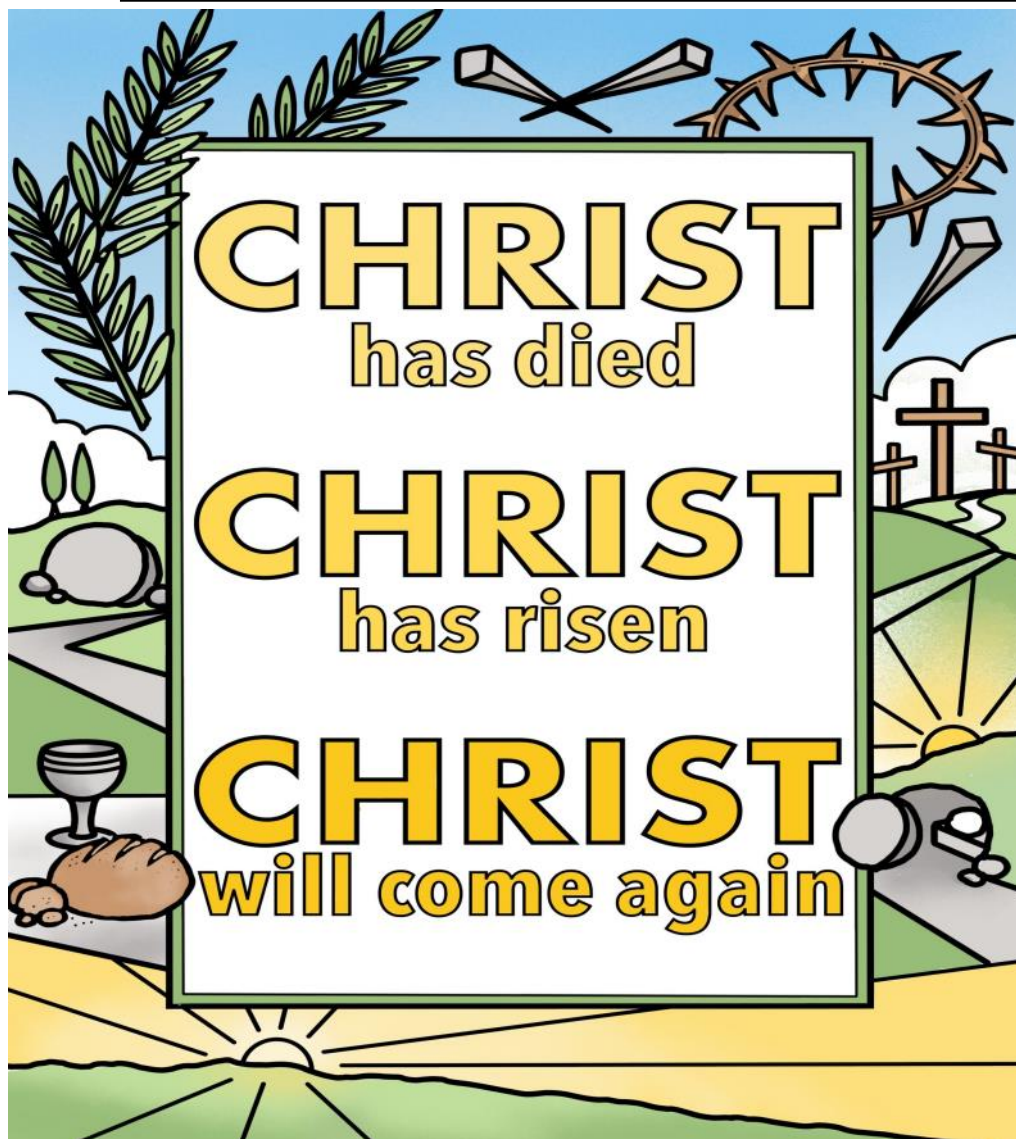


Trinity Times

The Parish of Holy Trinity Church , Barkingside

**£12 subscription
£1 donation.**



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!

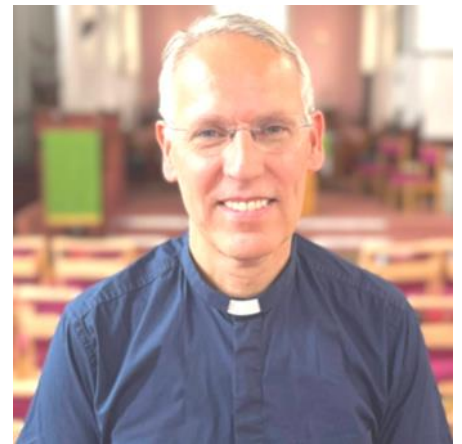
Greetings from a plane to Portugal where I will visit my aunt!

I hope that you are having a good Lent. Whilst I find many things around me tough and challenging (not least the ongoing suffering and loss of lives in Gaza & Israel, Sudan and the Ukraine), **I have a strong sense that we are in a season of “planting” and “releasing”**. We have felt so blessed by our wonderful **Alpha Course** at Marino’s Café that we decided to follow this up with (post-Alpha) **Lent Gatherings at HT starting on Wednesday 13 March at 7:30pm**. Please hear this: *Everyone is welcome to attend!* It is promising to be a time of fellowship & joy, and of deepening our relationship with Christ.

And here is the bigger vision: We hope that the momentum of these gatherings will then lead to the **re-establishment of some Holy Trinity “Home Groups” after Easter**. We believe that many of our church members would greatly benefit from weekly sharing of life in addition to attending regular worship services. We are currently still thinking this through and will share more details with you asap.

Meanwhile, our *Eco Team* recently met with Council reps and we now know that we have great **freedom to plant and grow things, and to nurture wildlife in our churchyard** (incidentally, last week an old school friend of mine sponsored and planted three fruit trees in the garden of the vicarage).

Last, not least, we are preparing the **launch of our new “Edge Youth Club”** in mid-April – and I am pleased to say that we are greatly benefitting from the recruitment of the experienced youth worker Helen Mullis-Kunda as one of the leaders for this venture.



