

Trinity Times

The Parish of Holy Trinity Church, Barkingside

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

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

Tea, Coffee, Snacks
Games and Crafts
Good Company
Friendships

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

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



I was a brownie, a girl guide and a venture scout in my childhood and youth. Through that I discovered the beauty of the outdoors and the adventure, what it meant to play and work together with a group of very different people and learn incredible skills. I loved that community of friendship.

Through my scouting years I thought I was pretty good at map reading on our group expeditions and hikes. We used the now old-fashioned ordnance survey maps and compass. I truly believed that I could navigate others on the journey. Now with hindsight, I know that those around me were just too polite and kind to share the obvious truth with me. I wasn't that good.

Later-on in life as an adult, I took a bunch of vulnerable church folk on a country walk. A walk that our family had done for many years. I knew where I was going.... Only this time around, the walk and terrain looked different! It was a new season; more greenery and growth, and all the fields looked the same. We were lost and I couldn't find a way forward. They were looking at me for directions! Thankfully, there is often safety in numbers and another person helped and pointed the way. There were smiles and laughter. No one seemed at all perturbed. I could even laugh at myself.



Recently my daily bible readings have taken me through the book of Exodus. This is the story of the Israelites who were set free from oppression, by a man God called and used, with miraculous signs and wonders. His name was Moses. This is a remarkable story of suffering, weakness, courage, and faith. A story of 'lostness, rebellion, darkness and confusion.' Through this story, we see how loving and patient God is, steering his people through that desperate time of darkness into his glorious light and to liberation.

'Set my people free!' God commanded Moses. 'Take up that staff in your hand, ignore your slow speech and believe that 'I AM who I say I AM.' Indeed, God did incredible things for all to see and in time, those Israelites walked through the raging seas to freedom.

Further on in God's magnificent story of love, we encounter a doubtful, pride-filled band of disciples. They didn't understand the message of Jesus; what he did, who he was, how he performed healings and miracles. They were troubled. They didn't understand that he would be put to death on a cross yet rise again on the third day.

'We don't know where we are going. How can we know the way? They responded to Jesus (John 14.5-6).

'I am the way,' Jesus responded. 'I will come and return and take you with me to a place prepared for you'.

What would you have done? Trust him....

Using maps and compasses are good if you can understand and follow them. I clearly hadn't as a young person. Yet, what can we learn about 'walking God's way, seeking his counsel, listening to his voice, being obedient?

How will we journey with a loving God, through doubts and fears this Lententide? Facing our own shadows, our ego and pride and our repetitive sin?

Lent can be a beautiful journey if we embrace it, trust it, and dare to let go of 'the stuff.' For God is love, the way maker and deliverer. Bit by bit we can 'give up' a little of the baggage and be set free. All he asks is that we worship him only and set our 'gaze' on him, his beauty, his wounds. And we can be assured that we are loved by him, despite not knowing where we are travelling too.

We are his children, and we need God to hold us and guide us.

'See what great love the Father has lavished on us, that we should become children of God. For that is what we are!' 1 John 3.1-2

Come, Holy Spirit!

A Lent Reflection

Canon Paul Hardingham considers

Somebody asked a Christian friend why he was eating doughnuts, when he had given them up for Lent! He answered, 'At the bakers I told God, that if He wanted me to buy doughnuts, He should provide a parking space in front. On the eighth time around, there it was!' Rather than seeing Lent simply as a time to give things up, let's use it intentionally for self-examination, reading Scripture, penitence, fasting and prayer.

At Jesus' baptism, God's voice says, 'You are My Son, whom I love; with You I am well pleased.' (Luke 3:22). The Holy Spirit then leads Jesus into the wilderness, where we find Him coming to terms with who He is. Satan's temptations challenge Jesus in key three areas of His identity: His divine sonship, political power and Messianic role (Luke 4: 1-13). It is as though Jesus was looking into the mirror at Himself to discern what kind of Saviour He should be.

For us, Lent is an opportunity to hold up a mirror to ourselves and ask the question, 'who am I? It's a season of honest encounter with who we are, what we've done, and how we should live. What will we see when we hold up the mirror to ourselves? Keeping Lent, the 40 days running up to Easter, could mean taking time to read Scripture, studying a Christian book or spending five minutes each day in silence! We might fast by missing one or two meals, refraining from TV, alcohol, social media, or scrolling on our phones. All of these can help us to give more attention to God in our lives.

Whatever we do, Lent is a season for self-reflection, as we put ourselves in a position to receive afresh the forgiveness and healing that God offers.

Bearing fruit takes time

The nine fruits of the Spirit are Love, Joy, Peace, Patience, Kindness, Goodness, Faithfulness, Gentleness and Self-Control. We don't strive for the fruits of the Spirit, rather we plant ourselves in good soil, allow ourselves to be fed by the Holy Spirit, keep taking in nourishment, turn to face the light of Christ and these fruits will develop and grow in our lives.

Can you tell whether a tree is an apple tree or a pear tree? Not easily when they are in blossom, but very easily when they bear fruit. Bearing fruit takes time and a lot of planting, preparation, nurture and growth.

March is the time of year when gardeners begin to plant seeds ready for summer, but patience is needed – the seeds will take a while to germinate, and the gardener needs to write the names of seeds on labels and not forget which are fruit, flowers and vegetables.

The seeds need to be in the dark, or the light, or the warmth or the cool, depending at what stage of life they are at.

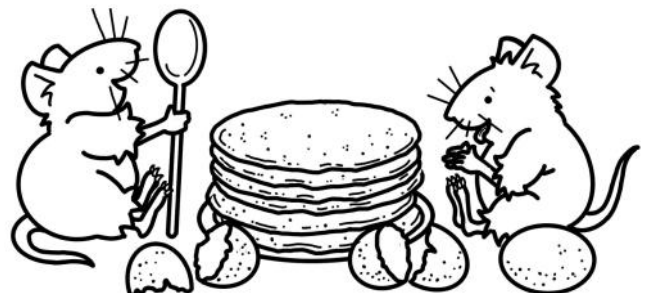
So too, is God with us. God writes our names on His heart; God knows what fruit we can

bring forth. God nurtures us and gives us light to grow. But first, we need to be planted and that can be scary.

