



# RINITY Times



**Trinity - a place to belong**

**Spirituality - Prayer – Community – Welcome**



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

**JANUARY 2019**

# Table of contents

Pastoral letter	3
News of the Church Family	4
Details of this month's services	5
What's on	6 - 8
Church Life	9 - 11
The Wider Church	12 - 18
Prayer page	19
Who's Who	20

The next edition of Trinity Times will be published on 27th January. All contributions should be submitted by 20th January.



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

## ***Pastoral letter***

Dear friends,

One of my formative experiences as a young Christian was being part of what were called 'Ecumenical Fellowship Groups' when I was at University. Though a mouthful of a name they gave a very positive experience of Christian life, having a lasting effect on many of us. Their emphasis was:

- Unity among Christians of different backgrounds.
- The value of meeting together to reflect on and discuss the faith.
- Eating and having fun together.
- A practical outworking of our faith (we would cycle out to the local psychiatric hospital, visiting people who in those days had been kept in the hospital for years).

This was true fellowship – close and supportive but also open, outward looking and challenging. It gave us all a real longing to see the church united and renewed and reaching out with love and compassion to the local community and world in all its need.

A deep sense of fellowship in sharing and support is very evident in the early church, as pictured by Luke in the Act of the Apostles. Those who were drawn into this movement following Jesus 'devoted themselves to the apostles' teaching and **to fellowship**, to the breaking of bread and prayer' (Acts 2. 42).

We see that sense of fellowship in Trinity's life and our attempt to be a place and people where everyone can feel 'they belong'. We have more we could do to deepen that care and support, that sense of unity and growth together, but we are on the way. So can I encourage you to get involved in one of the homegroups meeting during January and February? There are more details on page 10.

As we enter a challenging year (with 29 March looming over us?) we need to walk together, sharing joys and burdens, thankful for God's guiding hand and that living hope that Christ places within us. In the words of Joseph Hart's old hymn 'we'll praise him for that is past and trust him for all that's to come.'



# News of the Church Family

**Not included in this version**

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This month we would like to wish

**Barbara R (9<sup>th</sup>)**

**Linda C (12<sup>th</sup>)**

**Soraya (31<sup>st</sup>)**

**Xavier (31<sup>st</sup>)**

a very Happy Birthday

with love from all at Trinity

# Worship at Trinity

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

- 6 January      Worship and Communion led by Terry Hinks  
13 January     Worship led by Erna Stevenson  
20 January     All age worship with the theme of fellowship  
                     led by Terry Hinks  
27 January     Worship led by Pippa Goldring

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

.....

## Keep praying

**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 5 and 19 December in church** (half an hour of prayer together).

**The Prayer Circle** next meets on 24 February 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 or Kate Yates.

**24/7 Prayer for High Wycombe** is shared by all the churches. Trinity is well involved, taking part in days of prayer from time to time and using the 24/7 monthly prayer sheet. If you would to receive this sheet contact Marian Mole.



Traidcraft, a Christian retailer promoting Fairtrade goods, has revealed new plans to help save the company from closure. Under the new plans product ranges that are not generating profit will be eliminated and the work force will shrink from 67 to 12. In September, the company, founded in 1979, warned that poor trading threatened to force the closure of Traidcraft plc in its entirety. The branch of the organisation that supports farmers in developing countries – Traidcraft Exchange, has not been affected.

## What's on this month . . .

Wed 2nd Jan	Trinity prayers	9:30 am - 10:00 am
Tues 8th Jan	Trinity Elders meeting	7:45 pm - 9:15 pm
Sun 13th Jan	Traidcraft	Noon - 12:30 pm
Tues 15th Jan	Church Meeting	8:00 pm - 9:30 pm
Wed 16th Jan	Trinity Prayers	9:30 am - 10:00 am
Wed 23rd Jan	URC Chiltern Ministers' Meeting	10:30 am - Noon
Sat 26th Jan	Cores End Burns Night Supper	6:30 pm - 10:00 pm
	Tickets £10 from Ann Pendergast or Terry Hinks	

Night Shelter begins for us on Saturday 5 January. Do please pray for all volunteers, guests, and Wycombe Homeless Connection staff.

### Forthcoming events

Sat 9th Feb	Chiltern Area Group Steering Meeting	10:30 am - 12:00 pm
Sun 24th Feb	Prayer circle	4:00 pm - 5:00 pm
Wed 27th Feb	Worship and Learning Group	8:00 pm - 9:30 pm

Church AGM – Tuesday 26th March at 7.30 pm, followed by Church Meeting at 8 pm.

