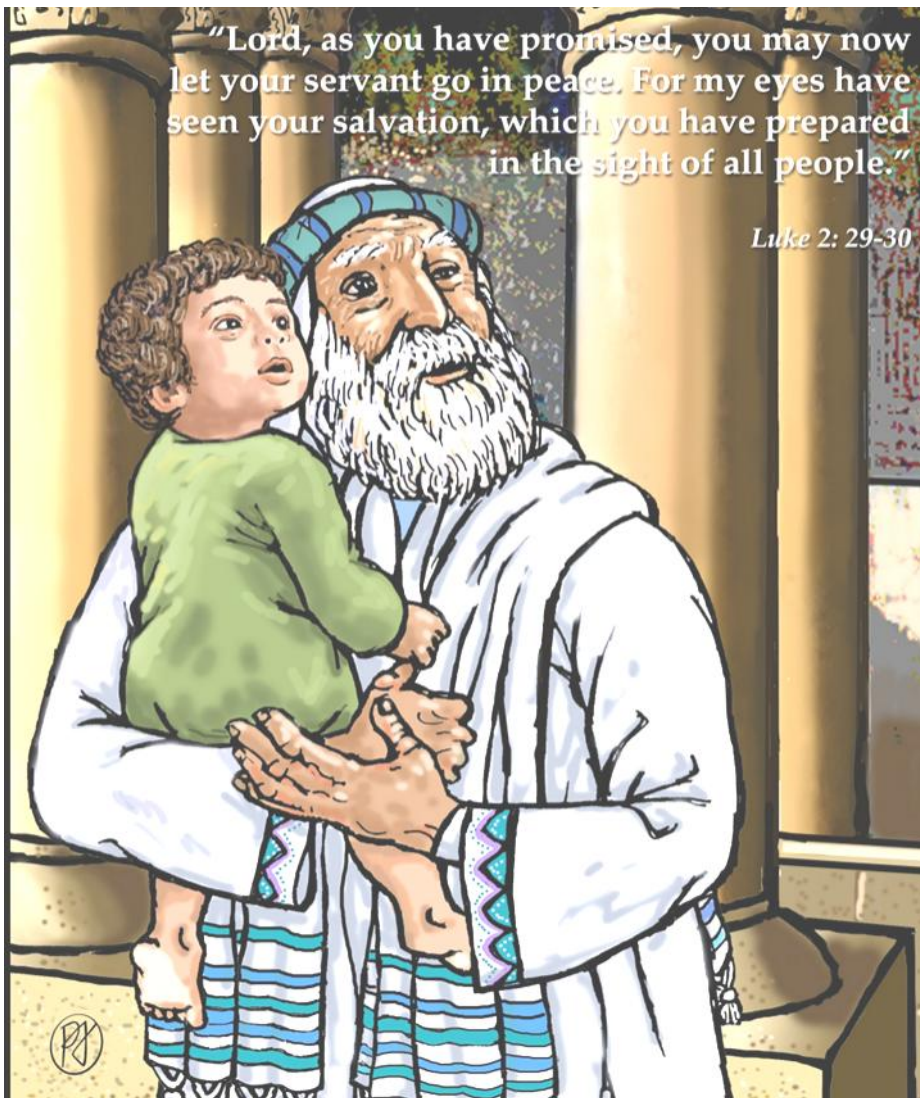


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The Parish of Holy Trinity Church, Barkingside
Holy Trinity is a lively, Family-Friendly Church. We have a Heart for the Common Good, seeking to make Jesus Christ known in Barkingside

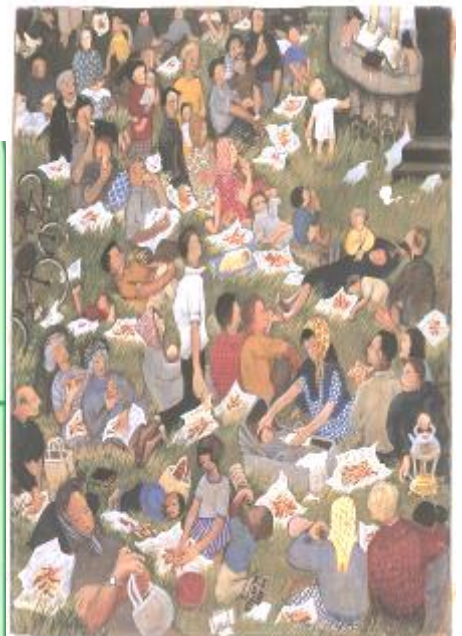


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Monday, Wednesday and Friday 10am - 12noon

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



Who We Are

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

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

Our Services

Sunday 10:30am & Wednesday 9:45am

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

Dear Family,

Stepping into this new year, it is clear that our journey of being a church that celebrates being family and community – caring for one-another and caring for our Barkingside community; inviting & welcoming everyone, with a particular heart for the marginalised – is bearing fruit of joy, healthy relationships and growth.

Recently I was really touched by a story from a prominent church leader who recalled how in his youth someone shared an exciting vision with him that then became central to his journey as a Follower of Christ: “Being a warm and loving presence in the world”. That’s such a wonderful vision! Would it not be wonderful if we were known for “being a warm and loving presence”?

Recently we journeyed through the period of Epiphany when we focused on the way Jesus manifests his glory on earth. And we paid attention what the Spirit might reveal to us personally and as a church at the start of a new season. So please allow me to look back at two messages I brought to us at Holy Trinity.



At my first sermon this year about the three wise men from abroad (Isaiah 60:1-6 & Matthew 2:1-12) I reflected about the two texts and borrowed from theologian Walter Brueggemann: Isaiah offering the dream of urban power and prosperity, whilst Micah (you can find Micah in Matthew) promises an alternative future that is modest but confident. This amounts to the announcement of two ways of living: in Isaiah the return to normalcy what we always choose and that is build around self-sufficiency, versus in Micah the dream of an alternative that is totally innocent and build on vulnerability. And this raises the question how this speaks to us.

On the one hand, we could see ourselves as an insider who stays in Jerusalem – in our comfort zone which is our home and promises security and where little changes and life is a routine. On the other hand, the text might suggest to us that as apparent “insider” we might be looking for God in the wrong place. That it might be the “outsiders” like the three wise men from abroad or the Shepherds on the margin of society, who do not hesitate or resist, but with great courage reorientate themselves. And if that is so, it raises the question: Are you prepared to let the vulnerability of Micah disrupt your flow? Are you prepared to travel the extra 9 miles to Bethlehem requiring vulnerability and daring something new? And if that is so, what new thing is God asking you to do?

At my second sermon about the Baptism of Christ (Isaiah 43:1-7; Luke 3:15-17, 21-22), I noticed one verse in particular: “The people were filled with expectation” (Luke 3:15). And this made me hope that we too are filled with expectation about the wonderful things God might be doing in us and around us. John the Baptists’ message was that we needed a change in orientation – a change in heart – to become cleaner and holier. He was extremely radical by saying that it doesn’t really matter who you belong to and what ceremonies you follow, but HOW you live your life! Whether you indeed share what you have with those in need; whether you indeed try to live an honest and kind life and are NOT driven by greed or deception. And this is what Jesus approved and queued up to himself: a baptism that symbolised “a rethink of everything”; being immersed in a river of love, and being in solidarity not just with those who are like us, but with everyone and in particular those who are different from us.

So here are my prayers for us as we journey together into this new year: I pray that we open our heart, ask the Holy Spirit to come and stir our expectations as we enter this new year – and ask: “How would it look like for me being immersed in a river of love”? “How would it look like for me or our church being a warm and loving presence to the world”? – “being in solidarity with everyone and everywhere”? – And if the fire of the Holy Spirit has been missing in your life, let’s ask for it to come; to come for the first time; or to rekindle the old fire – so we pray: “Come”, “Holy Spirit, come”.

God is good, and I am so grateful for the ongoing goodness and blessings we see right in our midst. So, as always: Thanks so much for who you are, and for all you do. And please do contact me or Kate, or anyone else on our leadership team if there is anything we can do.

Every blessing, Fr Chris

Write your own Valentine this year

If you are going to send a Valentine this year, why not write your own?

Most poetry – and especially romantic poetry – comes from the heart. It is a way of expressing your emotions, often saying things that you would otherwise be too shy to say. And if you've ever felt the need to write a poem about something you feel deeply – you've already crossed the starting line!

