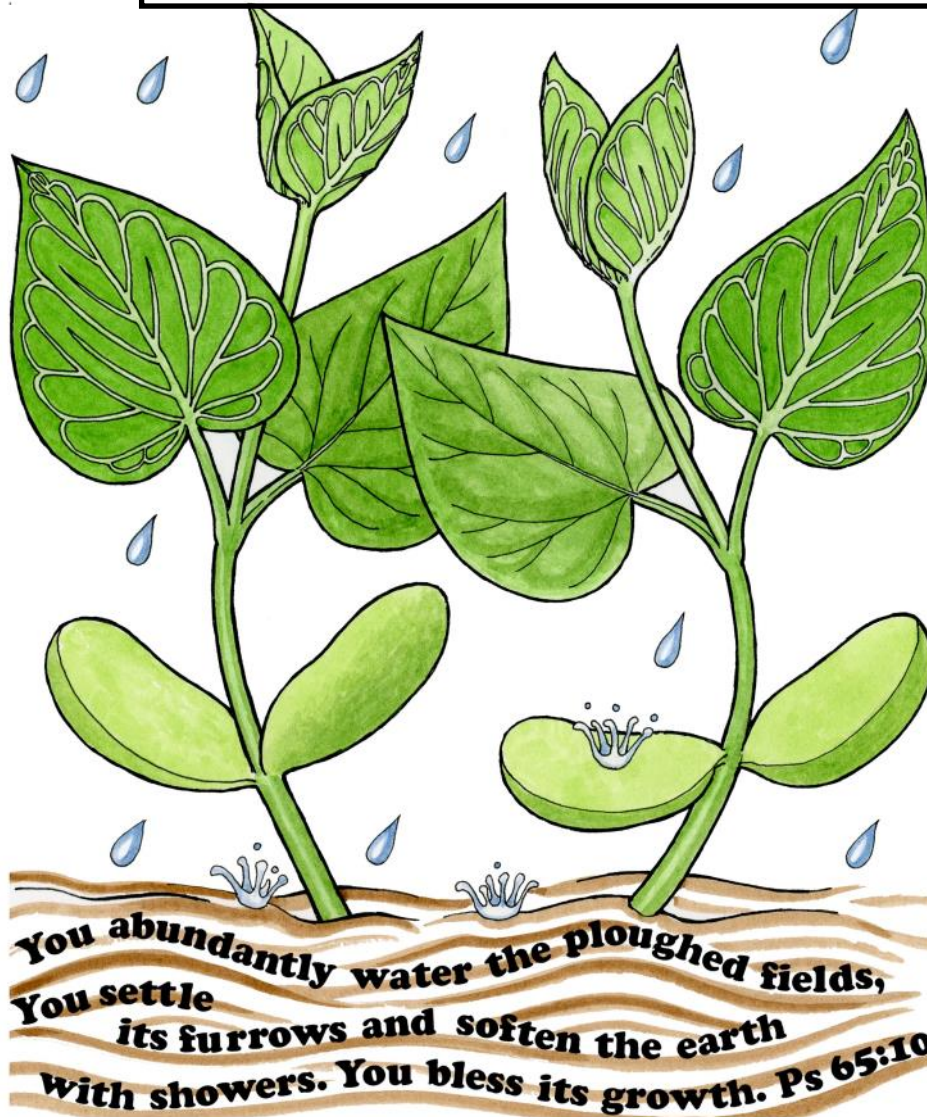


Trinity Times

The Parish of Holy Trinity Church , Barkingside

**£12 subscription
£1 donation.**



Sat - 11th May 5.30pm.

**New Essex Choral Society
Concert in Church.**

Sat - 18th May

**Christian Aid Concert
Redbridge Wind Orchestra -
Parish Hall**

Sun - 19th May

**6.30pm 'Songs of Praise' -
St Francis Church**

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**

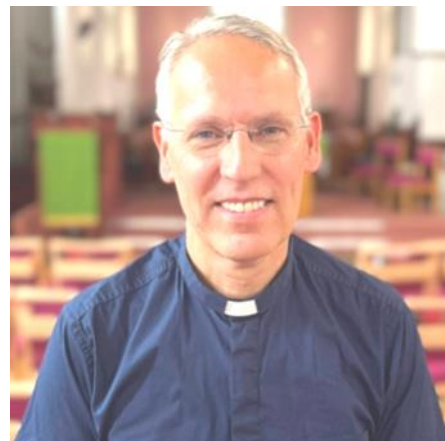
Dear Holy Trinity Family!

Later this month will be our annual general meeting (**APCM, 26 May**). So it's this **time again when we look back and take stock**, and when we collate reports from various areas and ministries. Please allow me to share one thing from my Vicar's report for the APCM – it's the part where I am trying **to capture where we are on our journey right now**:

Since February there has been a strong sense that we have moved into a season of “planting” and “releasing” – it's a wonderful sense that we are “on the move” with God.

Here are some of the most significant areas where we have been experiencing life, joy, renewal and belonging, and seeing healthy growth:

- the “Tuesday Drop-Ins” for all run by our Mothers Union – a wonderful light for our whole community;
- our Wednesday gatherings that started with our Alpha Course and has brought a large group of HT members and externals together in profound ways, deepening our faith journey and bringing us unexpected joy: Salsa dancing!;
- the incredible life & joy we see connecting with children, youth & families: from our amazing Family Fun Zone events, to integrating children & Families in our Sunday service, to our newly launched Edge Youth Club;
- we see people connecting in profound ways with God during corporate worship time at the Sunday 10:30am and the Wednesday 9:45am;
- more and more people are serving on various teams and are stepping into God's Kingdom, in particular in Family Fun Zone, Friends of the Vulnerable, Edge Youth Club, Prayer Team, HC Assistants, and Tech & Sound;
- we are growing & deepening relationships in our local community, including many local schools (who we host at HT in particular during Christmas & Easter; plus we do regular school assemblies at Mossford Green Primary School, where Kate also acts as de-facto fortnightly pastoral assistance); reaching out during Community events, including regular Family Fun Zone events, Edge Youth Club meetings, visits to Birchwood Care Home, and various concerts, charity events and parties open to the community.
- the Leadership team is becoming a key source of light and compass for Kate and me, and at the heart of HT.



Writing reports can be a challenge, but for me it has been a rewarding and encouraging exercise. For example, reflecting on my personal highlights over the last 12 months – and there have been some incredibly beautiful moments. And all this has allowed me to recognize and appreciate the many wonderful things going on, while getting a clear sense of the overall direction and momentum of our journey which seems healthy and life-giving.

