

# Trinity News



LENT  
*Prepare*



February 2024

You are invited to travel through Lent as pilgrims together with the theme for this year.



We will meet in a small group each Thursday at 10.30am for one hour to discuss and reflect on the theme for that week each one a line lifted from “Love divine, all loves excelling” beginning on Thursday 15<sup>th</sup> February.

The themes are:

- **Week 1** - “Unbounded love”: Jesus’ baptism and wilderness experience – God’s love bursts the barriers of heaven, and then bursts into the realms of darkness.
- **Week 2** - “Visit us with thy salvation”: Losing our life (psyche) to find it – the ways we attempt to insulate ourselves from God’s love.
- **Week 3** - “Pure and spotless let us be”: Turning the tables in the Temple – corporate religious attempts to boundary God’s love.
- **Week 4** - “Finish then thy new creation”: God’s unbounded love for the cosmos.
- **Week 5** - “Changed from glory into glory”: Like a seed that has to die before it bears fruit, death is no barrier to God’s love.
- **Week 6** - “Till we cast our crowns before thee”: As Jesus entered Jerusalem the people responded by taking off their cloaks. What’s our equivalent?
- **Holy Week** - “Lost in wonder, love, and praise!”: As Jesus becomes bound by his opponents, will God’s love stay bound?

The title is taken from Charles Wesley’s well-loved hymn, ‘Love divine’

Through Lent we will be reflecting together on the transforming power of God’s pure and unbounded love. These materials offer an opportunity as a community of faith, nationally and locally, to prepare ourselves for gathered worship throughout Lent, and over the whole of Lent to prepare for Easter.

### Sunday Rotas

Sunday	Door Steward	Flower Rota	Flowers Donated To
4 <sup>th</sup> February	Maureen Mills	Bill & Shirley Filmer	Lorna Morgan, Sylvia Aston, Shirley Filmer, Alan Barker, Lucy Still, Jean Trewick, Pamela Fender, Dorothy Barker, Peggy McCollough, Janis Duff, Jean & Bill Christie.
11 <sup>th</sup> February	Derek Ormston	Maureen Mills	
18 <sup>th</sup> February	Howard Hedley	Doreen Kirtley	
25 <sup>th</sup> February	Sylvia Aston	Sylvia Aston	
3 <sup>rd</sup> March	Doreen Kirtley		

Sunday	Preachers	Church Steward
4 <sup>th</sup> February	Mr Michael Ball	Mark Burdon
11 <sup>th</sup> February	Rev Gavin Hume and Deacon Gail Morgan. Communion Service	Margaret Storey
18 <sup>th</sup> February	Mr Adam Wilkinson	Pam Fender
25 <sup>th</sup> February	Deacon Gail Morgan	Susan Bewley
3 <sup>rd</sup> March	Rev Susan Richardson	Alan Barker

## Ministers Muse

Dear Friends

It's dark outside as I sit at my laptop to write this letter. I can just see signs of a new day dawning. I wonder how you feel about a 'new day dawning.'

For some it'll be the beginning

- of a long day which fills you with dread
- of a long day filled with too many things to fit in
- of a day filled with possibilities
- of a day that fills you with joy
- of a day when you're not sure how you feel

Whatever your day holds for you I pray you will know that God surrounds you with love that we cannot measure, that you will know God will always be with you whatever your circumstances and even when we have doubts God is there for us willing us to draw closer. In Psalm 139 the psalmist recognises that God is always near to us. 'You have looked deep into my heart, Lord, and you know all about me.' Let us take comfort in these words as we travel through these next days and weeks. God **knows** us and loves us for who we are. He is our **faithful** God in whom we can trust.

'Faithful One, so unchanging,  
Ageless one, you're my rock of peace. Lord of all I depend on you.  
Lord of all I depend on you,  
I call out to you again and again.  
I call out to you again and again.  
You are my rock my rock in times of trouble.  
You lift me up when I fall down.  
All through the storm your love is the anchor,  
my hope is in you alone.

*Brian Doersken*

*Love, prayers and blessings,  
Gail*

### We Pray for Peace

Dear Lord, there is so much going on in the world...

So much that is upsetting and beyond my control.

Please help me to cast my cares on you. Help me to turn my worry time into prayer time.

