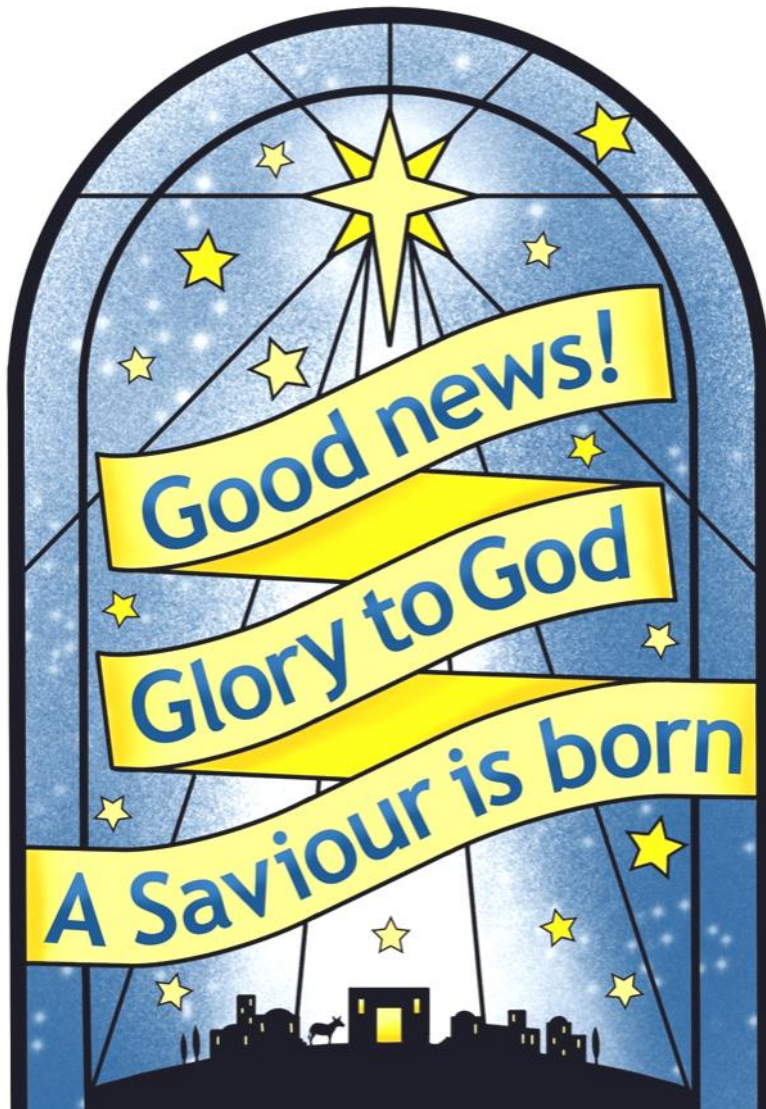


Trinity Times

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.**



Who We Are

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

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

Our Services

Sunday 10:30am & Wednesday 9:45am

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

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

Tea, Coffee, Snacks
Games and Crafts
Good Company
Friendships

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

Please enquire about our other events:-

Salsa Dancing Classes fortnightly on Wednesdays

'Stay & Play'
0-4 year olds
EVERY THURSDAY MORNING

Edge Youth Club
Thursday Evenings.
Free Entry
for 9-14 year olds

Dear Family,

Blessings on your journey through Advent, when the light is scarce and we recognize the shadows and brokenness of the world!

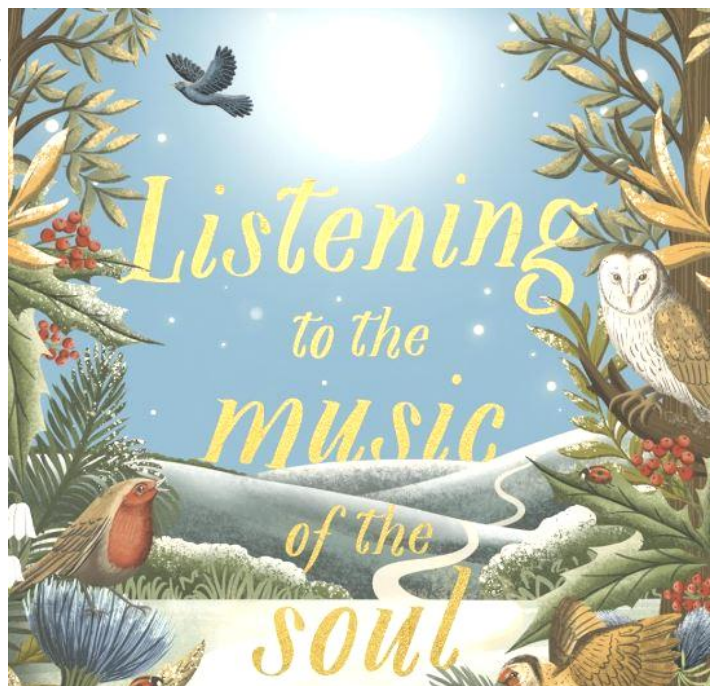
Has anyone watched the heart-stopping **Danish documentary ‘Black Swan’**? ‘Black Swan’ is the name given to an event so extraordinary that you could never have seen it coming ... a bit like Mary when she encountered the angel! But in this case ‘Black Swan’ is actually a person: a lawyer named Amira who has been acting on behalf of some of the country’s most infamous criminal gangs – here: turned whistleblower exposing their activities with hidden cameras, but also that of their accomplices from the respectable Danish society. It’s jaw dropping!

No wonder, that the lead journalist asks Amira at the beginning and again at the end of the investigation, why she is helping to expose these criminals and risk her life. And Amira’s reply is this: **“To be allowed to be who I am.” “I am tired of lying”**. **“I’m tired of pretending to be something I’m not.”**

I hope you are not a hard-core criminal!, but I wonder whether these sentiments speak to you too? Amira was in a really tight spot. **Maybe she felt trapped?** Whatever, at this moment it seemed that she expressed a genuinely deep inner desire – a vision how it could be It was as if she listened to her ‘inner soul’ expressing her ‘inmost yearning’. Maybe that’s somewhat similar to what Mary did 2000 years ago when she sang **‘The Magnificat’**: A song that flowed out of her heart – **a song that describes Christ’s compassion and offered a new way of life, a new set of values to live by.**

So, here is the thing: **Maybe at the end of a long and hard year, it’s a moment for honesty & vulnerability about the shocking brokenness around us:** Horrific violence, poverty, injustice, hatred, greed, deceit and pride – that’s the world we live in and are all part of. And inside you, you might be mourning the loss of loved ones, struggle with depression or loneliness, to keep yourself motivated ...

So maybe you are able to open up and listen closely to you ‘inner soul’ / your ‘inmost yearning’. And I think, if you dare step into it and pursue it, you might experience a new and deeper and more glorious sense of life and well-being! In fact, you might experience something truly extraordinary because at the heart of being human is our capacity to contemplate, being drawn into life and communicate with it – and through your ‘inmost yearning’ you might sense a-kind-of **‘angelic liberty’** where you feel liberated from all the traps that otherwise imprison you; you might discover your own enduring



melody that sustains you through the complexities of life, when meaning and hope can be hard to find – and that’s because you experience real love and being in communion with God your Creator.

And maybe, to start tuning into your ‘inner soul’ / your ‘inmost yearning’, it’s helpful to create a ‘Desert Island Disc’ of your life with your favourite pieces of music – think about your top 8 photos that captures your life – think about the most important memories or objects. Give it a go!

