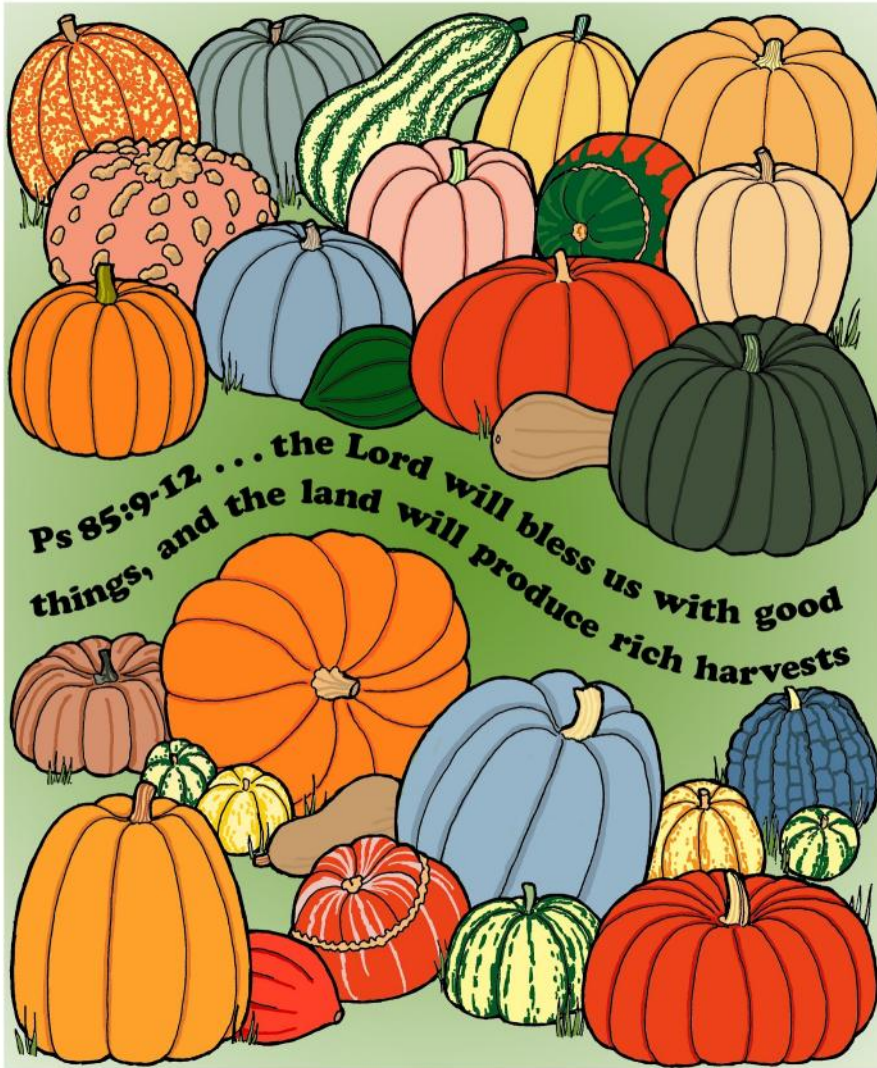


# Trinity Times

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

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## Who We Are

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

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

### Our Services

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

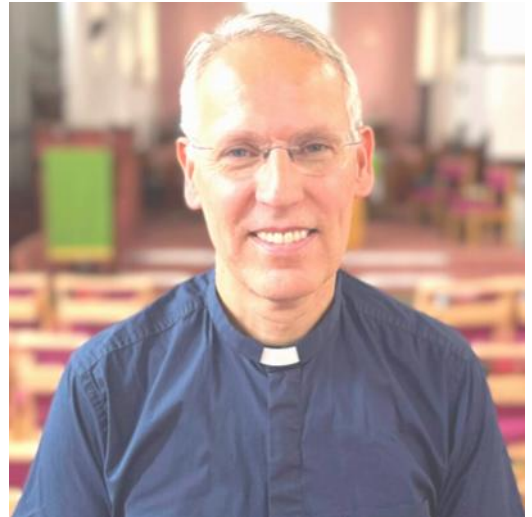
The Church is open for Private Prayer, and as a Welcoming Space Monday,  
Wednesday and Friday 10am - 12noon, and you are Welcome to Join us at our  
Tuesday Drop-In 9am to 1pm in the Parish Hall

## Dear Family,

**I hope this letter finds you well! Are you also upset and horrified by the ongoing and brutal wars we see every day on the News?** Are you also upset by the incredible divisions and hatred between people, or the way populist politicians simplify, scapegoat and stir up divisions and hatred? **It is essential to remind us that there is an alternative to all this. It's essential to remind us about God's Compassion.**

During our fortnightly Bible Studies we are currently focusing on the short but remarkable **Book of Jonah** in the Old Testament. Joining the extraordinary journey Jonah, we ourselves have been pushed to seek answers to key questions about our own relationship with God. Please read it!

When we experienced the desperation on board of the sailing ship threatening to sink in a massive storm, we asked ourselves **"What do WE actually do when we are faced by a situation where there seems to be no way out? Do we then seek God?"** Then, when thinking about the religious background of the pagan sailors who were used to worshipping local Gods, we ourselves reflected: **"To what extent do we also worship certain things in our daily life that prevent us worshipping the ONE and ONLY God?"** We then saw how Jonah's running away from God came to a crushing end in the belly of the fish. We realised that being stripped away from everything else led Jonah finally look up to God. So we too learned that **spiritual ripening often takes place when we focus on God alone and nothing else.**



**And as we live at a time when we are horrified by brutal wars often driven by incredible divisions and hatred between people, we want to remind ourselves and learn from God's compassion.** Not least, because the key problem Jonah has with God – the reasons why he runs away from God in the first place and then is in a strop with God again at the end of the story – is that Jonah does not understand and agrees with God's indiscriminate exercise of mercy and compassion.

Let's reflect: At the beginning of the book Jonah refuses to go to Nineveh. He refuses to have anything to do with sinners – the brutal people who live in Nineveh – so he runs away from God. Any association with sinners – or indeed any thought of showing mercy to sinners – makes him feel deeply uncomfortable. Then, in chapter 2 in the belly of the fish, Jonah encounters God, calms down, recognises God's grace, and then follows God's command and goes to Nineveh to preach justice. But when Jonah then sees that God does not punish the people of Nineveh but shows compassion as a response to their repentance – he is offended again and turns his back on God in a massive strop. Clearly, he wants God to destroy them, whether they repent of their sins or not.

In fact, Jonah is so unhappy that he rather lose his life than have anything to do with a God who, as he says in chapter 4 verses 2, is "gracious and compassionate". But note how God responds to stroppy and self-righteous Jonah – God asks in verse 4: "Is it right for you to be angry?" In other words, God gently asks Jonah to reflect about showing more heart to others.

In fact, **God is so gentle and patient with Jonah** that later on he makes a shade plant grow up quickly so that Jonah stays comfortable in the sun. Only when Jonah just does not show any ability to listen and to reflect, and he stubbornly maintains his self-righteousness, God is a little blunt with him. God basically tells Jonah at the end of the book that he has more concern about this plant that gave him shade, than all the people living in Nineveh – 120,000 individual human beings and all their animals. So, if we step back and look at the whole story, one could argue that God actually tried to teach Jonah one crucial thing all the way: not to meet other people with





contempt – whether they are ungodly or have a murderous background – but with compassion and love. **God challenges Jonah to look at other people with compassion.**

**So what can WE learn from this? I wonder whether God is not also asking us to look at other people – even those with deeply opposing beliefs and practices – with love and compassion?** Isn't that what is needed, in particular in the world we live today, which is marked by polarisation and hatred of the other. Maybe we have to remind ourselves daily of the deep compassion Jesus showed towards everyone he met – especially those who are excluded and face disadvantages – he wept with them, he felt hurt with them.