And as we reflect on our journey here at Holy Trinity in the midst of our beloved Barkingside community, we do so with the knowledge that the central invitation of our faith and the Bible is to embrace newness – a newness that comes from God, and can only happen because of who God is. A long time ago Israel was in captivity in Babylon and far from home, and freedom was hopeless. We learn from the poetry of the prophets of the Old Testament and from history about God's new way and that it will bring the people home. This is what gives us hope. Indeed, this is what we ourselves see happen right now as we follow God. There is every reason to be very excited to see what God will do as we journey forward.

As always, thanks so much for being on this journey together. Thanks for all your incredible support and love, for who you are, and for what you do.

Grace and mercy, Fr. Chris

Spreading hope in Gaza – ‘amid the darkness’

Baptist organisations in Palestine and Israel are continuing to support people amid the ‘heart-wrenching reality’ of the war in Gaza.

One such organisation is Christian Mission to Gaza, whose founder and president is Hanna Mas-sad, the former pastor of Gaza Baptist Church.

In regular newsletters to supporters, Hanna details how CMG is actively involved in providing essential aid to those affected by the conflict.

This includes winter clothes, groceries, meals for people sheltering in churches and beyond (many Christians are sheltering at St. Porphyrios Greek Orthodox Church and the Holy Family Roman Catholic Church), as well as financial support to help families meet basic needs

Karmand and Hawsar’s new baby -

Some of our congregation will remember Karmand Khadiri. He came to our church about 10 years ago, having been smuggled into the UK from Iran.

He was being persecuted because he had converted to Christianity.

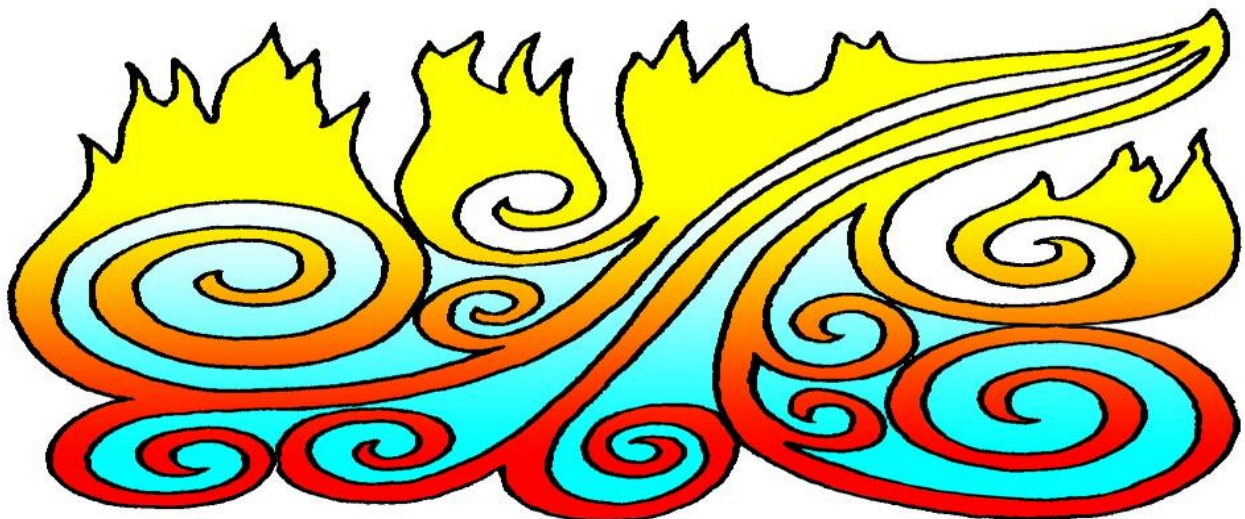
He unexpectedly died in February of this year, when his wife Hawsar was 7 months pregnant.

Their child has just been born, and he seems to be doing well !!

Members of our church have supported Hawsar with money and baby clothes.

We all wish the family all Blessings and send our Prayers.

If you would like to contribute to help Hawsar, please see Chris Stoneham.



£8.5m for parish outreach

The Church of England has awarded nearly £8.5 million for projects to help churches spread the Christian faith, including parish renewal programmes and children's and youth work in rural and urban areas.

Grants have been approved for mission from the north of England to the Kent coast, much of it in low-income areas, covering parish revitalisation programmes, 'hubs' for children's and youth work, church planting and the expansion of a model of family church that has grown 'exponentially' after it was set up in 2020.

The awards, to Canterbury, Durham, Hereford and Southwark Dioceses, have been made by the Church of England's Strategic Mission and Ministry Investment Board (SMMIB).

Benefact Trust announces £1.5 million for churches to achieve Net Zero goal

A £1.5 million grant that will help a group of churches pay for items such as solar panels and heat pumps has been recently announced by the Benefact Trust.

The grant-giving charity will provide additional support over two years to up to 60 'demonstrator' churches who in turn will lead the way in inspiring and encouraging other churches to achieve net zero carbon emissions.

Under the plans, £750,000 of additional funding will be allocated to support a group of churches this year with a further £750,000 pledged for 2025.

The grant from the Trust is in addition to £3.8 million allocated by the Church of England for funding and technical support to help demonstrator churches make as much progress as possible towards achieving net zero carbon by the end of 2030, in line with the Church's Routemap to Net Zero.

The Bishop of Norwich, Graham Usher, who is the Church of England's lead bishop on the environment said: "By taking practical action we show God's love for creation as well as ensuring that our buildings are fit for our worshipping life and service to local communities."

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presents...

the Wedding Singer
THE MUSICAL COMEDY

The Kenneth More Theatre, Ilford
Thurs. 13th., Fri. 14th. and Sat. 15th. June 2024
Evenings at 7.30pm / Sat. Mat. 3.00pm

Tickets : Adults £21.00 Children/Concessions £19.00

Book by Chad Beguelin and Tim Herlihy
Music by Matthew Sklar
Lyrics by Chad Beguelin

Based upon the New Line Cinema film
Written by Tim Herlihy

This amateur production is presented by arrangement with Music Theatre International
All authorised performance materials are also supplied by MTI
www.mtishows.co.uk

www.KMTheatre.com

Barking MAD Music and Drama
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Canon Paul Hardingham considers the Ascension, which this year we commemorate on Thursday 9th May

The Truth of the Ascension

'While He was blessing them, Jesus left them and was taken up into heaven.' (Luke 24:51).

