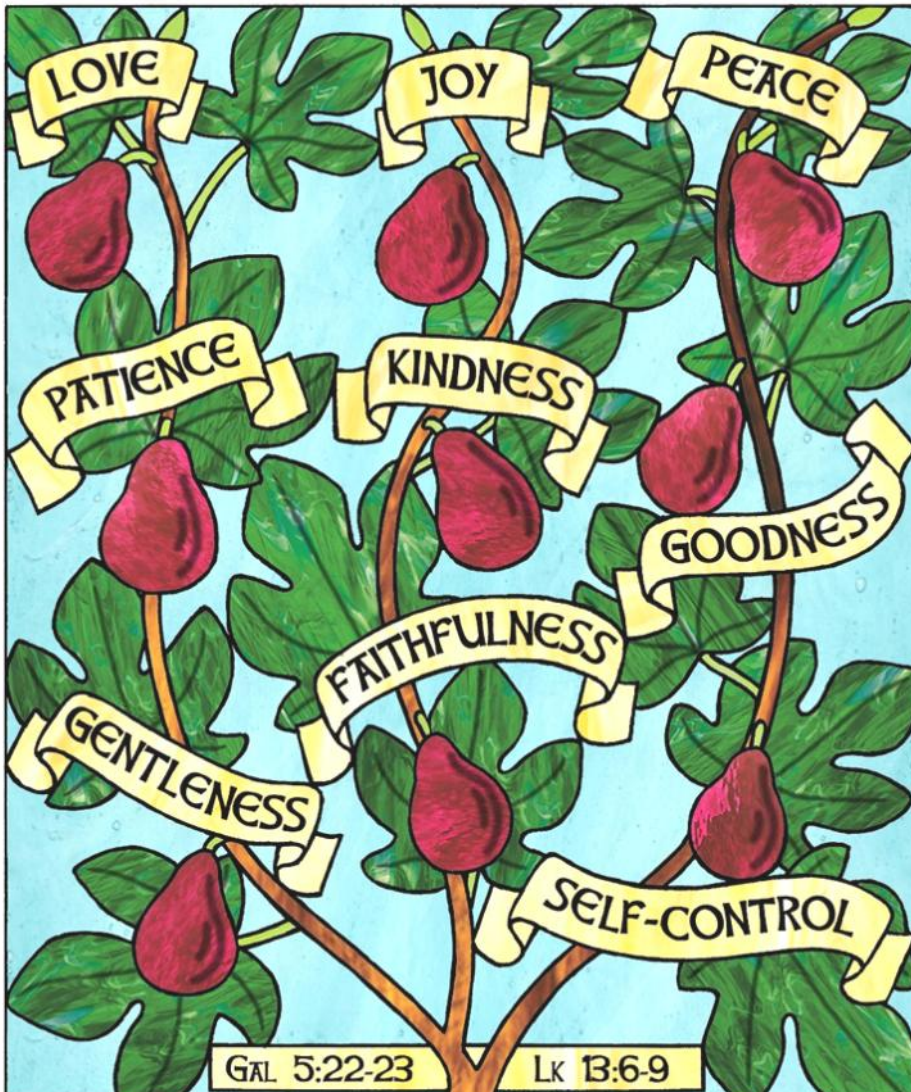


# Trinity Times

The Parish of Holy Trinity Church, Barkingside

Holy Trinity is a lively, Family-Friendly Church. We have a Heart for the Common Good, seeking to make Jesus Christ known in Barkingside

**£12 subscription  
£1 donation.**



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

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

*The church is open for private prayer, and as a welcoming space*  
**Monday, Wednesday and Friday 10am - 12noon**

*You are also welcome to join us at our* **Tuesday drop-in 9am to 1pm** *in the Parish Hall*

## Who We Are

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

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

### Our Services

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

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

## Vicar's Letter written by Rev Kate Szejnmann – Associate Priest

It was such a joy to be part of and witness three new baptisms and three baptism renewals for those affirming faith at last Sunday's Pentecost service. God is really moving in the lives of his church!

As we build up a picture of Pentecost, we must endeavour to give focus to the Holy Spirit whose most prominent feature is to bring about change, healing and transformation. Unlike in the Old Testament, where the people of God were reliant of a few Spirit-filled charismatic or even scary prophets, it is reversed here in the New Testament account of Pentecost, whereby the people of God are directly filled with the Holy Spirit, given the authority to heal and proclaim the Gospel and be catalysts for Gods mission.

Sunday's Gospel story (John 4.7-15) was of an encounter with an ordinary woman who meets Jesus by a watering whole. It changes her life. At the well we see how Jesus opens-up a conversation with this Samaritan outcast. A woman who, because of her reputation, comes by in the heat of the day to get water. A woman who gets her purpose in life from numerous partners and from sexual relationships – and a trail of many husbands. She would be known as a 'harlot', a jezebel, a sinner beyond repair. Jesus has other motives. Jesus is relaxed and unjudging.

Jesus offers her a different source of life: Living water that would spring up within her to eternal life. Jesus offers a free gift that can't be earnt or paid for. Living water: That is the Spirit; God. He offers love, grace, mercy, compassion, acceptance, forgiveness, time. He is the embodiment of the good news. And her response is that she 'would like this, that she is thirsty for this'. Jesus diverts the conversation. He knows all about her past, her weaknesses, and yet in this personal conversation, he doesn't condemn her. He is kind and tender but doesn't mince his words; he is direct. Her heart starts to turn.

Jesus talks of a time when all will be saved because of him, Samaritans, unbelievers, all tribes and nations when all will worship in Spirit and Truth. The woman responds by saying 'I know a time when the Messiah is coming.' Christ says, 'I who speak to you, am he.' The woman runs to her village and shares everything she has encountered. That she met a man who knew all about her. They invite him to the village and the whole village comes to faith.

Such a beautiful encounter from a God who initiates an intentional conversation to open hearts. He is a God who chases us down in love. 'Most religions', theologian Timothy Keller says, 'have a leader who says **'I am here to help you find God.'** In Christianity, **Jesus says, 'I am God and have come to find you.'**

*Jesus came to find her.* **John 3.16:** "God so loved the world that he sent his only son, that whoever believes in him will not perish, but have eternal life."

Are you thirsty for living eternal water? Full cup or half empty? Could you imagine a God who loves you so much and pursues you so he can love you and forgive you, and take off the burdens







you carry? A saviour who wants to be with you always and fill you with the free gift of life, the Holy Spirit.

Jesus says, 'I am God and have come to find *you*.' Will **you** go on a journey of being 'found' by God and being full of his presence? Then pray.....

**'Come Holy Spirit.'**

### **Churches enjoyed bumper Easter attendances**

Clergy have reported packed services over Easter, as increasing numbers of young people are coming to church.

It follows the recent survey by the Bible Society, which found that the share of the population who attend a service a month has risen from eight per cent in 2018 to 12 per cent last year. But surprisingly, the figures for those aged 18 to 24 have *quadrupled*, to 16 per cent.

Philip North, Bishop of Blackburn, said that the numbers at services were up by as much as a half in some areas. He said that, despite so much recent bad publicity about the Church, "there is such a hunger for faith, especially among the young."

The rector at one church in London said: "The world is a much more frightening and chaotic place than when I was growing up. People in their 20s and 30s have had two major financial

crashes, a pandemic, a land war in Europe, a housing crisis. The world is not a place for optimism right now. The stability and comfort that God can provide is something that appeals to young people."

Churches certainly provide a sense of community, a social network as well as a spiritual one, which can help young people who are struggling to connect with others.

The Bible Society survey also found that Catholics may become the largest denomination in Britain, for the first time in 500 years. Anglicanism, on the other hand, could fall behind Pentecostalism, and become the UK's third largest denomination.

The Anglican share of regular churchgoers of all ages fell from 41 per cent in 2018 to 34 per cent in 2024, while at the same time the Catholic share rose from 23 per cent to 31 per cent.

