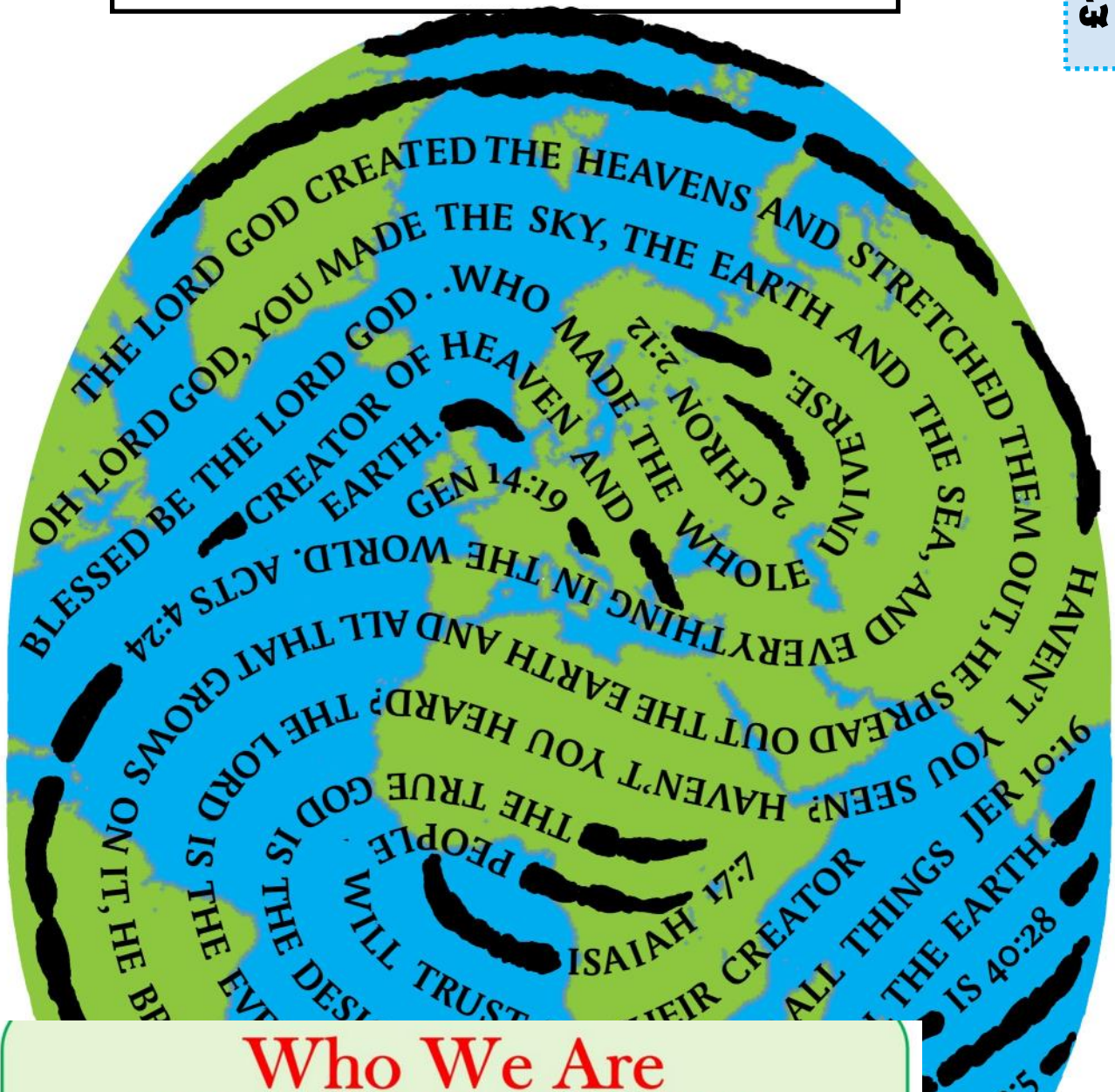


Trinity Times

The Parish of Holy Trinity Church , Barkingside

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Who We Are
Holy Trinity Church, Mossford Green, Barkingside, IG6 2BX

We are a lively, Family friendly Church
with a Heart for the Common Good, and want to make Jesus
Christ known in Barkingside

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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

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

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

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Dear Holy Trinity Family!

I hope that this letter finds you well. At our recent annual meeting (APCM) I had the privilege of tacking stock of where we are on our journey with Christ, and to reflect on what has happened over the last 12 months. I found this exercise very encouraging and also helpful, not least for our journey ahead. Last month I shared the part where I was trying to capture the areas where we have been experiencing life-giving things and have seen healthy growth – and aren't there some wonderful things happening in and around Holy Trinity!



This month please allow me to share the short description of who we are, and reflect on some of my highlights of the last year: "We describe ourselves to be a lively, Family Friendly Church, with a Heart for the Common Good, and seeking to make Jesus Christ known in Barkingside. We want to offer a life-giving alternative, welcome and hope to people in our community who are challenged by many things.

There are three things we hold close to our heart: we are in intimate relationship with God and love worshipping him; we are a Family full of love and support for one another – empowering one another in our specific gifting, and seeking to imitate Christ's humility and compassion in everything we do; we are working for the Common Good, and practice radical hospitality to those around us. [...]

And here are some of my highlights of the last 12 months – out of so many wonderful moments: The glorious Coronation Party in the garden of the Vicarage with our Lichen Court neighbours; the explosive Family Church "Light Party" on 6 November; some memorable "special services", including "Creation & Pet Service"; "Racial Justice – Black History Month"; and the special service when we unveiled the plaques to remember our loved ones; the wonderful life-giving Family Church Christmas Party; the buzzing Alpha Course at Marino's; Alpha Away Day: the Holy Spirit was on the move; Salsa in church with David & Irene: what incredible fun & joy.

