



June 2003

# The Recorder

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*An edited version of this magazine is now available on the Church Web-site.  
(Personal details are NOT included.)  
Church web site: <http://www.trinity-urc.org.uk>*

**Trinity - A Family Church**

**Worshipping together - Caring for one another - Sharing with others**

## 'Stripping off the excess baggage.'

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**Rev. Michael Shrubsole**

**Minister of Trinity United Reformed Church**

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When I was a younger man I tried backpacking and camping on a number of occasions. Although I loved the freedom and the fresh air, I hated the weight on my back! I never had the self-discipline to strip my pack down to the bare essentials. I always carried too many extras that I just couldn't do without – books, radio, spare clothes etc. I never managed to turn my pack into the lightweight dream I needed.

Meanwhile, at an airport near you times have changed. Today, if you try to travel with illegal items in your hand luggage, expert security officers will forcibly lighten your bag for you, no exceptions permitted. Perhaps I could have done with their strict enforcing hand on my rucksack all those years ago.

I think Christian life is like that. The well meaning, dedicated, religious, spirit within us urges us to pick up little extras in life and carry them with us – a few hours a week volunteering for this, a session doing that, attending a meeting here, becoming responsible for something there, promising to help with A, when you know you've also got to do B at the same time! And it is all so well meaning, so well intentioned. They are all things we feel we really ought to do, for the most part we believe we just can't say no. We become incapable of putting them down and leaving them behind.

As I look at my church life I wonder why I do some of the things that I do? They all seemed so important originally, and no one else could be found to take the task on, and I couldn't let the job go undone, and so I volunteered, again, and again, and again. And I begin to feel like a backpacker with a load that is too heavy to make the experience enjoyable. I'm not only having a personal gripe here. I think many of you might recognise yourself in this description too. When the Elders last met we thought it would be good to have an Elders Quiet Day, and to put some Elders Training into the diary. But as we got our diaries out I could see a circle of pained faces around the table as the Elders struggled to identify time to fit in still more commitments. Our attempts to do good sometimes seem to end up crippling us with burdens.

Jesus knew the people around him were just like us. He told the disciples to travel light (Matthew 10:9,10). He told them to put past responsibilities behind them (Matt 8:22). He told them to follow only one master (Matt 6:24), and not to worry but to seek first the kingdom (Matt 6:33). He told the rich young man to sell his possessions (Matt 19:21), and praised the disciples for leaving everything behind to follow him (Matt 19:29). On the other hand he condemned the Pharisees for putting burdens onto the people (Matt 23:1-4). Best of all, he called: "Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light." (Matt 11:28-30)

On my own I'm hopeless at shedding my burdens. I need help. Jesus promises to help, and I usually find this help comes through the guidance of friends who, like security guards, inspect my lifestyle baggage and strip me of dangerous items. I hope you are not too shy to relieve others of their burdens, and are willing to submit to the ministry of the security search yourself. You know it makes sense.

*Mike*

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Rev Michael Shrubsole,

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## June Services

### Morning Worship at 10.30 a.m.

Children of all ages meet for part of morning worship using the SALT material from Scripture Union. Adult worship usually follows the texts of the Revised Common Lectionary.

1<sup>st</sup> June Morning Worship with Communion - John 17:6-19, Acts 1:15-26, 1 John 5:9-13

8<sup>th</sup> June Pentecost Sunday. Church Gift Day - John 15:26-16:15, Acts 2:1-21,  
Romans 8:22-27

15<sup>th</sup> June **11.00am** Morning Worship at St. Katharine's, Parmoor. Everyone is invited to join the Church Weekend residents for morning worship. Trinity Church building on London Road will not be open. General theme: 'Creativity'. Subject: 'Hands'

22<sup>nd</sup> June Morning Worship - Mark 4:35-41, Job 38:1-11, 2 Corinthians 6:1-13

29<sup>th</sup> June Morning Worship - Mark 5:21-43, Lament. 3:22-33, 2 Corinthians 8:7-15

### Evening Worship

Due to the church weekend there will be no evening worship scheduled this month. All-age worship will also happen as part of the Church Weekend activities and is not separately scheduled this month.