So, maybe it’s time for an extraordinary ‘Black Swan’ like experience that you never saw coming; time to wonder & ponder like **Mary, who then said yes to a vision for herself and her little boy of a mission that would break the old cycle of injustice and violence to a world of justice & peace in which everyone is honoured & blessed.**

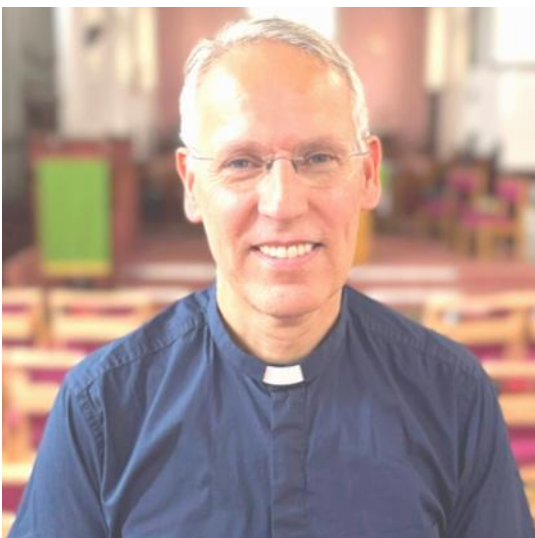
Maybe it doesn’t make sense, but maybe we all simply need to start listening to our ‘inner soul’ expressing our inmost yearning. And **maybe a wonderful door opens to a new kind of living in which you feel loved and blessed.** Maybe it’s letting go into the mystery of our Creator coming to be with us, humbling himself to be a vulnerable baby / showing us that death is not the end / showing us this incredible, never-ending and unconditional outflow of love and care and compassion for all of us. And as you tune into this with your own song and soul and yearning – and feel loved and blessed – you might be learning to live out better in your own life Christ’s love, healing, hope, joy and blessing to those around us.

Thanks so much for who you are, and for all you do. Wishing you a wonderful season of Advent, a joyful Christmas and then a peaceful time over the New Year break.

For now, we are looking forward to seeing you at our celebrations and church services over the next few weeks! God is good, and he is calling us to do exciting things in 2026!

All our blessings,

Revd Chris & Revd Kate



A Cup of Coffee and a Change of Heart

by Mike Priestman, Church Treasurer

Jesus once told a story about a rich man who lived in luxury while poor Lazarus sat outside his gate, longing for crumbs. It's a hard-hitting parable (Luke 16:19–31), but it's really about noticing the needs right in front of us — and choosing generosity over indifference.

If Jesus told that story today, I sometimes wonder whether he might use a modern example?

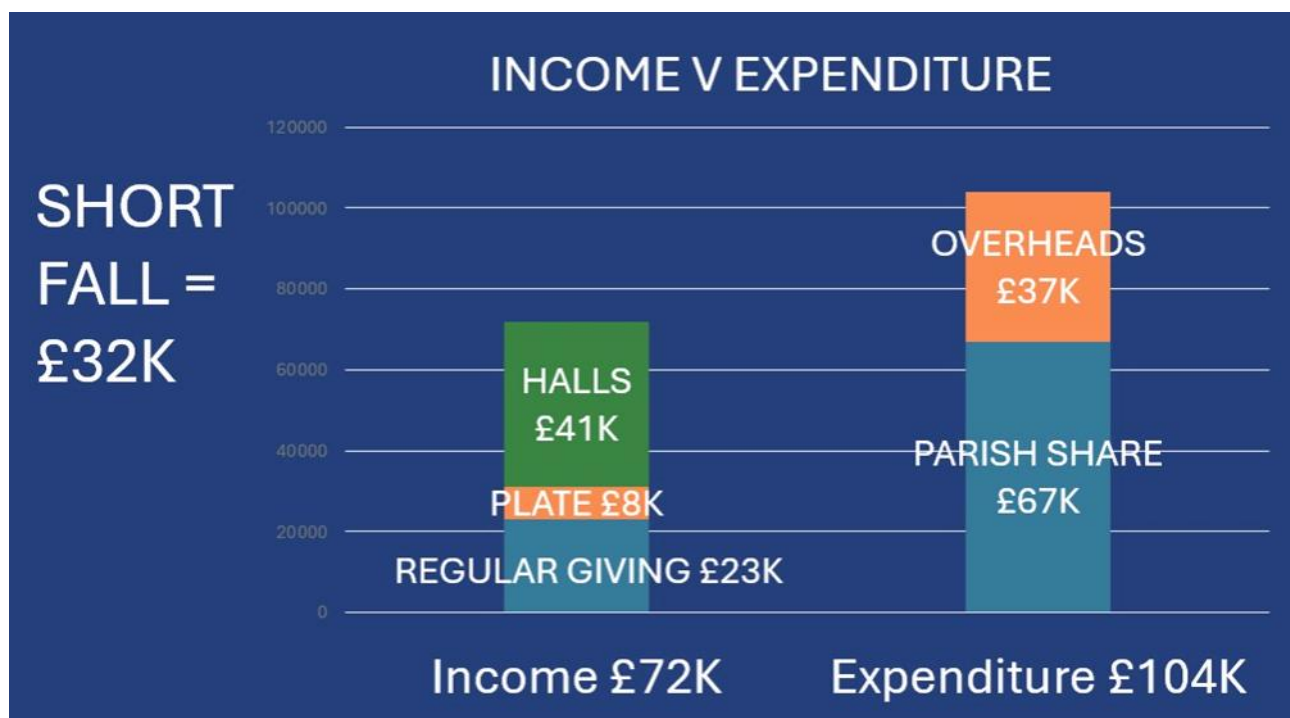
Perhaps: *“There was a man who had a Costa loyalty card. Each week he bought a cappuccino and a slice of cake, while his local church quietly struggled to pay its bills.”*

Now, don't worry — this isn't an anti-coffee crusade! But it does raise an important question: *how do we use what we've been given to support God's work?*



Here at Holy Trinity, our Parish Share — our contribution to the wider diocese — helps fund clergy across Essex and East London, as well as curates, chaplains and ministry in schools, hospitals and prisons. It's an essential part of keeping the Church's life and mission alive across our region.

The challenge is that we rarely meet our share in full. Only around a third of our congregation give regularly through the **Parish Giving Scheme**, while most give by cash or card when they can. We're deeply thankful for every gift, but it makes planning our finances very difficult. Here's the numbers:



But here's the good news: if everyone else were able to give just *the price of a cup of coffee* — around £4 or £5 a week — regularly, we could meet our target comfortably. It's amazing how a small, consistent act of generosity can make a huge difference.

That's why we're inviting everyone to consider joining the **Parish Giving Scheme** — a simple, secure direct debit system that helps the church plan ahead and relieves some of the financial pressure — ask me about it if you're interested—its' simple to set up.

Jesus' parable ends with a challenge: not to walk past the needs at our gate.

Archbishop Designate, Sarah Mullally, sets out her hopes for the Church

Shortly after the announcement of her nomination as the next Archbishop of Canterbury, Bishop Sarah Mullally delivered an address at Canterbury Cathedral, reflecting on her calling, the challenges facing the Church, and her hopes for its future.

Rooted in her early vocation as a nurse and shaped by her ministry in London, she spoke of “washing feet” as a guiding image of Christian service, and of finding hope in the quiet faithfulness of churches, chaplaincies, and communities across the Anglican Communion. She addressed the Church’s responsibility in safeguarding, the need to confront power dynamics, and the importance of standing against hatred and antisemitism.