The Bible Society survey also found that,

## Thank God for farmers!

*Open Farm Sunday is this year on 8<sup>th</sup> June, when Christians are being asked to remember farmers. This prayer contemplates where our food comes from, and then celebrates the work of the farmers who produce it. The Arthur Rank Centre (ARC) is a charity which supports the rural community and its churches through a programme of community and social projects, resourcing and training.*

Cabbages come in polythene bags,  
devoid of hidden insects and other creepy crawlies.  
Potatoes are mud free and ready for the oven.  
Meat is presented in sterile packs  
whilst milk is pasteurised and semi skimmed  
in conveniently shaped containers that fit in the fridge.  
It's all a million miles from where the story began,  
and the world of those who should tell it.

Those who prepare the land, plough it and cultivate it;  
sow it and plant it, weed it and spray it,  
irrigate it and harvest it, and sort and transport  
the crop that's produced.  
Those who calve the cow, stay with it and tend it;  
feed it and milk it, help with the birth and watch the calf grow.  
Who tag it and protect it, nurture it and feed it,  
until it's ready for market as a strong healthy beast.

So many hours and so much skill.  
Generations of experience, tending the land and caring for stock.  
So much effort, so many risks,  
the weather, disease, the whim of the market  
all to put food on my plate.

Lord, I thank you  
for those who produce the food that I eat,  
for their commitment and effort, their knowledge, their skills.  
And forgive me, I pray, that I take them for granted,  
forget what they do and ignore what I owe.  
May I value their work and all it produces,  
May I give them the respect and the appreciation they deserve.  
And may I give You the glory, as Creator Provider,  
the giver of all that I now thank You for.

**Amen**

*From the Arthur Rank Centre*



## CROSSWORD ANSWERS

### DOWN:

1, Egypt's. 2, Favour. 3, Edomites. 4, Thorns. 5, Blue. 6, Armlet. 7, On edge. 12, Tea. 14, Adoption. 15, Lot. 16, Breach. 17, Become. 18, This So. 20, Armies. 21, Expose. 23, Avid.

### ACROSS:

8, Grandchildren. 9, Pro. 10, Marvelled. 11, Strut. 13, Startle. 16, Babysit. 19, Orate. 22, Eucharist. 24, Map. 25, Commissioners.

## Ordination season is underway

Every summer the C of E ordains its new deacons and priests.

The services are traditionally held during Petertide (29<sup>th</sup> June), a feast day that remembers the martyrdom of Saint Peter. He was the fisherman who became a devoted disciple of Jesus, and who then went on to be an instrumental figure in the early Church in Jerusalem.

Although the ordinations this summer will be held in a variety of cathedrals across the country, those being ordained will have certain important things in common:

They will have felt called by God to serve as a deacon or priest.

They will have passed a rigorous selection process.

They will have completed a two-to-three-year training course (diploma or degree) at one of the theological education institutes (TEIs) based around the country.

And so here they are now – called, accepted, trained and soon to be set apart for this specialised ministry. If you know a deacon or a priest, pray for them and their families this month, as they begin a lifetime of public service to God.

## Understanding the Trinity : *Canon Paul Hardingham considers our Three-in-One God*

Trinity Sunday has its place in our liturgical calendar (15<sup>th</sup> June), yet we do not often hear sermons on the Trinity. The term 'Trinity' isn't found in the Bible, and the Early Church took nearly 400 years to come up with a clear understanding of it.

However, there are hints of trinitarian language in the New Testament, e.g. Jesus instructs His disciples to baptise 'in the name of the Father and of the Son and of the Holy Spirit' (Matt 28:19). Our understanding of the Trinity arises from God's activity in our world, as reflected in the creedal questions:

'Do you believe and trust in God the Father, source of all being and life, the One for whom we exist?

Do you believe and trust in God the Son, who took our human nature, died for us and rose again?

Do you believe and trust in God the Holy Spirit, who gives life to the people of God and makes Christ known in the world?

So why should the Trinity be important for us? If 'God is love' (1 John 4:8) it means that the Father, Son, and Holy Spirit are in a community of love together. Their relationship has been expressed as a divine dance, as they interact with one another, expressing love for each other and complementing the work each one has to do. As people made in God's image, we are called to live this community of love in our lives and churches.

The Trinity also provides the basis for our mission, 'As the Father has sent Me, so send I you.' Just as God the Father sent Jesus into the world, so Jesus sends us into the world to do the Father's work, equipped and accompanied by the Holy Spirit. In sharing God's love, we share the life of the Trinity. Augustine spoke about the Spirit being the love between God the Father and the Son.

'At the heart of reality lies the love between the Father and the Son. The Spirit unites us with Christ so that we begin to experience the same depth of love that exists between the Father and the Son.' (Graham Tomlin).

## A statement following the death of Pope Francis

*The **Archbishop of York** has issued a statement following the news of the death of Pope Francis today. Here are excerpts from that statement:*

“‘Let us walk together, work together, pray together.’ These are the words Pope Francis said to me when we met in 2023. They sum up his vision for the church, both the Roman Catholic Church but also ecumenically.

“Francis’s whole life and ministry was centred on Jesus who comes among us, not to be served, but to serve. We saw that in Francis’s service of the poor, his love of neighbour especially the displaced, migrant, the asylum seeker, his deep compassion for the well-being of the earth and his desire to build the church in new ways. Francis showed us how to follow Jesus, and encouraged us to go and do likewise.

“His encyclicals and teachings were supported by his deeds and actions. His whole life was instantly recognisable as those of one who followed Jesus.

“Pope Francis was acutely aware of the divisions between our churches, and I remember the powerful work he did with the then Archbishop of Canterbury, Justin Welby, and the Moderator of the Church of Scotland in promoting peacebuilding in South Sudan.

“I remember, in the brief times I spent with him, how this holy man of God was also witty, lively, good to be with, and the warmth of his personality and interest in others shone out from him.

***May he rest in peace and rise in glory.***

## Church grants scheme launched to kick start housing plans

**Churches hoping to build affordable homes for their communities on pockets of land they own – or as part of schemes such as rebuilding parish halls– have been invited to apply for grants to pay for expert advice from a new £3.2 million fund.**

Funding of up to £25,000 towards the cost of architect, consultant and other professional fees is available through the Church of England scheme.

The national initiative aims to help parishes and dioceses work towards achieving the goals set out in the *Coming Home* report, from the Archbishops' Commission on Housing, Church and Community. The landmark study called on the Church of England to lead by example in working to solve the housing crisis.

Now a newly formed Church of England Housing Project team is actively seeking parishes interested in developing such homes.

For example, an outdated church hall could be rebuilt to include a few flats above it, or a surplus car park could be redeveloped to provide some social homes.

As one of the team explained: “There are many creative ways to use church land or property to provide housing for people in need, whilst improving community facilities or bolstering parish finances.”





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

# HL HAWES & SON

## FUNERAL DIRECTORS

153 Station Road  
Chingford  
London  
E4 6AG

106 Tanners Lane  
Barkingside  
Ilford  
IG6 1QE

883 High Road  
Leytonstone  
London  
E11 1HR

**020 8559 3235**

**020 8550 4047**

**020 8532 9600**

[www.hlhawes.co.uk](http://www.hlhawes.co.uk)

[info@hlhawes.co.uk](mailto:info@hlhawes.co.uk)



- . Specialist Worldwide repatriation
- . New Jaguar Vehicles

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

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

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

**020 8550 4047**

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

## 6<sup>th</sup> June - St Gudwal, the first Christian in Brittany?

If you would love to be in Brittany for your holiday this summer, then spare a thought for Gudwal, because this obscure 6<sup>th</sup> century Celtic abbot got there before you did. Indeed, Gudwal seems to have liked Brittany so much that he decided to stay on.

When you visit Brittany today, you will find Catholic churches everywhere. Not so in the sixth century – when only the extraordinary range of megalithic monuments dominated the landscape. There were (and still are) passage dolmens, stepped pyramids and stone circles. The best-known site is Carnac, where remains of a dozen rows of huge standing stones run for over ten kilometres. Some of the megalithic ruins in the gulf of Morbihan date back to at least 3300 BC – that is even older than Stonehenge.