So – how do you start? Inspiration may come from looking at the world around you, in scribbling down your initial thoughts about your loved one... and then mixing them all together. For instance, a rock is solid, dependable, weathered, even! Does that remind you of your loved one? On the other hand, a flower is fragrant, delicate – and fleeting. Does that remind you of your someone?

Christmas and Easter congregations swell - C of E sees third year of growth

Attendance at Christmas services leapt by 20 per cent in 2023, and the number of worshippers at Easter was up 8.6 per cent, as Church of England congregations experienced a third year of growth, the latest statistics show.

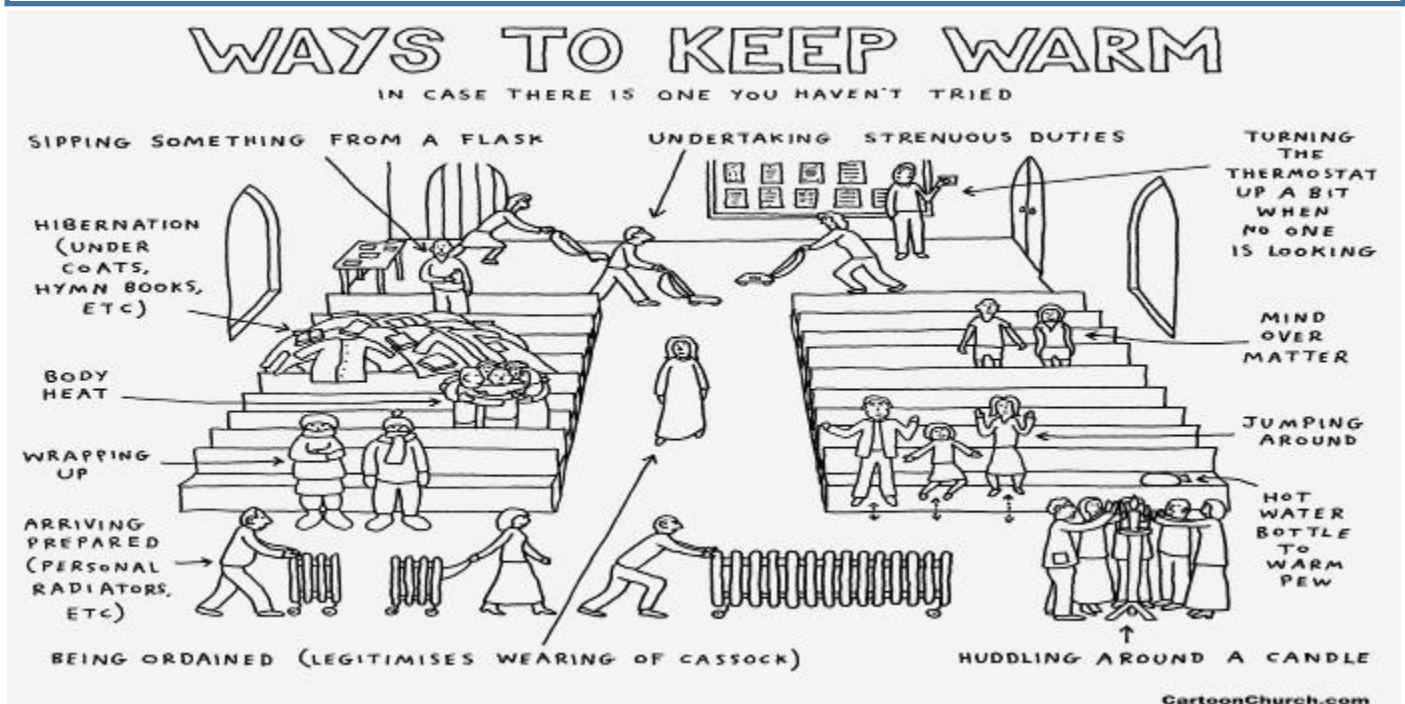
The number of regular worshippers edged above a million in 2023 for the first time since the Covid-19 pandemic, according to the Statistics for Mission 2023 report. Christmas and Easter congregations swell as C of E sees third year of growth

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Overall attendance remains below 2019 levels, but the report shows numbers recovering towards the pre-pandemic trend.

Overall weekly attendance at Church of England churches rose to 693,000 in 2023, from 663,000 in 2022, an increase of 4.5 per cent. Meanwhile the number of children attending weekly increased from 90,000 in 2022 to 95,000 (up 4.9 per cent in a year).



Reflections for the New Year

from Catherine Okoronkwo

Hannah

“...My heart exults in the Lord; my strength is exalted in my God.” 1 Samuel 2.1

The last Christmas carol has been sung. There are no more mince pies. The Christmas tree has come down. Family and friends have returned to their respective lives. And we find ourselves at the start of a new year.

Some of us are eager to press on with our dreams and ambitions for the year. Others want to get back into bed and hibernate for a few months – fragile, exhausted and not ready for the ups and downs of another year. Wherever we are on that spectrum, Hannah’s prayer urges us to find our strength in God. She reminds us, “There is no Holy One like the Lord, no one besides you; there is no Rock like our God” (1 Samuel 2.2).

The gift of the Christ-child is that we are not alone in our human experience. God sent his only Son into our midst so that we could discover the fullness and richness of what it means to be fully human, even in our frailty and vulnerability. The new year offers us the opportunity to reflect on where we are in our relationship with God.

Hannah’s prayer encourages us to remember that whatever lies ahead in 2025, God is in control, and we can trust him. When I struggle to hold on to this promise, I turn to my journal and write down the times when God has been evident in my life. The time he restored me to health, pulled me out of depression, reset my life with a new job and circle of friends.

There is much to be thankful to God for, but often, we find ourselves focusing on the darkness, rather than the light. Yes, the Light of Christ is the one who renews our strength when we are weak and weary. The challenges will come, but my prayer is that we would have a testimony of exultation this coming year.

The Revd Canon Dr Catherine Okoronkwo is Canon Steward at St Paul's Cathedral,

Disturb us, Lord *Sir Francis Drake,*

Disturb us, Lord, when we are too well pleased with ourselves,

When our dreams have come true
Because we have dreamed too little,
When we arrived safely
Because we sailed too close to the shore.

Disturb us, Lord, when
With the abundance of things we possess
We have lost our thirst
For the waters of life;
Having fallen in love with life,
We have ceased to dream of eternity
And in our efforts to build a new earth,
We have allowed our vision
Of the new Heaven to dim.

Disturb us, Lord, to dare more boldly,
To venture on wider seas
Where storms will show Your mastery;
Where losing sight of land,
We shall find the stars.
We ask You to push back
The horizons of our hopes;
And to push into the future
In strength, courage, hope, and love.

February can be a trying month, but there are special associations too and we thank you for the hope they bring.

In February we remember how Jesus was taken, as a baby, to the Temple. Simeon took Him in his arms and by the power of the Holy Spirit, recognised Him as the Saviour you had sent as a light, to bring revelation to the whole world. And how this world needs your light and revelation in this new year, 2025.

Lord - as we notice more light in the lengthening days of this month, as we see the promise of the Spring in the bobbing heads of the beautiful snowdrops – help us most of all to recognise Jesus as our Light and to trust in Him as our Lord and Saviour.

Thank you, Lord, for the gift of each new day.
In Jesus’ name. Amen.

By Daphne Kitching

The new trend of clapping in church

Some people are beginning to clap in church, if they are pleased with something.

For tired vicars and timid curates, having a sermon greeted with warm clapping might be an encouragement, if also a complete surprise.

But the applauding of sermons, or applause at the end of services, also reveals a dark side: churchgoing has now declined to such a degree in the UK, that even the knowledge of 'how to behave' in church is fading.

That leaves some people unaware that in the UK, aside from a few 'mega churches' where American style singing, dancing and clapping is the norm, applause is not something we 'do' in church.

As one vicar puts it: "I think it has to do with cultural expectations. People are less and less familiar with acts of worship directed to God. Instead, they have a sense of a performance."

David Pickup, a solicitor, considers the challenge of counting in church.

You can count on me.

"Where two or three gather in my name, there am I with them." (Matthew 18:19-21)

I cannot count in church. I do not know why, but I cannot.

I mean that, when I am at the front and leading a service, I try to add up how many people there are in the congregation. We are supposed to do this and enter the figures in the church register, but I find it difficult. I usually give up and hope a warden has counted them. Do you include the leader and the organist? Well, yes, to increase the figures!