**Let's Pray: Father we thank you for your wonderful compassion for everyone. We ask you to help us overcome our self-righteousness. We ask to understand more fully the gift of your grace. We ask to see the compassion and love of your son Jesus Christ towards all people, but in particular the marginalised and needy, as a model for us. Amen!**

**Every blessing,**

**Fr. Chris**

### **Families are living in 'daily anxiety' about finances, says Christians Against Poverty**

Many parents on low incomes are worried about how they will cope financially this winter.

A recent report from CAP, *Child Poverty: Insights into the real challenges families across the UK are facing*, found that "the weight of responsibility and pressure to provide for children is a heavy burden" for many, and that "parents sometimes go without, so their children have what they need."

One of CAP's clients, Nicole, admits that "I used to have to skip meals sometimes so they could eat, and I'd just have some of the leftovers. Being in debt takes over your life. A lot of anxiety comes with it. I used to have physical panic attacks."

CAP's policy and public-affairs manager, Juliette Flach, says: "Families and single parents' financial situations and incomes can change significantly over time. Job loss, a relationship breakdown, or health issues can all mean some parents who could once afford the basics for their children may no longer be able to."

### **A PRAYER FOR BLACK HISTORY MONTH**

Compassionate God,  
who sent Jesus Christ to deliver us  
from all manner of injustices and inequalities,  
create in us new hearts and enlarged visions,  
to see the image of God in every person  
irrespective of background, race and ethnicity.  
May we be generous in our love of others  
as we work towards ending racism and injustice;  
creating communities of human flourishing,  
through Jesus Christ your Son our Lord,  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever.  
Amen.



**Bishop of London Dame Sarah Mullally**, a former nurse, has been named as the next Archbishop of Canterbury - the first time a woman has been appointed to the role in the Church of England's history.

The announcement comes almost a year since Justin Welby resigned from the role as spiritual leader of the Church of England (CoE) due to a damning review into its handling of a sexual abuse scandal. It is the first time an archbishop has been chosen since women were allowed to become bishops in 2014.

Dame Sarah addressed Canterbury Cathedral, where she emphasised the importance of faith "in our fractured and hurting world", condemning the "horrific violence" of the [Manchester synagogue terror attack](#).

She said the Church of England has a "responsibility" to stand with the Jewish community against antisemitism, adding: "Hatred and racism of any kind cannot be allowed to tear us apart." The archbishop-designate also promised to tackle safeguarding failures in the Church, saying the "dynamics of power" must be confronted. "As a Church, we have too often failed to recognise or take seriously the misuse of power in all of its forms," she said.

"As archbishop, my commitment will be to ensure that we continue to listen to survivors, care for the vulnerable, and foster a culture of safety and wellbeing for all. "This will not be easy. Our history of safeguarding failures has left a legacy of deep harm and mistrust, and we must all be willing to have light shone on our actions, regardless of our role in the Church." She added British society is "wrestling with complex moral and political questions", referring to the right to die, migration and national identity.

"The legal right of terminally ill people to end their own lives, our response to people fleeing war and persecution to seek safety and refuge, the pressures on communities who have been overlooked and undervalued, the deep-rooted question of who we are as a nation, in a world that so often seems on the brink," she said. Read more: [Who is Sarah Mullally?](#)

The 63-year-old is married to Eamonn Mullally, with whom she has two children. Originally from Woking in Surrey, she was the UK's chief nursing officer from 1999 to 2004. In 2005, she was made a Dame Commander of the British Empire for her contribution to nursing and midwifery. Before being elected as the 133rd Bishop of London in 2018, she was Bishop of Crediton, a post she held for three years from 2015.

Prime Minister Sir Keir Starmer said: "The Church of England is of profound importance to this country. Its churches, cathedrals, schools, and charities are part of the fabric of our communities."

## A Prayer for October

Dear Lord and Creator of all things,

In this fast-moving and high-tech world, help us to slow down – just occasionally – to notice the rhythms of Your creation; the beauty of the colours of autumn; the annual ritual of falling leaves and darkening evenings. All part of Your cycle of the year that we often take for granted.

And yet Lord, there is evidence of changes in our climate – extremes of temperature, droughts, floods and wildfires. There is evidence that our behaviour might be responsible for damaging Your world. Lord, we thank You for Your goodness and faithfulness and grace to us. We are sorry when we get things wrong. Thank you for sending Jesus to show us the way to be in a right relationship with You. Help us to put our trust in Him and as part of living Christian lives, to accept our responsibility for caring for the world You created.

In Jesus' name, Amen *By Daphne Kitching*



*As the dark nights close in, and the season of  
Hallows Eve, All Saints, and All Souls arrives,  
here is part of an ancient Celtic prayer from  
Benbecula asking for God's provision,  
redemption and protection from evil.*

### **The Gates of the Kingdom**

Give us, O God, the needs the body feels,  
Give us, God, the need-things of the soul;  
Give us, O God, the balm which body heals,  
Give us, God, the soul-balm which makes  
whole.

O great God, thou who art upon the throne,  
Give to us the heart repentance true,  
Forgiveness give us of the sin we own, -  
The sin inborn and the sin we do.

Give us, O God, a yearning that is strong,  
And the crown of glory of the King;  
Give us the safe home, God, for which we long  
In thy kingdom's lovely gates to sing.

May Michael, archangel warrior white,  
Keep down hostile demons of the fall;  
May Jesus Christ MacDavid guide our flight  
And give lodging in His peace-bright hall.

*Ancient Celtic prayer*

### **A Helping Hand**

There is much we can do just to brighten  
This world of all take and no give,  
There's a great deal that we can contribute  
Through the everyday lives that we live.

By supporting one's elderly neighbours  
Or through lending a hand in some way  
It's by taking a bunch of spring flowers  
To someone to brighten their day.

It's by sparing a few precious hours  
In the service of those most in need  
It's all about setting a standard  
And trying to give others a lead

It's the way that we tend to treat others  
And help and aid folks in distress  
In the care and assistance we offer  
That will set us apart from the rest.

The choice that we face is quite simple  
The rewards plain for all men to see  
As you did all of this to My brother  
Then said Jesus, you did it to Me.

*By Colin Hammacott*

## **Charles Schulz Quotes**

All you need is love. But a little chocolate now and then doesn't hurt.

Sometimes I lie awake at night and I ask, "Is life a multiple choice test or is it a true or false test?" Then a voice comes to me out of the dark and says, "We hate to tell you this but life is a thousand word essay."

"Maybe I can put it another way... Life, Charlie Brown, is like a deck chair." "Like a what?" "Have you ever been on a cruise ship? Passengers open up these canvas deck chairs so they can sit in the sun... Some people place their chairs facing the rear of the ship so they can see where they've been... Other people face their chairs forward... They want to see where they're going! On the cruise ship of life, Charlie Brown, which way is your deck chair facing?" "I've never been able to get one unfolded."

Only in maths can you buy sixty cantaloupes and no one asks what on earth is wrong with you.

Sometimes I lie awake at night, and ask, "Where have I gone wrong?" Then a voice says to me, "This is going to take more than one night."

I have a feeling that when my ship comes in I'll be at the airport.

Exercise is a dirty word. Every time I hear it I wash my mouth out with chocolate.

In the Book of Life, the answers aren't in the back.