Religion was certainly plentiful in Brittany back then. But Gudwal was one of the earliest pioneers of Christianity in the region. He did a bit of 6<sup>th</sup> century 'church planting', too - when he decided to build a hermitage in the middle of all that paganism – probably at Locoal. In time, 188 monks came to join him, and they built a little monastery.

But it was the man himself – his holiness and kindness – that drew people's attention more than the buildings.

A man of deep spirituality and prayer, Gudwal

## People who can't see should not drive!

So says a coroner, following a spate of four deaths caused by drivers who, in one case, could barely see his own steering wheel.

Dr James Adeley, the senior coroner for Lancashire, has said that letting motorists self-certify their fitness to drive is the 'laxest system in Europe', and is highly ineffective. And, until it is changed, road deaths will continue to be caused by drivers with failing eyesight.

Dr Adeley has sent a report to Heidi Alexander, the Transport Secretary, calling for action. He points out that the UK is one of only a handful of countries to use 'self-reporting' of any visual conditions that affect one's ability to drive.

Dr Adeley said: "The current system for 'ensuring drivers meet the visual legal standards is ineffective, unsafe and unfit to meet the needs of society."

The Department for Transport has responded: "The NHS recommends adults should have their eyes tested every two years and drivers are legally required to inform the DVLA if they have a condition which affects their eyesight.

## Our polluted water systems

Raw sewage continues to pour into our rivers and lakes. Water pollution is up by a third, with some 2,487 incidents recorded in the last year alone.

Last year, although firms were given an Environment Agency (EA) target of 40 per cent *reduction* in pollution incidents, instead such incidents rose by 30 per cent *more*. (Figures obtained under freedom of information laws.)

EA figures released in March showed that storm overflows spilled sewage into England's rivers, lakes and coasts for a new high of more than 3.61 *million* hours in 2024.

Meanwhile, water bills are going up by about £86 this year, and water companies face accusations of having let their critical infrastructure crumble over many years.



them do!

*I had to wash and put away the communion silverware, so the church was much emptier by the time I got into my car, but I drove around the corner and ran straight into a traffic jam!*

## A Sunday Traffic Jam

It causes me quite some dismay  
To be held up in traffic this way  
"I want to get home!" I grumble and moan,  
"Don't they know it is Sunday today?" With the  
cars inching forward this morn  
And somebody blaring their horn,  
At length I could see what the problem must  
be,  
And then I was not so forlorn!

No more was I needing to search  
For the cause of this traffic-flow lurch!  
For what they'd been doing, these motorists  
queuing  
Was attending a service in church!

The Merchants of Doom are confounded!  
Their tales of decay are unfounded!  
The story is graphic as told by this traffic –  
Christ's Church is growing unbounded!

Praise God!

## Reported in Audubon Society Magazine:

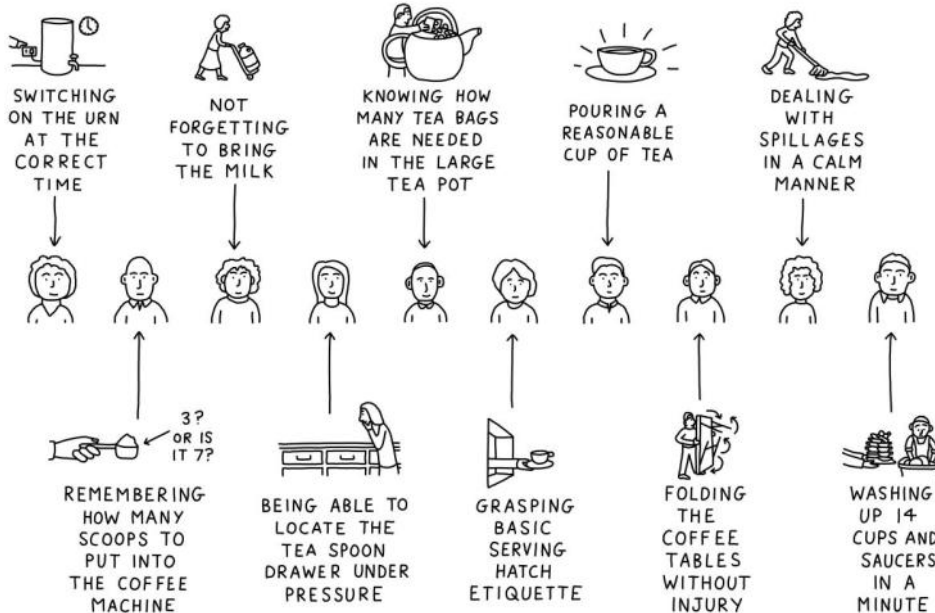
A Mexican newspaper reports that bored Royal Air Force pilots stationed on the Falkland Islands have devised what they consider a marvellous new game.

Noting that the local penguins are fascinated by airplanes, the pilots search out a beach where the birds are gathered and fly slowly along it at the water's edge. Perhaps ten thousand penguins turn their heads in unison watching the planes go by, and when the pilots turn around and fly back, the birds turn their heads in the opposite direction, like spectators at a slow-motion tennis match. Then, the paper reports, "The pilots fly out to sea and turn directly to the penguin colony and overfly it.

Heads go up, up, up, and ten thousand penguins fall over gently onto their backs.

## SKILLS

GAINED OVER A LIFETIME OF CHURCHGOING



## TEA ROTA

### VOLUNTEERS NEEDED

It would be great if **YOU** could volunteer for help with Teas and Coffees after our Service.

**Please make yourself known to any of the church leadership, so that we can maintain our Rota.**

You will be able to serve once every 4 or 5 weeks, and you can "swap" with someone else if you are on holiday or away.

Looking forward to hearing from you !

CartoonChurch.com

## Kitchener and that poster from the First World War by Tim Lenton

Some 175 years ago, on 24<sup>th</sup> June 1850, Herbert Kitchener, the 1<sup>st</sup> Earl Kitchener, was born. This Irish-born British Army officer and politician became Secretary of War during the First World War, when he appeared on an iconic poster asking people to join the army.

Kitchener already had a fearsome reputation, having been responsible for big colonial victories in Sudan and South Africa. He was very widely admired by the British people, though his cool personality and eagerness to push his men to the limit made him disliked by fellow officers. But he was also described as a godly man “who did noble deeds and obtained noble results”.

He had been on leave in England in June 1914 when he reluctantly accepted an appointment to the Cabinet as Secretary of State for War and was promoted to Field Marshal. Most people expected a short war, but Kitchener did not; he went about enlisting a great number of volunteers – a campaign symbolised for most people by Alfred Leete’s poster using Kitchener’s own face with the slogan ‘Your country needs you’.



He organised British armies on a scale never seen before, but he was not to see victory. His life ended suddenly when he was drowned after the cruiser HMS Hampshire, taking him on a mission to Russia, was sunk in 1916 by a German mine. His body was never recovered, and the wreck is now a war grave. His death has been likened to the deaths of President Kennedy and Princess Diana – everyone remembered where they were when they heard the news.

A memorial fund launched by the Lord Mayor of London raised £500,000 to help war casualties and continues today. A Kitchener memorial was built by the people of Orkney on the cliff edge at Marwick Head.

# PENTECOST

## **The ground-breaking marriage of Martin Luther** *by Tim Lenton*

Five hundred years ago, on 13<sup>th</sup> June 1525, German Protestant Reformer Martin Luther married Katharina von Bora, a nun whom he had helped to escape from a convent.

Little is normally written about this phase of his life, but a great deal about him as a theologian and world-changing reformer in the Christian world, which he came to after studying law – a career encouraged by his father Hans, who had done well in copper-refining and was a town councillor.

Luther, however, was prompted by a frightening thunderstorm experience to enter the monastery in Erfurt of the Order of the Hermits of St. Augustine: he changed course and never looked back. The conflicts in which he became involved resulted from what he felt was a lack of spirituality stemming from Rome. His studies and conclusions about salvation as a work of divine grace, and his opposition in particular to indulgences, resulted eventually in the split of the Western church into Catholics and Protestants – of various kinds.