The Ascension is a hugely neglected festival, which deserves to have a bigger place in our church life. How do we understand it?

The Ascension tells us that Jesus is in control: 'Jesus has gone into heaven and is at God's right hand' (1 Peter 3:22). Jesus occupies the top spot in the universe; the control of our world is in the safe, scarred hands of Jesus. We can offer Him our worship and allegiance, knowing that His plans are better than those of any Prime Minister or President.

The Ascension tells us that God is committed to His world: 'And God raised us up with Christ and seated us with Him in the heavenly realms in Christ Jesus' (Ephesians 2:6). Jesus did not leave His humanity behind when He ascended, for we are raised with Christ to heaven. Therefore, God is bound to His world and we can trust Him to fulfil His purposes for our lives and world.

The Ascension gives us a job to do: 'All authority in heaven and on earth has been given to Me. Therefore, go and make disciples of all nations' (Matthew 28:18,19). God's way of working in the world is through us. He commissions us for this task at the Ascension and equips us at Pentecost. We are called to make disciples, starting in our workplace, family and community.

'Christ has no body now but yours. No hands, no feet on earth but yours. Yours are the eyes through which He looks compassion on this world. Yours are the feet with which He walks to do good. Yours are the hands through which He blesses all the world.' (Teresa of Avila).

Reflecting Faith: the church as a building *Dr Jo White considers 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.

Gardening in May

Well, the last missive was pretty miserable and, I fear, this one will be little different!

April proved, from the gardening point of view at least, highly disappointing being largely cold and wet. During the preceding month I did manage to plant a considerable variety of seeds which, thanks largely to heated propagators and our sunny extensions, seemed to germinate and develop surprisingly quickly but alas, the temperatures have been such that there has been little prospect of being able to put out delicate plants.

Courgettes, cucumbers and pumpkins have all germinated successfully and proceeded to grow with wild abandon in their pots when really they have reached a stage in their development when they should be firmly ensconced in Grow-bags or in the ground...



The problem is not so acute with the myriad different chilli varieties being grown though it would be nice to have less of our house taken up with vegetation!

Next week, come hell or high water, a lot of the plants are going to have to take their chances in the great outdoors, be that in our garden or at the back of the Church; I shall also hope to ascertain what we can hope to relocate to the allotment mentioned in the March episode.

In the Church gardens we were very well served by the bulbs planted last year – there has been an excellent display of both daffodils and tulips which, inevitably, is now coming to an end.



The dearth of attractive bedding plants in the local supermarkets continues to be noteworthy – virtually nothing worth buying!

I did get to a nursery the other day in Chingford and managed to acquire marigolds, petunias and snap-dragons and intend to return over the coming weekend to purchase more.

The hope must be that May proves to be a more garden-friendly month and that both flowers and vegetables can make up for lost time!

Kaye Larbi

May Bank Holidays

Who doesn't enjoy the fair month of May?
Not one day but two we can spend time away;
With workbags and satchels left under the bed
We sing as we pack up a picnic instead!

The sun in the sky and the wind in our hair
As we eat our lunch in the fresh open air;
The river chants secrets to daisies nearby
And birds sing their anthems beneath the blue sky.

Replete, we can take to our feet, or a bike
Instead of a schedule we can do what we like!

Catch up on a novel, or stroll 'neath the trees
Our laughter transported on warm summer breeze.

From two days of duty we are thus relieved
And so we should judge them a blessing received;
A pause in life's rhythm, a gift from above
To substitute stresses with laughter and love.

By Nigel Beeton

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Why your television is like the Trinity

26th May is Trinity Sunday. Many people, when they think about it all, struggle to understand the concept of a God that is Three in One. Revd Michael Harding

Here is a trick question: How many colours does your television set use?

Answer: Just three: red, green and blue. And in that order, just like a rainbow (where reds are at one side, blues at the opposite side, green in the middle). This is known as "RGB".

These are TV's three primary colours which, when their luminescence is fired at your eyes, give all the colours of the visible spectrum. These are all 'additive' colours. In fact, mix these three together in different proportions, and your screen can offer you 16 million colours.

You thought the sequence was red/yellow/blue? No, that's for painted or printed colours. A TV set positively gives out light in three different colours, whereas paint daubed on paper absorbs and removes some colours, to reflect back merely a small part of the light falling on it the colour that you see.

You'll soon call out the repair man if your television loses one of its three colours and all the presenters look as though they came from Mars. But change the intensity of any one colour (red, green or blue) even slightly and you change the overall colour.

Switch them all off, and you are left with black. Let all three of them shine at full brightness, at the same point – and then as if by magic you have a totally different colour: WHITE!

It's a parable which illustrates the Holy Trinity. Three completely distinct persons (Father, Son and Holy Spirit), just as your TV set has three quite separate colours: red, green, blue.

Take away any One member of the Trinity, and you slip into theological error; take away any one of the three colours, and you call out the TV repair engineer!

So - It DOES matter that God is our Creator and Father - otherwise our whole life is merely a meaningless illusion.

It DOES matter that Jesus is God the Son, for otherwise His death is simply a human tragedy, with no promise of salvation or eternal life.

It DOES matter that the Holy Spirit is with us here and now, otherwise we are disconnected from God.

Yes it really does matter! Just as it is essential that a TV set can produce white by the equal intensity of all of its three colours. In fact, the more you think about it, the more it seems that the doctrine of the Trinity is far from being a complicated bit of theological nonsense, but is a sort of theological test-card, to make sure that we've got the right picture of God, without distortion.



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!

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**

Hello, my name is Andrew Gillian.

I have been coming to Holy Trinity with my wife Helen, for over a year now. I am a registered Pharmacist . I have worked for many years in cancer care (Oncology) and medical research (Clinical trials of medicines) and I still keep up to date with latest treatments.

Before that I worked in many Hospital specialties such as heart health, gut health, end of life care, children's cancer, lung diseases, intensive care (ICU) etc.

If you are taking medications and have any questions or queries about them I should be glad to try and help.

Feel free to come and talk to me after a Sunday service or contact me via this magazine.