Please help all who are dealing with tragedies, illness, adversity, and losses.

Please put your angels about those who are in harm's way.

Please pour out your blessings on all who are in need and help us all to find your peace that passes understanding.

Thank you for being with me each moment of this day. In Jesus' name I pray. Amen.

## Fellowship / Lent Group

In a recent service, Gail asked us a question ‘Who is God is for you?’ A few people responded, but I’m sure many more of you were answering that in your own minds. I hope it set you thinking.

At our monthly fellowship it was picked up again and then we looked at a small booklet called ‘A story to tell’.

It is a 30 day journal with a simple question each day and a blank space for our answer, helping us to discover who God is for us.

Questions like:

What am I thankful for today?

What brought sadness today?

What would I like to praise God for today?

Where or how has God surprised me this week?

This can be used for personal reflection or it can be shared with a friend where you can meet each week to discuss your answers of that past week.

If you would like a copy of this booklet, Deacon Gail Morgan has a supply of them. Please ask her for one.

For the season of Lent, our monthly Thursday fellowship group will change into a weekly Lent course, meeting at church 10.30am for one hour for six weeks, over coffee and biscuits. The first one will be 15th February.

It would be lovely to see you come along and share in fellowship as we learn and grow in our faith together.

*Margaret Storey*

### **.....just for your information!**

At the back of the church there are two tables with an assortment of items on.

One is a display of books, CD’s, DVD’s and Christmas wrapping paper. Please feel free to browse. There is a donation plate if you would like to take anything. If a donation is a problem, then take an item as a gift!

On the second table there is literature on various information. Please help yourself.

Also there are some very small empty jars that you are invited to take and return filled with 5p pieces!! These will go to church funds.

You will also see a bucket, which is a makeshift well. This is to deposit your shrapnel in for Nicaragua to help another well be dug. As Nicaragua is the churches chosen charity for this year, larger donations can be handed to our treasurer, Bill Filmer.

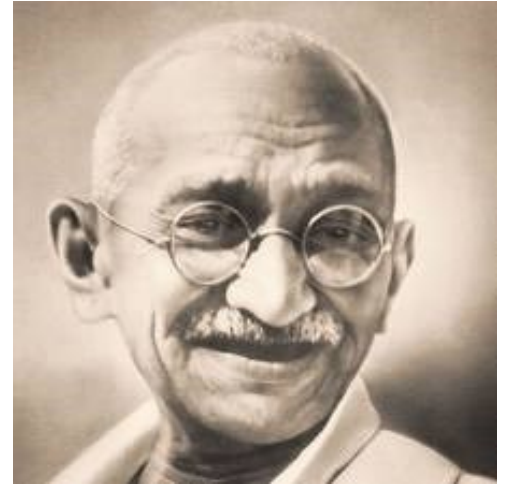
This magazine is for you all, but we have very few who actually contribute an article to be included. Can we encourage you to write something small and pass it on to our editor, Alan Barker?

We have a notice board in the vestry where you will see the flower rota list. If you would like to add your name to donate the flowers one week to be placed in the church sanctuary, it would be much appreciated.

# Gandhi

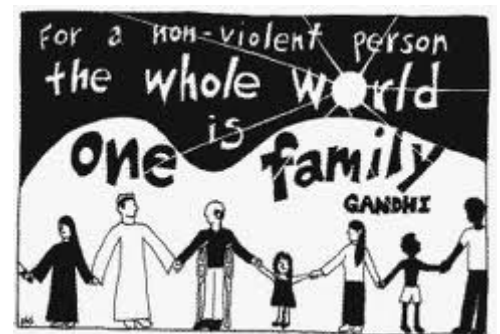
I recently watched again the film about the life of Gandhi. It always leaves me with questions - about myself and the way I think and live and also about Christianity and my own nation's history.

His life's work was to oppose injustice and poverty - surely things that the Body of Christ should be involved in. He wasn't just involved - he was totally sold out to changing society and it's attitudes to the 'underclass'. How often are we concerned but then soon sit back into our comfortable lifestyle bemoaning that we can't really do much? What can I do? How can I make a difference where I am?