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### Rotas for June

**Not included in this version**

# What's on in June



Monday 9th June - Speaker - Margaret Townsend  
Renal Unit Manager

Monday 23rd June - Pub Meal - at The Crown, Penn  
(Meet at 7pm.)

## WOMEN'S MEETING

Tuesday 3rd June

Zia Ullah. Wycombe Race Equality Council

Tuesday 10th June

Members' Meeting - Bring & Buy

Tuesday 17th June

Paul Jeffery - Holiday video

Tuesday 24th June

End of session Tea Party



*All meetings start at 2.30 in the Lower Schoolroom*

scrabble

It's almost mid-summer!  
Probably too wet to do any gardening, so get thinking  
instead!

13th and 27th June

*at 2pm  
21 Westover Road*

## Young People's Group

1<sup>st</sup> June

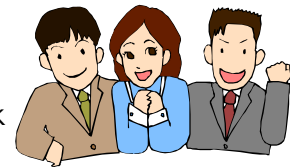
Sports Evening - Trinity

15<sup>th</sup> June

Wide Game/Treasure Hunt- Sunnybank

29<sup>th</sup> June

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## CHURCH WALK



Hang your boots up. The "rest your feet" season has arrived!

**Not included in this version**

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**Wycombe Prayer – June Meeting**

**Calling all Intercessors**

Prayers for those who wish to intercede for local issues concerning church and community. All welcome.

Venue this month: 6.00-9.00a.m. Saturday 7<sup>th</sup> June at St Birinus CofE Church, Booker.

**Church Weekend – 13th-15th June 2003 – St. Katharine's, Parmoor.**

Details and booking forms are now available. Day visitors are also possible. You can also drop in for a single session if that is all you can manage. We will all be gathering at St. Katharine's for Sunday worship at 11.00am. Spare leaflets are available at the back of the church, or see Mike Shrubsole or Daphne Murnane for further details.

Your bookings should be sent in immediately, don't delay. We need to act soon to confirm the room allocations, and set up the resources we will need to prepare your stimulating programme for our weekend together. First come – first served. (M.S.)

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Thank you for helping Junior Church collect for the  
**JAR OF GRACE – UNICEF APPEAL**

£115 has been collected and sent.

## Commitment for Life

*Some prayers from Commitment for Life*

### **Prayer for Peace**

At a time of war and rumours of war we come to you, God Creator. You are the source of life and beauty and power. Your son Jesus is the way of faith and hope and love. Your Spirit is the fire of love, the fount of wisdom, the bond of unity. You call us at all times to be people of the beatitudes, witnesses to the Gospel of peace and love and forgiveness. You call us at this time, when war and rumours of war, weigh heavily on the peoples of Iraq and the Middle East. Their lives are already broken by suffering and violence. We renew our acceptance of your call. We promise to work: to bring the light of the Gospel to those living in darkness, to bring the hope of the Gospel to those living in despair, to bring the healing of the Gospel to the lonely, the disadvantaged, the marginalised, and to bring the peace of the gospel to a divided world. Amen.

[This prayer is an offering from Pax Christi, CAFOD, and the National Justice and Peace Network, who have also asked people of good will to join them in fasting and praying for peace each Friday. [See [www.paxchristi.org.uk](http://www.paxchristi.org.uk)]

### **A prayer for the Leaders of the Nations**

O God our heavenly Father, whose love sets no boundaries and whose strength is in service; grant to the leaders of the nations wisdom, courage and insight at this time of darkness and fear.