## **Bible Sunday – 26<sup>th</sup> October** Canon Paul Hardingham considers why Christians put such a high value on the Bible.

At the recent Coronation the King was given a Bible with the words *'the most valuable thing that this world affords'*. As Bible Sunday is celebrated this month, let's ask why we should read the Bible?

The Bible isn't a single book, but a library of 66 books, composed by some 44 writers over 1500 years in a range of styles including history, poetry, prophecy, letters and apocalyptic (looking at the end times). Despite having a number of different writers, it claims one authority - God Himself! *'All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the man of God may be thoroughly equipped for every good work'* (2 Timothy 3:16). The Bible is inspired (*'the word of God in the words of men'*) and equips us to live for God in every aspect of our lives. We also have the promise of the Holy Spirit to guide us when we read: *'when the Spirit of truth comes, He will guide you into all truth'* (John 16:13).

### **How should we read the Bible? Let's consider the following guidelines:**

**Right time:** We need a regular routine, which will meet our needs. This will vary according to our circumstances: e.g., a mum at home with young children, somebody with a demanding job or a retired person.

**Right Place:** We need to find a space where we can be undisturbed (e.g. lounge, bedroom, train or kitchen).

**Right Version:** We need a version of the Bible which we can readily understand and use. A number of versions are available (e.g. NIV, The Message), as well as Bible apps we can access on our phone.

**Right Help:** Reading notes also help us to understand a passage and apply it to our lives.

Let's get reading!!

## **Don't Mess with us Wrinklies !**

My Nan went into the bank with her card and waited at the counter.  
When she got there she gave her card to the young lady and asked for £20.  
The young girl so No as it was a small amount, she would have to use the machine.  
Nan said she was unsure of using the machine would the young lady help her.  
Rather rudely she said no she only dealt with large amounts and the instructions were very clear to understand on the machine.  
Nan then asked if she wanted a larger amount could the young lady do this. She said if it was in the account then she could.  
Nan then asked to take out £3,000, the girls smiled for the first time and gave it to her.  
Nan counted it , peeled off £20 and put it in her purse. She then said to the girl I would like to deposit £2980 into my account.

Regards Iris Burton

## **Special Thanks**

A Methodist minister in a little Georgia town was known to a few folks to have a fondness for alcohol. One Saturday a parishioner knocked at the parsonage door. He held up a large bottle of homemade peach brandy and told the preacher, "Reverend I'd sure like to give you this, but there's one condition: You must thank me from the pulpit tomorrow morning."

The preacher thought about it for a moment and agreed. The next morning he strode to the pulpit and announced, "I really want to thank Brother Roberts for the lovely gift of fruit he brought by the parsonage yesterday and especially for the spirit in which was given."



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## **Loyalty:** *Lester Amann considers faithfulness*

In Edinburgh, the capital city of Scotland, stands Greyfriars Graveyard. In 1858 a faithful dog called Bobby followed the remains of his beloved master to this cemetery. Here the dog stayed on or near the graveside until his death, 14 years later.

This is a story about loyalty. More poignantly, many people have devoted themselves to others through all kinds of circumstances. It's amazing what some people have gone through in giving their lives to someone to ensure their comfort, safety, and well-being.

There are numerous examples of loyalty in the Bible. The widow Ruth refused to return home to Moab to be with her people. Instead, she committed herself to staying with her mother-in-law, Naomi, whatever happened.

The young David, many years before he became king, and Jonathan the son of King Saul promised to look out for each other no matter what ill befell them.

Moses was faithfully loyal to God. They spoke with each other as if they were friends! He served God endlessly despite the frustrations of leading a vast crowd of people through the desert for 40 years.

What about us? How loyal are we to God? A difficult question, when so much can sway our eyes, our minds, emotions and behaviour in a world that thinks it doesn't need a faithful and loving God to care for them! It's easy to be loyal when times are good, but a different thing when hardships surround us.

Do we ever feel uncomfortable singing hymns about courage, obedience and service? Some provoke a challenge. Do we *really* mean all the words we sing? Consider the popular hymn *Jesus I have promised to serve Thee to the end*. It is a stirring declaration of faith, with prayer requests that we be steadfast in all circumstances. While it is good to sing hymns about loyalty, we should also endeavour to work out what our commitment to God really entails.

Jesus made some testing statements about loyalty, and warned His hearers about weighing up the pros and cons before following Him. Jesus said 'Take up your cross'. This challenging phrase is the ultimate test of our devotion and dedication to Him.

Loyalty in all relationships is a joy to behold, but no loyalty is greater than our loyalty to the Lord. Fortunately, God knows our weaknesses and will always pick us up when we stumble and will forgive us when we fail. After all, Jesus is 100% loyal to us and promised "I will never leave you and never forsake you." **Amen to that!**

## **How olive oil could help prevent dementia**

If you have more than half a teaspoon of olive oil a day, it may cut your risk of dying from dementia by 28 per cent, a recent study by Harvard University suggests.

But nobody knows quite why. Some experts say it may be that the antioxidants in olive oil can pass through the blood-brain barrier, which may have a direct effect on cognition.

One doctor explained: "Opting for olive oil, a natural product, instead of fats such as margarine and commercial mayonnaise, is a safe choice and may reduce the risk of fatal dementia."

There are estimated to be 944,000 people living with dementia in Britain, with the majority suffering from Alzheimer's. The number is expected to increase to more than one million by 2030, with one in three people born in the UK this year expected to develop dementia in their lifetime.

The condition costs the country £34.7 billion annually and is now the leading cause of death. Sadly, there are currently no licensed drugs that can slow down or repair brain damage.



## As Halloween approaches...

Have you ever wondered what a Christian is to make of the unseen world of evil and the occult? Where do evil spirits come from, anyway?

The Bible takes the unseen world of evil spirits very seriously indeed. It tells us clearly that evil spirits were once part of the created angelic order (Genesis 6). They were not created as evil beings, for all of God's original creation was good (Genesis 3:1). The Bible relates how a number of angels, headed by Satan, or Lucifer, rebelled against God's authority and fell (Isaiah 14:12-15; Ezekiel 28:11-19).

Satan, who disguised himself as the serpent in Eden, is leader of the fallen angels, and opposes himself to God. But evil and good are not co-equal! Thus, the idea of 'dualism' (belief in the equal and permanent existence of evil alongside the good) has no place in the Bible. Unlike goodness, evil has a beginning and an end. Satan's final destruction is already assured (Revelation 12:12; 20:10).

So, what is the world of the occult, then? The word 'occult' comes from the Latin: *occultus*, 'secret', 'hidden', and is our intrusion into the forbidden territory of superstition, fortune telling, magic and spiritism. Its downfall one day is promised us through Jesus. His early ministry established a bridgehead against the evil unseen world: no wonder the hostile, and sometimes violent, reaction of the demons! (Mark 1:23-27; 32-34).

But Jesus had no fear of demons, and neither should you, if you are a Christian. Further, it is important not to become obsessed with the unseen world – don't let it intimidate or fascinate you. Occult films can have deeply disturbing after-effects on people. Avoid them. A Christian has better things to think about.

While the occult world is certainly there, we are wise not to imagine, as some do, that every sin we commit, every bad habit, illness or misfortune we meet is due directly to an attack on us by Satan himself, and that therefore we need to be 'exorcised'. Terrible damage has been done in this regard by Christians who mean well but who are uninformed.

