

Trinity Times

The Parish of Holy Trinity Church ,Barkingside

£12 subscrip-
tion
£1 donation.



Jesus said, "Come to me, everyone who is tired and burdened, and I will give you rest." Matthew 11:28

Community Summer Garden Party

Holy Trinity invites you to join them
SUNDAY 14TH JULY 3-5:30PM
The Vicarage Garden
36 Mossford Green,
IG6 2BJ
(if raining: Parish Hall)

Bouncy Castle
Tea & Cake
Strawberries & Cream & Ice Lollies
Raffle
Crafts & Games & Table Tennis
2nd Hand Stall

Entrance: £3 individual / £6 family
(concessions available) all proceeds to charity
any queries, please ring Kate @ 07876 318718

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

Dear Family,

I hope that you are a lover of sport, because this summer is full of major sport events. As I am writing, there is still the potential of an England versus Germany final in Berlin at the Euros; Wimbledon has started and Emma Raducanu and Cameron Norrie are looking good; and the start of the Olympics is not far away.

But turning to more important things, people in this country have just elected a new government. It's a huge moment for all of us, because the world and our nation face deep challenges – from questions of war and peace, poverty and injustice to the very future of the earth God has given us.

So let's pray for the new Labour Prime Minister Keir Starmer and his cabinet to lead the country well, to bring about much needed change, and that the last, the least and the forgotten will be lifted high.



And why not go into summer by pondering over the last two stories from the Gospel of Mark that we heard in church? First, we had the story how Jesus calms the storm (Mark 4:35-41). And I argued that the wind and sea can be seen as real-life obstacles to our journey with Christ that threaten to drown us and prevent us from flourishing as individuals and as a community. So I ask you as individuals and us as a community: What might be an obstacle for you or for us to flourishing in Christ and with Christ? And if we sense what it might be, maybe we want to ask Christ to come into the situation and bring peace and reconciliation.

And as we think about Jesus as Lord over the Storm, we ask for hunger to experience a sense of awe in an otherwise often empty and superficial world, and where many of us are probably fixed on narrow daily routines. We ask that we practice beholding the beautiful and sensing the beauty flowing through us daily – that in the midst of our lives we learn to open up to experiencing wonder and amazement – so that we know and grasp better that being truly alive means to accept Jesus Christ as Lord.

When Kate looked at the stories in Mark how Jesus raises a dead girl and heals a sick woman (5:21-43), she focused on faith and healing. Kate shared how Jesus healed her when she faced a very challenging situation – and that he was available to her when she really needed him. So her question to us was: Who do you turn to when you are in a desperate situation? On whose feet do you fall? So, if there is something specific where you seek help and healing, why not consider seeking Jesus Christ?

So, as we navigate through summer, let's attempt to stay close to God, and let's not drift away from our calling and journey together as a church. Here are a few suggestions that you might find useful:

What about pursuing a spiritual daily routine? Why not receive each day in the morning with gratefulness as a new gift, invite God's presence and

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

And why not have a go at the simple but effective P.R.A.Y. acronym (Praise, Repent, Ask and Yield); or A.C.T.S. acronym (Adoration, Confession, Thanksgiving and Supplication); or indeed "The Seven Ps of Prayer" (Presence, Praise, Purpose, Petition, Pardon, Protection and Persistence). Why not try one of these?! And maybe you enjoy Howard Thurman's contemplative practice of making time to "center down" – see below.

We all need rest and refreshing. So let's make good use of the summer if we can (please note that Kate and I will be on annual leave from 29th July onwards). Just a couple of more things we are definitely called to do before then: To join us with all your family and friends for our Community Summer Garden Party on Sunday, 14 July, 3:30-5pm (Vicarage garden), and to join our wonderful Wednesday Gatherings in church on 10th and 24th July (7:30pm start). We are looking forward to seeing you there! –

As always, thanks so much for what you do, and for all your incredible support and love. It is so thrilling to see the wonderful things God is doing in our midst and around us.

Grace and mercy, and have a great summer!

Fr. Chris

Howard Thurman (1899–1981) about the contemplative practice of making time to "center down":

How good it is to center down!
To sit quietly and see one's self pass by!
The streets of our minds seethe with endless traffic;
Our spirits resound with clashings, with noisy silences,
While something deep within hungers and thirsts for the still moment and the resting lull....
The questions persist: what are we doing with our lives?—
what are the motives that order our days?
What is the end of our doings? Where are we trying to go?...
Over and over the questions beat in upon the waiting moment.

As we listen, floating up through all the jangling echoes
of our turbulence, there is a sound of another kind—
A deeper note which only the stillness of the heart
makes clear.
It moves directly to the core of our being. Our questions are answered,
Our spirits refreshed, and we move back into the traffic of our daily round
With the peace of the Eternal in our step.
How good it is to center down!
<https://cac.org/daily-meditations/a-prayerful-exchange/>

Archbishop of Canterbury urges end to violence in Sudan

Archbishop Justin Welby has urged an end to the 'unconscionable' suffering in Sudan, calling on the countries supporting the destruction to instead "channel their resources into peace negotiations."

It is estimated that between 8 and 11 million people have been displaced, and that famine and other forms of insecurity are now inevitable.

The archbishop said: "It is unconscionable that such immense suffering is allowed to continue, forgotten by most of the world."

As the violence intensifies with the siege and battery of El Fasher by the Rapid Support Forces, the Archbishop has urged them to stop. He went on: "I call on the countries supporting this destruction through weapons and financing to channel their resources instead towards negotiations for peace."

He said that an honouring of the Jeddah commitments and UN Security Council's call for a ceasefire "is now of paramount importance. All those engaging in violence must cease."

Archbishop Justin Welby recalled the "strong links" between the Church of England, specifically the Dioceses of Leeds and Salisbury, and the Episcopal Church of Sudan. "I stand in solidarity with my brother, the Most Revd Ezekiel Kondo, Primate of Sudan. We will continue to work and pray for peace and justice – and for a reconciliation that makes security and stability possible."

National Allotments Week – 12th to 18th August

We like allotments. In fact, as a nation, more than 250,000 of us have one, and reckon that it enriches our lives.

This year the theme of National Allotments Week (NAW) is biodiversity. The NAW will encourage allotment holders with tips of how to increase pollinators and wildlife, how to do ecofriendly pest control, companion planting, soil health and much more!

Allotments stem originally from the General Enclosure Act of 1845. Traditionally, they were popular among older, retired men, but in recent years that profile has changed. Now fewer than half of all plot-holders are retired, and many, many more are being run by women, who share the plot with their partners.