So, here is the question for you: 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?

One of our Bible readings from February might help guide us on our journey. In **Mark chapter 8, Jesus takes his disciples on a Field Trip to Caesarea Philippi**, a centre of pagan worship. It was there that God blessed Peter with the incredible revelation that **Jesus Christ is Lord** and the only true source of life, healing, salvation & peace. We too have been blessed with this revelation – and we think in loving memory about those who have gone before us, including Paula Tsai, Olive Milliken, and Pauline Southcott who all recently passed away.

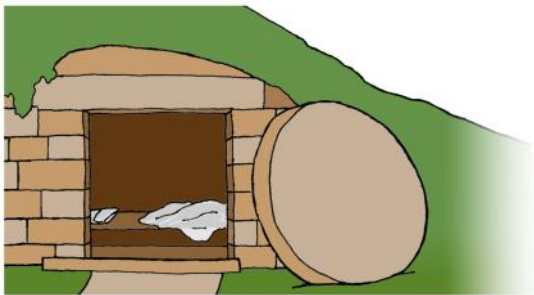
But of course we also learned from Jesus’ astonishing rebuke of Peter in Mark 8, that to understand what this Jesus Christ is really about, requires nothing less than a **radial conversion**. A radical conversion that requires us to see the goal of all of Jesus’ moral teaching: to love one’s neighbour as we love ourselves, including loving our enemies – and that means that violence is the opposite of God’s plan.

In a way, we are learning that we often struggle living up to what Jesus asks us to do. Therefore **we pray to receive God's divine help to soften us and make us more compassionate and loving, and that we have ears to hear and eyes to see what God's plan is for us as individuals and as a church in this season of "planting" and "releasing".**

Please do not hesitate to share with me, or Kate, what is on your heart.

Thanks so much for who you are, and for all the things you do to radiate Christ's life.

Every blessing, Fr Chris



March 2024



Mothers' UNION
Christian care for families

**Give a Gift of Perseverance
this Mothering Sunday**

Make A Mother's Day is one of our annual flagship fundraising campaigns raising money for our global community and important projects around the world which transforms lives.

We know how important mothers, caregivers and grandmothers are and how much they do to help their children, families and communities thrive, often unnoticed and without thanks.

For Mothering Sunday (10th March) we are asking you to buy a 'Gift of Perseverance' to help empower women to transform their lives and reach their potential. In buying these life-changing gifts we will send you details of your donation and a Mothering Sunday card, which you can give to a loved one. You are also able to give a gift in memory of someone special.

A reflection on The Lord's Prayer (Matthew 6:1-18)

Our Father in heaven, please help us.
We, Your children, learn slowly.

So often we say nothing when Your name is mis-used.

Often our lives do not reflect Your ways,

Mostly we do what we want on earth,
And this can make heaven unimaginable.

We expect so much more than we actually need each
day.

Sometimes we think we don't need forgiveness,
Sometimes we think we are unforgivable,
And we forget that other people make these same errors
of thinking.

When it comes to temptation, we find our own ways,

We are confused about what is and is not evil,
We are confused about deliverance,
We are confused.....

And here is the wonder, the grace and the mystery,
That You know us completely,
Our failings, our secrets,
And love us forever and ever,
Amen. *By Daphne Kitching*

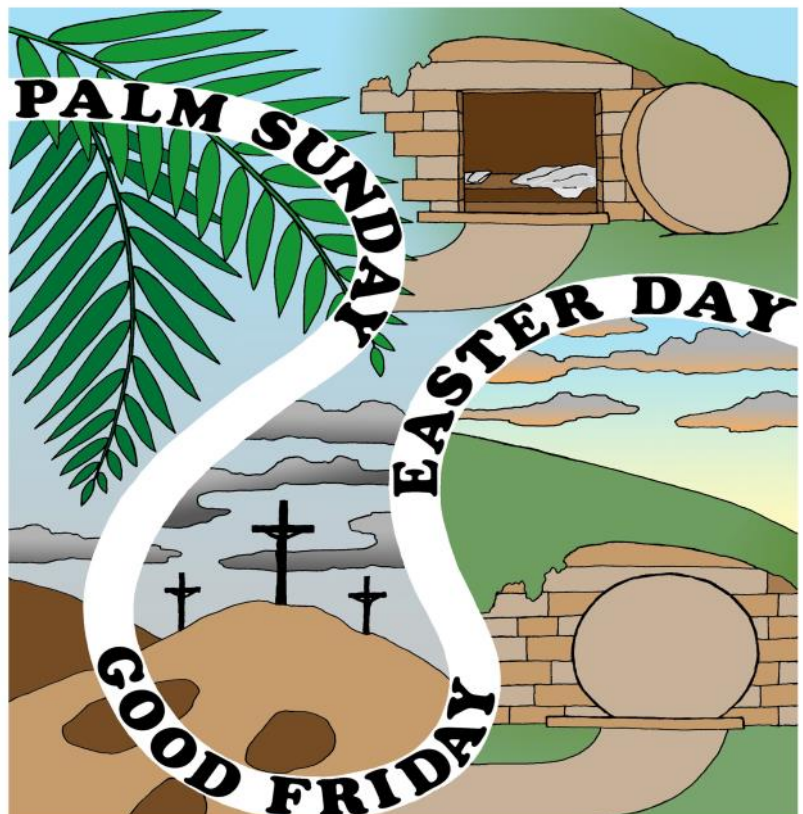


A quiz for Easter

This is based on Matthew 27.

Questions

1. Who planned to have Jesus executed?
2. To whom did they go for help to 'catch' Him?
3. What did they give in return for Jesus?
4. What did they do with Jesus?
5. What did Judas do then?
6. What did the governor ask Jesus?
7. What was the name of the other prisoner?
8. Why did Pilate wash his hands?
9. Who helped Jesus carry His cross?
10. What was the written charge?
11. When did darkness come over the land?
12. What did Jesus cry to God?



Mothering Sunday is a day of mixed emotions.

