



**Trinity - a place to belong**

**Spirituality - Prayer – Community – Welcome**

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

**JULY 2017**

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The next edition of Trinity Times will be published on 30th July. All contributions should be submitted by Sunday 23rd July.



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

## **Pastoral letter**

Dear friends

Trinity and Cores End are exploring the possibility of calling a Church-Related Community Worker (a CRCW) to work alongside Terry but with a community focus. Church-Related Community Work is a distinctive and recognised ministry within the United Reformed Church. CRCWs are professionally and theologically trained and then commissioned to help the church to live out its calling, through developing initiatives and projects to transform individuals, churches and communities.

In a previous church meeting discussion, Terry reminded us that sharing the good news of Jesus is the responsibility and calling of all of us – not just those who have been professionally trained or ordained. God uses each and every one of us through the power of the Spirit.

Whether or not we are able to have a CRCW work with us in our communities, it is good to be reminded of this calling. **We have not come to faith in Christ in order to keep it to ourselves!** We may find it difficult to explain our belief in Jesus Christ and the difference he makes to our lives, but that shouldn't stop us trying. In his recent URC Daily Devotion, the Revd Stuart Nixon, said: *“When people ask about our faith, either at work, at home, or over a coffee, we can draw on the same source as Peter did to help our friends and family understand the Good News of Jesus Christ. It is about being open to the Spirit’s prompting and living life in close relationship with God, through prayer. It is also about expecting the unexpected! We are often scared to share our faith, even when someone has genuinely enquired. Take courage that the Spirit is with you and will give you the right words for the person in front of you because God knows what they need to hear.”*

We are all on this journey of faith, walking The Way as “People of The Way” together. May we be positive change agents in the communities and neighbourhoods in which we live, work and move. And may the Lord continue to move in all our lives so that we remain open to his ongoing call and work in the world.



# News of the Church Family

**Not included in this version**



Happy Birthday



This month we would like to wish  
a Happy Birthday to

John A (18<sup>th</sup>)

Alison J (19<sup>th</sup>)

Sue T (24<sup>th</sup>)

Congratulations



and best wishes to

Julia & Tim S. (21<sup>st</sup>)

Anne & Richard H (25<sup>th</sup>)

on celebrating their Wedding Anniversary

with love from us all at Trinity

# Worship at Trinity

## Sunday Worship at 10.30 am (with activities for children):

- 2nd July Morning worship with communion led by Rev Bridget Powell  
9th July Morning worship led by Rev Mike Wallace  
16th July Commitment for Life service led by Angus Massie  
23rd July Morning worship led by ??  
30th July Morning worship led by Rev Terry Hinks  
30th July Prayer Circle for Healing at 4 pm

***Morning worship is followed by refreshments to which all are welcome***

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## Prayer Pattern for July

Our weekly pattern of prayer (praying for members and church groups) during March is as follows (with wider concerns in capitals):

- 9 July John Standfield (and Joy) and their pastoral group  
THOSE WHO WORK AT SEA (Sea Sunday)  
16 July Margaret Lewis (and Abigail Lokko) and their pastoral group  
THE FARMING COMMUNITY  
23 July Marian Mole (and Marie Winning) and their pastoral group  
LIGHTHOUSE  
30 July Brownies, Guides, Junior Church and Links  
CHILDREN AND FAMILIES
- 

## **Washing-up ministry!**

If you are called to a “ministry” of washing-up, the Elders would appreciate some help in washing up the communion glasses on the first Sunday of the month. If one or two people would be willing to pop into the kitchen to help occasionally that would be much appreciated. The invitation is open to men and women! Thank you.



## Regular July events

### **Every Sunday:**

Prayer ministry after the service

### **Every Tuesday:**

Movers and Shakers Chinese Style 10:00 am – 1:00 pm  
(light exercise, talk/activity and lunch)

### **Every Thursday:**

Pilates well-being class 1:00 pm - 2:00 pm  
2nd High Wycombe Trinity Guides 7:30 pm - 9:00 pm  
Choir Practice (church choir practises Sunday's hymns) 8:00 pm

### **Every Friday:**

Movers and Shakers, Caribbean style 10:00 am – 1:00 pm  
Rainbows (term time only) 5:15 pm - 6:15 pm  
Brownies, 2nd High Wycombe (term time only) 6:15 pm - 7:30 pm