Easter Sunday service 2024 (but also the whole of Holy Week): our dreams & visions of a full church with wonderful people from all background & ages celebrating together seemed to come true – also two "firsts": processing with the light of Christ into the building and reaching a three-digit congregation figure; the spontaneous and powerful prayer & blessing for Edge Youth Club on Sunday 14 April."

A few weeks ago was Pentecost, and Jesus filled us with the Holy Spirit and sent us into the world. We are asked to proclaim the Good News, and to convey this message by words, action, prayer, healing, and so many other life-giving things.

Let's keep praying the profound Holy Spirit prayer from our pew sheet as we journey on in Christ and with Christ:

"We say come Holy Spirit come!
Blow into our lives, into our church,
into our Barkingside community;
guide us; open our hearts to your
calling, to a spirit-filled life bursting
through."

Grace and mercy, Fr. Chris



Happy Father's Day!

‘Spreading hope and love 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.

Archbishop calls for halt to “indefensible abuse” of rivers

The Archbishop of Wales has called for a halt to the “indefensible abuse” of our waterways. Rivers, he said, were dying because of pollution.

Archbishop Andrew John’s comments came during his recent Presidential Address to members of the Governing Body of the Church in Wales at the start of its two-day meeting in Newport.

Archbishop Andrew said, “Why should we be concerned about water? Because our rivers are dying. Water companies are illegally pumping raw sewage into them. And even as sections of our farming communities are underpaid and undervalued, intensive farming practices, promoted by unsustainable food production systems, are poisoning rivers with excess fertiliser and animal waste – witness the tragic situation in the Wye Valley.

“We recognise investment is being made to improve our drainage and improvements are being delivered. However, all of us – including the industry, regulators, government and local authorities - must play a part in halting this indefensible abuse of the most essential element of life.”

Christian leaders killed or disappeared in occupied Ukraine

Into the third year of Russia’s occupation of parts of Ukraine, Christian leaders are still being killed, tortured and disappeared. And in Russia, priests who oppose Putin’s invasion continue to be imprisoned or silenced.

“As President Putin begins his fifth term our partners describe growing pressure on the Church,” says Paul Robinson, CEO of UK-based Release International, which supports persecuted Christians worldwide.

“And yet,” he says, “in the face of fear, insecurity and oppression, hunger for the gospel is growing. We hear reports of churches packed to overflowing and many giving their lives to Christ.”

In February, the body of a Ukrainian Orthodox priest was found in the streets of Kalanchak in Russian-occupied Kherson. He was 59-yr-old Stepan Podolchak. According to his bishop, Russian military forces had “tortured Fr Stepan to death”.

He’s not the first Christian leader to be dragged away and dispatched by the occupying forces.

Fr Stepan Podolchak was seized on 13th February and hauled away barefoot with a bag over his head, according to Norway-based human rights organisation Forum 18. His bruised body was

Forget the lift. Use the stairs

Climbing stairs may be a hassle, but they could cut your risk of early death by a quarter. So says a recent major study on heart health.

The study was presented to the recent European Society of Cardiology conference, and said that people who climb stairs regularly can achieve a 39 per cent lower likelihood of dying from heart attack, heart failure and stroke.

One of the researchers, Dr Sophie Paddock, of the University of East Anglia and Norfolk and Norwich University Hospital Foundation Trust, in Norwich, said: "If you have the choice of taking the stairs or the lift, go for the stairs as it will help your heart.

"Even brief bursts of physical activity have beneficial health impacts, and short bouts of stair climbing should be an achievable target to integrate into daily routines."

Physical inactivity is associated with one in six deaths in the UK, according to a report compiled by the Office for Health Improvement and Disparities.

Dr Paddock said: "Based on these results, we would encourage people to incorporate stair climbing into their day-to-day lives. So, whether at work, home or elsewhere, take the stairs."

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Do you struggle with doubt?

by the Revd Dr Roger Roberts

Do you ever look at other Christians and wonder: “Do they REALLY believe this Christian stuff? That Jesus really was the Son of God who rose again, and is alive today?”

Doubt is an honest place to be, and it is not the opposite of Christian faith. To believe is to be in one mind. To disbelieve is to be in one mind also. To doubt is to waver between the two minds, to be in a state of ‘double-ness’, or ‘two-ness’. To doubt something is to be willing to believe it – IF you can find evidence to back up the story.

If you are in this state of ‘double-ness’ just now, you may find the story of the disciple Thomas (John 20:24-29) to be helpful. Unlike the other disciples, he was not present on that first Easter night when Jesus appeared to the other disciples. Instead, Thomas was told that someone whom he’d seen crucified and dead was alive again three days later, and in perfect health.

Thomas had been devoted to Jesus, but the fact that dead people don’t rise again was just too much for him. So, despite the joy of the other disciples, he could get only as far as: “unless I see the nail marks... I will not believe it.”

It was a week later that Jesus appeared again to His disciples and confronted Thomas. He said simply: “Put your finger here; see my hands... Stop doubting and believe.”

Jesus then looked forward to all the millions of people in the future who would never meet Him in person, and so would have understandable grounds to doubt. “Because you have seen Me, you have believed; blessed are those who have not seen and yet have believed.”

Thomas needed physical recognition before he could say “My Lord and My God.” Today, if you want to believe, but honestly struggle with doubt, consider using this simple prayer:

“Lord Jesus, I have never seen You in person. So, I sometimes doubt that you exist. The Bible tells us that it is only the Holy Spirit who can open our ‘spiritual eyes’, and so I ask You to do that for me. Please give me not physical recognition, but faith recognition.