The kingdom of spirits is real, but so too is Christ's authority. Before Christ, the spirits shrink and retreat. Magic spells and charms have no power over the true Christian (provided we do not open ourselves to their influence) for "the One who is in you is greater than the one who is in the world." (1 John 4:4)

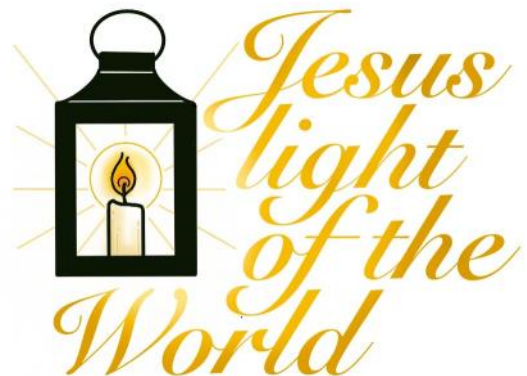
If ever you are frightened by anything occult, remember some sound biblical advice: resist the devil, and he will flee from you. (James 4:7). But remember, a Christian has no business dealing in anything occult. All occultism is to be ruthlessly shunned (eg Leviticus 19:31; 20:6; 1 Samuel 28; 1 Chronicles 10:13; Isaiah 8:19,20; Acts 19:18-20.)

The demonic world is very real, very powerful, but it is also already doomed and defeated. (Colossians 2:15; Hebrews 2:14,15). Why? Because the death of Jesus Christ has achieved this victory.

So – be confident in Christ, but not complacent in your everyday life. Satan's kingdom is alive and well in this present world, and it will still not admit its defeat at the Cross.

The final destruction of all things occult will not come until the return of Christ.

**"Light Party " - Saturday 8th November  
Everyone is Welcome!!**



## Stewardship Sunday

Autumn brings Harvest, and with it, our gratitude to God for all that we have.

Alongside this, many churches hold a Stewardship Sunday, the day when a church congregation can take time to commit their financial giving back to God. While specific dates vary by church, it's often the second Sunday of the month.

Stewardship Sunday often involves prayer, reflection, and sometimes a Stewardship Fair to learn about parish organisations and ministries that need their support.



"Good news on the lottery-funding for the organ repairs, Vicar – three of our numbers came up for £25!"

### 1<sup>st</sup> October Remigius, praying for ill children

If you've ever prayed for the ill children of non-Christian friends, then you are following in the steps of Remigius (d.533).

Remigius was bishop of Reims late in the 5th century, and the king's son was ill. The queen, Clotild, was a Christian, but the king of the Franks, Clovis I, was not. Then Remigius prayed for their ailing son, and he was healed. The king was so overwhelmed with gratitude that he decided to acknowledge and honour the Christian God.

In his enthusiasm King Clovis seems to have turned his royal household into something akin to the aftermath of a Billy Graham rally/Alpha course, for he commanded that all 3,000 members of the royal household and followers become Christians at once, and that they all be baptised.

Under the protection of King Clovis, Remigius carried on preaching the Gospel throughout the Frankish kingdom. He did some extensive church-planting - founding bishoprics and churches - and was greatly loved by the people up to his death in Reims in 533.

### 4<sup>th</sup> October St Francis and the Life of Simplicity

Just about the only thing most people know about Francis of Assisi is that he talked to the birds. Church-goers also know the popular hymn based on his famous prayer, 'Make me a channel of your Peace', which was sung at the funeral of Princess Diana.

However, Italy's patron saint, whose feast day is this month (the 4<sup>th</sup>) was a more complex, and some would say controversial character. His life spanned the end of the 12<sup>th</sup> and beginning of the 13<sup>th</sup> centuries. He was born into a very wealthy family, but after what he called his 'conversion' standing before a crucifix. He renounced all his possessions. In fact, he stripped himself of his of his wealthy garments in a public square in his hometown, Assisi. For the rest of his life he and his followers, including his feminine counterpart. St Claire longed, prayed and worked for a life of simplicity – a lifestyle without luxury or privileges. For the Franciscan brothers and the Poor Claires. This meant no private possessions at all. Francis saw that many poor people without these things, actually seemed to live happier and more fulfilling lives than the ambitious rich. He spoke of a simple life not shaped by money or power but by love and mutual concern. As his hymn says, 'it is in giving of ourselves that we receive'.

Of course, poverty; in our modern western world is seldom a matter of blissful simplicity, as present-day Franciscans recognise. For too many it is a matter of poor diet, over-crowded rooms, rough sleeping and unemployment. The call of today's followers of Francis and Claire is that those who are better-off should 'live more simply, so that others can simply live'. Christians follow a Master who said that He came with 'good news for the poor'. They believe that many of us today can be that good news.

## 11th October

## James the Deacon

James the Deacon is the saint for any lay person who has stepped in to lead their church when the clergy are far away.

In fact, an historian has called James the Deacon 'the one heroic figure' in the Roman mission to Northumbria. No wonder – in a time of political chaos, with the king murdered and even the bishop fleeing for safety, James the Deacon stood firm.

It had begun when Pope Gregory the Great sent Paulinus, Bishop of York, to take Roman Christianity to Northumbria. James the Deacon, almost certainly an Italian, was among those who went with Paulinus.

The mission began well, and Edwin the king of Northumbria was converted. Roman Christianity in Northumbria took root and began to grow. But then in 633 Edwin fell in battle with Penda, the ruthless pagan king of Mercia. A pagan backlash began. The queen and her son fled for Kent, with the bishop Paulinus going south with them.

All that was left of Roman Christianity in Northumbria was James, now a solitary deacon.

But James was made of stern stuff, and despite the danger from Penda, James stayed on at a village near Catterick, often risking his life as he cared for the Christians and continued to preach the gospel.

His success was discovered when the Northumbrian mission returned five to ten years later and found an active Christian community still in Northumbria. James had been a faithful servant.

After Penda died, and Christian rule was re-established in Northumbria, James turned to teaching music, especially Gregorian Chant, to the fledgling churches in the region. Bede praised him for his honour and integrity. James was present at the Synod of Whitby in 664, which met to discuss the differences between the Celtic Northumbrian Church of the North, and the Roman Church of the South.

When James died sometime after 671, he was deeply mourned by the ordinary Christians of Northumbria, both Celtic and Roman. He had never deserted them.

## 12<sup>th</sup> October

## Elizabeth Fry, prison reformer

Elizabeth Fry had endless compassion and endless energy – and together with a steadfast determination to do God's work, this outstanding philanthropist became one of the foremost promoters of prison reform – not just in Britain, but in all of Europe.

Elizabeth was born in 1780, far from any prison. The family lived in Norwich, where her father was a wealthy Quaker banker and merchant. In 1800 she married a London merchant, Joseph Fry. Elizabeth could have spent her life safely at home, raising her many children. But instead, she felt compelled to help the desperate social needs of the time.

There was a good reason for this. Back in 1798, when she had been attending a Quaker meeting in Norwich, someone had spoken what Elizabeth felt was a prophetic word for her life. As she noted in her diary at the time:

'Deborah Darby then spoke... she addressed part of it to me; I only fear she says too much of what I am to be. A light to the blind; speech to the dumb; and feet to the lame; can it be? She seems as if she thought I was to be a minister of Christ. Can I ever be one? If I am obedient, I believe I shall.'

And she was.

Elizabeth was accepted as a Quaker 'minister', and her good works in London began.

But it was not until one day in 1813, when she visited Newgate Prison in London, that Elizabeth's life changed forever. That day she witnessed such horrors of the circumstances in which women and children were kept, that she knew she had found the focus for her life's work.

Soon her daily visits to the prison, where she read the Bible and taught the women to sew, grew into a campaign to achieve basic rights for the women prisoners. She fought for the classification of criminals, the segregation of the sexes, female supervision of women, and some provision for education.