Give to all who exercise authority determination to defend the principles of freedom, love and tolerance, strength to protect and safeguard the innocent and clarity of vision to guide the world into the paths of justice and peace. This we ask through our Lord Jesus Christ. Amen

[Source: website  
[www.invitationtoprayer.org.uk](http://www.invitationtoprayer.org.uk)]

### **A Call to Peace**

Lord, help us to lead our world in the ways of justice and peace. Help us to be at peace with ourselves, our families, friends and neighbours. May peace, not conflict, arise from our hearts wherever we go. Help us to be active peacemakers -to bring peace into the world by whatever means we are able. Help us never to stand back and watch people suffer, but to look for solutions in the smallest and the largest situations. May our peace be a sign of strength and not of weakness, that others may follow peace with peace. Amen

[Fleur Dorrell, Mothers' Union. Website [www.invitationtoprayer.org.uk](http://www.invitationtoprayer.org.uk)]

O God, you took upon you the yoke of humanity and the burden of love, and did not find it easy: Let us learn from you to share the weight of all this aching world,  
[*'Dear Life' Christian Aid*]

O God, deliver our world from the recurring conflicts that close borders, close schools, close minds, and shut off the future. Give the children freedom to learn from their heritage, read their own language, and take pride in their people.

[*'Dear Life' Christian Aid*]

Gracious Father, We pray for peace in our world:

- for all the national leaders that they may have wisdom to do what is right;
- for all men and women that their hearts may be turned to yourself in the search for righteousness and truth;
- for those who are working to improve international relations, that they might find the true way of reconciliation:
- for those who suffer as a result of war:
  - the injured and disabled,
  - the homeless and hungry,
  - those who mourn for their dead, and especially for those who are without hope or friend.
  - to sustain them in their grief.

[Baptist Peace Fellowship.]

**There are people after Jesus.**

There are people after Jesus.  
They have seen the signs.  
Quick, let's hide Him.  
Let's think; carpenter,  
fishermen's friend,  
disturber of religious comfort.  
Let's award Him a degree in theology,  
a purple cassock  
and a position of respect.  
They'll never think of looking here.  
Let's think;  
His dialect may betray Him,  
His tongue is of the masses.  
Let's teach Him Latin  
and seventeenth century English,  
they'll never think of listening in.  
Let's think;  
humble,  
Man of Sorrows,  
nowhere to lay His head.  
We'll build a house for Him,  
somewhere away from the poor.  
We'll fill it with brass and silence.  
It's sure to throw them off.

There are people after Jesus.  
Quick, let's hide Him.

*Steve Turner*

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*"Entertaining and  
thought provoking"*



*"A view of life that  
makes sense"*

Friday 6th June - 8pm at The Hub, Union Baptist Church

Admission £5 (second ticket ½ price)

**A Unique blend of Visual media, Theatre, Chat and Music**

# Diary

## Dates for your diary - this month:-

**Elders Meeting** - Tuesday 3<sup>rd</sup> June, 7.30pm in the Schoolroom.

**Church Spring Clean and Odd Jobs Morning.** Saturday 7<sup>th</sup> June from 9.30 am – 12.30 pm. Come with your old clothes, cleaning materials and tool kits to give a morning of care to our building. To volunteer or get more information please talk to Mike or any of the members of Property Management Committee.

**Church Gift Day - 8<sup>th</sup> June** On Pentecost Sunday you will be invited to bring a special gift to support the work of the church in aid of necessary repairs and improvements to the church Sanctuary sound system. We need to improve the loop system for the hard of hearing, the amplifiers and the loudspeakers. It would also be good to purchase a better quality radio microphone for use of the leader of worship. Letters providing more information will be available soon.

**Church Meeting** - Tuesday 17<sup>th</sup> June, 8.00pm. in the Schoolroom.

*... and further ahead*

**Commitment for Life Sunday - 13<sup>th</sup> July** New and old supporters of Commitment for Life are asked to review again their response to the challenge to give 1% of their income to the Commitment for Life cause. Our special project is the Silvera House agriculture and development project in a rural part of Zimbabwe. This is a hurting part of the world that much needs our support at this time.