Maybe you are feeling in a cold dark place this March, maybe it feels as if you've been buried, maybe you've got a weight above you and you can't see the way out. Just think that maybe you've been buried because you've been planted.

With patience there will be warmth and light, be like a seed, trust God, and begin to grow out of the darkness towards God's marvellous light.

We won't see fruit immediately; we have to be nourished and mature and ripen. Patience will be given to us, fruit of the seed of the Holy Spirit.



5th March - Ash Wednesday, a good time to admit you are sorry

Have you done something which haunts you? Which makes you feel restless and defensive, every time you think of it? Why not deal with it this month, and put it behind you? Whatever your mistake has been, consider what the Bible has to say to you:

'I have not come to call the virtuous but sinners to repentance' (said Jesus). (Luke 5.32)
'Let the wicked forsake his way, and the unrighteous man his thoughts: and let him return unto the Lord, and He will have mercy upon him; and to our God, for He will abundantly pardon. (Isaiah 55.7)

'Yet even now, says the Lord, return to me with all your heart, with fasting, with weeping, and with mourning; rend your hearts and not your clothing. Return to the Lord, your God, for He is gracious and merciful, slow to anger, and abounding in steadfast love, and relents from punishing.' (Joel 2:12-13)

God is inviting you to come to Him this Ash Wednesday. What a wonderful offer! Make the most of it and remember how the prodigal son was welcomed back by his compassionate father.

How do we find the next Archbishop of Canterbury?

It is not a simple process. And now Stephen Knott, The Archbishops' Secretary for Appointments, has written to members of General Synod to confirm expected timings for the process of nominating the next Archbishop of Canterbury.

He writes: "The Canterbury Diocese 'Vacancy in See' process commenced in December and, late last year, it was announced from Downing Street that the Prime Minister had appointed Lord (Jonathan) Evans of Weardale to chair the Crown Nominations Commission (CNC). My colleagues and I are supporting Lord Evans, working with him on the detailed planning.

"During February and March, Jonathan Hellewell (the Prime Minister's Appointments Secretary) and I will undertake an extensive consultation exercise and, as part of this consultation, it will be possible for you to contribute.

"The themes that emerge through this consultation will then sit alongside the 'Statement of Needs' produced by the Diocese of Canterbury, as well as other information provided by the National Church and Anglican Communion, in informing the CNC of the needs of the mission of the Church of England and the wider Anglican Communion.

"It is expected that the full membership of the Commission will be known by mid-March, by which time the names of the three individuals elected from the Diocese of Canterbury's Vacancy in See Committee, the outcome of the election of the episcopal member(s), the Central Members and the Anglican Communion representatives will be announced. The election process for the episcopal membership will be overseen by the Central Secretariat and further information on this will be circulated in the next weeks.

"Once the Diocese of Canterbury's Vacancy in See process has concluded, the extensive consultation exercise has been completed, and the full membership of the CNC is known, the Commission will convene for its first meeting in May, followed by two further meetings – one in July and one in September. "Through these meetings, the Commission will agree the 'Role Profile' and 'Person Specification' for the next Archbishop, as well as longlist, shortlist and interview potential candidates.

"While the discernment of the Crown Nominations Commission is necessarily confidential, we are committed to sharing relevant updates and information whenever available. To provide clarity on the timeline and sequence of events concerning the appointment and CNC process, there is a dedicated page on the C of E website for your reference." <https://www.churchofengland.org/about/governance/archbishops/appointing-new-archbishop-canterbury>

Give the Gift of Peace this Mothering Sunday



Mothering Sunday is an emotional day for many people all around the world. Some think of our mothers with love and prayer. Some of us have painful memories. Some remember those who have been like a mother to us.

Now is the perfect time to come together to celebrate and uplift mothers worldwide. By giving an ethical *Gift of Peace* today, you can help support parents and children build harmony, solve challenges together and create a better future in God's Kingdom.

In the Solomon Islands, an archipelago of 992 scattered islands to the northeast of Australia, Mothers' Union members have been delivering our Worldwide Parenting Programme since 2012. But we've only reached nine out of ten dioceses there so far. With your help we can provide more Parenting training and roll out the programme to more families in urgent need.

We are overwhelmed with demand for this specialist support in the Solomon Islands, where more than 85% of children experience violent discipline*. Parents have a desperate need for their children to experience peace at home and to grow up understanding about healthy relationships.

"I feel sorry for those families who have not yet had the chance to attend the training," says Sidonia, who joined a two-week intensive Parenting programme in 2012 when her children were aged eight to fifteen. "It's a very effective approach to resolving problems, family issues, and it's a powerful impact on child development." Sidonia is now a grandmother and is so enthusiastic about the transformation in her family that she tells anyone she can about the programme – she has even enrolled her son on to the course.

"Before I attended the training, my husband's and my parenting was not good," she says. "We didn't go to church and we sometimes fought about money, our son was hot-tempered and our children disobedient. On the course, I learnt how to change from being an 'authoritarian' parent who smacked her children – to 'authoritative', saying kind words and earning my children's respect."

"It was hard. I broke down, and I had a lot to repent, but I am very happy and thankful to God. My children have learned to share with others and bring peace. And my husband has given up drink." Terry and Ella attended the training together when they had two new twin daughters and were juggling home life with both of them working. "As a young married couple with our first children, everything was new," says Terry. "We were exhausted."

"I notice that when parents don't have time for their children, the children can feel rejected," adds Ella. "We learned the importance of making time, making them feel loved, teaching them the qualities of how we should live, our religion, church traditions, and how to behave to others."

Terry and Ella now have a two-year-old son as well. "We feel equipped to face the challenges as the children grow. We're so grateful for the training so we can support them through each stage of their development. We pray that we can give them the best they need to be good, and to share that goodness with others."

With God's grace, your gift this Mothering Sunday can bring peace and hope to more families and communities.

The mix of people in Terry and Ella's group is also an indicator of communities' wish for change. "Young men attended as well as couples," says Terry. "With domestic violence prevalent in our communities, if more of our young men and couples can attend this training, it will help them to tackle, manage and reduce the violence."

That's what your support for Mothers' Union can achieve worldwide. While we join together this Mothering Sunday and give thanks to our Lord, please give your Gift of Peace today.