The Story behind the Hymn – 'Praise my Soul the King of Heaven'

*Praise my soul the King of heaven,
To His feet thy tribute bring;
Ransomed, healed, restored, forgiven,
Evermore his praises sing.
Alleluia! Alleluia! Praise the everlasting King.*

*Praise Him for His grace and favour
To our fathers in distress;
Praise Him, still the same as ever,
Slow to chide and swift to bless.
Alleluia! Alleluia! Glorious in His faithfulness.*

*Fatherlike, He tends and spares us;
Well our feeble frame He knows;
In His hands He gently bears us,
Rescues us from all our foes.
Alleluia! Alleluia! Widely yet His mercy flows.*

*Angels in the height, adore Him,
Ye behold Him face to face;
Sun and moon bow down before Him,
Dwellers all in time and space;
Praise Him! Praise him!
Praise with us the God of grace!
By Henry Francis Lyte (1793-1847)*

This stately poetic paraphrase of Psalm 103 has been included in probably more solemn ceremonies than any other hymn in the English language. It was even chosen by Queen Elizabeth for her wedding to the Duke of Edinburgh in 1947.

Henry Lyte had been a brilliant theological stu-

dent at university in Dublin, with a gift for versifying. After graduation he moved to a tiny and remote parish in County Wexford to serve his curacy. It was here, when he was about 25, that Henry had a religious experience which would transform his life.

A close friend of his, another clergyman, had fallen ill, and was clearly dying. Henry went to visit him. The friend was not as distressed as Henry had imagined he would be. Instead, the friend confessed that he had been re-reading the New Testament, with an eye on eternity, and had made a great discovery. There was no need to rely on religious duties and formalities and good deeds to gain peace with God. Instead, we can trust completely in the mercy of Christ and His saving power.

Henry was sophisticated and had been very formal in his ministry. But this encounter with his friend's faith at death's very door, made him reconsider his faith. He wrote later that his dear friend 'who died happy in the thought that there was One who would atone for his delinquencies' made him 'study my Bible and preach in another manner than I had previously done'. And soon after this hymn appeared, in 1834.

Lyte rejoices in the majesty and wonder of the living God, who in turn loves us. He captures the measure of the Psalm in enduring lyrics, which combine time, eternity, God and man all swept up into one embrace. Its last verse summons all the created order to join in a great act of joyous praise – surely a preview of eternity!

In appreciation of our nurses

The work of nurses is celebrated around the world on 12th May.

That day was chosen to be International Nurses Day because it is the anniversary of Florence Nightingale's birth.

Here are some current stats on nurses in the UK:

There are currently 731,058 nurses on the permanent NMC register. With midwives and nursing associates added, this figure rises to be 788,638.

There are more female nurses than male nurses. 89% of registered nurses identify as female, and 11% identify as male.

We need more nurses! Currently there are about 46,800 vacancies. Could this be a job for you?

Pray it!

Pete Grieg, founder of the 24/7 prayer network, has a wealth of experience and tips to be persistent in prayer, to hang in there when life gets busy, with faith as small as a mustard seed.

The key to intimacy and knowledge of God and our relationship with him, is prayer.

- 1)Keep it simple
- 2)Keep it real
- 3)Keep it going

1)Keep it simple: Life is complicated enough. Being in relationship with God is wonderful, it shouldn't be difficult, it shouldn't be a burden. A good place to start in prayer is recognising how you are feeling in your emotions. For example, I am struggling with the pain and uncertainty of my mother's illness. My prayers come from that. 'Lord bring my Mum peace.' Keep it simple. God knows our hearts and what's already on our minds and our tongues before we speak. Keep prayer simple. Archbishop Justin Welby adds, that if the Lord's prayer is simple enough for a child to learn and pray, then how much more profound it is when it sustains us for our whole life-time. Matthew 6. Start small, long for God's presence. Pray from the heart, pray also from the bible, the word, as well as in the Spirit.

2)Keep it real: What does that mean? There is no need to compete with the prayer warriors or say a lot of stuff. Jesus says in Matthew's gospel; we don't need to babble like the pagans. God knows what we need before we pray it. Be you, be authentic. Pray alone, pray with others, write your own prayers, use other prayers, journal in a book, walk in creation and ask God to speak to you, Keep it real. You are you; God loves that, he loves you.

3)Keep it going: This is the hardest thing for us all. Starting well and then losing hope and giving up or getting too busy and getting distracted. 'My prayers are not working' we say.

Something interesting: Frank Laubach, a pioneering missionary educationist, compared praying with throwing rocks into a swamp. But the rocks kept on sinking without a trace. One would look into the swamp and couldn't see the rocks. How is this a helpful exercise to prayer? Laubach said, 'if you keep on going, if you keep throwing the rocks into the swamp for long enough, then one day the rocks will appear on the surface, they won't sink any more. The swamp will be full and solid ground will appear. This is what happened when the widow cried out to the judge. Solid ground appeared. I quote Laubach now. He says, 'every major transformational movement of the Spirit in our nation's history began with a movement of prayer'.

Keep going and never give up. Do you want to part of a movement of prayer, and see God work miracles, signs, wonders, transformation, salvation? I guarantee, life will be rich in God's love, in the presence of Father, Son and Holy Spirit. It will be alongside our brothers and sisters in Christ, who will spur us on in our prayer discipline. Our heart-felt simple and real prayers may not be answered in 2 minutes, but we can believe that the un-claimed blessings of God will be poured out on us in his time.

And if we do believe, writes theologian John Buchanan, 'God will open the store house of heaven if we pray persistently.'

Never give up.

By Rev Kate Szejmann

CHANGING SEASONS IN A DAY

We cannot wait for winter to scuttle away, banished by us ungrateful folk because of its icy winds and squally rain. Then April, elegant April tries to impose its blue skies and bursts of rain that sometimes catches us by surprise, coat less perhaps, thinking surely summer has started.

Our family, seeing that the calendar was on April, arranged to have a chalet by the sea in Suffolk. booked in and got into holiday mode.

For two days we had good holiday weather, sunshine, gentle breezes, blue sky. It was good to be warm outside, to even dare to wander without a coat. But Mother Nature had something else for us, gale force, icy, winds and hail. In a few hours the skies grew black, it was as if we were at sea, well we were almost I suppose, but instead of surging seas we had tree boughs dipping and swaying wildly, leaves torn from the branches falling to the ground

There was something of a recovery the next day, the wind slightly less wild and icy but it was days before April reasserted itself with patches of blue sky and, the to be expected,, spasmodic showers.

We were holidaying in England of course.

What more should we expect from an island surrounded by sea in a temperate weather zone?
BG

The man who created Father Brown

: by *Tim Lenton*

The British writer G K Chesterton was born 150 years ago, on 29th May 1874, in Kensington, West London. A novelist, short story writer, philosopher and critic, he was best known for his Father Brown stories, popular now through their adaptation for television.

