



**RINITY**  
**Times**



**Trinity - a place to belong**

**Spirituality - Prayer – Community – Welcome**

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

**NOVEMBER 2018**

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The next edition of Trinity Times will be published on 25<sup>th</sup> November.  
All contributions should be submitted by Sunday 11<sup>th</sup> November.  
**PLEASE NOTE the unusually early date.**



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

## ***Pastoral letter***

Dear friends,

On 11 November 1918, at 11 am Paris time, the First World War came to a stuttering end, with the Armistice signed earlier that day. Even on that last day lives were lost, through miscommunication or simple folly. Fighting ceased, but it would take many months before the Peace Treaty was signed. The Armistice was extended three times until finally the Treaty of Versailles took effect at 4.15 pm on 10 January 1920. The First World War was over. Hopes were placed in the League of Nations Covenant that never again would the nations resort to war, the League providing a forum for negotiation in situations of potential conflict. But the heavy reparations placed on Germany and the ensuing economic and political turmoil there brought with it the seeds for another war. In time the war to end wars had been followed by another world-shattering conflict.

On 11 November at 11 am we will gather again at Trinity to keep silence and remember. The two minutes silence was first held in 1919 when the nation was still in the grip of raw grief over the millions killed and wounded. Today we remember all those affected by that war and wars and conflicts since that time. We remember the madness and horror of war, the courage and sacrifice, the lasting wounds on nations and communities. And we pray for peace.

It will be good to be joined by members of the Guides and Brownies for our act of Remembrance, as we share stories, reflections and prayer. It is so important that all ages come together to affirm that peace is possible, peace is to be strived for and our God is the God of peace. We want a world at true peace, for ourselves and future generations. So, in words of Simeon Mitchell – URC Secretary for Church and Society:

When we pray for peace, let us not pray for the glib peace of ignorance or the easy peace of indifference. But rather, we ask for the honest peace of struggles acknowledged, the demanding peace of forgiveness, the longed-for peace of justice established. Lord, grant us peace.



# News of the Church Family

**Not included in this version**

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This month we would like to wish a  
**Happy Birthday**

to

Julia S (9<sup>th</sup>)  
Simon H (14<sup>th</sup>)  
Connie B (22<sup>nd</sup>)  
Ellen C (26<sup>th</sup>)

*With love from us all at Trinity*

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A Sunday school teacher was discussing the Ten Commandments with her five and six year olds.

After explaining the commandment to "honour" thy Father and thy Mother, she asked, "Is there a commandment that teaches us how to treat our brothers and sisters?"

Without missing a beat one little boy (the oldest of a family) answered, "Thou shall not kill."

# Worship at Trinity

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

- 4 November       Worship and Communion led by Alan Kirkcaldy
- 11 November     Remembrance Parade Service led by Terry Hinks
- 18 November     Morning Worship led by Terry Hinks
- 25 November     Morning Worship led by Jon Tearne

Worship is followed by refreshments to which all are welcome

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

## Midweek Prayers at 9.30 am on Wednesdays 7 and 21 November in church (half an hour of prayer together).

### The Prayer Circle

The circle next meets on 25 November 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) please contact Terry Hinks.

### Service of Remembering and thanksgiving on Sunday 4 November at 4.00 pm.

A half-hour reflective service to remember those who have died and bring comfort to the bereaved, followed by refreshments

*If you would like someone who has died remembered by name within the service please add their name to the list in church or contact Terry.*

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# What's on this month

## Regular events

### Every Sunday where possible

- Prayer ministry after the service

### Every Tuesday

- Movers and Shakers Chinese Style (light exercise, a talk or activity and lunch) 10 am – 1 pm
- The Tuesday Meeting (small, friendly fellowship group) 2.30 - 4.30 pm

### Every Thursday

- Pilates well-being class every Thursday 1:00 pm – 2 pm
- Guides every Thurs (term time only) 7:30 - 9 pm

### Every Friday

- Movers and Shakers, Caribbean style (light exercise, a talk or activity and lunch) 10 am – 1 pm
- Rainbows every Friday (term time only) 5:15-6:15 pm
- Brownies every Friday (term time only) 6:15-7:30 pm

### Every month

- Saturday Café (first Saturday of the month only) 11:30am – 1:30pm

### Bi-monthly - first and third Wednesdays each month

- Trinity prayers 9:30 am to 10 am

*To find out more about any activities held at Trinity, please talk to Revd Terry Hinks or Kate Yates (Church Secretary)*

## Forthcoming events

### Coming up ...

Sunday 9th December – Junior Church Gift Service

Sunday 23rd December – Carols by Candlelight (**reminder: no morning service this day**)

## What's on . . . this month

### Tuesday Meeting

*All meetings in the Meeting Place at 2.30 p.m.*

Tuesday November 6<sup>th</sup> The Parable of The Good Samaritan

Tuesday November 13<sup>th</sup> Communion Service

led by Revd Terry Hinks in the Sanctuary.

