of stories and experiences which they both enjoyed.

In the early 2000's Roy's health started to fail, and he passed away in 2003 from Cancer- a difficult time for the whole family. Following Roy's death, Pauline kept up her interests and through the church she met David Westgate. A kindred spirit who also enjoyed cruising and socialising. They both liked marching bands and concerts and did many trips into London to watch shows. Their friendship lasted until the end with many adventures initially on cruises but later typically coach trips to explore the UK. Pauline would often talk about David and his family and especially his daughter Tracey, with who Pauline shared a special friendship.

Pauline was 94 when she passed away and until October last year she was still driving and living a full life. Still walking to the high street shops or to visit her clubs and friends. Pauline was a person who like to be busy, cared about people and always tried to help where possible. She loved to chat, always had time for people and would be the first to volunteer if a job needed doing.

When asked about living alone and how she coped with tasks like gardening and housework, she would say. "I do a little bit every day until I get the job done". Not a bad motto for us to all live by. *Paul and Mark Southcott.*

Pauline has been a long-standing and a faithful member of Holy Trinity for many years. She was one of the "Golden Girls", along with Joan Titley, Freda Baker, Iris Mann and Marjorie Gilham. They used to go away on holidays together.

She was also a member of "young wives", and a great helper on the "granny's attic" stall at Summer Fete and Christmas Bazaar. She was also a staunch member of the Towns Women's' Guild. *Chris Stoneham*

Christian Aid Week – 12th – 18th May

Christian Aid is urging its supporters to 'push back against poverty this Christian Aid Week' by bearing in mind the coming General Election.

The charity says that people hoping to represent us in the next UK Parliament will soon be on our doorsteps, vying for our vote.

Christian Aid says that these would-be MPs will: "be in listening mode, keen to hear what makes the voters in their community tick." And so, urges the charity, Christians can use this opportunity to "show them that your church cares about poverty, and tell them that you expect them to act on poverty too, if they are elected."

This year the charity has launched the '70K Challenge for May', encouraging its supporters to do a sponsored "Move 70km during May. Walk, run, cycle, however you move is up to you."

Details at: <https://fundraise.christianaid.org.uk>

Do you need help?



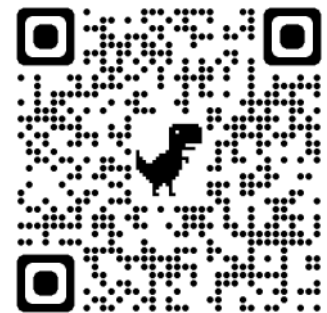
We are here for you and want to support you.

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.

[Redbridge - Advice and support](#)

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



The pet crisis

More than half of us in the UK own a pet. That is 17 million households.

But we are abandoning them at an alarming rate. The RSPCA warns we are offloading our animals at “unmanageable levels,” and stretching their welfare services to the limit.

The turning point was the pandemic. Stuck at home during lockdown, we went animal-mad, and our pet dogs soared from nine million in 2019 to 13 million in 2022.

But four million puppies purchased during the pandemic was not a good idea. Since then, a fifth of all those puppies have been reported as having behavioural problems such as clinginess, aggression, or being very hard to train.

On top of that, the cost-of-living crisis has left many people struggling to even feed their pet. According to the Office for National Statistics, the cost of owning a dog is estimated to have jumped by 12.8 per cent – around £256 – over the past year to total around £2,500.

All in all, it is the ‘perfect storm’. The RSPCA received 20,999 reports of abandoned animals last year. That is 5,000 more than in 2020.

Supporting people in trouble

David Pickup, a solicitor, considers the potential pitfalls of helping others...

Brothers and sisters, ...Carry each other's burdens, and in this way you will fulfil the law of Christ. If anyone thinks they are something when they are not, they deceive themselves.
(Galatians 6 1-3)

I am always interfering, in situations where I should not. Sorry, but I do. It is probably because of the job I do, that I want to fix things. Christians naturally want to help others. Churches are loving communities, and we want to do the best for each other.

Sometimes supporting others can be difficult. Some people are easy to help. They know what the problem is and what help they need.

Others are very demanding and always need help. They go from person to person asking for support and do not always follow advice. Then there are those who would never ask for help. They battle on and get exhausted and struggle on their own.

Probably the best helper is the person who can listen and not judge and guide the burdened to find their own answers. Often the person who is best at helping others is the one who has experienced life's ups and downs themselves. We can support others by:

Listening and keeping confidences.

Looking out for someone to make sure they are ok.

Respecting their choices even if we do not agree.

And, best of all, praying to know what to say and when to be quiet.

St Paul reminds us that we should bear each other's burdens, and no-one is expected to carry some things by themselves. The law of Christ that Paul was referring to was the New Commandment Jesus gave... that we love one another.

So, I will carry on trying and sometimes failing to fix things. You never know, I might make things better one day!

Don't just sit there, whatever you do!

The average adult in the UK sits for nine hours a day. Office workers probably clock up even more time in a chair.

But it is not good for you. Research has found that too much sitting increases your risk of weight gain, Type 2 diabetes, osteoporosis, depression, anxiety, stress, cancer, and even early death.

"Excessive sedentary time is associated with a plethora of physical and mental health complications," says Prof Lee Smith, an expert in physical activity and sedentary behaviour at Anglia Ruskin University.

And James Betts, professor of metabolic physiology at the University of Bath, says that sitting too much may also lead to weaker and less flexible muscles. "Using your muscles and loading your bones can definitely strengthen them – or conversely, disuse can rapidly make them weaker," he says.

The good thing is that too much sitting can be easily dealt with. Simply interrupt your sitting with activity breaks. Get up and walk around during every TV advert break. Walk around during phone calls. Go for a walk after dinner. Use the stairs whenever you can.

The good news is that other studies have found that if you make time for even short bursts of exercise during your day, it will help to offset the harm of too much sitting.

Jehu, son of Nlmshl

Not all that long ago, I was looking out of church talking to Fr ChrIs about nothing In particular, when somebody in a car (don't remember who) was leaving, driving quite slowly. We remarked that they were driving carefully and speculated what sort of *nom de guerre* we should glve them.

I don't remember any of the other names we considered, but I put forward the name **Jehu**, honouring a memory shared by my father of an elderly gentleman who lIved In one of my grandfather's parIshes (in the 1940s or 1950's (i.e. long before my time) who was very slow.

