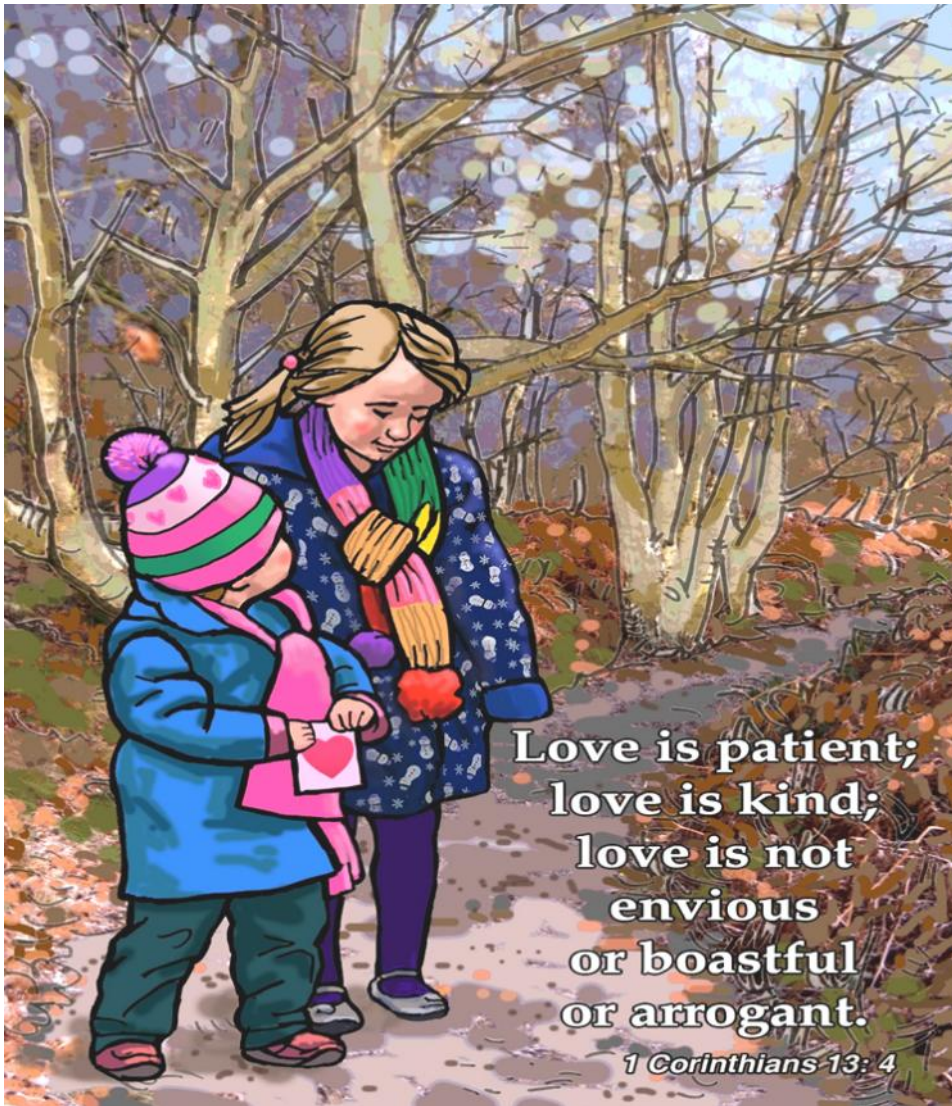


Trinity Times

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£1 donation.**

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



Love is patient;
love is kind;
love is not
envious
or boastful
or arrogant.

1 Corinthians 13: 4

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

Tea, Coffee, Snacks
Games and Crafts
Good Company
Friendships

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

Who We Are

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

We are a lively, diverse, family-friendly and growing 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

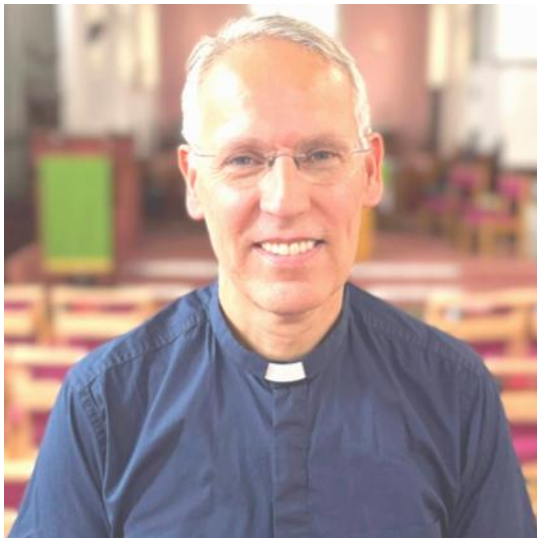
Dear Holy Trinity Family!

I hope this letter finds you well. **The start of 2026 has been tough** with cold and wet weather, ongoing wars, political turmoil and a continuing cost-of living crisis. We realise that being well is not something we can take for granted, particularly in these times of uncertainty and anxiety. However, in the season of Epiphany we have been reminded that **there is light that breaks into the darkness and manifests itself in Jesus Christ.**

And we have been blessed to see this manifest in many wonderful ways, including our worship services and our community ministries: Tuesday Drop-in, Salsa Classes, Stay & Play, and Edge Youth Club.

As we journey onwards with Christ and ponder what to let go of or step into, I would like to share three things that spoke to me about the moment when Jesus entered the public sphere (Matthew 4:12-23). First, he proclaims this bombshell that stood at the heart of his ministry: **“The Kingdom of Heaven has come near.”** The problem was that hardly anyone recognised Jesus as the long-awaited Messiah, because he was no shining knight but was gentle, vulnerable, gracious, and he cared for the weak and marginalized.

And when Jesus said that The Kingdom of Heaven “comes down on earth as it is in heaven”, this is not about any of these small ‘kingdoms’ that we tend to create – for example, being English or German – that will pass away. The Kingdom of Heaven is the eternal state of things, and to live in the Kingdom of God is to live in that perspective. Most people are afraid to move out of their tiny man-made comfort zones and boundaries, but we are told to grow beyond them and see God everywhere!



Here is an exercise that might help you:

Imagine a whole group of people sitting on a bus that drives through exceptionally beautiful countryside but the window shades in the bus are pulled down. The passengers don't have the slightest idea about what lies outside the windows of the bus and spent their time squabbling over who will have the seat of honour. Imagine how it would be to pull up the shades and pay attention to what is around you.

Second, **Jesus proclaims that we need to change because the Kingdom of Heaven is here.** It's a request that decides whether we are able to live this out in our own lives. So, Jesus asks us to stop doing some things that we know are not healthy; and start doing things that we know are good for us and those around us. However, many of us find it hard to respond to this: some of us feel quite comfortable with the life we live; some of us have been made feel guilty or shameful for who we are.

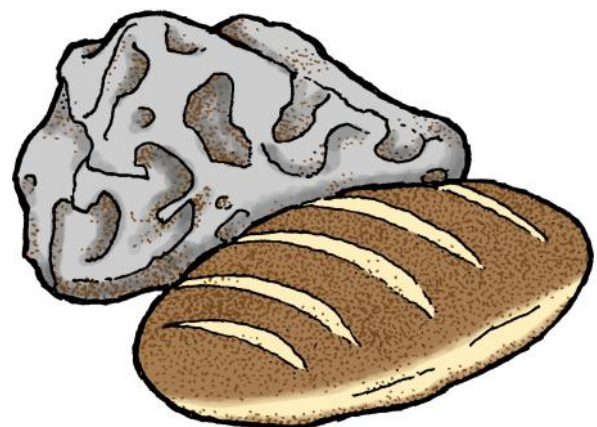
Here is an exercise that might help you to open-up to change: Imagine yourself to be in the peaceful and healing presence of Christ. Ask him to tell you things about yourself that indicate your selfishness and need to change. Then you do the most important thing before you take a single step towards change – it is vital that you hear Christ say these words to you: “As far as my love for you is concerned it does not matter whether you change or not, for my love for you is unconditional.” Now you see Christ’s power flooding into you and you imagine you feel strong where before you were afraid. You see yourself going through the day equipped with this power received from Christ.