For many it's a happy, joyous day, but for others it's one of pain and grief. A day to celebrate love, while acknowledging those who cannot have children or have lost them and those who have no relationship with their mother.

In the dying moments of His life, Jesus honored Mary His mother by showing her love and care. He entrusted His mother to John's protection: *'When Jesus saw His mother there, and the disciple whom He loved standing nearby, He said to her, 'Woman, here is your son,' and to the disciple, 'Here is your mother.' From that time on, this disciple took her into his home.'* (John 19:26,27). While affirming the importance of mothers, Jesus reminds us that the love we show on Mothering Sunday is just a token of our continuous appreciation of them.

Jesus also creates a new way of being family, marking the beginnings of the church. In the past, people would go back to their *'mother'* church on this Sunday, to acknowledge its importance in their lives. Jesus invites us into this new family of love and mutual belonging, where we can find a place, irrespective of our own family circumstances.

Church is not always an easy place to be, because we are shaped by our own experience of mothering. We may find it hard to give or receive love without ourselves getting in the way. However, God's help is available to change things, *'because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us.'* (Romans 5:5)

The mother of three difficult youngsters was asked whether she'd have children if she had it to do over again. *'Yes,'* she replied. *'But not the same ones.'*



Received from Mary Fabb

What's the Big Idea? –

An Introduction to the Books of the Old Testament: Leviticus & Numbers

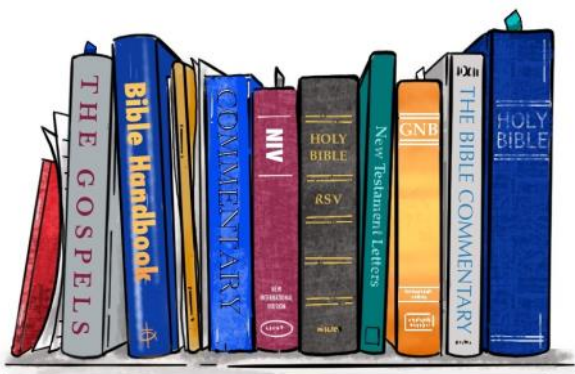
These books are concerned with Israel's wandering in the desert, on their journey from slavery in Egypt to the promised land of Canaan.

Leviticus focuses on the regulations about worship, ceremonial cleanness, moral laws and holy days. The key theme is that of *holiness*, as every detail of our lives is affected by the presence of a holy God. The aim of the sacrifices, feast and Sabbaths was to enable the people to enter God's presence.

We should see the instructions and practices in Leviticus as pointing to Jesus. He totally fulfilled the law through the sacrifice of His life, as Easter reminds us. He demonstrated the love and holiness of God, so that we can share His life: *'Be holy, because I am holy'* (1 Peter 1:16, cf Lev 11:44-45; 19:2; 20:7).

The book of Numbers tells the story of Israel's journey through the wilderness. The people were coming to terms with their *identity* as God's people and the *call* to serve Him. They didn't always respond with faith, gratitude and obedience, but with unbelief, ingratitude and rebellion. As a result of their refusal to enter Canaan (ch 14), they were condemned to spend the rest of their lives in the desert. However, God in His grace allowed their children to enter the Promised Land. The book reminds us that the Church is called to be a community that honours God, learns how to deal with sin in ourselves and others, and lives out love and justice in daily life.

'The LORD bless you and keep you; the LORD make his face shine upon you and be gracious to you; the LORD turn his face toward you and give you peace.' (Numbers 6:24-26).



**

Quiz on the Book of Numbers

1. How many chapters are there in the Book of Numbers?

34

35

36

2. "*Bemidbar*," the Hebrew title of the book "Numbers" means what?

In the beginning

In the wilderness

Accounting

3. What does the book of Numbers describe?

the priestly rituals and rules for conduct

the exodus of the Israelites from Egypt

the numbering of God's people

4. How many years will the Israelites wander in the wilderness?

30

40

50

5. What tribe was given the responsibility of doing the work of the tabernacle?

Asher

Judah

Levi

6. In Numbers 16, a man named Korah led a rebellion against Moses. How did God end this rebellion?

They were all stricken with leprosy.

They were eaten by worms.

The ground opened up and swallowed them.

7. Why does God prohibit Moses from entering Canaan in Numbers 20?

because he spoke to the rock

because he threw the rock

because he strikes the rock

8. What did Moses hold up in Numbers 21, to heal the people who had been bitten by poisonous snakes when they looked at it?

The Ten Commandments

A Brass Serpent

Aaron's Rod

9. When the twelve spies were sent to Canaan, how many returned with a good report?

Two

Twelve

One

10. 'The Lord bless you and keep you; the Lord make his face shine on you and be gracious to you; the Lord turn his face towards you and give you peace.' What are these verse from Numbers 6 called?

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The Mezzuzah

The Aaronic Blessing

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Why saying hello is important

What lessons can Christians learn from a London rail worker who was recently honoured by King Charles, for talking 29 people out of taking their own lives?

Maybe something about the power of conversation and being willing to 'stop for a chat.' Rizwan Javed helped to save each life over a period of eight years, by being alert and approaching vulnerable individuals in difficult situations. He was awarded an MBE in the New Year Honours earlier this year.

Rizwan was alert, and willing to engage people in conversation.

Anglican priest Jemima Prasadam's style of talking with people has been described as 'bus stop theology.' She put it into action on the half-mile walk from her home to the church in Lozells, an inner-city area of West Birmingham, with high unemployment and poverty. Her engaging approach is featured in *Stick with Love*, a recent book by Arun Arora, Bishop of Kirkstall in northern England.

She explained: "I don't go out looking to talk to people, but I am ready to do it. I don't pass anybody without saying 'Hello' and when I leave, I always say 'God bless you.' Meetings happen on a daily basis, but often only last as long as it takes for the bus to arrive.

"People often say they are not religious, but I say we are all spiritual beings, and they agree. So, I simply tell them that weak and simple people like me call that God."