His marriage to Katharina came after he had helped her and several other nuns escape from her convent, hiding among fish barrels on a cart. The other nuns were taken in by their families or friends, but Katharina was left stranded. She refused other offers but was happy to marry Luther; he in turn was happy to marry her because he felt that marriage was honourable, and any insistence on clerical celibacy indefensible.

The marriage was warm and successful, and the couple had six children. Luther's wife proved to be a competent household manager and could hold her own theologically. But her husband's death in 1546, together with legal difficulties with his Will, left her in poverty, and she died six years later at the age of 53, after a fall.

## **15<sup>th</sup> June - Trinity Sunday, celebrating our God who is Three Persons**

Trying to explain the doctrine of the Trinity has kept many a theologian busy down the centuries. One helpful picture is to imagine the sun shining in the sky. The sun itself – way out there in space, and unapproachable in its fiery majesty – is the Father. The light that flows from it, which gives us life and illuminates all our lives, is the Son. The heat that flows from it, and which gives us all the energy to move and grow, is the Holy Spirit. You cannot have the sun without its light and its heat. The light and the heat are from the sun, are *of* the sun, and yet are also distinct in themselves, with their own roles to play.

The Bible makes clear that God is One God, who is disclosed in three persons: Father, Son (Jesus Christ) and Holy Spirit. For example:

Deuteronomy 6:4: 'Hear O Israel, The Lord our God, the Lord is one.'

Isaiah 45:22: 'Turn to me and be saved... for I am God, and there is no other.'

Genesis 1:1-2: 'In the beginning God created.... and the Spirit of God was hovering...'

Judges 14:6: 'The Spirit of the Lord came upon him in power...'

John 1:1-3: 'In the beginning was the Word, and the Word was with God, and the Word was God. He was with God in the beginning. Through Him all things were made; without Him nothing was made that has been made.'

Luke 24:49 actually manages to squeeze the whole Trinity into one sentence. Jesus tells His disciples: 'I am going to send you what my Father has promised; but stay in the city until you have been clothed with power (the Holy Spirit) from on high.'

In other words, the sun eternally gives off light and heat, and whenever we turn to its brilliant light, we find that the warmth and life there as well.



# STRANDED

*Two 1 act comedies*

## ALL BY MYSELF & ALL BY THEMSELVES

WRITTEN BY  
ROBERT SCOTT

FRIDAY 27<sup>TH</sup> JUNE  
SATURDAY 28<sup>TH</sup> 2025  
7.30PM  
(DOORS OPEN 7PM)

TICKETS £10

BOX OFFICE  
WWW.STAPLAYERS.COM  
0203 795 7455

HOLY TRINITY PARISH HALL  
MOSSFORD GREEN  
BARKINGSIDE  
IG6 2BX

STAUGUSTINES  
PLAYERS

@STAPLAYERS

Chelmsford Diocesan Mothers' Union

Invites you to

The Commissioning of

Mrs Maxine Paul

As President

And also of

The Trustees and Chaplain

By the Rt Revd Adam Atkinson

Bishop of Bradwell

On Wednesday 25th June 2025

12 noon

At Chelmsford Cathedral

**Mothers' UNION**  
Christian care for families

Please join us for refreshments  
after the service in  
The Chapter House

St. Alban's Singers Ilford

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

**80**  
**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

VALENTINE SINGERS

Registered Charity No: 1037459

Christine Gwynn conductor Tim Smith piano

Into  
the  
Woods

A musical celebration of woods and nature, featuring  
In Windsor Forest Vaughan Williams  
Into the Woods medley Sondheim arr. Brymer

Saturday 21 June 2025 7:30pm

St Mary's Church

207 High Road, South Woodford E18 2PA

Tickets £15

full-time students/benefit holders £8 under 16s free  
£17/£10 if purchased on the day

Book online at [www.valentinesingers.org.uk](http://www.valentinesingers.org.uk) or phone 01277 364772

**Redbridge Council Fostering Team are recruiting foster carers with transferrable skills to foster children in one of our specialist pathways with allowances of up to £1300 per child per week.**

We are actively recruiting foster carers for three specialist pathways. Please take a look at our video to find out more about the three specialist pathways:

<https://youtu.be/0RxpnJW8Nyk>

The full video can be viewed on our website [www.redbridge.gov.uk/fostering](http://www.redbridge.gov.uk/fostering)

If you have a place in your heart and home to foster a child and would like to join our Redbridge family of foster carers, please call us on 020 8708 6068 or join us on our next virtual information session.

Visit <https://www.redbridge.gov.uk/fosteringfaith> to book a place.

A recruitment poster for Redbridge Council Fostering. The top section is orange with the text 'LOCAL COMMUNITY Fostering REDBRIDGE' on the left and 'London Borough of Redbridge' with a leaf logo on the right. The main text in the center reads 'Do you have the transferable skills to become a specialist foster carer?'. Below this is a row of three images: a young boy in a wheelchair waving, a close-up of a person's face, and a woman holding a baby. The bottom section is also orange and contains the text 'Foster for Redbridge Council', a QR code, the phone number '020 8708 6068', and the website 'www.redbridge.gov.uk/fostering'.

## **21<sup>st</sup> June - Summer Solstice, longest day of the year**

June, of course is the month of the summer solstice, the month of the Sun. *Sol* + *stice* come from two Latin words meaning 'sun' and 'to stand still'. As the days lengthen, the sun rises higher and higher until it seems to stand still in the sky.

The Summer Solstice results in the longest day and the shortest night of the year.

The Northern Hemisphere celebrates in June, and the Southern Hemisphere celebrates in December.



## THE CALL OF A BIRD

I guess we all need inspiration at times. But when I awoke this morning (27th May) it was an uninspiring sort of day. It was not quite raining but there was no doubt it was going to do so, the lady on the TV had predicted it.

I was not inspired by the thought of gardening. That task was fairly well up to date anyway. The armchair beckoned, I could just sit and read or even do a code word but I felt it was not good enough. It would have been so easy to do nothing. Then a little self discipline kicked in, I would go for a bike ride to Fairlop Waters.



There was rain in the air as I set out. The lady on TV was right! I pushed on, somewhat stiffly and perhaps a little reluctantly until I reached the gravel paths of the country park. No motor traffic to worry about here, shrubs, grass and trees everywhere and then the almost magical sound of a cuckoo so soft and yet so distinctive against the background rustle and murmur of the wind in the trees and bushes.

It was surprising to know the miles from Africa that these birds fly just to lay their egg in the nest of a reed bunting, or the like. Me? I had only to cycle a couple of miles to get there while the cuckoo will have flown thousands of miles.

That was the cuckoo's business; mine was to cycle around the lake, a distance of 1.1 miles. Flocks of Canada geese inhabit whole areas, wandering over paths sometimes accepting offers of food from pedestrian visitors or grazing off the incredibly short grass. They get in the way of cyclists, waddling ungraciously aside, grumbling and grunting. Dog walkers also have to be aware of the geese.

Further on the people who had run the Bank Holiday Monday Fair were clearing away their apparatus, lighting compressors still running. Wonder how well they did for customers?

Not many people in and around the Boathouse Restaurant. The rain had become a steady drizzle by now. There would not be many people just wandering about in these conditions!

I continued on my circuit to the completion and headed for home in what was by now steady rain arriving home slightly more than damp, my waterproof jacket only partly keeping me dry.

## GIVING TO YOUR CHURCH

A one-off or recurring gift to Holy Trinity Barkingside PCC (Charity number 1128271);

You can scan this QR code that will take you to our Giving Website.

A regular collection is taken at all Sunday services;

You can give a cash donation or donate by contactless card payment. *Mike Priestman*





## Are bananas really good for you?

On the one hand, bananas offer good things. They count as one of your five a day, carry only about 90 calories, and are packed with the essential mineral potassium (good in lowering blood pressure.) But they are not perfect...

So, here are some pros and cons of bananas:

**Pro:** High in potassium, good for heart health, lowers blood pressure, has Vitamin C, helps digestion, provides energy, full of fibre, cholesterol-free.