In 1820 Elizabeth tackled the huge problem of destitution in London. She opened a 'Nightly Shelter for the Homeless in London', which became the first of many. She founded a society to help released prisoners with rehabilitation. And she was certainly a 'hands-on' sort of lady; it was said that for the next 20 years she personally inspected every single ship containing women convicts before it sailed to Australia.



## Is now a good time to grow old? *By the Revd Peter Crumpler*

"Don't grow old," a parishioner of advanced years warned me some while back. "You won't like it."

Sadly, that dear woman is no longer with us, and I'm a whole lot older than when she offered me that kind advice. But was there wisdom in her words?

It's true that generally people are living longer and in better health than in generations before, but there are increasing challenges for older men and women in our society.

My friend, Maggie Dodd is an 'Anna Chaplain' for older people. She is one of around 300 such chaplains up and down the country. They spiritually support people – of strong, little or no faith – in care homes, sheltered housing or in their own homes.

Maggie has told me how life is becoming harder for older people, and we've swapped notes on what we have both observed.

She told me: "Some of the basic services older people need are becoming more difficult to access. I hear about doctor's surgeries asking for patients to print out their own forms or send photos to or from smartphones. Banks are phasing out high street branches, pushing everyone towards online banking. Many older people feel very uneasy about going online, worried of being scammed out of their savings.

"A trip to the shops is also becoming more complicated. Checkouts in supermarkets are increasingly self-service. Mobility can also be affected as car parks often need an app to be uploaded onto a smartphone to park. In many car parks there is no option to pay by card or cash!"

Plans to remove the ticket offices at train stations will make matters worse for many older would-be rail travellers.

Maggie told me "This gradual marginalisation of people can leave them feeling lonely and isolated. Loneliness can have a huge detrimental effect on health and wellbeing. Prolonged social isolation and loneliness are the equivalent of smoking 15 cigarettes a day."

It's good that many churches run special events and activities for older people, as well as groups for all ages. But is this enough? Christians are called to follow Christ's example and speak out for at risk of being marginalised in our society.

Today, that could be our older brothers and sisters.

### 24<sup>th</sup> October

### Felix of Thibiuca, the man who would not give up his Bible

Do you value your Bible? If so, Felix of Thibiuca (247 – 303) is a good patron saint for you. The year was 303, and Diocletian was emperor in Rome. In February of that year he decided that Christians were NOT a good thing. So, he issued an edict: all copies of the Christian Scriptures and all liturgical books were to be surrendered and burnt. Diocletian had decided to 'wind up' this upstart religion.

The persecution began in Rome. By June of that year, the edict had reached North Africa, and Thibiuca, where Felix was bishop. Felix was arrested and interrogated. Yes, he said, he did have a copy of the Scriptures. No, he said, he would not hand them over.

Felix was a highly respected bishop, and even the authorities were loath to take immediate action against him. So, they gave him three days grace to see sense, and back down. But Felix prayed and became only more certain that this was a conflict between the commandments of God and the commandments of men.

At the end of the three days Felix was referred to the proconsul. He still refused to hand over his Scriptures. His last words in public were memorable "God, I thank you. I have passed 56 years in this world. I have preserved my chastity; I have observed the Gospels; I have preached the faith and the truth. Lord God of heaven and earth, Jesus Christ, I bend my neck as a sacrifice for you, who abides for ever." He was condemned to be beheaded at Carthage, and so became one of the first martyrs to die under Diocletian.



## Go Green

A new pilot scheme from the Church of England is helping churches double their money for carbon-cutting projects.

*Give To Go Green* is a match-funding pilot project from the Church of England's Net Zero Programme, working with churches to double locally raised donations, to help pay for carbon reducing projects.

The scheme was first piloted over a six-week period earlier this year in the Dioceses of Leeds and Exeter and helped 27 churches raise £162,155 for small scale net zero projects.

£140,113 was awarded in addition from Net Zero Programme match funding on offer. More significantly, 70 per cent of the churches raised more than their target amount, some by 200 per cent.

The scheme has since been expanded into a second pilot – with fundraising due to start in September in the Dioceses of Chester, Derby, Exeter, Leeds, Sodor and Man, Southwark, St Edmundsbury and Ipswich and Winchester.

Through a targeted digital fundraising campaign, churches can raise up to £10,000 to fund small 'quick win' projects such as LED light installations, insulation or a new heating control system.

This will then be matched in funds by the *Give to Go Green* scheme made available by the Church of England's Net Zero Programme.

## Persecution continues in Russia

In Russia, an outspoken Christian preacher is facing trial for posting a question on social media. And in occupied Ukraine, a Christian woman could be jailed for up to ten years for remarks made in a prayer meeting.

'Both cases reflect the rising persecution of Christians in Russia and in Russian-occupied Ukraine,' says Paul Robinson, the CEO of Release International, which supports persecuted Christians around the world.

'Christian leaders have been tortured, disappeared, and murdered for taking a Christian stand, in what looks worryingly like a return to the bad old days of Christian persecution under the Soviet Union.'

Eduard Charov, a Russian preacher with Orthodox and Pentecostal roots, posted online the question: 'Would Jesus Christ have gone to kill in Ukraine?'

He is set to stand trial on charges of discrediting the Russian armed forces and is expecting a prison term. In the meantime, he has been forbidden from leaving his home district or from using

A chicken and a pig were walking by a church where a gala charity event was taking place.

Getting caught up in the spirit of the fun, the chicken suggested to the pig that they each contribute to the meal. "Let's offer them ham and eggs!"

"Not so fast," said the pig. "For you, that's a contribution. For me, it's a total commitment."

## TURBULANCE

We gave up, years ago, any aspirations of holidays abroad. And then after years of West Country holidays, we now usually head east towards the sea.

This year we had booked accommodation in Bawdsey. It is situated on the other side of the of the estuary of the river Deben to Felixstowe. Our digs are fine, containing interesting artifacts, some perhaps personal to the original house owner, as well as bookcases full of literature through the ages.



On arrival we were please to see moored boats bobbing in the water. It was going to be our constant picture, a maritime, moving picture.

We were yet to see Mother Natures tantrums, her intrusion on our quietude. A stiff breeze sprang up. Foliage began to flail, moored boats began to tug and sway. Before long the breeze had become a very strong wind, perhaps gale force. Now the bushes and trees danced to the full force of the wind. The boats pulling ferociously at their anchored ropes and chains. A tree branch in our own back garden fell.

It is worth reflecting that these powerful winds were once the means by which the world was travelled and new lands discovered. From faltering starts mankind had gradually learned to use wind power to drive ships and grind flour.

Like most thing there can be too much. Too much wind initiates weather warnings: too much wind can be damaging. And yet many a yachtsman wishes for a full sail,

As I look out on the sea now it is relatively calm, boats are gracefully drifting on their mooring ropes, boat owners are no longer fearful watching their moored crafts.

Meanwhile Bawdsey metaphorically nods back to sleep, a calm weather, calm sea, sleep. And yet Bawdsey has had its moment of fame. It was the first place where the then new Rada technology was used. Three great masts had been erected during the war to detect oncoming enemy aircraft. One mast still stands as a commemoration that achievement.

The temperature has dropped, wind is busily tugging at plants and trees. Whooshing and howling - yes it is time to hibernate.

Fortunately for us we have booked a house by the sea where we can watch boats fidgeting at anchor, anxious to be off in the wide seas, seeking out distant lands.

It is as if the house is specially prepared for the privations of bad weather, it is packed with book cases, shelves of adventures, volumes of information.

