

Trinity News



August / September

Ministers Muse New beginnings

August and September mark a time of transition (in my mind at least) from holiday season back to ‘normal working’. And this issue of Trinity News covers that transition period – from summer holiday season through to the start of the new term and new Connexional year.

The 25 years as student and teacher are still engraved on my mind, with the memories of new uniform, the pristine new exercise books (until I got careless, the newness wearing off), or getting the new class settled in. After the long summer days, there was the desire to get back into routine, to catch up with friends at school, to find again the rhythm of work and rest, the sense of purpose and discipline that came with the new school year. I am no longer in formal education, but there is a change of pace with the arrival of September. The traffic gets heavier as the school run begins again. Various activities re-start, having taken a break over the summer whilst many people were away. There is a renewed rhythm and routine, busier than the more laid-back atmosphere of the summer months. Even the weather helps – the sultry days of summer giving way to the cooler, but hopefully no less sunny, days of Autumn, and in particular September. And with the cooler weather, comes renewed energy. The changes that come with the seasons are less obvious than perhaps they once were, when our patterns of work were linked to the land. But there are plenty of other changes. September brings a new school year, some young people leaving home, or changing schools.

This September, as so often, there are changes in the circuit: a new member of staff to welcome – Deacon Bill Topping. I’m looking forward to getting to know him, and working with him, and I’m sure we will all learn from each other as we continue our journey of faith. Things have changed here at Trinity too. You’ve been working with Gail for 10 years, having a deacon as well as varying presbyters (who have been more or less involved over that time). Now you just have me. All these changes are part of the rhythm of life.

Beginnings and endings, changes and continuity, busy periods and calmer ones are all part of life’s pattern. We still need those varying patterns – the busier times and the quieter ones, opportunities to begin anew. The pattern of work and rest are God-given, so whether you’ve been waiting for the rest of the population to go back to work and school so you can holiday in relative peace, yearning for the schools to return and the regular round to re-start, dreading what the autumn will bring, or wondering how it will work with me as your only minister, may we all find God’s peace and presence in the changing patterns of the seasons.

Rev Helen White.

Bible a Month: Iran

“The Lord is righteous in all he does, merciful in all his acts. He is near to those who call to him, who call to him with sincerity”. Psalm 145, vs 17-18. (GNB)

Iran is a country in the Middle East, between the Caspian Sea and the Persian Gulf. It has borders with Turkmenistan, Azerbaijan, Armenia, Turkey, Iraq, Pakistan and Afghanistan. It covers an area of 636,000 sq miles (the UK is 94,058), and has a population of 88 million. The official language is Persian Farsi, but there are many others. The literacy rate, people who can read and write, is 88%

It is a criminal offence in Iran to convert from Islam to Christianity. The intended effect is to confine Christianity to the traditional churches of Iran's ethnic minorities, like the Armenians and Assyrians. It isn't working. The country's rapidly growing evangelical churches, illegally holding services in Farsi, are packed.

Here at home, the charity Welcome Churches, a Bible Society partner that now has more than 1300 member congregations, has been working since 2018 to see every refugee welcomed by a church. Many are Iranian migrants who have fled persecution. Others are non believers looking for a community to belong to. Many give their lives to Jesus.

“We work with churches and detention centres to make sure that Bibles are supplied, free of charge, to those who need them” says Bible Society's Chantelle Baker.

Prayer Pointers

- Pray for the underground churches in Iran, that the eyes of the authorities will not see them, and that they will continue to flourish.
- Ask God to encourage the team of Bible Society workers as they strive to get a million Bibles into Iran in the coming years.
- Pray for Iranians who have fled Iran. As refugees they're extremely vulnerable and could be returned to Iran at any time. Pray that exile is an opportunity for them, both to build a new life and to find God.

Mission Possible: A million Bibles for Iran

By Nahid Sepehrifard, of the Bible Society.