I am not sure why counting in church is a problem, as people do not move around. Yes, it is sometimes difficult to see heads in pews, but it should be easy. I start on one side and go to the back and then up the other side but then I get lost and have to start again. Sometimes the congregation see me looking from one to another and nodding gently to myself.

Numbers are important of course, but I am in two minds. Sometimes there are only a few and I think the pressure is off me, but it is disappointing, working hard to prepare a service and then not have many there. Often it seems that the congregation try a trick on me - and wait until the very last minute to rush in!

Numbers are important, but the most important figures are two and three. The most important relationships are between partners or a child and their parents. There is the same idea in the Bible.

The Church of England's Order for Evening Prayer puts it like this:

"Almighty God, who hast given us grace at this time with one accord to make our common supplications unto thee; and dost promise that when two or three are gathered together in thy Name thou wilt grant their requests".

I always like to pause between saying out loud the words two and three, which is good because I can just about count up to three!





"It's the start of a new year, isn't it, Piglet?" said Pooh, all excited.

"It certainly is," said Piglet.

"What are you hoping for, this year?" asked Pooh. "Are you going to try and achieve some goals or ambitions? Make lots of money? Better yourself?"

"Well," said Piglet. "The thing is, Pooh, is that I am a very simple soul at heart. And I may not be right, when I say this...but I have always felt that the most important thing in life - for me at least - is love. To love, and to be loved. So while Achieving Goals, and Making Money, and Bettering Yourself, might all be great things to dream of...I can't help feeling that, without love, they would be very empty dreams indeed."

"So your hopes for the next year is ..."

"For love," said Piglet, simply. "For love, and for a regular walk through the Hundred Acre Wood with my very best friend, kicking up the leaves and talking as though we haven't a care in the world."

"That sounds just perfect to me," said Pooh. "Shall we go?"

And so the two friends put on their boots and their waterproofs, and walked out into the Hundred Acre Wood, kicking up leaves and talking as though they hadn't a care in the world.

Should the Churches agree on a common date for Easter?

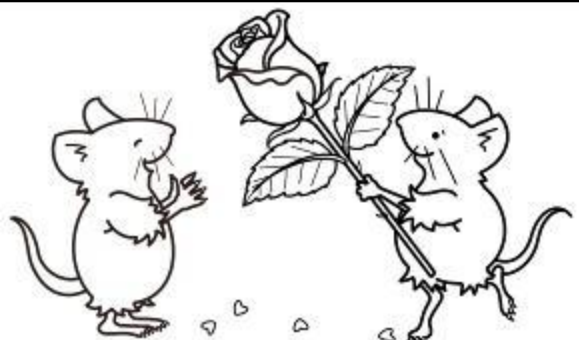
That is the question for the leaders of the Roman Catholic and the Eastern Orthodox Churches, as this year (2025) marks the 1700th anniversary of the First Ecumenical Council of Nicaea.

Patriarch Bartholomew of Constantinople believes that 2025 is a 'golden opportunity' for Catholic and Orthodox believers to finally agree on a joint date for Easter, because this year also brings a 'fortunate alignment' of the Easter dates of both churches.

"It is indeed regrettable that 1700 years later, we are still debating this issue," he says.

Any agreement would only pertain to the date of Easter's celebration. It would not involve any joint liturgical practices. Those would require ecclesial communion between the churches, something which does not yet exist.

In 2016 the Archbishop of Canterbury held talks with Coptic Pope Tawadros II in Cairo, when he hoped that a unified date for Easter might be achieved within ten years. He commented that, for the C of E, either the second or third Sunday in April would be acceptable.



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Former head of M15 to lead search for new Archbishop of Canterbury

The Prime Minister has appointed The Lord Evans of Weardale KCB DL to chair the new Crown Nominations Commission for Canterbury.

The Crown Nominations Commission is the C of E committee that will nominate the candidate to be the next Archbishop of Canterbury. Archbishop Welby completed his duties on 6th January.

Jonathan Evans has been a Crossbench member of the House of Lords since 2014. Until October 2023 he was Chair of the Committee on Standards in Public Life. He is currently Chair of the HALO Trust, the anti-landmine charity, and of the Public Interest Committee at KPMG UK. He is a former Director-General of the Security Service, MI5. He is an active and communicant member of his local parish church.

The Approach of Winter (from last year)

This morning, the 19th November, we awoke to falling snow. I guess most of us would prefer not to have it. I suggest that enjoying snow ceased at around age 14 or 15 when sledging and sliding became less of a priority. Ice skating was, after all, out of reach for the majority of us. As youngster it was a great adventure to walk out onto a frozen pond or lake.

Do you remember those days of frozen fingers and toes, scarves wrapped around necks, bodies hopefully, swathed in thick clothes? But oh, the magic of those sometimes cold, even uncomfortable childhood days, there was still Christmas day to come. There is something special about the approach of Christmas whether or not you are a believer in it's real meaning, a mass in memory or adulation of Jesus Christ.

Even while we are experiencing, even enjoying autumn with all its colours and occasional brittle, sunny days, winter hovers awaiting its turn in the order of seasons, to express itself with frost or snow, wind and sleet or perhaps, just heavy, overcast skies.

Early morning curtains will twitch to assess to what degree winter is asserting itself. Will there be ice on car windscreens, are the roads affected. In the old days it might have affected the daily milk delivery or raise concern about the diminishing amount of coal in the coal bunker. Surely, back then, there was still concern that there was unfrozen water in the bird bath?

We have changed, society has changed, local authorities are more geared up to grit roads, the daily milk delivery is a distant memory. Coal? What happened to coal? Had it really been delivered to homes in great big black sacks? Yes it was! Now, coursing unseen in pipes and along cables, gas and electricity heat and light our homes and power our gadgets. My, how things have changed!

Jack Frost hasn't changed. His icy fingers are ever ready to surprise and inflict minor discomforts on us. True there is a certain beauty in the hoar frost on a hedgerow, the crisp whiteness of frosted grass and plants. But for the most part we can do without his appearance. We are, as my geography teacher of long ago said, 'a temperate country'.

Despite the trepidation of what chaos there might be I feel sure that we would like to see a flurry of snowflakes falling on Christmas morning.

It occurred to Pooh and Piglet that they hadn't heard from Eeyore for several days, so they put on their hats and coats and trotted across the Hundred Acre Wood to Eeyore's house. Inside the house was Eeyore.

"Hello Eeyore," said Pooh.

"Hello Pooh. Hello Piglet" said Eeyore, in a glum sounding voice.

"We just thought we'd check on you," said Piglet, "because we hadn't heard from you, and so we wanted to know if you were okay."

Eeyore was silent for a moment. "Am I okay?" he asked, eventually. "Well, I don't know, to be honest. Are any of us really okay? That's what I ask myself. All I can tell you, Pooh and Piglet, is that right now I feel really rather sad, and alone, and not much fun to be around at all.

Which is why I haven't bothered you. Because you wouldn't want to waste your time with someone who is sad, and alone, and not much fun to be around at all, would you now."

Pooh looked at Piglet, and Piglet looked at Pooh, and they both sat down, one on either side of Eeyore in his stick house.

Eeyore looked at them in surprise. "What are you doing?"

"We're sitting here with you," said Pooh, "because we are your friends. And true friends don't care if someone is feeling sad, or alone,

or not much fun to be around at all. True friends are there for you anyway. And so here we are." "Oh," said Eeyore. "Oh." And the three of them sat there in silence, and while Pooh and Piglet said nothing at all; somehow, almost imperceptibly, Eeyore started to feel a very tiny little bit better.

Because Pooh and Piglet were there. No more; no less.

Author - AA Milne | Illustration - EH Shephard



Escaped Ape

One day, an ape escaped from the Bronx Zoo. They searched for him everywhere in every borough. They announced his disappearance on the radio and television as well as in the newspapers, but no one reported seeing the ape.

At last, the ape was found in the New York Public Library. Officials of the zoo and the animal handlers were summoned to the library. They found the ape sitting at a desk in the reading room with two books spread out in front of him. The ape was reading with great concentration. One book was the Bible: the other was a book written by Darwin.

The zookeepers asked the ape what he was doing.

The ape replied, "I'm trying to figure out whether I am my brother's keeper or my keeper's brother."