One of his well-known sayings is 'An eye for an eye only makes the whole world blind.' We often quote this verse about an eye for an eye, sometimes erroneously justifying our stance against something, but really as Christians this is Old Testament teaching and Jesus continued to say ... .. 'but I say unto you - do not resist an evil person. If someone strikes you on the right cheek, turn to him the other also ... .. 'Gandhi even quotes this verse to his followers insisting that they should oppose but without violence or retaliation. Another quote of his is 'When I despair, I remember that all through history, the way of truth and love has always won. There have been tyrants and murderers and for a time they can seem invincible but in the end they always fall.'

For me, he lived like Jesus, obeying His commands. Yet he was a Hindu. When I think of how the British hierarchy in India at that time massacred defenceless Indians because they were opposing unjust laws, demanding that they pay rent to their landlord (the British) when they had no money to pay because British cloth had flooded the market wiping out the local trade, and compare those acts of imposing sovereignty to Gandhi's response, I can't help wondering who God would look upon as Christian and following Jesus's teaching. Most people are brought up in the religious tradition of their ancestors and much of our religious leanings are therefore family and nationally orientated. But God looks on the heart. After all the whole world is His.



*From the blog of Mavis Andradez*

### 3 Fairtrade farmers tackling the climate crisis

*(Fairtrade Fortnight from Tuesday 27<sup>th</sup> February till 12<sup>th</sup> March 2024)*

Farmers play an important role in our everyday lives, and yet their everyday lives are often forgotten.

In a world that is increasingly seeing the impacts of climate change, farming communities are often the worst affected despite having done least to cause the climate crisis. These communities, which are already facing hardships due to unfavourable trade practices and unfair prices, are now also having to deal with increasingly extreme weather and more frequent plant diseases. Many farmers are already changing the way they farm. Meet Foncho, Sadick, Liliane and Mauro, who with the support of Fairtrade, are doing what they can, so that they can keep growing the foods we love to eat here in the UK.

**Albeiro Alfonso Cantillo – a farmer born into bananas.** Albeiro Alfonso Cantillo, or Foncho as his friends call him, is a banana farmer in the Magdalena region in Colombia. He was born into bananas, as his farm has been passed down from generation to generation. However, climate change is increasingly putting the livelihoods of farmer's like Foncho at risk. Unpredictable weather patterns, rising temperatures, hurricanes, droughts and floods are some of the effects of climate change. For countries in Central America and the Caribbean, this means less rainfall and more extreme temperatures.

Not only are changes in weather having an impact on what is one of the UK's favourite fruits, but because of these changes pests and diseases are also spreading their way through Latin America, Asia and Africa.

Bananas are extremely susceptible to Tropical Race 4 Fungus (TR4) and black rust. TR4 is a soil-borne fungus which gets into the plant through the roots and affects the way it takes in water, whereas black rust is caused by thrips, a type of insect.

However, according to Foncho, with Fairtrade, banana farmers now have “the tools to fight the effects of climate change”. Being part of a Fairtrade-run initiative called Productivity Improvement Programme (PIP) has provided farmers with ways to manage plant diseases, reduce carbon and water footprint and improve fruit by using bio-fertilisers. Through this, they have saved money, used less water and improved the health of soil. “Today my production is higher, the black rust control is better, I have a better stability inside my plantation”. **Foncho says that he is grateful for the stability of the Fairtrade Minimum Price which provides a safety net for growers.**

**Sadick Abanga – the farmer planting trees for the future**

Sadick farms nine acres of land in Ghana for cocoa. He's been doing this for 18 years and it's getting increasingly difficult due to the climate crisis. Part of his farm lies high on a rocky, steep hillside, unfriendly terrain for cocoa plants. When he first bought the land, he said: “It was so bare rays of sunshine hit the land.” As cocoa is sensitive to environmental changes, growing the beans is becoming increasingly difficult and uncertain due to rising temperatures, volatile rain patterns and the increased susceptibility of trees to drought.

Now, since being part of the dynamic agroforestry (DAF) project, his farm is protected by the shade of a variety of trees. This is a technique he discovered after joining the project, which offers farmers from Sadick's co-operative training in methods to adapt to climate change by improving soil, planting for shade, and attracting biodiversity.

Dynamic agroforestry is a combination of agricultural cultivation and agroforestry where farmers create natural forest-like systems that support a large variety of different food crops. By mimicking natural forests, these methods bring many benefits such as soil fertility enhancement, reduction in pest and disease pressure, erosion control plus extra income.