Iran is one of the toughest places on earth to follow Jesus, but the underground church movement is vibrant and growing. Bible worker Nahid is aiming to get a million Bibles into Iran over the coming years, and she needs your prayerful support to achieve this.

Nahid is Iranian but can't go to Iran because Bible Society was expelled in 1990, so she works wherever in the world she and her laptop happen to be.

Historically, the population of Iran is overwhelmingly Islamic, but things got very difficult for Christians when the pro-Western monarchy was replaced with a clerical dictatorship in 1979. Bible Society in Iran, then led by Nahid's father, struggled through the 1980's.

“My father wanted to print Bibles in Iran” Nahid says. “He was not allowed. The new authorities were offended by the claim that Jesus is the Son of God. They wanted that removed. My father would not allow that. He fought and he won. He was able to print Bibles in Iran until February 1990, when everything stopped”

Pressure increased on churches that held services in Farsi, Iran’s main language. One by one, the pastors were killed. Despite this, there are now hundreds of thousands of Christians in Iran and some estimate a million or more.

“Even the Government admits that Christianity is growing. Persecution has made the Church stronger. When life is good, you can forget God. But pain draws you to God. Many young Iranians want to know Jesus” says Nahid.

Nahid dreams of returning to Iran to give out one million Bibles freely. “It won’t be soon, but we know it will happen. We’ve got to be ready”. For now, Nahid and her small team have a thriving ministry among Iranians who live outside of Iran and have a livestream on social media that takes prayer requests.

Nahid thanks Bible Society supporters for their regular giving and support of her ministry.

From Top To Bottom

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Today was the absolute worst day ever
And don’t try to convince me that
There’s something good in every day
Because, when you take a closer look,
This world is a pretty evil place.
Even if
Some goodness does shine through once in
a while.
Satisfaction and happiness don’t last.
And it’s not true that
It’s all in the mind and heart
Because

True happiness can be obtained
Only if one’s surroundings are good
It’s not true that good exists
I’m sure that you can agree that
The reality
Creates
My attitude
It’s all beyond my control
And you’ll never in a million years hear me
say that.
Today was a good day

Now read from end to start.

Visit to Sierra Leone

In February Christian Aid's Chief Executive Officer (CEO), Patrick Watt, travelled to Sierra Leone to see Christian Aid's programme first-hand and spend time with partners, funders, and political and religious leaders in the country. Here Patrick shares his reflection on the trip.

It was 18 years since I'd last visited, while working for another organisation, and much had changed – a lot of it for the better. The most visible scars from the brutal civil war have gone; the road network has improved, and civil society is vibrant and effective. On the flip side, both in Freetown and in travelling to Pujehun district and Bo, in the southeast of the country, it was clear that environmental pressures are rising from a combination of climate change and local degradation, with deforestation a growing problem for both rural and urban communities. For a country heavily dependent on food and fuel imports, COVID and the war in Ukraine is hitting Sierra Leonean's economy hard.

Christian Aid has been working in Pujehun, which is one of the most rural, least densely populated, and poorest districts of Sierra Leone, for over twenty years. Aside from some diamond mining, the economy is almost entirely agricultural. The land is verdant and productive, but the storage and distribution infrastructure to get products to market is minimal, and access to credit and market information is often lacking.

I spent a day in Pujehun, meeting Christian Aid partners SEND and RADA, and local government in the district offices. I also visited one of the 20 villages where we've supported the creation of Village Savings and Loans Associations (VSLAs). The Women's Empowerment and Leadership project (WEEL) project in Pujehun and Kailahun districts is designed to strengthen women's economic and social roles, given the close connection between gender inequality and poverty. The current project only started in May 2022, and although it builds on prior work with VSLAs in the area, it's still too early to draw any substantial conclusions from this latest iteration of the work.