Sadly, we are living in a society where conversations are being closed down. People who might have chatted on the bus or train, are now deeply involved with their mobile phones. Supermarkets are phasing out staffed checkout points, so that elderly people and others who live alone are deprived of those conversations that can make a difference to their day. Jesus asked questions as a vital component of His earthly ministry. His deep conversation with the Samaritan woman at the well in John 4 begins with Him asking for a drink.

Maybe we, as Christians and churches, need to be looking out for more chances to start conversations, to give people the opportunity to open up about their lives. In our busy, rushing-around world, there are many people out there who are just longing for a chat...

By the Revd Peter Crumpler, a Church of England priest in St Albans, Herts, and a former communications director for the C of E.

Pauline Southcott

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

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 Womens' Guild. It is hoped to give a fuller Tribute in next month's magazine. C.S.



Spiritual Disciplines - Fasting

Spiritual disciplines are practices designed to help us grow as disciples of Jesus. This month we are looking at the practice of *fasting*.

Fasting can be a neglected discipline, but plays an important part in the Christian life, especially during Lent. Jesus began His earthly ministry by fasting in the wilderness for 40 days and taught His disciples to fast: *'when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen.'* (Matthew 6:17,18).

Why Fast?

Firstly, giving up something in my life underlines my desire to put God first in my life. Secondly, fasting shows me how much I depend on things other than God in my life, so I can surrender my idols to Him. Thirdly, fasting encourages me to have a deeper hunger and dependency for God in my life. Therefore, fasting gives me space to focus on God for His strength, provision, and wisdom and leads to a more intimate relationship with Christ. It also enables the Holy Spirit to reveal my true spiritual condition, leading to repentance, and a transformed life and a more attentive heart towards God.

How can I fast?

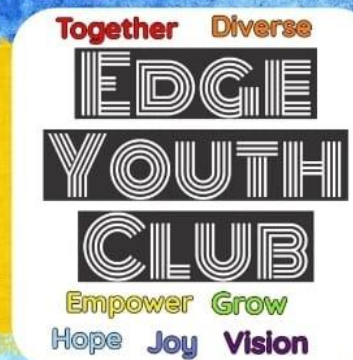
Usually fasting involves missing one or two meals during the day, although some can't abstain for medical reasons. It might also include abstaining or limiting the time I give to television, alcohol or social media. However, Lent can also be a time to embrace new spiritual disciplines e.g. joining a study group, *'random acts of kindness'*, or giving more time to prayer and Bible Study.

Whatever you do, make Lent count this year!

'Blessed are those who hunger and thirst for righteousness, for they will be filled.' (Matthew 5:6).

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.



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!

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

Dramatic decline of religion on TV

There is less television being devoted to religion and ethics than there used to be. A *lot* less.

The latest statistics from Ofcom, the industry regulator reveal a dramatic reduction in television programmes about 'religion and ethics' broadcast by the public-service broadcasting networks (PSBs): BBC, ITV, Channel 4 and Channel 5.

Comparing 2022 with 2011, peak time hours of 'first-run' UK origination output fell by 85 per cent; while peak-time hours of 'all origin' output (that is, including bought-in material) fell by 76 per cent. Channel 4 dropped from being the most prolific network to providing no output at all; and the BBC output fell by 65 per cent.

Roger Bolton, a former BBC and ITV executive and independent producer, wrote recently in the Church Times:

"All this has happened without a peep from Ofcom or the boards of the PSBs, who are supposed to protect the public interest. There have been no peeps, either, from religious leaders. They seem to be asleep, or preoccupied with their own internal issues, unaware of this wanton destruction."

"In my opinion, television commissioners ... underestimate the power of religion and the continuing interest in it. They also seem to forget that people are moral creatures, often keen to do the right thing, but wishing to discuss and debate what that is."

(From Church Times, 19th Jan 2024, p14)

Looking for the Resurrection *Paul Hardingham considers that first Easter morning...*

An old couple are driving down the motorway when the wife gets a call from their daughter. *'Mum, there's a car driving the wrong way down the motorway!'* The wife warns her husband that there is a lunatic on the motorway. Her husband, clutching the wheel in terror, replies: *'One lunatic? There are dozens of them, all headed straight for us!'* What we see is determined by our perspective on life.

In the Nicene Creed we say: *'We look for the resurrection of the dead, and the life of the world to come.'* In the gospel accounts of the Resurrection, there is a lot of looking and seeing. Mary Magdalene, Mary the mother of James and Salome went early to the tomb. They saw the stone rolled aside and inside the tomb a young man dressed in white said to them: *'Don't be alarmed. You are looking for Jesus the Nazarene, who was crucified. He has risen! He is not here. See the place where they laid Him...He is going ahead of you into Galilee. There you will see Him'* (Mark 16: 6,7).

Like the women we would probably have been left *'trembling and bewildered'* by what we saw that morning. Had the body been taken? Was the young man an angel or deceiver? Was Jesus raised to life again, or was this an elaborate hoax?

Easter gives us a choice. We can approach life looking for disappointment, fear and despair. Or we can look for resurrection and find not just an empty tomb, but encounter the living Christ. He continues to meet us in our daily lives bringing new hope, forgiveness of sin, healing and wholeness and the assurance of His presence through the darkest of times. God invites us to see our lives differently and look for Christ's resurrection life at work in our lives and the people around us.

24th March - Palm Sunday & Holy Week, an overview

This helpful overview is an edited version of an article that comes from: <https://christianity.org.uk/article/the-first-easter>.

The events of Easter took place over a week, traditionally called Passion Week. It began on Palm Sunday. After all His teaching and healing, Jesus had built a following.

On the Sunday before He was to die, Jesus and His followers arrived at Jerusalem. The city was crowded. Jewish people were arriving to celebrate Passover. This commemorates how they had escaped from slavery in Egypt nearly 1,500 year earlier.

Jesus rode into the city on a young donkey. He was greeted like a conquering hero. Cheering crowds waved palm branches in tribute. He was hailed as the Messiah who had come to re-establish a Jewish kingdom.