Readers wlll realise in the context of the reading that In reallty (2 Klngs 9 verse 20) indicates the use of Jehu's name was used Ironically:

“and the watchman told, He came even unto them and cometh not agaln: and the drIvIng Is llke the drIvIng of Jehu the son of Nlmshl; for he drIveth furlously” 2 Klngs 9 verse 20. AuthorIsed Verslon (other translatlons are available)

Jehu, son of Nlmshl sounds llke quite a cool name to have, doesn't It? I guess we would be dlssapointed to hear that strictly speaking he should have been known as Jehu, son of Jehosaphat, as Nlmshl was Jehu's grandfather, and Jehosaphat was hIs father.

When I was looking at Wikipedia about this apparent *faux pas* there were no concrete reasons for this change. I found that following 'who was who and what happened to them' quite a challenge, so in an effort to clarify matters, I present a simple table outlining who is on whose side. The action takes place in 2 Kings chapters 9-11

Goodies		Baddies	
Jehu	King	Ahab	King
Elisha	Prophet	Jezebel	Queen
Naboth	Godly man; col-lateral damage	Joram	King
Jehosephat	Father of Jehu	Ahaziah	King
Nimshi	Grandfather of Jehu		
Hazael	King of Syria		

Jehu was the 10th King of the Northern Kingdom of Israel, who, having been anointed in secret by an unnamed prophet nominated by Elisha, was tasked with destroying the House of Ahab, (with some fruity language in the Authorised Version).

Ahab was a bad character. He had (re)introduced the worship of Baal, and had brought back idolatry, and rebellion against God. This was extended by his wife Jezebel and sons Ahaziah and Joram. The worship of Baal and other idols is an ongoing reason for the division between God and his chosen people. Joram had stolen land from Naboth, who was regarded as a Godly man. Joram was killed by Jehu and his body was chucked unceremoniously onto Naboth's land to show the vengeance of God.

Ahaziah escaped the wrath of Jehu by going to Megiddo, and he died there. Jehu caught up with Jezebel at Jezreel, where she was killed and her body left for the dogs to eat. Ahab's 70 sons in Samaria were written to and when they got to Jehu, they were killed and their heads were sent to Jezreel.

The final *coup de grace* for the followers of Baal is that Jehu pretended to adopt their beliefs and

arranged to meet up. All of the followers of Baal came to offer sacrifices and burnt offerings. When they did Jehu ordered that they should be killed. He separated 80 of his followers and told them to kill all the followers of Baal and that their lives would be forfeit. When this had happened, Jehu's followers destroyed the Image of Baal and tore down the house of Baal, thus eradicating the worship of Baal in Israel.

Jehu did not, however, follow the way of the Lord entirely in that he did not stop the cult of worshipping the Golden Calf "which made Israel to sin" (verse 31). Whilst we don't know much about his reign, we know it was not entirely following the Law of the Lord. Jehu apparently died of natural causes after a 28 year reign, which by Old Testament terms made him a **Good King**.

Reflecting Faith: the church as a building

The Revd Dr Jo White considers the stones and mortar...

Today's church buildings are rich and varied in their designs, sizes, materials, plans and groupings; from large cruciform churches to simple single room designs; from red brick to stone, and so on.

I wanted to look up some information about the fact that today's church buildings, although they may be 'modern', are usually built upon or very close to a previous church building. In other words, they stand quite literally in a long succession of church buildings.

However, on entering 'church building footprint' into the computer search engine, it responded in a related but unexpected, to me, way: *'The Energy Footprint Tool is a great way of monitoring your church building's carbon usage and energy efficiency.'*

A very real issue for today's world! - and one we are very conscious about when we enter the building on a Sunday morning to find, even with the heating turned on for a number of hours, that it is considerably cooler than our own centrally heated homes.

Whilst it is theologically wonderful to have high ceilings, we can see how future remodelling might well lower the ceilings, bring in the walls, and shrink the glassed areas.

And so it has been through the ages – church buildings have constantly been amended. When you look carefully at a church that is more than a few hundred years old, in any part of the world, you can trace the development of its use by its architecture.

Perhaps you'll see a door or window bricked up or a new one opened. The widening of the nave by the addition of arches and one or more aisles. Change in stone or building materials as later technology was available or even a change in design as new techniques came into safe use.



**28th April Sunday 3pm -
Baking with Brass - St Francis Church**

=====

LENT LUNCHES Proceeds to Christian Aid were £665. The Lunch at Holy Trinity raised £170. There were more than 39 people there - the highest total, I think. CS



New Year, New Challenge

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

Why not make a new year's resolution which will change a life?

Over 300 children are unable to stay with their families in Redbridge each year and need a secure, stable and nurturing home.

If you have a place in your heart and home and are considering fostering, please call **0208 708 6068** or email fostering@redbridge.gov.uk for more information or visit

<https://www.redbridge.gov.uk/fosteringfaith> to book onto our next Virtual Information Session.

We can't wait to hear from you!



The poster features two children sitting on a brown sofa, each holding a steering wheel and a gear stick, appearing to be in a car. The text 'New Year, New Challenge' is at the top. The Redbridge logo is in the top right. At the bottom, it says 'Foster for Redbridge', '020 8708 6068', and 'fostering@redbridge.gov.uk'. A QR code is in the bottom right corner.

The rewilding plan turning churchyards into 'living sanctuaries'

How can we encourage new life in our churchyards this year?

The Bishop of Norwich, the Right Revd Graham Usher, recently called for "land action plans" to be developed to encourage and enhance biodiversity across the estates owned by the C of E. The bishop urged that churchyards should be rewilded to become "places for the living, not just the dead".



With the C of E responsible for around 17,500 acres of churchyard alone (notwithstanding a further 70,000 acres of agricultural land owned by dioceses which is known as glebe land and is largely leased to tenant farmers), such a concerted push could have a dramatic impact on enhancing Britain's biodiversity.

There is another reason that churchyards have the potential to be such an oasis of wildlife across the country. As consecrated ground, they have been largely spared the ravages of industrial farming and development which has decimated Britain's flora and fauna elsewhere. Ancient trees have been left to grow and the earth left undisturbed for centuries.

Several national schemes exist to support the rewilding ambitions of church congregations. A charity called Caring For God's Acre provides an action pack for those considering rewilding consecrated ground, while since 2016 the Christian charity A Rocha UK has offered an "eco church" accreditation.





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
- Easy transport, bus no 462
- Easy parking space
- Home visits available

Tel: 020 8551 6729

ONE PLACE EAST

Offering neighbourly help in emergencies or when difficulties arise in daily living.

020 8514 0980

Volunteers needed. Contact the Duty Officer if able to help.