However, two things particularly struck me. Firstly, significant non-financial benefits appear to be flowing from our work in setting up the savings union in Pujehun. It was striking to hear from the women involved in the savings union and the staff in the partner organisation about the project's more comprehensive benefits. Women in the two communities we visited told us they have increased confidence and access to information and can better participate in markets. We were told this has resulted as much from access to mobile technology, as we are partnering with a private mobile phone company with national coverage, as from the skills gained from community organising and the running of the VSLAs, and the added financial security provided by the savings union - although the introduction of mobile banking does appear to make savings easier to manage and less vulnerable to theft. These less immediately quantifiable benefits need to be captured in the ongoing learning and evaluation of the project, alongside progress against the baseline for savings and mobile phone usage.

The integrated approach to the project – which links to efforts to boost women's political participation in local government and health-seeking behaviour- also plays a part in these broader social benefits. I met with a local woman, Mary Selous, the first woman in a culturally conservative and predominantly Muslim district to be elected to the council due to

the programme we're supporting. She described how new women councillors had changed dynamics in the district, put issues that significantly matter to women up the agenda, and increased transparency and political participation. These political changes may have played a role in the reduction in maternal and child deaths reported by the district medical officer in Pujehun town. The effects of increased political participation by women on community perceptions of the effectiveness of local governance need to be tracked systematically over time across the project sites – and measured against the situation in communities not reached by our work.

The other thing I took away from the visit was the need for further investment in advocacy to improve market access for communities participating in the savings union. I was told that the transport and communications infrastructure in the district has improved, and it was clear that much work has been done recently on the road network. This has the potential to lower the cost of getting goods to market and the cost of inputs for farmers and small businesses. However, I suspect more work is needed to create a more robust enabling environment for SMEs and smallholder farmers, support economic diversification and progress up the value chain for women participating in the savings schemes. These are areas that colleagues in Sierra Leone are keen to explore as they look to scale up the WEEL project and provide better evidence of its impact.

Reflections on the visit

Overall, I left Sierra Leone encouraged by the reports of positive impact in our work, both in Pujehun and in the other parts of the country in which we work, impressed by the quality of our partners and their broad and deep links with communities, and inspired by how our programme is working to fully integrate our strategic approach to poverty, power, and prophetic voice. With deep cuts to UK aid for Sierra Leone in recent years, this work is more reliant than ever on private donations and new funding sources. Fortunately, we're seeing new funders who are buying into the focus and ambition of our work and want to follow the programme's story as it develops

Help us keep our bills down.

Like many of us, when having to change Utility Suppliers, our electric and gas bills are now much greater, even when using a broker that specialises in getting good deals for churches.

Our most expensive to run items are the tea boiler and the dish washer. When the tea boiler is active, it's like running a kettle over and over again.

The dish washer has to heat about 4 kettles full of water and keep it heated until it's used.

To keep this expense to a minimum, if you need to use these items please only switch them on half an hour before using them and turn them off as soon as finished.

Another expense is our toilet hot taps. They are heated by electricity, so if left running (which has happened) can run up quite a large bill. Please make sure that all taps are off before you leave.

A bit of a Quiz to keep those brain cells going over the summer!

1. Who was inaugurated as Vice President of the United States on January 20th 2025?
2. How many dots are there on a pair of dice?
3. What was the name of Phileas Fogg's valet in the Jules Verne classic, Around the World in Eighty Days?
4. What is the capital of Peru?
5. What river flows through Paris?
6. Within 10 years either side, when was Marmite invented?
7. What African country was formerly known as Abyssinia?
8. What is the world's biggest island?
9. What does BMW stand for in English?
10. What did the crocodile swallow in Peter Pan?
11. Which ship did Charles Darwin sail on which led to his theory of evolution?
12. How many signs are there in the Zodiac?
13. Which country is the largest producer of vanilla?
14. What is the name of the town in which the Flintstones live?
15. Which actress won her first Oscar for "Kramer vs Kramer"?
16. Blueberries are native to which continent?
17. Which is the only bird that can fly backwards?
18. What is the name of Dorothy's dog in "The Wizard of Oz"?
19. In which English city was the band Oasis formed?
20. Which French Patisserie means "lightening" in French?

