

The kingdom of heaven is like a merchant in search of fine pearls; on finding one pearl of great value, he went and sold all that he had and bought it. *Matthew 13:45-46.*



**October 2012**

# ***The Recorder***

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An edited version of this magazine is available on the Church Website.

(Personal details are NOT included)

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

**Trinity - A Family Church**

Worshipping together - Caring for one another - Sharing with others

Dear Friends,

This time of year always feels to me like a time to 'take stock'. We have left summer behind (unfortunately – it's my favourite season) and turned the corner into Autumn. The new church/school year is getting underway and after the initial rush of September it is good to look around, appreciate the good things we see, and look forward to what we can expect in the coming months.

At Trinity one doesn't have to look around very far to see good things to appreciate. As your minister I am aware of how much loving commitment is evidenced by the things I see around me. I wonder if the 'outside world' has any idea how much time, thought and care by 'volunteers' goes into keeping the church community strong in care and in service to others? Here at Trinity we are blessed, we really are, by so many of you who go the extra mile in your imaginative and prayer-filled contributions to our life.

Forgive me if I give as examples a couple of things that are uppermost in mind as I write, aware that I could cite a much longer list if space allowed, but wanting to talk in specifics rather than vague generalities. We have a new Welcome Leaflet – it is clear, honest, attractive and the fruit of many hours of work and several drafts by Kate, aided by Sue(S) and Simon; we have a new TV for DVD and slide presentations, to replace the one stolen in the break-in last winter – bought and installed by Simon, and to be paid for by our Women's Meeting, who faithfully put money by week-by-week so as to be able to help the church when such needs arise. As I write other examples and names come flooding into my mind ... I'll resort to quoting scripture, "Should I go on? There isn't enough time for me to speak of ..." (a prize for the first person to give me that Biblical reference correctly!)

But you get the picture, I hope, of a community made rich by the actions and prayers of its members.

It's time, too, to look ahead. The recently begun book club, 'Bookworms' will be meeting monthly, and some of us who can't necessarily get to the meetings are also enjoying reading the 'set book' for the month. Revd John Mackerness, Heathrow URC chaplain, will be leading worship on October 28<sup>th</sup>, sharing news of the airport and his ministry within it. Also in October, we will be starting our new Vision 2020 prayer meeting to underpin our church and community groups with prayer. Guides, Brownies and Rainbows have a full term ahead with lots of fun and chances to make good friends; and their Parade Service will be November 18<sup>th</sup>. A week later we will have our first 'at home' Church Weekend, aptly titled, 'Church Weekend not away'. It will include, among other things, a Messy Church session; and food! There will be more details in next month's Recorder.

"One life. What's it all about?" That's the strap line of 'Christianity Explored', a 7 week course that we will be running soon at Trinity. If you would like to take a fresh look at what Christian faith is really about this could be for you. As the blurb says,

- You don't need to know anything about the Bible.
- You won't be asked to read aloud, pray or sing.
- You can ask any question you want, or just listen.

We will have a taster session on Wednesday 28<sup>th</sup> November, 7.30 in the Lower Schoolroom (Coffee Bar). Why not come along and see what's involved?

And then Advent, and Christmas, of which, too, more later.

Maybe this is a time to 'take stock' personally too. Look around and see good things to appreciate, and look ahead ready to enjoy our church and community life and join in as fully as you are able.




Minister : Rev Dr Gwen Collins e-mail: gwen@trinity-urc.org.uk
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Church Secretary : Mrs Sue Saunders, e-mail: secretary@trinity-urc.org.uk
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## October Services

**Sunday Morning Worship at 10:30am - led by the minister unless otherwise stated.**

The theme for October is 'WORDS FOR PRAYER'. We draw on the psalms to help us deepen our prayer.

Oct. 7	Holy Communion
Oct. 14	Morning worship, led by Revd Alan Kirkcaldy
Oct. 21	All age worship, led by Barbara and David Sparks.
 Oct. 28	Morning worship, led by Revd John Mackerness, chaplain at Heathrow Airport.
4.00pm	Praise Service

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### Rotas for October

**Not included in this version**

# What's on in October



Review and planning meeting of Nightbirds on 8 October at the home of Lesley B.