*To find out more about any activities held at Trinity, please talk to the minister or church secretary.*

## **What's on this month**

Sat 1st July	Saturday Café	11:30 am - 1:30 pm
Wed 5th July	Trinity prayers	9:30 am - 10:00 am
Sun 9th July	Traidcraft (2nd Sunday of month)	Noon - 12:30 pm
Sat 15th July	Saturday Café	11:30 am - 1:30 pm
Wed 19th July	Trinity Prayers	9:30 am - 10:00 am
Sun 23rd July	Bring and share lunch at Cores End following the return of Terry Hinks from sabbatical	12:30 pm - 2:30 pm
Sun 30th July	Prayer Circle for Healing	4:00 pm - 4:30 pm

# What's on this month

## Coffee & Chat


The next Coffee & Chatters will be enjoying a meal at Cote, Old Amersham on Wednesday 19 July at 6pm

## Trinity Bookworms

The bookworms are ruminating! No details of next meeting available at time of going to press.

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### ***Thank you so much for all you have done this Christian Aid Week!***

 The money you have raised will change the lives of people needing a safe place to call home - refugees, people displaced from their communities and those struggling with poverty. For a short video showing some of the lives you are transforming, visit [www.youtube.com](http://www.youtube.com) and search 'Lebanon: educating refugee kids'

Christian Aid partner GUK is creating sustainable change in the lives and livelihoods of people living in extreme poverty on the chars (mud islands) in Northern Bangladesh. GUK have constructed new homes which are raised above the last major flood level.

One of our colleagues, Tegan, was fortunate enough to visit some of these homes and hear first-hand how the villagers feel now they are safe from the floods that have threatened their lives and livelihoods for years on end.

*I met mother of four, Mujina, who lost everything in the flood of 2016: she escaped only with her life and the clothes on her back. Christian Aid partner GUK helped her to build a small home, with a solar panel for electricity. Having light helps her children to study in the evenings, and will help to keep them safe in times of flood, when thieves in boats take advantage of easy access to remote char villages.*

**Thank You!**

Kate Dobson    Oxford Office volunteer for Christian Aid

# Cores End Church

Trinity High Wycombe and Cores End Churches

## COFFEE MORNING



at Cores End United Reformed Church  
Hawks Hill Bourne End SL8 5HZ

on

**Monday 14 August 2017**  
**10.30 am – 12 noon**

in aid of  
the Bethesda Hospital, Benin



Andrew Potter, the eye surgeon at the hospital, will be there to give an update on the hospital's work.

For more information contact Terry or Elizabeth Hinks  
01628 525076



# **SUMMARY OF CHURCH MEETING HELD 16TH MAY**

**13 members were present**

1. **Finance** – We have £92,303.13 in the bank, of which £38,499.03 is restricted or designated for specific purposes. Offertory and premises hire income are all above budget.
2. **Pastoral update/news of the family** – we heard news of those within our church family and prayed for those in need. We noted Steve Sutton’s move to Spain.
3. **Spirituality & Prayer**
  - (a) **Prayer at Trinity and prayer ministry guidelines** – church meeting approved these.
  - (b) **Christmas Eve communion service** – 2016 attendance was very low but there was a desire for us to continue to hold this special service.
4. **Church of God and Lionel Jowett/Kate Smith Rooms** – discussions have re-opened on a lease. Church meeting supported exploring this.
5. **Church-related Community Worker (CRCW) update** – exploration continues; grant application going to Synod Resources Committee. Further levels of approval for main CRCW application to be sought (Trinity & Cores End church meetings; Synod committees; Synod Moderator, and CRCW Programme Sub-Committee). Current proposal to share a CRCW with Cores End – main 80% of role with Trinity (20% of it having a focus on refugees) and remaining 20% with Cores End. Terry will chair church meeting on 8th August when we will discuss this in more detail.
6. **Lent Course feedback** – 12 people interested in a further course. Proposals for something in the Autumn (Tuesday evenings in October and November). More info to follow.

*[continued on page 10]*

## 7. Property

- (a) **Lower School Room refurbishment quote** – long discussion on project team's work and thinking so far. Quote too high for us. Project team to meet again and re-scope essential works and seek two quotes. To discuss again at August church meeting. Separate quote for redecoration work also discussed – felt to be competitive. Further discussion needed on electronic piano.
- (b) **Quinquennial report** – received. Essential costs estimated at £6,000 but may be higher.
- (c) **Church cleaning rota for cleaner's holidays**  
Members were asked to consider signing up to cover basic cleaning for about an hour on various Saturdays throughout the year when our cleaner will be taking her paid holiday leave. Details of what is needed and when are available.

