



**Trinity - a place to belong**

**Spirituality - Prayer – Community – Welcome**

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

**JULY 2018**

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The next edition of Trinity Times will be published on 29th July. All contributions should be submitted by Sunday 22nd July.



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

## ***Pastoral letter***

Dear friends,

It's a meal with many names – Holy Communion, the Lord's Supper, the Eucharist, the Breaking of Bread, the Mass – but at its heart this sharing of bread and wine defines us as a Christian community. It links us to those first disciples in the upstairs room, to all who have walked the Christian Way and walk it today, and to Christ himself. It points us to the mystery of the cross and to the risen Lord standing in our midst. It shows us who we are – 'no longer strangers but pilgrims together on the way to God's kingdom'.

How often should we take part in this sharing bread and wine together in the name of Christ? Some Anglicans and Roman Catholics celebrate communion every day (for example a communion service is held most days at All Saints Church in the centre of High Wycombe). Many others share in it every Sunday. Those from a Presbyterian tradition may well have experienced a much less frequent celebration of communion (often just four times a year as very special occasions). Here in Trinity our custom has been a monthly celebration, with the opportunity for people to share on other occasions too.

Amid the complexities and challenges of twenty-first century living we need ways to root ourselves in the Christian Way – to make visible our part in a loving Christian community and our dependence on the love of Christ. Sharing in communion regularly can be part of how we do that. If on occasion you cannot get to our monthly celebration at 10.30 am on the first Sunday of the month, why not share in communion at another church that month?

At present we hold an occasional afternoon communion service at 4 pm (the next being planned for 12 August). This is appreciated by the few who attend but it may be that another time would suit more people. Would a mid week service (once a month or occasionally) be of value? Do let me know.

If you are uncertain about whether to receive communion and want to know more about its meaning don't hesitate to contact me or speak to any of the elders.

Christ invites us to come to the table and to know ourselves as part of the his body active in the world today, sharing joys and heartaches, seeking his way for our lives each and every day. Come and give thanks!



# 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):**

- 1 July      Worship and Communion led by Terry Hinks
- 8 July      Morning Worship led by Trevor Grant (Leprosy Mission\*\*)
- 15 July     All age worship led by Terry Hinks
- 22 July     Morning Worship led by Jackie Metcalfe
- 29 July     Morning Worship led by Terry Hinks

*Worship is followed by refreshments to which all are welcome*

\*\* Our worship on 8 July will focus on the work of the Leprosy Mission. Founded in 1874, The Leprosy Mission is the oldest and largest leprosy-focused organisation in the world today. As an international Christian development organisation it diagnoses, treats and offers specialist care, including reconstructive surgery, to leprosy patients. The aim is to transform and empower the lives of people affected by leprosy. Leprosy is a disease of poverty and as well as providing healthcare, the Leprosy Mission offers rehabilitation, education, vocational training, small business loans, housing and fresh water supplies and sanitation to tens of thousands of people each year. Its services are provided regardless of religion or ethnicity, promoting equality and social justice. There will be an opportunity to make a donation to this work on the 8 July (with a retiring collection).

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**Midweek Prayers at 9.30 am on Wed 4 and 18 July in church**  
(half an hour of prayer together).

Our Prayer Ministry is available after worship each Sunday morning. For more information please speak to Marian Mole or the minister.

## **The Prayer Circle**

The circle next meets on 22 July at 4 pm. The group is committed to pray regularly for people in need. If you would like to join the group (or have prayer requests) contact Terry Hinks.