She said she would seek to be “a shepherd who enables everyone’s ministry and vocation to flourish,” and expressed her desire to nurture confidence in the Gospel. “Held fast by the Lord’s hand,” she concluded, “please pray for me as I will pray for you.”

Elderly and depressed this winter? Go to church.

Older people with depression can see a bigger improvement in their mental health if they start going to church than if they engage in charity work or sport.

Research from the London School of Economics found that joining a religious organisation is the best way of combatting depression. It may be both that having a faith gives benefit, and also because meeting up with other people of faith gives a sense of belonging. The LSE also found evidence that membership of some political and community organisations may have a poor impact on an older person’s mental health.

Men’s curious reluctance to ask where they are going

If you are travelling far this Christmas, pray that your satnav works, or that there is a woman in the car. Research has found that men are so reluctant to ask directions that they waste hours and miles every year. Over a lifetime of travel, it can work out to a wasted journey from Land’s End to John O’ Groats.

Very few men will ask for help or check a map to avoid unnecessary travel. They prefer to wander hopefully until they find their route on their own, regardless of how long it takes them. Which of course has inspired the joke: Why did the Children of Israel wander in the wilderness for 40 years? Because Moses was a man and wouldn’t ask directions...

All about Christmas trees

How many are sold each year? According to recent figures, about five million real Christmas trees are sold in the UK each year.

How old are they? Your typical Christmas tree of six to seven feet is between ten and 12 years old.

How are they grown? Seed is collected from trees either in the wild or in specially selected seed orchards. It is sown in a nursery, where the seedlings then grow for three to four years. The young plants are then planted by a grower and grown on for a further seven to nine years. While they are growing, the grower will fertilise, shape and prune the tree many times each year.

What are the different types of Christmas trees? Here are just some...

Nordmann Fir – the most popular Christmas tree in the UK. Much loved for its symmetry, strong branches and excellent needle retention. The lush, dark green needles provide great background for displaying ornaments.

Fraser Fir – the tree with the wonderful fragrance. Pyramid-shaped, it has strong branches with dark green, needles that are silvery underneath.

Noble Fir – A bluish-green tree with short, stiff branches ideal for heavier ornaments. A fresh fragrance, and great needle retention.

Douglas Fir – Very popular in the USA, with a great shape, and probably the strongest scent of all Christmas trees. Only problem – harder to decorate as usually very dense branches.

Norway Spruce – A dark green conical shaped tree with a strong fragrance. Needs to be well-watered for good needle retention.

Update on Living in Love and Faith

The House of Bishops has recently made a series of key decisions on the future direction of the Church of England's Living in Love and Faith process, which explores questions of relationships, sexuality and marriage. Final decisions will be taken in December. At its residential meeting, the House reviewed detailed theological and legal advice on outstanding questions following the landmark 2023 Synod vote which led to the introduction of the Prayers of Love and Faith (or PLF).

The PLF are a set of prayers, readings and liturgical material which, for the first time, enable same-sex couples to come to church for public prayers of dedication, thanksgiving and asking for God's blessing as part of a regular church service.

Since then, the Church has been exploring whether special 'bespoke' services using the PLF could be introduced and whether clergy could legally enter into same-sex marriages.

There has also been extensive consideration of possible new arrangements for how the Church is organised including so-called 'Delegated Episcopal Ministry'.

The bishops reviewed advice both from the Church of England's Legal Office and the Faith and Order Commission (all of which will be published in due course).

While final decisions will be made by the House in December, the bishops agreed in principle that both bespoke service and clergy same-sex marriage would need formal synodical and legislative processes to be completed before they could be permitted.

As a result, they also concluded there is currently no need for a new code of practice setting out special arrangements such as Delegated Episcopal Ministry.

Although there remains a wide range of views within the House on questions of sexuality and relationships, there was strong consensus on the need for unity, transparency and proper process alongside pastoral care. Despite personal convictions across traditions, the House of Bishops recognised these were the procedural realities to effect any future change.

The Archbishop of York, Stephen Cottrell, chair of the LLF Programme Board, commented: "As we continue prayerfully to navigate this important work on behalf of the Church, we believe these are the right decisions following further legal and theological advice.

"However, we recognise that for some, they will be difficult and disappointing. I continue to pray for God's grace and gentleness for all as we continue to discern a way through these questions."



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Attendance at Church of England churches rises for the fourth year in a row

Attendance at Church of England churches grew for the fourth year in a row last year, statistics have confirmed.

The overall number of regular worshippers across the Church of England's congregations rose to 1.009 million in 2024, a rise of 0.6 per cent, according to the annual Statistics for Mission findings.

It was the second year in a row in which the Church of England's "worshipping community" – the combined number of regular members of local congregations – has stood above a million since the Covid-19 pandemic. All age average attendance on a Sunday also rose 1.5 per cent to 581,000 in 2024, extending rises over recent years.

And overall attendance across the week edged upwards by 1.6 cent in a year, and stood at just over 702,000 last year, according to the figures.

The increase was driven by a recovery in attendance by adults (over 16), among whom average Sunday attendance was up by 1.8 per cent and weekly attendance rose by 1.8 per cent.

The 2024 figures showed that adult baptisms rose to 8,700 in 2024 compared to 7,800 the previous year. There was also a rise in the number of young people, aged between 11 and 17 years old who were baptised, from 2,100 in 2023 to 2,400 last year. Confirmations also rose by 5.3 per cent from 10,700 to 11,300.

While the overall figures show that in-person attendance has not fully reached pre-pandemic levels, the figures suggest it is moving closer to the projected pre-pandemic trend and in some cases has risen above the levels that might have been expected had there been no pandemic.

Christmas Unwrapped! Canon Paul Hardingham considers the Christmas story.

All of us have received unwanted gifts at Christmas. For Joseph the gift of a child, as recorded in Matthew chapter 1, was not something he really wanted. Although he was engaged to Mary, her pregnancy would be grounds for divorce. Not surprisingly, with the associated social disgrace, Joseph wanted to divorce Mary quietly (Matthew 1:19). However, God intervened in a dream: '*The virgin will be with child and will give birth to a son, and they will call Him Immanuel, which means, God with us.*' (1:23). In a scary and uncertain world, what does the message of **Immanuel** say to us today?

God is present with us

God assured Joseph that He was working in all that Joseph was going through. The eternal and creator God entered time and space as a baby. This baby is both uniquely divine but also fully human. This means that we can know God personally, not just know about Him. The Holy Spirit is committed to making Jesus' life and character real in us, and bringing meaning to our circumstances, just as He worked in Mary's life.

God is on our side

Christmas touches some raw nerves in our lives, including stress, family rows, loneliness and financial pressures. However, God does not remain aloof from our experiences. In Jesus He enters our world of hopes and fears, joys and disappointments. He understands what we are going through, as He is alongside us. By the cross and resurrection, He gave His life that we might know His love, joy, peace and forgiveness.

For Joseph, as well as us, the Christmas message is one of hope in an uncertain world. It is a time to re-consider the claims of **Immanuel** ('*God with us*') as we entrust ourselves to Him for the coming year.

Micah's Message – look forward to the child born in Bethlehem *Lester Amann*

Why is the news so full of depressing stories? Why can't they report some good news for a change? Indeed, our world is always full of troubles, and we may wonder if better times will ever come.

Similar comments might have been directed at many of the Old Testament prophets who nearly always said negative and gloomy things. The people of Micah's day had many problems. They were surrounded by warring nations and peace in their time was unlikely.