## WOMEN'S MEETING

Tuesday 2nd Oct  
 Tuesday 9th Oct  
 Tuesday 16th Oct  
 Tuesday 23rd Oct  
 Tuesday 30th Oct

Quiz  
 Celebrating Harvest  
 Favourite Hymns  
 Harvest Festival at the HAMPDEN ROAD site of Hamilton School. Be prepared for an early start.  
 A look at The Book of Common Prayer



*All meetings start at 2.30 in the Lower Schoolroom unless otherwise stated*

## Diary Dates

Event	Time and date			Venue
One World Week	21st – 28th			The World!!
Rev John Mackerness, Chaplin at Heathrow Airport	Sunday	28th	10.30am	Sanctuary
Praise Service	Sunday	28th	4.00pm	Sanctuary
Elders Meeting	Tuesday	30th	8.00pm	Lower School Room

October 2012						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>28</b>	29	<b>30</b>	31			



Remember to put your clocks BACK one hour when you go to bed on Saturday 27th October!

**Not included in this version**

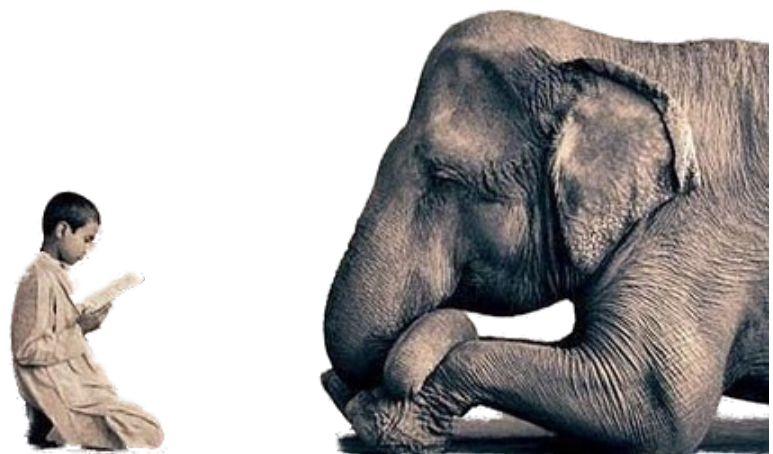
### **THANK YOU!**

Twenty one years ago whilst I was recovering from major surgery a Trinity friend visited me and said 'Never under estimate the power of prayer, Marian'. Many times over the years I've experienced the power of prayer and again during these past weeks following my hip replacement, Thank everyone for all your prayers, good wishes and cards; they've certainly helped my recovery and I've certainly felt blessed.

Thank you,

MM

Prayer - the original Wi-Fi



## ZIMBABWE

President Mugabe had been pushing for elections to be held in April 2012 but the Zimbabwean government is under considerable pressure from the South African Development Community to wait until the conditions in the country are conducive to free and fair elections. Let us pray for peace in Zimbabwe in 2012 and through the ongoing constitution-making process.

Please pray for:

- the creation of a firm foundation for free and fair elections in the country, free of political intimidation
- those Zimbabweans who have suffered painful experiences, that they may be able to overcome these and move towards peaceful political involvement
- all those living in countries where people in power abuse that power and where challenging the status quo can put your life at risk
- the work of Christian Aid partner the Zimbabwe Peace Project as it records instances of politically motivated violence, abuse and discrimination, and helps protect the rights of those afflicted
- the increased numbers being seen in church attendance to lead to wider changes for the better in the country and the leadership of these churches, that they will deal honestly and openly with the people who are looking to them for hope in a country so besieged by violence, corruption and poverty.

## JAMAICA

We saw the Jamaican flag flying high at the Olympics. Tickets for the men's 100m final, where Usain Bolt triumphed, were highly sought after. This year Jamaica celebrates its 50th anniversary of Independence, but it is another example of a country where the popular image can mask the underlying issues of poverty and inequality that many of the population live with on a daily basis.