As I write I can glance to my right and see The Oxford Dictionary of Nursery Rhymes. I might flick through that later. Tucked away, almost out of sight is a book by Daniel Farson. Wasn't he on TV years ago, famously walking off set, annoyed at the person he was interviewing being reluctant to answer his questions? He appeared no more on TV but here is his book on the author Henry Williamson. As it happens I had met and spoken to Henry Williamson years ago.

It also transpires that the house owners are members of the Henry Williamson Society.

But my glance wanders on. The Hitchhikers Guide to the Galaxy by Douglas Adams. Douglas rose to fame with his quirky tale of outer space adventure.

More books, everywhere. Authors Ian McEwan, have not read any of his books but his name rings of fame. Quite a few written by Anthony Powell, one entitled How the Wheel Becomes It! Have not read his books either. Am I poorly read?

Graham Green, John Buchan, so many books, so many famous authors. I have barely scratched the surface of British Literature. **Bill Godfrey**



**He's so glad he came**

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## PROBUS Men's Lunch Club

If you would like to join us for a leisurely lunch with good conversation amongst like-minded men, then perhaps you should try the **Ilford Probus Men's Probus Branch**.

We meet at Luigi's on the 1st Friday each month.

After our 3 Course Lunch we have a guest speaker to 'stimulate the grey cells' and provide an interesting talk.

Our wives / sweethearts also meet up in another dining room, and there they can (I am sure) have a natter about "us".

If this interests you, please contact us via Andrew Gillian, Stephen Gilson or Chris Stoneham.

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|   |   | 6 | 9 |   | 7 | 3 |   |   |
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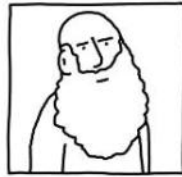
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BUILT CHURCH  
ON NEW ESTATE



DAY OFF:  
FRIDAY



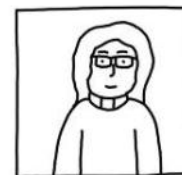
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## CHURCH HEATING

**As the weather gets colder, high Gas bills will again be a problem for us this winter.**

**Please try to wear warmer clothes when the weather is cold. It is OK to keep your outdoor coats and jackets on in Church!!**

**We will try to warm the church up to 60°F (15°C). During the week we will have our smaller meetings in the choir vestry, which we will warm with electric heaters. Thanks. Chris (Churchwarden)**

**ACROSS:** 1, Deacon, 4, Appear, 7, Wits, 8, Heavenly, 9, Argument, 13, Mob, 16, Broken-hearted, 17, Ran, 19, Suddenly, 24, Obstacle, 25, John, 26, Enable, 27, Market.

**DOWN:** 1, Dawn, 2, Afternoon, 3, Nehum, 4, Again, 5, Prey, 6, All to, 10, Users, 11, Ephod, 12, Trace, 13, Metalwork, 14, Body, 15, Eber, 18, Alban, 20, Uncle, 21, Dream, 22, Stab, 23, Gnat.





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Promoting  
**a safer church**  
and protection of

[www.churchofengland.org/safeguarding](http://www.churchofengland.org/safeguarding)

**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**

**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 Larbi  
Role: Safeguarding Officer  
Tel: 07847 324955  
E mail: [psr@holyltrinitybarkingside.org.uk](mailto:psr@holyltrinitybarkingside.org.uk)

Name: Chris Szejnmann  
Role: Vicar, Holy Trinity  
Tel: 07804 641931  
Email: priest@holytrinitybarkingside.org.uk

**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.

## 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  
 • Childline: 0800 1111  
 • Stop it Now: 0800 1000 900  
 • NAPAC: 0800 801 0231  
 • 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

FRIENDS

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FOOD**

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## Thursdays in term time

6pm-8pm

# Parish Hall, Mossford Green,

**Barkingside, IG6 2BX**

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hello@edgeyouth.co.uk



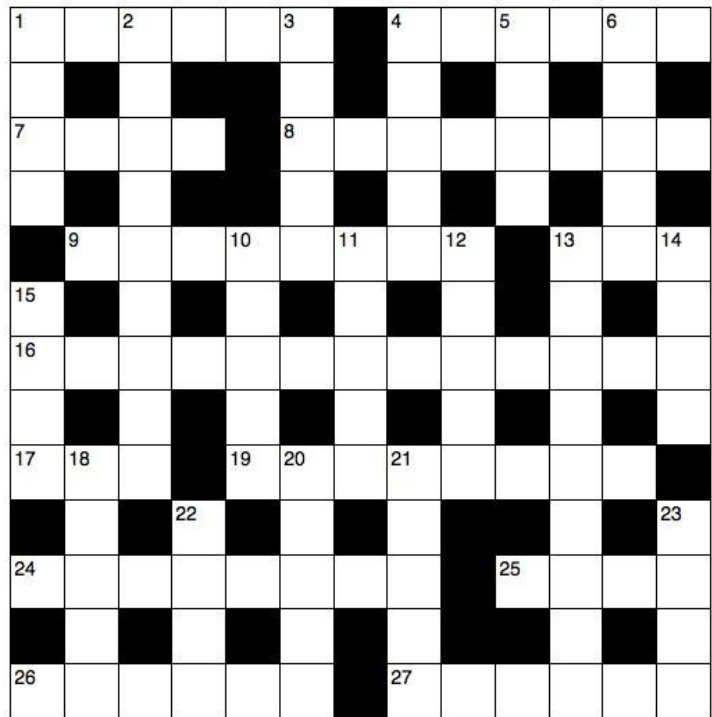
**All 9-14 year olds welcome**



## OCTOBER CROSSWORD

### Across

- 1 He must be 'the husband of but one wife and must manage his children and his household well' (1 Timothy 3:12) (6)  
 4 'For we must all — before the judgement seat of Christ' (2 Corinthians 5:10) (6)  
 7 'They reeled and staggered like drunken men; they were at their — end' (Psalm 107:27) (4)  
 8 See 19 Across  
 9 It concerned who among the disciples would be the greatest (Luke 9:46) (8)  
 13 Formed by the Jews in Thessalonica to root out Paul and Silas (Acts 17:5) (3)  
 16 'He has sent me to bind up the — ' (Isaiah 61:1) (6-7)  
 17 Moved rapidly on foot (Matthew 28:8) (3)  
 19 and 8 ' — a great company of the — host appeared with the angel' (Luke 2:13) (8,8)  
 24 Hindrance (Romans 14:13) (8)  
 25 Comes between Luke and Acts (4)  
 26 Empower (Acts 4:29) (6)  
 27 'Get these out of here! How dare you turn my Father's house into a — !' (John 2:16) (6)



### Down

- 1 Sunrise (Psalm 119:147) (4)  
 2 The part of the day when Cornelius the Caesarean centurion had a vision of an angel of God (Acts 10:3) (9)  
 3 He was one of those who returned with Zerubbabel from exile in Babylon to Jerusalem (Nehemiah 7:7) (5)  
 4 'No one can see the kingdom of God unless he is born — ' (John 3:3) (5)  
 5 Animal hunted or killed as food (Ezekiel 22:25) (4)  
 6 'He encouraged them — — remain true to the Lord' (Acts 11:23) (3,2)  
 10 Ruses (anag.) (5)  
 11 Jewish priestly vestment (Exodus 28:6) (5)  
 12 Visible sign of what had been there (Daniel 2:35) (5)  
 13 This was the trade of Alexander, who did Paul 'a great deal of harm' (2 Timothy 4:14) (9)  
 14 'This is my — , which is for you; do this in remembrance of me' (1 Corinthians 11:24) (4)  
 15 One of Noah's great-great-grandsons (Genesis 10:24) (4)  
 18 Traditionally the first British Christian martyr (5)  
 20 Relationship of Ner to Saul (1 Samuel 14:50) (5)  
 21 Jacob had one at a place he named Bethel while on his way to Haran, fleeing from Esau (Genesis 28:12) (5)  
 22 Bats (anag.) (4) 23 'You strain out a — but swallow a camel' (Matthew 23:24) (4)

Answers are somewhere else...