It was Micah's task, as God's messenger, to tell the people how it was and how it was going to be, no matter how painful the facts. Micah was deeply concerned with the social ills of his day and spoke out against false prophets who were leading the people into contrived hopes and errors.

Micah was quite forthright. He announced that God would punish the people for their sinfulness and their enemies would overcome them. Micah came with bad news and there seemed no end to his reprimands and denouncements.

But in the desert was an oasis. Amidst his descriptions of imminent pain and suffering, Micah looked forward to a time of peace with freedom from injustice, fear and war. Micah delivered God's promise that from Bethlehem there would come a ruler to free them from their oppression. Their Saviour would come. (Micah 5:2)

Of course, Micah's hearers did not understand about the Babe at Bethlehem, but they were told to stand firm in their faith no matter what troubles or disasters would befall them. They were to look forward to their deliverance, whenever that would be.

Amidst Micah's attack on the deplorable actions of leaders and the nation's wrong values and behaviour, he gave hope that God was with them in the failures and difficulties. Only God could take them through their troubles to a place of peace.

Micah's message still stands for us today. God wants us to mend our wilful ways; to correct bad attitudes and behaviour; to strive for heaven's values of justice, peace, equality, love and harmony.

As we approach a New Year, we would do well to respond to Micah's words: *What does the Lord require of you? To act justly and to love mercy and to walk humbly with your God.* (Micah 6:8)

Those Christmas cards...

We send an estimated 900 million to 1 billion Christmas cards in the UK each year. Royal Mail delivers around 150 million. On average, each person in the UK sends and receives about 17 cards.

This year the final Royal Mail Christmas posting dates are as follows:

Wednesday, December 17 th :	2nd Class and 2nd Class Signed For
Friday, December 19 th :	Royal Mail Tracked 48
Saturday, December 20 th :	1st Class and 1st Class Signed For
Sunday, December 21 st :	Royal Mail Tracked 24
Tuesday, December 23 rd :	Special Delivery Guaranteed.

(It is best to post as early as possible to avoid the last-minute rush.)

Shepherds to Shepherd
(Lk2:8-20, Jn10:11)

You will find the baby,
Said the angel,
You will find the baby
In Bethlehem,
The baby of glory and peace,
The baby of good news and joy.

So the shepherds began
Their journey of trust
In the word of the Lord.

Hurrying, Finding, Telling,
Glorifying, Praising,

It was just as the angel had said.
And they went back to watch over their flocks,
Having met one of their own.

Prayer for Christmas 2025 Daphne Kitching

Dear Father,
Christmas is coming. It's all such a rush –
planning, shopping, spending, wrapping,
posting, stressing! What's it all about?

Lord, help us, in all the rat-race busyness, to
make time to focus on that baby at the centre
of it all. That baby who is Your Son, who was
with You in the beginning and who, with You,
created all things; that baby who brings life and
light and hope and salvation; that baby who
was and is Jesus, God, made man.

Lord, we thank You for that baby-gift to us – the
greatest gift there has ever been. Thank You at
because He came, grew up, lived, died and
rose again, there is light in the darkness of this
world's mess – light that can never be put out,
that evil can never overcome.

Three areas of the world stand out to us as being in especial need this Christmas. And so, we offer you some details on various Christian Christmas Appeals to help them.

Christmas Appeals for those in crisis: Gaza, Sudan, Ukraine

Crisis in Gaza With much of Gaza in ruins, a number of Christian charities are running appeals this Christmas. These include:

Church of England: The Diocese in Europe's Bishop's Advent Appeal.

The Bishop in Europe, the Rt Revd Robert Innes, writes: "The headlines may be fading, but the suffering in Gaza is far from over. Months of devastation have left entire communities struggling. The impact of conflict lingers long after the fighting stops. Disease spreads rapidly, food and clean water remain scarce.

"Despite overwhelming challenges, the medical team at Al-Ahli Hospital in Gaza is doing everything in their power to care for the injured and sick. They face impossible odds: shortages of medicine and essential supplies, dwindling fuel reserves for life-saving equipment, and an ever-growing number of patients in desperate need.

"This Advent, I am asking you to support the work of one of our partners in the Gospel, USPG, whose partnership with the Diocese of Jerusalem gives us the opportunity to sustain this vital hospital, ensuring that it remains open and equipped to serve those who need it most, not only in moments of immediate crisis but in the long, difficult years of recovery that follow."

To donate, go to the Diocese in Europe Just Giving page: www.justgiving.com/diocese-ineurope (please add "2025 Advent Appeal" in the Message from Donor column)

Christian Aid: Its 'Middle East Humanitarian Appeal' provides lifesaving supplies to civilians in Gaza, especially clean water, food, medical care, and shelter. Details at: <https://www.christianaid.org.uk>

Samaritan's Purse: Its 'Hope for Gaza' appeal provides essentials like hygiene and shelter kits to families affected by the conflict. Details at: <https://www.samaritans-purse.org.uk>

Sudan Crisis Appeal - CAFOD

Since civil war broke out in 2023, Sudan has become the world's largest humanitarian crisis.

More than 30 million people have been affected, and 14 million have been displaced. These vulnerable people urgently need shelter, medicine, food and water.

And now the situation is getting even worse. An estimated **24.6 million people** face acute hunger, with famine conditions confirmed in some areas.

Since 2023 CAFOD has sent financial support to its local partners to urgently scale up their emergency war response. The local partners also support people in the refugee crisis in South Sudan.

Your donation this Christmas could make a real difference by providing the essentials of life. Details at: <https://www.cafod.org.uk>

Ukraine Crisis Appeals

Winter is coming, and in Ukraine that can mean temperatures dropping to minus 20C. With the war still raging, and vital infrastructure being destroyed by the Russian, millions of people are in need of food, shelter, warmth, and medical supplies. To try and help, several UK Christian charities are running Christmas appeals. They include:

World Vision: Its Ukraine Crisis Appeal works with partners to provide urgent aid, educational support, psychosocial assistance, and child-friendly spaces for displaced children and families. Details at: <https://www.worldvision.org.uk>

Tearfund: Sends emergency supplies through its Christian partners in Ukraine and neighbouring countries. It also engages in landmine awareness training and social support for the elderly. Details at: <https://www.tearfund.org>

Barnabas Aid: Its 'Winter Appeal: Save Christian lives in Ukraine' focuses on collecting food boxes, tinned food, new winter clothes, blankets, and medical items. It encourages UK churches to act as collection hubs. Details at: <https://www.barnabasaid.org/gb/>

European Mission Fellowship (EMF): Their 'Bibles and Blankets' Christmas Project works through trusted evangelical churches on the ground. Details at: <https://www.europeanmission.org>

Link To Hope: Runs a Christmas Shoebox Appeal, sending boxes filled with emergency supplies to families and elderly people in Ukraine and Moldova. Details at: <https://linktohope.co.uk>

Help a family in poverty this year

CAP (Christians Against Poverty) has launched its 2025 Christmas Appeal, to provide emergency aid and support to UK families in financial hardship this winter.

The appeal aims to raise funds to provide essential assistance such as: emergency food parcels, fuel top-ups, free professional debt advice, and Christmas hampers or gifts, given in partnership with local churches and community groups.

CAP works with local church partners to deliver face-to-face help and support. You can donate directly or support local church initiatives creating Christmas hampers and providing emergency packages.

Details at: <https://capuk.org>



Are you dreading some Christmas presents?