With thanks to LIVERNEWS, the Liver Patient Support Newsletter.

Answers to this quiz and the "Find the Animals" are later in the magazine.

Have a go before checking the answers.

BIBLE ANIMALS

A T R R G F O R C T M H D E C I D W N H
 T R N M K D Q K E U X I K F H D B L O E
 E I J E F L R N L S C O R P I O N S P S
 H G R G P K H E D O B C W E A A B X H S
 J B D H O R Z Z R R G A A F N P R E C O
 H L D I A D E H X R A R T T P A E G H E
 X N D D R W W S H H B P C D R P U Y D E
 T Z H J O T K N H G X X O E G E N P A A
 O S P B X F R Q D H S G O E E O S D U G
 H H U I E S N A D I O H S R L I O N H L
 G H P C F X U L P P H R A E B N F M B E
 V H B R O F E B Z P W H S B K T B R G R
 N X F O W L I W N O B Y D E H R G B O L
 D D D M E J E G R P O E Y T D B D R A G
 N D H M C K E E A O R N Y A A F Z D T A
 T F A E V S W Y B T G A P D L P L F U E
 N C O H I P V S G A F E V O D N I J B O
 W B H M Z F W L V M L C W E J L A G H B
 D U O O D W H Q W U E T K E N L U T B L
 H A Z F P F O X F S L S B D P Q Q W B N

ANT	EAGLE	HORSE	PARTRIDGE
BEAR	FOX	HYENA	QUAIL
BEE	FROG	LEOPARD	RAVEN
CAMEL	GOAT	LION	SCORPION
DEER	HARE	LOCUST	SERPENT
DOG	HAWK	MULE	SHEEP
DONKEY	HIPPOTAMUS	OWL	WOLF

Family Trip to Tynemouth Beach in the 1950's.

Going on the train to Tynemouth beach,
An exciting journey to the sea.
Carrying a bucket or spade each,
Adventures ahead, we'll be carefree.
Around the rock pools we will explore,
Hoping a crab has been washed inshore.

Soon we're all hungry; ready to eat,
So we build a table out of sand,
Use towels for a cloth and also a seat.
Egg sandwiches crunch with sand from my hand,
Orange juice poured from glass bottle to cup.
Picnic soon over, we hurry to get up.

Building a castle and moat is quite a task,
We carry buckets of water with determination.
It sinks in the sand no matter how quickly we act,
Pebble, seaweed, shells used for decoration.
Burying each other from neck to feet,
We pat and flatten the sand smooth and neat.

Now, as the tide rushes out to join the rest of the sea,
We stand at its edge; water sucks the sand from beneath our toes.
We're floating on water; we count one, two, three.
We're surfing, arms outstretched in a balancing pose.
Its magical; water and sand making this sensation,
My body and mind entwined in pure elation.

Sadly, packing up at the end of the day,
Pulling on clothes and walking up to the ramp,
Sitting on the wall, rubbing off sand, we want to stay.
Socks and shoes put on feet still sandy and damp.
Sand that was silky, now transformed into sandpaper,
Rough on my feet, my socks wrinkled like crepe paper.

Walk up to the station; we're quiet, no squealing.
Weary bodies, sunburnt skin, now ready for home.
Contentment doesn't quite cover the feeling,
More like sheer happiness, a day shared, freedom to roam.
The inner glow of love might be a bit of a cliché
But life doesn't really get better than today.