**Cons:** Can raise potassium levels too much (avoid them if you have kidney disease), can lead to wind and bloating, cause blood sugar spikes, weight gain, and disrupt sleep.

Overall, experts recommend eating no more than two bananas a day.

## 25<sup>th</sup> June - Maximus of Turin, first Bishop of Turin

When many of us think of a 'Maximus', we remember the popular film *Gladiator* and Russell Crowe starring as a Roman general who ends up as a slave successfully defying the Emperor.

But Maximus of Turin, the first Bishop of Turin, also led a tumultuous life in fighting evil. He had seen violence and suffering when in 397 he witnessed the martyrdom of Sisinnius, Martyrius and Alexander, three missionary bishops in Italy.

The following year, 398, great trouble came to Northern Italy when it was swept by barbarian incursions. Turin soon filled up with soldiers and refugees seeking safety. Maximus challenged the wealthy landowners of the city to use their fine estates and houses to help relieve the suffering of those in need. He also told them not to seek profit from the unrest, but instead to use their wealth to redeem prisoners of war.

All in all, Maximus of Turin risked his own life to act as guardian of the city. One historian has recorded that he "governed his flock wisely and successfully" during those terrible days of invasion, widespread panic and death.

Remarkably, more than 100 of Maximus' sermons still survive. They reveal him to have been a passionate evangelist, standing up to rural paganism, and stressing the importance of Christians knowing their faith. His writings and sermons did much to help the spread and consolidation of Christianity in Northern Italy.

Maximus of Turin even has a link with us: he is thought to have consecrated St Patrick as Bishop, on Patrick's return journey from Rome to Ireland.

**He's so glad he came**

Book your **FREE CONSULTATION\*** Today

**EAR CLEANING & SUCTIONING**  
Hearing loss, blocked ears, ringing, buzzing or vertigo?  
Call or text our experienced team or visit our website to book your consultation\*.  
☎ 0207 175 1802 • 07932 42 72 95 ✉ [www.anpchealthandtravelclinic.co.uk](http://www.anpchealthandtravelclinic.co.uk)

Consultation ear examination & diagnosis	Ear wax removal from ear canal by suctioning	Private prescriptions	Simple ear infection treatment	After care & review	Advice & ENT referrals service	<b>STARTING FROM JUST £59.99</b>
--	---	--------------------------	---	---------------------------	---	--

\*Free Consultation if you have treatment with ANPC Healthcare

**OUR CLINICS**  
**SOUTH WOODFORD**  
11 Lily House, George Lane,  
South Woodford, London E18 1BD  
**EMAIL** [info@anpchealthandtravelclinic.co.uk](mailto:info@anpchealthandtravelclinic.co.uk)  
**FOLLOW US** [f anpchealthcaretravelclinic](#) [@anpc\\_healthcare\\_travel\\_clinic](#)

**ILFORD**  
163A Longwood Gardens,  
Clayhall, Ilford, London IG5 0EG

**Our other services include:** travel vaccinations, child immunisations, blood tests, occupational health clinic, men & women health checks

**ANPC+**  
HEALTHCARE & TRAVEL CLINIC



**EAR**  
Care Clinic  
For adults & children  
\*Over 10 years of age

**EAR CLEANING & SYRINGING**  
**Do you have a build up of ear wax?**  
Book your ear wax removal in a safe and clean environment  
with our friendly experienced Nurses and Health-care Professionals

Consultation ear examination & diagnosis	Ear wax removal from ear canal by water irrigation	Private prescriptions	Simple ear infection treatment	After care & review	Advice & ENT referrals service	<b>STARTING FROM £40</b>
--	--	--------------------------	---	---------------------------	---	----------------------------------

**BOOK NOW** 0207 175 1802 • 07932 42 72 95 • [www.anpchealthandtravelclinic.co.uk](http://www.anpchealthandtravelclinic.co.uk)

**OUR CLINICS**  
**ILFORD** 163A Longwood Gardens, Clayhall, Ilford, London IG5 0EG  
**SOUTH WOODFORD** 11 Lily House, George Lane, South Woodford, London E18 1BD  
**EMAIL** [info@anpchealthandtravelclinic.co.uk](mailto:info@anpchealthandtravelclinic.co.uk)  
**FOLLOW US** [f anpchealthcaretravelclinic](#) [@anpc\\_healthcare\\_travel\\_clinic](#)

 **Longwood Foot Clinic** 

**Chiropody & Podiatry**  
163 A, Longwood Gardens, Clayhall, IG5 0EG

### What we offer

- Routine Footcare
- Corns and Hard skin removal
- Ingrowing toe nail surgery
- Fungal Nails
- Diabetic Footcare
- HCPC Registered Podiatrist
- Practising since 2012
- Member of College of Podiatry
- Easy transport, bus no 462
- Easy parking space
- Home visits available

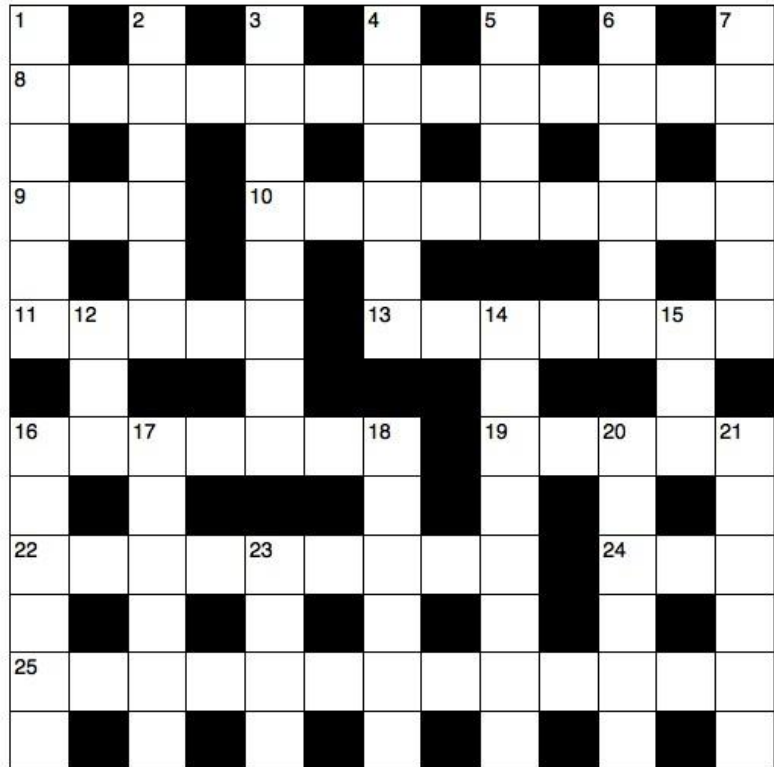
**Tel: 020 8551 6729**

## Across

- 8 Laban complained he had not been allowed to kiss them when Jacob fled with his family (Genesis 31:28) (13)  
 9 In favour of (3)  
 10 'The child's father and mother — at what was said about him' (Luke 2:33) (9)  
 11 Swagger (Psalm 12:8) (5)  
 13 'Terrors — him on every side and dog his every step' (Job 18:11) (7)  
 16 Bay bits (anag.) (7)  
 19 Preach, address an audience, speak in public (5)  
 22 Holy Communion (9)  
 24 'On their way to — out the land, Joshua instructed them, "Go and make a survey of the land"' (Joshua 18:8) (3)  
 25 Joseph advised Pharaoh to appoint these to administer his grain storage plan (Genesis 41:34) (13)

## Down

- 1 'Assyria's pride will be brought down and — sceptre will pass away' (Zechariah 10:11) (6)  
 2 'And Jesus grew in wisdom and stature, and in — with God and men' (Luke 2:52) (6)  
 3 The descendants of Esau (Genesis 36:9) (8)  
 4 The components of the crown that Jesus was made to wear before his crucifixion (John 19:2) (6)  
 5 Colour of cloth which was to cover holy objects in the tabernacle when moving camp (Numbers 4:6–12) (4)  
 6 One of the gold articles plundered from the Midianites offered to the Lord by the Israelite army 'to make atonement' (Numbers 31:50) (6)  
 7 'The fathers have eaten sour grapes, and the children's teeth are set — —' (Jeremiah 31:29) (2,4)  
 12 Ate (anag.) (3)  
 14 'We ourselves... groan inwardly as we wait eagerly for our — as sons' (Romans 8:23) (8)  
 15 Abram's nephew (Genesis 14:12) (3)  
 16 Rupture (Job 30:14) (6)  
 17 'Yet to all who received him... he gave the right to — children of God' (John 1:12) (6)  
 18 'I... asked him the true meaning of all — . — he told me and gave me the interpretation of these things' (Daniel 7:16) (4,2)  
 20 Military units (Exodus 14:20) (6)  
 21 'Joseph her husband was a righteous man and did not want to — her to public disgrace' (Matthew 1:19) (6)  
 23 Diva (anag.) (4)



## Mini is named the best-ever British car

What is your favourite British car? Think of the Land Rover, Aston Martin, McLaren, Bentley and Rolls Royce. Then think of the Mini.