## Regular July events

### **Every Sunday:** (where possible)

Prayer ministry after the service

### **Every Tuesday:**

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

### **Alternate Wednesdays:**

Trinity prayers (first and third Wednesdays) 9:30 am to 10:00 am

### **Every Thursday:**

Pilates well-being class (term time only) 1:00 pm - 2:00 pm  
2nd High Wycombe Trinity Guides (term time only) 7:30 pm - 9:00 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

### **Alternate Saturdays:**

Saturday Café (first and third Saturdays) 11:30 am – 1:30 pm

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

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

Wed 4th July	Trinity Elders meeting (The Meeting Place),	7:45 pm - 9:30 pm
Sun 8th July	Traidcraft (2nd Sunday of month) (The Meeting Place),	12:00 pm - 12:30 pm
Sun 15th July	Trinity & Cores End joint church walk followed by tea and Songs of Praise,	2:30 pm - 6:30 pm
Tues 17th July	Church Meeting (Sanctuary),	8:00 pm - 9:30 pm

## **. . . and later**

Mon 30 Jul - Fri 3 Aug		Lighthouse
Tues 2 Oct	Autumn Course (for next six weeks, except 23 and 30 Oct)	7:30 pm
Sat 6 Oct	Cores End concert	7:30 pm
Sat 13 Oct	10 am-3.30 pm	DIY Day

# What's on this month

## Coffee & Chat

The Coffee & Chatters will be visiting Joan Smith in Marlborough on Wednesday 18 July. Please contact Marian Mole for details.

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## Trinity Bookworms

The bookworms will next meet on Wednesday 4 July, at 2pm at 21 Fremantle Road to discuss "A Thousand Splendid Suns" by Khalid Hosseini.

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## Tuesday Meetings

We are now on holiday until September 4<sup>th</sup> when we start our Autumn Programme with a Bring and Share Tea. Watch this space.

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## Be on your guard!

Customers are advised to lookout for a new bogus email scam, claiming to be from HMRC.

If you receive an email with a subject that reads "You have received new messages from HMRC", that also has an attachment, please send it to [phishing@hmrc.gsi.gov.uk](mailto:phishing@hmrc.gsi.gov.uk) and then delete it.

HMRC will never ask for any personal, or financial details over emails or text messages. If you deal with your tax affairs on-line, they will send you an e-mail advising you to log in to your account. There will be **no link** within the e-mail

For more advice on scams, phishing and genuine HMRC contact, please visit G.U and search 'phishing'

# Cores End Church

## 250<sup>th</sup> Anniversary celebrations

The church continues its Anniversary celebrations, with people adding to a time line in the main hall and sending in memories for a Anniversary booklet. Previous minister Mike Playdon led worship on 3 June and stayed with his wife Helen for lunch after the service. The series of special services continues, with Lesley Huslebee

## Walk and Songs of Praise

Cores End will again be hosting a joint walk followed by tea and Songs of Praise worship on the afternoon of Sunday 15 July. The walk is a circuit beginning at Cores End at 2.30 pm and crossing the fields to Hedsor, then up Harvest Hill to the Chequers and back down through Wooburn Town (those who don't want to climb the hill can retrace there steps from Hedsor). The walk is about 4 miles. Those unable to walk are still very welcome to come to the tea at Cores End at 4.30 pm and share in the short act of worship at 5.00 pm. Do invite friends and family to come along.

## AGM

Ali W and David B were elected as elders, to follow on from the work of Ann W and Sylvia M who stood down this year.

## Summer Children's Fun Day

This is to be held on Saturday 11 August at Cores End Church hall and is aimed at children aged 5 to 11. Lots of craft, games, singing and other activities. Numbers limited so please contact Ann Pendergast (01628 526865) for more information and to book a place.



Trinity - a place to belong

Worship - Prayer - Fellowship - Service

01628 526865

## Did you know?

Trinity Times is available as a pdf. It is sent out on the day of publication to those who wish to receive it in that format. You may have this either as an alternative or as well as the paper version. If you would like to receive the digital version, just let me know.

Angus *[Editor]*



# CHURCH WALK



## **Church Walk to Hedsor from Cores End Church**

on Sunday 15 July 2018

- 2.30 pm Walk begins at Cores End Church
- 4.30 pm Arrival back at church - Refreshments: tea and cakes  
(all welcome, even if you haven't walked!)
- 5.00 pm Short Songs of Praise Service

Our church walk this year is a circuit beginning at Cores End and crossing the fields to Hedsor, then up Harvest Hill to the Chequers and back down through Wooburn Town. The walk is about 4 miles. (Those who don't want to climb the hill can retrace their steps from Hedsor).