Thank you and God bless you.

Kathleen Snow
Worldwide President, Mothers' Union

*Source: <https://data.unicef.org/topic/child-protection/violence/violent-discipline/>

You can choose your *Gifts of Peace* online at www.mothersunion.org

Alternatively, make a donation towards a collective gift via Maxine or Tricia.

mothersunion@holyltrinitybarkingside.org.uk

9th March - Savio, the youngster who found God

A number of years ago the hit film Slumdog Millionaire touched millions of people with its story of a youngster triumphing against all the odds. Dominic Savio did the same thing. In fact, he is a good patron 'child saint' for children today who struggle to get anywhere in life.

Savio (1842 – 57) was born into a poor family in Riva, near Turin. There were 10 children. The father was a blacksmith, the mother a seamstress. Somehow, they managed school fees, and when Dominic was 12, he was sent to the famous school of John Bosco at Turin.

A strict Roman Catholic school wasn't exactly the set for 'Who wants to be a Millionaire', but Savio loved it. He responded with enthusiasm to the wise and moderate spiritual guidance of Bosco, and began to grow. He was soon widely loved for his cheerfulness and friendliness to all. He was respected by fellow students for his mature, sound advice. Behind it all lay the key: Savio had discovered God for himself, and had responded with all his heart: one story of him tells how he was rapt in prayer for six hours continuously.

Sadly, Dominic Savio contracted tuberculosis. He accepted his disease with dignity and composure. He did not fear death – his deep and radiant faith assured him that something far better lay beyond.

Savio died aged only 15. He had never been a millionaire; his riches lay in his faith in Jesus Christ. The memory of this lovable lad lived on, so deeply had he touched the hearts of the people who knew him. Over 100 years later he was still remembered – and made a saint by the Roman Catholic Church.

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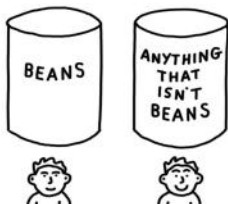


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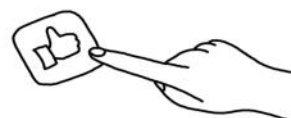


ASK AWKWARD
QUESTIONS



HAPPY
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St Patrick's Day is 17th March.
We offer you a poem based on one of his prayers.

The breastplate of St Patrick

I rise today with the power of God to guide me,
The might of God to uphold me,
The wisdom of God to teach me,
The eye of God to watch over me,

The ear of God to hear me,
The word of God to give me speech,
The hand of God to protect me,
The path of God to lie before me,

The shield of God to shelter me,
The host of God to defend me
Against the snares of the devil and the
temptations of the world,
Against every man who meditates injury to me,

Whether far or near.
Draw me into Yourself
Draw me completely into Yourself,
So that I might completely melt in Your love.

Lay upon me, stamp upon me,
So that my stubborn pride might be destroyed.
Embrace me, kiss me,
So that my spiritual ugliness may turn to beauty.

Lock me into Your chamber,
So that I might never stray from Your presence.

*By Johann Freylinghausen, German Pietist
(1670 – 1739)*

Prayer for March 2025

Dear Lord,

In this month when Lent begins, we remember the difficult journey Jesus made to the cross, to take upon Himself our sins and the sins of the whole world, to bring us the hope of eternal life by His resurrection.

Lord, we bring to You our own journeys through our daily lives.

We bring our disappointments, our bewilderment, our pain, as well as our happy times. We thank You that You are with us in and through all of it.

We thank you that the message of Christmas is the message of Lent and the message of every day – You, our God, are with us always, giving us hope and life, because of Jesus.

Thank You that He made that journey for us, and all we have to do is trust in Him. Help us to do that and to share His good news with others, especially those in distress.
We pray in His name.

Amen.

By Daphne Kitching



2025 – time for a new Church Electoral Roll

This is the year when EVERYONE gets dumped off the Electoral Roll – and needs to make a definite decision to come back on again.

It happens in the Church of England every six years. Whereas for five years, the Electoral Roll is revised annually our Electoral Roll Officer, in this sixth year, the roll is dissolved, and we must all re-apply and re-commit ourselves.

That's the quick way of explaining it. If you want a detailed and clear legal break down of how exactly it works, you can find it at <https://www.churchofengland.org/about/leadership-and-governance/legal-resources/church-representation-rules>

If you manage to wade through all the details of the process, and understand them, it will leave you with admiration for the person in your church who has been brave enough to become the Electoral Roll Officer!

19th March - St Joseph, patron saint of fathers and holy death

Why should St Joseph's 'day' be in March? Surely, he belongs to Advent and Christmas, at Mary's side in millions of nativity scenes around the world.

In any case, as the foster-father of Christ and husband of Mary, Joseph played a major part in the story of the coming of Jesus Christ. All that we know about him for sure is in the gospels. Read especially Matthew 1 – 2. He was of Davidic descent, but his trade as a carpenter shows that he was not at all wealthy.

Joseph's gentleness and decency towards Mary, and his willingness to do God's will when it was revealed to him, portray him as a kind and godly person. Joseph is the patron saint of fathers of families, and he makes an excellent example. He comes across as a protecting, loyal, thoughtful, self-controlled person, full of integrity, and willing to work hard. Who wouldn't want a father like that?

Joseph is also the patron saint of all who desire a holy death. Thus, countless churches, hospitals and religious congregations are dedicated to Joseph.

21st March - Thomas Cranmer, Archbishop of Canterbury & Reformation Martyr

If you have ever been caught up in a great event at work, which has gone on to change your own life, then Thomas Cranmer is the saint for you. He was the first ever Protestant Archbishop of Canterbury, following King Henry VIII's decision to pull away from Rome, and set up the Church of England.

Born in Nottingham in 1489, Thomas Cranmer became Archbishop of Canterbury in 1533. He was adviser to both Henry VIII and Edward VI. He helped Henry with the annulment of his marriage to Catherine of Aragon, and along with Thomas Cromwell, supported the principle of Royal Supremacy (where the king is sovereign over the Church in his realm).