I will do my bit, and will read about you each day in the Bible. Through Your Word, please open my spiritual eyes so that I can see You clearly as Jesus, the risen Son of God. **Amen.**”



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Mezzo soprano
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What's the Big Idea? An Introduction to Old Testament books: Ruth

The book of Ruth is a story of God's grace operating in difficult circumstances, during the period of the Judges. It unfolds as a four-act drama, telling the story of how Naomi, her husband and two sons left Judah for Moab, where her sons married. When Naomi's husband and sons died, she returns to Bethlehem in Judah.

In the first act, Naomi tells her Moabite daughters-in-law, Orpah and Ruth, to stay in Moab. However, Ruth refuses to leave Naomi and accompanies her to Bethlehem (chapter 1). In the next act Ruth meets Boaz, a relative of Naomi, while gathering barley in his fields (chapter 2).

The third act takes place at the threshing floor where Boaz is asleep and Ruth lies at his feet. She expresses her desire to marry him, as her kinsman-redeemer. But Boaz tells her of another prior claim (chapter 3). Finally, at the city gate, the other relative renounces his claim, and Boaz marries Ruth (chapter 4).

In Ruth's story we see God's unseen hand directing the lives of the characters to accomplish his purpose e.g. *'Naomi returned from Moab accompanied by Ruth, arriving in Bethlehem as the barley harvest was beginning'* (1:22). He transforms Naomi's sorrow into joy, rewarding Ruth with a place of honour in Israel's history. In Boaz, we see a foreshadowing of the work of Jesus Christ, as he pays the price to secure Ruth's future.

The wonderful world of Ladybird Books...

I'm really excited about a new exhibition running at my local museum this summer. It promises to prompt joyful memories of childhood for many older people – and maybe remind them of when they first learnt about Jesus.

'The Wonderful World of the Ladybird Artists' aims to "uncover the story of the talented artists who illustrated Ladybird books for more than 30 years." It's a fascinating exhibition that has already been staged in cities from Canterbury to Northumberland and is at the St Albans Museum until 8th September.

The organisers say: "This colourful, family-friendly exhibition includes rare books, original artwork and artefacts, and reveals how illustrators played such an enormous role in Ladybird's extraordinary success."

Ladybird Books also played a vital role in thousands of Sunday Schools and churches in the UK and many other English-speaking countries from the 1940s until well into the 1970s.

For many children and young people, these books were their first introduction to the Bible, with numerous parents, grandparents and carers reading them as bedtime stories. 'Easy Reading' versions helped many children read about Jesus for themselves.

I've been collecting some of the Bible-based copies of the Ladybird books from local charity shops, with titles such as 'Stories about Jesus the Helper,' 'Children of the Bible' and 'Two Stories Jesus Told,' featuring the classic parables, the Good Samaritan and The Prodigal Son. I've been struck by the faithful retelling of the Bible stories, and the quality of the illustrations.

These colourful books were a staple of many Scripture classes and Sunday School prize-giving and helped form the Biblical understanding of a generation of children. Today, the books have become very collectible, with prices on the rise.

Ladybird books were, naturally, a product of their times with, for example, the skin tones of Jesus and the apostles often lighter than what reality might have been. The books were produced for a time when Bible stories were more widely known, and families were routinely depicted as mum, dad, a son and a daughter.

In recent years, more bizarre incarnations of Ladybird Books – such as 'The Ladybird Book of the Zombie Apocalypse' – have introduced new audiences to the Ladybird style, with an ironic, comic twist. Personally, I much prefer the originals! *Revd Peter Crumpler,*

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Wonders of the Living World

What are the best metaphors we could use to describe biological things? You might be used to hearing phrases like 'your genetic blueprint' or 'survival of the fittest', but are they helpful or even accurate? Some of these words fail to capture the wonder and joy of understanding something new about the nature of living organisms.

I learned that one researcher was using the phrase 'The Snuggle for Existence' as a way to convey the idea, familiar to biologists, that cooperation is at the heart of the living world. For example, every cell more complex than a bacterium contains minute energy factories, each one containing their own piece of DNA – which makes them a sort of miniature cell, hidden away inside the larger host cell. These 'mitochondria', as biologists call them, turn raw materials from the host into chemical energy. In this way, everyone benefits: the mitochondria now have a safe a place to live, and the host receives the energy it needs. There are many more examples of organisms working together to produce something that is more than the sum of its parts, where often the individual parts could not survive on their own.

'The Map of Life' is a way of describing the regularities we see in biological processes. Eyes, legs and wings have emerged in the living world again and again, and why not? If the properties of light and gravity remain constant, we should expect living things to find the same solutions to seeing or getting around. When we look at these organisms' family trees, we see they share a common ancestor that had no eyes, or no wings. These structures have developed completely independently, or you could say that the paths of the living world have converged on the same solution. That's not to say they had a conscious goal, but that the world has certain properties, and those properties have channelled biological processes in certain directions.

None of these stories give us definite evidence for God. Science simply provides data, which can often be interpreted in several different ways. Perhaps the world just happens to be full of mathematical regularities, maybe there's an overarching physical law we don't yet understand, or perhaps there are multiple universes and ours happens to be the one in which life has arisen. But I believe that the observations scientists make about the living world are compatible with the existence of the God described by Christian faith.

More at wondersofthelivingworld.org.

Tunnels *Lester Amann considers the work of King Hezekiah*

Of all the remarkable engineering projects in the world, one is surely the Channel Tunnel. This undersea railway subway is the longest in the world and connects Kent, England with Calais, France. It is over 31 miles (50.46 km) long and was opened just over 30 years ago, in May 1994.

After six years of construction, this massive enterprise created three tunnels, running parallel to each other. Trains go through two large tunnels with a smaller service tunnel for ventilation and access. Every day, about 500 trains go through the tunnels carrying passengers, cars, lorries and coaches.