Sadick says, "In the past we used to cut small trees, burn the bush to clear everything from the land to get rid of weeds... I didn't know I was punishing the land, now because of this project I've seen the benefits, there are more nutrients in the soil."

Sadick explains that now the farmers do not apply weedicide or any chemicals, because the legumes they plant add extra nutrients as well as income whilst they wait for the cocoa to grow. The climate and cost of living crises are severe threats to the livelihoods and communities of farmers like Sadick, but working as part of a team, with Fairtrade behind them, means they are able to access the support they need to keep on farming the cocoa we love. In Sadick's words, 'we have officers to give us training and education, bonuses from the Premium, and they don't discriminate, whether you are male or female you have a voice.'

Husband and wife duo, Liliane and Mauro farm coffee in Minas Gerais located in Brazil's Serra da Mantiqueira, the land of specialty coffee. It was what Liliane's father did, and she wants her own teenage girls to be able to carry on the proud family tradition of producing top quality coffee, "our goal is for them to leave and study, but to return to the land where they were born and carry it forward", Liliane says. With the costs of farming going up, coffee prices increasingly volatile and the effects of the climate crisis deepening, it's hard to imagine that staying on the farm is an attractive career option for their children.

Their fellow coffee farmers in other parts of Brazil have suffered very badly from unusually heavy frosts, and the couple have noticed that the weather is getting increasingly unpredictable.

She and her colleagues in Ascarive, the Fairtrade co-operative they belong to, are trying out different methods for protecting their harvests. There's a risk these measures won't work but they have to try. The support they get from Fairtrade means they have access to expertise and information about what's been successful for coffee farmers elsewhere, as well as financial support.

So, what have they done to keep supplies of coffee flowing into our cups in the UK? As Liliane puts it, "we are not in charge of the climate, but we can collaborate a lot with it".

Her neighbour and Fairtrade farmer Maria Paul agrees. "We develop green manure projects, beekeeping projects... biodiversity development and protection. And this has brought several benefits to our region. Why? Because when the producers take better care of their crops and of nature itself, it will be more resistant to overcome these environmental disasters."

For Luiz, another co-operative member, it's changed how he thinks about farming: "today I think about taking care of my piece of land there, of the hectares of coffee there. Not just the coffee tree, but the soil. This opened my mind a lot."

Mauro believes it's not just about techniques but also about facing the challenges together. He says that "coffee production is what I know how to do, I enjoy doing, I love working with coffee, and I see a lot of future. There have always been setbacks. Inputs, climate change, everything. But together we will learn to overcome these difficulties."

Without immediate climate action, many of the UK's favourite foods will be much more difficult to grow within the next two decades. However, this will need a joint effort from governments, businesses, consumers as well as producers themselves. This includes providing farmers with a seat at the table in decision-making rooms, businesses transitioning to fairer purchasing practices and everyone making more sustainable choices in their shopping.

*From the Fairtrade blog, December 2023.*

## **'Eating stale bread is better than no food at all'**

It's been over 3 months since Hamas' horrendous attack on Israel, which saw over 1,200 Israelis and foreign nationals brutally killed, thousands injured and over 200 people, including women and children, forcibly taken into Gaza. During this same period, over 10,000 Palestinians have been killed in Gaza, including more than 4,000 children. On average, more than 160 children are being killed every day in Gaza.

Gaza is in the midst of a humanitarian catastrophe. There's been a full electricity blackout since 11 October, following Israel's halt of electricity and fuel supply. Half of Gaza's hospitals are out of action due to damage or lack of fuel. The number of aid trucks entering Gaza over the past month is equivalent to barely a single day of supplies needed before the current crisis erupted. Drinking water brought into Gaza is only enough for 4% of its population, and essential foods stocks are fast running out.

Around 1.5 million people have been forced to flee their homes which equates to nearly three quarters of Gaza's entire population, with most sheltering in UN run schools while others are staying in hospitals, churches and mosques.

### **Dima's story**

Christian Aid has heard from one of those displaced – 22-year-old Dima Ghanim, who was forced to abandon her home in Gaza city, is now living in the Khan Younis training centre. The centre is the most overcrowded UN-run displacement camp, sheltering over 220,000 people, and only has one toilet per 600 people. Dima is a trainee pharmacist and volunteers at a pharmacy at a health centre in the camp.