That is what a group of judges for the Auto Express did recently, and they chose the Mini.

Their verdict? "Put simply, we reckon no other British- built vehicle better represents the relevant, innovative and pioneering UK automotive industry quite like the world's original small car."

Phil McNamara, editor at large, Auto Express, adds: "there was only ever going to be one winner of our Top 50 Brit cars rundown. The Mini was crowned undisputed champion."

It was in the late 1950s that the British Motor Corporation (BMC) asked car designer Alec Issigonis to come up with a sub-three-metre compact car that could accommodate a family of four. The result was the Mini, soon beloved of the public, celebrities and even (in a modified version) racing drivers.

The modern version of a Mini Cooper is nearly 90cm longer than the original, and prices starts at about £25,000.



## The Rectory St James the Least

**My dear Nephew Darren**

**On what security cameras in church will tell you**

Much against my better judgement, after a recent series of small thefts, we have installed security cameras here at St James the Least of All. Thank goodness the suggestion for trip wires that opened the gate to Mrs Poppleroy's garden next door, thereby setting loose her deranged Pekingese, was narrowly defeated – though I had to use my casting vote.



So now we have a complete record of everything that goes on when no one is about. It makes such interesting viewing that I have cancelled my television licence and spend every evening watching the antics of my parishioners. I wonder if there is some niche television channel which would be interested; it could help the tower restoration fund no end.

Miss Margison seems to imagine she is now part of some theatrical performance every time she cleans the church; her body language as she wields a feather duster is of operatic proportions, as is her final bow to the cameras as she leaves.

I have at last found the several hiding places where Mr Prentice secretes his bottle of whisky every week when he comes to wind the tower clock.

Colonel Wainwright, who served for some time in the security services, is now worried that photographs of him cleaning the brass will be circulated in Russia. He fails to appreciate that his disguise as a French onion seller, with striped jersey, beret and waxed moustache does tend to make his presence rather more interesting than he imagines – to us, if not to the KGB.

The flower arrangers seem to imagine that we are recording sound as well as pictures and so whenever they are in church together, all gossip is written down and passed round by hand as they work in total silence. So far, they have remembered to take their pieces of paper home with them. One slip and I shall probably learn more about my parishioners in five minutes than I have done in the last five years.

The cameras have also solved the mystery of who has been pilfering the items - and even the nest where they have hidden it. If only I could teach the magpies to extract money from pockets and place it on the collection plate.

**Your favourite Uncle,**

**Eustace**

### **Economy**

The vicar asked a member of his congregation, a banker, why he seemed a bit down. The banker replied: "I'm a walking economy! My hairline is in recession, my stomach is a victim of inflation, and both of these together are putting me into a deep depression."

### **Understand**

Sometimes I think I understand everything - but then I regain consciousness.

### **Life in the Circus**

*A couple who worked at the circus wanted to adopt a child. Social workers had doubts about their suitability, but the couple produced photos of their large motorhome, which was equipped*

*with a beautiful nursery. As for education, not only was there a nanny, but also a full-time tutor to teach the child all the usual subjects along with French, Mandarin and computer skills. Finally, the social workers were satisfied and had only one last question. "What age child are you hoping to adopt?"*

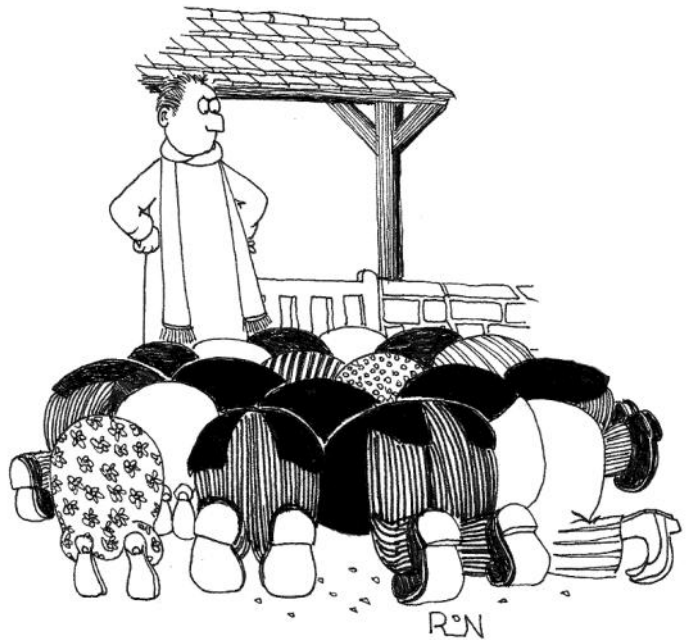
*"Oh, we don't mind at all," the couple assured them. "As long as he or she fits in the cannon."*

### **Sweets**

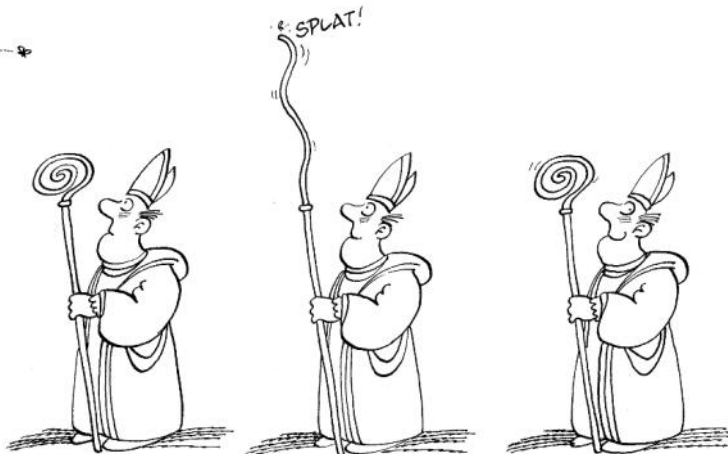
I gave my four-year-old grand-daughter money for sweets and the church collection plate. Later, seeing her enormous pile of sweets, I got suspicious and asked if she hadn't also given some money to God in church that morning. "No," she replied sweetly, "He wasn't there."



"Well, no, I'm not dressing like this to create common ground with today's youth culture – I've always worn a hoody."



Keith was very strict about confetti in the churchyard



			7	8	6	3		
3	4				9			8
			2				7	1
	7				3	1		
9	5	2	4		8	6	3	7
		6	9				4	
4	6				1			
2			8				1	3
		3	5	4	2			

© 2013 KrazyDad.com

*Beware of the new Amazon scam. I asked my husband to order me some expensive jewellery, but motorcycle parts came instead! Thankfully, they fit his bike.*

The new pastor at a country church had some exciting ideas for the future. At the elders meeting he presented his vision with great energy and passion. The senior elder then called for a vote. All 12 elders voted "NAY"; only the pastor voted "AYE."