Margaret Montgomery. *A Wallsend Writer- part of a group of writers based at Wallsend and Battlehill Libraries, who meet once a month. The groups have established themselves in the Wallsend area and have hosted numerous, well-attended events to celebrate the written and spoken word.*

Points to Ponder

- Nobody has it easy. Everybody has issues. Life happens. You never know what people are going through. So pause before you start judging, mocking or criticising others. Everyone is fighting their own battle. *The Old Words*
- You can't change someone who does not see an issue with their actions. You can only change how you react to them.
- Give me a quiet life. One where I can hear the trees rustling in the wind, raindrops on the windows, pages of a good book being turned, coffee being brewed, and the heartbeats of the ones I love. *Positive Lives*
- Sometimes you just have to stay silent because no words can explain how you feel. *Still Moments*
- Sometimes your circle decreases in size, but increases in value. LIFE is not about the quantity of friends you have. It is about the quality of friends you have.
- Breaking someone's trust is like crumpling a perfect piece of paper. You can smooth it over, but its never going to be the same again. *Still Moments*
- The most beautiful things in life are not things. They are people and places and memories and pictures. They're feelings and moments and smiles and laughter. *Enlighten your mind.*
- Sometimes you have to let go of the picture of what you thought life would be like and learn to find joy in the story you are actually living. *Spirituality.org*
- Time is the only currency you spend without ever knowing your balance. Use it wisely.
- Thank you to the special people in my life who have listened without judgement, helped without conditions, understood with empathy, and loved me no matter what.
- I am thankful for all those difficult people in my life; they have shown me exactly who I do not want to be.
- Your journey is not the same as mine, and my journey is not yours, but if we meet on a certain path, may we encourage one another.
- Life has a funny way of teaching us. It will create a deep sadness, so we know how to truly understand happiness. It will create chaos in our lives, so that we may appreciate the peaceful times. And it will take away those we love, so that we truly understand what their presence meant to us. *Still Moments.*
- Time decides who you meet in life, your heart decides who you want in your life, and your behaviour decides who stays in your life. *Still Moments*
- Some days the memories still knock the wind out of me.

The above are all freely available on the Internet and are acknowledged where possible.

What Sense!



I was on the bus going into town to do some shopping. Many of the usual faces that have a similar weekly shopping routine were also on the same bus. Some were deep in conversation while others sat in silence in the world of their own thoughts. The bus slowed as it got near to the roundabout and lined up behind a couple of cars waiting its turn to navigate around the

roundabout. Suddenly my eye caught something moving just to the right and in front of the bus. It was a squirrel scampering across the road, missing any moving vehicles with such agility before jumping up into a tree on the other side of the road. It was so quick I almost missed it. I don't think anyone else actually saw it, except I reckon the bus driver must have noticed. Its speed and agility were quite outstanding. I thought of other creatures known for their speed - the cheetah, the fastest land animal that can run up to 75 miles an hour. However, the peregrine falcon is the fastest member of the animal kingdom being able to travel over 200 miles per hour. Wow, we would need to travel by car in order to compete with a cheetah and the peregrine is twice as fast as an express train. We still claim that humanity is the superior species!

Scientists are beginning to learn the secrets of many species of creatures. Have you ever tried to swat a fly without success? That's because the fly sees in slow motion so our quick action with the swatter appears slow to the fly giving it enough time to escape before the swatter reaches the place where it has been. Some creatures, like the North American caribou, see in ultraviolet light while others see in infra-red, allowing them to see things that we have great difficulty making out. There is a moth that can smell a future mate from up to 7 miles away while rats and moles smell in stereo, helping to locate food. Other creatures can hear sound inaudible to the human ear. Some dog owners use a special high frequency whistle to attract the attention of their pet - something they can hear but we humans can't. Other animals hear and use very low frequency sounds. There are many such instances of heightened senses in the animal world that are impossible for humans. When I think of the wonders of the natural world, it makes me aware of my limitations as a human being, in speed, sight, smell and hearing. Humanity is just beginning to tap into this wealth of knowledge and using it for good as in ultrasound scans and infra-red cameras and binoculars that enable you to see in the dark.