We warmly invite friends to join us. Refreshments afterwards.

Tuesday November 20<sup>th</sup> Edmund Burke.

Tuesday November 27<sup>th</sup> Donkeys.

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### Trinity Bookworms

Trinity Bookworms will be meeting on Wednesday 7 November at 2pm at Marian's home to discuss 'The Guernsey Literary & Potato Peel Society' by Mary Ann Shaffer & Annie Barrows

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### Coffee & Chat

Coffee & Chat will be meeting on Thursday 21 November at 10.45am at Marie's home to hear about our chosen charity, Crossroads Care.

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DECEMBER 2018

Will regular contributors please note that the deadline for the December edition of Trinity Times is a week earlier than usual. The magazine will, however, be published as usual on the last Sunday of November.

## What's on this month

Sun 4th Nov	Service of Remembering & Thanksgiving	4 pm - 5 pm
Tues 6th Nov	Autumn course session 4: "Banquet for all?"	7:30 pm - 9:30 pm
Wed 7th Nov	Trinity prayers	9:30 am - 10 am
Mon 12th Nov	Trinity Elders meeting	7:45 pm - 9:30 pm
Tues 13th Nov	Autumn course session 5: Exploring "Eating together" through film	7:30 pm - 9:30 pm
Sat 17th Nov	Quiet Morning at Cores End, includes a soup lunch – everyone welcome!	10 am - 2 pm
Sun 18th Nov	Traidcraft after the service	
Tues 20th Nov	Church Meeting	8 pm - 9:30 pm
Wed 21st Nov	Trinity Prayers	9:30 am - 10 am
Sat 24th Nov	DIY Day	10 am - 3 pm
Tues 27th Nov	Autumn course last session – a shared meal; where next in the adventure?	7:30 pm - 9:30 pm
Thurs 29th Nov	Worship and Learning Planning Group	8 pm - 9:30 pm





# **Cores End Church**

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

In October the church displayed the stories and photos of all the previous ministers, going back to Thomas Grove who founded the church in 1768 (preaching first in a barn nearby the present church). There were also photos of weddings that had taken place over the years. One unusual story was that of an elder of the church in Victorian times, Mr Lobjoit who bred the 'Lobjoit Green' lettuce, still grown to this day (and a favourite of Monty Don's!) The Anniversary celebrations draw to a close on Sunday 4 November with worship led by the minister and a special lunch.

## **Welcome to Theo Hall**

The church was full when a local couple, Chris and Katie, brought their young son, Theo, for baptism. Family and friends joined the congregation for a joyful service.

## **Anniversary Concert**

At the beginning of October, the church held a very enjoyable concert with music both secular and sacred from across the centuries. Geoff Britt (on guitar and mouth organ) and daughter Debbie made an effective double act and David Reynolds solo singing was very moving. The Praise group sang with gusto and Wendy Craig provided some snippets of history in between. There was a full church and £470 was raised for Wycombe Homeless Connection.

## **Building work completed**

After a few delays work on the two church halls has been completed, with both halls looking good (and above all with safe floors and ceilings). New lighting, flooring, plasterwork and redecoration has made the lower hall a much more attractive space. The cost of the project has risen to about £50,000 and Church is very grateful to the Synod for a £20,000. Generous gifts from members has raised about £9000. The gift of £1000 from Trinity is very much appreciated both in monetary terms and as a sign of the friendship and support that exists between the two churches.

# One hundred years after the First World War

## Looking back, looking forward

For over 60 years the URC has had a Covenant of Pulpit and Table Fellowship with the Protestant Churches in the Palatinate region of Germany, the 'Evangelische Kirche der Pfalz'. Drawing on this partnership for the 100 years commemoration of the 1918 Armistice, the URC have been working with its German partners to produce a shared resource, entitled 'One hundred years after the First World War: Looking back, looking forward.'