# What's on . . . this month

## Trinity Bookworms

Trinity Bookworms will be meeting at 2pm on Wednesday 9th January at 21 Fremantle Road.

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## Coffee & Chat

Coffee & Chat are meeting at 12.30 on Thursday 10 January at the Royal Standard, Forty Green for a New Year meal.

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## Tuesday Meeting

All meetings in The Meeting Place at 2.30pm unless stated otherwise.

Tuesday January 1 <sup>st</sup>	No Meeting
Tuesday January 8 <sup>th</sup>	Preparations for Party.
Tuesday January 15 <sup>th</sup>	New Year Party in the Sanctuary.
Tuesday January 22 <sup>nd</sup>	Edmund Waller
Tuesday January 29 <sup>th</sup>	A.G.M.

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Wayne, was driving home from one of his business trips in Northern Queensland when he saw an elderly Aboriginal man walking on the side of the road.

As the trip was a long and quiet one, he stopped the car and asked the Aboriginal man if he would like a ride.

With a silent nod of thanks, the old man got into the car. As they drove on, the old man just sat silently, looking intently at everything he saw, studying every little detail, until he noticed a brown bag on the seat next to Wayne. 'What's in the bag?' asked the old man.

Wayne, looked down at the brown bag and said, 'It's a bottle of wine. I got it for my wife.'

The Aboriginal man was silent for another moment or two. Then he nodded, and speaking with the quiet wisdom of an elder, he commented: 'Good trade...'

## Notice of AGM – Tuesday 26th March at 7.30 pm (followed by Church Meeting at 8 pm)

- ✚ For those of us who currently have a “postholder” responsibility, would you please look at the current postholders’ list which will be available on Sundays after morning worship. If you wish to stand down from your post from March 2019 please indicate in the “standing down” column.
- ✚ If you would like to do something different or are willing to give an existing postholder a break, please talk to Terry or Kate.
- ✚ Harry Bates will have served a three-year term, but is eligible to be re-elected for a further three years. There is scope for one or two additional Elders to serve.

Angus M will now be happy to receive reports to go into the Annual Report so you might want to start thinking now about your entry! They need to be submitted no later than the last day in February.



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### Regular events

- Every Sunday where possible – prayer ministry after the service
- Movers & Shakers Chinese Style group every Tuesday,  
10:00 am to 1:00 pm
- Tuesday Meeting every Tuesday, 2.30 pm to 4 pm
- Trinity prayers first and third Wednesdays each month,  
9:30 am to 10:00 am
- Trinity Guides every Thursday, 7:30 pm - 9:00 pm (term time)
- Movers & Shakers Caribbean Style every Friday,  
10:00 am to 1:00 pm
- Trinity Rainbows every Friday 5:15-6:15 pm (term time)
- Trinity Brownies every Friday 6:15-7:30 pm (term time)
- Saturday Café the first Saturday of the month only  
11:30 am – 1:30 pm



## Flower Ladies

Hope you all had a peaceful Christmas.

I would just like to thank all the ladies who have arranged the church flowers throughout the year. I really do appreciate all your support.

If anyone feels able to supply a bunch of flowers - roughly once every two months - I would be delighted to hear from you. You do not have to be a florist we just need flowers in a vase and then to hand them out at the end of the service to either a visiting minister or sometimes someone's birthday.

Wishing you all a Happy New Year

*Ellen Murray*

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Mission Council has expressed sincere gratitude to those who approached the United Reformed Church (URC) to voice and share their experiences and stories as part of safeguarding's Past Case Review (PCR). At the autumn meeting, held between 16-18 November, at The Hayes Conference Centre, Derbyshire, an apology was also made for the Church's past failure to prevent the abuse of victims by those in



**Past Case Review**  
*The* **United**  
**Reformed Church**

positions of trust, and for failing to listen to them. The admissions were made following the presentation of three reports aimed at encouraging and improving the safeguarding ethos of the URC. The main report offered key learning points and themes that came up as a result of the PCR. The full report, a round-up of all the business covered, and all papers presented at Mission Council are available online.

## STARTING THIS MONTH; HOME GROUPS



### FOCUS ON FELLOWSHIP

In the autumn we began to explore what it means to be a disciple of Christ today, using an initiative called 'Holy Habits'. This initiative invites us to consider what helps to nurture our faith and love for God and our neighbour. It draws on a picture of the early church found in Acts 2:42 – 47, identifying ten habits and encouraging us all to develop a way of life formed by them. The habits are: biblical teaching, fellowship, breaking of bread, sharing of resources, service, eating together, gladness and generosity, worship, prayer and making more disciples.