J A CURRAN

Gas appliance, service / maintain.

Plumbing repairs and maintenance.

20, Carlton Drive,
Barkingside.
IG6 1LU



Tel:- 020 8220 7157

Email:- jacurran@ntlworld.com

Want to hire a Large Hall or a Small Hall?

both light & pleasant, incl. modern kitchen,
restrooms / accessible 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.



General Synod backs code of conduct for Parochial Church Councils

Have you ever had a difficult member of your PCC? Well, it seems you are not alone!

General Synod has voted in favour of a motion asking the Archbishops' Council to explore a Code of Conduct for Parochial Church Council (PCC) members and lay volunteers.

The motion, brought by the Diocese of Chelmsford, sought to address an imbalance of accountability in relationships where lay volunteers currently face no significant consequences for persistent departures from acceptable standards of behaviour.

An introductory paper explained that, whereas clergy are subject to the Clergy Discipline Measure (CDM) process, there remains no proportionate and accessible means by which laity can be held to account for their actions.

The paper cited National Council for Voluntary Organisations (NCVO) advice that, while disagreement is a healthy part of decision making, it was recommended that charities should use a code of conduct for their trustees.

It highlighted instances of uncooperative or aggressive behaviour in meetings over a long period, where there was no mechanism to remove a member from the PCC.

Introducing the motion, the Revd Dr Sara Batts-Neale from Chelmsford Diocese said: "When [things] do go wrong, there is currently no way to change the composition of a PCC. There is a lack of clear accountability.

"We seek a review into a code of conduct to encourage healthy cultures, and to give a possible remedy for intransigent behaviours that damage people, the church, and hinder our ability to share the good news of Christ Jesus."

9th April - Dietrich Bonhoeffer, Lutheran pastor and martyr

Standing up to tyrants, no matter what the cost. That kind of courage has been in the headlines since the war in Ukraine began, as many brave people have defied Putin's oppression. Dietrich Bonhoeffer did not have Putin to contend with, but Hitler. Bonhoeffer did not back down either, when the time came.

Bonhoeffer grew up with no thought of ever defying the leader of Germany. Nothing could have been further from his mind or background. Born at Breslau in Silesia (now the Polish city of Wroclaw) in 1906, Bonhoeffer was the son of an academic. In 1912, his father was appointed to be Professor of Psychiatry and Neurology at Berlin university, and so the family moved to Berlin.

Bonhoeffer never even considered going into politics. Instead, he studied theology in Tübingen, Berlin and New York, before returning to Berlin as a lecturer in theology in 1931. But though Bonhoeffer did not chase political trouble, it soon came to him. For on 30th January 1933 Adolf Hitler, leader of the National Socialist German Workers' Party, had come to power. His totalitarian approach left no room for anyone in public life to disagree with him. Including anyone in the two major churches - Lutheran and Catholic.

Bonhoeffer was in America when war broke out in 1939, but he returned to Germany. He joined the underground anti-Nazi opposition and worked hard to oppose Hitler. In 1943 he was arrested and imprisoned at Tegel prison in Berlin. The involvement of many of his contacts in the July 1944 plot to kill Hitler may well have sealed his fate. He was finally moved on to Flossenbürg concentration camp.

In April 1945, as American troops were approaching the camp, Bonhoeffer was hanged. The last words of this brilliant and courageous 39-year-old opponent of Nazism were: "This is the end - for me, the beginning of life."

The Treasure of Easter!

Canon Paul Hardingham considers what Easter has given us

It's amazing what treasure can be unearthed with metal detectors! In this season of Easter, let's rediscover the greatest unburied treasure of the Resurrection.

The Apostle Peter reminds us that God *'has given us new birth into a living hope through the resurrection of Jesus Christ from the dead, and into an inheritance that can never perish, spoil or fade.'* (1 Peter 1: 3,4). What does he say about this treasure?

On the one hand, it is the *reason for hope*. Peter was writing to Christians in Asia Minor (modern day Turkey) who faced persecution under the Emperor Nero. In an uncertain world we know that Jesus suffered, but by His resurrection has secured eternal life for us. This inheritance not only guarantees life now, but also for eternity, as it *'is kept in heaven for you'* (4). Do we share this confidence? D.L. Moody, the 19th Century American evangelist, spoke of the time when people would read his obituary: *'Don't believe a word of it! At that moment I shall be more alive than I am now'*.

On the other hand, this treasure is a *source of joy*. This unburied treasure fills us *'with an inexpressible and glorious joy, for you are receiving the end result of your faith, the salvation of your souls.'* (8,9). We face all kinds of trials in our lives, but God uses them to refine our faith and character, *'These have come so that the proven genuineness of your faith – of greater worth than gold, which perishes even though refined by fire – may result in praise, glory and honour when Jesus Christ is revealed.'* (7).

We reflect this treasure by developing the Jesus' character and becoming more holy, obedient and loving.

'Christmas is the promise, and Easter is the proof!'

With Annual General Meetings at church in mind...

It was not an accident that 17 of the 36 parables of our Lord had to do with property and stewardship. - *William James Dawson*

Stewardship is what a man does after he says, 'I believe'. - *WH Greaves*

All God's giants have been weak men who did great things for God because they reckoned on His being with them. - *J Hudson Taylor*

I believe in loyalty to the local church. I don't believe in that view of the invisible church that makes you invisible at church! - *Vance Havner*

Don't stay away from church because there are so many hypocrites. There's always room for one more. - *A R Adams*

Once the AGM is over, and the Church Council meets...

Nothing is more stimulating than friends who speak the truth in love. - *Os Guinness*.

The church should be a community of encouragement. - *Fred Catherwood*.

Prayer meetings are the throbbing machinery of the church. - *C H Spurgeon*

I know that the church has its stupidities and inanities and irrelevances; but I love my mother, in spite of her weaknesses and wrinkles. - *E Stanley Jones*

All in the month of April

300 years ago, on 7th April 1724 that the German composer Johann Sebastian Bach's St John Passion was performed for the first time, at a church in Leipzig.

Also 300 years ago, on 22nd April 1724 that Immanuel Kant, the German philosopher was born. One of the leading philosophers during the Age of Enlightenment.

200 years ago, on 19th April 1824 that Lord Byron died. One of the greatest British poets and a leading figure in the Romantic movement, he died of sepsis/fever while fighting for Greek independence from the Ottoman Empire. Aged 36.

175 years ago, on 10th April 1849 that American mechanic Walter Hunt was granted a US patent for his invention of the safety pin. He immediately sold the rights for \$400, which is about \$12,000 today. The company he sold it to made millions from it.