Please pray for:

- an end to the high levels of inequality on the island, and the serious obstacles many people face to making a living.
- those affected by the high levels of crime and violence, and young men faced with the temptation to enter gangs.
- the island's susceptibility to natural disasters such as tropical storms and hurricanes, seen by many as a result of climate change.
- the economic situation – Jamaica has a crippling debt burden and with debt repayment a priority, public funds are scarce.
- the high levels of unemployment – currently over 12 per cent – which further limit people's opportunities to earn a living and support their families.
- and give thanks for the work that has been done by Christian Aid's partners in disaster risk reduction and sustainable livelihoods.

Those who attended any of the Celebrations of Commitment for Life's 20th Birthday on 9th September are likely to have experienced at least one of the culinary delights on offer that day. For the benefit of anyone who would like to "try this at home" the recipes are given below.

### **Bototie** (serves 4)

1 slice of white bread  
250ml milk  
1 medium onion  
500g of beef mince  
3 level teaspoons of curry powder  
1 eating apple, peeled, cored and diced  
2 tbsp sultanas  
1 tbsp tomato puree  
2 tbsp mango chutney  
2 eggs  
2 bay leaves

Preheat oven to 160°C or gas mark 3.  
Break the bread into small pieces and soak in 200ml of the milk.  
Cook the onion and mince in a non stick frying pan until coloured. Stir in curry powder and cook for 1 minute. Add the apple, sultanas, tomato puree, chutney and soaked bread and stir until well mixed. Season, then spoon into dish.  
Cover with foil and cook in oven for 45 mins. Lightly beat the egg with the rest of the milk and pour over the dish. Put the bay leaves on top and cook uncovered for a further 30 mins.  
Serve with spinach cooked with a tin of tomatoes. Add 3 tbsp of smooth peanut butter towards end of cooking time.

### **Honey Nut & Fruit Cake**

#### **Ingredients**

8oz self-raising flour  
4oz butter or margarine  
2 eggs  
6oz Traidcraft honey  
6oz Traidcraft golden sultanas  
2oz Traidcraft organic walnuts\*  
Pinch of salt  
A little milk if necessary

#### **Directions**

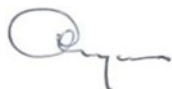
1. Chop walnuts roughly.
2. Cream butter and honey.
3. Beat eggs well and add them, a little at a time, with spoonfuls of sifted flour and salt, beating well after each addition.
4. Add sultanas and chopped walnuts to cake mixture, along with any remaining flour.
5. Fold in lightly, adding a little milk as necessary.
6. Place mixture in a buttered, lined, circular cake tin, (7"/30cm diameter).
7. Bake for 1 hour 15 minutes at 150°C / 325°F.

*\*For a slightly different cake, try using Brazil nuts instead of walnuts.*

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The marvellous sum of £736 was raised for Commitment for Life at the service on 9th September. This included voluntary contributions of £77 from those who had lunch, and just under £40 from the efforts of Junior Church with their Cards sale.

To all who contributed, in any way, I extend my thanks on behalf of Commitment for Life.



Trinity's Commitment for Life Co-ordinator



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Have you a favourite recipe or culinary tip? Why not share it?

Look out for a new idea each month - but only if YOU respond!!



## Alan's End to End Journey.

I am pleased to say that I have succeeded in cycling from Land's End to John O'Groats. This is not, particularly in an Olympic year, of any real significance to anyone but me. Although I have been cycling since I was just out of nappies it was only two weeks before the ride that I cycled more than 100 miles in a day – *yes I know that you did that ages ago*, but I didn't! I guess you might understand now why I was more than a bit anxious about the ride. Maybe because of this I have learnt a few important lessons in a very short 12 days travelling the length of our gorgeous land.

The first lesson was the need to have the courage to put myself in the frame of failure, and to ask for help (and understanding) – both of which directly oppose my DNA. Having taken on the challenge and accepted the reality that triumph and disaster are the same 'impostor' I asked for as much prayer support as people would give to help me on the journey. I'm grateful that Trinity were praying for me at 9am every morning. The second lesson was that lots of prayer and a complete and accident-free journey are **not** a coincidence – I hope you agree with me.