He thought of himself as a journalist with good reason, composing 30 years of weekly columns for the *Illustrated London News* and more elsewhere, but he was a prolific writer in many areas, writing 100 books and contributing to 200 others, as well as composing short stories, essays and poems and creating Father Brown.

He was a tall man who weighed in at over 20 stone, and he was notoriously absent-minded – once contacting his wife, Frances, to say: “Am at Market Harborough. Where ought I to be?” Unsurprisingly, he did a great deal of writing while waiting at stations.

He was a deep thinker, usually getting the better of the many prominent men he argued against, but almost invariably retaining their goodwill, since he was a genial and witty opponent.

An “orthodox Christian” who espoused Roman Catholicism (moving from High Anglicanism) because he felt it was the best resistance to fads of the age, he was against both socialism and capitalism, materialism, determinism and

“spineless agnosticism”. He fought for freedom and justice.

Chesterton never went to college but did attend art school. Extremely quotable and read now by too few people, he composed some near-perfect lines, concluding for example that “the Christian ideal has not been tried and found wanting; it has been found difficult and left untried”.

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

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!

**New Year
New Challenge**

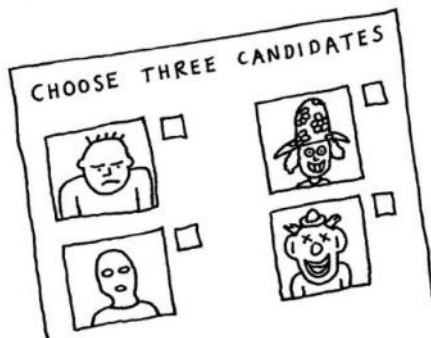
Foster for Redbridge

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THE ELECTORAL ROLL

REASONS TO JOIN IT

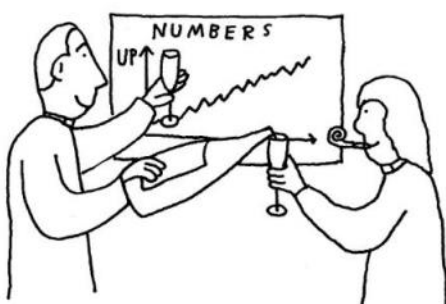
- ① YOU WILL DECIDE WHO SHOULD BE ON THE P.C.C. AND DEANERY SYNOD



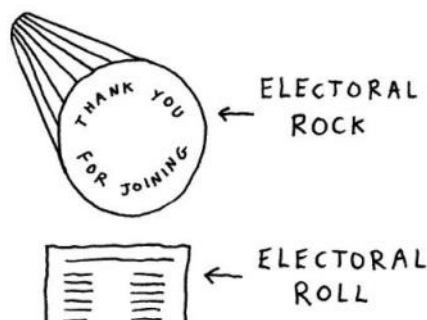
- ② YOU CAN PLAY A FULL PART IN THE LIFE OF THE CHURCH



- ③ IT WILL BOOST THE MORALE OF THE CLERGY



- ④ THERE MAY BE A THANK YOU PRESENT – SEASIDE CONFECTIONARY PERHAPS



- ⑤ YOUR NAME WILL BE EXHIBITED IN CHURCH FOR 14 DAYS





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DailyHope is on the line – again!

Revd Peter Crumpler

A free telephone line that provides spiritual support for older people has been relaunched.

The DailyHope telephone line serves many people in later life unable to participate in person with church life in the community, either in the long term, or temporarily due to sickness or medical treatment. It was launched during the Covid pandemic.

The recorded phonenumber provides a vital spiritual resource aimed at the around six million UK people aged over 65 who are either unable to use the internet safely and successfully or are not online at all.

The organisation [Faith in Later Life](#) announced earlier this year that the line would have to be suspended because of a lack of funding. It came as many churches were being encouraged to 'grow younger' and put an emphasis on reaching younger people.

Now their chief executive officer Alexandra Drew has announced that the phonenumber is back in action.

She said: "Closing the DailyHope line was an extremely heart-wrenching decision to make. I know that it's been a lifeline to many older people, especially those unable to attend church in person, and without access to spiritual comfort."

Now additional funding has been secured, DailyHope has been relaunched, with a drive to find new content and content-providers.

Alexandra Drew said: "We're looking forward to welcoming new callers, as well as content providers and funding partners, to help us to continue to bring DailyHope to older people, and others who are staying at home."

Broadcaster Pam Rhodes, an ambassador for Faith in Later Life, said: "DailyHope has brought Christian fellowship through the landline into the homes of so many, filling their hearts and souls with God's presence and comfort through word, prayer and song.

"It's no wonder that DailyHope has remained so popular – and the thought that this vital service may have been lost to those who value and rely upon it brought real despair. But now, we're thankful to God that DailyHope has been saved. This is wonderful news."

The DailyHope free telephone service is available on 0800 804 8044. Churches and Christians are being encouraged to publicise the telephone number widely.

**The DailyHope free telephone service
is available on 0800 804 8044**

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."

As we seem to be short of articles for the Magazine this month, I thought (or hoped) you might be interested in a few lines about me.. [Chris Stoneham](#)

I was born many years ago (although the dinosaurs had gone by then) and grew up in a flat above my father's shop, in Wood Street Walthamstow. Apparently, my mum and dad took me on rides in the back of their delivery van so try and get me off to sleep.

Later we moved to Whipps Cross Road, a large rambling house with more draughts than windows, and coal fires to try and take the chill off. In spite of this, I remember waking up to see ice on the inside of our windows. I remember mum taking me outside to see the chimney sweep's brush coming out of the chimney. A great event! I vaguely recall waving a flag for the Coronation, and later watching the Woodentops and Andy Pandy on the small black and white television.

I can remember having my dinner (it wasn't lunch in those days) in the kitchen with our old gardener when I had been naughty. He was not allowed to eat at the same table as my family because he was in a lower class than us! I went to a small "private school" in Wanstead, as did many children in those days. The headmistress, a Mrs Brown, was a tyrant, and took every opportunity to smack me and others on the hand with a ruler, and sometimes on the backside with a cane.

In 1961 I was lucky enough to get a County Scholarship to Forest School. This was a smaller "Public School" in Walthamstow. It was terrible, and I just couldn't stand the bullying from older boys, the Prefects, and some of the teachers. The "rough" regime was supposed to be character forming, but a frail "petal" like me was crushed underfoot. I left at the end of the "5th form" (now called year 10, I think) and went to the local Walthamstow Technical College. This was upgraded to Southwest Essex Tech (The Swetbox), for a 2-year Diploma. This got me into the Regent Street Polytechnic - due to inflation this later became the Polytechnic of Central London, then the University of Central London - where I managed to get a Degree in Civil Engineering.