Under Edward VI, Thomas Cranmer made major reforms to the C of E. He put the English Bible into parish churches, compiled the first two versions of the Book of Common Prayer, and worked with continental reformers to change doctrine on everything from the Eucharist and veneration of saints.

But kings and queens, like American presidents, change, and the Catholic Queen Mary I was determined to wipe out Protestantism. Thomas Cranmer was imprisoned for two years, found guilty of heresy, and burned at the stake on 21st March 1556.

25th March - Lady Day or The Annunciation

This beautiful event (Luke 1:26-38) took place in Nazareth, when Mary is already betrothed to Joseph. The Archangel Gabriel comes to Mary, greets her as highly favoured, tells her not to be afraid, that she will bear a son Jesus, and that her elderly cousin Elizabeth is already pregnant (with John the Baptist).

The church calendar is never quite as neat as some would like it. To celebrate the Annunciation on 25th March does indeed place the conception of Jesus exactly nine months from His birth on 25th December, but the latter part of March almost inevitably falls during Lent. But the birth and death of Jesus are intrinsically linked - He was born to die, and thus fulfil God's purposes.

The Annunciation is a significant date in the Christian calendar - it is one of the most frequent depicted in Christian art. Gabriel's gracious strength and Mary's humble dignity have inspired

With Lent and spiritual self-examination in mind....

'Your iniquities have separated between you and your God, and your sins have hid His face from you, that He will not hear.' - Isaiah 59:2

'Abide in Me as I abide in you. Just as the branch cannot bear fruit by itself unless it abides in the vine, neither can you unless you abide in Me... If you abide in Me, and My words abide in you, ask for whatever you wish, and it will be done for you. - John 15:4,7

'He (Jesus) fasted for forty days and forty nights, after which He was hungry.' - Matthew 4:2

'Yet even now, says the Lord, return to me with all your heart, with fasting, with weeping, and with mourning; rend your hearts and not your clothing.' - Joel 2:12-13

Effective prayer is a quartet – the Father, the Son, the Spirit, and the Christian. - J Blanchard

Between the humble and contrite heart and the majesty of heaven there are no barriers. The only password is prayer. - H Ballou

The Bible is a letter God has sent to us; prayer is a letter we send to Him. - Matthew Henry

The pulse of prayer is praise. The heart of prayer is gratitude. The voice of prayer is obedience. The arm of prayer is service. - William A Ward

It is not the number of books you read, nor the variety of sermons you hear, nor the amount of religious conversation in which you mix, but it is the frequency and earnestness with which you meditate on these things, till the truth in them becomes your own and part of your being, that ensures your growth. - F W Robertson

Eighty years ago the war was, thankfully, entering its final stages. As Allied troops advanced across Europe the Nazi war machine was losing the territory and resources with which to fight. On 29th March the very last V1 'doodlebug' flying bomb was launched before its launch ramp was captured, and, again thankfully, it crashed harmlessly into a field near Woolmer Green in Hertfordshire.

The Last Bomb

09:00 29th March 1945 Woolmer Green,
Hertfordshire:

They heard it rattle, and they heard it stop.
They ran for cover, and they heard it drop.
A mighty bang – but far away
They watched the smoke cloud drift away.

"No-one hurt!" The news went round,
"Within a field it hit the ground!"
There was joy that day in Woolmer Green
But no-one knew just what they'd seen!

The bomb that fell that fell upon that day
The last that ever came our way!
The launching sites were overrun
The German bombs no more could come.

For five and sixty months they fell
Causing death and living hell
Forty thousand folk – now dead
Our whole nation lived in dread.

For our lost people still we grieve
We wonder what their loss achieved?
The old and children don't fight wars;
Their deaths advanced no evil cause.

And yet, right to the present day
In wars they're fighting far away
Upon the young, the old, the ill
The futile bombs are falling still.

By Nigel Beeton

Time for the Great Daffodil Appeal

Throughout the month of March, the end-of-life charity Marie Curie will once again be holding their annual flagship fundraiser, the Great Daffodil Appeal.

There's only one chance to give someone the best possible end of life.

And one chance for you to help fund care that makes that possible. Care that protects someone's dignity – instead of leaving them to die alone or in avoidable pain. This Great Daffodil Appeal is that chance.

Every five minutes, someone dies without the support they need. But by donating and wearing your daffodil this March, you can change that – and help Marie Curie Nurses bring expert end of life care when there's no cure, whatever the illness.

Money raised also funds the charity's free support line and webchat which is available to anyone with an illness they're likely to die from and those close to them. It offers practical and emotional support on everything from managing symptoms and navigating care to financial information, including how to get help with energy bills and bereavement support.

Whether it's taking part in a fundraising challenge, organising an event including bake sales, charity walks or concerts or volunteering your time to collect donations, every penny will help Marie Curie deliver quality care to those who need it most.

The Great Daffodil Appeal only happens once a year. This is your chance to make it count. For information and to donate visit: [Mariecurie.org.uk/daffodil](https://mariecurie.org.uk/daffodil)

Open The Book celebrates 25 years of Bible storytelling

Do you remember hearing your first Bible story? Most of us would have been children at the time.

If you had the privilege of hearing them often, those stories would now be a part of you, giving you hope in dark times, and a way to understand the world around you, and a sure sense that the God of the Bible exists. All in all, Bible stories are important to know.

This year Bible Society's Open the Book turns 25. It has seen remarkable progress in getting Bible stories 'out there', to young children right across the world. Open the Book brings the Bible to life through its creative and interactive storytelling approach.

From England to Kyrgyzstan, storytelling teams visit schools and present a ten to fifteen-minute scripted Bible story, designed to be interactive.

Over many years, hundreds of volunteers and creative storytelling teams have shared the ageless stories in thousands of primary schools. They have created lasting memories, sparked the imagination, given hope, taught important lessons, connected generations and touched the hearts of countless young people and their teachers.

Fiona, a member of the Open the Book staff team at Bible Society, says:

"With 95 per cent of children no longer in church, who else will tell them these powerful, life changing stories and take the word into our neighbourhoods?"

Would you like to share Bible stories with primary school children? Why not become a storyteller and get a team started from your church? Find out more at: <https://www.biblesociety.org.uk/get-involved/open-the-book/>

Why a glass of milk may help save your life

Drinking a glass of milk a day could cut the risk of you getting bowel cancer by almost a fifth.