## Right resting place

The new vicar was a bit of an efficiency expert, whose obsession was to move around the hymnbooks, the notice-sheets, the magazines, the guides, and most of the other portable things in his church, in search of the perfect place. From porch to display stand to table to vestry to side chapel — round and round various things went, week by week.

After several months, a visitor approached a harassed churchwarden before church one morning, and asked if he could tell her where the copies of the church guides were kept.

"No, I'm sorry," he said wearily. "But if you just stand here a while, I'm sure you'll see them go by!"

## Visiting the sick

The vicar had been summoned to the bedside of a local Baptist woman who was quite ill. As he went up the walk, he met the little daughter and said, "I'm very glad your mother remembered me in her illness. Is your Baptist minister out of town?"

"No," answered the child. "He's at home, but we thought it might be something contagious, and we didn't want to expose him to it."

## Passwords

An elderly vicar got a call from a scammer who said, "I've got all of your passwords." The vicar replied: "Excellent! What are they? Just wait while I grab a pen."

## My dear Nephew Darren

### On what those adverts from parishes wanting clergy REALLY mean...



So, you are being encouraged to look at adverts for parishes for that happy day when you will have charge of your own church. You wonder if you should look to moving to another part of the country; I suspect it may be better if you look to moving to another planet, as your reputation may not yet have travelled that far.

Reading the specifications that parishes provide, giving a picture of life in their community, need to be read in the same way as estate agents' specifications for houses for sale. Both demonstrate a triumph of optimism over reality. Let me help you decode some of the statements you will find:

"We look to grow our Sunday School" – We do not have a Sunday School.

"We have an enthusiastic choir" – We have a choir totally out of control.

"Our youth group is always eager to learn" - Our youth group experiments with some strange substances.

"The new incumbent should be sympathetic to our musical tradition"- The new incumbent must be able to play the organ as well as lead the Services.

"While cherishing our traditions, we see the need for change" – We always see the need for change, but alter anything at your peril.

"Plans for church renovations are in hand" – The building is in imminent danger of collapse.

"We have a large range of church groups" – You will have to run a large range of church groups single-handedly.

"The vicarage is being refurbished" – The vicarage is a death trap. Its rising damp and dangerous electrics will not be fixed for many months yet.

"There is opportunity for developing ecumenical relations" – No one in living memory has ever spoken to clergy of other denominations in our town.

"The new incumbent should have a sense of humour" – He or she will need it when reading this specification.

**My dear nephew, *caveat emptor*. Let the buyer beware!**

### God our Help

With floods and storms thus we be tossed,  
Awake, good Lord, to Thee we cry.  
Our ship is almost sunk and lost.  
Thy mercy help our misery.

Man's strength is weak; man's wit is dull:  
Man's reason's blind. These things to amend,  
Thy hand, O Lord, of might is full;  
Awake betime, and help us send.

In Thee we trust, and in no wight:  
Save us as chickens under the hen.  
Our crookedness Thou canst make right  
Glory to Thee for aye. Amen.

*Anonymous, 17<sup>th</sup> century*

### Spoken, Written, Living Word

*Gen1:3&31,3, Ps119:105, Isaiah40:8,55:11, Jn1:1*  
God has spoken.

His word created everything  
In the beginning.

God saw all

That He had spoken into being,  
And it was very good,  
His spoken world.

He spoke freedom  
To the ones in His image.

But then a stumbling  
And a falling  
And a need for the path to be lit.  
By His power.







"It's either an appeal to youth culture or we can't afford to service the boiler for the Winter season"



Thanks to technology, replacing the worn-out hymn books didn't cost a penny



RON

After his induction, Harry met the leaders of the other denominations



"But, Mum, if the vicar wasn't coming here Trick-Or-Treating, why did she still take the chocolates I gave her?"





# Who We Are

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

We are a lively, diverse, family-friendly Church. We love to Welcome everyone, Care for our whole Community, and seek 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 Welcome to Join us at our Tuesday Drop-In 9am-1pm in the Parish Hall

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

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

Associate Curate: Michelle Steptoe  
michelle.steptoe@holytrinitybarkingside.org.uk

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

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

#### COMMUNITY ACTIVITIES

Tuesday 9am-1pm: **Drop-In** (Parish Hall) — a warm welcome for all!

Wednesday 7:30-9:15pm (fortnightly): **Salsa Dancing**  
**Classes for the Community** — meeting new people & having fun!

Wednesday 7:30-9:15pm (fortnightly): **Bible Study** — learning, sharing & growing in healthy ways!

Thursday 8:45-10:45am: **Stay & Play Group** for parents / carers and their children 0-4 years — snacks, craft, songs, fun & friendship

Thursday 6-8pm: **Edge Youth Club** for all 10-14 year old (Parish Hall) — thriving & growing well together

**Family Fun Zone** events full of fun & energy every 2 months

**Want to get involved? Want to Hire the Parish Hall?**  
Please find us online or ring us @ 07478 187010



## STEWARDSHIP & SUPPORT

*At a time of the cost of living crisis it is particularly important that we look after those in need, and that we are generous with what we have – so that those who have enough, share with all.*

### Giving

The Bible tells us to give sacrificially. We need your support not only to cover the running costs of our Parish Church and halls but also to contribute to the life and work of the church in many different ways, in particular, to support our mission and outreach projects. “Giving” is really essential to secure our Church’s future ability to serve our family and community. However, we are aware that circumstances differ enormously, and that your gift will not simply reflect your willingness to give but also your ability.

### Ways to Give

By far the best way to give is via the Parish Giving scheme regularly every month – and we believe that in giving to others we should give in proportion to what we receive, i.e. in proportion to our income. Some tithe at 10 percent, others give 5 percent or 1 percent. If you would like details on how to set up a regular donation, please ask us in church or contact the Parish Office.

### Other ways you can Give

- A one-off or recurring gift to Holy Trinity Barkingside PCC (Charity number 1128271);
- A regular collection is taken at all Sunday services;
- A gift via a CAF Charity Account or Stewardship / Charity Gift voucher (payable to Holy Trinity Barkingside PCC);
- You may also like to consider making a bequest to (Charity number 1128271) in your will





# 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**.

## 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.**







**3 & 17 September**  
**1 & 15 & 29 October**  
**12 & 26 November**  
**10 December**  
 Holy Trinity Church  
 Barkingside,  
 Mossford Green, IG6 2BX  
[ring Chris@ 07804641931](mailto:ring.Chris@07804641931)  
 just turn up — it's free!

**Wednesdays 7:30-9:15pm**  
**Salsa Dancing**  
**Classes**  
**Beginners & Improvers**  
 joy & laughter—meet new people

**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  
 Barkingside, IG6 2BX  
 Contact Kate: 07876 318 718



## **FAMILY FUN ZONE**

This term has kicked off well with a community feel, at Family Fun Zone. Last Saturday we opened up the church space for the 'Crazy Craft' event.

There were 21 of us all together. The theme was 'The Planet'. Many of our creative team members provided brilliant crafts to make, eat and talk about! Several people came from outside of church: through word- of -mouth or by grabbing a flier at the library.

