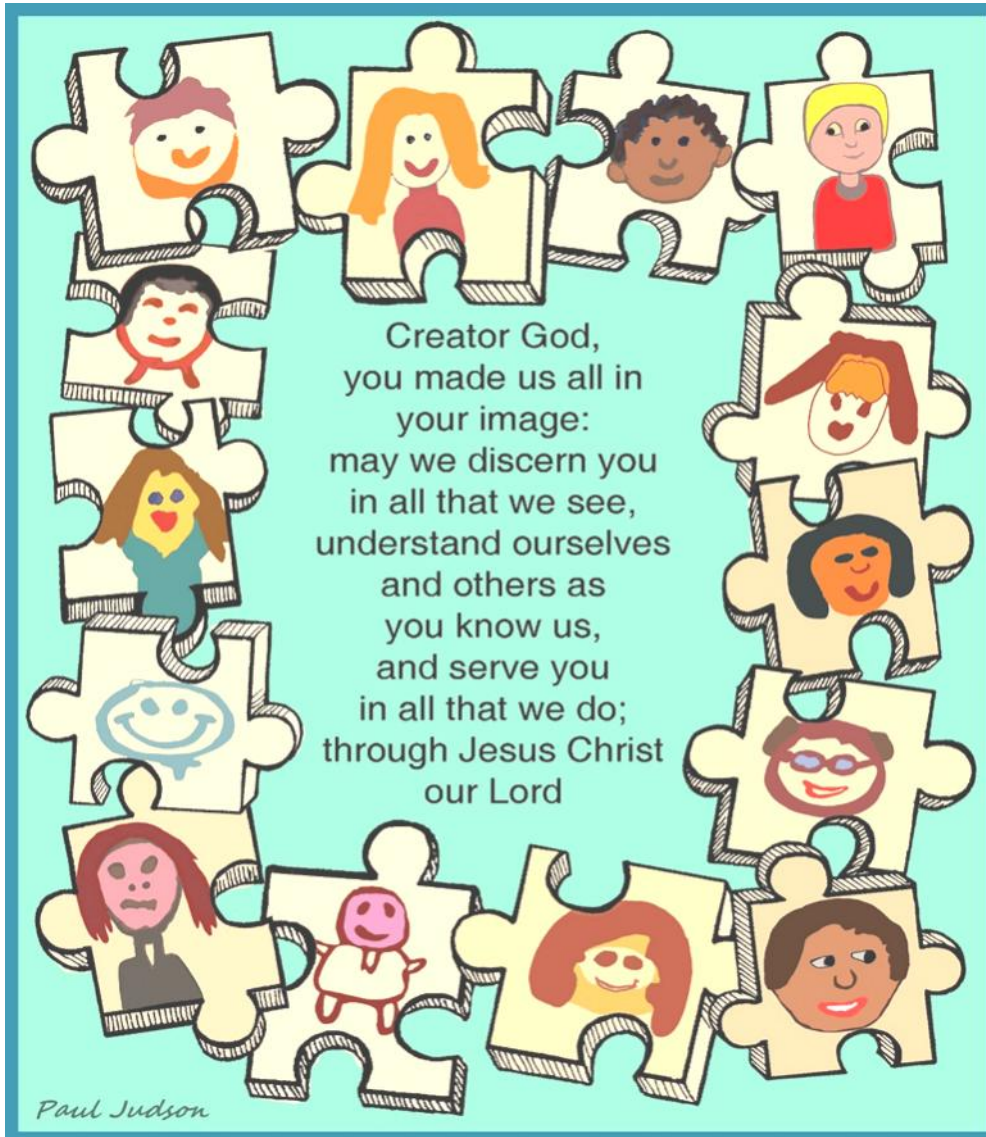


# Trinity Times

The Parish of Holy Trinity Church , Barkingside

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**Sunday 10:30am & Wednesday 9:45am**

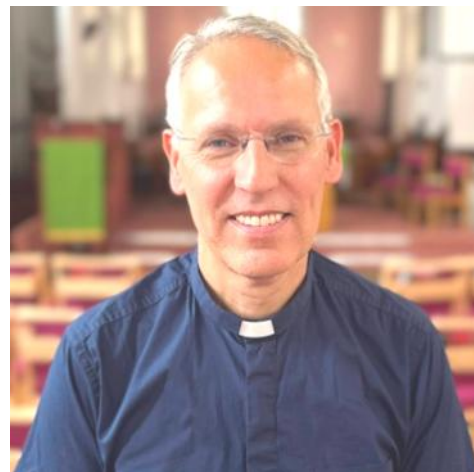
The Church is open for Private Prayer, and as a Welcoming Space Monday,  
Wednesday and Friday 10am - 12noon, and you are Welcome to Join us at our  
Tuesday Drop-In 9am to 1pm in the Parish Hall

## Dear Family!

I hope this message finds you well! When preaching a few weeks ago on Galatians 3:23-29, I asked those who were present the following: **“Who are you?” “What’s your essence?” “What would you say?”** And I asked this because Paul says that **becoming a Christian is like become a “new creation”** with profound changes taking place. We were privileged to witness this at our recent baptisms on Pentecost Sunday. So, I also decided to share **my own life journey of growing, learning and transforming when encountering Christ.**

**Knowing my life journey will help you understand where I am coming from, what’s on my heart, and what kind of church and community I and my wife Kate are yearning to see flourish at Holy Trinity Barkingside. So, here it is:**

If someone would have told me not that long ago that I would be a Vicar, I would have laughed! God showed up relatively late in my life – but then powerfully and unexpected. When I committed to follow Christ as my Lord 10 years ago in a packed church in Leicester, someone shouted: **“This is a miracle!”** This seemed a fair comment because in many ways I was a very unlikely person to ever worship God: I grew up in a non-Christian family, and I was very proud, and critical of religion.



Well, God works in beautiful and mysterious ways! Within a few days of my baptism renewal, I sensed that God actually wanted me to serve him as a priest in his church. This seemed somewhat crazy, but half-a-year later a complete stranger approached me and prayed this: “Chris, something has grown all your life inside you, and it’s now coming out.”

**So, what then was it that had grown inside me all my life to then come out?** I want to focus on my mother doing something unusual in 1970-80s Germany: She took in, fed and showed compassion to beggars and homeless people, even though they smelled and were dirty and were shunned by everyone. And she always cried when seeing images of innocent people suffering, in particular children. I am sure that it helped develop in me too **a compassion for the marginalised and a “heart for justice”.**

And maybe my country’s past haunted me so much that after my studies in England I became a historian trying to grasp how fellow Germans – the racist-genocidal Nazis – were able to come to power in a relatively modern society, or why “ordinary people” ended up becoming mass murderers. And **my heart grew for those who were targeted, excluded & killed because they apparently “polluted” the so-called “Aryan race”: not only Jews, but also Sinti & Roma, so-called “anti-socials”, feeble-minded people, Slavs, Black people, homosexuals, and many more.**

So I worked at various universities, led a Holocaust Centre, became a History Professor and Head of Department, published books, and so forth. But what happened that I – so very proud, strong, idealistic and convinced of my way – ended up humbling myself and worshipping and serving God? What happened that I pulled the plug of my academic career – overnight losing all status and 2/3 of my income – and instead, started to stack chairs and becoming a student again to train for priesthood?

Well, God works in mysterious and powerful ways! And I want to be vulnerable here, because **my decisive encounter with Christ came when being in pain and feeling lost.** At University, when more than half of my staff were threatened by unemployment – I lost their trust and many stuck their knives into me! – That was very hard!

So I guess, to REALLY meet Jesus, I needed my mighty defence mechanisms come crushing down and admit: “After all I was not all powerful!”; needed to meet Christians who were *different* from other people I knew: really caring and speaking openly about love, humility, forgiveness and



serving; needed to see how my wife Kate became a completely new person, so compassionate, as she journeyed with Christ; and needed to confront key life-questions: "Why am I here?" "What's my purpose?"