Finally, **Jesus says “Follow Me”**. It’s worth reminding ourselves that God is calling everyone and everything, not just a few chosen ones, to God’s self. Whilst we often respond reluctantly (see Moses), history is graced with people who learned to act beyond and outside their self-interest and for the common good. Those who respond to the call and agree to carry the price, they are the salt that God uses to transform the world.

Here is an exercise that might help you to step into this: Say “Here I am” in your heart as you read the following verses from Isaiah 9:2-4: The people who walked in darkness have seen a great light; those who lived in a land of deep darkness—on them light has shined. You have multiplied the nation, you have increased its joy; they rejoice before you as with joy at the harvest, as people exult when dividing plunder. For the yoke of their burden, and the bar across their shoulders, the rod of their oppressor, you have broken as on the day of Midian.

As always: **Thanks so much for who you are, and for all you do. God is good, and we are so grateful for the ongoing goodness and blessings we see right in our midst.** We like to think of ourselves as belonging to one family – so please do contact me or Revd Kate or anyone else on our leadership team if there is anything we can do.

Every blessing, Revd Chris



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?

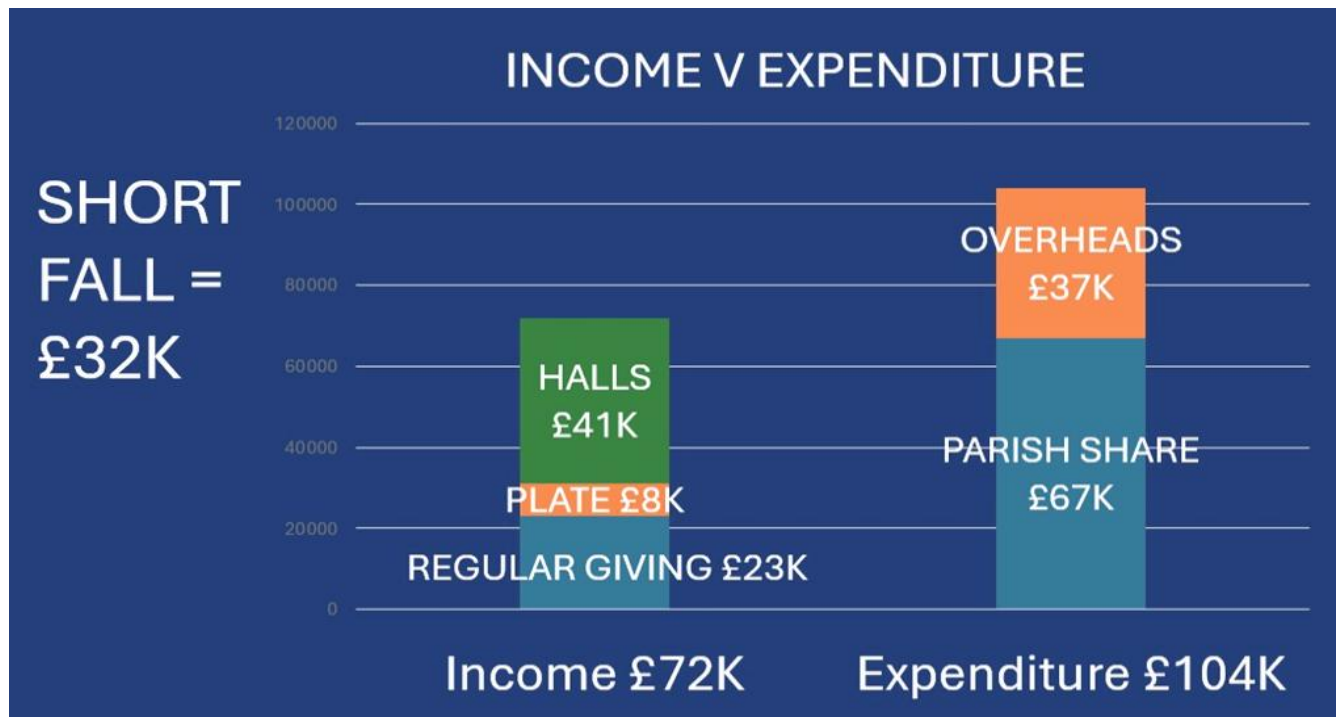
Perhaps: *“There was a man who had a Costa loyalty card. Each week he bought a cappuccino and a slice of cake, while his local church quietly struggled to pay its bills.”*



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.

As a church family, let's respond generously, joyfully, and faithfully.

This month

As we start Lent this month, have a good listen to a few sermons. You can catch them in a church service or even on your computer. Most cathedrals have a website where they record their Sunday service in whole or in part, which you can listen to and take part wherever you are.

How were you before the sermon started and how did you feel at the end – was there something in it that you will think about over the coming week, or was it lovely comfort food? Whichever it was, may it bless you as you prepare for Lent.

Peaceful mind

There is a lot of talk about 'mindfulness' these days, and how to find calm moments in our daily lives. Both the BBC and Classic FM have even got radio stations devoted to 'mindful' and 'calm' music. But as Christians, we have an extra, divine resource to call on, and you can gently remind your readers of this. The Bible tells the story of Jesus and His stressed disciples in a boat in a storm. Like them, we also get hit by storms in life. And like them, we can know that Jesus is also with us. Why not take a moment to ponder these promises:

Cast your cares on the Lord and He will sustain you; He will never let the righteous be shaken. (Psalm 55:22)

Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid. (John 14:27)

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. (Philippians 4: 6-8)

Why not take a moment to memorise one of these verses?

The staggering vision of '2001 A Space Odyssey' Revd Roy Shaw,

I recently saw an excerpt from the film '2001 A Space Odyssey', and had to remind myself that it was released in the early summer of 1968. I was so enthralled and mystified by the film that I saw it twice that year, and it's still staggering in its realisation.

No computer-generated imagery back then; it was all shot with realistic models of spaceships, slow-spinning space-stations, lunar bases, star-scapes, against the blackness of space. It recreated all the stuff needed to make people believe that what they saw on the screen was credible as a vision of what, in 1968, lay 30 years ahead. Painstaking, detailed and exact camerawork obviously played a big part, too. One critic has even said that the scenes in the space station and the space ships, especially of the humans piloting or guiding those machines, look more credible than anything NASA put out.

'2001' still takes my breath away nearly sixty years later. It looks soooo convincing! Now, here's the confession bit; I haven't really grasped the ending, when Dave (the astronaut we've followed throughout the film) reaches out to embrace the future as a star-child. At least, I think that's what the ending is about, but I still have questions.

All this has parallels with our faith, at least for some of us. Christian faith offers us a vision, and a staggering one at that, where we can embrace the future with hope, even though we've no clear sense of the ending beyond our earthly pilgrimage. We are given some clues in the Scriptures and the words of Jesus, but much of it is hidden from us.

And as we live out our faith, committing our ways to God each day, I trust we have discovered it is a credible faith, one that keeps us keeping on through the yearly cycle of Christmas, Lent, Holy Week, Easter, Pentecost, Advent. 'God is with us', 'God is for us', 'God is in us', 'God is near us' All those truths, experienced day by day, are staggering, and take a lifetime to digest. We don't know all the answers, but we have enough to go on to trust God in the here and now.

Are there films, tv series, books, maybe a magazine article, which have cast some light on your pilgrim path? Which have helped you follow God with more understanding? What comes to mind? Give thanks for all the ways God leads you on the daily path.

The Seven Deadly Sins: Greed *Canon Paul Hardingham*

'How much money is enough? Just a little bit more.' (John D Rockefeller).

In our series on the Seven Deadly Sins, we are looking at greed. It is the overwhelming desire for *more and more* in our lives. In our consumer culture it can be hard to tell the difference between needs and wants - e.g. buying a new laptop or shoes for different occasions? We need to ask the question: *How much is enough?*

Jesus was approached by a man who wanted Him to settle a dispute about family inheritance. He said, *'Watch out! Be on your guard against all kinds of greed; life does not consist in an abundance of possessions.'* (Luke 12:15). Jesus goes on to tell the story of a rich farmer who builds bigger and bigger barns, but whose life is unexpectedly cut short by death. He concludes: *'This is how it will be with whoever stores up things for themselves but is not rich towards God.'* (21).