If you are interested in allotments, you might like to visit: www.nsalg.org.uk

More than £60 million awarded to three dioceses for 'programmes of transformation'

More than £60 million of funding is to be awarded to three Church of England dioceses for long-term programmes of transformation. This will include parish renewals, children and youth work, and outreach to low-income areas.

The Strategic Mission and Ministry Investment Board (SMMIB) has approved awards to the Dioceses of Blackburn, London and Southwark totalling £64 million for mission programmes set to last for between six and nine years.

The programmes will build on nationally funded work in Blackburn, Blackpool and Preston which has supported youth ministry, parish revitalisation, and outer estate leadership, and which has contributed to above average increases in adult and children attendance in the

6th August - The Transfiguration of Jesus

It's an unusual story. One day, Jesus is with three disciples on a high mountain in Galilee, when His appearance dramatically changes. Also, Moses and Elijah suddenly appear, and from a cloud comes the voice of God. What is this all about?

This event was witnessed by James, Peter, and John. They were close friends of Jesus. In the future, they were to become prominent leaders in the Early Church. They needed to see something special that would help them remember Jesus in the difficult years ahead. They had a glimpse of Christ in His divine glory. His face shone like the sun and His clothes turned white as light.

While this was an extraordinary sight for the disciples, it served to encourage Jesus who once had glory and majesty in Heaven. One day He would have it again. But firstly, He had to fulfil His mission: to suffer on the cross and die.

Why were Moses and Elijah standing with Jesus? Moses was the giver of the Law and Elijah represented all the prophets. They had pointed people to the promised Messiah. Jesus was about to complete God's plan of salvation.

God's voice was heard to remind Peter there was no need to build shelters. They were not going to stay on the mountain. God spoke to get the disciples to fix their attention of Jesus. The wonder of the Transfiguration was a short interlude before Jesus had to return to His work and subsequent death on the cross.

This story is a reminder that our times of spiritual blessing have to be followed by down-to-earth commitments and responsibilities.

Best position for effective prayer

Three ministers sat discussing the best positions for prayer while a telephone repairman worked nearby. "Kneeling is definitely best," claimed one minister.

"No," another contended. "I get the best results standing with my hands outstretched to Heaven."

"You're both wrong," the third insisted. "The most effective prayer position is lying prostrate, face down on the floor."

The repairman could contain himself no longer. "Sorry," he blurted out, "but the best praying I ever did was hanging upside down from a telephone pole."

Blessings

The student was writing to the head of the mission in England who had founded his local school in the African bush. He wanted to end with a blessing, 'May heaven preserve you.'

No money

Lord, I have just balanced my cheque book.
And now I must turn to you to find calm and peace.
And dignity as well.
This dignity which has been eroded for twenty years
because of the awful worry about 'making ends
meet'.
This peace which I'm deprived of,
for fear of not getting through another month.
This calm which I lose when my small income

disappears
and I never have a penny left.
What I fear, Lord, is not really poverty.... what I'm
afraid of is degradation.
Afraid of no longer thinking of anything but money,
just because I don't have any....

*By Paul Geres (a nom de plume of a French priest
who was in charge of a parish in an industrial city.
This poem comes from his collection 'Prayers for
Impossible Days')*

National Safeguarding Standards

Our Parish is committed to the Five Standards

1 Culture, Leadership and Capacity

Church bodies have safe and healthy cultures, effective leadership, resourcing and scrutiny arrangements necessary to deliver high quality safeguarding practices and outcomes.

2 Prevention

Church bodies have in place a planned range of measures which together are effective in preventing abuse in their context.

3 Recognising, Assessing and Managing Risk

Risk assessments, safety plans and associated processes are of a high quality and result in positive outcomes. The assessment and management of risk is underpinned by effective partnership working.

4 Victims and Survivors

Victims and survivors experience the timeliness and quality of Church bodies' responses to disclosures, and their subsequent support, as positively meeting their needs, including their search for justice and helping their healing process.

5 Learning, Supervision and Support

All those engaged in safeguarding related activity in Church bodies receive the type and level of learning, professional development, support and supervision necessary to respond to safeguarding situations, victims and survivors, and respondents, effectively.

WHAT ARE THE STANDARDS?

- Broad statements of what the Church of England wants to achieve in its safeguarding work.
- Each one has several 'What Good Looks Like' indicators, to identify strengths as well as areas for development.
- They are constructive development of good safeguarding practice, **NOT** a compliance-based exercise.
- The Standards and their indicators have been developed over a three-year period, working with dioceses, cathedrals, parishes and victims and survivors.
- They were approved nationally in 2023.
- A series of online tools and resources have been developed - [churchofengland.org/safeguarding-standards](https://www.churchofengland.org/safeguarding-standards)



Contact for Parish Safeguarding Officer

Name: Kaye Larbi
Tel: 07847 324955

[Parish Version]

INDEPENDENT SUPPORT SERVICE
Safe Spaces Telephone 0300 303 1050

 THE CHURCH OF ENGLAND
www.churchofengland.org/safeguarding

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

Parable: The Strength of a Seed

by Dr Ruth M Bancewicz, who is Church Engagement Director at The Faraday Institute for Science and Religion in Cambridge. Ruth writes on the positive relationship between Science and Christian faith.

At this time of year, we enjoy the fruits of our gardens, fields and hedgerows: vegetables ripen, crops are harvested, and berries begin to show bright among the leaves. Much of this growth started with a few seeds in spring: the miracle of life coming from small dead-looking things. There is a league table of long-lived seeds. The winners so far are from the narrow-leaved campion, buried by squirrels in the Siberian permafrost over 30,000 years ago. When those seeds finally germinated, they became healthy plants that flowered and produced seeds of their own.

The Bible contains many links between seeds and spiritual growth, and the parable of the sower is the most famous (in Matthew 13). A person may hear or experience something of God which has the potential to germinate into a life of following Him, resulting in the fruit of others coming to know God too. But things can happen that snatch that seed away, killing it before it has finished germinating, or choking its growth.

What about the knowledge of God that gets trampled, churned too deep in the mire of life to receive the warmth and light it needs to develop into faith? Buried seeds don't always die, but they can lie dormant, remaining alive but inactive until the earth is turned over. The possibility of that moment of connecting with something divine, scrap of knowledge, or snatch of conversation resulting in a changed life may seem infinitesimally small, but it's not zero. The seed may be incredibly tough, just waiting for a chance to grow.