The Bible tells us of another amazing tunnelling project. King Hezekiah wanted to fortify the city of Jerusalem against the invading Assyrian armies and needed to protect the water supply. Using simple hand tools, and digging through solid rock, the completed tunnel was 1,750 feet long (533 m)! It still exists today and tourists with torches can shuffle along the cold, wet and narrow passageway from one end to the other.

Close to the tunnel is an original written inscription which describes how the tunnel was excavated. Two teams, one starting at each end of the curving channel met in the middle. Apparently, their direction was guided by men listening to hammering sounds as they gouged through the rock.

At the end of his eventful life, a eulogy was written that *King Hezekiah did what was right and what was pleasing to the Lord his God*. His accomplishments were done *in a spirit of complete loyalty and devotion to his God*.

THE HOLIDAY SEASON by William Godfrey

A yearning for a change of scenery, new places to explore. The feeling comes with the approach of the holiday season. Time was when such a season ran from perhaps May to September, fitting in with school terms, although September could be risky weather wise. Our family would look at coast line maps for ideas then study adverts for accommodation in the Press or magazines. Sometimes it would be a recommendation.

Looking back at those times I guess there was an element of risk in sending a cheque for the deposit but it is what we did then. A confirmation of the booking would come back. I remember being asked if I would like to hire a radio in our rooms, just two, a living room and a bedroom, at an extra 2/6 per week. And the confirmation might say, "The shared bathroom and toilet are just along the corridor" We would be un-phased by these little inconveniences. It was how things were. En suite facilities were non-existent or a novelty in B&B accommodation.

Booking made, the next phase was to plan our packing. Suitcases, wheel less back then into which clothes had to be placed along with the children's toys, Teddy Bears, dollies etc. and awkward things like footwear, umbrellas, rainwater hopefully not to be used but dared not be forgotten. The whole caboodle to be, somehow, conveyed by bus, tube and steam train to our holiday destination probably somewhere on the south coast.

Perhaps using a steam railway, entering the echoing massive station space where the tannoy was barely discernible was the start of the holiday. Steam, the sooty taste in the air, the huge metal locomotive seemingly anxious to take hordes of passengers to 'somewhere else'.

A scramble for a seat, lugging the aptly named luggage into suitable places. The netted shelf above the seats difficult for placing bulky cases. And yet, somehow, it was all stowed. Then just to watch the countryside slide past, cattle grazing, farms, trees, rivers. So different from our normal visions of a street and buildings. Children possibly overawed by the family's mass movement by slightly stressed parents.

Arrival at the destination station and porters calling the name of the station. And then another upheaval, don't forget the bag with the food or the 'ever at the ready' rain wear.. How did we get from station to digs? I can't remember now but I guess we walked, suitcases on buggy, toddler toddling.

And yet what luxury to be going on holiday. Sea and hopefully sand. Work routine cast aside. Cares forgotten while watching Punch and Judy on the beach with the children. Even if we could not really afford the food in those restaurants the cafes sufficed. Fish and chips, egg, chips and peas 2/6d

A glorious change life style, beaches and sheltering from rain.

The wit and wisdom of George Burns

I love to sing, and I love to drink scotch. Most people would rather hear me drink scotch.

And God said, "Let there be Satan, so people don't blame everything on me. And let there be lawyers, so people don't blame everything on Satan."

If you live to be one hundred, you've got it made. Very few people die past that age.

It takes only one drink to get me drunk. The trouble is, I can't remember if it's the thirteenth or the fourteenth.

Happiness is having a large, loving, caring, close-knit family in another city.

When I was a boy the Dead Sea was only sick.

The D-Day Normandy Landings *by Tim Lenton*

Eighty years ago, on 6th June 1944, the D-Day Normandy Landings took place. More than 150,000 Allied troops landed on the beaches of Normandy. The Battle of Normandy ended on 25th August with an Allied victory.

The question of what the *D* stood for has never been absolutely determined: some say it just stood for Day; others maintain it was Disembarkation, because it was an amphibious operation. What is sure is that there was a spiritual dimension. General Eisenhower, the commander of Operation Overlord, urged those taking part to “beseech the blessing of Almighty God upon this great and noble undertaking”, and President Roosevelt broadcast a prayer to the nation – the United States, that is.

Before June 5 – the original date for D-Day, before bad weather forced a rethink – a massive and successful series of deceptions were put in place to make the Nazis think the invasion would come elsewhere. The Germans were certainly confused. Hitler, thinking the attack was a feint, refused to send reinforcements, and their strategy was hampered by the absence of their brilliant Commander Erwin Rommel, who was on leave.

Nevertheless, the Americans suffered over 2,000 casualties at Omaha Beach, which was the most heavily defended. Altogether it was reckoned that over 4000 Allied troops were killed, but about 156,000 successfully stormed the beaches, and many landed behind the lines, including American paratrooper Private John Steele, who descended on to the pinnacle of the church tower in Sainte-Mère-Église, the first village to be liberated by the U S Army. Lit up by searchlights, he survived by pretending to be dead, was captured and then escaped, joining the invading soldiers.

This year handmade silhouettes of almost 1,500 servicemen were transported to Normandy for an art installation, *Standing with Giants*, to mark the anniversary

Nigel Beeton writes: “It is normally my habit to submit a lighter poem, but the eightieth anniversary of the Normandy landings is not really a time for light-heartedness. Some time ago I wrote a poem about a relative of ours, Alexander Rae 1924 – 1944, who died in Holland in October 1944, but there were so many young men like him who died in the last year of the war fighting to liberate Europe from Nazi tyranny. So, I adapted the poem to reflect more generally the sacrifice of all those young men: A Distant Grave

A Distant Grave

A distant grave, a foreign land
Kept neatly, with respect
Though not at all what they’d have planned
Yet what they did accept.