Do you expect to like all the presents you will receive this year? Not if last year was anything to go by... It seems that many of us expect to unwrap at least one item that we do want this Christmas.

What do you do with those weird gifts? Some of us admit to dumping them – straight into the bin. (Yet we are very polite about it – and pretend delight so that we do not hurt anyone's feelings.) A better way of getting rid of unwanted presents is to donate them to charity.

Have you heard of the 'five-gift rule' for Christmas?

In recent years a new trend for choosing presents has emerged on blogs and social media platforms. It advises that we should give others only a limited number of gifts, and then, only in specific categories. So, the emphasis has shifted to quality rather than quantity, and to be giving something the person actually wants, needs, wears, reads and experiences.

If you are struggling for Christmas present ideas this year, would these categories give you any inspiration?

Something they want: a fun gift that the person will enjoy.

Something they need: a practical gift, such as a new backpack or a useful kitchen gadget.

Something to wear: an item of clothing or an accessory that matches with their style.

Something to read: a book that will interest them, like a novel, biography, or even a cookbook.

Something to do: an experience, like a day trip to a local attraction, or a creative gift such as the chance to make jewellery.

How much do you spend on Christmas gifts?

As you wait to buy your Christmas presents this month, ever wonder how much the other shoppers in the queue are spending?

According to various retail polls, we tend to spend according to the depth of our relationship with the person. And it is estimated that we spend on average:

~ for our friends and colleagues, £10-£20 per person.

~ for our extended family, £25 to £50 per person.

~ for our immediate family, £50 to £100 per person.

~ for our children, a whopping £400 plus.

The crucial thing is to set a budget ahead of time and to stick to it. Christmas is NOT worth crippling your finances for months to come. A rough rule of thumb is to spend no more than 1-to-2% of your annual income on Christmas. So for example, if you earn £25,000, keep it to between £250 and £500.

So, shop around, compare prices, and look out for discounts. Limit your 'gift-giving circles' – you don't have to give everyone you know a present!

What do you get if you eat Christmas decorations? Tinselitus.

The Wrong Gift

A young couple began to assemble a special Christmas gift they had bought for their children. They had bought a kit for a tree house, but it didn't make sense. Then they realised that the materials were for a sailboat, so they wrote to the company to complain. The company's reply was brief: "While we regret the inconvenience this mistake must have caused you, we are more concerned about the man who is out on a lake somewhere, trying to sail your tree house."

Know what?

As we were putting out cookies for Father Christmas one Christmas Eve, I accidentally dropped one. I picked it up and dusted it off before placing it back on the plate. "You can't do that," argued my four-year-old. But I assured him that Father Christmas would never know.

He shot me a dubious look. "So, he knows if I've been bad or good all year, but he doesn't know if you dropped his cookie on the floor?"

And there were shepherds... *by Tony Horsfall, a Bible teacher and conference speaker.*

In his gospel, Luke tells how the shepherds in the fields were keeping watch over their flocks when they were terrified by the sudden arrival of heavenly angels, surrounded by the glory of the Lord. And the message of the angel that night has rung down the centuries:

"I bring you good news that will cause great joy for all the people. Today in the town of David a Saviour has been born to you; he is the Messiah, the Lord. This will be a sign to you: You will find a baby wrapped in cloths and lying in a manger." (Luke 2:10,11)

And so, the first people to greet the Saviour were not rich VIPS, but humble shepherds. And in turn, it was the shepherds who became the first evangelists: for they would have gone home to their families and neighbours that night with the amazing news of what they had seen.

Meanwhile, for Mary there followed a time of reflection. She gathered up in her mind all her impressions, and all that the shepherds had shared about the angelic visit. She knew it was treasure, and not to be squandered. Then she quietly pondered in her heart the meaning and significance of all that had happened, so that she would never forget.

Exuberant witness and quiet contemplation are not opposites. They are, in fact, good companions in the spiritual life!

So, this Christmas, let's be filled with the joy that the Saviour has also been born 'to us'. May our lives reflect the glory of His coming, even in a small way. May our interactions with friends, colleagues and families during this Advent season reflect the great joy that the angels brought that night, so long ago.

Listening to the gospel *The Revd Dr Jo White considers reading the gospel in church.*

One of the highlights of the Christmas services is the reading of the opening passage from John's Gospel, 'In the beginning was the Word ...'

I love the poetry of the words and sentences, as well as their very meaning. In most churches everyone will stand for that reading, which emphasises its importance. But what makes it important? Most gospel passages that are read in church include the words of Jesus Himself, handed down to us over the centuries, but here there are none. Rather, this is the defining statement of who Jesus is and where He came from.

The way that the gospel readings are valued by the Church can be seen in our church buildings over the years. In older churches you will find two lecterns, one either side of the central altar. The right-hand side is for the Old Testament and epistle readings, and the left-hand side lectern (as the congregation faces the altar) is for the gospel reading.

On the altar, the holder for the priest's book was physically moved to that side, so that as he read out the gospel he would be facing the northern side of the church. Traditionally that was the colder, darker side, thought to be 'least' holy and therefore in need of the gospel most.

Nowadays all readings may be given from the same place at the front of church, though in some churches the gospel book will be processed with or without candles, into the centre of the congregation, to bring us all gathering around Christ's words.

It is because of this absolute importance of the gospels that people face the gospel, so as it is processed, they move their body and heads towards it. This will leave some people with their backs to the altar for that time, but it is the 'Word made flesh' that we honour.

This month: This year during the Christmas season, listen out for that wonderful passage from John chapter 1 and consider how and where from it is being read and how that reflects the faith of the congregation you are within.

This Christmas, do you have enough? *By the Rev Roy Shaw,*

At the opening of Bach's Cantata No, 82 a solo bass voice begins to sing the aria 'Ich habe genug' - (I have enough) - a paraphrase of Simeon's Song 'Now Lord, lettest thou thy servant depart in peace... for mine eyes have seen thy salvation.'

Simeon - the bass voice - realises that he is complete, he has enough, now he has beheld the infant Jesus, even though our salvation has yet to be completed in the adult Christ. Bach's paraphrase, slow and meditative, takes, as it were, the words out of Simeon's mouth into the witness of the singer, reminding all who listen that this is a timeless truth: in Christ I have enough.

The rest of the cantata - another four movements covering a total of about 25 minutes - takes up the theme of longing to being united fully with Christ. That is enough, that is completion.

Enough. Complete. These words probably rarely fall from our lips as an experienced truth, either in relation to what we have, what we want, and importantly, who we are. And yet we've assented to this concept of the all-sufficiency of God in countless hymns that we've sung Sunday by Sunday since, well.... forever. Christ 'my all in all'.

At best it remains an aspiration, for we live at a time when the whole weight of our culture is to divert our baptism promises, our reliance on God into reliance on *stuff*, gewgaws in infinite variety.

No more so than at Christmas, when we are urged to splurge, and then splurge some more. 'Is this present good enough for our Jo? Maybe I should buy him something else as well.... And do you think a turkey *and* beef will be enough? Maybe another two dozen pigs in blankets?'

I'm not trying to be a kill-joy here. Our best times are around food, with friends, and Christmas is the one time of the year that we make an effort to be with friends and family. But the whole of so-called western civilisation is posited on the fact that *we have to have more*, and it reaches its anxious climax at Christmas.

Any advert you happen to catch will convince you of this truth; western capitalism depends on **you** buying stuff, needed or not. It tells us: "You will never feel complete, be complete, unless you have this product. And then let me draw your attention to *this*, a '**must have**'"...