The Gospel narrative plays on the fact that it took a long time for the disciples to understand the full implications of Jesus' teaching: a germination process that took many of them three or more years. They could have been discouraged, but Jesus was not.

I don't think it's too much of a stretch to draw out of the parable of the sower to include the observation that it can take a long time, sometimes decades, for people to work their way through the various barriers, sticking points, and phases of forgetfulness that may keep them from following through on their spiritual experience. When we finally receive – or are open to – the encouragement, challenge, or experience that helps our faith in Christ grow, we can experience the rich fruit of a transformed life.

The Water of Life *By Megan Carter*

She came to the well around midday,
To avoid all the gossip she came alone,
She met a Man there who told her all things
Five husbands she had and one not her own.

He asked for a drink and they started to talk,
A Samaritan woman there with a Jew
Breaking all barriers to meet her need
He told her how she could be made new.

The water of life that He would give
Would mean that she never would thirst again
This transforming draught He offers to all
Once tasted you never will be the same.

At Cana He turned the water to wine
A miracle no-one but He could do
Just as the water was wondrously changed
If you drink from this Fount it can happen to you.

A little girl, dressed in her Sunday best, was running as fast as she could, trying not to be late for church. As she ran she prayed, "Dear Lord, please don't let me be late! Dear Lord, please don't let me be late!"

While she was running and praying, she tripped on a curb and fell, getting her clothes dirty and tearing her dress. She got up, brushed herself off, and started running again.

As she ran she once again began to pray, "Dear Lord, please don't let me be late! But please don't shove me either!"

Verger's advice to visiting preacher: "You'll 'ave to shout very loud in this 'ere church, vicar. The agnostics are somefink terrible!"

Bumblebees are happy near churches

Bumblebees like churchyards. At least, they were the insects most seen during a recent survey of churchyards and burial grounds in England.

It all shows “how valuable, when managed sensitively, many of our churchyards are for bumblebees,” said a spokesman for Caring for God’s Acre, a conservation charity for UK burial grounds. Such places often offer unique habitats for nature.

The survey was part of the Churches Count on Nature, an opportunity for communities to record plants, insects and animals found in burial grounds and churchyards. After bumblebees, ladybirds and aphids took second and third place.

A.S.A.P.

Have you ever considered the abbreviation A.S.A.P. (As Soon As Possible)? Generally, it brings even more hurry and stress into our lives. Yet there is another way to think of A.S.A.P, a way which might help us deal with those difficult times in our daily lives.

When there’s work to do, and deadlines to meet, and your colleagues are rushing around, here’s what you can do to help: A.S.A.P. – *Always Say a Prayer*. When your worries mount up and you don’t know how you are ever going to cope with what is coming at you: A.S.A.P. – *Always Say a Prayer*.

God knows how stressful our lives can be, and He wants to ease our cares. In the Bible He promises to respond to our calls for help. So – call Him! A.S.A.P.!

The Good Shepherd by Lester Amann

Psalm 23 is well loved, and its’ paraphrased words are often sung in the popular hymn *The Lord’s My Shepherd*.

At the time of Jesus, these labourers were everywhere, as sheep were a common commodity. So when Jesus described a shepherd, He was referring to someone the people all knew about.

Our Lord’s description of a shepherd helped His hearers to understand Jesus, as they were aware that sheep were valuable. A good shepherd made sure sheep were protected and fed. If they got into danger, they had to be rescued.

A hireling would not be so considerate. He would abandon the sheep when faced with dangerous animals or aggressive thieves! Only a good shepherd would risk his life in caring for the flock.

In His parable (John 10:1-18) Jesus goes a

step further talking about a good shepherd as He is speaking about Himself. Sheep know their owner and follow him, and Jesus wants us to know and follow Him.

Sheep can get lost and end up in trouble. Jesus came to our rescue and is indeed our Saviour. A shepherd knows each sheep by name and Jesus knows *us* individually too. We can trust Him with our lives.

Jesus said that just as a shepherd is willing to die caring for his sheep, He too would die – looking ahead to His crucifixion. This would secure our salvation and provide a Home with Him. Jesus also said that there are other sheep of interest to Him! He speaks of being the shepherd of all nations, not just the Jews. His love extends to everyone.

These words of Jesus are so important. Give thanks that Jesus died for us and now awaits for us to be with Him. We belong to Him, we are His people, we are His flock.

POPPY HOLIDAYS

William Godfrey

Most of us are lucky enough to have more than one holiday. There are now options of going abroad to sunnier places or perhaps to the Scandinavian countries. A sort of option for toes in warm sand, or snow and rain amongst reindeer!

A few friends and I have supported Battlefield visits to Holland, Belgium and France over the years. The object is mostly to raise money for **The Poppy Appeal**. A fund that supports retired and injured military personnel.

For years we boarded a coach that had started out from Suffolk, in Brentwood often in the early hours of the morning, greeting old travelling friends from previous trips. Then a cross Channel ferry, queuing en route for the not to be missed, *part of the holiday*, fry-ups aboard the ferry.

We did this for years usually heading for and staying in a hotel in Ypres, Belgium or a hotel in Holland visiting famous battlefields, museums and cemeteries. Often arranging our own ceremonies as we went..

If we were staying in Ypres we had the opportunity to attend the Last Post Ceremony at the Menin Gate, a very moving and reflective service giving visitors the chance to show their respects to the many thousands who were killed or injured in both the World Wars. The road at this point runs between huge blocks containing over 30,000 names of the fallen, is closed at 8.00 p.m. every evening. The ceremony has continued every evening since 24th July 1927. The last post is sounded by members of the local fire brigade, wreaths are laid by visiting parties. On the occasions when we attended the ceremony one of our group, TA Major Paul Burton, who who was a member of the Holy Trinity Church, was usually given the honour of announcing the Dedication, 'They shall not grow old' etc. In my opinion no one could quite match Paul's rendition of that of the famous poem.,

One year we visited the village in Holland where the great parachute drop, an assault code named Market Garden, took place. School children read poems and texts in honour of those who took part in the action. I shook hands with the Mayor. He said, "Thank you for coming today and thank you for coming in 1944". Very touching!

These and many other things happened on our Poppy excursions but the Covid Pandemic seems to have put a stop to those trips to Europe, although in 2022 we did get to the 'D' Day landing beaches, an evocative experience. Some of us suffered from Covid 19 on the way home.

It makes me think that as a child of the '40s and '50s and of how we learned historical dates, 1415 Battle of Agincourt, 1066 and all that, the English Civil War, The Restoration of the Crown etc., etc. that today's school children might possibly learn (parrot fashion perhaps) 1944 The Allies Landed on The Normandy Beaches.