Speak Now Or Forever Hold Your Peace

At a wedding ceremony, the pastor asked if anyone had anything to say concerning the union of the bride and groom. Everything quickly turned to chaos when a woman carrying a child started walking towards the front.

Everybody was surprised, shocked, and the bride even fainted. The pastor asked the woman if she had anything to say.

The woman replied, "Sorry. We can't hear in the back."

Received from Steve Anderson.

That Big Freeze of 1955 Tim Lenton looks back on an exceptionally bitter winter.

Seventy years ago, from early February 1955 and well into March, a Big Freeze took place in Britain. Deep snow and freezing temperatures caused havoc, with many places cut off. The RAF dropped food and medical supplies to affected areas, while thousands of sheep died from exposure.

Although the winters of 1947 and 1963 have attracted more publicity, 1955 saw severe weather in most parts of Britain, as well as in other parts of Europe and North America.

Snow fell in many areas of the UK from 11th February onwards, with night frosts gradually worsening and blizzards developing over the north of Scotland, where the RAF scrambled to do several rescues: in Caithness the response by emergency services was known as Operation Snowdrop. An exhausting search for a postman from Thurso, who went missing in the deep snow, eventually led to his being found at a remote farm where he had sought refuge.

Several snowploughs were stranded, and the heavy snow spread gradually south, reaching as far as the Scillies and the Channel Islands. In North Norfolk there were 10ft drifts on the coast road, and Lancashire had its worst storm for 14 years. Devon, Cornwall and the Peak District had similar experiences.

More than 70 roads in Britain were blocked by snow, according to the Automobile Association, and hundreds of vehicles were abandoned in snowdrifts. Many parts of the country were cut off from essential supplies, and rail travel was disrupted. Church attendance was also hit, of course.

Temperatures in some places fell below 28F (-3C) – the lowest for 30 years, and February's record UK minimum was set. That year also experienced the last May snowfall of the century, but despite all that, there was plenty of sunshine, and as a total contrast, there was a drought and a heatwave the following summer.

Short Sighted

Computers in the future may weigh no more than 1.5 tons.

-- *"Popular Mechanics," forecasting the relentless march of science, 1949*

I think there is a world market for maybe five computers. -- *Thomas Watson, chairman of IBM, 1943*

There is no reason anyone would want a computer in their home.

-- *Ken Olson, president, chairman and founder of Digital Equipment Corp., 1977*

This "telephone" has too many shortcomings to be seriously considered as a means of communication. *The device is inherently of no value to us.*-- *Western Union internal memo, 1876.*

The wireless music box has no imaginable commercial value. Who would pay for a message sent to nobody in particular? -- *David Sarnoff's associates in response to his urgings for investment in the radio in the 1920s.*

The concept is interesting and well-formed, but in order to earn better than a "C," the idea must be feasible. -- *A Yale University management professor in response to Fred Smith's paper proposing reliable overnight delivery service. Smith went on to found Federal Express Corp.*

I'm just glad it'll be Clark Gable who's falling on his face and not Gary Cooper.

-- *Gary Cooper on his decision not to take the leading role in "Gone With The Wind."*

We don't like their sound, and guitar music is on the way out.

-- *Decca Recording Co. rejecting the Beatles, 1962.*

Heavier-than-air flying machines are impossible. -- *Lord Kelvin, president, Royal Society, 1895.*

STEWARDSHIP & SUPPORT

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

Giving

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



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

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Other ways you can Give

- A one-off or recurring gift to Holy Trinity Barkingside PCC (Charity number 1128271);
- A regular collection is taken at all Sunday services;
- A gift via a CAF Charity Account or Stewardship / Charity Gift voucher (payable to Holy Trinity Barkingside PCC);
- You may also like to consider making a bequest to (Charity number 1128271) in your will (see: www.churchlegacy.org.uk). Please ask your solicitor when you make or change your will.

Tax Efficient Giving

If you pay enough UK income tax and/or capital gains tax to cover the amount of tax Holy Trinity can reclaim, we can use Gift Aid to make your donation worth even more. For every pound you give to Holy Trinity, we can claim back tax from HMRC – it really is that simple. Please ask for details.

Finally ...

We recognize that all this can be very challenging. Please be assured we are grateful for and careful with every donation made to the Church, mindful of our duty to use your gifts wisely to grow the presence of God and the Church in our communities.

Holiday in Australia 21 December 2024 - 5 January 2025 Nick Mackenzie Smith

I am Very Grateful to have such Kind Relations in Australia on both my Mother's side and my Father's side of the Family. I felt that I don't visit them now I will never do it. I booked everything in advance to try and get cheaper air fares for that distance. Maxine and Jon Paul from the Church are so Kind and Helped me with the Visitor's Visa Application Form.

I flew to Launceston in Tasmania via Singapore and Melbourne. My Mother's cousins there are sheep property owners. They specialise in Marino Wool which is a very high quality fleece. They are Working so hard to renovate and maintain the lovely period buildings. The Main House has this amazing view across the valley. I attended a beautiful Christmas Service at the Anglican Church at Deloraine. The Church was full of joyous orange flowers which matched the interior and were stunning. We had a Great Christmas Lunch in the open air on the veranda with their large family. On Boxing Day they held a barbecue on another property. There was a stream running through a Creek where I swam to cool down.



There are beautiful Eucalyptus Trees there. There was a good breeze despite the heat, and view of the mountains was spectacular. I hired a Car and visited Hobart in Southern Tasmania with its lovely harbour. The views across the harbour are beautiful, and I did an interesting visit to one of the Residential areas with very different designs of Homes. I visited an Art Exhibition and joined a cruise speed boat to visit the dolphins and seals at Tasman Island. I was Very Sad as there were two Fatalities in the Sydney to Hobart Yacht Race. One Crew Member fell over board and got tangled up in the safety cord. The Other Crew Member was hit by part of the mast.



I then flew to Sydney to visit my Father's cousins. They were also So Kind and organised several interesting trips for me. I went jogging which was quite an effort in that heat. We visited the Blue Mountains. The aroma from the Gumtrees there create this amazing blue haze. I was very lucky with the weather there, because sometimes it is very misty limiting the view. We also visited an animal sanctuary with beautiful Koala Bears and Kangaroos. They Very Kindly took me on a Boat Cruise to watch the New Year Fireworks at Sydney Harbour.



The Harbour Front has been transformed with an interesting variety of very dramatic buildings. The Fire Works were so well co-ordinated especially those on the Harbour Bridge. I swam at Bondi Beach. There was a tide alert and the Coast Guard Kindly warned all those swimming including myself to only use a certain part of the beach. We went to an Old Pub at Sydney Harbour which showed pictures of the Harbour several years ago. It was interesting comparing the buildings then to what is there now.



My Cousin kindly explained directions on the very efficient Transport system in Sydney. It was a good journey to get the train from Central Station in Sydney to Melbourne where I spent my last night in Australia with my Mother's Cousin, before the journey back to London. He is an expert on Our Family History and is very good at preserving and renovating for example Old Photograph Albums and Furniture. There were fascinating pictures going back several generations, and we had a great time going over their Achievements and where they travelled.

I visited the Botanic Gardens in Melbourne which has a stunning array of tropical flowers and plants. There is a lake with beautiful water flowers, and I had a great lunch in the café by the lake. Eating out in both Sydney and Melbourne is very international. You get delicious for example Asian and Italian Food. It was lovely being able to eat in the open air, areas and watch all the Pedestrians go by.



On my last day in Australia my Cousin and I went to a Lovely Sunday Church Service at the Toorak United Church in Melbourne. It is the Church were His Wife and He were married. .

I am not complaining. It was 41 degrees Celsius in Melbourne. Coming back to the British winter temperatures was challenging, but I Thank God for such a Wonderful experience and trip.

Looking for Romance?

February can be lonely if you want a partner but just can't find one. The world seems full of couples buying each other Valentine cards and planning romantic meals for the 14th.

If that is your problem this month, why not at least visit the Christian dating site, Christian Connection? (<https://www.christianconnection.com>)

They have brought literally thousands of people together since they started in 2000. It is free to join, and you can cancel your subscription any time.

Most important, visit their page on how to prepare yourself for online dating. There is a downloadable guide full of very practical tips of how to have the best chance of finding and connecting safely with someone, who just might become special to you. (<https://www.christianconnection.com/gettingstarted>)

Middle aged? Don't skip breakfast!