In the autumn we gave attention to eating together' and during Lent we will be briefly looking at six more habits. Before then our focus is going to be on fellowship. The Greek word translated as 'fellowship' in Acts 2 is 'koinonia'. It is a word rich in depth, meaning and challenge. It reminds us that our Christian faith is not simply a private, personal affair, it unites us to one another through Christ. To help us explore this further we have arranged a short series of home meetings (daytime and evening).

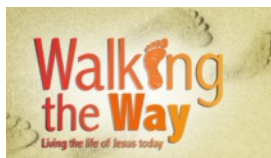
**COME ALONG TO A HOME GROUP** to meet up with other members and explore what fellowship is really about:

Mondays at 2.30 pm on 21 January, 4 February and 18 February at Norma Garden's home (Tel. 01494 533726)

Tuesdays at 8 pm on 22 January 5 February, 19 February at Martin and Marian Drake's home (Tel. 01494 524028)

Thursdays at 8 pm on 10 January and 14 February (to be confirmed) An Ecumenical Group at John and Joy Standfield's home (Tel. 01494 441782)

**Sign up on list in church or for more information contact Terry Hinks (01628 525076)**



## **Cores End**

### **Children's Craft Day**

27 children aged between 5 and 11 had a very happy day at Cores End on 1 December, busy with a mixture of craft, games, singing and cooking. The day culminated with the children bringing their Christingles into the church and singing some of the songs they had learnt. Thanks were given to all involved in organising this great day.

### **Toy Service and all age worship**

Richard and Sharon Dorme came and led worship for all ages on Sunday 2 December. The children helped decorate a large poster with the words 'God so loved the world' which is now displayed in the lower hall. A large number of toys were also collected at the service and Sue Prebble from Barnardo's was there to collect them for distribution to needy families.

### **The Christmas Charity Morning**

The Coffee Morning was held on Saturday 15 December and was well attended, raising £582 for the two chosen charities – Commitment for Life (Palestinian Partner) and the Marlow Opportunity Play Group (a local Play Group for children with special needs or life threatening illnesses). The church much appreciated a number of friends from Trinity coming over for the morning.

### **Carol service**

The church was looking beautiful with floral decorations and candles for an enjoyable service of carols, special songs and readings ended with refreshments of mince pies and mulled wine in the newly refurbished hall. £328 was raised for Christian Aid and this was added to with a collection on Christmas Day.

### **Burns Night Supper**

This is to take place on Saturday 26 January at 6.30pm in the Lower Hall at Cores End URC. The Menu is Cock-a-Leekie Soup; Haggis (Traditional or Vegetarian) with Neeps and Tatties; Trifle; Coffee and shortbread. The meal will be followed by the usual 'toasts' and some Scottish dancing. The cost of a ticket is £10.00. All are welcome so please contact Ann P to book your place.

## **Churches Together – Mental Health workshops**

Kate and Alan attended the first two workshops and found them to be very informative. They write:

**The first workshop held at All Saints' Church, focused on general mental well-being.** We all have mental health, but some of us have times of poor mental health in different forms. This session was led by Revd Jenny Ellis, chaplain at Bucks New Uni, and Matt Penny, chaplain at the YMCA in Wycombe.

The session included small group discussions on what helped us to look after our mental (and physical well-being), what signs to look out for in people who were finding things difficult, and particularly what warning signs to look for if people were feeling suicidal, along with some ideas of how to interact with people who expressed a wish to take their own life. This was a very difficult and sensitive subject. The main thing we remember from this is that it's important in a situation like this to converse with the person – this in itself can become life-saving.

**The second workshop was held at Union Baptist Church, focusing on dementia,** and was led by Jill Walton, a nurse coordinator of support groups affiliated to Rare Dementia Support with a background in clinical research. In an hour she covered a HUGE amount of information.

**The most memorable aspect** was when Jill verbally created a metaphor picture for us of how we all have a “bookcase” on either side of our being – one is for memories, and the other is for feelings.

The “memories bookcase” is made of plywood and is not very sturdy so when it wobbles a lot, books (memories) fall out. For someone with dementia, the ones at the top, of course, fall first when the bookcase wobbles a lot, and they're the most recent ones.

The “feelings bookcase” is also important – it's sturdy, and made of oak and therefore the feelings tend to stay there. We all tend to remember emotions that are linked to particular events, even if we can't remember the event itself very well. I can remember feeling very happy having a delicious meal in a nice restaurant some years ago, but I couldn't tell you what I actually ate! I can still recapture the happy feeling without being there.

*[continued on page 13]*

If I visit someone with dementia who has lost lots of memories, they won't necessarily remember within five minutes of me leaving that I have been there, but they will remember the emotions that the conversation created for them.