Meanwhile our little group does holiday tours in Britain now. It's a great country so we are lucky. This year 2024, it was in a very nice hotel, The Maritime Hotel, in Portsmouth. A town that has its full share of war-time history.



9th August - Mary Sumner, founder of the Mothers' Union

The Mothers' Union was founded in 1876.

Since then, it has accomplished a staggering amount in that time, and nowadays numbers more than four million members, doing good work in 83 countries. That is a far cry from the modest circle of prayer for mothers who cared about family life, which is how it all began with a rector's wife, Mary Sumner.

Mary was born in late 1828 in Swinton, near Manchester. When she was four, her family moved to Herefordshire. Mary's father, Thomas Heywood, was a banker and historian. Her mother has been described as a woman of "faith, charm and sympathy" – qualities which Mary certainly inherited. Mrs Heywood also held informal 'mothers' meetings' at her home, to encourage local women. Those meetings may well have inspired Mary's later work.

Mary was educated at home, spoke three foreign languages, and sang well. While in her late teens, on a visit to Rome she met George Sumner, a son of the Bishop of Winchester. It was a well-connected family: George's uncle became Archbishop of Canterbury, and his second cousin was William Wilberforce. Mary and George married in July 1848, soon after his ordination. They moved to Old Alresford in 1851 and had three children: Margaret, Louise and George. Mary dedicated herself to raising her children and supporting her husband's ministry by providing music and Bible classes.

When in 1876 Mary's eldest daughter Margaret, gave birth, Mary was reminded how difficult she had found the burden of motherhood. Soon she decided to hold a meeting to which she invited the local women not only of her own class, but also all the village mothers. Her aim was to find out if women could be brought together to offer each other prayer and mutual support in their roles as wives and mothers. That meeting at Old Alresford Rectory was the inaugural meeting of the Mothers' Union.

For 11 years, the Mothers' Union was limited to Old Alresford. Then in 1885 the Bishop of Newcastle invited Mary to address the women churchgoers of the Portsmouth Church Congress, some 20 miles away. Mary gave a passionate speech about the poor state of national morality, and the vital need for women to use their vocation as mothers to change the nation for the better. A number of the women present went back to their parishes to found mothers' meetings on Sumner's pattern. Soon, the Mothers' Union spread to the dioceses of Ely, Exeter, Hereford, Lichfield and Newcastle.

By 1892, there were already 60,000 members in 28 dioceses, and by 1900 there were 169,000 members. By the time Mary died in 1921, she had seen MU cross the seas and become an international organisation of prayer and good purpose.

Mothers' UNION
Christian care for families



Mary Sumner Day 2024

Chapter House,
Chelmsford Cathedral.

10am to 3pm

More than just a service -
worship, fellowship and fun.

All welcome, but please let us
know you are coming via Secretary

Kathryn.

secretary@muchelmsford.org.uk

The Rectory
St James the Least

AUGUST BONUS



My dear Nephew Darren

On the perils of swinging incense

Well, at least you tried. Filling in for another colleague who was away on holiday was kind of you; that it was somewhere with a high church tradition was adventurous of you. But just because something is worth doing, must you do it to *such* excess?

I can remember the first time I saw you having to use incense; you held the thurible as though you had just been presented with a dead rat. This time, however, I am told that you heated so much charcoal that the congregation thought you were going to hold a barbecue rather than burn incense.

The church warden was impressed with how quickly everyone knelt down, as you went by. If it was in more of an effort to stay clear of your thurible than to pray; well never mind, at least they were on their knees. And I am entirely on your side; you were not to know that their new fire protection system included automatic sprinklers, activated when too much smoke is detected. I am sure most of them would have dried out by Evensong.

You told me that you had not been sure what to do with the thurible when you reached the front. But swinging it so enthusiastically that the chain broke and catapulted several pounds weight of red-hot brass through one of their stained glass windows was really not the best solution. Never mind. I am sure the insurance company will be sympathetic.

But surely you knew that smells also implies bells? So why the panic when the server rang the bells in your ear beside the altar? To have promptly dropped the chalice and shouted, 'fire!' was surely something of an over-reaction? Especially as it meant that the verger re-started the sprinkler system. I am told that several in the congregation left church looking as if they had taken part in a mass baptism, involving full immersion whilst fully clothed.

I am told that you actually even wore full robes, rather than your customary T-shirt and jeans. Just one tip: should you ever wear them again, you might wish to wear the chasuble right side out. But that is a small point compared to the 'hat', as you called it. My dear nephew, wherever did you get it from? That is only worn by a bishop – and even then, the two tabs hang at the back, not over your face.

I am told that some of the congregation feared that in some frightful 'fresh expression' of episcopal rule, you had suddenly been handed control of the diocese. With the Church of England in its present woeful state, I suppose anything is possible.

Uncle Eustace



Summer Holidays *Canon Paul Hardingham looks forward to the 'easy living' of August.*

'Summertime and the living is easy.' George Gershwin's words could be aptly applied to August, when many of us take holidays. It's a month to focus on summertime (weather permitting!!): family and barbeques; the beach and ice cream; long days with no school! It's a time to wind down from the hectic pace of normal routine.

However, while summer is a season, it is also a state of mind. We all have periods in life, which are summer-like, when life goes well. How can we walk by faith in the summers or good times of our spiritual lives?

Summer Distinctives: *When we go through times of sickness, financial pressure, difficult relationships and other problems, we more easily focus on God. In a spiritual summer season, we can subtly find ourselves enjoying the gifts without acknowledging the Giver! The greatest danger in the summertime season of life is to forget the One who is responsible for the good things we are enjoying.*

Summer Distractions: *Our normal routine revolves around clocks and calendars, but we can easily get distracted when we break these disciplined routines. In the spiritual summer seasons of life, there is a temptation to miss out on our regular times with God in Bible reading and prayer! Things that make summer seasons enjoyable can also become big distractions.*

Summer Directives: *How can we make the most of this summer season and keep focused on God? We need to maintain a gratitude attitude: thankful to God for all His blessings: 'When you have eaten and are satisfied, praise the Lord your God for the good land He has given you. Be careful that you do not forget the Lord your God.'* (Deuteronomy 8:10/11).

So let's stay close and stay grateful to God in this summer season of life!

How to deal with those stressful people in your life

Sadly, most of us know someone who makes us feel stressed. That awkward colleague at work, a selfish family member, an aggressive neighbour, or a friend who emotionally drains you.