How do we overcome greed and become *'rich towards God'*? Paul writes: *'I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want.'* (Philippians 4:13). Overcoming greed involves learning to be content in whatever situation we find ourselves, in need or plenty. Paul is not saying that there is anything wrong with having food, money or possessions, but these cannot be the primary source of our contentment. The secret of contentment is found in a transforming relationship with Jesus: *'I can do all this through Him who gives me strength.'* (13). He is the one who enables us to overcome greed and know riches.

'Contentment makes poor men rich; discontent makes rich men poor.' (Benjamin Franklin).

How to Handle Temptation *Canon Paul Hardingham - the temptations of Christ.*

'I can resist everything but temptation' (Oscar Wilde). During Lent we remember Jesus' experience in the wilderness (Matthew 4:1-11), when *'He was led by the Spirit to be tempted by the devil.'* (1). Temptation is a test of whether we do things our way or God's way. After 40 days of fasting Jesus was tired, hungry and vulnerable. Like Him, the Devil will attack us at our most venerable moments, especially when we are stressed.

The first temptation was to turn stones into bread: Jesus' ministry was not about putting His own needs first, but being nourished by God's word. *'We do not live by bread alone but by every word that comes from the mouth of God'* (Deuteronomy 8:3). Like Jesus, we need to make God our priority and trust Him completely.

The second temptation was to put God to the test: Jumping off the Temple pinnacle would have been a dramatic way for Jesus to gain popularity, but this was not God's way! *'Do not put the Lord your God to the test.'* (Deuteronomy 6:16). We too need to learn this lesson!

The third temptation was to worship Satan: The devil took Jesus up a mountain to offer Him worldly power. In contrast, His calling as Messiah was to be marked by suffering and honouring God. *'Worship the Lord your God and serve Him only'* (Deuteronomy 6:13). This is to be our experience of living for God.

Jesus stands with us in our temptations. As we claim the promises of Scripture, like Him, we will find strength in the Spirit's power and the victory of the Cross.

Consider these verses:

'Watch and pray, so that you enter not into temptation. The spirit is willing, but the flesh is weak.' (Matthew 26:41)

'Since Jesus Himself has endured being tempted, He is able to help those who are tempted.' (Hebrews 2:18)

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

Winnie the Pooh and Lent 2026 *By the Revd Roy Shaw,*

Remember the Winnie the Pooh stories? And Kanga's insistence on Baby Roo's taking his Strengthening Medicine? It's 'really quite a nice taste when you get used to it', she explained, although I'm not convinced Baby Roo always agreed.

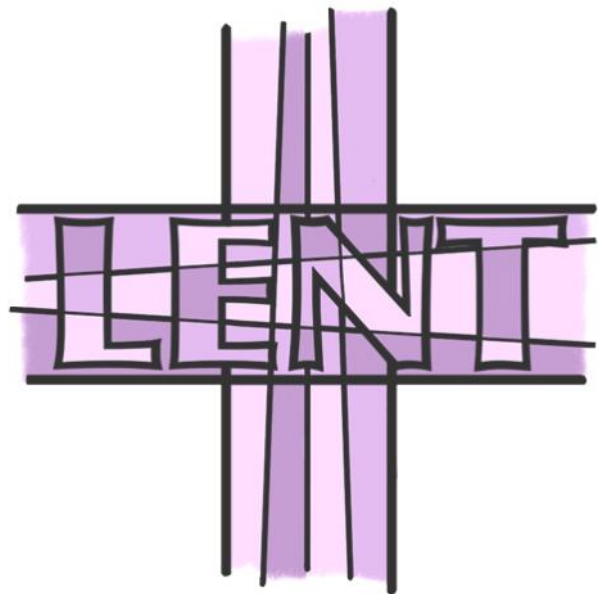
It can be helpful to think of Lent as a sort of medicine; an opportunity to strengthen us in the things that are good, rein in other facets of our personality, and reset the compass to the true North of following Jesus. A Spring-clean of the soul, if you like.

Baby Roo (and Piglet on the one occasion he was subject to it) found Strengthening Medicine not to their liking, and we may groan inwardly at the thought of 'giving up something for Lent'. Think of what lies behind this 'giving up'. It's so that we may be strengthened, our character refined, our prejudices examined, our junk thrown overboard, and we may come to Passiontide and Easter more fit to walk the way of the Cross, and rise in new life with Jesus at His Resurrection.

Nor is Lent just a case of giving up chocolate. One year I gave up Facebook for Lent, having spent far too much time scrolling through it each day. It freed me to do other, more constructive things. And instead of giving up, why not take up something you've been meaning to do but never got round to; something life-affirming, something good for God.

Lent begins on Ash Wednesday, which this year falls on 18th February. Many Christians go public with their intention to keep a good Lent by being 'ashed'- the sign of the Cross made on the forehead in a mixture of ash and holy oil at a special service that day. The ash is usually the burnt remains of the palm crosses from last year. Having been ashed, the intention of the 40 days of Lent is to maintain a steady course closer to God, symbolised by the giving up of something - like chocolate - which has a hold on us. We walk with Jesus on the way to the Cross, mindful of the 'riches of God's kindness, forbearance and patience' as St Paul has it, and mindful too of Jesus' choice of the Cross as a way for us to enter those riches more fully.

And to face the immensity of that sacrifice, and the immensity of God's riches made available to us in Jesus, we need all the Strengthening Medicine we can get!



A religious upbringing helps your health in later life

Elderly people who had a religious upbringing have been found to be physically healthier, according to a recent study.

Scientists believe that one reason may be that they did not use drugs, cigarettes or alcohol when they were young. The data found that such people are reporting fewer difficulties with daily activities such as dressing or washing.


The study looked at older people across Europe, and the results were published in the journal *Social Science and Medicine*.

Many children in Europe who grew up after the Second World War had families who attended church on a regular basis, and who had Christian moral beliefs and values. For many children, this provided a sense of meaning in life, and a sense of belonging. They felt more 'connected', and hence more mentally and physically stable.



LENT GATHERINGS

breakfast
worship
teaching & discussion
prayer stations
individual reflection
everyone welcome!



Saturday - 14, 21 & 28 March
10:00am-12noon

Holy Trinity Church Barkingside
Mossford Green, IG6 2BX—ring Chris 07804 641931

PIZZA SUNDAY

Sunday 1 March
12noon
(after 10:30am service)

**everyone invited
& welcome!**

Holy Trinity Barkingside
Mossford Green
contact Chris @ 07804 641931

14th February - The Two Valentines

If you dig into the history of Valentine's Day, you discover it has a complicated past. There seems to have been two Valentines: Valentine of Terni and Valentine of Rome. But there was only one road involved: the Via Flaminia, or Flaminian Way.

According to some sources, Valetine of Terni was a third century bishop found "guilty" of having encouraged some young men to convert to Christianity. When the prefect of Rome heard of this, he was furious, and had Valentine of Terni arrested.

Valentine of Terni was then taken to Rome on the Flaminian Way, which was the road linking Rome and Terni. In Rome, Valentine of Terni was beheaded in 273. His remains were then taken back to Terni for burial. An 8th century basilica named after him is found on the Flaminian Way.

Valentine of Rome was a priest who was also martyred in the middle of the third century, this time under the authority of Claudius II. But Valentine of Rome's death may have occurred on the Flaminian Way, where another basilica, bearing his name, has also been found. This one was completed by Pope Theodosius about three centuries later.

The two stories have understandably become confused. Two Valentines, both martyred, in a time of persecution of Christians, and one Flaminian Way. Even Common Worship's choice of c.269 as the date of death is at best a guess.

One thing seems sure: our present-day custom of sending cards and flowers to declare our love has nothing to do with either Valentine. Instead, these may come from the poet John Donne in about 1632. He wrote a marriage song which includes religious commemoration of Valentine along with fertility symbolism. Even the pagan Lupercalia festival may have gone into the mix which flavours our current celebrations of the day.

The C of E agrees to spend £12.4 million on social and racial justice programmes

Back last summer, when the C of E announced its three-year national spending plans, the Triennium Funding Working Group (TFWG) included an allocation of £12 million for the areas of social and racial justice in the 2026-2028 triennium.

The precise allocation of that £12 million was a matter for the Archbishops' Council to determine. It has now agreed that £7 million will be spent on racial justice programmes over a three-year period, from 2026-2028. An additional £200,000 will also be carried forward from 2023-2025 and spent on racial justice.