It is much better to “go with the flow” and find things to talk about that don't create anxiety, frustration or other negative feelings for the person who is suffering from dementia. Making a visit a happy one is far more important than being right!



*Memories – most recent ones at top “fall out”*

*Emotions – years of emotion stay put and are remembered, even after the memory of an event has disappeared.*

*Kate and Alan*

**The third workshop was held at the Friends' Meeting House and focused on autism.** It was led by Revd Jenny Ellis and looked especially at welcoming and truly including people with autism within the church's life and worship.

Jenny explained that Autism takes many forms and is a brain wiring difference. Autism is present at birth and remains for life. It is not a mental health condition. Autistic people will not look any different to anyone else. They are often excellent at specialised work, but have difficulty understanding social situations. They cannot 'see' people very well, so will miss body language and eye contact meanings. They will have difficulty coping with sudden changes of plan or breaks in their routine. They are often over or under-sensitive to sound, light, texture, smell or touch. There are estimated to be nearly a million people with a form of autism in the UK (perhaps as many as 1 in 30). Many may not realise that they are on the autistic spectrum.

Jenny shared a list of 10 simple 'low cost' things congregations can do. Written from the perspective of someone with autism it starts, 'Always ask us what may help. Our brains take in too much detail. Our brain wiring can literally overheat as it tries to handle too much input at once.' The full list can be found on the Oxford Diocese website:

*[www.oxford.anglican.org/mission-ministry/faith-in-action/disability/](http://www.oxford.anglican.org/mission-ministry/faith-in-action/disability/)*

Jenny commented that most churches that welcome autistic people are ones whose congregations grow and flourish. Things that help autistic individuals are the things that help nearly everyone else too.

**Where next?** As chair of Churches Together in High Wycombe Town Centre I was delighted that the group developed this series and want to do more work on this subject which is so vital to health and happiness in our community and churches. We want to assess what work is being done by the town centre churches and what could be done to support and strengthen this work, reaching out to people with many different needs in our congregations, town and wider area.



## Situation vacant

### Embrace the Middle East

We are looking for a Trustee Treasurer who shares our values and vision and has the skills, qualities and expertise to provide oversight of the charity's finances. We would greatly appreciate your help to circulate details of this voluntary role within your community.

Full details about, and how to apply for, this role can be found at [www.embraceme.org/vacancies](http://www.embraceme.org/vacancies).

Thank you for all your efforts to help us find suitable people for our various roles at Embrace the Middle East. We always love it when someone from one of our local churches applies to join us.

Can we also ask that if you do not wish to continue to receive emails from us regarding new job opportunities that you please do let us know.

Thank you so much for your support.

*Lucy*

**Lucy Insua, HR Manager - Embrace the Middle East**

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### How to stay safe in the world today:

1. Avoid riding in automobiles because they are responsible for 20% of all fatal accidents.
2. Do not stay home because 17% of all accidents occur in the home.
3. Avoid walking on streets or footpaths because 14% of all accidents occur to pedestrians.
4. Avoid travelling by air, rail, or water because 16% of all accidents involve these forms of transportation.
5. Of the remaining 33%, 32% of all deaths occur in Hospitals.

So, ... above all else, avoid hospitals.

BUT, You will be pleased to learn that only .001% of all deaths occur in worship services in church, and these are usually related to previous physical disorders. Therefore, logic tells us that the safest place for you to be at any given point in time is at church!



**ZIMBABWE** The last six months have involved preparations for the elections and the aftermath. The environment is now calmer but still fragile. Two Christian Aid partners were actively involved in the preparations for elections; Zimbabwe Peace Project through continued monitoring of politically motivated violence and engagement with the Electoral commission and the Zimbabwe Council of Churches through actively building cohesion and peace within communities to prevent violence as well as engagement with political parties and the electoral commission.

The economic situation remains dire due to shortages of cash, unemployment and reduced capacity of industry. This situation has affected the operations of Christian Aid partners who often must delay activities in order to access cash for activities in rural areas where electronic money is not widely accepted.

The rate of unemployment is widely disputed, with estimates from between 5% - 90% <https://www.bbc.com/news/business-42116932> , however the situation on the ground is the increase in the informal sector, where informal vending has become the livelihood for many women and men who cannot secure employment. High unemployment rates leave youths open to abuse by politicians during elections.

Overall, the implications of the elections are that in this post-election period, partners will need to engage with a new set of stakeholders at the community (councillors), district (Members of parliament), Provincial and National levels (Ministers) which may either derail or progress their advocacy and policy work.