150 years ago, on 5th April 1874 that Johann Strauss II's operetta Die Fledermaus was performed for the first time, in Vienna.

125 years ago, on 29th April 1899 that Duke Ellington, American jazz/swing pianist, composer and orchestra leader, was born.

Also 100 years ago, on 23rd April 1924 that the British Empire Exhibition opened in Wembley, London.

90 years ago, on 3rd April 1934 that British inventor Percy Shaw patented the Cat's Eye reflective road stud. He set up a company to manufacture them in 1935 and in 1937 he was awarded a government contract to mass produce them for national use.

75 years ago, on 4th April 1949 that the North Atlantic Treaty Organisation (NATO) was founded.

Also 75 years ago, on 7th April 1949 that the Rodgers and Hammerstein musical South Pacific was opened in Broadway.

70 years ago, on 7th April 1954 that in a news conference about Communism in Indochina, US President Dwight D Eisenhower explained his 'domino theory'. He said that if one country in a region came under the influence of

Communism, then the countries surrounding it would follow. He and later presidential administrations have always believed this.

Also 70 years ago, on 26th April 1954 that the Soviet Union transferred Crimea from Russia to Ukraine. In 2014 Russia annexed Crimea, but it is not recognised internationally, and a number of sanctions were imposed on Russia as a result.

65 years ago, on 9th April 1959 that Frank Lloyd Wright, American architect and writer, died. Regarded as 'the greatest American architect of all time.'

50 years ago, on 6th April 1974 that the Swedish pop group ABBA won the Eurovision Song Contest with their song Waterloo. It was the first time that Sweden won the contest. ABBA went on to be one of the most successful groups in music history.

40 years ago, on 17th April 1984 that British police officer Yvonne Fletcher was shot dead during a demonstration outside the Libyan Embassy in London. This led to an 11-day siege by the police.

30 years ago, on 6th April 1994 that the Rwandan genocide began, when a plane carrying Rwandan president Juvenal Habyarimana and Burundian president Cyprien Ntaryamira was shot down by extremists. Civil war broke out the following day, and between 500,000 and one million people were massacred during the next 100 days.

Also 30 years ago, on 26th April 1994 that the first post-apartheid multiracial elections were held in South Africa, with 18 million blacks eligible to vote for the first time. Nelson Mandela was elected president, and took office on 10th May.

25 years ago, on 5th April 1999 that Libya handed over to the United Nations two suspects in the 1988 bombing of Pan Am Flight 103 over Lockerbie. They were taken to the Netherlands to face trial. One was found guilty, and sentenced to life imprisonment, only to be released in 2009 because he was dying of cancer. The other suspect was acquitted.

20 years ago, on 1st April 2004 that Google launched its free email service, Gmail.

RE-CYCLING

With the restrictions placed on meeting others, the pandemic affected many activities, including cycling. The requirement to wear face masks persisted for some time.

It might be thought that cyclists would be little affected on the assumption that riding a bike as a pastime was a solitary activity. But, in fact, most club cyclists expect to meet each other, plan rides together or arrange meeting places. Thus such social gatherings had been stopped.

As restrictions eased, club members began to meet, initially keeping the required six feet apart. This brings memories of that icy cold winter of 2022 (it might have been 2021, its blurred in the passage of time) when we, perhaps six or eight of us, met in the country park in Forest Road, heavily clothed, standing at distance from each other and partook in distant conversations.

At times it was a scene reminiscent of Siberian, people transformed into tubby figures swathed, in extra clothing, white, breath vapours showing as we spoke, or, dare I say, as we sipped something a little warming?

Over time these activities morphed into tentative meetings, local meetings. Venues in Valentines Park or Fairlop Waters, just short bike rides away. They became a habit, socialising using short distances.

But we made our effort today, the end of March. Four of us agreed to have elevenses in Brentwood, 'Calcotts' Farm Shop, a pleasant place and not too far if we drove to Kelvedon Hatch with our bikes, parked and cycled in familiar lanes to Calcotts. Dagwood Lane, Days Lane etc.

There were bound to be spring flowers along the hedge rows, and there were. With the restrictions placed on meeting others, The twists and turns, ups and downs of Days Lane lead to Crow Green, a hamlet where the lane divides, one leading back to Bentley (with its beautiful Church), the other going left to Brentwood. It is a place of many flowers. We were too late in the season for the primroses and crocuses but daffodils were still there and a bed, or one might say poetically, a fairy drift, of blue flowers which I am unable to name. We stopped and took photographs but these rarely do real justice to the beauty of the plants.

The food at The Farm Shop was good, the staff friendly. It was good to get out again into some, familiar, cycling places.

Eventually we cycled back to Kelvedon Hatch. It was only seven miles but this time the wind was in our favour. As we neared the cars spots of rain began to fall. We drove home in a heavy rain. A lucky escape from a soaking.

(P.S. Calcotts Hall is worth a visit if you want to find some where new. It is a complete grocery/greengrocers and butchery store with adequate parking) *Bill Godfrey*

=====

Seen in a church magazine:

The church hall is available for hire for groups and parties. There is a well-equipped kitchen and disabled toilet facilities, with the capacity to seat up to 80 people.

Revival families

After the local mission outreach had concluded, the three ministers were discussing the results with one another. The Methodist minister said, "The mission worked out great for us! We gained four new families."

The Baptist preacher said, "We did better than that! We gained six new families."

The Anglican priest said, "Well, we did even better than that! We got rid of our 10 biggest troublemakers!"

Board meeting

"There will be a meeting of the Board immediately after the service," announced the minister. And so, after the close of the service, the Church Board gathered at the back of the church for the meeting.

But there was a stranger in their midst - a visitor who had never attended their church before. "My friend," said the minister gently, "Didn't you understand that this is a meeting of the Board?"

"Yes," said the visitor, "and after today's sermon, I suppose I'm just about as bored as anyone else who came to this meeting."

Up or down?

Is this apisdn umop or am I just standing on my head?

Wordsearch Clues & Answers - Rogation Sunday – May 2024

The first Sunday in May is Rogation Sunday. This is when many parishes still 'beat the bounds'. Rogation means an asking of God - for blessing on the seed and land. The practice began with the Romans, who processed around the cornfields each Spring, singing and dancing, sacrificing animals, in order to get rid of evil. About 465 AD the Western world was suffering from earthquake and storm.