And as I reflected and opened up, Christ showed up full of mercy, grace, healing and hope: One night I felt as if love was being poured out inside me! And I never looked back! Because I sensed healing pouring out about a lot of other stuff that I had bottled up: people I had hurt and various regrets I had. But I realised that being vulnerable made me grow in healthy ways; and letting go of my mighty EGO was very hard but felt increasingly liberating!

And somehow God re-tuned me and used me in new ways, including my heart for justice, compassion for the marginalised, and my pioneering spirit. I became a champion of Christ's alternative to imposing guilt and shame: By giving vision and encouragement to the most marginalised and broken, and pushing back scapegoating. And I noticed that I changed in healthy and life-giving ways: Rather than pursuing things that ultimately made ME feel good about MYSELF, I started SHARING with others the gracious mercy, love and compassion God has been pouring out in me. And since then, I am experiencing an outpouring of abundant blessings; and I have seen beautiful things happen, not least in my family, where we share incredible love for one another.

So, this is MY story, and as Paul says, it centres on becoming a new creation and "being in Christ". In my case, changing from the idealistic and proud German, marked and horrified by the exclusion and persecution of minorities, **to become a priest of Christ's church, called with my wife Kate, to build a welcoming, diverse, inclusive, family friendly, lively and creative community church that celebrates and affirms every person as beautifully made and wonderfully different from one another.**

Maybe my story, and that of others who recently shared their life story in our church, will make you reflect again on your own story; on your calling; and to what extent you are journeying "in Christ"?!

**As we navigate through summer, let's stay close to God.** Here are a few suggestions how to keep us on track: What about pursuing a **spiritual daily routine**?

Why not every morning receive each day with gratefulness and as a new gift, invite God's presence and commit to him afresh.

Why not release the day at night by recalling God's closeness and care and moments when we felt disconnected; then giving thanks, confess our failing, and then letting go and leaving in God's hands things that we left undone and that threaten us.

And why not have a go at the simple but effective **P.R.A.Y. acronym** (Praise, Repent, Ask and Yield); or **A.C.T.S. acronym** (Adoration, Confession, Thanksgiving and Supplication); or indeed **"The Seven Ps of Prayer"** (Presence, Praise, Purpose, Petition, Pardon, Protection and Persistence). Why not try one of these?!

We all need rest and refreshing. So, let's make good use of the summer if you can. And as always, **thanks so much for who you are and for all you do – remember that you are wonderfully made by God, and that God loves you!** It is so thrilling for us to see what God is doing in our midst and around us.

**Grace and mercy, and wishing you a great summer!**

**Fr. Chris & also Rev Kate**



## **The July 2005 bombings of London**    *by Tim Lenton*

Twenty years ago, the 7<sup>th</sup> July (2005) London bombings took place. A co-ordinated series of four suicide bomb attacks on London's transport system during the morning rush hour killed 56 people and injured more than 700. It was the worst-ever terrorist attack on Britain, and the country's first attack by suicide bombers.

Three of the Muslim bombers, who all died in the attacks, were resident in England, British-born but sons of Pakistani immigrants. The fourth was a convert from Jamaica. It was reported later that three of the four had spent three months in Pakistan between November 2004 and February 2005.

The first three bombs were on the Underground, near Aldgate, Edgware Road and King's Cross, on the Circle and Piccadilly Lines. About an hour later a fourth bomb went off on the top deck of a bus in Tavistock Square, travelling between Marble Arch and Hackney Wick.

Understandable chaos ensued on the Underground and in London streets nearby, not helped by an initial belief that the Tube explosions had been caused by power surges. Indeed, this is how it was reported for some time by the BBC.

About two weeks later, further attempted attacks in the London area failed to cause injury or damage. However, a day after that, on 22<sup>nd</sup> July, police shot and killed an innocent 27-year-old Brazilian man, Jean Charles de Menezes, at Stockwell tube station, after he was wrongly identified as one of the failed suicide bombers.

It was later determined that the original attacks had been carried out using cheap, easily available materials, which made detection of the plot by authorities in advance an extremely remote possibility. This forced a dramatic change in British counterterrorism policy, which had previously been focused on foreign threats.

### **'I started noticing they had something I didn't' – students tell how they came to faith**

Students have been sharing their experiences of what first drew them to become Christians, and go on to speak about a "noticeable" increase in faith among Generation Z, in a recent national online service.

The students, Tegan and Gus, had began their journey to faith because of a simple invitation from friends to attend a church service.

For Tegan, it was a conversation with a friend at brunch which sparked her curiosity. For Gus, he needed to call into the church to borrow a camera for a university project.

"The first couple of times I came back just because I wanted to chat to the people - like it was a nice place to be," Gus explains. "And from that community I noticed Jesus in them and that's what I really wanted at the end of it."

Tegan agrees: "I started noticing that they had something that I didn't and it's why I started going to the Alpha course and learned all about Jesus and who He was and what it meant for me."

Gus admits he had previously struggled with his poor mental health. "Looking back at it now, I see Jesus in those moments, but now I interact with Jesus in those moments," he says. "He's actively helping me through those things now."

Tegan speaks of the death of her mother since she became a Christian. "I think that is where

*(Continued on page 5)*

I've known Jesus's love the strongest - in my grief. I think grief is really dark and I don't know if I would have been able to do it without Jesus. I think He's been my strength through that and also my comfort.

"And I think people can see it within you, right? Like they see, wow, you have this sort of peace or joy that, is almost *unreasonable*, like that you couldn't have from anything but Jesus."

Both also speak about their own sense of growing interest in faith in their generation. "I have noticed since being in a church myself lots more people joining that have never even heard the name of Jesus or don't know much about Him and seeing other people come to Him is just so exciting," says Tegan.

Gus adds: "The amount of people each year has definitely been increasing. It's noticeable each time the new year comes up it's 'oh we've got even more people now' it's just so encouraging."

### An Equestrian Tale

He came to Jerusalem on a donkey  
Jesus of Nazareth, God's own Word,  
They threw down palms crying 'hosanna'  
To Him who came in the Name of the Lord.

The Jews rebuked the people's welcome,  
Disliking the honour and fuss that was made.  
The Lord replied that if no-one responded  
The stones themselves would cry out in praise.

Could they not see that the events unfolding  
Were prophesied by the saints of old?  
That the Lord would come as it was written  
To shepherd His flock into the fold.

He comes again, now riding a white horse,  
Emblazoned on His thigh Faithful and True  
To gather His bride from every nation  
As all of creation will be made new.

*By Megan Carter*

### Prayer for August 2025

Heavenly Father,  
August – summer holidays and sunny skies. All  
should be well and yet, around the world all is  
*not* well!  
Every day, it seems, new wars begin,  
catastrophes occur, world politicians play power  
games - and people suffer.  
It can feel overwhelming and we want to bury  
our heads in the sand, rather than build  
sandcastles on the beach.  
Help us Lord, to look up; to see things with Your  
perspective; to remember that Jesus warned us  
that in this world we will have trouble. Then  
help us to remember that He told us to take

heart, because He has overcome the world.  
Father, help us to savor the summer, as we put  
our trust in You - our strength, our hope, our  
ultimate and unfailing security.  
In Jesus name,  
Amen.

*By Daphne Kitching*

**Who?**  
(Matthew 16:13-16)

They say  
He was a good man,  
A great teacher,  
A fascinating figure  
Who inspired social action,  
Works of art and architecture.  
A man of compassion,  
And high moral values.  
That's the sort of thing  
They say.

But Jesus –  
Sent by His Father,  
Spanning history,  
Standing on the evidence  
Of His life and death,  
Resurrection and ascension -  
Jesus,  
In the power of His Spirit,  
Cuts through the *they* and *then*,  
To the *you* and *now*,

"But you,  
What about you,  
Who do *you* say I am, today?"