The next day they returned to Jerusalem. Jesus went to the temple, the epicentre of the Jewish faith, and confronted money-changers and merchants who were ripping off the people. He overturned their tables and accused them of being thieves. The religious authorities were alarmed and feared how He was stirring up the crowds.

On the Tuesday, they challenged Jesus, questioning His authority. He answered by challenging and condemning their hypocrisy. Later that day Jesus spoke to His disciples about future times. He warned them about fake religious leaders; the coming destruction of Jerusalem; wars, earthquakes and famines; and how His followers would face persecution.

By midweek the Jewish religious leaders and elders were so angry with Jesus that they began plotting to arrest and kill Him. One of Jesus' disciples, Judas, went to the chief priests and agreed to betray Him to them.

Jesus and the 12 disciples gathered on the Thursday evening to celebrate the Passover meal. This is known as the Last Supper. During the evening, Jesus initiated a ritual still marked by Christians – Holy Communion – which commemorates His death. Jesus broke bread and shared it and a cup of wine with His disciples.

Judas then left to meet the other plotters. Jesus continued to teach the others and then went outside into an olive grove to pray. He even prayed for all future believers. He agonised over what was to come but chose the way of obedience. The Bible book, Luke, records Him praying, *'Father if you are willing, take this cup from me; yet not my will but yours be done'*. Minutes later Judas arrived with soldiers and the chief priests and Jesus was arrested.

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10th March: Mothering Sunday & Mother Church

The Fourth Sunday in Lent was called 'Mid-Lent' or 'Refreshment Sunday', when the rigors of Lent were relaxed more than was normal for a feast day. It is called Mothering Sunday as a reference to the Epistle reading for the Day (Galatians 4:21-31). The Lenten Epistles follow from each other with teaching about our life as Christians and how we are to follow Christ.

On Mid-Lent Sunday the Epistle talks of bondage and freedom; the bondage of the Law and the Old Covenant as compared to the freedom in Christ, "the promised one", and the New Covenant. Verse 26 reads "But Jerusalem which is above is free, which is the mother of us all." We gain our freedom from Christ and, as it was seen before the Reformation, the Church.



Thus, Mothering Sunday is about the freedom that we gain through the promise of Jesus Christ delivered through our Mother the Church. People were encouraged to go to their 'Mother Church' (their home church or their home Cathedral) to worship and give thanks. Hence apprentices, and others, went home for the weekend and often brought gifts (or accumulated pay) home to their family.

On the other hand, Mother's Day is a secular festival invented in 1904 and is celebrated on the 2nd Sunday in May in most countries in the world. The UK seems to be the exception. In recent years Mothering Sunday has been hijacked to take the place of a special, secular day to give thanks for our mothers.



19th March: St Joseph, patron saint of fathers and holy death

Why should St Joseph's day be in March? Surely, he belongs to Advent and Christmas, at Mary's side in millions of nativity scenes around the world.

In any case, as the foster-father of Christ and husband of Mary, Joseph played a major part in the story of the coming of Jesus Christ. All that we know about him for sure is in the gospels. Read especially Matthew 1 – 2. He was of Davidic descent, but his trade as a carpenter shows that he was not at all wealthy.

Joseph's gentleness and decency towards Mary, and his willingness to do God's will when it was revealed to him, portray him as a kind and godly person. Joseph is the patron saint of fathers of families, and he makes an excellent example. He comes across as a protecting, loyal, thoughtful, self-controlled person, full of integrity, and willing to work hard. Who wouldn't want a father like that?

Joseph is also the patron saint of all who desire a holy death. Thus, countless churches, hospitals and religious congregations are dedicated to Joseph.

New Year, New Challenge

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

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**New Year
New Challenge**

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Why we should be like donkeys

Lester Amann considers the little donkey...

Are you a pet-lover? Many people own a dog, a cat or a budgie, but most of us don't own a donkey! Yet in Bible times, donkeys were essential to daily life. They did everything from helping to grind corn, to ploughing, to carrying people, to transporting their belongings. Despite their small frame, donkeys are surprisingly tough. They can survive on poor fodder, can travel an average of 20 miles a day.

There are two occasions in the Christian calendar where donkeys walk into the picture. At Christmas, Mary travelled (In the Nicene Creed we say *'We look for the resurrection of the dead, and the life of the world to come.'* In the gospel accounts of the resurrection there is a lot of looking and seeing. Mary Magdalene, Mary the mother of James and Salome went early to the tomb. They saw the stone rolled aside and inside the tomb a young man dressed in white said to them: *'Don't be alarmed. You are looking for Jesus the Nazarene, who was crucified. He has risen! He is not here.'* (Mark 16: 6).

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And then Holy Week...

All the armies that ever marched, and all the navies that ever were built, and all the parliaments that ever sat, and all the kings that ever reigned, put together, have not affected the life of mankind on this earth as powerfully as has that one solitary life. - *James Francis*

He suffered not as God, but He who suffered was God. - *John Owen*

The death of Christ was the most dreadful blow ever given to the empire of darkness.
- *William Plumer*

The world cannot bury Christ. The earth is not deep enough for His tomb, the clouds are not wide enough for his winding-sheet.
- *E Thomson*

The best news the world ever had came from a graveyard. - *Anon*

The empty tomb of Christ has been the cradle of the Church. - *WR Nicoll*

The Christian church has the Resurrection written all over it. - *E G Robinson*

Christianity is the revelation of God, not the research of man. - *J A Stewart*

Our friends bring us to the grave and leave us there, but God will not. - *Anon*

With Mothering Sunday in mind...