If you skip breakfast in your middle age, it can make you fatter and unhealthy.

Instead, a recent study advises that having a well-balanced breakfast helps manage daily calorie intake and lower cholesterol, BMI and waist size. Breakfast "serves the critical role of breaking the extended fasting period from sleep."

NHS guidelines recommend 2,000 calories a day for women and 2,500 for men. Breakfast should account for a quarter of this: 500 calories for women and 625 calories for men.

The study was carried out at the Hospital del Mar Research Institute in Barcelona. It disregarded the 'full English' breakfast as being too full of saturated fat levels. Instead, it recommends cereals, protein, a healthy fat source, fruits and vegetables.

How many minutes of walking might help you avoid a heart attack?

It seems that keeping your heart reasonably healthy may not take a lot of time.

Researchers at the University of Sydney have found a link between short but intense bursts of activity and a significant drop in heart disease among people who otherwise engage in little activity.

Sedentary women who did just 3.4 minutes of "vigorous intermittent" exercise, such as brisk walking or climbing the stairs, each day, suffered 67 per cent fewer cases of heart failure, with an overall reduction in heart disease of 45 per cent, compared to those not exercising at all.

Sedentary men who did 2.3 minutes of exercise, which could include carrying heavy shopping or heavy garden work, saw an 11 per cent reduction in heart attacks and strokes.

New Year, New Challenge. Foster for Redbridge Council.

I will save more money. I will eat healthier foods. Why not make a new year's resolution which will change a life? Over 300 children are unable to stay with their families in Redbridge each year and need a secure, stable and nurturing foster home.

If you have a place in your heart and home and are considering fostering, please call 0208 708 6068 or visit <https://www.redbridge.gov.uk/fosteringfaith> to book onto our next Virtual Information Session. We can't wait to hear from you.



**New Year
New Challenge**

LOCAL COMMUNITY
Fostering
REDBRIDGE

Foster for Redbridge Council
020 8708 6068
www.redbridge.gov.uk/fostering



One Place East
Where disability matters

**Redbridge Voluntary Care
Good Neighbour Scheme**

VOLUNTEERS WANTED!
Befrienders . Companions

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

For More Information:
Call: 020 8925 2435 for a chat
Email: info@oneplaceeast.org
Visit: www.oneplaceeast.org

Volunteers Wanted Befrienders/companions Redbridge Voluntary Care Good Neighbour Scheme

We are looking for friendly individuals who can give a little time to support their local community.

Do you have some free time to spare to make a positive difference in your community.

For more information, or to apply please contact:

020 8925 2435
info@oneplaceeast.org



Longwood Foot Clinic



Chiropody & Podiatry

163 A, Longwood Gardens, Clayhall, IG5 0EG

What we offer

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- Ingrowing toe nail surgery
- Fungal Nails
- Diabetic Footcare
- HCPC Registered Podiatrist
- Practising since 2012
- Member of College of Podiatry
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- Easy parking space
- Home visits available

Tel: 020 8551 6729



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20, Carlton Drive,
Barkingside.
IG6 1LU

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Email:- jacurran@ntlworld.com



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Safeguarding bishops apologise to survivors following Archbishop's speech

The Lead Bishops for Safeguarding, Joanne Grenfell, Julie Conalty and Robert Springett wrote to survivors and their advocates, following the Archbishop of Canterbury's last speech in the House of Lords at the end of December.

"We write after watching Archbishop Justin's farewell speech in the House of Lords yesterday. We have heard from several of you about the distress and anger that this has caused you.

"Both in content and delivery, the speech was utterly insensitive, lacked any focus on victims and survivors of abuse, especially those affected by John Smyth, and made light of the events surrounding the Archbishop's resignation. It was mistaken and wrong. We

acknowledge and deeply regret that this has caused further harm to you in an already distressing situation.

"We know that the Church of England has seriously failed over many years at many levels in relation to safeguarding, and we are so sorry that yesterday's speech was the antithesis of all that we are now trying to work towards in terms of culture change and redress with all of you.

"As lead bishops for safeguarding in the Church of England, we apologize to you. We will continue to do all we can to change the culture of the Church, so that abuse is exposed and prevented, those in authority are held to account.

"If you are or are in contact with someone affected by this letter, please call the Safe Spaces helpline on 0300 303 1056.

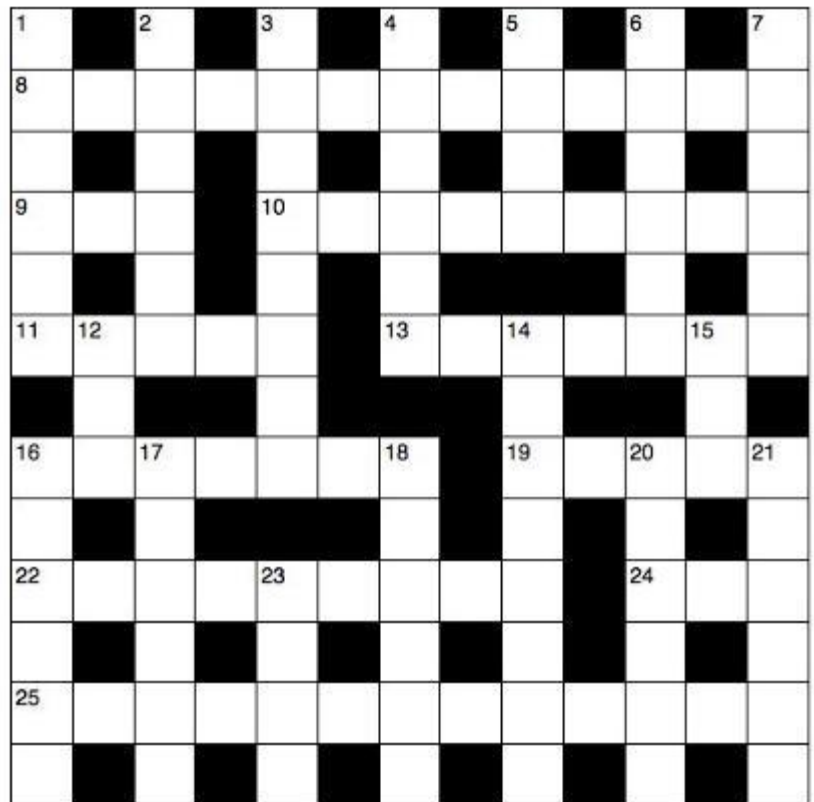
Crossword for February 2025

Across

- 8 Interrogated (Acts 12:19) (5-8)
 9 'Burn it in a wood fire on the — heap' (Leviticus 4:12) (3)
 10 Tobit, Judith, Baruch and the books of Esdras and the Maccabees are part of it (9)
 11 Science fiction (abbrev.) (3-2)
 13 Clay pit (anag.) (7)
 16 Went to (John 4:46) (7)
 19 'Therefore, I urge you, brothers, in view of God's mercy, to — your bodies as living sacrifices' (Romans 12:1) (5)
 22 David's plea to God concerning those referred to in 14 Down: 'On — — let them escape' (Psalm 56:7) (2,7)
 24 Royal Automobile Club (1,1,1)
 25 How the book of Ezekiel refers to God more than 200 times (Ezekiel 2:4) (9,4)

Down

- 1 Seas (Proverbs 8:24) (6)
 2 One of the sons of Eli the priest, killed in battle by the Philistines (1 Samuel 4:11) (6)
 3 Specialist in the study of the Muslim religion (8)
 4 'Do not rebuke an older man harshly, but — him as if he were your father' (1 Timothy 5:1) (6)
 5 One of Esau's grandsons (Genesis 36:11) (4)
 6 Taking a chance (colloq.) (2,4)
 7 God's instructions to the Israelites concerning grain offerings: ' — salt to — your offerings' (Leviticus 2:13) (3,3)
 12 Confederation of British Industry (1,1,1)
 14 'All day long they twist my words; they are always — to harm me' (Psalm 56:5) (8)
 15 The crowd's reaction to Jesus bringing back to life a widow's son in Nain (Luke 7:16) (3)
 16 Disappear (Psalm 104:35) (6)
 17 How Jeremiah was likely to die if he wasn't rescued from the cistern where he was imprisoned (Jeremiah 38:9) (6)
 18 What the prophets do to a wall, with whitewash (Ezekiel 13:10, RSV) (4,2)
 20 Made by a plough (Job 39:10) (6)
 21 Noah was relieved when the flood waters continued to — (Genesis 8:5) (6)
 23 Jesus gave the Twelve the power and authority to do this to diseases (Luke 9:1) (4)



LENT LUNCHES 2025

Wednesday 12th **March** -
 Wednesday 19th
 Wednesday 26th
Thursday 3rd **April**
 Wednesday 9th

Holy Trinity IG6 2BJ
 St. Francis IG6 2LA
 Gantshill Methodist IG2 6TU
 Hainault Baptist Church IG6 2UT
 Barkingside Methodist IG6 2AZ

My dear Nephew Darren



On the peculiarities of ordination candidates

I was quite happy to see the young person from your church whom you are encouraging to get ordained – even though we did not entirely see eye to eye.