*by Daphne Kitching*

### **Day trip?**

A north country choirmaster was rehearsing the hymns for Sunday, telling the choir the hymns they were to sing, and the tunes to which they were to sing them. He concluded the list and said, "Now then, 'Come ye that love the Lord', to Southport!"

A moment later a voice called out, "Where are you tekking t'rest of us then?"

### **Church Notices that didn't quite 'make it'...**

The preacher for Sunday next will be found hanging on the notice board in the porch.

Churchyard maintenance is becoming increasingly difficult, so it will be appreciated if parishioners cut the grass around their own graves.

### **Baptism**

The vicar announced that an additional font would soon be placed in the church, so that babies could be baptised at both ends.

### **Vote carried**

The vicar was ill in hospital and so the churchwarden went to visit. Trying to cheer him up, the churchwarden said: "We missed you at PCC last night. We even put forward a resolution to wish you a speedy recovery. It was passed by 14 votes to 12."

### **Getting ready**

Two children watched their grandmother reading her Bible. "Why does she do that?" whispered one. "I expect she's studying for her final exams," came the reply.

### **Life choice**

A small boy returned from Sunday School in tears. When questioned by his mother for the reason of his distress, he gulped: "Jesus wants me for a sunbeam, but I want to be an engine driver."

### **It's cool**

I was at summer scout camp where the final service was to be taken by a bishop. It was a very hot, humid day and the clergy from local churches were slowly melting in their various heavy robes. Finally, one snapped: "When is that flipping bishop going to turn up?"

Whereupon a man close by, dressed in Scouts shirt, tie and short trousers, said mildly: "I'm already here."

*Nigel Beeton writes:*

*I wonder if I'm not the only one who reads the words of Jesus in John 17: 20-23 with a mixture of guilt and despair? His prayer for unity of the Church, so earnest and eloquent, seems so far from the fractionated, divided, and tribal Church which is the 21st century reality.*

### **A Prayer for Unity**

*John 17: 20-23; Ps 133:1*

O Christ, Thy intercessions  
That we be one, like You –  
Forsaking our transgressions  
Uniting our confessions  
As Thou wouldst have us do.

Thy Church, divided, gather up  
From our conflicting ways;  
O may we join as one, and sup  
Communion from a single cup  
Our voices joined in praise!

It is both good and pleasant  
That brethren dwell as one;  
The wealthy and the peasant  
Together will be present  
In worship of the Son!

The Unity of Trinity  
The Oneness of the Three  
The Union of Divinity  
One Holy Triune entity  
O make Thy Church like Thee!

*By Nigel Beeton*

*(In the end I used the tune 'Repton' to set the metre, in which the last line of each verse is repeated, as in 'Dear Lord and Father of Mankind'.)*



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## **Give Him a call!**     *Lester Amann encourages us to 'phone home'...*

The phone was a great invention. How easy, to press a few numbers on our small devices and speak to someone the other side of the world. Once a phone was a luxury item; now we take it for granted that this gadget in our pocket enables us to contact anyone, at any time, in any place.

However, how many times have you rung someone, only to be given a recorded message giving a variety of options? Then you must wait in a queue for ages before your call is answered. A voice informs you that 'your call is important to us' ... but meanwhile you are left waiting, listening to endless music.

Yes, a phone may be useful in all kinds of circumstances, but they can also be very frustrating! So, it's good to know that God can be contacted immediately we need Him.

There is no celestial call centre where our messages are delayed or referred. With prayer we can call on God directly. This service is free, with no charges. He hears our every call, and we can be confident that our Creator will answer us in ways which are only for our good.

'When you pray, I will answer you. When you call to me, I will respond.' (Isaiah 58:9)

## **Reflecting Faith:** *The Revd Dr Jo White considers ...* **Saying 'Farewell'**

Last month we considered how we are welcomed at the beginning of a church service, as we come together to enter into the real presence of God.

This month let's consider how we say 'goodbye' at the end of the service.

For the leader of the service doesn't just say something like, "Thanks for coming, lovely to see you - have a great week." Rather, there's a promise and a blessing for each of us as we take what we have 'received' from the service into the world.

So the crunch question is: what do you get out of coming to a church service?

The ideal is: You have been met with a friendly welcome followed by music you love, played at the perfect speed with no squeaky singers in the congregation. Then, an inspiring sermon which gives you something to think about for the coming week. After that, prayers that speak of what is on your heart and what you have heard on the news that week. Finally, good fellowship and a cuppa after the service, where you can feel part of 'them', rather than ignored because you are only visiting.

Following all that good stuff, you go out of the church with a spring in your step!

Of course, in the real world not all those boxes get ticked.

But still we can go to church with hope, and ideally, we leave it in peace. The time that we spend together is the 'easy' bit. The real challenge begins when we go out the door and back into the daily round of home life and work. But we can be sure that we do not leave God at the church door. He always comes home with us, and He is there to help us throughout the coming week. That is why we can indeed 'go in peace'.

### ***This month***

When you next go to a church service take note of the leader's closing words and your expected responses to them. How heartily can you agree with them? How do they make you feel?



## ***'There Must Be More to Life Than This'.***

*These words from Freddie Mercury of Queen will resonate with many of us, when we are looking to get more out of life, even as Christians. At a deeper level, we want to see and hear more clearly what God is doing in our circumstances. The Transfiguration of Jesus, which we remember this month, helps us to consider this issue (Luke 9:28-36).*

*Jesus was transfigured alongside Moses and Elijah, 'As He was praying, the appearance of His face changed, and His clothes became as bright as a flash of lightning.' (29). To understand our circumstances, firstly we need to see Jesus as God wants us to see Him. The disciples' eyes were opened to see Jesus' divinity. The presence of Moses and Elijah confirmed Him as God's promised Messiah. By helping us the grasp who Jesus really is, this event powerfully calls us to entrust our lives into Jesus' hands to experience His presence and power.*

*Secondly, if we are to make sense of our circumstances, we need to hear what God says about His Son. A cloud covered them and 'a voice came from the cloud, saying, 'This is my Son, whom I have chosen; listen to Him.'" (35). God affirmed His love and call on Jesus as His beloved and chosen Son. Do we hear God speaking these same words to us? When we know that we too are loved and accepted by God, this transforms our understanding of our lives.*

*Whatever our circumstances, they can be transformed by what we see and hear. Open your eyes to see a transfigured world. Open your ears to hear a transfiguring voice. Open your heart to become a transfigured life.*

*'No one who meets Jesus ever stays the same.'* (Philip Yancey)

## **"An unsafe and unworkable bill" – Bishop Sarah urged MPs to say no to assisted suicide**

The Bishop of London, Sarah Mullally, recently urged MPs to halt the passage of a bill to legalise assisted suicide in England and Wales.

Bishop Sarah – the former Chief Nursing Officer and the Church's Lead Bishop for Health and Social Care – called instead on parliamentarians to ask themselves some searching questions "about the kind of society we want to live in", before the Third Reading vote in the Terminally Ill Adults (End of Life) Bill in the Commons took place.

She said: "MPs have the power to stop the passage of this Bill, in the face of serious concerns from the medical profession, palliative care specialists, and those facing the end of life.

"If enacted, this Bill would arrive amidst hugely inequitable access to palliative care and an NHS on life support. The potential for abuse and uninformed or coerced decisions is enormous.

"This is not about so-called progressivism v conservatism, or atheism v religion. This is about the kind of society we want to live in.

"The vision that this Bill presents is one in which the disabled and vulnerable are made to feel like they are a burden, as if their lives are worth less.

"This is, and has always been, an unsafe and unworkable bill. The promise that Committee stage would 'iron out' major concerns with the Bill has not been forthcoming. Instead, it has presented more unanswered questions, left more doubts, and seen so-called protections crumble away before even coming into law.

"I implore every Member of Parliament to ask themselves whether they truly believe assisted suicide is right for the society in which we want to live."