The sad thing is that most of the people (if not all) on the bus that morning were totally engrossed in their own world of thought and conversation and quite unaware of life that was going on around them. I felt that I had just had a glimpse for a few seconds into a kind of

parallel universe where life was lived without our being aware of it. When we consider the incredible variety and abilities in the natural world that is all around us, how can we not marvel at our wonderful Creator? What a Wonderful World! Indeed!!! I know that many live very busy lives and aren't as fortunate as I am in having the time to just be, observe and think. But I guarantee that if you can possibly make time, you will greatly enrich your life by doing so. Our God is a great big God and there is a whole great big world outside of the bubble I call my life. So much to see and so much to learn. Up until now I have only mentioned animal forms of life but the whole of creation has so much to teach us if we would stop, look, listen and learn.

Lord, remind me to make time to just be in your creation and be aware of what you want to teach me.

From the blog of Mavis Andradez

Quiz Answers

- | | |
|---|------------------|
| 1. J D Vance | 11. HMS Beagle |
| 2. 21 on each, therefore $21 \times 2 = 42$. | 12.12 |
| 3. Passepartout | 13.Madagascar |
| 4. Lima | 14.Bedrock |
| 5. The Seine | 15.Meryl Streep |
| 6. 1902 | 16.North America |
| 7. Ethiopia | 17.Hummingbird |
| 8. Greenland | 18.Toto |
| 9. Bavarian Motor Works | 19.Manchester |
| 10.An alarm clock | 20.Éclair |

The rule of I before E

Except when your foreign neighbour Keith receives eight counterfeit beige sleighs from feisty caffeinated weightlifters!

Smile !

- I am a person who wants to do a lot of things, trapped in a body that doesn't.
- I'm a kid at heart and a senior citizen at knees and back.
- At a couples counselling meeting, the speaker mentioned that couples are so disconnected that 85% of husbands don't even know their wives favourite flower. Mick turned to his wife and whispered, "It's self raising, isn't it?"
- I just heard a major oil company is starting to make renewable fuel out of insect urine. I think its BP.
- After 15 years of sterling service, my clothes horse has broken. It's the end of an airer.
- My wife is leaving me because of my obsession with Astronomy. What planet is she on?
- I went to visit a psychic. When I knocked on the door, she yelled "Who is it?" so I left.
- Diana Dors' daughter Erin kept her maiden name after marriage.
- I'm busy reading a book about School Truancy. It's by Marcus Absent.
- My wife asked me if I'd seen the dog bowl. To be honest, I didn't even know he played cricket.

Lesser known Knights of the Round Table

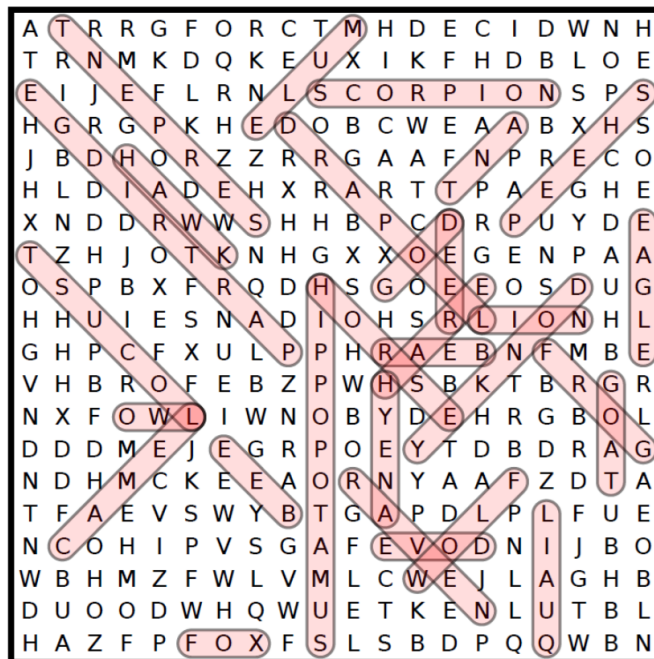
The knight who was afraid to fight:	Sir Render
The knight no one believed:	Sir Real
The knight too big to sit at the table:	Sir Round
The knight who designed the table:	Sir Cumference
The undercover knight:	Sir Veillance
The knight who was not killed in battle:	Sir Vivor
The knight who exceeded expectations:	Sir Passed
The knight who showed up unexpectedly:	Sir Prize.
The knight who overcame obstacles:	Sir Mount
The knight who funded the kingdom:	Sir Tax
The knight who kept the maps up to date:	Sir Veyor
The knight who stood in for the king:	Sir Rogate
The knight with a fragile ego:	Sir Amic
The knight who wasn't needed:	Sir Perfluos
The knight who liked to dance:	Sir Prance A Lot.