Mamertius, Bishop of Vienne, aware of the pagan custom, ordered that prayers should be said in the ruined or neglected fields. Thus 'beating the bounds' became a Christian ceremonial. It arrived in England early in the eighth century. Each Spring, led by the priest, a little party from the parish would set out with a Cross to trace the boundaries of the parish.

They'd implore God to keep their corn and roots and boughs in good health, and bring them to harvest. In the days when maps were scarce, 'beating the bounds' helped remind everyone just where the boundaries were. Do you know yours today?

Sunday	
May	Cornfields
Rogation	Spring
Beat	Earthquake
Bounds	Storm
Asking	Prayer
Blessing	Cross
Seed	Boundaries
Land	Crops
Romans	Harvest
Processed	maps

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

Him and me *By Daphne Kitching* (Jn21: Jn16:23)

In the end it's all about Him and me,
 And my relationship with Him.
 He fed me with fish,
 Caught at His command,
 He forgave me
 For my denials and my doubt,

And He called me
 To emulate His feeding and forgiving.
 He called me to love Him
 And His sheep,
 To feed them,
 To make known His love.

But in the end it's really all about Him and me,
 And my relationship with Him.

Never mind the others, He said,
 In this world you will have trouble,
 You will be persecuted
 And criticised
 And accused
 And undermined,

But *never mind*,
Never mind,
 Look up,
 Be steadfast,
Never mind the others,
 You ... follow me.

Prayer Walking in our community

Prayer walking is just what it sounds. You pray as you walk.

What is the point? Think of it as stepping out as God's children, to intercede for those who are living in your community. Be intentional about praying for God's blessings on what you see and feel.

Simply praying: "Your Kingdom come, your will be done..." is an excellent start.

Prayer walking is NOT about being seen to be praying, you are not doing it to 'show off'. It is about seeing your neighbourhood with compassion, and then praying for God's mercy and blessing to be upon it.

General Synod: Presidential Address by the Archbishop of Canterbury

This speech makes for sober reading – it gives an idea of how Archbishop Justin is viewing current world events.

In his Presidential Address at the February sessions of the General Synod, the Archbishop of Canterbury, Justin Welby, spoke of the suffering across the world. The following are some short extracts from his address:

“In September 2023, Antonio Guterres, Secretary General the United Nations declared the world is coming off its hinges. How should we the followers of Jesus Christ respond?”

“Church of England Bishops at consecration commit to all sorts of things, some probable, some improbable, but they don't commit to suffer. By contrast, the Chaldean Church tells its Bishops that they will be the first to suffer...”

“And to add to what the Secretary General of the United Nations said, as Lord Cameron said recently, when he looks around at the world today as Foreign Secretary, all the lights are flashing red. We live in a world of suffering. And unlike in the past, it is a world where we are aware of the suffering.

“In Europe, the Ukrainian Russian war is frozen. And the suffering of the people in Ukraine has increased, not least because it has been replaced as the principal concern by the havoc and horror of the Levant and all that is going on in that area.

“But there is much more. Sudan... Myanmar... northeast India... the South Pacific... the Philippines... Korea... Pakistan... Nigeria... Mozambique ...

“Pope Francis a few months ago described what is already happening as a third world war. Right or wrong, he is describing a state of global uncertainty and great change.

“Like all such periods, minorities are blamed for uncertainties, conspiracies are assumed where there is uncontrollability and leaders are criticised where the future is hard to see.

“In 1939, George Bell wrote an article on the behaviour of the Church in a time of war. It was entitled 'What should the Church do in a time of war?' “His simple conclusion was that the right strategy... is to be even more the Church. We must be even more the Church with all our challenges and difficulties and as we work through them.

“Suffering and enemies are faced best in communities that trust across divides, rather than in self protecting, and reinforcing huddles, because the very act of trusting across the divides builds our resilience and our ability to see the best in others...”

“At the end of April, we will have a meeting of primates of the Anglican Communion in Rome. There we will look at what the Communion could do to remain in a variable geometry of unity, but also an unvarying commitment of love in Christ. Those two expressions vary in geometry of unity and unvarying commitment of love in Christ offer us all a way forward in holy obedience to God.

“God is our refuge. God is our refuge, not our politics and our organisations. They are realities of any structured life, of any institution, they're not evils, but God is our refuge, they never will be.

“God is greater than our fears, than our enemies and in our failures. God is unbreakably faithful to covenant and promise. When that is our comfort and peace, then in this world, at this time, off its hinges, we can in all our troubles, be truly the Church we should be, truly God's Church in God's world.

Ukraine is paying for our security 'with money and blood' – Archbishop Justin

General Synod has issued a call to reaffirm support for Ukraine, as the Archbishop of Canterbury said he could not be “neutral” in the face of the aggression of Vladimir Putin. Archbishop Justin Welby, who visited Ukraine ahead of the second anniversary of the Russian full-scale invasion, said the country is “paying for our security with money but also with blood”.

He also said the current international situation is possibly more dangerous than at any time, other than the Cuban Missile Crisis, since the run-up to the Second World War.

He was speaking as Synod overwhelmingly supported a motion calling on all UK political parties to affirm their continued support for Ukraine and supporting the work of churches and others working for “peace, justice and reconciliation” in Ukraine.

Archbishop Justin highlighted recent warnings about the global situation. “We are on the edge of something that none of us have seen in our lifetimes, and it involves powers with nuclear weapons,” he said.

“I am not neutral - I will listen to both sides and I hope we all will - but Ukraine is paying for our security with money but also with blood. “We are paying only with money. It is so utterly different.

“They are defending the international rules-based order and settling that question, to use a phrase of Bismarck’s, with iron and blood.

“As someone said to me three weeks ago in Ukraine - a soldier who had just come back from the front, battle-shattered needing trauma treatment ... ‘we have the 21st Century drones and the First World War bayonet and we are using both equally’.”

“This is an immensely dangerous time, immensely dangerous, and we have probably not seen a time as dangerous, apart from Cuba, since 1938,” he said. “And what we do looking forward will put into a shadow all the other things we discuss, what we do as a nation.”

Opening the debate, Mark Sheard, chair of the Church of England’s Mission and Public Affairs Council, highlighted the “staggering numbers” of people killed and injured and said support for Ukraine must be for the “long term”. He then spoke of his personal experiences of meeting refugees fleeing Ukraine and the mounting challenges of mental health, psychosocial support and rehabilitation for those affected by the war. “We should not forget that behind each statistic there is an individual, made in the image of God, whose life has been shattered or destroyed,” he said.