These youthful lads were wrenched from
home—No one of them was old -
Joined thousands of their fellow men
Fought up a beach, named ‘Gold’.

And some survived, though many died
Some fought their way through France
And, though quite likely terrified
To Holland they advanced.

Then ‘Market Garden’ – a quaint name
For brutal deeds of war;
But no-one heard those troops complain
In darkest forty-four.

And yet more soldiers met their fate
Their lives cut short too soon;
As shells fell close, to detonate
In war’s demonic tune.

And so they lay, so far from home
So far from kith and kin.
But they, with fallen comrades showed
The way to fight and win.

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Prayer for June 2024

Dear Lord,

Here we are in June. Halfway through this year already! How the years fly by and often we are so busy, so taken up with everyday concerns that we forget to take time to be still; to consciously be in your presence; to be aware of the wonders of your world.

June is such a beautiful month, so we take this moment, Lord - and we thank you for your goodness to us and your provision for us.

Especially we thank you for the gift of Jesus who is the only way to you, who is your truth and who offers us eternal life, if we will turn away from our self-centredness and put our trust in Him.

For June and for Jesus, Lord, we praise you and we glorify you. And we move into the rest of the year in hope and trust.

In Jesus name,

Amen. By *Daphne Kitching*

Planted in the love of the Father

Planted in the love of the Father
You can grow, dear one,
You can grow.

Watered by the spring of the Spirit
His fruit you'll show,
His fruit you'll show.

And when the sun scorches,
And the thorns threaten,
And the storms around life's garden blow -
Your roots will hold,
And hold secure,
Because you're planted in the love of the Father,

By *Daphne Kitching*

This is a rubbish campaign

Our world has an urgent rubbish problem. But Christians are uniting to take global action.

So says the charity Tearfund, as it launches a campaign to highlight the threat of the growing mountains of plastic pollution.

"Two billion people have no safe way to dispose of rubbish, and it's people in poverty who are suffering the worst impacts of this rubbish problem," says the charity. "They are forced to live and work among piles of waste, which is making them sick, releasing toxic fumes, flooding communities and causing up to a million deaths each year.

"But Jesus told His followers that even the smallest amount of faith can move mountains. So, we are asking you to put your faith into action and join us in demanding an end to plastic pollution."

And just now there is a "once-in-a-lifetime opportunity to do just that," explains Tearfund.

"During 2023 and now 2024, nearly 150 governments have been meeting to develop the [first-ever global treaty on plastic pollution](#). But it's not a done deal. Please add your voice to demand an end to plastic pollution and its harmful impact on people living in poverty."

If you would like to know more and consider signing the petition, go to:
<https://www.tearfund.org/campaigns/rubbish-campaign>

Tearfund is part of the Renew Our World and #BreakFreeFromPlastics coalitions.

Sudan – one of the world's worst humanitarian crises

World Vision is appealing for support for its work in Sudan. Since the war broke out last Spring between the Sudan Armed Forces and the Rapid Support Forces, over nine million people have had to flee their homes.

Now John Makoni, National Director of World Vision Sudan, warns:

"Sudan is currently quite possibly the worst place in the world for a child to live, due to the huge numbers of boys and girls affected by the conflict," explains Makoni. "but also because of the full range of physical and emotional challenges they face. Children are literally being starved, abused, and traumatised by what they are experiencing and witnessing. Many have fled the violence but have been unable to find any real safety."

Before the war, World Vision's work in Sudan focussed on providing clean water, sanitation, income generation, and health and nutrition activities. Even then, Sudan was facing a severe hunger crisis and rising levels of child malnutrition, with one in three in need of humanitarian assistance.

But now, according to the World Food Programme (WFP), today more than half the population are struggling with hunger and malnutrition, while **about 19 million are acutely food insecure and nearly four million children under five are malnourished.**

Most of these people are stuck in places that are hard to access due to the conflict.

According to the [UN Committee on the Rights of the Child](#), some 24 million children in Sudan are "at risk of generational catastrophe".

If you would like to support World Vision in its efforts to help, please go to:

<https://www.worldvision.org.uk>

A Grape, a Well, a Spark, a Seed

Lord, how much juice You can squeeze from a single grape.

How much water You can draw from a single well.

How great a fire You can kindle from a tiny spark.

How great a tree You can grow from a tiny seed.

My soul is so dry that by itself it cannot pray;
Yet You can squeeze from it the juice of a thousand prayers.

My soul is so parched that by itself it cannot love;
Yet You can draw from it boundless love for You and for my neighbour.

My soul is so cold that by itself it has no joy;
Yet You can light the fire of heavenly joy within me.

My soul is so feeble that by itself it has no faith;

Yet by Your power my faith grows to a great height.

I thank You for prayer, for love, for joy, for faith;

Let me always be prayerful, loving, joyful, faithful.

By *Guigo the Carthusian (d.1188)*

Shield me

O may God shield me, and may God fill,
O may God watch me, and may God hold;
O may God bring me where peace is still,
To the King's land, eternity's fold.

Praise to the Father, praise to the Son,
Praise to the Spirit, the Three in One.

From The Creed Prayer, poems of the Western Highlanders

Contacting an old friend can be nerve-wracking

Have you been wondering about an old friend with whom you have lost contact? Do you feel a bit hesitant about contacting them again?

You are not alone.

It seems that rekindling an old friendship can be as nerve-wracking as speaking to a stranger, according to the findings of a recent study by the University of Sussex.

The study found that although nine in ten of us have lost touch with an old friend, and although we would greatly welcome a message from them, we personally feel nervous about making the first move.