## Vocations film and online service highlight God's personal call to each of us

A former insurance worker and a priest who once worked in sales will speak of the sense of peace and purpose in finding their vocation in life, in a recently launched new film and online service.

The 'Is it You?' film and the Church of England's national online service for Vocations Sunday will highlight the individual nature of each person's vocation in life – and the sense of peace and purpose that hearing God's call can bring.

Curate in Charge of St John's Park, Sheffield, the Revd Luke Graham, appeals viewers to consider what God is calling them to do in life, regardless of age. He tells of his own call nine years ago when he left his sales job, realising that God was calling him to lead a church.

"Knowing that I am where God wants me and doing what He has called me to do, gives me a sense of peace and a sense of purpose," he says.

Former insurance worker Iain Nash describes a 'real sense of purpose' on finding his vocation as a children's and families minister at St Michael's Church in Stoke Gifford, Bristol.

His message is echoed by Marcia Grant-Che, a business studies teacher who is a Reader – or non-ordained minister – in St Oswald's Church in Norbury, south west London. I just felt such a sense of peace that I just knew it was God's voice," she says, describing her call to become a lay minister.

The online service features participants from the Ministry Experience Scheme, the year-long placement run by the Church of England for young adults that has attracted more than 900 people over the last decade.

The Dean of Sheffield, Abi Thompson, who was baptised and confirmed at 18 years old, speaks of how singing sacred music in a choir as a university student helped her to sense God's call in her life.

She says: "It was a very slow progression for me towards going away to train for ordination, but it was music that did it, it was the business of singing, what that made me feel, and the sense that God was present in that, and communicating to me through the action of singing in a choir."

The Bishop of Chester, the Rt Revd Mark Tanner, will emphasise the unique nature of each person's vocation in his sermon for the online service.

"God is not in the sausage factory business, He is not in the business of taking you and making you just like everybody else," he says.

"He is not in the business of repeating with you what He has done with other people. He calls you by name, He has a purpose for you and He longs to work with you."

The Revd Canon Mel Takacs, of Bristol Cathedral, describes how she felt a calling to ordination only a year after becoming a Christian.

"This isn't a journey that you take alone, please do speak to someone, there is no other feeling quite like finding your place in God's world and your own calling," she says.

The Revd Jonathan Lloyd, Vicar of St Michael's with St Mary's Church in St Albans, describes how there had once been a time when becoming a priest was the 'last job I would have imagined myself doing in the whole world.'

"It took one conversation, one little step, to open a door which I didn't even know was there," he said.

The Rev Helen Fraser, Head of Vocations for the Church of England, said: "I am confident that God continues to equip his Church by calling people from all walks of life to serve and lead in worshipping communities."

"If you have a sense that might be you, please don't squash it to the back of your mind. Please have courage to take a next step."

"That's likely to involve learning more about vocations to ministry, talking to trusted friends and your church leader or looking up your diocesan vocations team."

"There's also lots of information and a contact form on the Church of England website. If you are setting out on this journey, please be assured of our prayers in the National Vocations Team."

*The national online service for Vocations Sunday will be broadcast on Facebook and YouTube on Sunday at 09:00.*

## **'Don't forget the seafarers,' says Christian mission agency**

*Peter Crumpler reports on the problems facing seafarers today...*

A Christian mission agency has called for the welfare of nearly two million seafarers to be taken into consideration, as the global shipping fleet cuts costs by adopting new technologies.

The Mission to Seafarers (MtS) runs 121 welfare centres in ports around the world, and its people visit more than 40,000 ships each year. Seafarers face dangerous oceans and seas to transport more than 90 per cent of the world's goods and fuels – making them essential key workers who often go unrecognised by the general population.

MtS Secretary General Peter Rouch has expressed concern that often ships' crews are overlooked when investment is being made in new technology.

He said: "Conditions aboard ships should not focus solely on minimising costs but also on ensuring the health and well-being of the crew. Humanly, as well as operationally sustainable crew sizes, shift rotations, and shore leave are essential for maintaining the mental and physical health of seafarers."

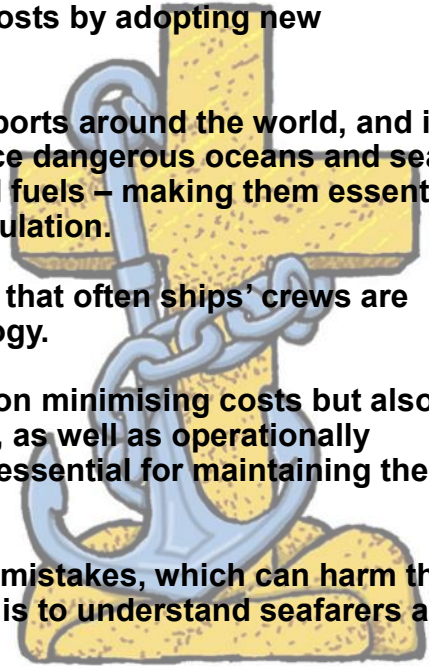
"Overworked crew members are more likely to make costly mistakes, which can harm the shipping industry of course, but the more important aspect is to understand seafarers as much more than a simple resource."

Mr Rouch explained that while the shipping industry was embracing digital technology and low-carbon fuels, the needs of seafarers often remained secondary. He had heard a politician from a leading maritime nation name the major issues facing the industry over the next five to ten years – but failing to address the human aspects of seafarers' working lives.

Peter Rouch added: "At its core, any human activity such as a commercial activity like shipping should serve the flourishing of humanity, and this includes the well-being of seafarers."

"The Mission to Seafarers, grounded in faith and a vision that values human dignity and human community in and of itself, continues to advocate for seafarers' well-being and we are glad to partner with others in the shipping industry who share these values."

Collectively, there are more than 1.89 million seafarers across the world, made up of many nationalities. They often spend up to nine months at a time far away from their family, friends and loved ones. This can lead to loneliness and mental health issues.





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CHRISTIAN  
EDUCATION  
PROJECT

**St. Alban's Singers Ilford**

## Celebrating the 80<sup>th</sup> Anniversary of

# VE DAY

Wednesday the 16<sup>th</sup> of July 2025  
At  
7:30 PM

**Admission £5**

**At St. John's Church, St. John's Road  
Seven Kings, IG2 7BB**

**Peace be with you**  
(Jn 20:24-31,  
14:5, 11:16)

Through absence,  
Through doubt,  
Through questions  
And fears,  
Through locked doors  
And longing  
Jesus comes.

His risen presence  
Bringing blessing,  
Hope and healing,  
Restoration  
And His precious,  
Faith-affirming  
Gift of peace.

*By Daphne Kitching*

### Prayer for July 2025

Lord, in this month,  
we, your church,  
remember Thomas.

Thomas, who asked

questions and doubted  
when he didn't see You  
with his own eyes. And  
Lord, You walked  
through those locked  
doors of his questions  
and doubts specifically  
to meet his needs.

Help us to come to  
you, honestly, with our  
questions and doubts,  
knowing that You  
understand and will  
meet our needs too.

Help us to recognize  
You with eyes of faith -  
the only One who can  
help us.

May we declare, with  
Thomas, in humility,  
devotion and  
thankfulness, 'My Lord  
and my God!'. We pray  
in your powerful name,  
Lord Jesus. **Amen.**

## The atomic bomb that hit Hiroshima

*Tim Lenton looks back on a landmark moment in world history...*

Eighty years ago, on **6<sup>th</sup> August 1945**, the US Army Air Forces dropped an atomic bomb on the city of Hiroshima in Japan. The centre of the city was totally destroyed, and about 80,000 people were killed immediately. A further 60,000 died by the end of the year, from injury or radiation. Hiroshima was the first city in history to be hit by a nuclear weapon.

Three days later, on 9<sup>th</sup> August, the USAAF dropped another atomic bomb on Nagasaki, killing 40,000 immediately and more than another 33,000 by the end of the year. It was (so far) the last nuclear bomb ever dropped.