## 8. Future events – see Trinity Times

*Date of next Church Meeting: **Tuesday 8th August at 8 pm***



The URC's annual leaflet explaining the church's financial position - known as Ministry & Mission - is now available. Due to its format, it is difficult to reproduce it as part of this publication, so it is available separately. (Hopefully it will be found as an insert to your copy of Trinity Times.)

## CENTRAL AMERICA



Christian Aid's Central America programme covers Guatemala, El Salvador, Honduras and Nicaragua. They work with around 22 partner organisations, from community-based groups to larger organisations operating across the region and beyond. Local partners include indigenous communities, small farmers' associations, development organisations, research institutions and faith-based organisations. Christian Aid has excellent knowledge of the region and the expertise and capacity to deliver complex projects on climate change adaptation, inclusive markets, tax justice, violence prevention and human rights.

Central America is characterised by high levels of inequality in the social, political, economic and cultural spheres. State institutions are fragile, and many cases of corruption go unpunished. Furthermore, institutional and government organisations have been used to strengthen networks that favour the illicit enrichment of political and business groups, with politicians, civil servants and parts of the private sector colluding to institutionalise tax evasion and corruption. This has all had a significant impact on poverty, perpetuating levels of exploitation and minimising the successful delivery of basic services to the poor.

As such, Christian Aid believes that the promotion of transparency in State, as well as private institutions is paramount to the eradication of poverty. Central America urgently needs an enabling environment for an active civil society space, that holds government institutions and others to account for their activities and transactions, and is able to campaign and advocate for the needs of the poor. Inequalities must be reduced in Central America if sustainable, long term development is to become a reality for all members of society.

*“Uncle Harry” (B) explains:- Lizzie is my 28-year-old niece who, having worked for several UK charities, arrived in the Greek island of Lesbos in recent weeks to work in one of the refugee camps for three months. She was welcomed by an earthquake as she explains below.*

I've been in Lesbos for just over a week! It feels like much longer because there has been so much to take in. So - I will try to make this a coherent update rather than a waffling essay....

So far it has been a time of constant contrasts – being on a beautiful island, but working in the refugee camp which is a military base, double layers of high barbed wire fencing and so much need. Working with people who are desperate where getting shouted at in various languages is a regular occurrence, but equally experiencing so much kindness and patience and gentleness.

The days and jobs are also very varied. The NGO I'm with, called Eurorelief, sorts out food distribution, maintenance and cleaning, housing new arrivals, clothing, some security and generally sorting out problems. It's humbling, joyful and frustrating at the same time. I was helping with clothing the other day – each refugee has 6 weekly appointments where they come and pick out one top, one pair of bottoms, one pair of undies and maybe shoes. A man came in, it wasn't his appointment but all he wanted was a pair of boxers. He only had 1 pair and had worn them for days and couldn't wash them. We gave him a pair and I'm not sure I've ever seen a man so happy! But the reality is we shouldn't have (and got told off for it later) because most of them are in that situation. It's so frustrating and heart-breaking seeing people with so much of their humanity stripped away who are being treated like prisoners and not being able to give them what they need because we have such limited resources and restricted by so many rules, it feels like we're constantly saying no.

A lot of the challenge has been learning how to love them whilst doing something which may seem to them unloving – like denying access to areas, not being able to find good housing, being so limited with the clothes they can have etc.

The past few days have been a bit crazy. Non-camp related we had a 6.3 earthquake on Monday, quite an experience. Thankfully there wasn't too much damage around here though other towns weren't so lucky.

There have also been so many boats of refugees coming in. Until just recently the camp had just over 2000 people and they were getting the odd new boat in. But around 400 new refugees have arrived just this week. Finding spaces for that number is a huge job! The camp was also only single men (until recently – the families, women and children were moved elsewhere because of the harsh winter), but for some reason the women and children are now coming to this camp again which we're pretty unprepared for. Most of the camp is no longer tents but instead there are shipping container-like boxes where the refugees are housed – but yesterday we had to put up tents for some of the new arrivals. I just can't imagine what it must feel like for them all. Please pray for them!