Whoever they are, beware: stress-giving people can seriously affect your mental – and physical – health. Travis Bradberry, the author of *Emotional Intelligence 2.0*, warns: "Even if we are exposed to stress for just a few days, it can still compromise the effectiveness of neurons in the hippocampus - that part of the brain which is responsible for reasoning and memory."

Stress produces more adrenaline and cortisol. These 'stress' hormones put you in a state of 'hyper-arousal'. Your heart rate and blood pressure increase, you feel angry, anxious, out of control, overwhelmed or numb. Long term, this can result in insomnia, and even heart disease and stroke.

So how do you stop stressful people from hurting you? Clinical psychologist Dr Marianne Trent and other psychotherapists suggest the following: Try to take breaks from the stress-giver for at least 20 minutes at a time. Give your stress hormones time to rebalance, and regain your inner calm.

Try to schedule your meeting with the stress-giver between activities that make you happy. Even just texting a good friend can help.

Try to reduce the time you spend with them. Of course, as stressful people are often 'un-boundaried', they will not like that, because *they* want to set the agenda. Instead, start setting boundaries as to when you are available. Don't be afraid to just say 'no'. They don't own you, and they should not be running your life.

Instead, remember that God loves you and wants you to know freedom and peace. Remember His compassion and kindness. He is always your refuge.

The expression Working from Home or “wfh”, is often used today and frequently conjures up an image of a lone individual sitting facing a computer screen at a little desk tucked away in the corner of the lounge, kitchen or even bedroom with only the dog or cat for company. I would imagine there are thousands of the working population this applies to.

However, I can look back to the 1950's when many people needed to supplement their income and took on various jobs that could be done at home. In my own family, my mother worked for a typing agency and they needed people to fill envelopes with advertising matter. My mother would bring home all the necessary and spread these out on the dining table, with everyone lending a hand, even my 90 year old grandmother.

I am amazed at the various jobs I hear friends' families undertook. One friend lived near a pickling factory and their job was to prepare the onions for pickling so sacks of onions would appear at the back door waiting for everyone in the family to start the preparation. I understand the smell was quite pungent. Another friend sewed the little bows for ladies underwear and she was paid 7s.6d (40p) for a gross (144) and had to deliver them all stitched on to a card.

My mother had a friend who pushed bristles into hairbrushes by hand. Very painful! My sister was a good seamstress and offered her services to a soft toy factory, sewing teddies. She neglected to ask about the pay and having completed her first box was astounded to be offered £1. Needless to say she didn't continue. She did however find a better job, doing the ledgers for a brewery company each month, but became redundant when Excel materialised.

Having a young family and being at home, I offered my services as a home typist to the agency my mother worked for. I would go the offices with my pram and collect envelopes and business directories and sit at home typing away while the little ones slept. Unfortunately these addresses were mostly foreign, Finland, Norway etc. so took a little longer to type. I got paid the princely sum of £1.25 for 1,000 finished and delivered envelopes. But a welcome addition to the family income.

There wasn't a shortage of jobs to do, but I wonder whether people would be prepared to take on these sort of menial jobs these days.

Then 'Working from Home' took on an altogether different meaning.

Several racehorses are in a stable. One on them starts boasting about his track record. "Of my last 15 races," he says, "I've won eight."

Another horse breaks in, " Well I've won 19 of my last 27!"

"That's good, but I've taken 28 of 36, " says another, flicking his tail.

At this point, a greyhound who's been sitting nearby listening says, "I don't mean to boast, but of my last 90 races, I've won 88."

The horses are clearly amazed. "WOW," says one horse after a prolonged silence, "a talking dog!"

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Nigel Beeton writes: We're going through a sermon series in our church at the moment about the Nicene Creed. We recite it week in week out, sometimes just before I'm about to stand up and deliver my intercessions, so do I really think about what I am saying?

Consider the Creed

As often as Christians may worship and pray
Remember – consider each word that we say!
We give thanks with joy that from sin we are freed
And mindfully utter the words of the creed:

In one God, the Father, we truly believe,
All things made in heaven or earth He conceived;
Of all things Creator, both seen and unseen,
And all things that will be, or are, or have been.

One Lord we believe in, He's God's only Son
Begotten, Eternal, with God He is One
He's True God from true God, True light from true light
The Word of creation, Our Lord Jesus Christ.

He came down from Heaven, our salvation plan
Incarnate from Mary, was fully made man,
Then by Pontius Pilate He was crucified
And for our salvation He suffered and died.

The scriptures foretold it, He rose as God planned;
Ascended to Heaven and sits by God's hand;
He will come in glory and will judge us all
Then never, no never shall His kingdom fall.

We believe in the Spirit, for all life He gives
With God and with Jesus in oneness He lives;
From Son and from Father the Spirit proceeds
He's glorified, worshipped in words and in deeds

Christ's church we believe in, all following Him
One baptism for the forgiveness of sin;
The dead resurrected; a new world to come
Believe in the Father, the Spirit, the Son!
Amen.

By Nigel Beeton

1984 - the burning of York Minster *by Tim Lenton*

Forty years ago, on 9th July 1984, York Minster was struck by lightning, which set fire to the roof and destroyed the south transept.

It was the most recent of five fires that have occurred there over the years: the causes have ranged from workmen burning coals (1753) through arson using torn-up hymnbooks (1829) to an unattended candle (1840) and a tarpaulin catching fire (1971). Although night lightning was the official explanation in 1984, some suggested that God might have been reacting to the very recent appointment as Bishop of Durham of the Rt Revd David Jenkins, a famously controversial cleric whose comments had seemed to cast doubt on the virgin birth and the Resurrection. He had been consecrated at York Minster three days earlier.