A further £5 million will be spent in support of disability programmes. This money will aim to help the C of E become more diverse and inclusive, dismantling barriers from worship, participation and leadership in the Church.

Leaders of the Ukrainian church appeal for peace

As the fourth anniversary of the Russian invasion of Ukraine approaches, Ukrainian church leaders have appealed for just measures to be put in place so that the invasion will end.

The country's Greek Catholic Primate, Major Archbishop Sviatoslav Shevchuk, said: "Let the modern creators of history protect human life from modern-day Herods - and let us pray that those who make fateful decisions will be inspired by the Holy Spirit not to start wars, but

to stop them."

The Primate of the Ukrainian independent Orthodox Church, Metropolitan Epiphany (Dumenko), also compared Russia's rulers to King Herod, who had used "ostentatious, external religiosity" to conceal a "rejection of God's truth".

He went on to say that divine retribution was "inevitable" for those who continued to abduct Ukrainian children and rape Ukrainian women, and for Patriarch Kirill, who had "blessed war, crimes, and murders" from the pulpit.

24th February - Matthias the Apostle, the chosen one

Have you ever been in the position where someone is desperately needed – and you fit the bill perfectly? It is almost as if all your miscellaneous qualifications that never made much sense before now make PERFECT sense. And you sense that you have been chosen by God for the task....

If so, then Matthias is definitely the patron saint for you! Matthias came into the picture shortly after the suicide of Judas. The early Church was missing an apostle, and so the remaining 11 apostles prayed for guidance on who to choose as a replacement for this key role.

The qualifications for the job were specialised: the person had to have been a follower of Christ from His Baptism to His Ascension, and a witness of the Resurrection. There were two possibilities: Joseph Barsabas and Matthias. How to choose?

Again, Matthias' experience may mirror yours: the decision was out of his hands, and up to others. In this case, the apostles drew straws – and the 'lot' fell to Matthias. He had been chosen to replace Judas! The tragedy of Judas' betrayal had led to an opportunity for service by Matthias – and he was well prepared for the task. Are you prepared for any task that God might suddenly open before you?

Like the other apostles, Matthias had been in Jerusalem and had received the gift of the Holy Spirit at Pentecost, and he went on to do a good job. It is said he preached the Good News first in Judea, and then maybe in Cappadocia and by the Caspian Sea. It is thought he was martyred by the axe or halberd, and his relics eventually ended up being taken to Rome by the empress Helen.

Matthias is an encouragement to us to be faithful in small things - because you never know what the future might hold!

People are coming to faith amidst the 'darkness' of crises around the world

So says several Church of England bishops. They believe that increasing numbers of people have been turning to the Christian faith.

The Bishop of Rochester, Jonathan Gibbs said: "Something is going on. Or rather, God Himself seems to be up to something – way beyond what we as Christians have been doing to share the message of the gospel with the people around us.

"Humanly speaking, I believe this is happening because people have begun to realise that the things in which they had placed their hopes – things like ever-increasing prosperity or the ability of science and technology to solve all our problems – have started to crumble in the face of economic crises, global pandemics and climate change."

The Bishop of Gloucester, Rachel Treweek said: "As I have listened to the voices of children, young people and adults across this diocese; the voices in Westminster, and indeed in prisons; I believe there is a yearning for certainty amid the turbulence, anxiety and uncertainty, and the endless messaging of crises."

The Bishop of Chichester, Martin Warner, speaks of joyful celebrations of baptisms and confirmations in his Diocese and new congregation members at Chichester Cathedral. "A new generation attending Chichester Cathedral have shifted the atmosphere," he said. "Buggies now take their place alongside the Zimmer frames, to the delight of everyone."



Lighting the way for generations to come



Celebrating 150 Years of Mothers' Union: Join Us, Join In – Lighting the Way for Generations to Come

2026 marks 150 years since Mothers' Union was founded in the small parish church of Old Alresford, Hampshire, by Mary Sumner - a home-educated vicar's wife with a powerful vision. She dreamed of women, regardless of class or status, coming together in faith to support one another and strengthen family life within the church.

From that small flame of an idea, a global movement was born. Today, 150 years later, Mothers' Union has grown to around 4 million members in 84 countries, working to improve the lives of individuals, families, and communities around the world. At the heart of all we do is our belief that faith and compassion can transform lives.

“Let your light shine before others, that they may see your good deeds and glorify your Father in heaven.” (Matthew 5:16)

And shine a light is what our members do. Whether someone finds themselves unexpectedly in hospital, a family is grappling with a parent going to prison, or a baby is born prematurely, Mothers' Union members are there offering care, support, and love without judgment. We speak out against injustice, create safe spaces for conversation, and run parenting support groups - all helping to build stronger, more resilient communities.

All of our work is guided by our three core pillars of transformation: Ending Violence – promoting peace and safety, Ending Injustice – advancing gender justice and Ending Poverty – fostering self-reliance and resilience

Our global programmes include literacy and savings groups, parenting and resilience training, and domestic abuse awareness campaigns. These initiatives are rooted in local communities - we listen first, then respond with practical, faith-led action. Every day, globally, our members carry out thousands of quiet acts of service that bring hope and healing.

Here in Holy Trinity with St Laurence, Barkingside Branch, Mothers' Union members run The Tuesday Morning Drop In at Holy Trinity for anyone in the community whether they are lonely or just fancy a chat. We offer refreshments for a donation (if you are able), a safe play space for small children and a selection of interesting activities including board games, knit'n'natter, jigsaws and magazines to borrow, simple crafts, free Wi-Fi and more.

We also operate [Trinity Child Contact Centre](https://www.trinitychildcontactcentre.org.uk) providing a safe, neutral space where absent parents or even grandparents can meet with their children after a messy split. Email Maxine at contactcentre@holyltrinitybarkingside.org.uk for more information, to make a referral or to volunteer.

At St Laurence, there is a monthly card craft class with expert crafter Deborah Wheeler. Space is limited, so booking is required. Please email.

There are also free short break holidays or days out for families who are struggling through our AFIA (Away From It All) scheme. You can apply for yourself (you will need a referee) or recommend a friend. Email Kathryn at AFIA@muchelmsford.org.uk for forms.

On the second Tuesday of the month at 10.30am, we have a short service in Holy Trinity which anybody is welcome to join, and we have an evening Zoom meeting with some interesting speakers on the fourth Friday of the month – for joining details, please email.

Mothers' Union today reflects the diversity of the modern world. We are a movement that continues to evolve, welcoming people of all backgrounds and identities. You don't have to be married or a mother and, while we are a women-led movement, men are very welcome to join!

As we celebrate 150 years of courage, care and community, we're looking to the future. There's a place for you here - so why not join us?

Whether you're passionate about social justice, community outreach, prayer, or simply want to connect with others who care, we invite you to get involved. In the next 12 months, we have some exciting activities to join in locally, including our **anniversary service and party at Holy Trinity on Sunday 17th May – everyone is invited.**

To join in with what's happening here, to become a member or to find out more about our anniversary events, email mothersunion@holytrinitybarkingside.org.uk, speak to Maxine or Tricia at Holy Trinity or Sue or Deborah at St Laurence after church. You can also follow us on Facebook https://www.facebook.com/ChelmsfordDiocesanMothersUnion/?locale=en_GB to see how our members are making a difference every day.

With love and blessings

Tricia (Branch Leader) & Maxine (Diocesan President)

The droughts, heat and hunger threatening the Middle East and Afghanistan

World Vision has warned that millions of people in the Middle East and Afghanistan are suffering such severe drought, heat and hunger, that the aid agency fears we are reaching a 'tipping point'.

In its recent report, *Children on the Brink*, World Vision reviews the current situation:

Iraq's catastrophic drought has displaced more than one million people in the region.

Lebanon has its most severe drought on record, with more than 40 per cent of the people reliant on water trucking.

Afghanistan has an estimated 17.5 million people in food crisis, of which two million are in food emergency.

In Syria, one million people are rated at 'food insecure'.

Meanwhile, the West Bank is struggling with "severe restrictions on land and water access, damage to infrastructure, and hunger and malnutrition.