So say researchers at the University of Oxford. They have found strong evidence that calcium protects against the deadly disease.

According to the data, it takes only an extra 300mg of calcium a day (found in a large 240ml of milk, or a couple of pots of yoghurt) to result in a 17 per cent lessening of the risk of bowel cancer.

Currently, one in 20 women and one in 17 men in the UK will be diagnosed with bowel cancer during their lifetime. It affects around 44,000 people each year in the UK.

=====
The Revd Dr Roger Roberts, formerly senior pastor of International Baptist Church, Brussels, considers the beginnings of discipleship...

Is it time you remembered 'eureka!'?

As Lent 2025 gets underway, do you suspect that your Christian commitment is not all it could be? If so, you are not alone. As one American church leader sadly put it: "In America the church is 3,000 miles wide – and one inch deep."

But Jesus is still calling us to be His disciples, NOT His well-wishers – from a safe distance! So how does one start as a disciple, exactly? It can be helpful to remember the story of John and Andrew in the first chapter of St John.

Firstly, John and Andrew were simply getting on with daily life when their teacher, John the Baptist, introduced them to Jesus. They hadn't been out looking for Him – but when they met Him, they were deeply affected. Andrew excitedly reported: "We have found the Messiah" (John 1:41). His statement is true, but the more you read of the story, the more you'll realize that it was Jesus who found them. He is after YOU, too! If you encounter God, it is no accident that your paths have crossed.

The English poet Francis Thompson was a derelict living under a bridge until a Christian benefactor took him into his home. One of the poems Francis Thompson later wrote was 'The Hound of Heaven', which described God as the one who sought him down through his wayward, "labyrinthine ways." He was, like us, running from God, who all the time was leading him to an encounter with Himself.

Secondly, there is the eureka! factor in Andrew and John's story. This expression, from the Greek eurisko, is said to have been exclaimed around the year 200 BC by the Greek mathematician Archimedes when he discovered a way to determine the purity of gold. Andrew used this same expression in vs 41, when he told his brother he had found Jesus Christ. "I've found Him! Eureka!"

This Lent, you can be sure that Jesus is certainly looking for you, and if your response has ever been: 'I've found Him! Eureka!' – then you, like Andrew, have become a disciple, a Christian. Maybe you began to follow Jesus a long time ago, but your obedience has been "on hold." You haven't been faithful in worship, in reading the Bible. You haven't even been a part of a local church.

Well, Lent 2025 is an ideal time to re-discover the joy of eureka! again.

Whisper it softly, but many of us prefer instant coffee

In this age of exotic coffee making machines, there are still a good 39 per cent of us in Britain who reach for the instant coffee – and even prefer it.

In fact, a 2024 Kantar report has found that seven million of us happily drink instant coffee two or three times each day.

Nescafe Gold Blend is the UK's leading instant coffee brand, with 4.3 million of us buying it in 2023.

As James Chiavarini, patron of the Italian restaurant Il Portico says: "Gold Blend is weak and sweet, and I can drink it all day without the risk of a stomach ulcer."

Why you love your mother

Gratitude is a large part of Mothering Sunday. So, this month why not spend a few moments thinking back, and ask yourself this:

What quality or wisdom did your mother bestow on you in childhood, for which you are most grateful now?

Or you could go to the Sunday School, and ask the children for their response to this:

What does your mother do each day that makes you think that she loves you?

Don't make your children finish their food

If you do, you could make them obese.

So says a recent poll for the British Nutrition Foundation (BNF). It found that half of parents force their children to eat everything on their plate at least some, if not most, of the time.

But it was found that often, these parents pile an enormous portion of food on the plate and then get angry when their children don't want it all.

Instead, the BNF advises that parents should start by putting a small amount of food on their children's plates, and then allow them to have seconds, if they are still hungry.

Bridget Benelam, nutrition communications manager for the BNF, points out: "Research has shown that large portions of food encourage both adults and children to eat more, so getting portion sizes right is an important element of having a balanced diet that supports a healthy body weight."

LENT LUNCHES 2025

<i>Wednesday 12th</i> March -	<i>Holy Trinity IG6 2BJ</i>
<i>Wednesday 19th</i>	<i>St. Francis IG6 2LA</i>
<i>Wednesday 26th</i>	<i>Gantshill Methodist IG2 6TU</i>
Thursday 3rd April	<i>Hainault Baptist Church IG6 2UT</i>
<i>Wednesday 9th</i>	<i>Barkingside Methodist IG6 2AZ</i>

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

- Routine Footcare
- Corns and Hard skin removal
- Ingrowing toe nail surgery
- Fungal Nails
- Diabetic Footcare
- HCPC Registered Podiatrist
- Practising since 2012
- Member of College of Podiatry
- Easy transport, bus no 462
- Easy parking space
- Home visits available



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Barkingside.
IG6 1LU

Tel:- 020 8220 7157

Email:- jacurran@ntlworld.com



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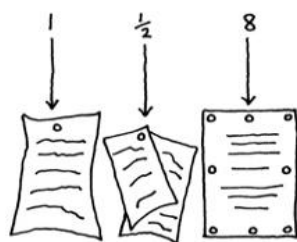
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CHURCH NOTICE BOARDS

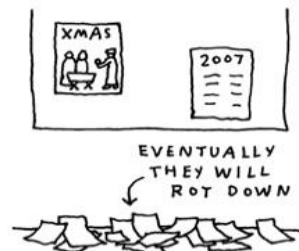
THE SEVEN DEADLY SINS



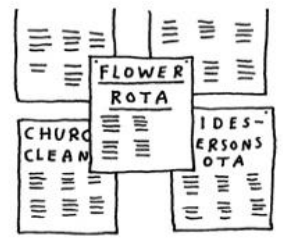
WRATH (DIRECTED AT INVALID ADDITIONS)



GREED (USING TOO MANY OF THE PARISH PINS)



SLOTH (NOT REMOVING OLD NOTICES)



PRIDE (COVERING UP OTHERS' WORK)



LUST (COVETING THY NEIGHBOUR'S FONT, LAYOUT, ETC)



ENVY (RIVAL CHURCHES POACHING OUR CONGREGATION)



GLUTTONY (OVERINDULGENCE, ETC)

Wordsearch for March

March brings us Lent and Mothering Sunday. Lent is a time of spiritual self-assessment as we prepare for Easter. It is a time to turn to God, and to grow closer to Him. Mothering Sunday reminds us of not only the mothers that have loved and raised us, but of Mother Church, who has spiritually loved and nurtured us throughout our Christian pilgrimage. How many words can you find on these themes in this month's Word Search?