But the fantasy world which supports this compulsion to '**must have**' is that the earth has infinite resources, and we can go on forever fulfilling the fantasy of *all* our wants being satisfied from Amazon or Temu or wherever. We're unwilling to face the fact of the earth's finite resources, either for ourselves or our grandchildren. It is only God who has infinite resources.

As Christians we're supposed to be alive to this lie, that the gewgaws of this world can fulfil us. But many of us still get sucked into the myth of *stuff* as being the be-all and end-all of life.

Thank God, then, for the irritant of our faith in this materially obsessed world. It reminds us that *in Christ 'I have enough'*. Let me just slow down and take that in again. *In Christ I have enough*. From Genesis to Revelation the message is 'God will provide, and *I will have enough*'.

I often pray the words of St Teresa of Avila as a reminder, as a brake on my own unfettered wants. It's more needed than ever at Christmas, when God disturbs all our complacencies by breaking into this world in human form, and proving to us in the life of Jesus that God is enough. If we're counter-cultural enough to call ourselves Christian, maybe it's a prayer we all take to heart, to mind, to soul.

Let nothing disturb you, nothing affright you; All things must pass, God never changes. Patience achieves all things. Those who have God lack nothing- God alone suffices. (Teresa of Avila)

He's so glad he came

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Christmas

All heaven waited with bated breath
As the Lord sent Gabriel on ahead
To break the news to the young Jewish girl,
'You will be with child' was all he said

'How can this be?' Poor Mary cried,
'I am a maid and know no man.'
'With God all is possible' came the reply;
This child would fulfil redemption's plan

News spread fast when the baby was born,
Shepherds were alerted by a heavenly host,
Glory to God and peace on earth,
God was coming to redeem the lost.

This Christmas day we celebrate,
Like the shepherds and wise men we play our part,
As they bring their gifts we worship Him too,
But the one gift He longs for is our heart.

By Megan Carter

With New Year's Resolutions in mind, here is John Wesley's rule of conduct:

Do all the good you can
By all the means you can
In all the ways you can
In all the places you can
At all the times you can
To all the people you can
As long as ever you can.

The story of mince pies

Did you know that mince pies have been traditional English Christmas fare since the Middle Ages, when meat was a key ingredient? The addition of spices, suet and alcohol to meat came about because it was an alternative to salting and smoking in order to preserve the food. Mince pies used to be a different shape - cradle-shaped with a pastry baby Jesus on top.

St. Alban's Singers Ilford
Present

A Concert for Christmas

Wednesday December 17th

At

7:30 PM

Admission: £5
Including Seasonal Refreshments

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

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)



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THE CHURCH OF ENGLAND
www.churchofengland.org/safeguarding

Promoting **a safer church**

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

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

OUR COMMITMENTS

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

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

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

Kaye Labi
Role: Safeguarding Officer
Tel: 07847 324955
E-mail: ksl@holymitybarkingside.org.uk

Chris Szejnmann
Role: Vicar, Holy Trinity
Tel: 07804 641931
E-mail: priest@holymitybarkingside.org.uk

Danielle Law
Role: Diocesan Safeguarding Adviser
Tel: 01245 29 44 44
E-mail: dlaw@chelmford.anglican.org

Local Authority Social Services:
Children's Social Care: 020 8708 3885
Emergency Duty Team: 020 8708 5987

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

HELP LINES

- NSPCC: 0800 800 5000
- Family Lives: 0800 800 2222
- Childline: 0800 1111
- National Domestic Abuse Helpline: 0808 2000 247
- Stop It Now: 0808 1000 900
- Men's Advice Line: 0808 8010 327
- NAPAC: 0808 801 0331
- Samaritans: 116 123

Answers are somewhere else... Good Luck

FESTIVE FUN QUIZ CHRISTMAS 2025 by John Jones

1. At Christmas, it is traditional to exchange a Kiss under which plant?
2. Three King's Day is more commonly known as what?
3. In which Royal Residence does King Charles III traditionally spend Christmas?
4. What is Boxing Day more commonly known as throughout most of Europe?
5. In which year was the Queen's televised Christmas speech?
6. In which country did Turkeys originate?
7. Name the 4-week period which ends on Christmas Eve
8. How many "Maids a Milking" in the song 'The twelve days of Christmas'?
9. Which Angel visited Mary before Jesus was born?
10. Name the cake traditionally served in Germany at Christmas?
11. What is the popular name for small sausages, wrapped in bacon, traditionally eaten with Christmas Dinner?
12. What Christmas feature was invented by the London baker, Tom Smith, in 1847?



10 Fun Facts about Christmas trees

These come from the website of The British Christmas Tree Growers Association (BCTGA).

- Even before the time of Christ, evergreen trees were seen in winter as a symbol of fertility.
- It was the 16th century monk, Martin Luther, who is credited with the idea of having lights on Christmas trees. He added candles to his tree, to look like stars in a forest.
- Windsor Castle got its first Christmas tree in 1800, brought by Charlotte, wife of George III.
- It was in 1835 that the term 'Christmas tree' was first used in English.
- It was in the 1840s, when Prince Albert, consort of Queen Victoria, began bringing trees inside, that led to their popularity throughout the UK.
- It was Woolworths who first sold manufactured Christmas tree ornaments – back in 1880.
- The tree in London's Trafalgar Square has been a gift from the city of Oslo, Norway since 1947.
- The world's tallest Xmas tree, at 221ft high, was erected in a Washington shopping mall in 1950.
- In a survey of the nation's favourite smells, real Christmas trees came eighth, just behind the sea, but ahead of perfume.
- About five million real Christmas trees are sold in the UK each year.



The Rectory
St James the Least

My dear Nephew Darren

Your first parish



And so, the old year draws to a close, and you are packing to move to your own first parish in January. Let me give you some final words of advice.

Curates, you will have noticed, are forgiven everything. I hope you have appreciated this period of grace, because come 1st January, all that will change. You will then become responsible for everything that goes wrong in your church. You must be able to mend leaking taps, shovel snow, arrange flowers, mow the churchyard and run jumble sales. You will be expected to know the moment someone falls ill – preferably the day before. In addition, they will expect you to preach profound sermons - in seven minutes flat, and to lead a life of prayerful solitude while being the life and soul of the parish. From the day your predecessor left, he will have turned into a saint. *You* will be their new disappointment. Be assured that *whatever* you do, you will *always* disappoint someone.

Be prepared for phone calls at 3am telling you that someone has left a light on in church, and shouldn't you go turn and it off? You will be asked about car parking arrangements for the October Harvest Service by mid-January, while hymns for the 9 Lessons and Carols will be required by early summer. I suggest you buy in extra pullovers, overcoats and scarves for life in your vicarage. A good number of mousetraps may well come in useful too.

Welcome to your new life of an incumbent.

Expect that each Sunday morning, as you prepare for the service, there will be a straggling queue of people who want to tell you an astonishing variety of things: there is a large cobweb 30 feet up over the pulpit, they don't like the second hymn on the board, the flowers look rough this week, there may be a bat in the vestry, some child has left a shoe in the back porch, and the car park has broken glass in it.

You may find this a distraction as you prepare for a worship service. But remember that at least they have bothered to come to church at all.

In my experience, congregations are always irritating, but at least they do take up a lot of space, and that looks good in the pews. The church would look empty without them.