When I answered the door to someone dressed in T-shirt, jeans and trainers, I naturally assumed he was the gardener; it was only after I had given him the wheelbarrow and shown him where the spades were, that I found out who he really was. His assurance that this is how Jesus would dress, were He to visit in person again, jarred somewhat. I think that a three-piece suit and stout pair of brogues would be far more likely. We agreed to differ.

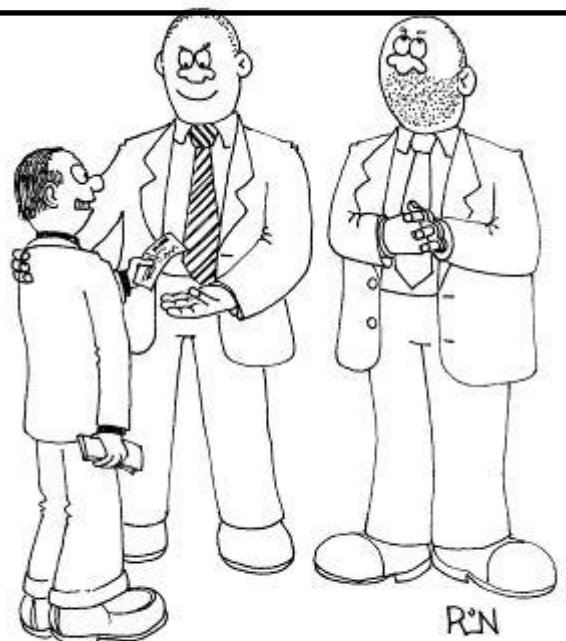
I was interested to hear that he was a church musician. Wanting to know if he sang tenor or bass, or even played the organ, he told me that he was the drummer in the worship band and provided backing vocals. I felt obliged to comment that I was not sure how that would fit in with Mattins, but he told me that he had never heard of that Service, and only attended Mega Rock Praise. Since I suspected it would not have been written by Cranmer, we moved on.

I had hoped we may have been on safer ground when I asked him whether he preferred early perpendicular or Victorian gothic, but as he had apparently only ever worshipped in your converted cinema, he was unable to offer any opinion. His reaction to my offer to show him round our late Norman church, prompted him to tell me that he believed all churches should be closed and people should gather in each other's homes, like the early Christians.

In a last despairing attempt to find common ground I asked him if he had ever preached. He was slightly apologetic to admit that he had done so very rarely, as he found it took such a long time to write an hour-long sermon. When I mentioned that I did not think I had ever exceeded eight minutes in my entire life, he gave me such a look of withering astonishment that with heroic Christian charity,

I did not beat him over the head with the Bible he was carrying.

Your favourite Uncle, Eustace



Technically, the Parish Share is a voluntary contribution

**CROSSWORD ANSWERS.
(No Cheating!)**

ACROSS:
8, Cross-examined. 9, Ash. 10, Apocrypha. 11, Sci-fi. 13, Typical. 16, Visited. 19, Offer. 22, No account. 24, RAC. 25, Sovereign Lord.
DOWN:
1, Oceans. 2, Hophni. 3, Islamist. 4, Exhort. 5, Omar. 6, On spec. 7, Add all. 12, CBI. 14, Plotting. 15, Awe. 16, Vanish. 17, Starve. 18, Daub it. 20, Furrow. 21, Recede. 23, Cure.



...are you late with your 'Vicar's Letter' again, dear?



"It may well attract more young folk to join the congregation but I still prefer the old church notice board"

Those notices which didn't come out quite right...

- **Notice in health food shop window:** Closed due to illness.
- **Spotted in a safari park:** Elephants, please stay in your car.
- **In a Laundromat:** Automatic Washing Machines. Please remove all your clothes when the light goes out.
- This coming Sunday our special service will be gin at 11:00am.
- When parking on the north side of the church, please remember to park on an angel.
- Jean will be leading a weight-management series Wednesday nights. She's used the programme herself and has been growing like crazy!
- Volunteers are needed to spit up food for distribution.
This evening at 7:00pm there will be a hymn sing in the park across from the Church. Bring a blanket and come prepared to sin.



Love in Action! Canon Paul Hardingham considers true love...

'Dear children, let us not love with words or speech but with actions and in truth.' (1 John 3:18).

The writer Gary Chapman describes how love can be expressed in 5 different 'languages': words of encouragement, quality time, gifts, acts of service and touch. Do you have a preferred language of love? As we think about St Valentine during this month, let's consider how God's love language is expressed in the word agape. This is exclusively found in the New Testament and is uniquely defined by Jesus: 'This is how we know what love is: Jesus Christ laid down His life for us. And we ought to lay down our lives for our brothers and sisters.' (1 John 3:16). Jesus' giving of His life on the cross provides the model for how we can demonstrate God's love in our relationships with others.

It is self-giving: are we ready to put the other person first, as Jesus did when He died for us in our place. Are we generous with our time, words, money and service, whatever the cost?

It takes the initiative: are we ready to show love to those who don't deserve it or who we find hard to love? Do we have eyes of compassion to see their needs and a heart to love and serve them?

It is intentional: are we ready to get close to those in need around us, irrespective of the time we have or how we feel?

The story is told of Jesus asking a little child, 'how much do you love me?' The child replied 'lots and lots and lots!' Then they asked Jesus how much He loved them. Jesus stretched out His arms wide and said 'I love you this much', as they nailed Him to a cross.



Holy Trinity Barkingside 2025

incl. Family & Children events

Mossford Green, Barkingside IG6 2BX

Lent	7:30pm	Lent Reflections & Worship 29 March, 2 April, 16 April
17 April	7:30pm	Maundy Thursday Service incl. Foot Washing & Communion - followed by All-Night Vigil
18 April	10am	Family Fun Zone Easter Experience
20 April	12noon	Easter Egg Hunt
10 May	10am	Church Work Day incl. lunch
17 May	7:30pm	Christian Aid Concert New Redbridge Wind Orchestra
15 June	12:30pm	Picnic & Games in the Park
12 July	3-6pm	Community Summer Garden Party
13 September	10am	Church Work Day incl. lunch
5 October	12-3pm	Harvest Meal Party
8 November	5-7pm	Light Party
29 November	11am	Carol Singing
7 December	6:30pm	Carols by Candlelight Fairlop Brass Band
13 December	4-7pm	Christmas Party
24 December	3pm	Family Nativity Service with Christingle

Ways to give:

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

GIVING



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

HOLY TRINITY MINISTRY AREAS

PLUS LEADERS: PLEASE FEEL ENCOURAGED TO SPEAK TO THEM!

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

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

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

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

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

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

Eco Team (Kaye, Erica, Rev Chris)

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

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

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

Website & Facebook (Rev Chris & Mike)

Ministries linked with the 10:30am Sunday worship service

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

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

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

-**Sound & Visual** (Nigel)

-**Food Bank** (Mark)

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

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

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

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

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

NEW in the Community!

Stay & Play

Parents/carers
and their
children
0 up to 4yrs



Snacks and drinks,
craft, songs, fun &
friendship

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



Place:
Holy Trinity Church
Mossford Green
Barkingide, IG6 2BX

Contact Kate: 07876 318 718

DO YOU NEED HELP?

We are here for you and would love to meet you! The church is open Monday, Wednesday and Friday 10am – 12noon; and you are welcome to join us at our Tuesday drop-in 9am to 1pm in the Parish Hall, or during Worship Services on Sundays 10:30am and Wednesdays 9:45am. You can also contact our Vicar Chris or the Church Office via phone or email. There are, however, many areas where it's best if you seek professional help. Please see the "Help" page on our church website for useful information.