Lent
spiritual
easter
preparation
fasting
prayer
desert
selfdenial

repentance
seeking
finding
growing
mothers
love
care
nurture

learning
teaching
disciples
worldwide
flowers
thankyou
nursing
family

```
e e f e p d n t l y r l g p i
l c r t r r y f a m i l y n u
a a n e e i a g i e t e n u h
c g u a d s h y n n e i i r e
u s n t t i o r e i d w r s i
o t n i i n w l d r n i t i t
y r n r h r e d f w n r n n t
k g d i s c i p l e s g a g u
n o i t a r a p e r p r k e f
a g g n i k e e s r o o r r l
h l n t k t a h t i e w t u o
t a h r i y s e t h l i n t w
a o e l e l t i a o c n a r e
t i i p t r e e v l m g d u r
p i l d e t r e s e d m f n s
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Oscar Wilde Quotes

Some cause happiness wherever they go; others, whenever they go.

Be yourself; everyone else is taken.

With age comes wisdom, but sometimes age comes alone.

The best way to enjoy your job is to imagine yourself without one.

Nature: a place where birds fly around uncooked.

Bigamy is having one wife too many. Monogamy is the same.

Cats are put on earth to remind us that not everything has a purpose.

A pessimist is somebody who complains about the noise when opportunity knocks.

Marriage is a long, dull meal with dessert served at the beginning.

The man who says his wife can't take a joke forgets that she took him.

If you want to tell people the truth, make them laugh; otherwise they'll kill you.

If you cannot prove a man wrong, don't panic. You can always call him names.

**The Rectory
St James the Least**

My dear Nephew Darren

On the perils of parking near church

I cannot be wholly sympathetic because your church car park is now inadequate, only having space for 100 cars. Your solution of advising members of the congregation to park in the adjoining supermarket car park may not have been wise. The maximum time people can stop there is 90 minutes, and as your services often reach that length, returning to find their cars clamped may not make you universally popular – although it may give your congregation the opportunity of practising Christian forgiveness.



Since the medieval architect who built St James the Least of All was not overly concerned with car parking, the only space we have is along the road by the church. Inevitably, it gets blocked, which causes us all immense satisfaction when those not attending church but intending to have a morning shopping, find themselves unable to get out of the village until Mattins is over.

I did once encourage people to walk to church across the fields, but after we had nearly lost the present Earl in that swampy bit near the brook, I decided the idea was best dropped.

For most, the inconvenience of parking only makes attending church more of a pleasurable challenge; we so enjoy having something to complain about. Major Hastings, however, who has complained endlessly about parking problems, made a point last Christmas by leaving his car in the middle of the vicarage lawn. I was so pleased he happened to park just where I had had a garden pond filled in only the previous week. He returned to find that the car had sunk up to the wind-screen and needed a crane to remove it.

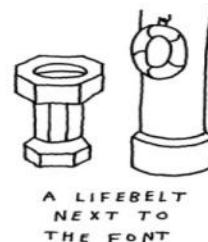
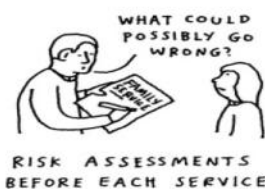
For weddings, a farmer allows us to use the field adjoining the church. While he rarely attends church on Sundays, he is always there the week before – I suspect praying for heavy rain, so he can make a fortune charging to tow out with his tractor those who have got stuck.

Perhaps the greatest act of witness your church could perform would be to get everyone attending church to park on the ring road, bringing the entire town to a halt until your Sunday morning Service is over.

Your favourite Uncle, Eustace

HEALTH AND SAFETY

GUIDANCE FOR CHURCHES: THINGS YOU NEED TO DO



CartoonChurch.com



George saw his whole Parish as a Mission Field



"No, not the steeple, the roof or the organ – it's for the vicar's post-Christmas-pre-Easter recuperation holiday-break."

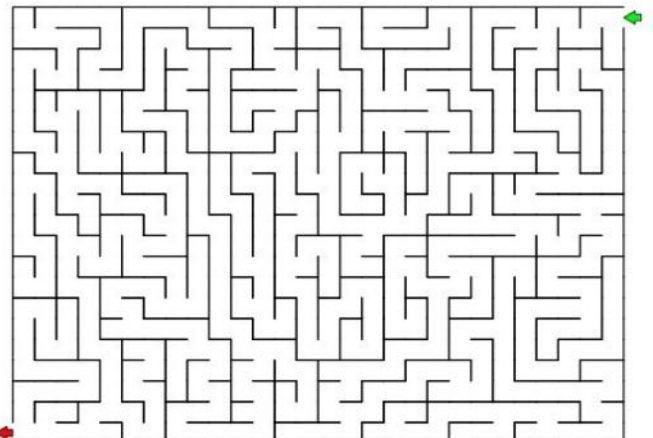


As the servers's strike entered its third week, the Army was called in.

How To Spell Potato

If GH is pronounced P as in hiccough...
 If OUGH is pronounced O as in dough...
 If PHTH is pronounced T as in Phthisis..
 If EIGH is pronounced A as in Neighbour...
 If TTE is pronounced T as in Gazette...
 If EAU is pronounced O as in Plateau...

Then POTATO could be spelled
 GHOUGHPTHTEIGHTTEEAU



The morning of 17th February; and we woke to sunshine and a clear, blue sky. With recent news hinting at a fall of snow it was a pleasant surprise. Perhaps it did snow somewhere but not on us today. It was, however, still cold, a north wind reminding us that it was still winter.

The comfort of central heating initially discouraged thoughts of going outside. Thoughts which in turn stirred memories of earlier times when central heating was only for those the few who could afford it. Life back then centred around the hearth; the fire in the grate!

But it was no use resisting, exercise was needed so I dragged the bike out of the garage and set off to cycle round the lake at Fairlop Waters Country Park. It was then that the strength of the wind became obvious. It was a stiff breeze and it was against me. I consoled myself with the thought that it would be a tailwind on the return journey.

Once in the country park I set my mind on looking for signs of green leaves on bushes and trees but there were none. The paths in the park were quite badly puddled in places which required a degree of manoeuvrability on the bike. The sections of bad surface probably due to poor or inappropriate material used on the path surface!