Considering all this, World Vision warns: "The Middle East and Afghanistan are approaching a critical tipping point as drought conditions intensify rapidly across the region. Rising temperatures, prolonged dry periods, and chronic water-management challenges are driving alarming levels of food and water insecurity. "Close to 50 million people in the Middle East and Afghanistan are experiencing high levels of acute food insecurity that threaten their wellbeing and survival."

Alongside internal and cross-border displacement, the risk of "deepening tensions between communities" is rising, the report continues. "Children and already vulnerable families are being pushed to the brink, resorting to negative coping mechanisms to secure the food, water, and shelter needed."

World Vision's response in the region includes restoring watersheds, using earth and stone structures to increase water retention, recharge groundwater, and improve year-round availability. It is also promoting what it describes as 'climate-smart technologies', including drip irrigation, also called trickle irrigation; drought-tolerant seeds and livestock; and training in agroecological and conservation agriculture practices. However, the reports warns: "The scale and pace of drought demand unified action from national authorities, international donors, and local communities."

Meanwhile, the recent World Meteorological Organisation's *State of the Climate in the Arab Region* report has found that a number of countries in the region had temperatures of above 50 C (122 F) in 2024. The agency's Secretary-General, Celeste Saulo, says these high temperatures are pushing society to the limits. "It is simply too hot to handle. Human health, ecosystems and economies can't cope with extended spells of more than 50 C."

Introducing Dame Sarah Mullally - the 106th Archbishop of Canterbury

The Rt Revd and Rt Hon Dame Sarah Mullally DBE officially became Archbishop of Canterbury on 28th January 2026, when she was legally confirmed at St Paul's Cathedral.

Most people know that she had been Bishop of London for several years, and that she is the first woman to ever become Archbishop of Canterbury. But what else do you know about her?



- She was born in Woking in 1962, and is one of four children, with two sisters and one brother.
- She attended Winston Churchill Comprehensive School and Woking Sixth Form College. She went on to South Bank Polytechnic and Heythrop College, University of London
- She worked as a nurse in the National Health Service, which she has described as "an opportunity to reflect the love of God". She specialised as a cancer nurse and became a ward sister at Westminster Hospital, before being made Director of Nursing at Chelsea and Westminster Hospital.
- In 1999, at the age of 37, she was appointed the Government's Chief Nursing Officer for England in the Department of Health. She was the youngest person ever to be appointed to the post. Bishop Sarah was made a Dame Commander of the British Empire in 2005 in recognition of her outstanding contribution to nursing.
- She had become a Christian at the age of 16. While working as the Chief Nursing Officer for England, she discerned a call to ordination and entered training ministry at the South East Institute for Theological Education.
- She was ordained in 2001 and served her curacy in St Saviour's Battersea Fields, initially as a self-supporting minister, before leaving her government post in 2004, which she has described at the time as "the biggest decision I have ever made".
- In 2012 she was installed as Canon Treasurer at Salisbury Cathedral and three years later took the role as Suffragan Bishop of Crediton in the Diocese of Exeter, the fourth woman to become a Bishop in the Church of England.
- On 12th May 2018, Bishop Sarah was installed as the 133rd Bishop of London at St Paul's Cathedral, the first woman to hold the role.
- Bishop Sarah sits in the House of Lords as one of the Lords Spirituals, having been introduced on 24th May 2018. Her maiden speech paid tribute to the NHS on its 70th anniversary, telling the Lords: "I am the Bishop I am today because of that first vocation to nursing, and compassion and healing are constants at the heart of who I am."
- She was sworn in as a member of the Privy Council in March 2018 and became Dean of Her Majesty's Chapels Royal in July 2019.
- As Bishop of London, she led the Church of England's Living in Love and Faith process

from 2020 to 2023. This included the formative stages of discernment and decision making which saw the introduction of the Prayers of Love and Faith for same-sex couples.

- She has served on the Church's National Safeguarding Steering Group and is also Lead Bishop for Health and Social Care issues.
- As a Lord Spiritual, she has drawn from both her pastoral experience and her background in nursing and healthcare and has played a key role in the ongoing debates on assisted dying.
- This year, she chaired the Triennium Funding Working Group that developed the Church of England's three-year spending plan that led to significant investments in local churches and parish clergy.
- Archbishop Sarah is married to Eamonn, an Irish-born IT and Enterprise Architect who enjoys beekeeping and volunteering as a London tourist guide.
- The couple have two grown-up children, Liam and Grace.
- Archbishop Sarah has continued her interest in the health service having been a non-executive director at the Royal Marsden NHS Foundation Trust then at Salisbury NHS Foundation Hospital.
- She is Chair of Christian Aid.
- She has spoken openly about her dyslexia, describing her difficulties with writing and reading.
- In her spare time, she loves cooking, walking and pottery.

Five good reasons to eat Greek yoghurt

Real live Greek yoghurt is seriously good for you. Its protein and live bacteria have been linked to stronger muscles, boosted gut microbiome, and better heart, bone and brain health.

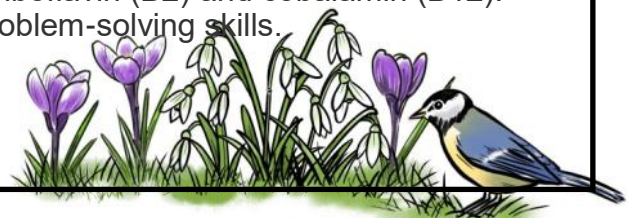
Greek yoghurt is high in protein, with up to 10g of protein per 100g. That's about double the protein of low-fat yogurt or Greek-style yogurts. What's more, it is a 'complete' source of protein, with all nine of the essential amino acids that our bodies can't make by themselves.

Greek yoghurt boosts your gut health. Its natural probiotics encourage a wider array of beneficial bugs to live in your gut. That means less inflammation, and probably fewer cancer-causing chemicals.

Greek yoghurt contains the minerals potassium and magnesium, which can help to both support and regulate blood pressure.

Greek yoghurt provides calcium. This can contribute to greater bone density and even re-build bone tissue if we are older or have been injured.

Greek yoghurt includes the B vitamins – thiamine (B1), riboflavin (B2) and cobalamin (B12). These help support memory, critical thinking, and our problem-solving skills.



Eating Disorders Awareness Week: 23rd Feb to 1st March

Do you suffer from an eating disorder? Or are you close to someone who struggles with one? If so, then you will know the long battle that sufferers can wage with anorexia, bulimia, binge eating and EDNOS (or 'eating disorder not otherwise specified'.)

Eating disorders ruin lives. They ruin relationships. They also ruin careers. They are estimated to cost the UK economy about £9.5 billion a year.

This year the annual Eating Disorders Awareness Week website says: "An eating disorder can be isolating, making people feel alone, whether someone has an eating disorder themselves or whether they are supporting someone.

And so it is that "We're celebrating the power of community and the vital role family, friends, and other support networks play in helping someone feel supported, understood, and never alone on their journey from seeking help, undergoing treatment and beyond. How can people with eating disorders be best supported by their employer and colleagues?

Visit <https://edaw.beateatingdisorders.org.uk> for details.

As for our church, if there is anyone who would like prayer about their eating disorder, or about the problem of someone they love, please contact any of the Church Leadership.

Shrove Tuesday – Pancake Day – 9th February

It's odd, really, to think that that confessing one's sins to God should be linked to making pancakes. And yet the beginning of Lent brings us both – Shrove Tuesday is Pancake Day, and is followed by Ash Wednesday, and so Lent begins.

In centuries gone by, the pancakes were made to use up the milk and eggs before the fasting of Lent. More recently, many readers will have childhood memories of the wonder of watching our mothers break an egg, mix it with milk and flour – and out of that gooey mess, to produce a light and delicious pancake.

These days, more of us buy pancake mix, or even ready-made pancakes. It seems we prefer the certainty of ending up with pancakes - to the risk of having made nothing BUT a mess of the kitchen.

In many parishes they used to hold pancake races on the day. Why anyone would want to run around a field while holding a pancake is not clear, but in Olney, Bucks, they have held a pancake race almost every year since 1445.



CHURCH HEATING

As the weather gets colder, high Gas bills are 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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All 9-14 year olds welcome

Lent & Easter

Holy Trinity Church Barkingside



- 14, 21, 28 March: Lent Gatherings & Worship over Breakfast, 10am-12noon
- 29 March: Palm Sunday 10:30am Service
- 30 March: Stations of the Cross with Holy Communion
- 2 April, 7:30pm: Maundy Thursday Service incl. Foot Washing & Communion
- 3 April, 10am: Family Fun Zone Easter Adventure— 2pm: Veneration at the Cross
- 5 April, 10:30am: All Age Easter Service with Easter Egg Hunt at 12noon

Mossford Green
IG6 2BX
All Welcome!