The third lesson started on the morning when all 'us entrants' stood together at Land's End with a potent mixture of anxiety and excitement. I looked upon my fellow riders and a couple of them struck me as 'unsuitable' for a major cycling event. Twelve days later I have to offer both of them to you as much more worthy of praise than I when they touched the turf at John O'Groats. Yet again I learnt the age-old lesson not to judge a book by its cover; in fact I should leave judgement to the only one who can; God Almighty – and I beg his forgiveness. So if my recently died hero will forgive me for a paraphrase – the ride was one small step for mankind but a giant leap for me!

The final point lesson is one of generosity. With your generosity, and that of dozens of others, we will have collected over £5,300 for Cancer Research. This is a fantastic result and I thank you all. Whilst I take no credit for this result as people were giving for Cancer Research in Judith's name I am still humbled by the number of my son's colleagues and friends who gave generously – when they neither knew Judith nor me. In an age when the news bombards us with man's inhumanity to man it is great to see raw and innate generosity coming to the fore – and I thank God that his nature still shines through his children today (even if they don't realise).

The statistics of the ride are as follows:

Distance	990 miles
Elapsed time	12 days
Saddle time	65.4 hours
Average speed	15.1 mph
Climbing	45,000 feet
Mechanicals	1 puncture
Medications	Sudocrem!
Raised	Over £5,300

There is a surprising lack of any mention of what would have been a most beneficial beverage - certainly for the final 461 miles of the journey. Had Alan partaken of a reasonable amount of Irn-Bru, (aka "Girder Juice") he would surely have been able to cycle back to Wycombe! [Ed]







# Happy Birthday



to

Nina S (2<sup>nd</sup>)  
Matthew S (19<sup>th</sup>)  
Abigail L (23<sup>rd</sup>)  
Margaret L (26<sup>th</sup>)  
Nancy H (30<sup>th</sup>)



## Birthday Congratulations

to

Andrew L (1<sup>st</sup>)

celebrating his 50<sup>th</sup> Birthday

*with love from us all at Trinity*

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*The next edition of the Recorder will be published on 28th October.  
Closing date for contributions is Friday 19th October*

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

## prayer page

Pray today for those who wait, especially those who wait alone.

*Name in God's presence people who are waiting – for example, those who wait:*

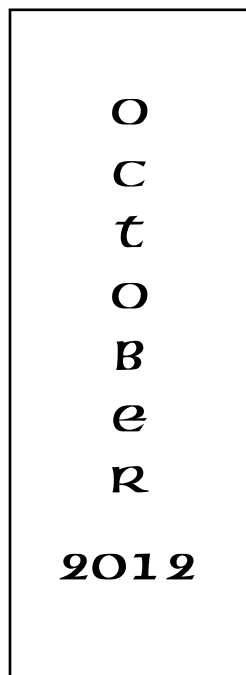
- for a job which never comes
- for a chance to prove their worth
- for renewal in the church
- for political change
- for release from bonded labour
- for healing
- for the results of a hospital test
- for a child
- for death
- for a home
- for someone to love

*In silence, wait on God, who hears our prayers.*

*From the URC Prayer Handbook 1996*

We bring before you, O Lord, the troubles and perils of people and nations, the sighing of prisoners and captives, the sorrows of the bereaved, the necessities of strangers, the helplessness of the weak, the despondency of the weary, the failing powers of the aged. O Lord, draw near to each, for the sake of Jesus Christ our Lord. Amen.

*St Anselm (1033-1109)*



Thank you, Lord, that though I fail and disappoint you,  
you remain faithful to me.  
Make me worthy to be called your follower.  
Keep me loyal, trusting and obedient,  
firm in my resolve to serve you to the end. Amen.

*From The Lion Prayer Collection*



### **Prayer to Christ Against Evil**

Christ Our Lord,  
You suffered and were tempted.  
You are powerful to come to the aid  
of those who are assailed by the devil,  
For you are the support of Christian  
people.  
O Lord, protect with your right hand  
those who trust in your name.  
Deliver them from the evil one,  
and grant them everlasting joy. Amen

*St. Gregory of Khandzta (759-861)*

From ghoulies and ghosties  
And long-leggedy beasties  
And things that go bump in the night,  
Good Lord, deliver us!

*Traditional Scottish Prayer*