One of the most important parts of doing Family Fun Zone events are the 'eating around the table,' This is how we get to know each other and chat. It's beautiful to see young families engaging with each other and older adults in the mix. A real sense on 'inter-generational' family.

So much thanks go to our amazing team, Christine, Tricia, Lorraine, Gill, Andy, Rhiannon, Patricia, Mike, Nick and Erica.

These folk are inspired by serving God; using their gifts to bless and bring joy. Thank you.

Enjoy the photos!

PS. Are you keen to join us and serve? We would welcome you. Can you wash up, can you dance, can you use a computer well enough, do you have ideas, are you strong enough to move table and chairs, are you a prayer intercessor, do you love children and their families?

**Contact Rev Kate: 07876 318 718**



## **A CERTAIN SORT OF BRITISHNESS**

Bill Godfrey

Recently we were away on a holiday in Suffolk and, one evening, it was chilly in our digs. I put on a thicker coat. It was then that it occurred to me that there is a certain sort of Britishness that encourages us to believe we can holiday even when the summer has ended.

During our preparation for this holiday we had packed summery things, short sleeved things with perhaps a long sleeved shirt in case, unlikely as it may have seemed, there would be a cold spell. Shorts too, I will only need shorts in September, surely. Better take a decent pair of trousers as well in case we eat out.

Our destination was Woodbridge. Not the actual town of Woodbridge but somewhere on the outskirts, hopefully in the countryside we had hoped.. It was not!

It was not a perfect start to our journey along the A12. No sooner had our car wheels entered that highway when the heavens opened. It lashed with rain, window wiper going at super speed could barely cope and yet many other drivers felt capable of doing a scary 60 or 70 mph while we meandered in misty murk around mid 40s per hour. Eventually the storm passed and we continued in hopeful expectation.

Lunch in the Woodbridge Garden Centre was pleasant. Eating there is the, sort of, beginning of the holiday. Where else are we happy to queue for a sandwich and then wait for it to be delivered to the table, To give them credit it was good food. Then the walk back to the parked car but, of course, it had started to rain! We scuttled back noticing that the bikes on the back rack were soaked, leather seats saturated. But we are on holiday so everything will be fine.

Our digs, a nice house but, unfortunately, on a hill in a road heavy with traffic because of a closed road elsewhere. It was harvest time, huge tractors towing trailers of hay or straw or sugar beet were grinding up the hill. Vibration and noise were all part of the experience.

Our digs were almost opposite Sutton Hoo - famed for the discovery of an ancient, valuable helmet worn by the ancient local king.

# Christmas Shoebox Appeal 2025

## Children in Distress

Please remember:

- \* Bring completed boxes to church by Sunday 2nd November
- \* To include £3 postage
- \* Wrap the lid and bottom separately

*"Love in a box"*

### Most Wanted Items

#### Ages 0-3

- Soft toys
- Board books / cloth books
- Teething toys / baby-safe rattles
- Baby hats, mittens, socks (new or handmade)
- Baby toiletries
- Plastic feeding spoon, soft bibs

#### Ages 4-8

- Colouring/sticker books
- Small toys or puzzles/Fun accessories
- Warm hats/gloves
- Sweet treats (including chocolate and biscuits, in sealed packs and with long sell by dates)

#### Ages 9-12

- Stationery
- Toiletries
- Small games/toys
- Water bottles, keyrings
- Sweet treats (including chocolate and biscuits, in sealed packs and with long sell by dates)
- Notebooks & pens

We especially need gifts for ages 9-12, teenagers and young adults

#### Teenagers

- Toiletries
- Warm socks/gloves
- Travel games/cards
- Tote bags or bottles



Every box brings comfort, connection and joy to those who might otherwise feel forgotten.

### What NOT to include:

#### AVOID:

- Sharp objects, toy weapons, war-related toys
- Liquids, nail polish, makeup
- Used items or anything easily broken
- Photographs or personal contact details
- Loose sweets

### Where your boxes go

Your shoeboxes are hand delivered to kindergartens, schools, churches, hospices, care homes and family homes across Romania.



## Spare room feeling a little empty?

Do you miss conversations after school around the dinner table? Miss helping with homework and seeing that lightbulb moment when they understand something they have been struggling with? And although you repeated yourself hundreds of times to tidy things away, are you now, ever so slightly, missing the mess?

Bring conversation, laughter and love into your life and provide a safe, stable and nurturing environment for our most vulnerable babies, children and young people that they can call home.



If you are considering fostering and would like to know more, please visit our website on [https://www.redbridge.gov.uk/adult-and-childrens-services/fostering/?utm\\_source=FaithGroup&utm\\_medium=newsletter&utm\\_campaign=fostering](https://www.redbridge.gov.uk/adult-and-childrens-services/fostering/?utm_source=FaithGroup&utm_medium=newsletter&utm_campaign=fostering) or call 020 8708 6068 or email [fostering@redbridge.gov.uk](mailto:fostering@redbridge.gov.uk).

*David Pickup, a solicitor, reflects on how few church services we now hold.*

### All Day Breakfasts

*For where two or three gather in My name, there am I with them.” (Matthew 18:20)*

You can get most things whenever you want these days. We had three services recently in one day at our local church. Not much to brag about I suppose, but for us in small rural village it was encouraging. It was hard work having several times for worship, but there is something rather marvellous about a church being used nearly all day long. Some people came once, others twice and a few three times.

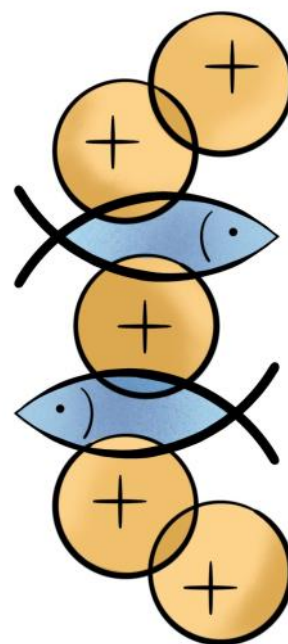
More than one weekly service was the pattern of worship for centuries. There would be a continual cycle of prayer and worship, and up until quite recently there would be two or three services every Sunday. On high days such as Easter and Christmas the vicar and curate would start in the early hours, and continue through midday, afternoon and evening.

I wonder what happened to change this and

make a single service the norm. I suppose television happened! People wanted to stay at home and watch the box, and church attendances fell.

Perhaps we should start having more services again. It suits some of us to have an early service, because then you have the rest of the day to do whatever you like. Other people are busy during Sunday, and so an evening service fits their needs.

“People will not come” or “we cannot ask the vicar” some will say. Well, what about more lay led services? Every church is different and what suits one will not work in the neighbouring parish, but what do you think?



**PARISH OFFICE** (in Church)

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

e-mail [parishoffice@holytrinitybarkingside.org.uk](mailto:parishoffice@holytrinitybarkingside.org.uk) 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 Priest** **Rev Kate Szejnmann**

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

**Associate Curate:** **Michelle Steptoe**

[Michelle.steptoe@holytrinitybarkingside.org.uk](mailto:Michelle.steptoe@holytrinitybarkingside.org.uk)

**Churchwarden:**

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

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

**Deputy Warden:**

Maxine Paul

**Parish Safeguarding Officer:**

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

Kaye Larbi 020 8491 8178

**Magazine:**

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

**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

**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 12 October: Safeguarding Sunday**

**Sunday 19 October: Black History Month Service**

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

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

**Sunday 9 November: Remembrance Sunday**

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

**Advent & Christmas Season:**

**-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**

**-Sunday 14 December: 3rd Advent**

**-Sunday 21 December: 4th Advent**