He's so glad he came

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NEW in the Community!

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Place:
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Mossford Green
Barkingside, IG6 2BX

Contact Kate: 07876 318 718

The Rectory
St James the Least



My dear Nephew Darren

On the art of drinking well

You closed your last letter with the remark that it was time to retire to bed with a cup of cocoa. That may be all very well for the pious intensity of a theological college - although a stiff whisky was always acceptable in my day - but it is not a style to continue once in the parish. I do feel obliged to give you a few hints about what should and should not be drunk in public as a parish priest.

Morning visits are to be discouraged, but if one is unavoidable, and you are invited to have a drink, then it has to be coffee. It is the only time of day when a mug is acceptable - provided, of course, that it is bone china or porcelain. In the afternoons one changes to tea, but only from cups. Blended varieties may be all very well for Curates in their first year, but it should be Darjeeling for an incumbent. And fruit teas are for Quakers only.

If an inappropriate vessel is offered, then the drink should be accepted, but left untouched. Since the visit will be discussed in the finest detail throughout the parish the moment you have left, your host will soon learn why and not make the same error a second time. It is for the same reason that if you ever want to circulate a piece of news round the parish as quickly as possible, never put it in the parish magazine, just mention it casually during one of your visits. Everyone will know by teatime.

Alcoholic drinks must be carefully judged. A sherry - dry, naturally - is probably best if you are invited to lunch. In the early evening, a gin and tonic would be the drink of choice. To ask for whisky would indicate that you are about to go over to Rome, and a mineral water that you have your roots in non-conformity. Beer is never, ever drunk in someone's house unless you suffer from some personal tragedy, such as being the diocesan youth chaplain.

However, an occasional beer in the pub with the bell-ringers (who will be real ale fanatics to a man) or after choir practice - which seems to be the real purpose of holding practices anyway - or as a treat for the sacristan, will show you are a man of the people. It is some years since I visited the pub.

Understanding wine should be taught at every theological college as an essential part of the ministry. Develop a taste for claret, dear boy, and you will be starting your journey towards high office.

And perhaps you should give that tin of cocoa to the verger.

Your loving uncle,
Eustace

Prayer and Fire

A tale is told about a small town that had historically been "dry," but then a local businessman decided to build a tavern.

A group of Christians from a local church were concerned and planned an all-night prayer meeting to ask God to intervene.

It just so happened that shortly thereafter lightning struck the bar and it burned to the ground.

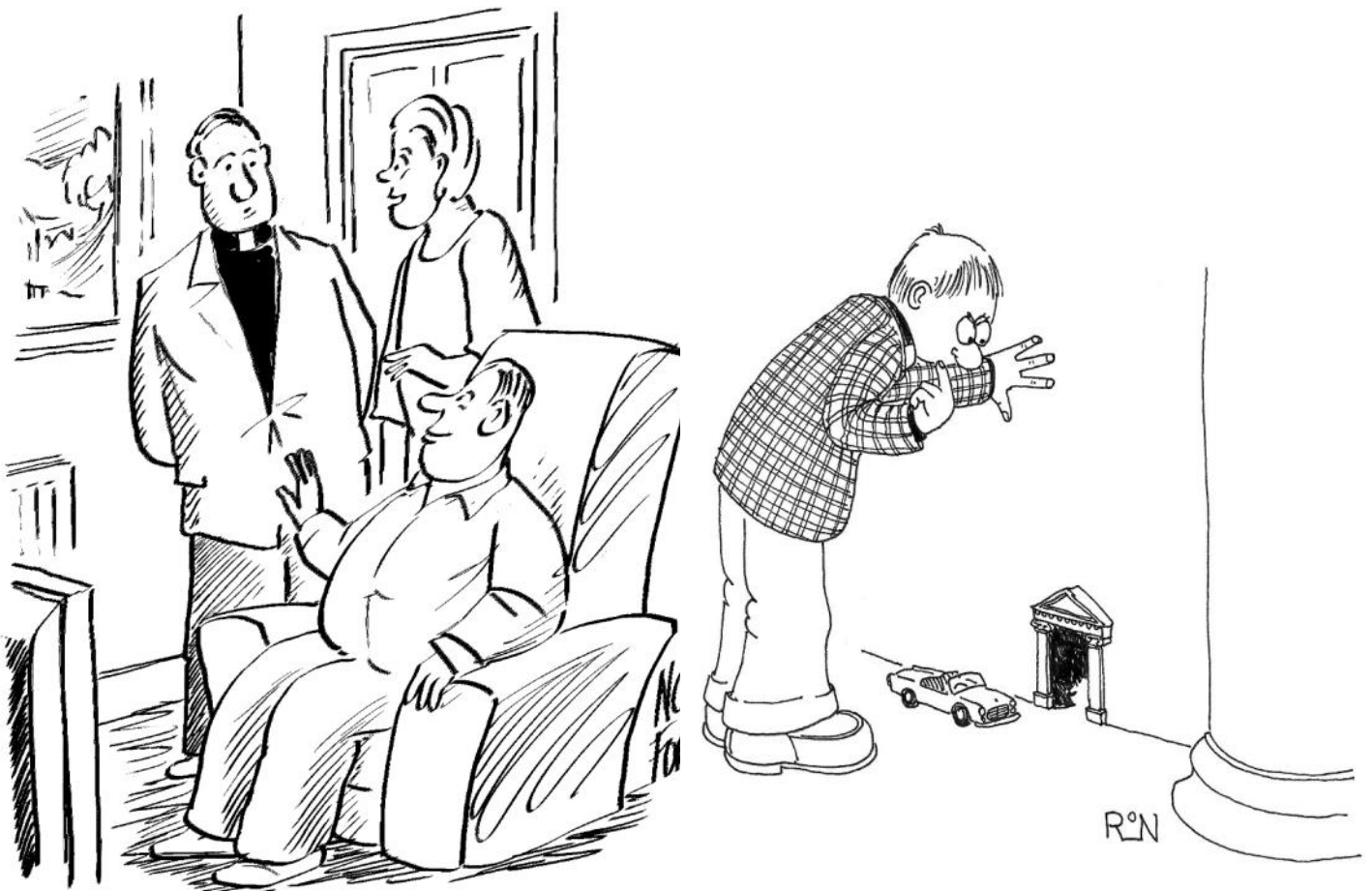
The owner of the bar sued the church, claiming that the prayers of the congregation were

Answers ACROSS: 1, Credit; 4, Tackle; 7, Cain; 8, Kenaniah; 9, Strength; 13, Beg; 16, Salvation Army; 17, ARC; 19, Every day; 24, Admonish; 25, Dire; 26, Sneeze; 27, Bronze. DOWN: 1, Cock; 2, Epistolic; 3, Taken; 4, Tenet; 5, Cane; 6, Leave; 10, Erase; 11, Guide; 12, Honey; 13, Barbarian; 14, Guys; 15, Asia; 18, Rod in; 20, Voice; 21, Rahab; 22, Hope; 23, Mene.

responsible, but the church hired a lawyer to argue in court that they were not responsible.

The presiding judge, after his initial review of the case, stated that "no matter how this case comes out, one thing is clear. The tavern owner believes in prayer and the Christians do not."

Received from Doc's Daily Chuckle.