The most common reasons are fear that the old friend might not want to hear from us, that it would be 'too awkward after all this time', and that we feel guilty that we had not been in touch before.

But Dr Gillian Sandstrom, a psychologist and Director of the Sussex Centre for Research on Kindness, said that the people who pushed past their hesitation and did reach out to an old friend reported feeling happier.

She said that past research suggests that old friends appreciate you reaching out, even more than you expect.

The Ven John Barton considers the challenge of stopping fights in church.

When there is bullying in church

If you have ever seen churchwardens on a formal occasion, you will have noticed they carry wooden wands, sometimes called staves or prodders. These are upright poles surmounted by a bishop's mitre, or a royal crown, made of brass or silver. They date from the time when one churchwarden represented the Church and the other the State, or the people. These days we don't distinguish between them, though they are both technically officers of the bishop.

The wands were to be used, a bit like a police truncheon, to keep order in church and churchyard if the people got unruly, especially during divine service. That's a rare occurrence these days. But there's another kind of misbehaviour in church which is exercising the Church of England's General Synod. Bullying!

If clergy do it, they are subject to the Clergy Discipline Measure and rebuked. However, if a churchwarden or members of the Church Council gang up against the Vicar or another church member, there are no sanctions, unless they are breaking the law.

There are awful stories of clergy wives being driven to tears by aggressive churchgoers, or a key holder refusing to allow others access to part of the church, or individuals being bombarded with hundreds of harassing emails. The Synod agreed that it should be possible for lay officers to be removed from their posts if they are bullies. New rules will emerge after further investigation.

There's quite a lot in the New Testament about the need for church discipline, but even more about the standard we should aim for as brothers and sisters in Christ's family. "You are the body of Christ," wrote St Paul, "If one member suffers, all suffer together with it; if one member is honoured, all rejoice together with it."

Those of us who have been church members for a long time might remind ourselves of that.

Fostering Moments. Foster for Redbridge Council.

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

Redbridge foster carers describe what it is like being a foster carer as part of the Foster Care Fortnight campaign #FosteringMoments [The moment I describe being a foster carer for Redbridge - YouTube](#)

<https://www.redbridge.gov.uk/fosteringfaith> to book a place. #FCF24 #fostercarefortnight24



JUNE 1944

Much is presently being produced by the media remembering the great event in history known as D-Day and quite rightly so. It was an event never to be forgotten and in spite of the sacrifices made, successfully changing the way the war in Europe was heading.

I wonder how many readers were around at the time and what memories they have. I was a school girl living in Ilford which was then a leafy suburb of London. Our road was considered a main road and quite wide, although with petrol being rationed there was very little traffic and we were able to play our games in the road.

However, unexpectedly a battalion of Canadian troops arrived overnight and parked up for a few days. I suspect our parents had an inkling of what was going on, but as children it was great excitement for us to meet and speak to these men talking with a funny accent.

What was really exciting was how generous they were giving us sweets and chocolates. These poor men were expected to sleep, eat and live in their vehicles all this time, but some neighbours took pity on them and gave them a bed and some home cooking which I am sure was much appreciated.

So now all these years later I hope they made it successfully off the French beaches. This event must have worried my family, as within days my mother, my baby brother and I were on a train heading north to Yorkshire to Shipley just outside Bradford to meet up with other members of my family. There I stayed for a few months going to school and actually getting enrolled as a Brownie, which was the beginning of my long association with Girlguiding. So thank you Yorkshire for keeping me safe.

Barbara Youngs



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When the Good Lord was creating mothers He was into His 6th day of "overtime" when the angel appeared and said, "You're doing a lot of fiddling around on this one."

And the Lord said, "Have you read the specification on this order?"

"She has to be completely washable but not plastic;"

"Have 180 movable parts... all replaceable;"

"Run on black coffee and leftovers;" "Have a lap the disappears when she stands up;"

"A kiss that can cure anything from a broken leg to a disappointed love affair;"

"And 6 pairs of hands."

The angel shook her head slowly and said, "6 pairs of hands....no way."

"It's not the hands that are causing me the problems," said the Lord, "It's the three pairs of eyes that Mothers have to have."

"That's in the standard model?" asked the angel.

The Lord nodded. "One pair that sees through closed doors when she asks 'What are you kids doing in there?' when she already knows. Another here in the back of her head that sees what she shouldn't but what she has to know, and of course the ones here in front so that she can look at a child when he goofs and say, 'I understand and I love you' without so much as uttering a word."

"Lord," said the angel touching his sleeve gently, "come to bed. Tomorrow..."

"I can't," said the Lord, "I'm so close to creating something so close to myself. Already I have one that heals herself when she is sick... can feed a family of six on one pound of hamburger... and can get a 9 yr. old to stand under a shower."

The angel circled the model of a Mother very slowly. "It's too soft," she sighed.

"But tough!" said the Lord excitedly. "You cannot imagine what this Mother can do or endure."

"Can it think?" "Not only think, but it can reason and compromise," said the Creator.

Finally, the angel bent over and ran a finger across the cheek. "There's a leak," she pronounced. "I said you were trying to put too much into this model."

"It's not a leak," said the Lord. "It's a tear."

"What's it for?" "It's for joy, sadness, disappointment, pain, loneliness, and pride."

"You are a genius," said the angel.

The Lord looked sombre. "I didn't put it there."

Wordsearch

Erasmus, patron saint of sailors

Do you like messing about in boats? If so, then you'll have heard of St Elmo's Fire. It is the light that is sometimes seen on mastheads of boats after storms at sea. St Elmo is another name for St Erasmus, a fourth century Syrian bishop who was not afraid of violent storms. Legend has it that one day when Erasmus was preaching outside, a thunderbolt hit the ground right beside him.