'Lend me your ears': a phrase used by Mark Anthony, and ever since then, by the mothers of millions of young children. - *Anon*

Her children arise up and call her blessed. - *Proverbs 31:28*

The mother's heart is the child's schoolroom. - *H W Beecher*

Observations for Lent

The shortest distance between a problem and its solution is the distance between your knees and the floor. - *Anon*

The one who kneels to the Lord can stand up to anything. - *Anon*

People are like tea bags - you have to put them in hot water before you know how strong they are. - *Anon*

Meditation has a digesting power and turns special truth into nourishment. - *Anon*

Many a man has thought himself broken up, when he has merely been made ready for the sowing. - *Hugh Redwood*

Adversity does not make us frail; it only shows us how frail we are. - *Anon*

Affliction by itself does not sanctify; it exhausts and embitters, it depresses and entices. It is the presence of God and the use made of it by Him, as He relates it to our lives as a whole... that makes adversity salutary. - *Donald MacLeod*

God tempers the wind to the shorn lamb. - *Laurence Sterne*

Self-emptiness prepares for spiritual fullness. - *Richard Sibbes*

Treasures in heaven are laid up only as treasures on earth are laid down. - *Anon*

An humble knowledge of thyself is a surer way to God than a deep search after learning. - *Thomas a Kempis*

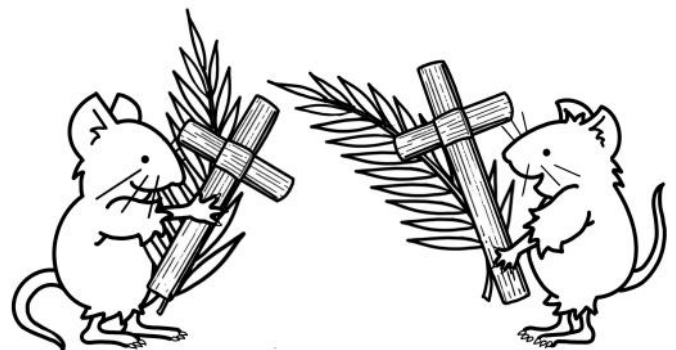
The man who does not like self-examination may be pretty certain that things need examining. - *C H Spurgeon*

God only asks you to do your best. - *Robert H Benson*

Fight truth decay - study the Bible daily. - *Anon*

If you're headed in the wrong direction, God allows U-turns. - *Anon*

Do not wait for the hearse to take you to church. - *Anon*



Wordsearch for March

Love and serve one another

On Maundy Thursday we recall the final command that Jesus gave to His disciples before His death. After the Last Supper, He rose and washed His disciples' feet. This was astonishing for a 'teacher' to do, but He had a firm purpose in mind: "A new command I give you: Love one another. As I have loved you, so you must love one another." His disciples were to love through service, not domination, of one another.

In Latin, the opening phrase of this sentence is 'mandatum novum do vobis'. The word 'mundy' is thus a corruption of the Latin 'mandatum' (or command). The 'washing of the feet' ceremony was an important part of the medieval church's liturgy, symbolising the humility of the clergy, in obedience to the example of Christ.

Maundy	As
Thursday	Loved
Final	you
Command	Must
Jesus	One
Disciples	Another
Death	Service
Last	Domination
Supper	Latin
Washed	Ceremony
Feet	Medieval
Astonishing	Humility
Purpose	Obedience
Teacher	

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

In the Nicene Creed we say **'We look for the resurrection of the dead, and the life of the world to come.'** In the gospel accounts of the resurrection there is a lot of looking and seeing. Mary Magdalene, Mary the mother of James and Salome went early to the tomb.

They saw the stone rolled aside and inside the tomb a young man dressed in white said to them: *'Don't be alarmed. You are looking for Jesus the Nazarene, who was crucified. He has risen! He is not here.'* (Mark 16: 6).

Like the women we would probably have been left *'trembling and bewildered'* by what we saw that morning. Had the body been taken? Was the young man an angel or deceiver? Was Jesus raised to life again, or was this an elaborate hoax?

Easter gives us a choice. We can approach life looking for disappointment, fear and despair. Or we look for resurrection and find not just an empty tomb, but encounter the living Christ. He continues to meet us in our daily lives bringing new hope, forgiveness of sin, healing and

wholeness and the assurance of his presence through the darkest of times.

God invites us to see our lives differently and look for Christ's resurrection life, at work in our lives and in the people around us.

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THE SUBSCRIPTION FOR 2024 is now DUE.

Don't wait for us to send "the boys"round. Thanks

The Rectory
St James the Least

My dear Nephew Darren

On why pews SHOULD be uncomfortable

Visits from your parishioners to our church are always welcome. But I did not expect them to return to you complaining because our pews are uncomfortable.



Pews are *meant* to be uncomfortable. The unshakeable belief of our congregation is that the more uncomfortable the pew, the holier the worship must be. By the same token, an 8am Service is more fervent than one at 11am, since it is much more socially inconvenient. If you add on enduring sub-zero temperatures and damp, then sainthood clearly beckons. Your people may be used to lolling in upholstered chairs in tropical temperatures, but I am sure such comfort places their souls in grave peril.

Our pews were built 500 years ago, when people were several inches shorter and many pounds lighter, and so could accommodate themselves on them perfectly adequately. The fact that a twenty-first century body is in constant danger of sliding off the seat and requires knees to be folded somewhere near ears at least helps to keep minds focussed – apart from Colonel Wainwright, who still manages to sleep peacefully throughout Mattins every Sunday.

I could point out that your chairs make kneeling almost impossible – although I suspect that posture is not encouraged in your church, as people would then be unable to read the words on your overhead projector or wave their arms about quite as easily during the hymns. While the majority of our congregation find the Anglican crouch perfectly adequate, you can see those who flop to their knees on hearing “let us pray” from the clouds of dust sent up from suddenly compressed hassocks, which were purchased to commemorate Queen Victoria’s Accession.

I may also point out that our box pews are very useful for modern times. Once a family is seated, with the door firmly shut, then any toddler is penned in and unable to use the aisles as a racing circuit. Medieval carpenters were clearly forward-thinking people. Admittedly, box pew doors do tend to stick, and few manage to look dignified while they wait for step ladders to be brought before they can climb out.

If only you would remove your chairs and substitute benches without backs, turn off all heating and replace carpets with slate slabs, I am sure your congregation’s religious zeal would soar.