At the eastern side if the lake I often have to navigate my way through and around the small flocks of Canada Geese, pigeons and gulls that congregate there. I aim at the tail ends of the geese. They waddle away, not too hurriedly, clearing a path for me. They are not too aggravated I hope.

A way has to be found past walkers and dogs. Over time I have developed a greeting routine with the regular walkers. Loose dogs are usually fine I have discovered as long as I am cautious. Danger lies in those dog owners who keep their dogs on an extended leash which sometimes straddle the path.

About half way round the lake is The Boat House Restaurant. Coffee, tea, snacks to be had in there. I may find fellow cyclist in there on occasions. They stop for elevenses and a chat where they are able to view the yellow sailed yachts out on the water.

There is no-one I know in the restaurant today, so I continue cycling. At the completion of the circuit, which incidentally is 1.1 miles, I headed along the track that leads to Barkingside Station. It is when I get the benefit of that stiff breeze which is now pushing me home. Just in front are a two of ladies riding bikes. I slowed not wanting to pass them on the fairly narrow track. I felt it would be bad form to pass them so I hung back expecting them to go on towards Aldborough Hatch, which they did, while I headed for Barkingside. Ride accomplished! Exactly ten miles and back in the warmth of the central heating. An armchair awaited!



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
Barkingside, 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](tel:0800 995 1000) 24 hours a day on **0800 995 1000**.

If you are experiencing [Suicidal thoughts](#), please call [Samaritans](tel:0800 995 1000) on **111 123** 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**

FORTHCOMING EVENTS & SERVICES

Wednesday 5 March, 9:45am & 7:30pm:
Ash Wednesday Service with Holy Communion

Wednesday 12 March, 12noon:
Lent lunch

Wednesday 19 March, 7:30pm:
Lent Reflections & Worship

Sunday 30 March, 10:30am:
Lent 4 / Mothering Sunday

Wednesday 2 April, 7:30pm:
Lent Reflections & Worship

Sunday 13 April, 10:30am:
Palm Sunday

Monday 14 April, 7:30pm:
Stations at the Cross

Wednesday 16 April, 7:30pm:
Lent Reflections & Worship

Thursday 17 April, 7:30pm:
Maundy Thursday Service incl. Foot Washing
& Communion—followed by All-night Vigil

Friday 18 April
10am-12noon: Family Fun Zone Easter Experience
2pm: Veneration at the Cross

Sunday 20 April, 10:30am:
Easter Sunday service with Easter Egg hunt
afterwards (from 12noon)

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
priest@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.



With Lent and spiritual self-examination in mind....

'Your iniquities have separated between you and your God, and your sins have hid His face from you, that He will not hear.' - Isaiah 59:2

'Abide in Me as I abide in you. Just as the branch cannot bear fruit by itself unless it abides in the vine, neither can you unless you abide in Me... If you abide in Me, and My words abide in you, ask for whatever you wish, and it will be done for you. - John 15:4,7

'He (Jesus) fasted for forty days and forty nights, after which He was hungry.'- Matthew 4:2

'Yet even now, says the Lord, return to me with all your heart, with fasting, with weeping, and with mourning; rend your hearts and not your clothing.'- Joel 2:12-13

Effective prayer is a quartet – the Father, the Son, the Spirit, and the Christian. - J Blanchard

Between the humble and contrite heart and the majesty of heaven there are no barriers. The only password is prayer. - H Ballou

The Bible is a letter God has sent to us; prayer is a letter we send to Him. - Matthew Henry

The pulse of prayer is praise. The heart of prayer is gratitude. The voice of prayer is obedience. The arm of prayer is service. - William A Ward

It is not the number of books you read, nor the variety of sermons you hear, nor the amount of religious conversation in which you mix, but it is the frequency and earnestness with which you meditate on these things, till the truth in them becomes your own and part of your being, that ensures your growth. - F W Robertson

Some people think reconciliation is a soft option, that it means papering over the cracks. But the biblical meaning means looking facts in the face, and it can be very costly; it cost God the death of His own Son. - Archbishop Desmond Tutu

Those that take Christ for their King must lay their all under His feet. 'Hosanna' signifies, "Save now, we beseech thee! Blessed is He that cometh in the name of the Lord!" But of how little value is the applause of the people. The changing multitude joins the cry of the day, whether it be 'Hosanna' or 'Crucify Him'. Multitudes often seem to approve the gospel, but few become consistent disciples. - Matthew Henry

If God is your co-pilot, switch seats. – James W Moore

We change things by changing ourselves! - Anon

The best mathematical equation I've ever seen: 1 cross + 3 nails = 4 given - Anon

All true knowledge of God is born of obedience. - John Calvin

It's hard to remember that Jesus did not come to make us safe, but rather to make us disciples, citizens of God's new age, a kingdom of surprise. - S Hauerwas

Suffering is the true badge of discipleship. The disciple is not above his Master. - Dietrich Bonhoeffer

Give me, good Lord, a humble, lowly, quiet, peaceable, patient, charitable, kind, tender and pitiful mind; with all my works and all my words and all my thoughts to have a taste of the holy blessed spirit. - Sir Thomas More