“The reality of war is suffering and loss and its effects will last long after the guns fall silent. “Our response must evolve as we better understand the war’s costs – whether that be helping individuals, families and communities deal with PTSD or supporting efforts at community reintegration.”

I recognise that as we pass the war’s second anniversary there is a risk of fatigue with the war’s slow attritional grind.

“We can feel overwhelmed by a series of crises around the world – Gaza and Sudan, Myanmar and Nagorno-Karabakh to name but a few. “We can feel disheartened by electoral politics in the US and what it means for the war effort in Ukraine, the future of Nato and our own wider security.

“But Synod, I take comfort and encouragement from Galatians 6:9 – ‘Let us not become weary in doing good; for at the proper time we will reap a harvest if we do not give up’.”

Thoughts on a Cruise.

Below are extracts from two newsletters I wrote for the members of Chelmsford Mothers' Union – one during our travels and one on getting home. I hope you enjoy them...

Part1: "As promised, I am writing this on board our cruise ship, Arcadia, in the middle of the Coral Sea to the east of Australia, en route to Port Douglas and The Great Barrier Reef. So far, we have visited Sydney and seen all the notable sights and Brisbane where we got up close to some of the native animals, as you do! I could quite easily just fill the whole newsletter with my lovely photos of God's wonderful creations, but, in this day and age, I am guessing that lots of you will already have done something like this for yourselves.



We have joined a round-the-world cruise for the Sydney to Hong Kong leg, disembarking in The Philippines to visit our son, Alex. Many of our fellow travellers have been on board since Southampton and have carved out a pattern of life for themselves, so it was a treat to be invited to join the Christian Fellowship group on sea days for a mixture of teaching, praising and lots of prayer for our fellow passengers, those we know and the world we are passing through.



How wonderful it is, as well, that the internet helps us to keep in touch across many thousands of miles right to the other side of the globe even out in the vastness of the oceans – another gift from God. I even managed to watch Lucy Bubb [our faith and prayer co-ordinator] leading MU Midday Prayers on Facebook – well done Lucy."

Being Lent, I came armed with suitable study material – The Diocese Lent study "Travelling Well Together"

<https://www.chelmsford.anglican.org/about-us/travelling-well-together>

seemed appropriate, and I receive the C of E Lent reflections, "Watch and Pray" straight to my phone each morning (well, evening here!), but I am finding it surprisingly difficult to concentrate and am easily distracted by the beauty of my surroundings or, indeed, just enjoying my leisure time too much. How lovely it was then, to receive the Lent reflection video from MU on their Facebook page this morning which included some relaxing music, short readings and prayers and lots of time for my own thoughts <https://www.facebook.com/MothersUnion/> (every Sunday for the 6 Sundays of Lent). There is so much out there that we can tap into wherever we are in the world."



"So, even though I am round the other side of the world and upside-down, you can rest assured that I am keeping in touch and CDMU is always in my thoughts and prayers.

"God of the journey, you invite us to travel well together as the body of Christ in the Diocese of Chelmsford: enlarge our hearts with an awareness of your grace, the knowledge of your presence, and an openness to your calling, that, with gratitude for the past, we may step out with confidence into your future; through Jesus Christ your Son our Lord, Amen [Travelling Well Together]"



Part 2: “Well, I can’t believe I’m back already and Easter is but days away. What a lovely time I had though... After my last newsletter we visited two more ports in Australia – Cairns and Port Douglas, an Indonesian island, Manila in The Philippines and Hong Kong briefly during a stop-over on the flight home. A totally different experience in each place.

The Great Barrier Reef and its amazing corals to just wonder at; the friendliness of the awe-struck people of Sulawesi who spent the whole day on the dockside (mostly in pouring rain) singing and dancing for us and with us, posing with us for their photo albums and even asking for autographs; the stunning sunrise in Manila Bay and the opulence of the roaring twenties-style Manila Hotel followed by the joy of being reunited with Alex and Nat for a Mothering Sunday and seeing the naïve artistry of the petroglyphs (cave etchings) made by some of the earliest peoples of SE Asia dating back to before 2000BC; the huge crowds of central Hong Kong piling onto the world’s longest escalator and the extravagance of the newest shopping mall.



I have experienced God’s goodness in so many ways from the sights, sounds and smells of the natural world to the sheer ability to be able to see it all.

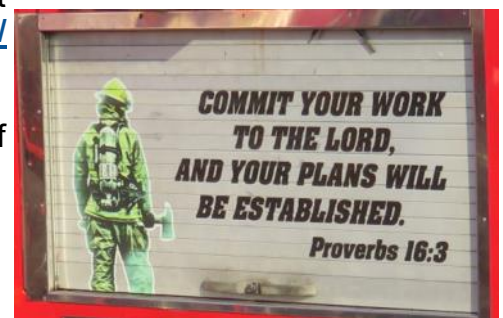
BUT... this was all tempered by the shock of the desperate lives experienced by some of the world’s poorest living in shanties near the docks in Manila and scavenging for plastic sheeting and bottles, glass, tin cans and cardboard to sell to be recycled for a few pesos – 1kg of plastic for the equivalent of just 30p. Even here though, there is cause to thank God for His goodness by sending Jane Walker to set up the **Purple Community Fund** (known locally as the Upskills Foundation) which is bringing some relief through providing a sales platform for the bags and jewellery the women make from the ring-pulls off the cans collected for recycling, for training some of the men to make shoes out of the inner tubes of dumped tyres so every child has a pair of shoes to go to school in which means they are more likely to go to school and also enabling the older children to go to high school and graduate with skills to help lift them out of the situation. The Fund also provides lunch for the elderly (none of whom are state-supported, of course) who in turn, inevitably, save half of their food for their grandchildren; organises the distribution of “pag pag” (food discarded by restaurants) and runs a medical centre two days a week amongst other things. Unsurprisingly, they didn’t take credit cards, so we could only give cash – all our local currency plus all our English pounds which was not very much in the grand scheme of things or anything like enough. Unfortunately, it’s not an MU project, but I have been supporting the project through Emmanuel Church, Billericay just by collecting ring-pulls for a couple of years – simple enough. I would encourage you all to save your ring-pulls to give me or your VP or Emmanuel Church, so we can, at least, do a bit to help. You can find out more at <https://www.p-c-f.org/> and buy the really interesting products they make online.



Please pray for the people of The Philippines who are full of hope.”

Love and blessings.