Your loving uncle,
Eustace

Actual children's versions of Christmas Carols:

"...sleep in heavenly peas"
"Joy to the world, the Saviour rains!"
"Angels we have heard on high, sweetly singing o'er the plane..."
"While shepherds washed their socks by night..."
"Deck the Halls with Buddy Holly..."
"We three kings of porridge and tar..."
"On the first day of Christmas my tulip gave to me..."

Answers: 1. Mistletoe 2. Twelfth Night 3. Sandringham
4. St Stephen's Day 5. 1957 6. Mexico 7. Advent 8.
Eight 9. The Angel Gabriel 10. Stollen Cake 11. Pigs in
Blankets 12. Christmas Crackers

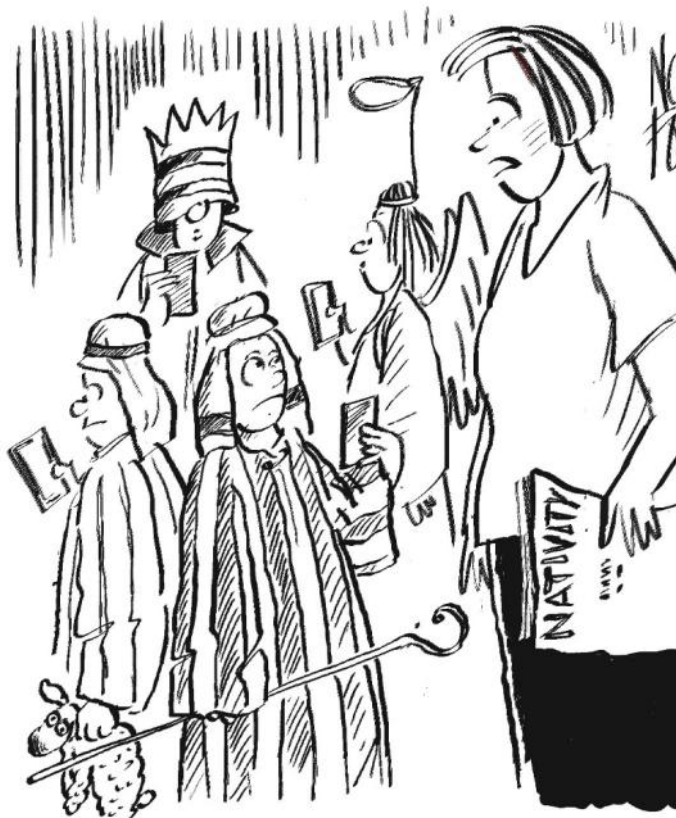
Santa's sleigh

Father Christmas nervously went for his sleigh-driving test. He came rushing back in a thunder of reindeer and pulled up in front of the toy factory.

"At last!" he shouted, "No-el plates!"



"Goodness! is it time for Christmas Fair organising, carol service planning and nativity play rehearsals already?"



"I'm sorry Michael – even if you HAV changed your ring-tone to 'Away In-A Manger', it's still ALL mobiles OFF!"



We've got online carol-singers again!

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

RON



Sara preferred to let people work out the hymns for themselves



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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.

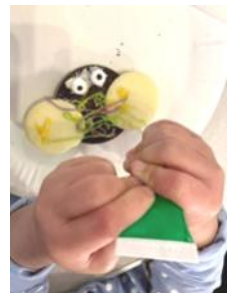
One of the most important parts of doing Family Fun Zone events are the 'eating around the table,' This is how we get to know each other and chat. It's beautiful to see young families engaging with each other and older adults in the mix. A real sense on 'inter-generational' family.

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



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.





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

Your Countdown to Christmas – 20 ideas

Plan your budget – don't let Christmas 'fever' make you reckless. Be careful you don't go over any overdraft with your bank – the penalties are expensive! Also, really and truly, beware using credit cards if you can't pay them off quickly.

Practical details: Make sure you have in a good stock of coal and logs, Christmas tree lights that work, a clean oven, a stock of candles and matches, and spare batteries.

Choose a colour theme for this Christmas. Red? Gold? Purple? Silver? Then use it on everything - from your candles, tree baubles and wrapping paper, to table napkins and Christmas cards and lights.

Hang a wreath. You can buy one, or get creative with a mixture of foliage from your garden.

Enjoy any Christmas fayres and markets – and consider taking a housebound person with you, or someone who may be lonely.

The trip to Bethlehem. Dig out your nativity set, and start Mary and Joseph and the donkey at the top of your stairs – moving them a bit closer to the manger downstairs each day. And don't forget to start the wise men on their way, from another part of the house. (Beware your dog eating anyone on the way!)

Plan your Christmas lunch early. Try and think of everything that you will need on the day – and make sure you have it ordered or bought in good time.

Think about decorating your table - you could use holly and ivy and narcissi and snowdrops... and lots of red ribbon. But if you use poisonous plants, be very careful around the children...and pets.

Pick the perfect tree. Bear in mind that an artificial tree is not just for Christmas, but for life.... all that non-renewable plastic will spend eternity in some landfill site. So why not branch out and look for the real thing. For more options, visit The British Christmas Tree Growers Association www.christmastree.org.uk

Display your cards with style. The simple ideas are often the most stylish. So have fun with wooden clothes pegs, sprayed gold, and peg your cards along ribbon that can be looped from one end of a curtain pole to the other.

Deck the halls - especially yours. Would your front entrance hall take a small tree, wreath, or maybe just a bowl of pretty sweets? Run a garland up the banister. Add some ivy and some fairy lights.

Donate to charities who help the homeless and the migrants.

Sing carols – and play carols at home. Remind your family what Christmas is really all about.

Wrap those presents - what you get and how you wrap it will say a lot about your attitude towards the person you are giving to! So, select your presents and wrapping materials with care, use only sharp scissors, and put your Sellotape on neatly. Adding some ribbon is well worth the effort.

Fill those Christmas stockings - a must for Christmas mornings. Cleverly planned, they might even delay the time when exhausted parents are awoken from slumbers....

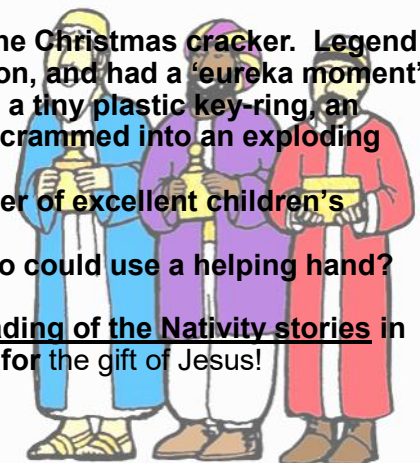
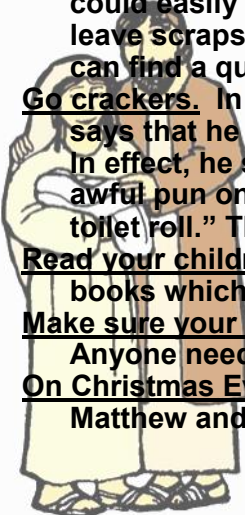
Give your pets some extra care. If you have a curious dog or cat, avoid tinsel on the tree – your pets could choke on it. Keep a watchful eye on the turkey bones on Christmas Day – and dispose of them safely. If they splinter in your pet's throat on Christmas Day, you could easily double the cost of your Christmas with just one visit to the vet.... Don't leave scraps of wrapping paper around if they might be eaten. Finally, ensure your pets can find a quiet place to rest if all the family is there.