I've met so many wonderful people, both volunteers and refugees. It's quite amazing having so many different cultures in one place and (for the most part) getting on.

I could go on and on but I'll leave it there for now! Thanks for your prayers and support. Please pray for the refugees, so many that I've met have been stuck in the camp for a year or more, their lives are just on hold. A lovely Syrian said to me yesterday – 'I was a lawyer, now I'm a refugee'. And that's the same for so many. It must be so hard to have hope. So please pray that the presence of God will be strongly in the camp, that people would have hope even in the most desperate of situations. Please pray that we can love them in the best way, even when it's really hard to. And please pray that my French speaking abilities (there are many Congolese) will get supernaturally amazing – it would be extremely helpful!

The question I'm asked most in my job is *'What is Gaza like?'* Since returning from my most recent visit there, I have been saying the same thing to everyone that asks. It is the worst I have seen it.

There is now only three to four hours of mains electricity each day. Food can't be refrigerated so people are having to buy it every day, which costs more. People with disabilities, pregnant women, and the elderly, can't access their homes above ground level because lifts and lights don't work.



Hospitals and schools spend large parts of their income buying fuel for generators, and this will stop altogether once Gaza's fuel reserves run out in a month, inevitably leading to patient deaths. The sewage plant no longer works so raw sewage is dumped in waterways, increasing the risk of disease and infection, and further polluting Gaza's obsolete natural water supply.

**People are scared. Scared of another war, scared of crime, scared about whether they can withstand this latest assault on their dignity and livelihoods.**

**But, donations Embrace receive has enabled us to more than treble our regular support to humanitarian and development programmes in Gaza.**

2017 marks 50 years since Israel's occupation of Palestine began, and 10 years since it enforced a blockade around the Gaza Strip. Until the Israeli occupation of Palestine ends, there will be no peace and the people of Gaza, in particular, will continue to suffer and die needlessly as a result of poverty and violence.

[Visit our blog to read more about my latest visit](#) and why Embrace believes this humanitarian crisis simply need not be.

With blessings

**Stephen Tunstall**

**Programmes and Partnerships Manager for Israel & Palestine**

## Reporting hate crime



As communities of different faiths congregate to celebrate their holy days, we will all be mindful of the recent terrible events in London and Manchester.

It is important that everyone can go about our daily lives in peace and without fear of harassment or intimidation. The Met Police say:

*"We have long since recognised the impact of hate crime on communities and the hidden nature of this crime, which remains largely under-reported. The Metropolitan Police Service stands together with policing partners, colleagues and groups to investigate all hate crime allegations, support victims and their families, and bring perpetrators to justice."*

*"We would appeal to anyone who witnesses or suffers any hate of any type to immediately report it so that action can quickly be taken and catch those responsible."*

Hate crime can be reported through 999 in an emergency, by dialling 101 in a non-emergency, directly at a police station, through the MOPAC Hate Crime app or through community reporting methods such as Tell MAMA, Galop, or the CST.

If you are aware of any hate crime in the neighbourhood or local community, please do report it.

## **Celebration of Women's Ministry in Christ's Church today**

at Trinity United Reformed Church  
High Wycombe

**on Tuesday 12 September 2017  
at 7.30 pm**

Worship and reflections followed by refreshments

*on the occasion of the 100<sup>th</sup> Anniversary of the  
ordination of Constance Coltman*



On 17 September 1917, at the height of the First World War, Constance Coltman née Todd, was ordained as a Minister of Word and Sacraments at the King's Weigh House congregation in Mayfair. She was the first woman to be ordained into the ministry of the Congregational Union of England and Wales and of a mainstream British denomination. She ministered in Mayfair jointly with her husband Claud. They then served in Kilburn (1922-23), Cowley Road, Oxford (1924-32), Wolverton (1932-40), and Haverhill (1940-46), then returning to King's Weigh House where they served until 1949, before retiring to Bexhill-on-Sea where Constance died in 1969.

To mark the 100<sup>th</sup> Anniversary of her ordination the United Reformed Church is celebrating the ministry of women within the Church today.

**All welcome but limited spaces:**

**RSVP to the Group Secretary Bridget Powell 01494 784786  
bridget.powell@cheshamurc.org.uk by 31 August 2017**



A professor prepared for his philosophy class, an array of objects on the desk before him. When the class began, he wordlessly picked up a very large, empty mayonnaise jar and proceeded to fill it with golf balls. He then asked the students if the jar was full. They agreed that it was.