Maxine & Jon x



From the Side of a Fire Engine

The Rectory
St James the Least

My dear Nephew Darren

On the perils of building a kitchen in church



It never fails to amaze me how, in church life, an issue can suddenly become an Issue. In the last month, we have acquired an Issue: a proposal to convert a space at the back of church into a kitchen. Inevitably, battle lines have been drawn and trenches dug. Attendance at church council meetings has soared and unofficial sub-committees meet in the car park after Services. It's obvious that feelings are running high, because people have become remarkably polite to one another.

Some who are wildly in favour see it as an opportunity of being able to leave the pews ten minutes early, in order to get ready for the rush for weak coffee and damp biscuits. I can already hear in my mind the final hymn being drowned by kettles being filled, biscuit tins opened, cups thunderingly placed on saucers, while the volunteers discuss the dress sense of others in the congregation in deafening whispers.

I was a little surprised to hear that Colonel Wainwright was all in favour – until I realised that it would give him a place to totter into to read his newspaper once he got bored with my sermon, which usually seems to happen in the first minute. Naturally, smaller turf wars have broken out alongside the major battle. There is conflict about whether we should get new crockery, what colour carpeting tiles would look right – and most importantly of all, who will take charge of the coffee rota.

Others are totally against the project: the treasurer dreads the thought of signing yet more cheques, the churchwardens worry about removing pews which have quietly hidden the dry rot, and the theologically angst-ridden agonise about the fact that St Paul never mentioned coffee after Sabbath worship.

Naturally, I encourage all sides, especially if it will bring any possibility of progress to a halt. I proposed bringing in flasks of coffee, thus stopping anyone being able to escape before the end of the Service; I suggested drinks being brought to people in the pews, thus ruining the Colonel's hopes of finding a safe haven; I organised a group to study High Priestly attitudes to refreshments in the Temple in Jerusalem in Leviticus.

I am sure that by the time all these groups have come up with their conclusions, we will have safely moved on to fight the next Issue.

Your Loving Uncle, Eustace

April brings the beauties of spring, a time when we especially admire Creation...

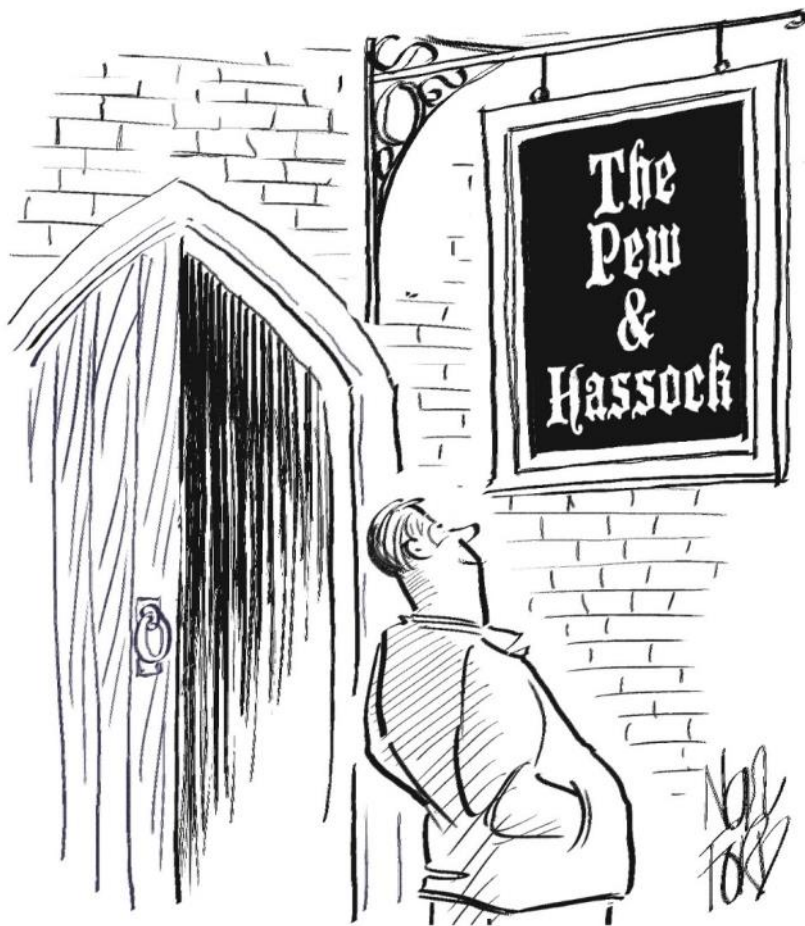
The probability of life originating by accident is comparable to the probability of the complete Oxford dictionary resulting from an explosion in a printing factory. - *Edwin Conklin*

To create requires infinite power. All the world cannot make a fly. - *Thomas Watson*

Of all the things that will surprise us in the Resurrection morning, this I believe, will surprise us most: that we did not love Christ more before we died. - *J C Ryle*

The Resurrection is the central theme in every Christian sermon reported in the Acts. The Resurrection, and its consequences were the 'gospel' or good news which the Christians brought; what we call the 'gospels'... were composed later....The miracle of the Resurrection, and the theology of that miracle, comes first: the biography comes later as a comment on it. - *CS Lewis in 'Miracles'*.

God fits our souls here to possess a glorious body after; and He will fit the body for a glorious soul. - *R Sibbes*



Changing the name from 'St Mark's Parish Church', resulted in a big increase in the number of men attending services

Hearing

A man went into a church and asked the vicar to pray for his hearing. Touched by his faith, the vicar agreed. "Kneel here," he began in a loud voice. The man knelt, and the vicar placed a hand on each ear and bellowed a prayer. "I hope that will help," he finally shouted.

"Well, I won't know for a while," the man replied. "It isn't until next month".

Those typos in the church magazine:

The church's AGM will be held on 22nd April. While the pastor is on holiday, massages can be given to the church secretary. More sinners wanted for the choir.

From a church magazine: "The restoration of the churchyard was finally completed by the resurfacing of our driveway. The following Sunday, the church wardens praised everyone who had helped, and gave special thanks to the vicar and his wife who had rolled in the gravel.

Seen in a West Country church:

Whenever I see a little church,
I always pay a visit.
So when at last I'm carried in,
the Lord won't ask 'Who is it?'