I travelled around the country to get "site experience" on large engineering projects, and became infamous for racing to and from Wales (before the M4 was invented) and later to Devon (before the M3) in my Austin A30. In winter I had to drive using sidelights only, as the generator couldn't power the lights as well as the heater fan. I survived by starting immediately after work on a Friday evening and arriving home at 3 in the morning. Workdays were spent outside in all weathers, and evenings in the village pub, where the "paddies" groundworkers spent their money getting plastered every evening. I too developed a taste for the beer, and although I don't think I was an alcoholic I did develop a "thirst" when I was at home for a weekend. ! after site experience, I had a year in a Design Office, and became a Chartered Engineer in 1972. I was lucky to pass an interview to be a drainage engineer in a local council and was later involved in the development of the Royal Docks in West Ham. Later I was part of the "Winter Maintenance" team, and making decisions on salt treatment of the borough roads.

Marriage came along in 1974, and then some children happened. (I'm still unsure how this came about, but I blame the 3 day week and the phased blackouts). As with most newlyweds, we were always "broke". I remember queuing up at the Post Office on paydays to buy some Telephone and Car Tax stamps. We managed to get a mortgage, thanks mainly to the bank of mum and dad, and moved to Barkingside, which was then an out-of-the way location away from the "last outpost of civilisation" that was Wanstead.

In those "good ol' days" we worked "normal hours", and had the weekends free. We could see a doctor on the same day when we were ill, we had regular tooth checks, and the milkman delivered the milk daily. Shopping in the local High Street was the norm, and a week's stay at a holiday camp was affordable once a year. My , National Trust and Probus gives me friendship and social events for my wife and myself, and we are also both very busy with our church life.

Although I didn't bother to renew the wedding licence, it seems that I am still legally married. We are celebrating our **50th Anniversary with a Party at our Church on Sunday June 23rd**. All Probus members and their wives / sweethearts are most welcome to join us. (If you bring both, please let us know, and we will seat them at opposite ends of the room).

A poetic prayer for Pentecost

Happy Birthday to all Christians,
This is where it all began;
Out from here went the apostles,
Taking Christ to everyone.

Able now to speak to nations,
With the good news to proclaim;
Crucified for our salvation,
Hear His message, learn His name.

Out they went to every corner,
Fearless as they spread the word;
Bringing light to those in darkness,
Giving hope to all that heard.

So must we with every blessing,
Follow in the steps they trod;
Showing love and help and kindness,
All come from the breath of God.

By Alan Millichip

Prayer for May 2024

Dear Lord,

May, the loveliest of months – and this year, as we welcome the blossom and the beauty of late Spring, we also welcome Your Holy Spirit afresh, as we celebrate Pentecost.

May we open our hearts to receive Your Spirit, as Your people did on that first Day of Pentecost. May we be filled and empowered and emboldened to witness to Your goodness and love.

May we be transformed by Him and reflect Your transforming grace to the broken world in which we live. May people who meet us ask, “What does this mean?” May they turn to You and hear You speaking in ways they can understand.

Without Your Holy Spirit we can do nothing. With Him living in us, we can do all things. Come Holy Spirit, come to us, we pray,

In Jesus' name.
Amen.

By Daphne Kitching

When I say, “I am a Christian”
I’m not shouting, “I’ve been saved!”
I’m whispering, “I get lost sometimes
That’s why I chose this way”

When I say, “I am a Christian”
I don’t speak with human pride
I’m confessing that I stumble –
needing God to be my guide

When I say, “I am a Christian”
I’m not trying to be strong
I’m professing that I’m weak
and pray for strength to carry on

When I say, “I am a Christian”
I’m not bragging of success
I’m admitting that I’ve failed
and cannot ever pay the debt

When I say, “I am a Christian”
I don’t think I know it all
I submit to my confusion
asking humbly to be taught

When I say, “I am a Christian”
I’m not claiming to be perfect
My flaws are far too visible
but God believes I’m worth it

When I say, “I am a Christian”
I still feel the sting of pain
I have my share of heartache
which is why I seek God’s name

When I say, “I am a Christian”
I do not wish to judge
I have no authority
I only know I’m loved

written by [Carol Wimmer](#), in 1988, and first published by Hi-Call Gospel Magazine in 1992.

**The DailyHope free telephone
service is available on**

0800 804 8044

Wordsearch St George of the Golden Legend

St George is Patron Saint of England, but he never actually came here.

He was a Christian officer in the Roman army under Diocletian, who refused to abandon his faith during the Terror. George was therefore martyred in Palestine about 300 AD. His courage became legendary, and St George became the example of a Christian fighting-man, a powerful helper against evil powers affecting individual lives. He was the soldier-hero of the Middle Ages. In the Golden Legend of the 13th century, Jacobus de Voragine tells the story of how St George helped rescue the people of Sylene in Lybia from a dragon, especially the princess, who had been offered to the dragon as a sacrifice. With the dragon dead, and the princess returned to her father the King, the people of Sylene converted to Christianity.

Patron	Helper
Saint	Evil
England	George
Officer	
	Soldier
Roman	Hero
Army	Golden
Diocletian	Legend
Terror	Dragon
Martyred	
	Princess
Palestine	converted
Courage	
Example	

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

Women's Marriage Seminar

A group of women were at a seminar on how to live in a loving relationship with their husbands. The women were asked, "How many of you love your husband?" All the women raised their hands.

Then they were asked, "When was the last time you told your husband you loved him?" Some women answered today, a few yesterday, and some couldn't remember. The women were then told to take out their cell phones and text their husband: "I love you, sweetheart."

Next the women were instructed to exchange phones with another woman and read aloud the text message they received in response to their message.

Here are their hilarious replies. If you have been married for quite a while, you understand that these replies are a sign of true love... Who else would reply in such a succinct and honest way?

1. *Who is this?*
2. *Eh, mother of my children, are you sick or what?*
3. *Yeah, and I love you too. What's wrong?*
4. *What now? Did you wreck the car again?*
5. *I don't understand what you mean?*
6. *What did you do now?*
8. *Don't beat about the bush, just tell me how much you need?*
9. *Am I dreaming?*
10. *If you don't tell me who this message is actually for, someone will die.*
11. *I thought we agreed you wouldn't drink during the day.*
12. *Your mother is coming to stay with us, isn't she?*

Kinda tugs at the heart, doesn't it?!