The world's first nuclear explosion – on land – had happened weeks earlier, on 16<sup>th</sup> July, 1945, in New Mexico. This was known as the Trinity test, part of the Manhattan Project. It was called Trinity by Project scientific leader J Robert Oppenheimer, as a reflection of the Christian reality – death and resurrection – presented in the poetry of John Donne.

The Hiroshima bomb, called Little Boy, was dropped by the bomber Enola Gay and exploded about 1,800 feet above the city. Of those who died, many were vapourised by the explosion: others perished from burns and the effects of radiation. The second bomb, Fat Man, was even more powerful, but caused less destruction because of the terrain. Heavy cloud cover over Kokura, the original target, saved that city from the bomb.

The final Japanese surrender was signed on 2<sup>nd</sup> September. Because of the terrifying devastation caused by the bombs, there was much criticism of their use. But Lieutenant General Leslie Groves, the military director of the Manhattan Project, argued that they ended the war, and “while they brought death and destruction on a horrifying scale, they averted even greater losses – American, English, and Japanese”.

*Editor: Has anyone in our church sampled this podcast? Why not try it and see?*

### Prayer grows in popularity

Well over three million people have now used the Church of England's [Daily Prayer podcast and app](#), which offers Morning and Evening Prayer in audio form.

Launched during the pandemic, the service has seen over 12 million downloads, with thousands tuning in each day. Blending scripture, music, and reflection, it reflects a wider resurgence of interest in regular prayer and spiritual rhythm, showing that ancient words continue to find new life in modern formats.





## New reflections released to mark 1700 years of the Nicene Creed

A new booklet of biblical reflections and prayers, *We Believe: Exploring the Nicene Creed*, has been recently released to support churches, small groups and individuals as Christians around the world mark the 1700th anniversary of the Council of Nicaea.

Commissioned to mark 1700 years since the Nicene Creed's original development, and published by Church House Publishing, the booklet explores the theological depth and contemporary relevance of the Nicene Creed – one of the most enduring and universal expressions of Christian faith.

The Nicene Creed is one of the foundational statements of Christian belief, shared across most Christian traditions. It was first agreed at the Council of Nicaea in AD 325, a gathering of bishops from across the Christian world convened by the Emperor Constantine. The Council sought to resolve disputes about the identity of Jesus Christ and affirmed that he is “of one being with the Father”. The Creed was expanded in its present form at the First Council of Constantinople in AD 381. It sets out the Church's faith in the Trinity - Father, Son and Holy Spirit - and has been recited in Christian worship down the centuries as a shared declaration of belief, unity and hope.

Structured as a 24-day devotional, *We Believe: Exploring the Nicene Creed* invites readers to engage prayerfully with each phrase of the Creed. Through daily Scripture passages, thoughtful commentary, prayers and prompts for reflection, the booklet encourages individuals and communities to explore what it means to say “we believe” in the context of today's world.

Printed copies are available as single booklets or in packs of ten for use in parishes. Downloadable resources, including social media graphics, logos, posters and a parish resource pack are now live at [AChurchNearYou.com](https://www.achurchnearyou.com) (login required). Churches are invited to make use of these at any other suitable time during 2025.

**Dr Michael Ipgrave, Bishop of Lichfield and Chair of the Liturgical Commission, said:**

*“The Nicene Creed has been a cornerstone of Christian belief for 1700 years – a statement of faith that connects us not only to one another, but also to generations before us as well as to Christians across the world today. We Believe is a timely and beautifully written resource that will help churches explore this historic creed afresh, inviting reflection, deepening discipleship, and opening space for theological discovery. I warmly commend it to parishes, groups and individuals across the Church.”*

## In praise of olive oil

Olive oil is surprisingly good for you. It has been found to be able to ward off chronic disease and to boost your brain health. So, when those ancient Greeks praised it as an aid to staying young and healthy, it seems they were right.

While the Mediterranean diet can include up to four tablespoons of olive oil per day, a recent study at Harvard has found that even just half a tablespoon of olive oil per day helps protect your heart and brain from disease. It may even slash your risk of Parkinson's or Alzheimer's by 29 per cent, and cancer by 17 per cent.

Olive oil is packed with monounsaturated fats, and even has anti-inflammatory properties, which have been compared to Ibuprofen.

The best way to eat it? Add it as a dressing to your salads. Frying with it can degrade some of its properties.



*Kenneth Harrod, Head of Theology and Media at Release International, the voice of persecuted Christians, considers the different ways Christians experience persecution—and how that impacts our response.*

## **What does the modern persecution of Christians look like?**

In the Acts of the Apostles we read, at different times, of disciples being threatened; of disciples being imprisoned. We see disciples, on occasions, fleeing. We read of disciples paying the ultimate price—martyrdom.

To talk of Christians suffering persecution for Christ and the gospel is to realise that this is something that takes different forms in different places. And that means the way we respond—in order to love and care for persecuted Christians—will vary, too.

On-going oppression, for example, may leave the Church bereft of resources and needing help to equip its pastors. By contrast, where Christians have been forced to flee in the face of violence or the threat of violence there may be immediate life-sustaining needs that must be met. Martyrdom or imprisonment throws up the need to care pastorally for widows or for families struggling to cope.

The one constant is all of this is the call to pray for those who suffer because of their faith in Christ—which is always the first thing persecuted Christians ask for. If possible, that prayer ought to be *specific*: for real people in real places, who are really suffering because of their Christian faith.

Release International is a UK-based ministry, called to love and serve those who suffer persecution for Christ and the gospel. Release International works through Christian partners on the ground; partners who understand the needs of those who are suffering, and who have a calling to respond to those needs. We can help those who help the suffering.

And so here in the UK Release International calls Christians to express fellowship with those who suffer—and to do so prayerfully, pastorally and practically. To find out more about how you and your church can be involved in caring for persecuted Christians, go to: [releaseinternational.org](https://releaseinternational.org).

## **When I say I am a Christian**

When I say, "I am a Christian," I'm not shouting, "I am saved!"

I'm whispering, "I get lost; that is why I chose this way."

When I say, "I am a Christian," I don't speak of this with pride.

I'm confessing that I stumble and need Someone to be my Guide.

When I say, "I am a Christian," I'm not bragging I am strong.

I'm professing that I'm weak, and I pray for strength to carry on.

When I say, "I am a Christian," I'm not bragging of success.

I'm admitting I have failed and cannot ever pay the debt.

When I say, "I am a Christian," I'm not claiming to be perfect.

My flaws are all 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 heartaches, which is why I cry His name.

When I say, "I am a Christian," I do not wish to judge.

I have no authority; I only know I'm loved.

*Author unknown*

**He's so glad he came**

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## Fairtrade Foundation calls for tea-drinkers to 'brew it fair'

Tea-drinkers in the UK are being asked to help change the "woefully inadequate" wages and working conditions of the estate workers on tea plantations around the world.

The Fairtrade Foundation's new 'Brew It Fair' campaign is based on the findings of a report which sets out just how many workers on tea plantations live in "chronic poverty".

Much of the world's tea is auctioned, which means that a few very large buyers end up able to dictate the prices of how much they will pay for it. This has a brutal impact on the workers: a recent survey of 260 tea-growers and pickers in Kenya found that only one in five earn enough to feed and support their families and then also send their children to school.

The report says: "As tea drinkers, we are now used to paying very little for, and putting little value on, our cup of tea." But for the growers and pickers of tea, the "high levels of unstable work, low incomes and wages, gender discrimination and unsafe working conditions" continue.

Fairtrade calls on the UK Government to introduce a new law on human rights and environmental due diligence (HREDD). This should be "centred on the needs of farmers and workers, with a focus on supporting living incomes and living wages..."

The report also urges UK tea-drinkers to buy Fairtrade tea, highlighting the Co-op, Marks & Spencer, Sainsbury's, and Waitrose as key supporters. The UK accounts for 61 per cent of all the Fairtrade tea sold in the world.