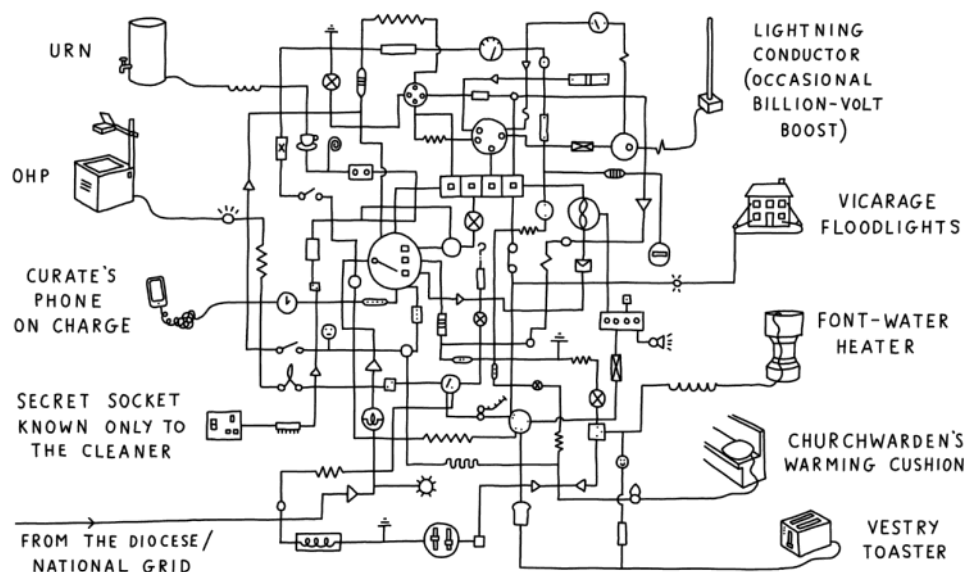
The Archbishop of York, Dr John Habgood, described that idea as “ridiculous”, though some – including a few members of the fire service – felt that arson by objectors could not be ruled out. As many as 114 firefighters from over North Yorkshire were involved in tackling the blaze. Insurance cover on the Minster had just been increased by its treasury department: the damage to the south transept, with its wooden vaulted roof, amounted to £2.25 million.

York Minster is a huge landmark and tourist attraction in the city: many consider it to be one of Europe’s most impressive Gothic buildings. The glass in its famous 16th century Rose Window, which had recently been renovated, cracked into 40,000 pieces, but the new lead edges held it all together.

Queen Elizabeth attended the rededication ceremony in October 1988. This year a new exhibition called *Out of the Ashes* tells the story of the blaze and marks its anniversary.

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By buying our products you are helping us to continue to change lives with all proceeds going directly back into PCF's projects. pcf.org/shop

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Help us by selling our products at your local fete, festival, market or hold a Purple party at your home, to find out more about PPS (Purple Product Selling) see our website pcf.org

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SUPPORT

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WHO WE ARE

PCF is a grass roots UK registered charity, our main beneficiaries live in the worst urban slums in the Philippines.

We began our work in 2002 and our successes have come from working closely with and listening to our beneficiaries which has enabled us to tackle the root of their problems with innovative solutions, and not just providing short term relief.

WHAT WE DO

We passionately believe in providing sustainable opportunities so that our beneficiaries can help themselves and their families out of poverty through the acquisition of education and mentoring, livelihood and skills training and our holistic programmes. We strive to make a difference to those who are in the direst of circumstances.

PCF funds and runs our own education and mentoring, livelihood and skills training, health and nutrition community programmes. We believe in seeing the possibility in everything and fighting for the possibility in everyone.



Community Education & Mentoring

This unique programme is for children who have dropped out from mainstream education due to lack of financial and/or emotional support. The children are placed together in groups of 20 with 2 parent volunteers. Each child receives school books & supplies, uniforms, shoes, transportation fees and daily nutritious lunch boxes as well as extra tuition, life skills and mentoring and out of school activities.



Community Livelihood & Skills Training

Adults are trained to become artisans making beautiful handmade upcycled products using ring pulls from canned drinks, glossy magazines, men's ties and sandals and shoes made from aeroplane tyres

providing them with a sustainable income. 100% of the profit from product sales goes back into PCF programmes. p-c-f.org/shop



Community Health

PCF's walk in community health clinic provides access to life saving healthcare for our beneficiaries. 25 members of the community have been trained in basic health care to advise neighbours in urgent need to visit the clinic.

Community Nutrition

Our community kitchen provides nutritious meals for students in our education programme, vulnerable adults and children and emergency food parcels containing fresh fruit and vegetables, rice and some canned goods.





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There are also several Christian organisations who work with seafarers, including Mission to Seafarers, <https://www.missiontoseafarers.org/> and Sailors' Society, <https://www.sailors-society.org/>. They offer resources for Sea Sunday on their websites.

Sea Sunday – 14th July

Look around your home. How much of the contents of your bedroom, kitchen, living room and even garage came to you over the seas, via the great merchant ships? What would your home be like without them?

Yet when did you last give a thought to the people who bring them to you?

It is a curious fact that seafarers are one of the most important, and yet invisible, people groups in our society. We depend on them to bring us more than 90% of the world's goods and fuels, yet we rarely even remember their existence.

It suddenly makes Sea Sunday seem a very good idea: an annual opportunity to give thanks for the 1.89 million seafarers of the world, and to pray for their personal well-being. For going to sea is a lonely occupation. It separates families for up to nine months on end. It is also one of the world's most dangerous occupations, with physically demanding work as well as the threat of piracy, shipwreck and even abandonment.

So this Sea Sunday, let's pause and give thanks to God for the seafarers of the world. Let's remember how their work so enriches our lives. Let's pray for them, for their families, and let's support the organisations that offer them care and support through their chaplaincy work.

One such is The Mission to Seafarers, which has Seafarers Centres in 50 countries, and offers not only practical support such as access to Wi-Fi and a place to relax, but also emotional and spiritual aid through its ordained Port Chaplains, who are constantly visiting the ships.

Doubts about the Christian faith? – take action now!

The Revd Dr Roger Roberts considers Doubting Thomas...

Do you have doubts about the Christian faith? July is the month for you to decide what to do about them. This month the Church remembers Doubting Thomas, and there IS action you can take, either way.

You know the story: Thomas was the only apostle not present when Jesus appeared to the disciples on the evening of His resurrection. When the rejoicing disciples later told Thomas that Jesus was alive, he flatly refused to believe them. He had seen the crucifixion.

The gospel goes on to relate that a week later Jesus indeed appeared to Thomas, and invited him to put his hand into the holes in His hands and feet. Thomas was utterly overwhelmed. His response was 'My Lord and My God!' He saw, he believed.

Then Jesus said something which is relevant to us today. "Blessed are those who have *not* seen and yet have believed." (Jn 20:29) Jesus KNOWS it can be hard for you, who have never seen Him, to believe that He is indeed alive, and Lord of all.

Which is, of course, where we are today. Perhaps you really struggle with doubt. Well, there are two courses of action you can take.

1. Don't read the Bible. Begin to forget what Christianity teaches. Don't go to church. Don't ask God, or anyone else, for help. Your 'doubts' are perfectly honest questions, but stop looking for answers. Assume that because you have questions, there are no answers.