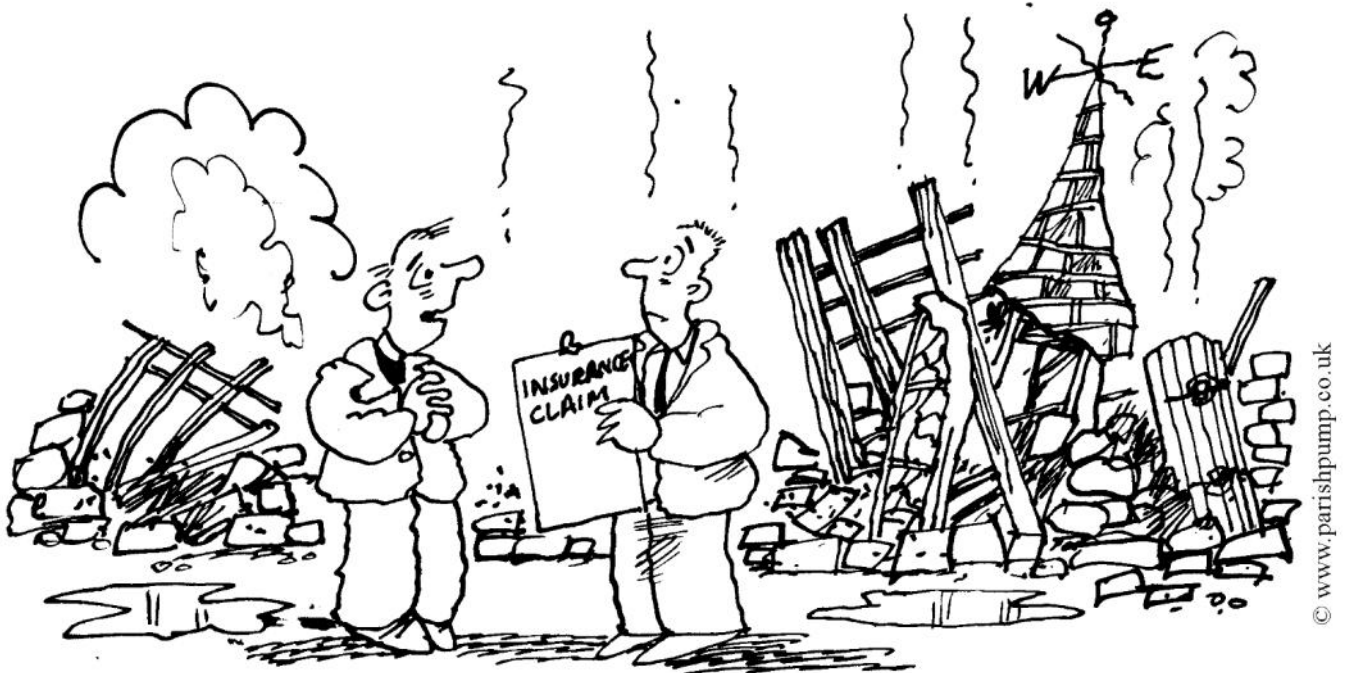
Henry is making a real effort for Lent – he's giving up the remote control and walking to the TV

...and yet the Church Mice still put it about that they were poor

God made us

A little girl sitting on her grandfather's lap reached up to touch his wrinkled cheek. "Grandpa, did God make you?" "Yes, sweetheart," he answered, "God made me a long time ago."

"Oh," she paused. "Grandpa, did God make me too?" Her grandfather assured her that He had. Feeling his wrinkled cheek again, she observed, "God's getting better at it, isn't He?"



...er... apart from this little hiccup... it was an excellent church pancake supper...



14 & 28 January
11 & 25 February
11 & 25 March

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Holy Trinity Barkingside 2026

Mossford Green, IG6 2BX
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14, 21 & 28 March	Lent Gatherings & Worship over breakfast, 10am—12noon
30 March, 7:30pm	Stations of the Cross with Holy Communion
2 April, 7:30pm	Maundy Thursday Service incl. Foot Washing & Communion followed by All-Night Vigil
3 April, 10am 2pm	Family Fun Zone Easter Adventure Veneration at the Cross
5 April, 10:30am	All Age Easter Service with Easter Egg Hunt at 12noon
9 May, 10am	Church Work Day incl. lunch
16 May, 7:30pm	Christian Aid Concert with New Redbridge Wind Orchestra
17 May, 10.30am 3pm	APCM (following Sunday service) Mothers' Union 150 th Anniversary Service followed by Tea Party
11 July, 3-6pm	Community Summer Garden Party
12 September, 10am	Church Work Day incl. lunch
4 October, 12-3pm	Harvest Meal Party
7 November, 5-7pm	Light Party
6 December 6:30pm	Carols by Candlelight with Fairlop Brass Band
12 December, 4-7pm	Christmas Party
24 December, 3pm 11:30pm	Family Nativity with Christingle Midnight Communion
25 December, 10:30am	Christmas Day Family Service

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**.

PIG BINS AND ALL THAT - A Memory by Bill Godfrey

Like many others we have in our family grand children and great grand children, who mercifully, do not understand shortages, especially shortages of food.

Those few of us who lived through the Second World War would have experienced deprivation but not quite to the level of starvation. I hope it is not too boring to remind people that, back then, each individual was issued with a food rationing book. It was not always money that determined what you ate, it was the restriction on what you were entitled to purchase, i.e. your ration!

Some may remember Corporal Jones, the local butcher in the TV comedy Dad's Army, surreptitiously slipping a sausage into a favoured customers bag. It really was like that. As a youngster I was not aware of the details of rationing but ration books were part of our lives.

There was, I seem to remember, butter on my bread most of the time. It meant that my brothers and I were eating mum and dad's butter ration! It was why, at that time, so many families kept chickens in the back garden, eggs were on ration too. There was probably no other means of having a chicken dinner at Christmas!

It seems hardly believable that us urchins went rabbit food gathering in the local fields as well. Our mission was to get dandelions, sorrel leaves and even grass. All in the cause of something to eat!

One of the things that remains transfixed in my memory are Pig Bins. These were placed in streets at strategic places for local residents to put in their waste food, greens etc to feed pigs. Nothing was wasted as Doodlebugs and V2's buzzed overhead and Ack-Ack guns banged around us..

Us youngsters lived then in a time of crisis but did not know it. 'Blackouts' were normal and dashing into the air raid shelter was part of life, even at school. Sweets in sweet shops were non-existent.

Just to mention the obvious, there were almost no private cars., no one that we knew had one. Streets were free of parked vehicles leaving plenty of space for Pig Bins. Pork too had become an important part of our diets. Oh, and on reflection, it was a time when women started to wear trousers. Many of them were taking on jobs left vacant by men who had been called up into The Services

Of course most people know that rationing gradually eased over a number of years after the war. Supermarkets and Superstores eventually came into existence until it really did become a time of plenty for most people.. BG



14th February - St Valentine's Day, a poem

Saint Valentine's Day, many believe, was named after one or more Christian martyrs and was established by Pope Gelasius 1 in 496 AD. Valentine of Rome was martyred about 269, and this day usually 'belongs' to him.

The first recorded association of Valentine Day with romantic love (1382) is from Geoffrey Chaucer. He wrote, 'For this was Saint Valentine's Day, when every bird cometh there to choose his mate.' This poem was in honour of the first anniversary of the engagement of King Richard II of England to Anne of Bohemia.

Valentine Day is referred to by Ophelia in Hamlet (1600-1601).

*To-morrow is St Valentine's day
All in the morning betime
And I a maid at your window
To be your Valentine.*

The modern mention of Valentine's Day can be found in a collection of English nursery rhymes (1784):

*The rose is red, the violet's blue
The honey's sweet, and so are you.
Thou are my love and I am thine
I drew thee to my Valentine.*



Should we reach out to the Gypsies, Travellers and Roma?

Gypsies, Travellers and Roma don't often get a mention in General Synod. But seven years ago, this month (Feb 2019), they gained an unexpected ally: the Archbishop of York, Stephen Cottrell.

For Stephen Cottrell introduced a debate calling for more pastoral care and compassion for the estimated 200,000 Gypsies, Travellers and Roma living in the UK.

He encouraged churches across the country to "act positively in support of Gypsies Travellers and Roma."

General Synod passed a resolution that day which included asking all the dioceses to appoint chaplains for the Gypsy, Roma and Traveller people. So far 12 dioceses have done so, and more dioceses are looking to appoint them.

Out of that debate has also come the Gypsy, Roma and Traveller Friendly Churches (GRTFC) initiative. It was launched in 2023, and works to support churches that are willing to build bridges, provide hospitality and even begin to include Gypsy, Roma and Traveller people in the regular life of their church.

The scheme explains: "Ideally, each congregation would offer support appropriate to its setting. This could range from befriending European Roma, or local settled Gypsies and Traveller communities, or even to those who are roadside, and effectively homeless."