The pastor was crestfallen, but just at that moment the clouds darkened, thunder rolled, and a streak of lightning burst through the window and struck the table at which they were sitting, throwing the pastor and all the elders to

the ground. As they all got up and dusted themselves off the senior elder said, "Well, that's 12 votes to two then."

### Our next hymn

A visiting minister, seeing the list of hymns chosen for the Sunday service, sent a message to the organist to say that the last hymn (519) did not suit his sermon, and so he wanted it replaced by 213. The organist's message replied: 'In this church the organist chooses the hymns and I will play 519.' The minister shot back: 'At this service I announce the hymns and I shall still announce 213.'

## 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.

### **Open Farm Sunday – 17<sup>th</sup> June**

Do you have any farms near to where you live?

Then this month, they might just provide you with an interesting day out!

For June brings Open Farm Sunday, which can be a "fab-u-lous oppor-tu-ni-ty for the public to dis-cov-er the cru-cial work farm-ers do in pro-duc-ing food, nur-tur-ing nature, and pro-TECT-ing the envi-ron-ment for future generations."

So says the website, [www.farmsunday.org](http://www.farmsunday.org). And on the day, nearly 200 farms throughout the country will be welcoming the public to come and see their farms.

From Inverness to Cornwall, about 170 farms will be putting on guided tours, self-guided walking routes and static displays as part of the event. Visitors will be able to take part in a national pollinators survey. This will involve standing near a crop area for five minutes to count pollinating insects before doing a comparative count in a different habitat.

The day is organised by the group Linking Environment And Farming (LEAF).





Please pray for Holy Trinity's ministry areas,  
and discern whether you feel called to join any of them —  
support and training is given

## **HOLY TRINITY MINISTRY AREAS**

**PLUS LEADERS: PLEASE FEEL ENCOURAGED TO SPEAK TO THEM!**

**Family Fun Zone**, every two months (Christine, Kate & Lorraine)

**Tuesday Drop-In**, Tuesdays 9am-1pm (Maxine, Tricia & Jon)

**Salsa Dancing Classes for the Community**, fortnightly Wednesdays  
7:30-9:15pm (David & Irene and Revs Chris & Kate)

**Stay & Play Toddler Group**, Thursdays 8:45-10:45am (Kate & Ronda)

**Edge Youth Club**, Thursdays 6-8pm (Revs Chris & Kate, Helen)

**Bible Study group**, fortnightly Wednesdays 7:30-9:00pm (Rev Kate)

**Eco Team** (Kaye, Erica, Rev Chris)

**Friends of the Vulnerable** (Revs Chris & Kate, ChrisS)

**Flower Team**, Fridays 10am-12noon (Stephen, Kathleen, Andy)

**Mother's Union** (Tuesday-Drop In / monthly worship service 2nd Tues  
of month / fortnightly Contact Centre on Sat am (Tricia, Maxine, Jon)

**Website & Facebook** (Rev Chris & Mike)

Ministries linked with the 10:30am Sunday worship service

-**Welcome** (Maxine, Hyacinth, Christine, Tricia)

-**Families & Children** (Christine & Rev Kate)

-**Coffee & tea** (Chris Stoneham & Maxine)

-**Sound & Visual** (Nigel)

-**Food Bank** (Mark)

-**Worship** (Rev Kate, Gemma & Mike)

-**Prayer** (Tricia, Mark, Revs Chris & Kate)

-**Sacristan** (Rev Chris & Mary)

-**Holy Communion Assistant** (Revs Chris & Kate)

-**Assistant Service Leader / Preaching** (Revs Chris & Kate)

**NEW in the Community!**

# **Stay & Play**

**Parents/carers  
and their  
children  
0 up to 4yrs**



Snacks and drinks,  
craft, songs, fun &  
friendship

**Thursdays  
8.45—10.45am  
£2 per family; term time**



**Place:  
Holy Trinity Church  
Mossford Green  
Barking, IG6 2BX**

Contact Kate: 07876 318 718



## Ways to give:

- Cash
- Card with contactless payments
- OR Scan this QR code with your phone to take you to our giving website.

## GIVING



One Place East  
Where disability matters

### Redbridge Voluntary Care Good Neighbour Scheme

#### **VOLUNTEERS WANTED!**

**Befrienders . Companions**

**WE ARE LOOKING FOR  
FRIENDLY INDIVIDUALS WHO  
CAN GIVE A LITTLE TIME TO  
SUPPORT THEIR LOCAL  
COMMUNITY**

#### **For More information:**

Call: 020 8925 2435 for a chat  
Email: [info@oneplaceeast.org](mailto:info@oneplaceeast.org)  
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, Barkingside, IG6 2BX

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

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

The Church is open for Private Prayer, and as a Welcoming Space  
Monday, Wednesday & 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.



Facebook



Website

30 April  
14 & 28 May  
11 & 25 June  
9 & 23 July  
Holy Trinity Church  
Barkingside,  
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





## How many steps a day is enough?

Counting steps has, for many of us, become a part of our lives. We feel triumphant when we hit 10,000, and guilty when we notch up less than 2,000 a day.

But daily steps, which are really no more than regular daily exercise, are not just a gimmick.

Medical research has found that your daily step count, especially when taken over years, really can make a huge difference to your health and life expectancy. The Government's official statistics cite physical inactivity as responsible for one in six otherwise preventable deaths.

So how many steps do you need to achieve different levels of protection?

2,000 to 3,000 steps a day – or just over a mile. This can help reduce your risk of heart disease.

4,000 to 5,000 steps – can reduce risk of chronic disease and helps reduce risk of cognitive decline. (People who walked this far were found to have a 25 per cent lower risk of dementia.) As a scientist at the European University of Madrid, said: "This is likely because of improved blood flow to the brain, reduced brain inflammation, better metabolism of glucose in the brain, and an increase in beneficial brain chemicals which stimulate neuron growth."

7,000 to 8,000 steps, about three miles, can provide a 31 per cent lower risk of depression, and it can also lower your risk of cardiovascular disease by 51 per cent.

10,000 steps - about five miles, achieves a wide range of health benefits. But even just 8,800 steps a day has been found to reduce risk of premature death from many diseases by 60 per cent.

As a scientist at the University of Sydney explained: "It's about setting initial targets that are achievable, and then gradually working your way up to more daily steps, as you build up your capacity to handle more activity."

## J A CURRAN

*Gas appliance, service / maintain.*

*Plumbing repairs and maintenance.*

20, Carlton Drive,  
Barkingside.  
IG6 1LU



*Tel:- 020 8220 7157*

*Email:- jacurran@ntlworld.com*

**Thursdays in term time**  
**6pm-8pm**  
**Parish Hall, Mossford Green,**  
**Barkingside, IG6 2BX**  
**For info or to register scan QR**  
**code or email**  
**hello@edgeyouth.co.uk**

**All 9-14 year olds welcome**

THE CHURCH OF ENGLAND  
[www.churchofengland.org/safeguarding](http://www.churchofengland.org/safeguarding)

Promoting  
**a safer church**

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

**HELPLINES**

- NSPCC: 0800 800 5000
- Family Lives: 0800 800 2222
- Childline: 0800 1111
- National Domestic Abuse Helpline: 0800 2000 247
- Stop it Now: 0800 1000 900
- Men's Advice Line: 0800 8010 327
- NAPAC: 0800 801 0331
- Samaritans: 116 123
- National Careline: 0800 0699 784

**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.

Name: Kaye Lerb  
 Role: Safeguarding Officer  
 Tel: 07847 324955  
 E-mail: [ks@holymtrinitybarkingside.org.uk](mailto:ks@holymtrinitybarkingside.org.uk)

Name: Chris Szejnmann  
 Role: Vicar, Holy Trinity  
 Tel: 07804 641931  
 E-mail: [priest@holymtrinitybarkingside.org.uk](mailto:priest@holymtrinitybarkingside.org.uk)

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

Name: Danielle Law  
 Role: Diocesan Safeguarding Adviser  
 Tel: 01245 29 44 44  
 E-mail: [dlaw@chelmsford.anglican.org](mailto: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.**



## Like Father, Like Son *Fathers' Day is the third Sunday in June...*

'Dead Ringer' is the odd phrase we use when referring to someone who looks like somebody else. Sometimes, instead, we say 'spitting image' when we see a likeness or similarity between one person and another.