### **This is her story.**

'I'm living in a shelter crammed at ten times its capacity. With so many people, there is rubbish all over the place. The Khan Younis municipality can't take the garbage to the dumps so they throw it near residential blocks and shelters.



'A lack of clean water means that a lot of people are suffering from dermatological diseases and gastro-infections. People are also getting sick from viruses transmitted by mosquitoes. However, there is a shortage in medicine and stocks are nearly empty.'

We now call bread 'the gold treasure'. People queue for three or four hours at the bakery for bread that needs to last for at least three days..

'But eating dry, stale bread is better than no food at all. To avoid the queues people are making their own bread by cooking on stoves heated with wood.

'People are also turning the camp into a market so people don't have to leave and risk the danger outside. People are trading cooking pans, clothes, fruits, veggies and food cans.

'There was this woman with her sick daughter who came to the pharmacy and needed a medicine that has to be administered intravenously but this is something that can only be done at a hospital. It was 7pm and the streets were dark and she kept running to the door whenever she saw the light of a taxi that could take her and her daughter to a hospital. I don't know what became of the woman. She kept running after taxi lights.'

'It hurts my heart that I'm a refugee again. I'll have to tell my kids years later that I was a refugee in my own home. It's absurd how this can be the case. 'I won't forget that morning when I packed my backpack and left my home. I kept staring at my room for a while, thinking maybe it will be last time I'll ever see it. I tried to persuade myself that I was only leaving for a day and then I'll come back. Then after a few days, I told myself I'd only be away for a week. But I've been away for more than 2 weeks now. I'm more afraid of getting used to being homeless than I am of death.'

Aircraft and drones constantly fly over our heads. Everyday there are airstrikes nearby. There was an airstrike just a few minutes' walk away from the camp. It was terrifying and it sounded like it was actually inside the camp. Children were hiding under the tables.

'The other night I was dreaming that I was safe in a place far away from this chaos and woke up to the sound of rain and for a moment I thought the war was over. Then I looked at the ceiling and realised I was still in the camp. Worse still the rain had flooded people's tents and sewage had leaked in.

My father told me think of this as an experience that will make you stronger. If you can deal with this you can deal with anything else you'll ever encounter in your life.'

**Amid the ongoing violence, Christian Aid is supporting local partners in providing mobile medical and psychological care, and cash transfers to people displaced in Khan Younis. We're also supporting the small Christian community and their Muslim neighbours who are sheltering in Saint Porphyrius church in Gaza City.**

*From a Christian Aid Press release, Christian Aid website, December 2023. **Has anything changed??***

## **Walk a mile in my shoes and see what leprosy means.**

I'm Taranath and I am from Nepal. I grew up about three hours away from Kathmandu. My parents had not received much education and they made a living through farming. They did not take me and my siblings to school because they didn't understand the importance of education, so I spent my time working in the fields with my parents until some teachers from a local school visited my home and requested that I attend school.

I excelled at school and was able to get a scholarship. I was happy there, but when I was 10 years old, I got dry and red skin patches in many places on my body that had no sensation, no itching, and no pain. The fingers on my right hand were becoming weak and the fingers started to contract and claw. One day I was very near a fire in the cold season and I could put my hand very near the fire for a long time without feeling anything.

As my body began to suffer more and more, my parents grew sad, but they didn't know that they needed to take me to the hospital, so they took me to receive traditional treatments from a witchdoctor. My parents believed that God was angry and he was punishing me. I had many sleepless nights thanks to these treatments. These are bitter memories for me from a time when I was so young. The illness had nothing to do with God being angry and there was a cure that was freely available, but I didn't receive it for a long time. Thankfully, my uncle visited from Kathmandu one day and he told my parents that I might have leprosy. He gave us the address for The Leprosy Mission's Anandaban Hospital and we travelled there to find out more.

At Anandaban, I was diagnosed with leprosy and I was admitted for treatment, which included reconstructive surgery and MDT, which is the combination of antibiotics which is used to cure leprosy; the treatment I had needed for so long. My mother came with me to Anandaban and she stayed there with me while I recovered. She cried so much while she was there because she saw the disabilities that leprosy had caused in so many of the other patients. She became very distressed and the team at the hospital had to support her with some medication, counselling, and education around what leprosy is and how it's treated.