The first booklet contains personal stories, reflections and poems written by British and German contributors. It includes a pilgrimage to the Somme this year undertaken by Pfarrer Martin Henninger from the Pfalz and the Revd David Pickering, Moderator of the Synod in Scotland. Their grandparents served on opposing sides during World War One. An accompanying booklet provides worship material: meditation, prayers, newly written hymns and biblical reflections and closes with a commitment to peace building. The material, which can be accessed from the home page of the URC website [www.urb.org.uk](http://www.urb.org.uk)



## **GROWING TOGETHER**

### **Exploring ways that help us truly live the Christian Life**

Tuesdays at 7.30 pm at Trinity Church

Sessions in October looked at discipleship and those kind of 'habits' that can nurture and encourage us in our following of Jesus today. Andrew Roberts, who wrote the book "Holy Habits" identified 10 of them from the picture of the early church in Acts 2. 42 – 47, describing them as:

- |                                  |                            |
|----------------------------------|----------------------------|
| 1. Biblical Teaching             | 2. Fellowship              |
| 3. Breaking of Bread             | 4. Prayer                  |
| 5. Giving (sharing of resources) | 6. Service                 |
| 7. Eating Together               | 8. Gladness and Generosity |
| 9. Worship                       | 10. Making More Disciples  |

We are focussing on the theme of 'Eating together' in the last three sessions:

6 November 'Banquet for all?' (Luke 14. 15 – 24)

13 November Exploring 'Eating together' through film

*20 November no session this evening (Church Meeting instead)*

27 November Closing session: a shared meal

Where next in the adventure?

**For more information contact Terry Hinks (01628 525076)**

For the readers who have not been counting, (!!) there are exactly one hundred poppies spread throughout this magazine to mark the significant anniversary of the Armistice.



## Notes from Thames North Synod meeting – 20 October 2018

1. **Simon Rudiger** has moved from being Children & Youth Development Office to working for the YMCA, and is no longer church secretary at Fairford Leys
2. Synod office needs a **full-time administrator**, experienced in the URC
3. Revd James **Fields** was inducted as Pastoral Consultant 50% and Interim Minister 50%
4. Adeyfield Free Church development cost shortfall – Synod funds committed to resolve it.
5. M&M review – general acceptance of the current formula but some questions raised, e.g. would it be more equitable to base it on church membership or use average attendance at worship as the basis for calculations? Table discussions took place on various questions, and input will be recorded for March Synod
6. **RESOLUTIONS ABOUT GENERAL ASSEMBLY: four changes proposed to the Structure of the URC - for response by churches and Synods by 31 March 2019**

- ♣ Change no.1 – To make the number of synod representatives equal – to be, for the present, sixteen for each synod.
- ♣ Change no. 2 – To introduce some flexibility to the 50-50 ministerial/lay divide – requiring at least a third of each synod's representation to be ministerial (this term includes CRCWs) and at least a third to be elders or lay.
- ♣ Change no. 3 – To include the synod moderators in the synod figures above, if their synods so wish, rather than giving them a place in Assembly in their own right.
- ♣ Change no. 4 – To excuse the Convenor of Pastoral Reference and Welfare from membership of Assembly.

**RESOLUTION ABOUT THE PROMISES MADE BY ELDERS – response date 31 December 2019** (to come to our own church meeting).

7. **New URC complaints policy and procedure presented.**
8. **URC Youth Assembly (14-25 year-olds) in January.** Funding for places & travel available from Synod.
9. **Westminster College Resource Centre for Learning:** Can come out to churches for study days. Individuals & small groups can attend courses there (day, few days, week etc.). There is a Synod lay training fund (up to £350).
10. **Stepwise (replacing TLS):** available online from Autumn next year (pilot only at present). If interested, register and let Anne Sardeson know. **“Preachers Circles”** are being advertised on the Synod website for anyone who is preaching. Synod is also holding **mornings on aspects of worship.**
11. **Church amalgamations:** Ray Lodge URC & Woodford Green URC, and St Andrew’s Borehamwood & Chesterfield Road URC from 1 January 2019
12. **Next Synod – Saturday 16 March at Chingford URC**

*[This summary prepared by Kate.]*

Trinity Church

Cores End Church

## **QUIET MORNING**



***at Cores End United Reformed Church***

Saturday 17 November 2018

10 am – 2 pm

*Worship, Bible exploration, reflection, stillness*

Including a simple lunch of soup and bread

The event is open to all and free of charge  
(donations welcome towards cost of lunch etc.)