That might have distracted modern bishops, but not Erasmus – he just kept on preaching. His courage won him the respect of sailors, who made him their patron saint. Erasmus finally died during the Diocletian persecutions in 300AD, and his feast day is 2nd June.

Boats
Elmo
Fire
Light
Masthead

Legend
Preaching
Thunder
Ground
Respect

Storm
Sea
Fourth
Century
Bishop

Courage
Sailors
Saints
Died
persecution

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

The back story to what is happening in Sudan *by Tim Lenton*

Some 125 years ago, on 19th June 1899, Anglo-Egyptian Sudan was established. It was granted independence in 1956 as the Republic of Sudan, and South Sudan gained its independence in 2011.

On 15th April 2023, violent clashes erupted between the Sudanese Armed Forces (SAF) and the paramilitary Rapid Support Forces (RSF) in Sudan, resulting in the displacement of more than 8.6 million people. There are now an estimated 25 million people in need of aid in Sudan.

Northern Sudan and southern Egypt were together once known as Nubia, one of the world's most ancient civilisations, referred to in the Bible as Cush. After 1899, despite being nominally independent, Sudan's sovereignty and administration were nominally shared between Egypt and Great Britain, with Britain having by far the greater influence and power.

After Egypt shook off Britain's domination following the revolution of 1952, it pushed for the independence of Sudan (a much larger country), and this was quickly agreed. But things very soon went wrong in the new state, starting with two civil wars – the first ending in 1972, and the second lasting from 1983 to 2005 – and continuing with the War in Darfur (2003-2020).

Darfur is a region of western Sudan, and the war there is in effect still continuing as a more general genocidal war against non-Arabs. Christians are a persecuted minority, and hunger is a problem.

Similar vicious fighting has plagued South Sudan, which has a much stronger Christian presence but has endured its own multi-sided civil war. It has been calculated that one in three people in the country have been displaced, with many more than two million escaping to neighbouring countries. Sexual violence against women and girls is commonplace.

My dear Nephew Darren



On the impossibility of keeping silence in church

Your remark that you rather liked the silence we keep before starting Services gave me pause for thought. I suppose all things are relative. I know that the noise your congregation makes before worship resembles a packed stand on the football terraces any Saturday afternoon, but the days seem long-gone when I could expect our congregation to sit in real silence for ten minutes.

There's the sound of the treasurer counting the previous day's jumble sale takings, of the ladies at the back asking each other when the fish van will next come round, and of Major Hastings's deafening whisper as he comments some women's choice of hats. Add to this the weekly competition between the organist and the bell ringers to see who can make the most noise, the roar from the choir vestry as they all complain they don't like my choice of hymns and the sound of books, umbrellas and collection money being dropped.

I sometimes suspect that an informal rota is arranged whereby people volunteer to drop heavy objects in rotation, thus maintaining a constant clatter, for which no single person can be held responsible.

There is also the weekly ritual when the vergers – always waiting until the church is full – goes round each microphone, giving them a bash and bellowing "Testing, testing" and relishing the echo as it bounces off the walls.

The only time the noise level drops significantly is if the congregation see Miss Simpson sidle up to me to have one of her confidential little chats about someone in the village. Everyone knows that her information will provide more than enough to keep gossip flourishing for the following week.

Equally, periods of silence during Services are rarely welcomed; some find them threatening, but the majority simply assume it means I have lost my place. I gave up after one occasion when, on announcing we would say the Lord's Prayer and then leaving a time of silence for recollection, a choirman leaned over to me and whispered helpfully: "It begins 'Our Father'"

Your Loving Uncle, Eustace

The first Ten Commandments are the hardest.

I am logged in... therefore, I am.

People who are wrapped up in themselves are overdressed.

A journey of a hundred miles starts with an argument over how to load the car.

An expert is someone called in at the last minute to share the blame.

Justice is blind and in some cases... deaf and dumb.

If you solved the Times' Saturday crossword puzzle, you probably cheated.

To belittle is to be little.

A word of advice... don't give it.

When fear knocks at the door, and you answer, there will be no one there.

If we made it illegal, do you think more people would vote?

Poverty is a condition with but one advantage, it doesn't take much to improve your lot.



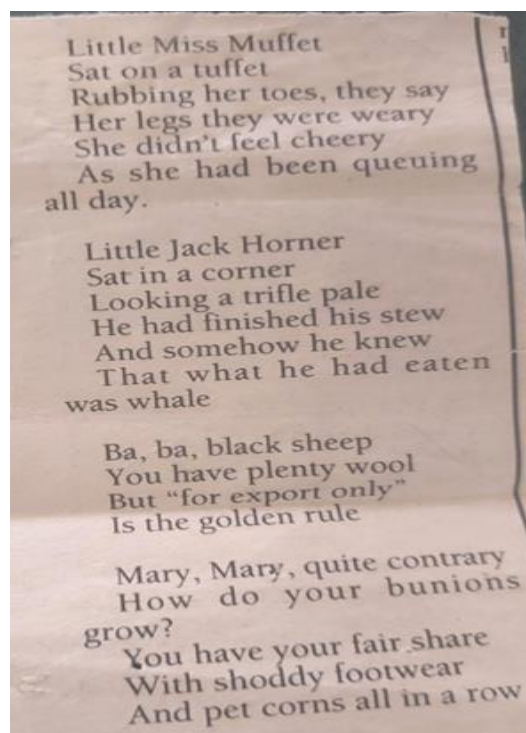
Shirley caught the flower ladies
red-handed, dealing trugs



When it was Mrs Wilson's turn to do the
flower arrangements, she always kept
the vicar's hay fever in mind



...well you cannot fault the efficacy of
the new 'Planned Giving' scheme...