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 Lamb
Role: Safeguarding Officer
Tel: 07847 324955
E-mail: kps@holytrinitybarkingside.org.uk

Name: Chris Szejnmann
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: daw@chelmsford.anglican.org

Local Authority Social Services:

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

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

OUR COMMITMENTS

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

HELPLINES

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

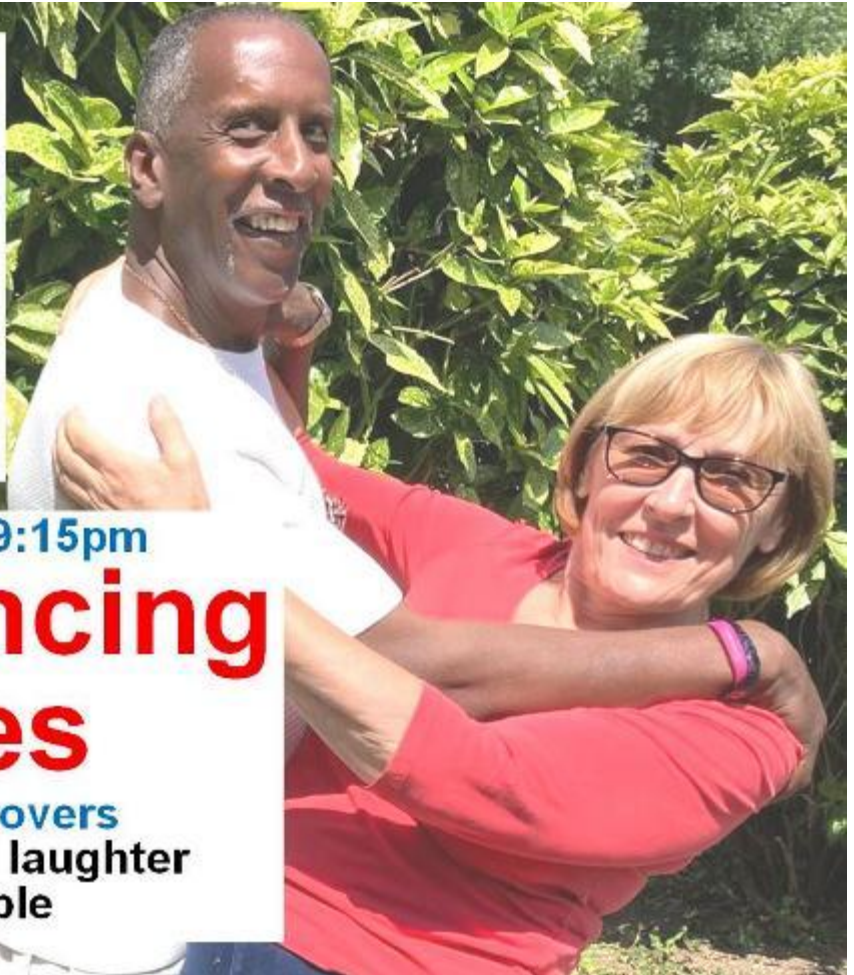


15 & 29 January
12 & 26 February
12 & 26 March
9 April
Holy Trinity Church
Barkingside,
Mossford Green, IG6 2BX
07804641931
just turn up — it's free!
everyone welcome!

Wednesdays 7:30-9:15pm

Salsa Dancing Classes

Beginners & Improvers
refreshments—joy & laughter
meet new people



Small talk by the riverbank

David Pickup, a solicitor

“... The next day we went on to Neapolis. From there we travelled to Philippi, a Roman colony and the leading city of that district of Macedonia. And we stayed there several days. On the Sabbath we went outside the city gate to the river, where we expected to find a place of prayer. We sat down and began to speak to the women who had gathered there. One of those listening was a woman from the city of Thyatira named Lydia, a dealer in purple cloth. She was a worshiper of God. The Lord opened her heart to respond to Paul’s message. When she and the members of her household were baptised, she invited us to her home. “If you consider me a believer in the Lord,” she said, “come and stay at my house.” And she persuaded us. - Acts 16:11-15

One of the great things about going to church on Sundays is the chance to chat with people.

Of course, there are some topics on which you need to tread lightly, especially when you meet someone for the first time. For example - their beliefs in religion and politics.

For this reason, I have known people in my congregation for years and still have no idea about which party they support or who they vote for. (I presume they believe in God, because they keep coming to church.)

Why are some subjects so loaded with potential trouble?

The reason is that the answers can be divisive. They will put you in one camp or another. I met a visitor from America recently and wondered if I should bring up politics. This was just before the inauguration of President Trump. Fortunately, the American brought it up, and was quite open, and we were able to discuss it without worry about giving offence.

So – people chat in church. And according to these verses, they have been doing that for 2,000 years – since St Paul began to start churches.

I like this particular conversation between two strangers, St Paul and Lydia. I expect politics and religion were not easy topics for small talk even then. Talking to a stranger was risking being misunderstood. It was a casual chat, but Paul skilfully used the contact to lead Lydia to faith in Christ. She became the first convert in Greece, which of course meant she was the first Christian in a church in Europe.

One good thing about Christianity, is that it is about breaking down barriers, not building them up.

Hundreds of churches are part of networks offering 'warm spaces' to people

This past winter the Church of England has provided warm spaces for people struggling to pay energy bills. The C of E has been offering not just a refuge from the cold, but in many cases, food, activities and a chance to make friends and be part of a community.

A total of 485 Church of England churches so far have signed up to a Warm Welcome Spaces campaign – a UK wide network of more than 5,000 venues across the country including libraries and churches – offering a warm place for anybody in the community.

Nearly 400 Church of England churches are also part of the Places of Welcome network, coordinated by Church Urban Fund, which encourages community groups to provide their neighbourhoods with venues to meet every week all year round.

As one volunteer in the scheme explained: “The cold is less of an issue for many of the people who attend – they are more concerned about isolation and the need for company and conversation. We also have some limited emergency funding to buy food parcels for people who are in need.”

STEWARDSHIP & SUPPORT

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

Giving

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



Ways to Give

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

Other ways you can Give

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

The LEGAL STUFF

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All contributions are welcome but the Editor cannot guarantee to publish everything that is given to us.

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BAPTISMS, WEDDINGS & FUNERALS

please contact:

Rev Dr Chris Szejmann

020 8637 4859 to arrange an Interview

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Maxine Paul

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Ordinand

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(& Organist) Mary Fabb - 020 8550 9694

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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).

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 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 (Start of BST)

Sunday 6 April (Lent 5): Passiontide begins

Holy Week

- Sunday 13 April: Palm Sunday (start of Holy Week)

- Thursday 17 April: Maundy Thursday

- Friday 18 April: Good Friday

- Sunday 25 May: APCM