Those unable to walk are still very welcome to come to the tea at Cores End at 4.30 pm and share in the short act of worship at 5.00 pm. Do invite friends and family to join us.



**Lighthouse High Wycombe** is looking for a voluntary charity secretary with effect from Autumn 2018.

Familiarity with working with the charity commission would be helpful, but a willingness to learn on the job would be quite acceptable.

As well as communicating with the charity commission the job involves arranging and taking minutes of the Trustees and Management team meetings (about 10 meetings a year), the storage of signed documents, and communicating with HMRC and the Bank about various matters.

More information can be obtained from the current secretary – Frances Stocks – [frances@wyserve.org](mailto:frances@wyserve.org), who is happy to answer any questions

## Prayers for July

Dear Lord we pray for teachers and pupils in these last weeks of the Summer Term . May they be able to relax after the examinations and enjoy all the end of term activities. Bless those children who will be attending Lighthouse as soon as the holidays begin. We pray that they will have a happy time, make new friends, discover new talents, and through the commitment and enthusiasm of the leaders and helpers experience the love and fellowship that comes from having Jesus as a friend. In His Name we pray. *Amen*

We thank you, Lord, for the time spent out-of-doors during the warm days of summer. Bless us as we join our friends from Cores End on the walk which they have planned through the lovely countryside you have given us. We pray that on all our walks, rambles, barbecues and other outside activities we may come to know old friends and neighbours more closely and welcome strangers as new friends. In Jesus' Name. *Amen*

On all people suffering from human-made wars and conflicts

*Lord have mercy*

On all people suffering from natural disasters

*Lord have mercy*

On all people suffering, loss, poverty and hardship

*Lord have mercy.*

On all the natural world suffering from human ignorance

*Christ have mercy*

On all the natural world suffering from human exploitation

*Christ have mercy*

On all the natural world suffering from climate change

*Christ have mercy.*

On all aid organisations and all who help those in need

*Lord have mercy*

On all animal welfare organisations, their helpers and supporters

*Lord have mercy*

On all local and world-wide ecological and environmental organisations

*Lord have mercy.*

# Who's who

**Minister**

[minister@trinity-urc.org.uk](mailto:minister@trinity-urc.org.uk)

**Secretary**

[secretary@trinity-urc.org.uk](mailto:secretary@trinity-urc.org.uk)

**Lettings**

[lettings@trinity-urc.org.uk](mailto:lettings@trinity-urc.org.uk)

**Treasurer**

[treasurer@trinity-urc.org.uk](mailto:treasurer@trinity-urc.org.uk)

**Magazine editor**

[editor@trinity-urc.org.uk](mailto:editor@trinity-urc.org.uk)

**Junior Church**

[juniors@trinity-urc.org.uk](mailto:juniors@trinity-urc.org.uk)

**Tuesday Meeting**

[tuesday.meeting@trinity-urc.org.uk](mailto:tuesday.meeting@trinity-urc.org.uk)

**Bookworms**

[bookworms@trinity-urc.org.uk](mailto:bookworms@trinity-urc.org.uk)

**Coffee & Chat**

[coffeandchat@trinity-urc.org.uk](mailto:coffeandchat@trinity-urc.org.uk)

**Prayer Circle**

[prayer.circle@trinity-urc.org.uk](mailto:prayer.circle@trinity-urc.org.uk)

**Prayer requests**

[minister@trinity-urc.org.uk](mailto:minister@trinity-urc.org.uk)

**Saturday Café**

[saturday.cafe@trinity-urc.org.uk](mailto:saturday.cafe@trinity-urc.org.uk)

**Home Groups**

[home.groups@trinity-urc.org.uk](mailto:home.groups@trinity-urc.org.uk)

**Guiding Units** (all sections)

[guides@trinity-urc.org.uk](mailto:guides@trinity-urc.org.uk)

Church contact number

 01494 520365 (answer  
phone)