## Rise in older shoplifters

More and more pensioners have turned to shoplifting. They aren't in criminal gangs, they are hungry.

So says a security firm which works with hundreds of stores across the country. Kingdom Security reports that food retailers have seen a "massive" increase in pensioner shoplifters over the past year, involving "people who just can't afford to buy food."

John Nussbaum, director of service for retail at Kingdom Security, said that the cost of living is "pushing people to something they've never done before".

Mr Nussbaum estimates that five per cent of all those caught shoplifting by Kingdom staff on a weekly basis are aged over 50. "We've not seen this before, and I've been in security for 30 years. People can't afford to spend £10, £20 on food. It's desperation."

He added: "Retailers don't tend to involve the police when they're dealing with pensioners. Stores tend to want to handle it on their own. It's not good publicity for a supermarket, if it got out that a pensioner had been handed over to the police for shoplifting."

The number of shoplifting offences reported to police last year passed 500,000 for the first time.





**My dear Nephew Darren**

**On why people complain to the vicar – and how to ignore them**



So, you have received your first letter of complaint. I am not wholly unsympathetic with your complainant, as attempting to marry the bride to the best man would have created havoc with the seating arrangements at the reception. However, you must learn that receiving letters of complaint is an integral part of the ordained ministry. After 50 years of parish life, the number of such letters I have received are now held in bound volumes.

The anonymous ones you will receive, invariably written in green ink on lined notepaper, can be safely consigned to your wastepaper basket, along with all mail, from whatever source, labelled 'Urgent'. You will receive letters complaining that you did not pray for someone who was in hospital, regardless of the fact that you knew nothing of it. Probably by the next post, you will receive a letter complaining that you did pray for someone in hospital – when they had wanted to keep their cosmetic surgery secret.

Those who regard themselves as guardians of doctrinal purity will write complaining of the heresies contained in the previous Sunday's sermon. These can be filed with those letters that complain that your sermons are too short, along with those who complain that they are too long.

The hourly striking of the church clock is a perennial favourite for complaints. I usually reply by saying that we are currently exploring the possibility of getting it to strike the quarters too.

Letters of complaint will arrive in November, complaining that the church is too cold, so making prayer impossible. Others will drop on the doormat in April saying that it is too hot, so making prayer impossible. In Spring, some will write that the churchyard should be mown more often, while others will complain that it is mown too often and ruins it as a habitat for wildlife. The annual Summer 'Procession of Witness' generates complaints that the brass band ruined the slumbers of parishioners having a Sunday lie-in. Then come Harvest, there will be the letters complaining that they did not receive a Harvest gift, which was particularly unforgivable, as their grandmother had once sung in the choir. Thus, the annual round is accompanied by reams of notepaper.

The only letter of complaint I have really treasured came from the bishop, rebuking me for never having attended any meeting when he was present. I have had it framed and hung on the study wall.

**Your favourite Uncle, Eustace**

**Fish and chips**

Some tourists touring the north of England stopped to visit a Priory. The Prior gave them a tour of the buildings, ending in the kitchen, where one monk was making fish and chips. One tourist said brightly: "You must be the fish friar," to which the monk gravely replied, "No, I am the chip monk."

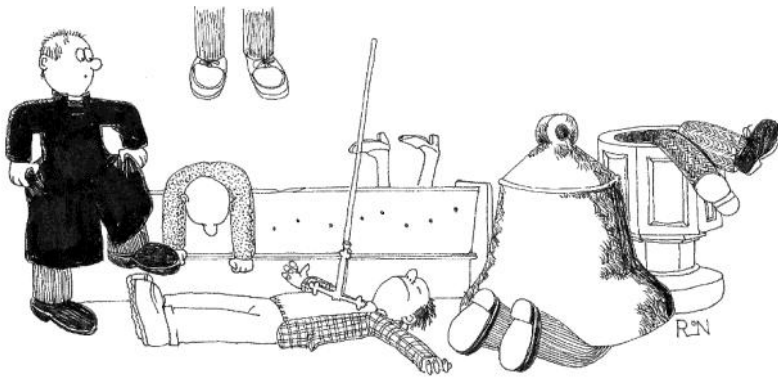
**Golf**

There was a clergyman who was an avid golfer. One Sunday was a picture-perfect day for golf, and the minister could not resist the temptation. He rang his assistant and told him he was too ill to attend church. Then he packed up the car, drove 30 miles to a golf course, and began to

play. But an angel watching the minister was quite perturbed. He went to God and said, "Look at the minister. He should be punished for what he's doing."

God nodded in agreement as the minister teed up on the tenth hole. He swung, and the ball sailed effortlessly through the air and landed right in the cup, 350 yards away. A perfect hole-in-one. The minister was overjoyed. The angel turned to God and said: "Begging your pardon, but I thought You were going to punish him."

And God smiled. "Think about it; who can he tell?"



It was a normal Sunday Morning in Midsomer Parish Church

## THE CHURCH BUDGET

WHERE THE AXE IS LIKELY TO FALL

### SERMONS

6 MINUTES  
SHORTER



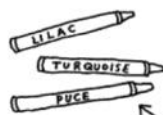
### PRINTING

ONLY  
INTERESTING  
NOTICES  
ALLOWED



### WASTE

CUTTING  
DOWN  
ON IT



### CRAYONS

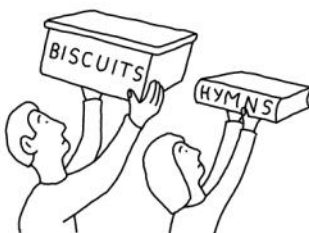
REDUCTION IN  
UNNECESSARY  
COLOURS



"It's not a new stained-glass window –  
the Youth Club put its skateboard ramp  
too close to the church's west wall!"

CartoonChurch.com

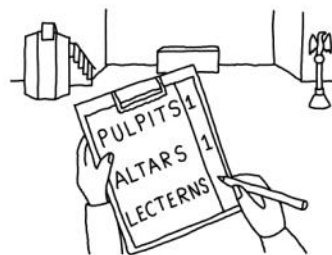
## REGULAR CHECKS



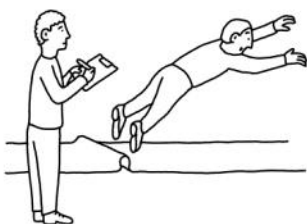
EXAMINE THE 'BEST  
BEFORE' DATES



ASSESS THE  
TEMPERATURE OF THINGS



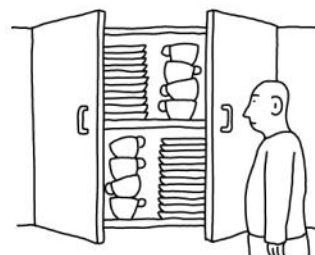
MAKE SURE FIXTURES  
AND FITTINGS ARE  
ACCOUNTED FOR



LOG ANY HEALTH AND  
SAFETY CONCERNS



ARE PROCESSIONAL  
SPEEDS WITHIN  
ACCEPTABLE PARAMETERS?



MONITOR THE  
CROCKERY

## Prayer for June 2025 By Daphne Kitching

Dear Lord,  
June is the loveliest month, with long days and the beauty of summer all around us.  
Thank you that, in the church's year this month, we remember one of the loveliest of your followers – Barnabas, known as the Son of Encouragement.

He encouraged the believers in Antioch to *remain true to the Lord* with all their hearts.  
Through his ministry of encouragement, a great number of people were brought to know you.

Lord, we all thrive when we are encouraged.  
And we, your people, so need to be encouraged today in this world which can seem so confusing and discouraging.  
So, thank you for those who have encouraged us in the past, and for those who encourage us now.

Help us to read your living unchanging Word and to remain true to you with all our hearts.  
Help us to be a *Barnabas* to those we know who might be struggling. May we bear fruit in our discipleship.