Submitted by Mary Fabb

Artists, Experts and People with Passion Needed!

Our new community youth club runs every Thursday from 6-8pm in Barkingside. We have 25 amazing young people aged between 10 and 14. Sessions are free of charge. We are looking for people who could volunteer on a one off basis, or offer a series of workshops about something they're passionate about - anything from sports or singing & dancing to arts & crafts or maybe even something more niche! We can cover expenses and pay a small honorarium, and you can advertise any services/clubs you offer.

If you can help or want to discuss further, please email

hello@edgeyouth.co.uk



2nd & 4th Wednesday of month

**8 & 22 May
 5 & 19 June
 10 & 24 July**

**Holy Trinity Church
 Mossford Green
 7:30-9:30pm**

WEDNESDAY GATHERINGS

**friendship
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 SALSA DANCING
 reflection**

everyone welcome!

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Seeking to host a one-off or regular event?



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



National Safeguarding Standards

Our Parish is committed to the Five Standards

1 Culture, Leadership and Capacity

Church bodies have safe and healthy cultures, effective leadership, resourcing and scrutiny arrangements necessary to deliver high quality safeguarding practices and outcomes.

2 Prevention

Church bodies have in place a planned range of measures which together are effective in preventing abuse in their context.

3 Recognising, Assessing and Managing Risk

Risk assessments, safety plans and associated processes are of a high quality and result in positive outcomes. The assessment and management of risk is underpinned by effective partnership working.

4 Victims and Survivors

Victims and survivors experience the timeliness and quality of Church bodies' responses to disclosures, and their subsequent support, as positively meeting their needs, including their search for justice and helping their healing process.

5 Learning, Supervision and Support

All those engaged in safeguarding related activity in Church bodies receive the type and level of learning, professional development, support and supervision necessary to respond to safeguarding situations, victims and survivors, and respondents, effectively.

WHAT ARE THE STANDARDS?

- Broad statements of what the Church of England wants to achieve in its safeguarding work.
- Each one has several 'What Good Looks Like' Indicators, to identify strengths as well as areas for development.
- They are constructive development of good safeguarding practice, **NOT** a compliance-based exercise.
- The Standards and their indicators have been developed over a three-year period, working with dioceses, cathedrals, parishes and victims and survivors.
- They were approved nationally in 2023.
- A series of online tools and resources have been developed – [churchofengland.org/safeguarding-standards](https://www.churchofengland.org/safeguarding-standards)



Contact for Parish Safeguarding Officer

Name: Kaye Larbi
Tel: 07847 324955

(Parish Version)

INDEPENDENT SUPPORT SERVICE
Safe Spaces Telephone 0300 303 1050

 **THE CHURCH OF ENGLAND**
www.churchofengland.org/safeguarding

Giving Campaign

Times continue to be challenging, so it is particularly important that we look after those in need, and that we are generous with what we have – so that those who have enough, share with all.

Giving: The Bible tells us to give sacrificially. “Giving” is essential to secure our Church’s future ability to serve our family and community. However, we are aware that circumstances differ enormously, and that your gift will not simply reflect your willingness to give but also your ability.

Ways to Give: By far the best way to give is via the **Parish Giving scheme** regularly every month. We believe that in giving to others we should give in proportion to what we receive, i.e. in proportion to our income. Some tithe at 10 percent, others give 5 percent or 1 percent.

Other ways you can Give: A one-off or recurring gift to Holy Trinity Barkingside PCC (Charity number 1128271); a regular collection is taken at all Sunday services; a gift via a CAF Charity Account or Stewardship / Charity Gift voucher; you may also like to consider making a bequest to (Charity number 1128271) in your will. Please ask your solicitor when you make or change your will.

Any questions? Please speak to Mike Priestman or Andy Gillian (Treasurer) or Fr Chris.

Please contact Fr Chris or anyone else on our leadership team **if you need help**. We are here for you and want to support you.

PARISH OFFICE (in Church)

e-mail parishoffice@holytrinitybarkingside.org.uk or phone **07478 187 010**

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

VICAR:

Rev Dr Chris Szejnmann - 07804 641 931

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

Associate Curate **Rev Kate Szejnmann**
kate.szejnmann@holytrinitybarkingside.org.uk

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

Parish Safeguarding Officer:
psr@holytrinitybarkingside.org.uk
Kaye Larbi 020 8491 8178

Music Group:
musicgroup@holytrinitybarkingside.org.uk

Church Treasurer:

Mike Priestman & Andrew Gillian
mike.priestman@holytrinitybarkingside.org.uk
accounts@holytrinitybarkingside.org.uk

Sacristan / Verger:
(& Organist) Mary Fabb - 020 8550 9694

Deputy Warden:
Maxine Paul

Magazine:
parishmagazine@holytrinitybarkingside.org.uk

Mothers' Union:
mothersunion@holytrinitybarkingside.org.uk

Webmaster:
webmaster@holytrinitybarkingside.org.uk

PARISH DIARY

11th June **Tues - 10.30am Mothers Union Service**

16th June **Sun - 'Family Fun Zone Father's Day event,'**
Vicarage garden (if wet Parish Hall) 3.30-5.30pm
Children and families welcome

19th June **Weds - 7.30pm. Wednesday Gathering.**

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



9th July **Tues - 2.30pm Mothers Union "Summer of Hope" Campaign and Social event**

14th July **Sun - 3.30-5.30pm Summer Party: Vicarage Garden (if wet, Parish Hall)- invite your neighbours and community.**
Bouncy castle, cake, strawberries and cream, ice lollies, raffle, garden games, craft, second-hand stall. Entrance: £3 per person £6: per family

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