Choir

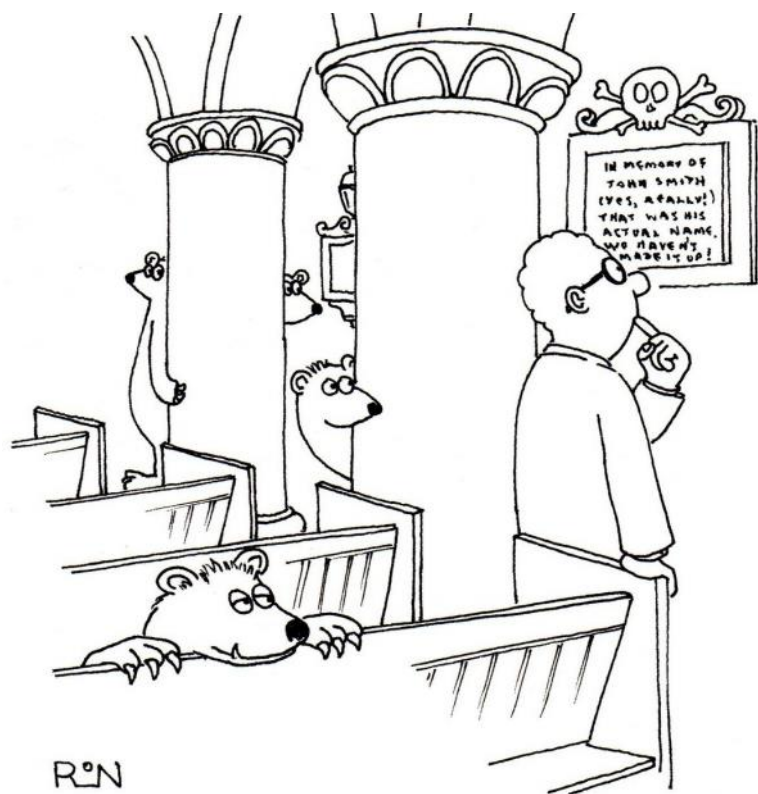
Seen in a parish magazine: 'Next Sunday the choir will give a recital, after which the church will be closed for repairs.'

Who is he?

A musical concert was about to be performed in a prison. The Governor was talking to a titled lady guest, explaining that the orchestra was made up of murderers, embezzlers and other hardened criminals.

The lady then pointed to a man in the corner, holding a trombone. "He looks a tough customer," she whispered. "Whatever has HE done?"

The Governor paused and smiled. "Ah, actually, he is the chaplain."



R&N

Dennis spent a long time in church looking for his forbears

MAKE NEW
FRIENDS

Together Diverse

EDGE

YOUTH

FUN
ACTIVITIES AND
WORKSHOPS

EAT GOOD
FOOD

CLUB

Empower Grow
Hope Joy Vision

FREE
OF CHARGE!

Thursdays 6pm-8pm
Starts 18th April 2024
Parish Hall, Mossford

Green, Barkingside, IG6 2BX

For info or to register email

hello@edgeyouth.co.uk

All 10-13 year olds welcome

GENERAL ENQUIRIES

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

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

parishoffice@holytrinitybarkingside.org.uk

HALL LETTINGS

hallbookings@holytrinitybarkingside.org.uk

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

BAPTISMS, WEDDINGS & FUNERALS

please contact:

Rev Dr Chris Szejmann

020 8637 4859 to arrange an Interview

Parish Safeguarding

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

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

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

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

psr@holytrinitybarkingside.org.uk

The LEGAL STUFF

Holy Trinity Church, Barkingside
REGISTERED CHARITY No. 1128271 © 2007-2023

All articles are copyright to the PCC and the contributors unless otherwise stated. Views expressed are those of the author and not necessarily those of the Editor or the PCC.

Disclaimer: The publishers do not sponsor any advertisement and cannot be held responsible for the quality of goods or services. Items may be submitted at any time in writing or by Email using MS Word (.docx or .doc file) or a plain text file (.txt). In all cases, the name and contact details (the latter not for publication) should be clearly shown. Items restricted by copyright must include 'permission to use'.

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

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

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

FOLLOW US [anpchealthcaretravelclinic](https://www.facebook.com/anpchealthcaretravelclinic) [anpc_healthcare_travel_clinic](https://www.instagram.com/anpc_healthcare_travel_clinic)

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

EAR CLEANING & SYRINGING

Do you have a build up of ear wax?

Book your ear wax removal in a safe and clean environment with our friendly experienced Nurses and Health-care Professionals.

Consultation, ear examination & diagnosis

Ear wax removal from ear canal by water irrigation

Private prescriptions

Simple ear infection treatment

After care & review

Advice & ENT referrals service

STARTING FROM £40

BOOK NOW

0207 175 1802 • 07932 42 72 95 • www.anpchealthandtravelclinic.co.uk

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

FOLLOW US [anpchealthcaretravelclinic](https://www.facebook.com/anpchealthcaretravelclinic) [anpc_healthcare_travel_clinic](https://www.instagram.com/anpc_healthcare_travel_clinic)



Every Wednesday, starting 10 April,
7:30-9:30pm
Holy Trinity Church, Mossford Green

WEDNESDAY GATHERINGS

friendship
cake & refreshments
Salsa dancing
reflections

everyone welcome!

VOLUNTEERS NEEDED!

Our new youth club will open on 18th April and run every Thursday in term time from 6pm-8pm in Trinity Hall. Open to those in school years 5-8.

Together Diverse
EDGE
YOUTH
CLUB
Empower Grow
Hope Joy Vision

Speak to Chris or Kate for more information about volunteering or registering a young person to join. This is a great opportunity, we need people to help us!

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



Name: Chris Szejnmann
 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: 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

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 Szejmann - 07804 641 931

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

Associate Curate Rev Kate Szejmann
kate.szejmann@holytrinitybarkingside.org.uk

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

Churchwardens:
Chris Stoneham, 07828 885 439 / 020 8270 5742
chris.stoneham@holytrinitybarkingside.org.uk

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).

- 9th April** Tues - 10.30am M.U. Monthly Service
- 10th April** Weds - 7.30pm. Wednesday Gathering - each Wednesday
- 15th April** Mon 7.30pm PCC Meeting
- 17th April** Weds - 7.30pm. Wednesday Gathering - each Wednesday
- 18th April** Thurs—6pm The Edge Youth Club - Opening Evening!
- 21st April** Sun - 3.30pm. Family Fun Zone - "Games & Food Social Event".
- 24th April** Weds - 7.30pm. Wednesday Gathering - each Wednesday
- 26th April** Fri - M.U. Evening Zoom Meeting
- 1st May** Weds - 7.30pm. Wednesday Gathering - each Wednesday
- 11th May** Sat - 5.30pm. New Essex Choral Society Concert in Church.
- 2nd May** Thurs 7.30pm PCC Meeting
- 14th May** Tues - 10.30am M.U. Monthly Service