With thanks to LIVERNEWS, the Liver Patient Support Newsletter, (LIVERNORTH).

Sunday Rotas

Sunday	Door Steward	Flower Rota	Flowers Donated To
3 rd August	Maureen Mills	Bill & Shirley Filmer	During the last months our Communion Table flowers brought their beauty and our thoughts and prayers to Gail Morgan, Helen White, Maureen Mills, Chris Carroll, Mabel Bell, Janis Duff, Lorna Morgan & Dorothy and Alan Barker.
10 th	Brian	Alan & Dorothy Barker	
17 th	Derek Ormston	Sylvia Aston	
24 th	Lorna Morgan	Pamela & Allan Fender	
31 st	Mick Watson	No donor at time of print	
7 th Sept	Anne Humphrey	David Ashley	
14 th	Derek Ormston	No donor at time of print	
21 st	Sylvia Aston	Susan Bewley	
28 th	Maureen Mills	Bill & Shirley Filmer	

Sunday	Preachers	Church Steward
3 rd August	Mr Tim Rogers	Susan Bewley
10 th	Rev Susan Richardson. Communion.	Pamela Fender
17 th	Mr Keith Jones	Mark Burdon
24 th	Mrs Margaret Harrison	Susan Bewley
31 st	Rev Helen White	Pamela Fender
7 th Sept	Mr Michael Ball	Susan Bewley
14 th	Rev Helen White. Covenant Service.	Pamela Fender
21 st	Ms Jane Johnson	Mark Burdon
28 th	Mr Tim Rogers	Susan Bewley



What's On at Trinity (August/September 2025)

Regular Events

Please note that most Young People events are off during summer holidays

Day	Event	Contact	What Age
Sunday	10.45 Worship Service in church	alan@trinitymethodist.church	All Ages
	11 a.m. Forward in Faith Worship in the hall.	tchawana82@gmail.com	All Ages
Monday	Bloom Baby Classes	jennifer@bloombabyclasses.com https://www.bloombabyclasses.com/bloomnorthtyneside In the hall	New-born to Walking (15 months approx.)
	1p.m. Trinity Tea Dance	alan@trinitymethodist.church In the hall	Any but mostly 50+
Tuesday	12 noon. Hand in Hand	wallsend@handinhandproject.org.uk In the hall, kitchen and lounge	65 +
	5.15 – 8.30 Girls Brigade In the hall	pam_9@outlook.com N:vestigate - Reception to Year 2 and N:gage - Year 3 to Year 5 @ 5.15 - 6.45 N:counta - Year 6 to Year 8 and N:spire Year 9 + @ 7 - 8.30	Reception to Year 9 5 to 14 years
Wednesday	5 - 9 p.m. Squirrels, Beavers, Cubs and Scouts.	Gemma.milbanke@northumberlandscouts.org.uk In the hall	4-14
Thursday	Fellowship Group 12 to 2 p.m.	Usually in the lounge. 3 rd Thursday each month	Any Age
Friday	1.30 p.m. Line Dancing	stephencmp@aol.com In the hall – Doors open at 1.15 pm	Any but mostly 50+
	6.30 Trinity Youth Club	alan@trinitymethodist.church In the hall and lounge	8 to 10s
Saturday	Blue Door Drop In 10 to 12 noon	alan@trinitymethodist.church In the lounge. This is a Warm Space with sandwiches etc provided free by the Local Council when available.	All Ages