For more information contact Terry Hinks

01628 525076 [minister.trinity.coresend@gmail.com](mailto:minister.trinity.coresend@gmail.com)



# THE Dreams

# BIG SLEEPOUT

# 2018



SAT **24<sup>TH</sup>** NOVEMBER

8PM **SATURDAY** UNTIL 7AM **SUNDAY**

FEATURING **THE BIG QUIZ** FROM 6.15PM UNTIL 8PM

**AT ADAMS PARK**

HOME OF WYCOMBE WANDERERS FC



IN SUPPORT OF **WYCOMBE HOMELESS CONNECTION**

TO REGISTER PLEASE VISIT **WWW.WYHOC.ORG.UK**

SWAP YOUR BED FOR A SLEEPING BAG  
AND FIGHT HOMELESSNESS IN YOUR SLEEP

Registered charity number 1156211

## READY TO SLEEP OUT?!

For the fifth year, Dreams will again be running a sponsored sleepout as their major fundraiser. No-one should have to sleep rough in our community, so giving sleepout participants just a small taste of it is an appropriate event for us. We are excited to announce that the Dreams Big Sleepout 2018 will take place on Saturday 24th November at Adams Park, thanks to Wycombe Wanderers Football Club, and to our charity ambassador (and Chairboys defender) Michael Harriman.

Those who take part and raise funds for WHC will be able to get a free ticket for that afternoon's match.

The sleepout is supported by Dreams, so that every penny raised will support our work. Wycombe Homeless Connection helps around 500 local people every year who face housing crisis, most of whom do not qualify for council temporary accommodation. We offer a weekday advice, support and resettlement service, and also a January-March winter night shelter. All this costs about £240,000 each year, 95% of which comes from voluntary donations. Last year 94% of the charity's expenditure went on providing services, so every contribution is put to good use.

More details of the event: Dreams Big Sleepout 2018  
<https://www.wyhoc.org.uk/Event/ready-to-sleep-out>

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## WANT TO HELP WITH THE WYCOMBE WINTER NIGHT SHELTER?

We need volunteers for the January to March 2019 season, serving weekly or monthly; there is training. To sign up, see our website:

<https://www.wyhoc.org.uk/wycombe-winter-night-shelter>. The shelter saves lives by keeping people safely out of the cold. But it also allows people the space to think about taking positive steps to find accommodation. Be part of it!





## ZIMBABWE Evergreen

Laizah is part of the Mthombowesizwe Garden project which means evergreen. The women always sing and dance to songs of welcome when visitors arrive. They use the songs to empower themselves and bind as a group. Culturally women and children in this area of Zimbabwe do not go to the local shops. This meant there was much discussion as to how they could take produce to market to barter. Through discussion, involving Christian Aid partner Silveira House, this has been resolved.

At present Laizah grows onions and carrots. She has 6 children to feed so the garden has made a huge difference to their meals. She puts onions amongst the carrots to stop carrot fly, which is something she has learnt from being in the project. Through selling her produce she has joined the savings group and has also been able to send her children to school as she can now pay the fees and travel costs.



Sophia, another member, means wisdom. She is using that wisdom to teach others about the benefits of growing crops using conservation farming, a technique which involves strict measuring, controlled weighing and using basic hand tools. The group have become stronger together and there is increased confidence among the women members, which is good news for the next generation.

### Operation Noah

This NGO, working on climate change issues, has launched 'Sālote' which is a short animated video. Its aim is to help Christians around the world recognise the human cost of climate change, and particularly its impact on women and children. The full video can be watched on their website, where you can also download an activity pack and factsheet for your church/home group during the Season of Creation: <http://operationnoah.org/resources/salote/> This is in partnership with the World Day of Prayer.

*[C for L continued on next page]*



## **ASDA – SAINSBURY’S MERGER: THREAT OR OPPORTUNITY?**

Banana Link has for many years documented the race to the bottom in the banana industry, with supermarket buying power and unfair trading practices driving down the prices they pay to tropical fruit suppliers. This has a negative impact on earnings and working conditions for plantation workers. Or, in the case of small-scale producers, threatening their very survival.