URGENT - I NEED HELP NOW

If you or someone you care about is experiencing a mental health crisis – you can call **Mental Health Direct** 24 hours a day on **0800 995 1000**.

If you are experiencing **suicidal thoughts**, please call **Samaritans** on **116 123** for free. Whatever you're going through, a Samaritan will give you free, confidential, and non-judgmental emotional support.

If you are experiencing **domestic abuse**, please call one of these two 24-hour helplines: **08 08 2000 247** (Refuge National Domestic Abuse Helpline) OR **08 08 16 89 111** (Victim Support).

If you are at immediate risk of **physical harm** because of mental health concern or feel like you need immediate assistance, please call **999** or visit your local **A&E**:

- 1.6 miles away: King George Hospital, Barley Lane, Ilford, Essex, IG3 8YB; tel.: 0330 400 4333;
- 3.3 miles away: Whipps Cross Hospital, Whipps Cross Road, London, E11 1NR, tel.: 020 8539 5522.

Shout Crisis Text Line is a 24/7 text service for anyone in crisis anytime, anywhere. **Text 85258**

Together Diverse

MAKE NEW FRIENDS

EDGE YOUTH CLUB

Empower Grow

Hope Joy Vision

FUN
ACTIVITIES AND WORKSHOPS

FREE
OF CHARGE!

EAT GOOD

FOOD

Thursdays in term time

6pm-8pm

**Parish Hall, Mossford Green,
Barkingside, IG6 2BX**

**For info or to register scan QR
code or email**

hello@edgeyouth.co.uk

All 9-14 year olds welcome



Who We Are

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

We are a lively, Family friendly Church

with a Heart for the Common Good,
and want to make Jesus Christ known in Barking

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

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



Vicar: Rev Dr Chris Szejmann
priet@holytrinitybarkingside.org.uk
07804 641931



Associate Priest: Rev Kate Szejmann
kate.szejmann@holytrinitybarkingside.org.uk
Churchwarden: Chris Stoneham
chris.stoneham@holytrinitybarkingside.org.uk
Safeguarding: Kaye Larbi—07847 324955
psr@holytrinitybarkingside.org.uk

Tuesday-Drop In for all in Parish Hall @ 9am-1pm — alternating fortnightly on Wednesdays @ 7:30pm. Salsa Dancing Classes for the Community meeting new people and having fun / Bible Study group — Thursdays: Stay & Play Group for parents / carers and their children 0-3 years @ 8.45-10.45am (2025 start) Edge Youth Club for all 10-14 year old Thursdays 6-8pm — Family Fun Zone monthly events.

Any questions? Want to get involved? Want to Hire the Parish Hall? Please find us online or ring our Parish Office @ 07478 187010.



Facebook



Website

OUR WORSHIP SERVICES

Sunday 10.30 am

This is a mixed style service, formal & informal, with robes and candles, traditional hymns played on the organ and contemporary worship, led by singer and band.

The service lasts approximately 75 minutes. Children are welcome to take part in supervised craft activities and play at the back of the Church with parental supervision. Every 2nd Sunday of the month is “children’s church” incl. Bible story and action songs.

We are a multi-ethnic congregation with members spanning a wide range of ages from toddlers to the elderly and lots of families. Refreshments are available after each service.

Wednesday 9.45am

A Said Eucharist with one hymn. Service sheets are used. It usually lasts about 40 minutes, and refreshments are available afterward.

It’s on our heart to offer a warm and inclusive welcome, and a safe space for everyone! Why not join us and see how you like it? We also offer prayer during and after the service and have a designated prayer corner.



Promoting a safer church

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

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

IF YOU ARE CONCERNED

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

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

Name: Kaye Larbi
Role: Safeguarding Officer
Tel: 07847 324955
E-mail: psr@holytrinitybarkingside.org.uk



Name: Chris Szejmann
Role: Vicar, Holy Trinity
Tel: 07804 641931
E-mail: priest@holytrinitybarkingside.org.uk



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

Local Authority Social Services:

Children's Social Care: 020 8708 3885
Emergency Duty Team: 020 8708 5897

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

OUR COMMITMENTS

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

HELPLINES

- NSPCC: 0808 800 5000
- Childline: 0800 1111
- Stop It Now: 0808 1000 900
- NAPAC: 0808 801 0331
- Samaritans: 116 123
- Family Lives: 0808 800 2222
- National Domestic Abuse Helpline: 0808 2000 247
- Men's Advice Line: 0808 8010 327
- National Careline: 0800 0699 784

Holy Trinity Church presents..

Family Fun Day!

FREE EVENT!

community

story

games

lego

challenge!



music

free

craft

Location:

**Holy Trinity Church
Barkingside
IG6 2BX**



Sat 8th Feb: 10am – 12noon

ring Kate: 07876 318 718

15 & 29 January
12 & 26 February
12 & 26 March
9 April

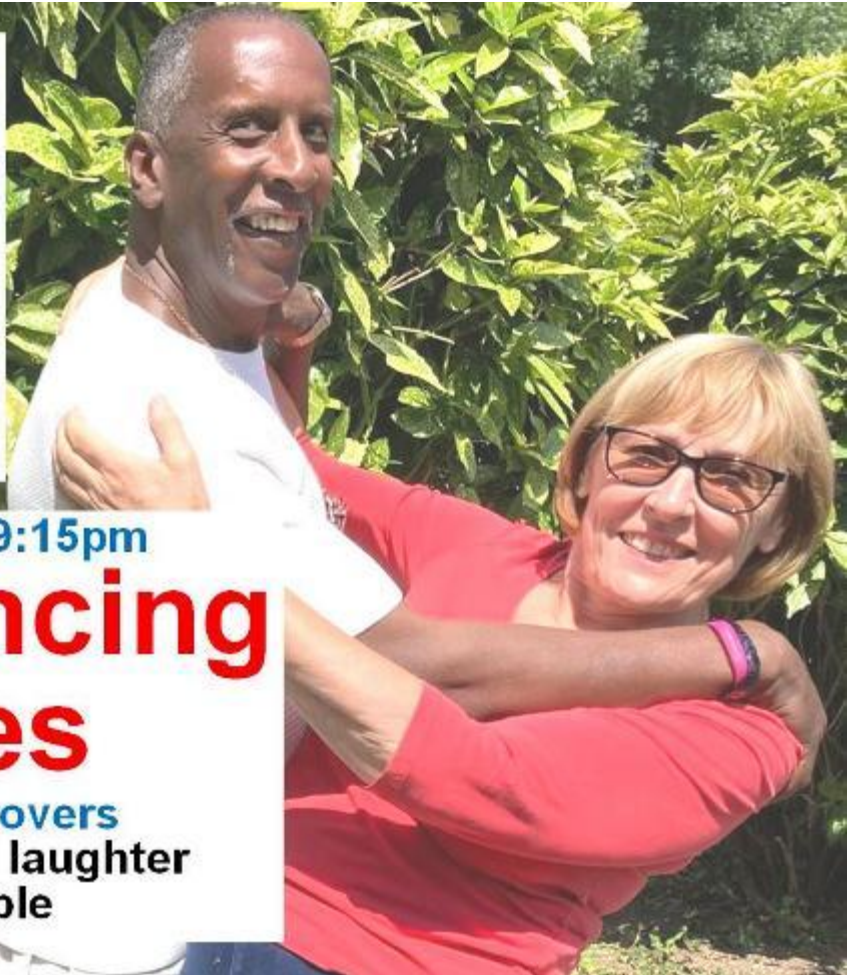
Holy Trinity Church
Barkingside,
Mossford Green, IG6 2BX
07804641931

just turn up — it's free!
everyone welcome!

Wednesdays 7:30-9:15pm

Salsa Dancing Classes

Beginners & Improvers
refreshments—joy & laughter
meet new people

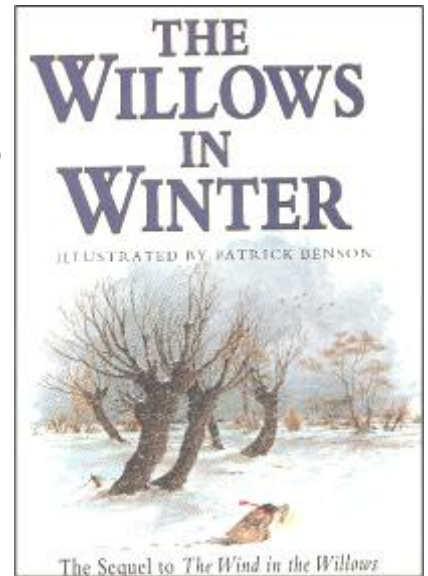


I woke to look out on wet pavements this morning. In fact everywhere was wet, not actually raining but after a cup of tea and a leisurely breakfast it began to rain again. That settled it, I would not be going out! Instead I would settle down to read.