The Archbishop of York has become one of their patrons. He says: "I'm excited to see the developing work of Gypsy Roma Traveller Friendly Churches. My prayer is that every Church becomes a place where people from these communities are welcomed."

More info on the GRTFC scheme is at: <https://sanctuaryplaces.co.uk/friendly-churches/>

How people fast during Lent

Many of us fast during Lent. It seems that the kind of fast you undertake may be connected to your denomination. A recent survey found the following:

- 94% Black Majority Churchgoers give up all food for a set time.
- 85% of Orthodox churchgoers cut out specific foods and/or drinks.
- 83% of Pentecostal churches give up all food for a set time.
- 79% of Roman Catholics cut out specific foods and/or drinks.
- 76% of New Churches give up all food for a set time.
- 57% of C of E cut out specific foods and/or drinks

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 **Iford 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".

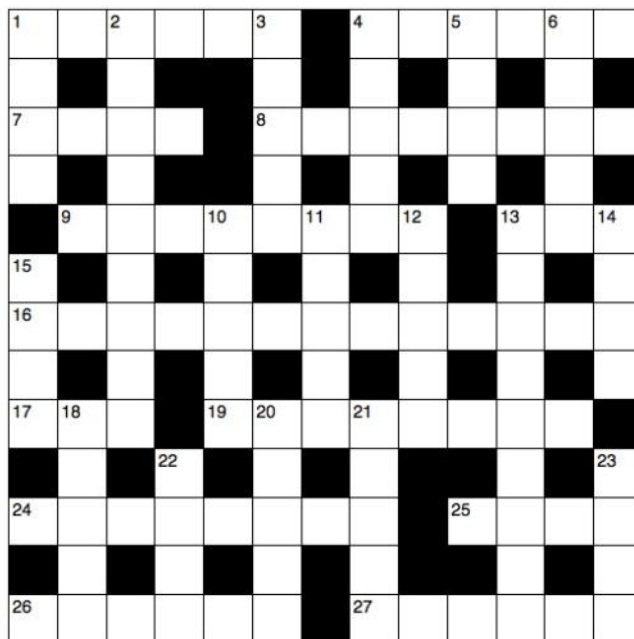
If this interests you, please contact us via Andrew Gillian, Stephen Gilson or Chris Stoneham.

Crossword - February 2026

- 1 'If you love those who love you, what — is that to you?' (Luke 6:32) (6)
 4 'They threw the ship's — overboard' (Acts 27:19) (6)
 7 The first murderer (Genesis 4:8) (4)
 8 He was the head Levite in charge of the singing when the ark of God was brought back to Jerusalem (1 Chronicles 15:22) (8)
 9 Samson was noted for this (Judges 16:6) (8)
 13 Solicit money or food from passers by (Acts 3:2) (3)
 16 What William Booth's Christian Mission became in 1878 (9,4)
 17 Alliance of Religions and Conservation (1,1,1)
 19 'I will praise your name for ever and ever. — — I will praise you' (Psalm 145:1-2) (5,3)
 24 Simon had (anag.) (8)
 25 Desperate (Deuteronomy 28:48) (4)
 26 Elisha witnessed the boy he was seeking to resuscitate do this seven times before opening his eyes (2 Kings 4:35) (6)
 27 The belly and thighs of the statue in Nebuchadnezzar's dream were made of this (Daniel 2:32) (6)

Down

- 1 'Before the — crows, you will disown me three times' (Matthew 26:75) (4)
 2 Relating to the books of the Bible between Acts and Revelation (9)
 3 'They have — the Lord out of the tomb, and we don't know where they have put him!' (John 20:2) (5)
 4 Belief (5)
 5 'Take the following fine spices: ... 250 shekels of fragrant —' (Exodus 30:23) (4)
 6 'Do not — Jerusalem, but wait for the gift' (Acts 1:4) (5)
 10 A seer (anag.) (5)
 11 'Even there your hand will — me' (Psalm 139:10) (5)
 12 The wild variety was part of John the Baptist's diet (Mark 1:6) (5)
 13 A non-Greek speaker who was looked down on by civilized people (Colossians 3:11) (9)
 14 Famous 1950s musical whose characters included members of 16 Across, — and Dolls (4)
 15 The province from which Paul wrote to the Corinthians (1 Corinthians 16:19) (4)
 18 'He was standing in the gateway with a linen cord and a measuring — — his hand' (Ezekiel 40:3) (3,2)
 20 'Today, if you hear his — , do not harden your hearts as you did in the rebellion' (Hebrews 3:15) (5)
 21 The Jericho prostitute who hid two Israelite spies on the roof of her house (Hebrews 11:31) (5)
 22 'And now these three remain: faith, — and love. But the greatest of these is love' (1 Corinthians 13:13) (4)
 23 'God has numbered the days of your reign and brought it to an end' (Daniel 5:26) (4)



Three in four car thefts unsolved

Keep a close eye on your car this year, because sadly, no one else seems to be able to do so. Recent figures have revealed that more than 121,000 car theft offences were not solved in 2024-25.

The British Transport Police, South Yorkshire, City of London, Sussex and Warwickshire police forces reported that more than 80 per cent of car thefts were unsolved. 35 of the 44 police forces in England and Wales had a total rate of 60 per cent of all cases going unsolved. Some critics even say that the dismal figures shows that car theft has been decriminalised in the UK.

Of course, theft has been around for a long time. For this very reason, Jesus warned us not to over-value the things that we own. He said: "Do not store up for yourselves treasures on earth, where ... thieves break in and steal." (Matthew 6:19).

Sadly, no data exists from the 1st century, to tell us how many stolen camels and donkeys were ever recovered.

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 |



4th anniversary of the Russia-Ukraine war

As 24th February approaches, the statistics are grim for the fourth anniversary of the Russian invasion of Ukraine.

Massive displacement: 6.9 million refugees have fled Ukraine, with a further 3.7 million internally displaced.

Significant casualties: Russia has hit one million casualties in all, including 250,000 soldiers killed. Ukraine has had about 53,000 casualties, including about 15,000 deaths.

Immense destruction of Ukraine's infrastructure, medical facilities and educational facilities.

Impact: Russia now occupies about 20% of Ukraine, including Crimea. Worldwide, a weakened global economy, threatened food security, and documented war crimes, including chemical weapons used by Russia.

Expense: Billions of dollars have been given in aid to Ukraine. (About \$175bn from the US, and \$197bn from EU since 2022.)

The future is unclear, but here are some memorable quotes of two leading Ukrainians:

At the start of the war, when offered evacuation from Kyiv by the U.S. government, President Volodymyr Zelenskyy famously stated, **"I need ammunition, not a ride"**.

The following day, on 25th February he emphasised Ukraine's determination, stating: **"We will be defending our country, because our weapon is truth, and our truth is that this is our land, our country, our children, and we will defend all of this"**.

The head of the Ukrainian Greek Catholic Church (UGCC), **Major Archbishop Sviatoslav Shevchuk** focuses on themes of resilience, freedom, and hope. **"Ukraine is wounded, but it is not defeated! Ukraine is exhausted, but it is standing and will remain standing! Believe me, no one thinks of giving up."**

A recurring theme in Zelenskyy's speeches is that **"Life will win over death, and the light will win over darkness"**.

PARISH OFFICE (in Church)

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

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

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(& Organist) Mary Fabb - 020 8550 9694

Mothers' Union:

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Music Group:

musicgroup@holytrinitybarkingside.org.uk

Webmaster:

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PARISH DIARY

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

18th February 9.45am - Ash Wednesday -- Communion and Imposition of Ashes

25th February 9.45am Wednesday Service. 12 noon - Lent Lunch - in church.

6th March 2pm Friday - World Day of Prayer Service
Barkingside Methodist Church

14th March Saturday 10 - 12pm. LENT GATHERINGS.
Breakfast & Worship

15th March Mothering Sunday

21st, 28th March Saturdays 10 - 12pm. LENT GATHERINGS.
Breakfast & Worship

29th March Palm Sunday (BST starts)

30th March 7.30pm Monday - Stations of the Cross. Holy Communion

2nd April 7.30pm Maundy Thursday . Footwashing & Communion.
Followed by All-night Vigil

3rd April Good Friday 10am Family Fun Zone Easter Adventure
2pm Veneration at the Cross

5th April Easter Day Easter Service + Easter Egg Hunt at 12 noon.