**Church Picnic - 13<sup>th</sup> July** We meet after morning worship at Coates Lane Recreation Ground. Very much our established format. Fun and games for the active ones, quiet relaxation for the less active. All very welcome to attend.

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## Prayer Circle for Healing Meeting

**Sunday 1<sup>st</sup> June at 6.30pm. in the Sanctuary**

Regular and any new members of the Prayer Circle are invited. (M.S.)

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*The next edition of the Recorder will be published on 29th June.  
Closing date for contributions is Friday 21st June.*

Recorder Editor :

e-mail : editor@trinity-urc.org.uk

Church web site: <http://www.trinity-urc.org.uk>



## **Synod Quiet Day**

### **'A Journey Through the Psalms'**

Saturday 14<sup>th</sup> June  
at the Boys' Brigade Conference Centre  
Feldon Lodge, Hemel Hempstead.  
10.15 – 4.00

FREE

Led by Mary Sketch, lay Roman Catholic, Quiet Garden Movement, trained Spiritual Director, lecturer in Prayer on the Chiltern Training Programme.  
Bring a packed lunch.  
Day opens with coffee and ends with communion.  
See posters on display in the church for a little more information.  
Bookings to: Bob Allen, Thames North Synod, Ipalo House, 32/34 Peter Street, London, SW1P 2DB. Tel: 020 7799 5000. Email: bob.allen@urc10.org

## **Synod Resources Day**

Saturday 28<sup>th</sup> June  
The City Temple, Holburn Viaduct  
10am – 4pm

A one day event open to all Ministers, Elders and any other church leaders and officers. Come and meet the Synod office-holders and staff. Have brief consultations about church business. Synod and national resources available on display. Special interests section and lectures on the theme of Worship and Liturgy resources and ideas. (M.S.)

### **How good is your memory?**

As we get older, (and, lets face it, we are all older now than we were last month!) our memories start to play tricks with us. It is not that we forget, it is that the historical facts seem to have changed!! About 10 years ago, (which means anything between five and fifteen,) we started to keep a record of all the maintenance work done on the premises. This helps us to make decisions regarding things which seem to crop up all too frequently. This record is still maintained, although perhaps not too "religiously"!

In an attempt at preparing as complete a record of Trinity life over the years as we possibly can, I am appealing to any readers who may have any historical information to let me borrow it so that I can create some sort of historical archive. I am not, at this stage, asking for verbal input – although that may come eventually.

For your information, I have copies of all Recorders from April 1991 onwards, so these are not required. Any earlier editions would, of course, be welcome.

**Editor**

## Prayer Page

(Prepared by the choir)

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Loving Father, we remember in our prayers the poorest nations of the world – Bolivia, Ethiopia, Malawi, Mozambique, Bangladesh – where thousands of children die each year before their first birthdays and where less than half the population have access to safe drinking water and sanitation. We pray for our partner churches in these countries and for the work of Christian Aid and Traidcraft who are working hard to make a difference. Help us to find opportunities to support these organisations and stir in our hearts the desire to do more to plead the cause of the poor and hungry in an unjust world.

*Lord of our lives, draw us onwards, encourage us, enable us, empower us, enthuse us.*

*Prompt us at the right moment to step into the unknown, sure of one thing only – you will go with us!*

We remember those members of our church family who are struggling with ill health and frailty, or undergoing treatment in hospital at this time. Dear Lord, in particular we pray for our friend Audrey Richardson and the family, grieving for Brian. We ask that you will give them a special share of your peace and love to fill their hearts, so casting all their care on you they may know the true consolation of your love.

O Lord whose way is perfect: help us we pray always to trust in your goodness; that walking with you in faith, and following you in all simplicity, we may possess quiet and contented minds and cast all our care on you, because you care for us.



“Teach me My God and King  
In all things Thee to see  
That what I do in anything  
To do it as for Thee”.

Dear Lord, we thank you for the hymns we sing week by week in our worship. Thank you for the men and women who were moved to write the words and music which so inspire us and bring us closer to you, in praise of your dear name. Amen.