Go crackers. In 1847 the confectioner Tom Smith invented the Christmas cracker. Legend says that he spotted a beautifully wrapped French bon-bon, and had a 'eureka moment'. In effect, he said to himself: "What that bon-bon needs is a tiny plastic key-ring, an awful pun on a piece of paper, and a tissue paper hat, all crammed into an exploding toilet roll." The rest is history.

Read your children the Christmas story. There are any number of excellent children's books which tell it with wonderful illustrations.

Make sure your neighbours are all right - is there anyone who could use a helping hand? Anyone needing a lift to church?

On Christmas Eve/Christmas, make time to have a family reading of the Nativity stories in Matthew and Luke. As a family, make time to praise God for the gift of Jesus!



Bishops pray Gaza ceasefire deal brings immediate relief and comfort

A group of bishops with a close interest in the Holy Land have welcomed the recent Gaza peace deal, praying that it will "bring immediate relief and comfort".

The Bishop of Southwark, Christopher Chessun, the Church of England's lead bishop for the Middle East, together with the Bishops of Chelmsford, Gloucester and Norwich, said that what had happened in Israel and Gaza "must never be allowed to happen again, anywhere" and pledged to continue to stand in solidarity with the Churches of the Holy Land.

They said: "After two years of unimaginable death and destruction now is the time for all parties to turn away from war and commit to peace.

"A credible peace must start with a ceasefire, but it will not last without a fundamental shift in the attitudes and behaviours that, for too long, have maintained Israel's occupation of Palestinian territory and thwarted Palestinian self-determination and statehood. The settler violence in the West Bank must cease and the settlement-expansion programme must be reversed.

"We call on our own Government and the wider international community to now work tirelessly in order for Hamas, and for other Palestinian factions, to fully commit to decommissioning their arms and dismantling their military capabilities, while at the same time securing the necessary commitments from Israel to end the occupation in accordance with the International Court of Justice's ruling of 19th July, 2024.

"We continue to hold that the only path to a just peace for Israelis and Palestinians, is a two-state solution that provides for a safe and secure Israel alongside a viable and sovereign Palestinian state.

"To that end, we will continue to stand in solidarity with the Churches of the Holy Land in ensuring that their people's voices, including their hopes and their anxieties as to the future, are not ignored in the weeks and months ahead."

*The Rt Revd Christopher Chessun, Bishop of Southwark the Rt Revd Graham Usher, Bishop of Norwich. The Rt Revd Guli Francis-Dehqani, Bishop of Chelmsford
The Rt Revd Rachel Treweek, Bishop of Gloucester*

25th December - Did the Old Testament expect Jesus to come?

Yes indeed! The Old Testament contains many prophecies about a coming Messiah which were fulfilled by Jesus. Here are just some examples:

He would be born of a virgin.

Isaiah foresaw: 'Therefore the Lord Himself will give you a sign: The virgin will conceive and give birth to a Son, and will call Him Immanuel.' (Isaiah 7:14)

He would be born in Bethlehem.

Micah wrote: 'But you, Bethlehem Ephrathah, though you are small among the clans of Judah, out of you will come for me one who will be ruler over Israel, whose origins are from of old, from ancient times.' (Micah 5:2)

His lineage would be of the line of David.

Jeremiah prophesied: 'The days are coming,' declares the Lord, "when I will raise up for David a righteous Branch, a King who will reign wisely and do what is just and right in the land. In his days Judah will be saved and Israel will live in safety. This is the name by which he will be called: The Lord Our Righteous Saviour.' (Jeremiah 23:5-6).

He would bring healing

Isaiah looks forward to: 'Then will the eyes of the blind be opened and the ears of the

Do you know of a child who is being cared for by someone who is not a close relative for more than 28 days? It is required by law for Children's Services to be notified of these arrangements to ensure the safety of the child.

Private fostering describes an arrangement when someone who is not a close relative cares for another person's child under the age of 16 (18 if disabled) for 28 days or more.

A close relative is considered to be an aunt, uncle, grandparent, step parent or siblings. Other family members such as cousins or great aunts are not classed as close relatives for the purposes of Private Fostering. Private Fostering also includes families hosting overseas students being educated in the UK.

To notify us about a private fostering arrangement in Redbridge, please contact Redbridge Children's Services on 020 8708 3885 or by email CPAT.Referrals@redbridge.gov.uk For more information please visit our website: <https://www.redbridge.gov.uk/private-fostering>

Gemma Seabrook

Recruitment and Development Manager, Redbridge Fostering Service
Peoples Directorate, London Borough of Redbridge | Station Road Centre | Station Road |



With friends and relatives in mind....

- ◇ If you pray for another, you will be helped yourself. - *Yiddish proverb*
- ◇ We make a living by what we get. We make a life by what we give. - *Duane Hulse.*
- ◇ The human species, according to the best theory I can form of it, is composed of two distinct races, the men who borrow, and the men who lend. - *Charles Lamb*
- ◇ Strange to see how a good dinner and feasting reconcile everybody. - *Samuel Pepys*
- ◇ Of all the awkward people in your house or job there is only one whom you can improve very much. - *C S Lewis*
- ◇ Gossip is letting the chat out of the bag. - *Anon*
- ◇ A good example is the best sermon. - *Anon*
- ◇ You can make more friends in two months by becoming interested in other people than you can in two years by trying to get other people interested in you. - *Dale Carnegie*
- ◇ Happiness is made to be shared. - *French proverb*

deaf unstopped. Then will the lame leap like a deer, and the mute tongue shout for joy.' (Isaiah 35:5-6) And the Psalms add that He will be the one who 'forgives all your sins and heals all your diseases.' (Psalm 103:3)

He would be betrayed

The Psalms prophesy: 'Even my close friend, someone I trusted, one who shared my bread, has turned against me.' (Psalm 41:9)

Zechariah even prophesies the price of that betrayal: 'So they paid me thirty pieces of silver.' (Zechariah 11:12)

He would be crucified

Psalm 22 foresees the horror of His crucifixion: 'My God, my God, why have you forsaken me?... All who see me mock me; they hurl insults, shaking their heads. "He trusts in the Lord," they say, "let the Lord rescue him. Let him deliver him, since he delights in him."... I am poured out like water, and all my bones are out of joint. My heart has turned to wax; it has melted within me.

PARISH OFFICE (in Church)

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

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

VICAR:

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

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Deputy Warden:

Maxine Paul

Parish Safeguarding Officer:

psr@holytrinitybarkingside.org.uk
Kaye Larbi 020 8491 8178

Magazine:

parishmagazine@holytrinitybarkingside.org.uk

Ordinand

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Sacristan / Verger:

(& Organist) Mary Fabb - 020 8550 9694

Mothers' Union:

mothersunion@holytrinitybarkingside.org.uk

Music Group:

musicgroup@holytrinitybarkingside.org.uk

Webmaster:

webmaster@holytrinitybarkingside.org.uk

PARISH DIARY

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

Sunday 7 December 2nd Advent Service at 10:30am
Carols by Candlelight with Fairlop Brass Band at 6:30pm

Tuesday 9 December MU Carol Service at 2:30pm

Saturday 13 December Christmas Party
Parish Hall: families & all generations—food & drinks, music & dance, 4-7pm; 'booking only'; contact Kate @ 07876 318718

Sunday 14 December 3rd Advent Service at 10:30am

Sunday 21 December 4th Advent Service at 10:30am

Wednesday 24 December Christingle Service for Families at 3pm; Midnight Communion at 11:30pm

Thursday 25 Dec Christmas Day Family Service 10:30am