*In Jesus' name. Amen.*

**Flowery banks,**  
A-drone with bees,  
Dreaming cattle  
Under trees:

Song-bird pipe  
A merry tune –  
This is summer,  
This is June.

*From a poem by Irene F Pawsey*

*It seems it is easier to choose a new Pope than to choose a new Archbishop of Canterbury! Here is an update on the process thus far...*

## 11,000 people take part in consultations for the next Archbishop of Canterbury

More than 11,000 people have so far participated in the consultations for the next Archbishop of Canterbury. It was carried out online, by post and in person between February and March this year.

The public consultation was a unique opportunity to influence the future of leadership within the Church, helping to discern the gifts, skills and qualities that will be required in the 106th Archbishop of Canterbury, to meet the needs of the Church today and in the years to come.

The themes that emerge through this consultation will sit alongside the 'Statement of Needs' produced by the Diocese of Canterbury, as well as other information provided by the National Church and Anglican Communion.

This information will inform the Canterbury Crown Nominations Commission of the needs of the mission of the Church of England and the wider Anglican Communion.

## Holiday

A travel agent looked up from his desk to see an older lady and an older gentleman peering in the shop window at the posters showing the glamorous destinations around the world. The agent had had a good week and the dejected couple looking in the window gave him a feeling of generosity.

He called them into his shop and said, "I have a surprise for you. I am sending you off to a fabulous resort at my expense, and I won't take no for an answer."

He booked two flights and a room in a five star hotel. They, as can be expected, gladly accepted, and were on their way.

About a month later the little old lady came into his shop. "And how did you like your holiday?" he asked eagerly.

"The flight was exciting, and the room was lovely," she said. "I've come to thank you. But just one thing puzzled me. Who was that old guy I had to share the room with?"





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friendship

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Place:  
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Mossford Green  
Barkingside, IG6 2BX

Contact Kate: 07876 318 718

## OUR WORSHIP SERVICES

### Sunday 10.30 am

This is a mixed style service, formal & informal, with robes and candles, traditional hymns played on the organ and contemporary worship, led by singer and band.

The service lasts approximately 75 minutes. Children are welcome to take part in supervised craft activities and play at the back of the Church with parental supervision. Every 2nd Sunday of the month is "children's church" incl. Bible story and action songs.

We are a multi-ethnic congregation with members spanning a wide range of ages from toddlers to the elderly and lots of families. Refreshments are available after each service.



### Wednesday 9.45am

A Said Eucharist with one hymn. Service sheets are used. It usually lasts about 40 minutes, and refreshments are available afterward.

It's on our heart to offer a warm and inclusive welcome, and a safe space for everyone! Why not join us and see how you like it? We also offer prayer during and after the service and have a designated prayer corner.





## Ways to give:

- Cash
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## GIVING



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

### **Volunteers Wanted Befrienders/companions Redbridge Voluntary Care Good Neighbour Scheme**

We are looking for friendly individuals who can give a little time to support their local community.

Do you have some free time to spare to make a positive difference in your community.

For more information, or to apply please contact:

**020 8925 2435**

**[info@oneplaceeast.org](mailto:info@oneplaceeast.org)**

## **DO YOU NEED HELP?**

**We are here for you and would love to meet you!** The church is open 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, or during Worship Services on Sundays 10:30am and Wednesdays 9:45am. You can also contact our Vicar Chris or the Church Office via phone or email. There are, however, many areas where it's best if you seek professional help. Please see the **"Help" page on our church website** for useful information.

## **URGENT - I NEED HELP NOW**

If you or someone you care about is experiencing a mental health crisis – you can call **Mental Health Direct** 24 hours a day on **0800 995 1000**.

If you are experiencing **Suicidal thoughts**, please call **Samaritans** on **116 123** for free. Whatever you're going through, a Samaritan will give you free, confidential, and non-judgmental emotional support.

If you are experiencing **Domestic abuse**, please call one of these two 24-hour helplines: **08 08 2000 247** (Refuge National Domestic Abuse Helpline) OR **08 08 16 89 111** (Victim Support).

If you are at immediate risk of **physical harm** because of mental health concern or feel like you need immediate assistance, please call **999** or visit your local **A&E**:

- 1.6 miles away: King George Hospital, Barley Lane, Ilford, Essex, IG3 8YB; tel.: 0330 400 4333;
- 3.3 miles away: Whipps Cross Hospital, Whipps Cross Road, London, E11 1NR, tel.: 020 8539 5522.

**Shout Crisis Text Line** is a 24/7 text service for anyone in crisis anytime, anywhere. **Text 85258.**



## Who We Are

Holy Trinity Church, Mossford Green, Barking, IG6 2BX

We are a lively, Family friendly Church

with a Heart for the Common Good,  
and want to make Jesus Christ known in Barking

## Our Services Sunday 10:30am & Wednesday 9:45am

The Church is open for Private Prayer, and as a Welcoming Space Monday, Wednesday & Friday 10am - 12noon, and you are Wel- come to Join us at our Tuesday Drop-In 9am-1pm in the Parish Hall



Vicar: Rev Dr Chris Szejnmann  
priest@holytrinitybarkingside.org.uk  
07804 641931



Associate Priest: Rev Kate Szejnmann  
kate.szejnmann@holytrinitybarkingside.org.uk

Churchwarden: Chris Stoneham  
chris.stoneham@holytrinitybarkingside.org.uk

Safeguarding: Kaye Larbi—07847 324955  
psr@holytrinitybarkingside.org.uk

Tuesday-Drop In for all in Parish Hall @ 9am-1pm — alternating fortnightly on Wednesdays @ 7:30pm: Salsa Dancing Classes for the Community meeting new people and having fun / Bible Study group — Thursdays: Stay & Play Group for parents / carers and their children 0-3 years @ 8.45-10.45am (2025 start) Edge Youth Club for all 10-14 year old Thursdays 6-8pm — Family Fun Zone monthly events.

Any questions? Want to get involved? Want to Hire the Parish Hall? Please find us online or ring our Parish Office @ 07478 187010.



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Website

Alternate Wednesdays  
during the year.

Holy Trinity Church  
Barking, Mossford Green, IG6 2BX  
ring Chris@ 07804641931  
just turn up — it's free!  
everyone welcome!

Wednesdays 7:30-9:15pm

## Salsa Dancing Classes

Beginners & Improvers  
refreshments—joy & laughter  
meet new people





## Dogs and heatstroke

An over-hot dog is a serious matter – if they can't cool down, they are in trouble. So when is a dog too hot?

Vets warn that in temperatures of 20-23C, you need to be careful not to exert them. At 24-27C you are well into the danger zone, and over 27C is life-threatening for them.

Dogs who suffer early on are those with short noses, flat faces, or heavy coats. Small dogs suffer worse than large ones, as do all older and overweight dogs.

Dogs cannot sweat through their coats, but only through the pads on their feet. They cool themselves by panting, which releases heat through the evaporation of their saliva from their extended tongues.

Here are the signs of heatstroke. If you see these in your dog, take action FAST, and call a vet: *Excessive panting, drooling, increased heart rate, very red or very pale gums and tongue, vomiting, diarrhoea, bloodshot eyes, increasing lethargy.*

Get your dog out of the sun and into the shade. Stand it in a tub of cool water, and splash its tummy, between its legs and under the tail – not just on the back. But cool it gradually - don't use very cold water, to avoid causing shock. Let your dog lie on wet towels.

As for Walkies, in hot weather, go before 8am and after 7pm. Hot pavements and roads can seriously burn a dog's pads. Try holding your palm on the pavement for 15 seconds - if it is too hot for you, it is too hot for your dog.

NEVER leave your dog in a parked car. A car left in the sun can heat up to 47C within an hour. And your dog enters the life-threatening zone at 27C.