### **Partner Update - ZCC**

Trained Local Peace and Gender Committees worked to prevent violence during the election period. For instance, in Gwanda at the Anglican Church premises, the committee brought together stakeholders from the Zimbabwean Electoral Commission (ZEC) and the major political parties to discuss issues of the voters' roll inspection and nomination court. This increased the information available to congregants who could clarify questions directly with ZEC.

The Local Peace and Gender Committee in Hwange engaged the Zimbabwean Republic Police District Officers, political parties and aspiring political candidates in discussing peace and non-violent ways of campaigning in face of the then upcoming elections. The meeting was held at the United Methodist Church in Zimbabwe. The chairwoman of the committee, Lieutenant Mudzamba presided over the meeting. Not only was the meeting instrumental in clarifying questions from the public but the Electoral commission also became interested in the discussions and sought to work with the committee to share information on the electoral process.





HIGH WYCOMBE  
**COMMUNITY**  
**FRIDGE**

▶ NOW OPEN ◀

MONDAY AND THURSDAY

10.00 AM – 4.00 PM

**Oakridge Baptist Church,**

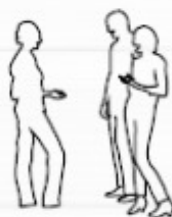
Oakridge Road, High Wycombe,  
Bucks, HP11 2PH

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and save the environment.



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<https://womensculturalarena.org.uk>

"A friendly pathway to zero waste"



## Week of Prayer for Christian Unity 2019



The Week of Prayer for Christian Unity runs between the 18th to the 25th January (the octave of St. Peter and St. Paul). Resources for 2019 have been prepared by Christians from Indonesia, the largest country in South East Asia, made up of more than 17,000 islands, 1,340 different ethnic groups and over 740 local languages, united by one national language Bahasa Indonesia. With some 86% of its 260 million people estimated to be Muslim, it has the largest Islamic population of any country. About 10% of Indonesians are Christian. Indonesians have lived by the principle of *gotong royong* which is to live in 'solidarity and by collaboration', regarding all Indonesians as brothers and sisters. But *gotong royong* sits ill at ease with the neo-liberal approach to economics that has led to economic growth, and corruption infecting politics and business, often with devastating effects on the environment. Meanwhile those who are supposed to promote justice and protect the weak fail to do so. As a consequence, a country rich in resources bears the burden of many people living in poverty. Particular ethnic and religious groups are often associated with wealth in ways that have fed tensions. The Christians of Indonesia found that the words of Deuteronomy, 'Justice, and only justice, you shall pursue...' (from Deuteronomy 16.18-20) spoke powerfully to their situation.

### **Please pray for**

- All the churches in High Wycombe and for the work of Churches Together in High Wycombe Town Centre and for Love Wycombe.
- The many different groups that bring Christians together locally (such as Lighthouse, 24/7 Prayer, Youth for Christ, Night Shelter etc).
- The United Reformed Church in its particular calling in this country 'to work and pray for the unity Christ wills'
- Christians in Indonesia as they witness among a largely Muslim community and as they seek peace and justice for all irrespective of their faith.
- Christians across the world in all their glorious variety of cultures and backgrounds

# Prayers for January

“He who was seated on the throne said, ‘I am making all things new.’”  
Revelations chapter 21 verse 5. (NIV)

Thank you, Lord, for the New Year and for each new month, each new week, each new day, hour and minute in which to enjoy and worship you. *Amen*

Dear Lord and Father of all the human race forgive your children for their folly and mistakes over the past year and send your Holy Spirit to guide and instruct them through the next. Heal the disputes and wars between people and nations we beg. Grant wisdom and courage to leaders and governments so that they keep their commitments to halting global warming and no longer plunder the earth of its resources and goodness. Sustain those who fight poverty, starvation and homelessness so that no one goes without food or shelter. Bring change in the hearts and lives of all people so that all may have a common purpose and work together for the good of all. We pray in the Name of Jesus. *Amen*.

In these troubled times we pray for your church, Lord, that throughout the world all its many sects and denominations may work together to bring your justice, mercy and peace to the nations.

Dear Lord, as we journey into the New Year  
Give us strong feet to walk your path.  
Make our eyes keen to see the right way.  
Strengthen our hands in your service.  
Open our ears to listen to your commands.  
Lift up our voices in your praise.  
Give us compassionate hearts to love our neighbour.  
Grant us attentive minds to meditate on your Word.  
Keep us steadfast in faith and prayer  
Whatever each day may bring. *Amen*

# Who's who

**Minister**

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**Lettings**

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**Junior Church**

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**Bookworms**

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**Coffee & Chat**

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**Prayer Circle**

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**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)

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Church contact number

 01494 520365 (answer phone)