Your loving Uncle

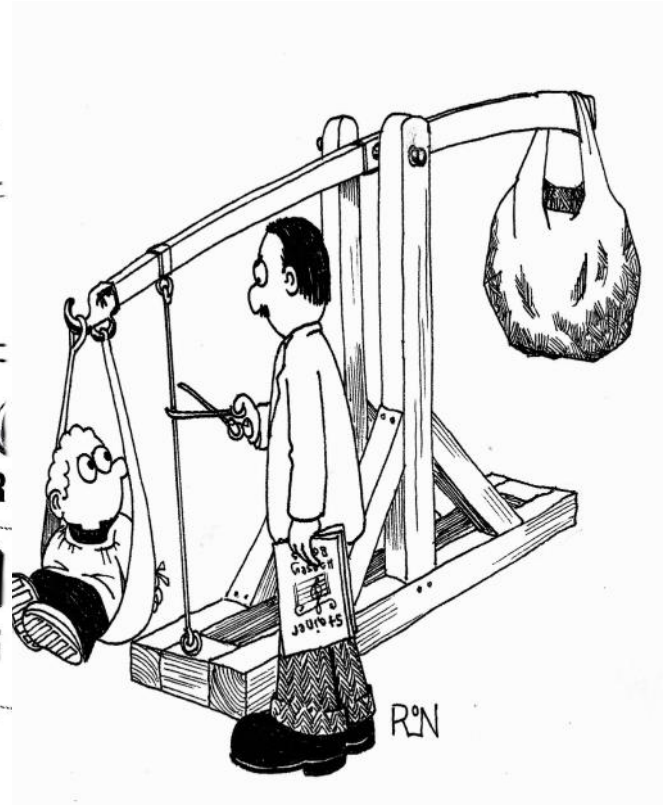
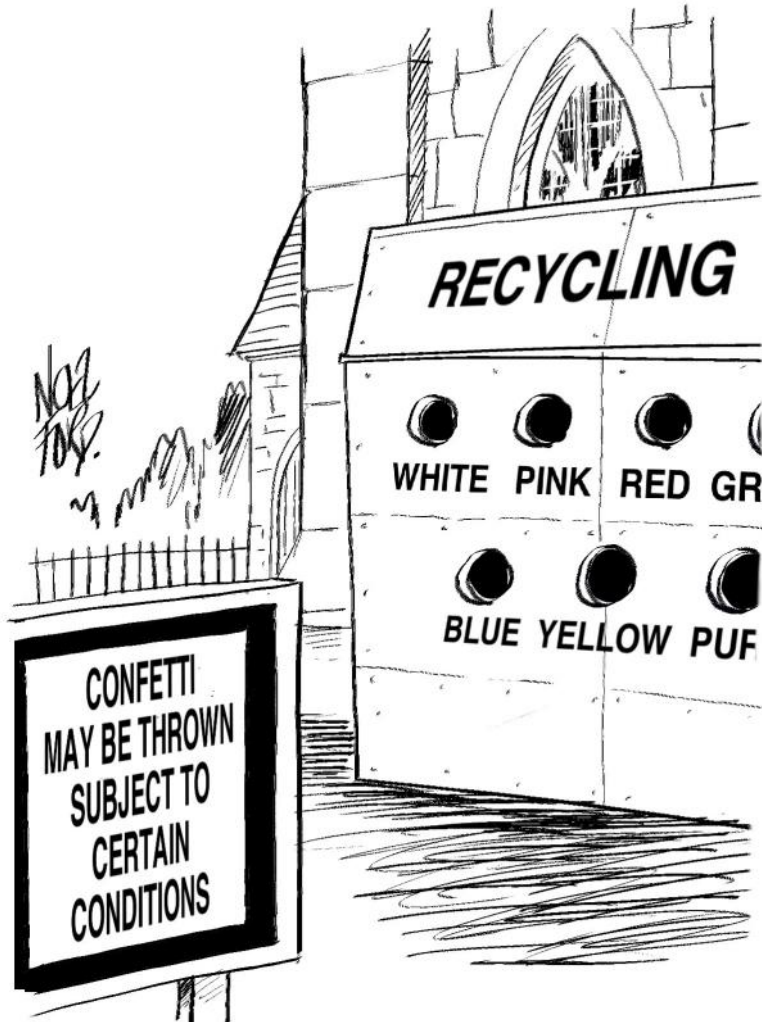
Eustace

World Water Day, 22nd March

World Water Day became a UN observance day in 1993.

It wants to focus attention on the global water crisis, and raise awareness of the 2.2 billion people still living without access to safe water. It hopes to inspire action to tackle the water and sanitation crisis. This year, World Water Day 2024 will focus on the theme, ‘Leveraging Water for Peace’.





Toby persistently sang flat



"The new vicar is really cool, Dad. Did you know that God emailed the Ten Commandments to Moses' Tablet PC?"



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On the subject of gardens, Paul uses the analogy of planting and watering in 1 Corinthians 3:6, making the point that, whether planting daffodils or churches or anything in between, nothing we do will be productive unless God makes it happen. And, as we approach Easter, consider that when Mary misidentified the risen Christ as the gardener, maybe she was closer to the truth than she realised.

The Gardener

Spring's a time for planting in the warming earth
Seeds and saplings growing at this time of birth.
Carefully we tend them, pulling out each weed
Watering and weeding every plant and seed.

Yet we are just helpers – nothing done alone
For without our Father, nothing will be grown;
He's the Creator, He alone can bring
Growth into our gardens each succeeding
spring.

Let us praise our Maker who makes life appear,
Praise Him in the springtime, and throughout
the year;
Praise Him for all nature – ev'ry tree and flower
Gaze upon the garden, praise Him every hour!

God the gracious gardener cares for more than
plants
As to us, His children every breath He grants.
He that for salvation gave His only Son,
Do not fail to praise Him for all that He's done.

By Nigel Beeton

The start of Spring in the garden.

By Kaye Larbi - our resident Expert Gardener.