This month includes Fathers' Day (15th June) and is an occasion when dads are particularly remembered by their children. As far as the boys are concerned, how many have heard someone say 'Oh, you really look like your father'?

One day, Jesus was talking to His disciples and said, "Whoever has seen me has seen the Father" (Jn 14:9) What an amazing statement! Jesus was saying that He was the dead ringer or spitting image of God! At another time Jesus said, "I am in the Father and the Father is in Me." (Jn 14:10) These words must have shocked His hearers, for He was saying that He was equal with God. No one had said anything like this before, but certainly His miracles were proof that He was different. No-one else could do what He was doing. Some people wondered—could He really be who He said He was?

So Jesus attempted to make His position clear and said, "If you knew Me you would know the Father also." (Jn 8:19) The people were being urged to know Jesus more. They had to look, listen and believe. Were His deeds of God or not? They had to decide!

Today, we all stand in a similar position. Who is Jesus? Do we look at Him and say 'Yes, this is God in the flesh' or 'No, He was just a good person — but also perhaps, deluded or crazy?'

Thomas, the disciple with the nickname 'doubter', exclaimed: "My Lord and *my God*" (Jn 20:28). Thomas was convinced that he was in the presence of God, in human form. And when the Apostle Paul wrote to the church at Colossae he said clearly: 'It was by God's own decision that the Son has in Himself the full nature of God' (*Colossians 1:19*). **Like Father, like Son!**

## MONEY MATTERS

For 2024, our **planned giving**: that is via the Parish Giving Scheme; Free Will Offering Envelopes; Standing Order; plus, gift aid recovered; stood at **£42,645**. While this is a consistent level of support, it continues to be significantly below the **Parish Share** commitment, which for 2024 was **£65,733** and to which we were only able to contribute **£55,000**.

This left us facing a shortfall of **£12,355** in regular giving against even the lower pledge, let alone the full quota share, which is a key obligation to the Diocese.

### Parish Share

The Parish Share funds clergy stipends, housing, training for ministry, and other central support services. Meeting this commitment in full is vital to sustaining both our local ministry and the wider mission of the Church of England. The present shortfall places pressure on our broader financial resources and limits our ability to invest in outreach, maintenance, and future growth and importantly to help other churches in the Diocese which are struggling.

### Number of Givers

As at the end of 2024, 23 people gave regularly using one of the above-mentioned means and contribute, on a rolling 12 month average, **£45,876** before gift aid is reclaimed.

For **2025** our Parish Share has increased to **£67,583** and this will mean a shortfall against the regular giving made in 2024 of **£21,707**. As at the end of 2024 there were eighty-three people on the **Electoral Roll** versus 23 regular givers, a delta of 60 people. If the shortfall of £21,707 is divided equally between these 60 people, then this would amount to £362 per person each year, £30 each month, or £8 each week - the price of two coffees.

***Whilst we understand, and very much appreciate, that many people give by donating to the plate as and when they attend and when they can afford, this makes it difficult to budget for high energy costs and the Parish Share and hence it would be really helpful if those of you signing up to this year's electoral roll would consider pledging to give a regular amount, however small.***

**Mike Priestman (Treasurer)**



## 29<sup>th</sup> June - Feast of SS Peter & Paul, the two most famous apostles

### St Peter, 'the Rock'

The two most famous apostles are remembered this month, for they share a feast day. St Peter (d. c. 64AD), originally called Simon, was a married fisherman from Bethsaida, near the Sea of Galilee. He met Jesus through his brother, Andrew. Jesus gave him the name of Cephas (Peter) which means rock. Peter is always named first in the list of apostles. He was one of the three apostles who were privileged to witness the Transfiguration, the raising of the daughter of Jairus, and the Agony in the Garden.

When Peter made his famous confession of faith, that Jesus was the Christ, Jesus recognised it as being the result of a revelation from the Father. He in turn told Peter that he would be the rock on which His Church would be built, that the 'gates of hell' would never prevail against it. Peter and the apostles would have the power of 'binding and loosing', but Peter would be personally given 'the keys of the kingdom of heaven'. Jesus also forewarned Peter of his betrayal and subsequent strengthening of the other apostles. After His Resurrection, Jesus appeared to Peter before the other apostles, and later entrusted him with the mission to feed both the lambs and the sheep of Christ's flock.

Peter played a big part in the early Church, and he is mentioned many times in the Book of Acts, where in the early chapters he organised the choice of Judas' successor, preached with stirring authority at Pentecost; and was the very first apostle to work a miracle. Peter went on to defend the apostles' right to teach at the Sanhedrin, and to condemn Ananias and Sapphira. It was Peter who first realised that Christianity was also for the Gentiles, after his meeting with Cornelius. Later he took a prominent part in the council at Jerusalem and went on to clash with St Paul at Antioch for hesitating about eating with Gentiles.

Early tradition links Peter with an apostolate and martyrdom at Rome. The New Testament does not tell us either way, but Peter being in Rome would make sense, especially as Peter's first epistle refers to 'Babylon', which was usually identified with Rome. Peter's presence in Rome is mentioned by early church fathers such as Clement of Rome and Irenaeus. Tradition also tells us that Peter suffered under Nero and was crucified head-downwards. There is no conclusive proof either way that St Peter's relics are at the Vatican, but it is significant that Rome is the only city that ever claimed to be Peter's place of death.

St Peter was a major influence on Mark when writing his gospel, and the First Epistle of Peter was very probably his. (Many scholars believe that the Second Epistle was written at a later date.)

From very early times Peter was invoked by Christians as a universal saint. He was the

#### The LEGAL STUFF

Holy Trinity Church, Barkingside  
REGISTERED CHARITY No. 1128271 © 2007-2025

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

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

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

#### GENERAL ENQUIRIES

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

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

[parishoffice@holytrinitybarkingside.org.uk](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)

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

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

or phone **07478 187 010**

**VICAR:**

**Rev Dr Chris Szejnmann - 07804 641 931**

**The Vicarage, 36 Mossford Green, IG6 2BJ**

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

**Associate Curate Rev Kate Szejnmann**

[kate.szejnmann@holytrinitybarkingside.org.uk](mailto:kate.szejnmann@holytrinitybarkingside.org.uk)

**Churchwardens:**

**Chris Stoneham, 07828 885 439 / 020 8270 5742**

[chris.stoneham@holytrinitybarkingside.org.uk](mailto:chris.stoneham@holytrinitybarkingside.org.uk)

**Deputy Wardens:**

Maxine Paul

**Parish Safeguarding Officer:**

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

Kaye Larbi 020 8491 8178

**Ordinand**

Mike Priestman

[mike.priestman@holytrinitybarkingside.org.uk](mailto:mike.priestman@holytrinitybarkingside.org.uk)

**Church Treasurers:**

**Mike Priestman & Andrew Gillian**

[mike.priestman@holytrinitybarkingside.org.uk](mailto:mike.priestman@holytrinitybarkingside.org.uk)

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

**Sacristan / Verger:**

(& Organist) Mary Fabb - 020 8550 9694

**Magazine:**

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

**Mothers' Union:**

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

**Music Group:**

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

**Webmaster:**

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

## PARISH DIARY

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

**Sunday 3 August: Service of the Word**

**Sunday 10 August: Service of the Word**

**Creationtide / Season of Creation: 1 September – 4 October**

**Black History Month: 1- 31 October**

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

**Sunday 2 November: 'All Saints' / Service of the Word**

**Sunday 9 November: Remembrance Sunday**

**Sunday 23 November: Christ the King / Women Against Violence Sunday**

**Advent & Christmas**

**-Saturday 29 November: Carol Singing**

**-Sunday 30 November: 1st Advent (start of Advent)**

**-Sunday 7 December: 2nd Advent: Carols by Candlelight @ 6:30pm**

**-Saturday 13 December: 3rd Advent: Christmas Party @ 4-7pm**