The recently proposed merger between Asda and Sainsbury’s raises the prospect of an even more powerful buyer, able to exert even more pressure on prices by squeezing suppliers even further. Sainsbury’s have announced that the merger could lead to price cuts in their stores of “around 10 per cent on many of the products customers buy regularly”. In the case of bananas, 3p off the current price per kilo, or 12p from the cost of a pack of eight Fairtrade bananas. For too long, low prices for bananas in our supermarkets have been synonymous with squeezing suppliers. The prospective merger will therefore not come as good news to already struggling suppliers of bananas and other tropical fruits to the UK market.

However, there is a potential upside. Sainsbury’s and ASDA both have demonstrable commitments to ethical sourcing of bananas. 100% of Sainsbury’s bananas carry the Fairtrade label, which ensures fair minimum prices for suppliers which cover the costs of sustainable production. Both are members, along with Banana Link, of the World Banana Forum, which brings together stakeholders in the global banana supply chain to work towards consensus on best practices for sustainable production and trade.

The increased buying power and greater economies of scale of the merged retailer could provide an opportunity for greater commitment to the ethical sourcing of tropical fruit. As NFU Scotland Chief Executive Scott Walker has said, *“there is an opportunity here for potentially the biggest player in the UK’s retail sector to put in place a system of responsible sourcing and to end the spectre of Unfair Trading Practices by supermarkets”*.

The recent announcement by the European Commission of proposed legislation on unfair trading practices in global food supply chains comes as welcome news. By protecting small and medium-sized food suppliers against abusive practices of large buyers, it aims to address insecurity among supermarket suppliers, which directly impacts the most vulnerable people in the supply chain.

## Churches Together High Wycombe Town Centre

### MENTAL HEALTH MATTERS



**Mental Health Awareness Evening** with Jenny Ellis and Matt Penny  
Wednesday 21 November at 7.30 pm at All Saints Church, High Wycombe

Jenny Ellis is Chaplain at Bucks University and Matt Penny is a chaplain for the YMCA. In the session we will be thinking about:

- How to promote good mental health and wellbeing
- Common mental health conditions
- Mental Health Support Services
- Simple ways to offer support to someone

**Dementia Awareness** with Jill Walton

Wednesday 28 November at 8.15 pm at the Hub, Easton Street,  
High Wycombe (coffee from 8 pm)

Jill Walton is a nurse support groups affiliated to Rare This session will include making visiting people with dementia.

coordinator of the Dementia Support. the most of time spent

**Autism and worship** with  
Thursday 6 December at 7.30  
at the Friends Meeting House,  
Wycombe

Jenny Ellis  
pm.  
25 London Road, High

Jenny Ellis, Chaplain at Bucks University and local vicar, will be sharing some key insights on this theme from work done by the Diocese of Oxford.

# Prayers for November

Heavenly Father, as the earth spins towards winter so often the world looks drab and grey, hidden in mists, and lives seem monotonous with nothing to lighten them. Break through we pray like the morning sun and reveal the glorious red and gold woodland of your eternal love to cheer the daily round and help pilgrims on their way. *Amen.*

Blessed Lord we remember with gratitude all the saints who have gone before us to show us how to withstand evil and fight for the right. Lord, we do not hope to emulate the 'stained-glass' saints but accept that we are called to be saints as members of your church and community. We thank you for all the folk, great and humble, who have taught us the Good News and shown us the way to live. Help us to follow their guidance and walk in their footsteps. Where Christians are persecuted today give them patience and endurance in their suffering. Strengthen the church universal as your ambassador in the world. *Amen.*

Lord Jesus, the fires of Bonfire Night and the bugles of Remembrance Sunday remind us of the deep divisions between humankind and are sorry. As we give thanks for the ending of the First World War which was meant to be the war to end all wars we see wars all around us. Combatants and civilians are dying daily and our peace-keeping forces are armed while the peace-makers try to talk. Forgive us our human weakness which makes us suspicious of those who look different from ourselves. We know more about the cultures of other people than was known in the past and yet we grow further from each other. Send your Holy Spirit into our hearts so that we see you in everyone we meet. Remind us that small things can grow big like the mustard seed and that we each have a part to play. Help us to persist in prayer and to be ready to forgive as we have been forgiven. Speak wisdom and reconciliation into the minds of the leaders of nations so that in the fullness of time your peace may come on earth, *Amen*

# Who's who

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