Well, I am reluctant to tempt providence but it feels almost as if Spring is underway and that it is time to think of the garden once again.

As far as Holy Trinity is concerned, the beds leading to the Parish Hall have been neglected for so long that they now require a radical overhaul and this is to be our priority once Miranda and I are back from assorted overseas trips; ideally we would like to have the whole area ship-shape by Easter.

The main path leading up to the front door of the Church has, however, been maintained over the winter and is now a blaze of colour provided by daffodils, crocus and primroses.

Last week Fr.Chris and members of the Eco group met with representatives of the Westerleigh group to discuss future maintenance of the churchyard and it really does seem that, should we so wish, we could dramatically increase the space we have available for planting, and indeed, with some effort, we could actually make a genuine garden! All we would appear to lack are sufficient volunteers! ...

On the home front I am afraid that I have been particularly lazy over the winter period and now face a huge amount of tidying-up which, of course, should have been done round about November – I just wish that I could feel just a spark of enthusiasm for the mammoth task that lies ahead!

While heavy-duty garden work holds little appeal at the moment (it is questionable whether it ever does), particularly in view of the successes that we had last year both at home and at the Church with tomatoes, chillies and the like (the pumpkin fiasco is still too painful to dwell upon!)

I have already embarked upon a major seed-sowing campaign and, thanks to my heated



propagators, seedlings are even now sprouting!

The other day I read an article in the *RHS Garden* magazine urging readers to deny their instincts to plant seeds in February and wait until the brighter days of March; well, I of course have ignored this advice but have to confess that although there are seedlings in profusion they all look decidedly spindly...I fear that I may have to embark upon another bout of seed—sowing later in the year!

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(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

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Rules of living well after 60

The King is 75. Last year he did 516 engagements, and before his recent diagnosis for cancer, he had no intention of slowing down. Instead, he was keen to be 'back up and running' as soon as possible after his prostate operation. Was he right?

"Absolutely he was – you shouldn't slow down," says Sir Muir Gray, 80, former chief knowledge officer for the NHS. "Ageing exists as a normal biological process but until the age of 90, it has little effect on your ability to look after yourself, engage with others or get about independently. In fact, paradoxically, as we get older, we need to become more active – physically and mentally. Ageing doesn't make you feel old – disease and loss of fitness will."

A study from the Yale School of Public Health found that people who had positive ideas about their own ageing ("I have as much pep as last year") lived for an average of 22.6 years after they first participated in the study, while the people who felt less positively about ageing, lived for just 15 years more on average.

Of course, getting older does involve some loss of energy. But slowing down a bit is never something to be ashamed of, and getting enough rest is the very cornerstone of leading a good life.

Exercise is also crucial as we get older. Focus on the four Ss: stamina, strength, skill (balance) and suppleness. Maintain your stamina by brisk walking every day for 30 minutes.

When you are ill, get up again as soon as you reasonably can. Otherwise, you are at risk of 'deconditioning syndrome', a physiological decline where muscle strength can decrease dramatically if you are over 70.

Thoughtfully review of your personal life-balance. Try to find the 'sweet spot' between activity and rest. Gray advises: "If you're only doing activities, you are inevitably going to burn out. But if you only rest, you will become sedentary and you're more likely to fall ill, feel disconnected and lonely."

Finally, don't run on a hamster wheel of someone else's making. This Lent, before God, rethink your real purpose and calling in life. And live it!

Weathers been really good this weekend, so I've been working in the garden. Here's my before and after pics 😊



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

What will March bring? Mental health ideas for uncertain times

We may all have rather mixed feelings on reaching March this year. On the one hand, it is lovely to see the onset of Spring, but the wars in Ukraine and Israel-Gaza grind on, as does the cost-of-living crisis. We may need to find new ways to keep going, so here are some suggestions that draw on both science and Christian theology.

Getting outside

Time outdoors in a natural environment is very good for you – and you can't argue with the happy hormones produced by exercise. Attending to the details of nature can also inspire awe, which has been linked to positive mood, and increased life satisfaction. Enjoying Creation can also help us connect with God.



Looking outside

If you are truly stuck indoors, try putting bird feeders outside your window so creation comes to you. This is also an act of kindness (see below)!

Lament and praise

The Psalms are a rich resource to help us express both our grief and our thanks to God. Try reading one or two each day.

Journaling

Keep a journal of thoughts, experiences or practices you have engaged with during the day. Constructing a personal narrative or story is now recognised as a very powerful psychological and spiritual tool for building resilience. It is also a vital learning tool that we can go back to when tough times return in the future.

Acts of kindness

Helping or encouraging someone else is obviously a good thing to do in itself, but it also has a very positive effect on the giver - spiritually, mentally, emotionally, and even physically. Whichever way you look at it, finding new ways to show kindness to others can be a very effective way to help ourselves feel better too.

Gratitude

Gratitude is another natural drug – in a sense – that can help us feel better. Try keeping a grateful diary, adding a few things each day.

Laugh, sing, make music, dance

All of these activities are deeply rooted in our physical and mental makeup. You may have forgotten how great they feel, especially in times of sadness, but we can learn from children who do them very naturally.

I hope these ideas may help bring us closer to God, each other, and His creation.

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

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PARISH DIARY

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

6th March LENT LUNCHESS - Weds 12 noon - St Francis Barkingside
13th March 12 noon - Gants Hill Methodists
20th March 12 Noon - Holy Trinity Barkingside

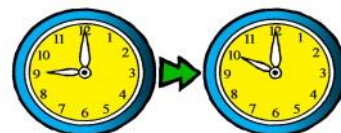
10th March Sun - Mothering Sunday Service
17th March 10:30am Service - Dedication of Plaques commemorating loved ones.

24th March PALM SUNDAY and start of Holy Week; 10:30am

28th March Maundy Thursday - 7.30pm Washing of Feet, and Night Vigil

29th March GOOD FRIDAY 10am - Service at Fulwell Cross Library
2pm - One Hour at the Cross

31st March EASTER SUNDAY - British Summer Time Begins



March 31st