2. Look for some answers. Find out what the New Testament actually says about Jesus - by

reading it! Do not be confused into thinking that you 'doubt' something which you may not even really 'know.' Pray – remember that Jesus said that those who believe without seeing are 'blessed'. So, ask God that, if He is there, please would He 'bless' you by opening your eyes to spiritual realities. Go to church. Yes, the Christian faith demands that we take God at His word, with no evidence other than His Word. But though we believe in Jesus without seeing Him, we do NOT believe without considering Him. Faith is not blind credulity and unthinking naiveté. We have faith in the historic person of Jesus Christ.

Peter writes some real encouragement in his first epistle, "Though you have not seen Him, you love Him; and even though you do not see Him now, you believe in Him and are filled with an inexpressible and glorious joy, for you are receiving the goal of your faith, the salvation of your souls" (1 Peter 1:8-9).

Those church bulletin notices that went wrong somewhere....

~ This Sunday morning following services we will have our monthly fellowship.

~ Glory of God to all and peace to his people on earth

~ Join us for a skirt presented by the Drama Team.

~ We will have a Super Bowl party this Sunday night. We will also have our regular service.

~ Applications are now being accepted for two-year-old nursery workers.

~ The pastor will light his candle from the altar candles. The ushers will light their candle from the pastor's candle. The ushers will turn and light each worshipper in the first pew.

~ Song Lyrics: What a friend we have in Jesus, all our sins and griefs to bear.

~ Childcare provided with reservations.

~ (For the group of ladies called 'Mums Who Care' and pray for the children in school). When their meeting was cancelled one week: There will be no Mums who care this week.

~ Diana and Don request your presents at their wedding.

~ Bless the Lord, O my soul, and forget all His benefits.

~ For the word of God is quick and powerful ...piercing even to the dividing asunder of soul and spirit.

~ Glory to God in the highest, and on earth peace to men.

~ We pray that our people will jumble themselves.

~ Hymn of Response: Crown Him With Many Cows

~ I was hungry, and you gave me something to eat; I was thirsty and you gave me drink.

PROBUS MEN'S Lunch Club

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

We meet at Luigi's on the 1st Friday each month, and 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 Stephen Gilson or Chris Stoneham.

The Rectory
St James the Least

My dear Nephew Darren
On the perils of 'standing in' for another vicar



You should not complain about doing duty in other churches when their clergy are on holiday. It is only in other churches that you will be appreciated. Beatification only comes from your own church on the day you leave – which is a way of firing a shot across the bows of your successor. I remember being greeted by a churchwarden on my first day here at St James the Least of All with the encouraging words: 'I've seen six Rectors of this parish; each one was worse than the last.' As the years have gone by, I am sure I will have entirely fulfilled his expectations.

No; when you visit another church, you will be told all the many defects of their own vicar, and whatever *you* do will be praised. Store up these memories for the day you return to your own patch – when you will then be told how outstanding your own temporary replacement has been and how congregations thrived in your absence.

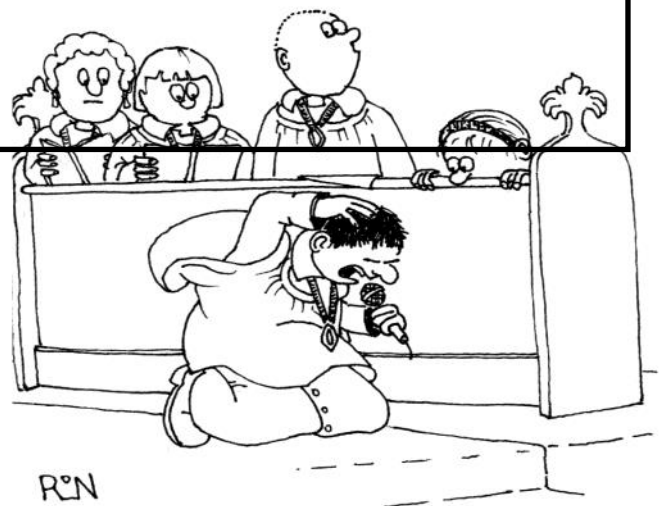
Naturally, this gives you the right to make similar remarks about your own congregation in the churches you visit. Unfavourable comparisons with the bell ringers, vergers and congregational singing in your home patch to the superb standards in the church you're temporarily serving will be much appreciated. Just make sure that the church you are staffing is sufficiently far from your own that word will not get back to your home team.

It is a mistake I made only once. After filling in for a colleague, I happened to complement the choir on the singing of the anthem. Unknown to me, a tenor was the second cousin of my organist, who received a rather embellished story that I had compared my own choir back home unfavourably with theirs. On my return the following Sunday, all the hymns were played fortissimo and at double speed and the choir in rotation dropped hymn books throughout my sermon.

Inevitably, when you staff another church, you will be told: 'It's the normal Service.' It will be *nothing of the sort*. Hymns will appear in unexpected places, Sunday schools will enter and leave (and enter again) apparently at random, objects will be brought to you to be read from, placed on the altar or blessed - just as you were about to try and find the pulpit. In any case, wherever you are standing, you will find you should have been standing somewhere else. But not to worry - most mistakes will be forgiven – provided your sermon is short.

So - enjoy your visits to other churches. And above all, make sure that your temporary replacement is so spectacularly incompetent that your own people will welcome you back with open arms on your return.

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R&N

Gary sang a solo



We have finally discovered who actually writes the Vicar's column in the magazine.

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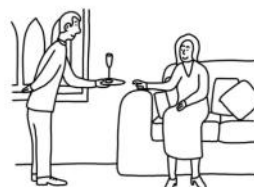
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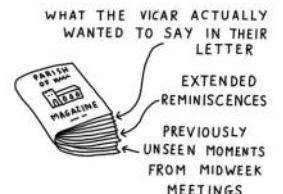
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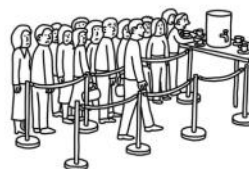
PREVIEWS OF SERMONS THE NIGHT BEFORE RELEASE



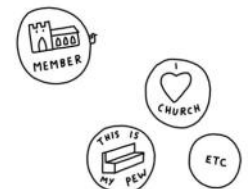
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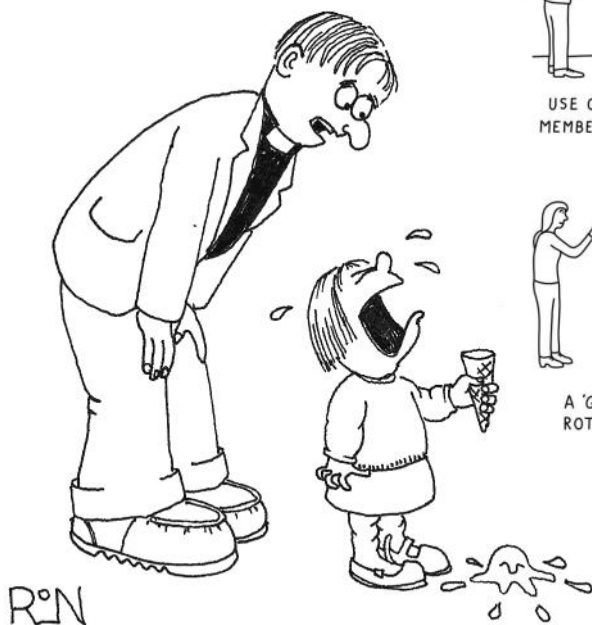


PRIORITY LANE AT AFTER-SERVICE COFFEE



A BADGE, AND SOME STICKERS
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RON

None of his training had prepared Gary for this...