## J A CURRAN

*Gas appliance, service / maintain.*

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20, Carlton Drive,  
Barkingside.  
IG6 1LU

*Tel:- 020 8220 7157*

*Email:- jacurran@ntlworld.com*



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**Barkingside, IG6 2BX**

For info or to register scan QR code or email

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**All 9-14 year olds welcome**

THE CHURCH OF ENGLAND

www.churchofengland.org/safeguarding

Promoting

# a safer church

**The care and protection of children, young people and adults involved in Church activities is the responsibility of everyone who participates in the life of the Church**

**House of Bishops Safeguarding Policy for children, young people & adults**

## OUR COMMITMENTS

- Promoting a safer environment and culture
- Safely recruiting and supporting all those with any responsibility related to children and vulnerable adults
- Responding promptly to every safeguarding concern or allegation
- Caring pastorally for victims/survivors of abuse or other affected persons
- Caring pastorally for those who are the subject of concerns/allegations of abuse and other affected persons
- Responding to those that may pose a present risk.

### IF YOU ARE CONCERNED

that someone you know is at risk of, or is being abused, or presents a risk to others, please seek advice from a Safeguarding Adviser or if necessary report the matter to the Local Authority Social Care Services or the Police without delay.




Local contacts available to speak to if you have any concerns:

Name: Kaye Leeb	Name: Chris Szejnmann
Role: Safeguarding Officer	Role: Vicar, Holy Trinity
Tel: 07847 324955	Tel: 07804 641931
E-mail: ps@holymtrinitybarkingside.org.uk	E-mail: priest@holymtrinitybarkingside.org.uk
Name: Danielle Law	Name: Danielle Law
Role: Diocesan Safeguarding Adviser	Role: Diocesan Safeguarding Adviser
Tel: 01245 29 44 44	Tel: 01245 29 44 44
E-mail: dlaw@chelmsford.anglican.org	E-mail: dlaw@chelmsford.anglican.org

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

**IF THERE IS IMMEDIATE RISK OR DANGER PLEASE CONTACT THE POLICE ON 999.**

## HELPLINES

- NSPCC: 0800 800 5000
- Childline: 0800 1111
- Stop it Now: 0800 1000 900
- NAPAC: 0800 801 0331
- Samaritans: 116 123

- Family Lives: 0800 800 2222
- National Domestic Abuse Helpline: 0800 2000 247
- Men's Advice Line: 0800 8010 327
- National Careline: 0800 0699 784



## **The ‘father’ of modern British policing** *by Tim Lenton*

It was 175 years ago, on 2<sup>nd</sup> July 1850, that Robert Peel, who was Prime Minister from 1834 to 35 and from 1841 to 46, died. He founded the Metropolitan Police Service and is seen as the father of modern British policing.

Peel, born in Bury, was one of 11 children of the first Sir Robert Peel, who as well as being a textile manufacturer was also an MP and moved his family down to London. He had his son educated at Harrow and Oxford, where he got a double first; he then entered Parliament and married Julia Floyd: they had seven children.

Home Secretary twice in the 1820s, Peel founded the Metropolitan Police in 1829, reforming criminal law to emphasise rehabilitation and creating a new kind of police officer, nicknamed a ‘bobby’ or a ‘peeler’ for obvious reasons.

A committed Christian and member of the Church of England, Peel became involved with the dispute about employment of Roman Catholics (and non-conformists) in public office – initially supporting the status quo but later changing his views and backing legislation such as the Roman Catholic Relief Act of 1829, partly in order to avoid what he called “civil strife”.

He is also known for – in 1846 – repealing the Corn Laws, which had imposed high tariffs on imported grain; and for being one of the founders of the modern Conservative Party. He held old-fashioned views, however, on the function of ministers of the crown, who he regarded as primarily servants of the state.

Peel was an outstanding debater, but rather shy and could be autocratic, which may have been why Queen Victoria allegedly found him difficult. Having survived a failed assassination attempt by a paranoid stalker in 1843 (his personal secretary was killed by mistake), Peel died at the age of 62 after injuring himself when falling from his horse.

## **New report highlights impact of Net Zero ambition**

Churches across the country have reported saving money on their energy bills after making changes to their buildings to lower their carbon emissions, a recent new report has revealed.

The latest Net Zero Carbon 2030 Impact Report, which covers all of 2024, shares stories from parishes who installed solar panels, LED lighting, heat pumps and more - with many saying they have experienced unexpected lower energy bills and wider engagement with their local communities.

One church in Stroud slashed its heating bill by 80% after removing its gas boiler and switching to an all-electric heating system. A busy church in Tonbridge has saved over £2,500 on its energy bills in just four months since switching to LED lighting.

The Net Zero Programme was established after General Synod, in July 2020, voted for the whole of the Church of England to achieve net zero carbon by 2030. The programme aims to equip, resource and support all parts of the Church to reduce carbon emissions from the energy used in its buildings, schools and through work-related transport.

More than £30 million has been allocated so far to a series of grants and projects with a focus on reducing carbon emissions from the Church of England’s highest emitting buildings.

Julian Atkins, Net Zero Programme Director, said: “We’re delighted to publish our second Impact Report. We recognise that achieving net zero is a complex challenge and many churches are finding it harder to achieve for a whole host of reasons – that’s why we have dedicated grants and support available to help them on this journey. We’re so encouraged by what has been achieved so far and our hope is that readers of this new Impact Report will be encouraged and inspired too.”



## The danger of electric cars

Electric cars may be the 'future' of British motoring, but meanwhile, more of them are catching fire. From 131 blazes three years ago, there were 232 blazes needing a fire brigade last year – a 77 per cent increase in just two years.

Electric car fires are more dangerous than petrol or diesel car fires, because they are extremely hard to put out. This is because water, foam or fireproof blanket have little to no effect: lithium-ion battery fires are self-sustaining and continue to burn until the entire battery is consumed.

Electric car fires are normally the result of 'thermal runaway', where batteries have got damaged or overheated, and then begin to irreversibly overheat.

There is to be a total ban on new petrol and diesel cars by 2030

## Major investment in local churches and parish clergy as £1.6bn three-year national spending plans unveiled

The Church Commissioners' funding towards work of the church is set to leap by 36 per cent in the three-year period 2026-28, amounting to the biggest distribution in Church's history.

The C of E plans to invest more than £1.6 billion towards sharing the good news of Jesus Christ and serving local communities over the next three years. In total, it plans to invest £4.6 billion over the next nine years, from 2026 to 2034.

Also, the typical stipend is set to rise 10.7 per cent next year, under new proposals as clergy well-being put at centre of spending plans.

On top of that, the funding for churches in the lowest income communities will jump from £91 million spent in the last three years, to £133.5 million.

There will also be a major focus on safeguarding, for which £30 million has been allocated.

The **Archbishop of York, Stephen Cottrell**, said: "Parishes and clergy are at the heart of everything we do in the Church."

### The LEGAL STUFF

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

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Ilford, Essex. IG6 2BX

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(07478 187 010)*

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

### HALL LETTINGS

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

### BAPTISMS, WEDDINGS & FUNERALS

please contact:

**Rev Dr Chris Szejnmann**

**020 8637 4859** to arrange an Interview

**PARISH OFFICE** (in Church)

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

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

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## PARISH DIARY

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

**Sunday 24 August: Family Community Picnic on the Park,**  
**12:30-14:30 Barkingside Recreation Ground**



**Saturday 13 September: Church Work Day**

**Sunday 14 September: Creation Service**

**Sunday 21 September: "Pizza in church" from 12:15pm to celebrate Michelle Steptoe's Ordination as Deacon.**

**Sunday 12 October: Rev Mark Aldridge visits and acts as guest preacher**

**Sunday 5 October: Harvest Meal / Festival – Homelessness Sunday**

**Sunday 19 October: Racial Justice Sunday (Black History Month)**

**Sunday 2 November: 'All Saints'**

**Saturday 8 November: Light Party, 5-7pm**

**Sunday 9 November: Remembrance Sunday**