If you had read Wind In The Willows as a youngster you will appreciate those comfortable tales, adventures that seem to be serious but that always come right in the end. Badger would see to that.

Normally, as a grown up, that episode of childhood days and thoughts would be left behind but perhaps remembered as a sort of baffle against grown up concerns. But, by chance, a sequel had come into my possession, The Willows in Winter by William Horwood.

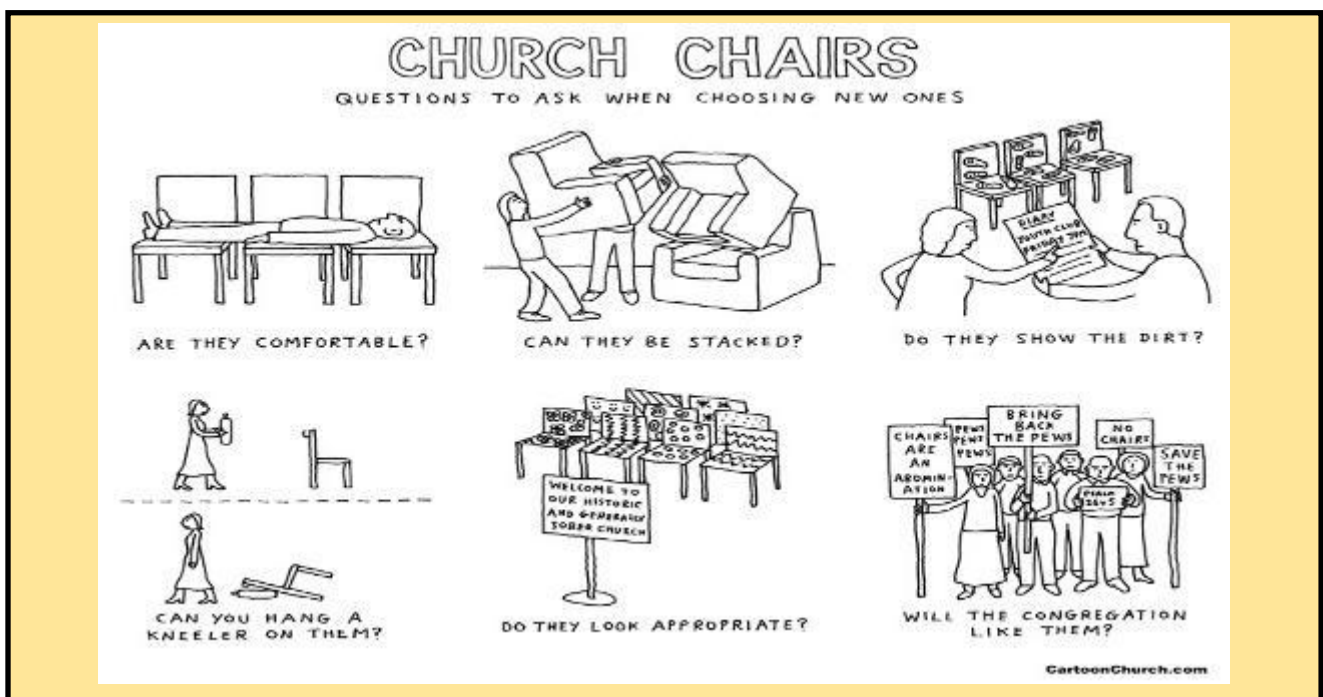
A comfortable arm chair, a cup of tea, the rain shut away outside and back to childhood times. William Horwood reprises all the animals from the original, classic book. He has Mole sitting in an armchair by a crackling wood fire. It is winter and wind howls around his little house set in the roots of an oak tree. From there the story begins.



Sitting as I was, rain on the windows, reading was comforting. How lucky many of us are to have a retreat, a home and hopefully; and hot radiators. I feel sure the Author would not mind me using just a few of his words; ".....the Rat laid a new fire and set it merrily ablaze just as the sky darkened into twilight.....". ..."and beyond.....the darkening winter evening sky. Leafless branches fretted and tapped at his windows, and spring felt a long way off".

Yes we may all feel that spring feels a long way off! We might browse holiday books, flick through exaggeratedly blue skied pictures of British resorts or even contemplate trips abroad as a sort of therapy.

It so happened that January has not been a bad month. many of us can recall more extreme weather. Of course February is still waiting its turn to impose its will upon us. Frost, perhaps snow but daffodils and snowdrops will ignore such things and burgeon into bloom.



ANIMAL FACTS

1. Octopuses have three hearts. One pumps blood around the body, while the other two pump it to the gills. Oh, and that blood is blue, thanks to high copper levels!
2. Owls don't have eyeballs. They have eye tubes.
3. Polar bears have black skin, which helps them absorb heat from the sun to stay warm in an Arctic climate, and it likely protects the bears from harmful UV rays.
4. A human brain operates on about 15 watts.
5. Butterflies can taste with their feet, using something called chemoreceptors to help them identify plants. Females select the correct leaf on which to lay eggs by "drumming" it with their feet to release juices.
6. Animals with smaller bodies and faster metabolism see in slow motion.
7. Dogs sense of smell is about 100,000 times stronger than humans', but they have just one-sixth our number of taste buds.
8. Reindeer eyeballs turn blue in winter to help them see at lower light levels. (They're golden-coloured in summer.) No other mammals are known to have this ability.
9. A single strand of spider silk is thinner than a human hair but also five times stronger than steel of the same width. A rope just 2 inches thick could reportedly stop a Boeing 747.
10. The claws of a mantis shrimp can accelerate as quickly as a .22-caliber bullet. Scientists must keep them in thick plastic tanks because their punches can break glass.
11. A sea lion is the first nonhuman mammal with a proven ability to keep a beat. Scientists trained a female sea lion named Ronan to do it, and she then showed she could transfer that skill to a song with a different beat that she had not heard before.
12. Squirrels can't burp or vomit, nor can any other rodent, which is why rat poison is so effective; other mammals tend to expel any toxic substance they ingest.
13. The extinct colossus penguin stood as tall as LeBron James.
14. Honeybees can flap their wings 200 times every second.
15. A type of "immortal" jellyfish can cheat death indefinitely.
16. Cats and horses are highly susceptible to black widow venom, but dogs are relatively resistant. Sheep and rabbits are apparently immune.
17. Sharks kill fewer than 10 people per year. Humans kill about 100 million sharks per year. They should be much more scared of us than we are of them.
18. Tardigrades are extremely durable microscopic animals that exist all over Earth. They can survive any of the following: 300 degrees Fahrenheit (149 Celsius), -458 degrees F (-272 C), the vacuum of space, pressure six times stronger than the ocean floor, and more than a decade without food
19. Wild dolphins call each other by name. They let out a unique whistle to identify each other and will respond if they hear their call played back.
20. Young goats pick up accents from each other, joining humans, bats, and whales as mammals known to adjust their vocal sounds to fit into a new social group.
21. Humpback whale songs spread like "cultural ripples from one population to another."
22. Elephants have a specific alarm call that means "human."

The LEGAL STUFF

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2025 KEY DATES

PCC Meetings:

10 March; Tuesday 6 May; 14 July; 15 September; 3 November; 19 January 2026

March - New Electoral Roll

Church Work Days (Saturdays) : 10 May & 13 September

Sunday 23 February Service of the Word

Sunday 2 March - Church Action on Poverty (Last Sunday before Lent)

Wednesday, 5 March - Ash Wednesday (start of Lent)

Weds 12th March - Lent Lunch at Holy Trinity Church - 12 noon.

Lent Reflections at HT 19 March, 2 April, 16 April - 7:30pm start

Sunday 30 March (Lent 4): Mothering Sunday

Sunday 6 April (Lent 5): Passiontide begins

Holy Week

-Sunday 14 April: Palm Sunday (start of Holy Week)

-Thursday 17 April: Maundy Thursday

-Friday 18 April: Good Friday

- Sunday 25 May: APCM