The one and only Alfred Hitchcock *Tim Lenton remembers the man who scared us all...*

Some 125 years ago, on 13th August 1899, Alfred Hitchcock was born. This British-born American film director, producer and screenwriter was known as the Master of Suspense. He was known for his films *The 39 Steps*, *Dial M for Murder*, *Rear Window*, *Vertigo*, *Psycho*, *The Birds* and many more – over 50 in all.

Born in Leytonstone to a family of Roman Catholic greengrocers of Irish ancestry, Hitchcock attended Catholic schools, including the Jesuit-run St Ignatius College in Stamford Hill, London, which, he said, taught him organisation and control. Through its strict disciplinarian stance, it probably also taught him about fear, which was central to his films. He has more recently been criticised for alleged “paternalism and cruelty” to his leading ladies.

One woman who would not have suffered in this way was his wife, Alma Reville, an English screenwriter born hours after her husband. She converted from Protestantism to Catholicism, apparently at the insistence of Hitchcock’s mother, and became her husband’s close collaborator, writing or co-writing on many films. When receiving the American Film Institute’s Life Achievement Award in 1979, he praised her “affection, appreciation and encouragement”.

Hitchcock became an American citizen in 1955. His films – in most of which he had cameo roles – received 46 Academy Award nominations, including six wins, although he never took the award for Best Director. But in 2012 his psychological thriller *Vertigo* became the British Film Institute’s choice as greatest film ever made, displacing Orson Welles’ *Citizen Kane*.

Having refused a CBE in 1962, Hitchcock was appointed KBE in the 1980 New Year Honours List.

Christian charities working to help the people of Ukraine

The Russian invasion of Ukraine has caused devastation to millions of people. They have lost family members, their homes, and livelihoods. They are displaced and desperate.

Now, with colder weather soon approaching, the need will be all the greater, both for those displaced inside Ukraine, and for those sheltering in nearby countries.

The Christian charity Stewardship has been working hard to support its Christian partners who are reaching out to the people of Ukraine.

These include the charities: **Big Love Ukraine, Europe Christian Mission, European Mission Fellowship, GlobalGiving UK, Hope Lebedyn, Mission without Borders, Operation Mobilisation (OM), Ukraine Christian Ministries, and Ukraine Christian Partnership.**

If you could help send some support, a full list of the charities which Stewardship supports, is available at: <https://www.stewardship.org.uk/christian-charities-working-ukraine>

Pope warns of dangers of AI

Pope Francis has become the first pope ever to attend a G7 Summit, and he used his recent appearance to call for urgent “political action” to regulate artificial intelligence (AI).

The Pope told leaders of the Group of Seven (G7) in Fasano, southern Italy: “AI is an extremely powerful tool. Its use will increasingly influence the way we live, our social relationship, even how we conceive of our identity as human beings.”

The Pope said that the various human technologies through history, from flintstones to atomic fusion, had promised both benefit and harm. However, he warned that AI was qualitatively different, since it was no longer under personal control, but could “autonomously adapt” to its assigned tasks and make its own choices and decisions.



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

A Prayer for August 2024

Lord, in a year of changes in our country and in the world, we thank You for the regular rhythm of each year.

We thank You for August, the month of holidays and rest for many, especially for families and those tied to termly timetables. We pray for Your blessing and restoration for all.

As we take time out of normal routines, help us to still make space for You; to be refreshed spiritually as well as physically.

Feed us, Lord, by Your Word; revive us by Your Holy Spirit; encourage us by Your indwelling presence, so that we might naturally reflect Your love to all we meet, on holiday or at home or at work.

In Jesus' name. Amen.

By Daphne Kitching.

I am Your ship

Lord, I am Your ship.
Fill me with the gifts of Your Holy Spirit.
Without You I am empty of every blessing,
And full of every sin.

Lord, I am Your ship.
Fill me with a cargo of good works.
Without You, I am empty of every joy,
And full of vain pleasures.

Lord, I am Your ship.
Fill me with love for You.

By John Sergieff (1829 – 1908; a priest in Russia)

PARISH OFFICE (in Church)

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

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

VICAR:

Rev Dr Chris Szejnmann - 07804 641 931

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

Associate Curate **Rev Kate Szejnmann**
kate.szejnmann@holytrinitybarkingside.org.uk

Churchwardens:
Chris Stoneham, -07828 885 439 / 020 8270 5742
chris.stoneham@holytrinitybarkingside.org.uk

Deputy Wardens:
Maxine Paul

Parish Safeguarding Officer:
psr@holytrinitybarkingside.org.uk
Kaye Larbi 020 8491 8178

Church Treasurers:

Mike Priestman & Andrew Gillian
mike.priestman@holytrinitybarkingside.org.uk
accounts@holytrinitybarkingside.org.uk

Sacristan / Verger:
(& Organist) Mary Fabb - 020 8550 9694

Magazine:
parishmagazine@holytrinitybarkingside.org.uk

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).

14th July Summer Party

9th August Mary Sumner Day
(see announcement in article)

7th Sept Churchyard Day
& *Ride and Stride* (tbc)



Community Summer Garden Party



Holy Trinity invites you to join them

SUNDAY 14TH JULY 3-5:30PM
The Vicarage Garden
36 Mossford Green,
IG6 2BJ
(if raining: Parish Hall)

**Bouncy Castle
Tea & Cake
Strawberries & Cream & Ice Lollies
Raffle
Crafts & Games & Table Tennis
2nd Hand Stall**

Entrance: £3 individual / £6 family
(concessions available) all proceeds to charity
any queries, please ring Kate @ 07876 318718