The professor then picked up a box of small pebbles and poured them slowly into the jar, shaking it lightly as he did so. The pebbles rolled into the open areas between the golf balls. He then asked the students again if the jar was full. They agreed it was.

The professor next picked up a box of sand and poured it into the jar, again shaking it continuously. Of course, the sand particles eventually filled up the space between the pebbles and he once more asked if the jar was full. The students responded with a unanimous "yes".

Finally the professor produced two cups of coffee from under the desk and very slowly poured their entire contents into the jar, effectively filling the remaining empty space between the particles of sand. The students all laughed.

"Now," said the professor as the laughter subsided, "I want you to recognise that this jar represents your life. The golf balls are the things that really matter - your family, your children, your health, your friends and your other favourite passions - things that if you lost everything else and only they remained, your life would still be full.

"The pebbles represent other things in life that are not quite so important - like your job, your house, your car - all replaceable if necessary.

"The sand is everything else - the small unimportant details of day-to-day living. Note that if you put the sand into the jar first, there will be no room for the pebbles, not to mention the golf balls..."

"Exactly the same applies to your life," continued the professor. "If you spend all your time and energy on the small things, you will never have room for the things that really matter to you.

"Pay attention to the things that are critical to your happiness. Play with your children. Take the time to get medical check-ups. Take your spouse out to dinner. Play another eighteen holes. There will always be time to clean the house and fix the waste disposal unit. Take care of the golf balls first - the things that really matter. Set your priorities - the rest is just sand!"

One of the students then raised a hand and inquired what the coffee represented. The professor smiled.

"I'm glad you asked," he said. "It was just to show that, no matter how full life may seem, there is always room for a couple of cups of coffee with a friend."

So, when everything in your life seems almost too much to handle, when 24 hours in a day are not enough, just remember the mayonnaise jar and the two cups of coffee - or maybe that should be a couple of beers!!

## WHOSE HANDS?

A basketball in my hands is worth about £10.

A basketball in Michael Jordan's hands is worth about £15 million. It depends on whose hands it's in.

A baseball in my hands is worth about £4.

A baseball in Mark McGuire's hands is worth £10 million. It depends on whose hands it's in.

A tennis racket in my hands might get the ball over the net. A tennis racket in Andy Murray's hands is a Wimbledon Championship.

It depends on whose hands it's in.

A rod in my hands might keep away a growling dog. A rod in Moses' hands will part the mighty sea.

It depends on whose hands it's in.

A sling shot in my hands is a kid's toy.

A sling shot in David's hand is a mighty weapon. It depends on whose hands it's in.

Two fish and five loaves of bread in my hands is a couple of fish sandwiches.

Two fish and five loaves of bread in Jesus' hands will feed thousands. It depends on Whose hands they're in.

Nails in my hands might produce a birdhouse.

Nails in Jesus Christ's hands brought forgiveness and salvation to the world.

It depends on Whose hands they're in.

The hands that hold things make a big difference.

Can we learn to put our concerns, our worries, our fears, our hopes, our dreams, our relationships in God's strong hands?

After all - it all depends on whose hands they're in.

# Prayers for July

*These “prayer lines” are intended as idea-provoking for individuals to develop on a personal basis.*

Almighty Everlasting God beyond our knowledge and understanding yet ever near us with your love and compassion we come to you with adoration and worship.

Thank you for the blessings you have provided for us in creation and for individual blessings received in the last month, week ,day, hour. We pray we may bring your blessings to others.

We are sorry, Lord, that we have not always been your faithful servants and messengers and have gone our way not your way. Forgive us , we pray, in your great mercy and bring us back to the true path.

Heavenly Father we commit to your care the bereaved, the injured, the sick, the confused, the disabled and the marginalised throughout the world. May they know the comfort of your arms holding them.

We thank you, Lord, for all who go to the aid of those in distress and danger, risking their own safety. Thank you for those who respond generously to those who have lost everything, family, friends, homes and possessions.

We pray for the leaders or the countries at this time of great change and uncertainty throughout our world and we particularly pray for our own country and government at this difficult time.

Finally, Lord, in this summer month we pray for joy in our hearts as we think of your great gift to us in sending us your Son, Jesus. Amen

# Who's who

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