What's the Big Idea? - an Introduction to the Books of the Old Testament: Judges

Following Joshua's death, a generation grew up who didn't know God (Judges 2:11) and 'every man did what was right in his own eyes' (17:6, 21:25). The book of Judges is a study in God's response to a permissive society.

The book takes its name from the *deliverers* that God raised up during this time. God empowered both men and women with His Spirit to rule and deliver the people. They included Ehud, Deborah, Gideon and his son Abimelech, Jephthah and Samson. The judges operated in the 350 years (from 1050 BC) between Joshua's death and the monarchy.

We see a recurring cycle of apostasy, oppression, penitence and deliverance played out. When the people fell into sin, God sent an enemy nation to oppress them. As a result, they cried to God for help, and He responded by raising up a deliverer to free them.

The saddest words in Judges are those applied to Samson, 'He did not know that the LORD had left him' (16:20). Rejecting God in our lives can begin with tolerating those things that are not in harmony with His will for our lives. The people's toleration of the beliefs of their pagan neighbours led to a conformity in life and worship with them. Yet God waited for His people to return to Him, when He responded with grace to deliver them.

Gideon stands out as somebody who was unwilling to compromise with the surrounding culture. Despite his weaknesses, God used him to deliver Israel from the Midianite invaders. We read: 'the Spirit of the LORD came upon Gideon', lit: 'the Spirit clothed Himself with Gideon' (6:34). God's grace and faithfulness is at work in those who are prepared to trust Him.

Quiz on the Book of Judges

1. Which tribe was the first to fight the Canaanites?

Judah Zebulun Dan

2. How old was Joshua when he died?

80 100 110

3. Who sang a song celebrating the downfall of Sisera?

Hannah Deborah & Barak Shamgar & Ehud

4. What offering did Gideon present to the angel of the Lord?

Two turtle doves

A bullock and a grain offering

A kid and some unleavened cakes

5. How many volunteer soldiers did Gideon have initially?

5000 10000 32000

6. What equipment did Gideon issue to his soldiers?

A sword, a shield and a helmet

A trumpet, a pitcher and a torch

Slings and stones

7. How many sons did Gideon have?

10 24 70

8. What was the name of Samson's father?
Manoah Phileas Amon

9. What surprised Samson on his way to Timnah with his parents?

A thunderstorm A young lion

An attack by his enemies

10. What animal did Samson send through the Philistine fields?

Cattle Foxes Sheep

11. Which of these was the source of Samson's strength?

New ropes Uncut hair Woven hair

12. Where was Samson when he died?

Philistine temple Delilah's house

Jerusalem

Finding Expression – and God’s Response – in Lament Dr Ruth M Bancewicz,

The question of suffering comes up regularly in discussions about science and faith. I once visited a school to speak to some of the older teenagers. One of the pupils had sadly passed away from cancer a few weeks before and his classmates asked, “How could God let this happen?” Of course, these young people’s questions about where God was in this situation were important. But the chaplain also gently reminded the class that their friend’s family were Christians, and that they were finding that their experience of loss had brought them even closer to God than before.

One way that grief can bring us near to God is when we share it with Him, telling Him exactly how we feel. The biblical writers had no scruples about expressing themselves to God, giving vent to emotions we often hold back in a church context. As my colleague Roger Abbott has written in his book on *‘Unanswered’ Prayer*, “Let us not confuse reverence with spiritual prudishness. Perhaps honesty, the way it feels, is precisely what God is waiting to hear from us.”

About one third of the Psalms express some form of grief. The book of Job is a series of responses to one man’s suffering as he loses his children, property and health in quick succession. Lamentations is also one long outpouring of sadness at what happened to Israel under the Babylonians. Some of the prophets, especially Jeremiah, also express their pain at these sort of events – which reflect something of God’s own feelings at the suffering of His people.

Most of these biblical authors would have had access to Scriptures that encouraged them to turn to God whatever the circumstances. Emboldened by their knowledge of His character and promises, these divinely inspired writers even express their anger to God about the things He lets happen, or complain that He seems to act unfairly or ignore them in their plight. Not only do these people let out all their feelings without fear of reprisal, but they also clearly expect a helpful answer. Some record a resolution to their troubles – often simply because God speaks to and comforts them, enabling them to keep going.

The biblical writers demonstrated that God can handle pretty much anything – anger, blame, bitterness – if we are actively looking to Him for help. As Pete Greig of the 24-7 prayer movement has written, “pain that is not expressed can never be transformed”.

Good dog!

Recent scientific research has found evidence that having a dog is good for you.

“Science is finally catching up with what humans have intuitively known for thousands of years.” So says Professor Emeritus Aubrey Fine of Cal Poly University, a paediatric clinical psychologist.

A recent study at Konkuk University in Korea found that participants’ alpha-band brain waves increased while playing and walking with dogs, while their beta-band brain waves increased while grooming, massaging, or playing with dogs. All participants were left feeling “less fatigued, depressed and stressed”.

In one American academic journal, *Circulation: Cardiovascular Quality and Outcomes*, a study found that, overall, dog owners have a 24 per cent decreased risk of all-cause mortality, and that that percentage rises to 31 per cent for cardiovascular-related issues.

According to Tommy Wood, assistant professor of paediatrics and neuroscience at the University of Washington School of Medicine, dogs “support our health and wellbeing in many ways.”

The Rectory
St James the Least

My dear Nephew Darren



On why a church should always resist change

I am not the least surprised you have got yourself into trouble; innovation is never to be encouraged. New ideas tend to cause revolutions. The move from incandescent lightbulbs to energy saving ones may ultimately change the Church of England.

Change is something everyone claims to be in favour of – provided it has no measurable effect on their own lives. I remember as a young curate once suggesting that at the Harvest Supper, tables might be enlarged so that eight people could sit together rather than the traditional six, thus helping more people get to know one another. The response would have been similar if I had suggested we travel to London to murder the Prime Minister. I was firmly told that tables for six had been perfectly adequate for parishioners in Queen Victoria's day. For the rest of my curacy, I was regarded as a revolutionary, to be watched carefully.

So, at your last visit to our church, to suggest that our 11am Mattins might be moved to 10.30am, in order to encourage those who wanted to have more of the day free to themselves, certainly lobbed a hand grenade among the post-Service coffee cups. The only person who was mildly in favour was Colonel Wainwright, who quickly realised that it would give him an extra half-hour at the gin and tonics before lunch.

Should you ever feel that people lack imagination, you should watch them in action when they find reasons for resisting an unwelcome suggestion. One said that the time couldn't be moved, since it would then be too early for the local bus – omitting to mention that none of our congregation travel to church by bus and that the service doesn't run on Sundays anyway. Another pointed out that it would confuse those who didn't attend church – not explaining why if they never attended, it mattered what time the Service was. A third, rather touchingly mentioned that it wouldn't give the rector time to enjoy his breakfast after the rigours of the 8am Service.

Your suggestion did, however, serve one useful purpose; it brought our congregation together in united opposition. They may not necessarily always know what they are for, but they certainly know what they are against.

For that, I thank you.

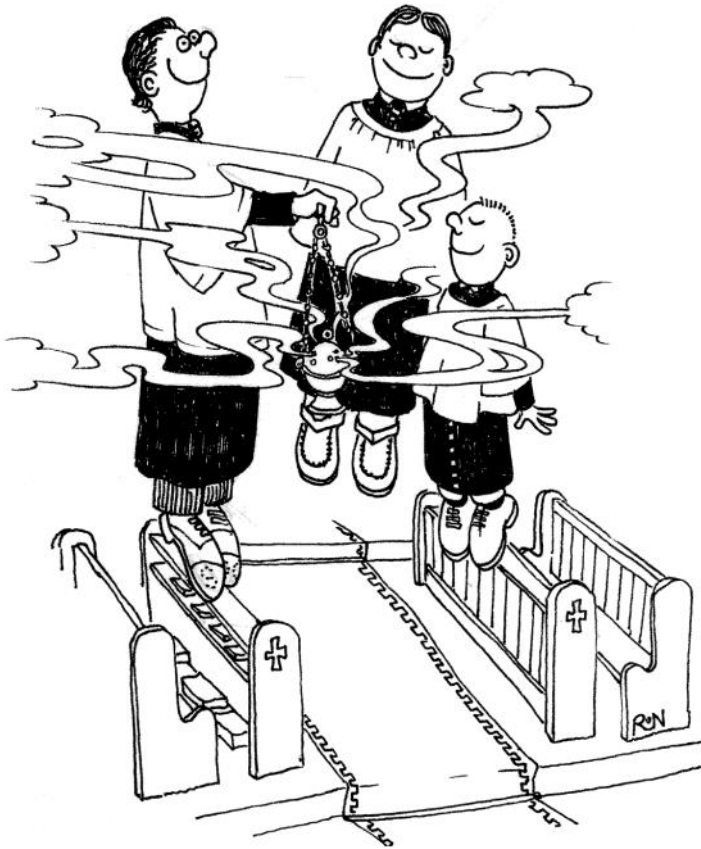
Your Loving Uncle, Eustace

A couple of weeks after hearing a sermon on Psalms 51:2-4 (knowing my own hidden secrets) and Psalm 52:3-4 (lies and deceit), a man who had recently become a Christian wrote the following letter to the Inland Revenue Service:

"I have been unable to sleep, knowing that I have cheated on my income tax. I understated my taxable income last year and have enclosed a cheque for £1,150.

If I still can't sleep, I will send the rest."



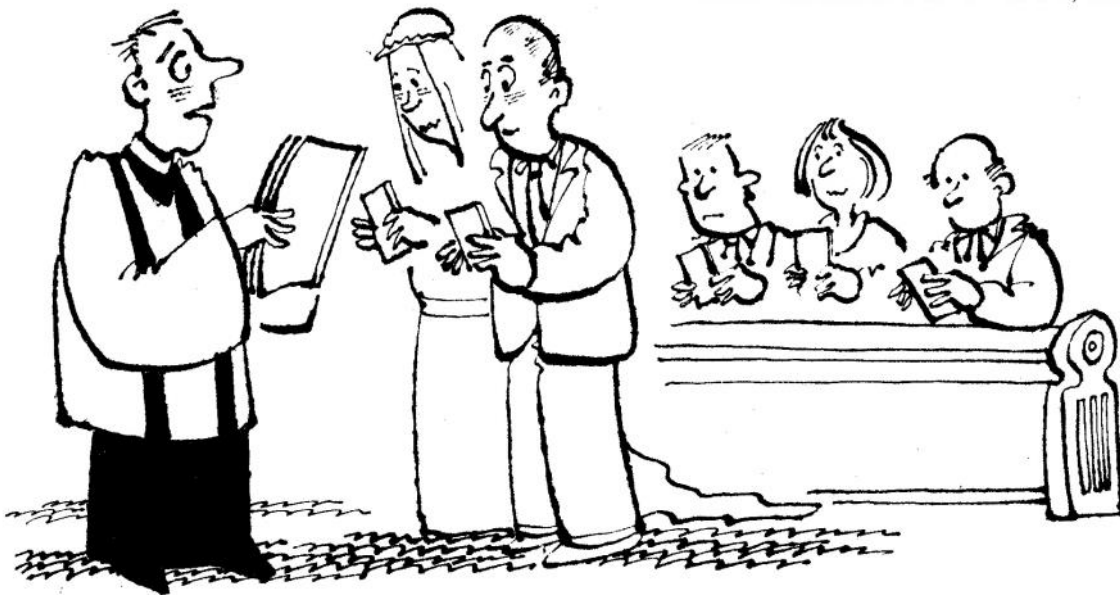


They all pronounced the Columbian incense excellent

Some advice to preachers:
"If after ten minutes you don't
strike oil - THEN STOP BORING."



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...er, if I could just tear you away from your mobile phones for a moment...

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:

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priest@holytrinitybarkingside.org.uk

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

Clergy with Permission to Officiate:
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Churchwardens:
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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

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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).

8th May Weds - 7.30pm. Wednesday Gathering - Every fortnight

11th May Sat - 5.30pm. New Essex Choral Society Concert *in Church*.

14th May Tues - 10.30am M.U. Monthly Service

18th May Sat - Christian Aid Concert - Redbridge Wind Orchestra - Parish Hall

19th May Sun - 6.30pm 'Songs of Praise' - St Francis Church

22nd May Weds - 7.30pm. Wednesday Gathering - Every fortnight

24th May Fri - M.U. Evening Zoom Meeting

26th May Sun - APCM Meeting

8th June Sat - 10am Church Work Day & Lunch - Come along and help with tidying up and maintaining the Church. *Lunch at 12 noon!!*

23rd June Sun - Church Lunch Party (Celebrating Chris & Jean 50th Anniversary). *All Welcome.*

Dates for future PCC meetings (7:30pm) Monday 8th July, Monday 2nd September.