I had some neighbours and relatives who visited me at the hospital, but they were also distressed by seeing how leprosy can so badly damage a body. By the time I came back to my village, my friends would not speak to me. Our neighbours and relatives would no longer come to our home. They were afraid of the disease and afraid of me because they did not understand the disease. I dropped out of school because I faced too much discrimination and stigma.

We went back to Anandaban to receive help from The Leprosy Mission. They gave me counselling support and helped me to continue my studies. When I'd finished school they helped me to find a job at a rehabilitation centre where I could help other persons affected by leprosy and disabilities.

I received training and I excelled in the work as a physiotherapists' assistant, as I had in school. Some European visitors to the Centre were really impressed by my work and they told the head of the Centre that I should receive a promotion and a better salary. The head of the Centre refused, he said that I am a leprosy-affected person and so my mind is not in balance and I am like a mad person and they shouldn't have any further contact with me. After this, the Centre's

Board treated me differently and started to isolate me. I felt hurt at that time, I was very sad and I felt like I'd lost my dignity. I don't understand how they could have thought this about me.

Despite all of that sadness, I am now working as an employment counsellor at The Leprosy Mission's FOUND project. I am happy in my job, which allows me to support many other persons affected by leprosy and disabilities. I help them to find jobs and the dignity that I know can come with those jobs. Because of the sadness I have faced in my life, I want to use my work to make life better for other people who face such stigma. I want to change perceptions around leprosy and make Nepal a safer and happier place for all people who have or will experience the disease.

*The Leprosy Mission blog online. Jan 24*

## **Mission Update from Kenya**

*by James Howard Smith*

Joy Children's Village was started 12 years ago by Nazareth Hospital, a Christian outreach just outside Nairobi. It cares for about 60 children with HIV/AIDS, providing a family-based environment for girls and boys who might be ill or orphaned by their parents.

"Most of the children in the home ask questions about their situation" says Anne, a leader in Bible Society's Open the Book Kenya. "You notice a child seated alone in deep thought, or they'll ask why they take the ARV drugs and when they will ever stop. Older ones who know their situation sometimes want to harm themselves. How did Open the Book encourage such children? We use the power of Bible stories to point them to Jesus, the God who sees them."

Despite significant improvement, Kenya continues to experience an HIV epidemic. More than 100,000 Kenyan children have the virus, which can be transmitted from mother to child when a woman who is HIV positive becomes pregnant.

The youth wing of the Kenyan Bible mission team has embraced Open the Book as a dynamic way to sow the seeds of spiritual change, inspiring a Bible-reading culture among young people. Anne says, "Open the Book is so special to me. It stands out as a child-friendly approach to Bible outreach"

The children at Joy Village were introduced to stories of Tabitha being raised from death (Acts 9), and of Jesus healing a man on blindness. And because Open the Book combines narration with dramatization, the children were invited to join in performances of these stories. Anne says, "Open the Book makes it easy for children to remember Bible stories. This is the most unique and attractive children's programme we have, and it's something I missed when I was a child"

*From Bible a Month Prayer Letter, Winter 2023-24.*

## **Bible a Month: Kenya**

*“Let the children come to me and do not stop them, because the Kingdom of god belongs to such as these”*

Kenya is a country in Eastern Africa and has borders with Somalia, Ethiopia, South Sudan, Uganda and Tanzania. It covers an area of 224,081 million sq miles, making it 2.4 times bigger than the UK. It has a population of 57 million. Languages include English, Kiswahili plus many other local languages. The literacy rate, of people who can read and write, is 82%.

Kenya’s extraordinary natural beauty inspired the animated landscapes of The Lion King. This is a place where Christianity has been growing rapidly since the arrival of missionaries in the mid 19<sup>th</sup> century. The first Kenyans were ordained in 1885 and more than 85% of today’s Kenyans identify as Christians. Kenya also has about a third of the world’s 350,000 Quakers.

Bible Society has been working in Kenya since 1869 and Elizabeth Muriuki has been leading the team here for the last 17 years. During Elizabeth’s time Scripture has been brought to another seven of the country’s dozens of language communities.

They are also translating the Bible into sign language, and expanding their Bible-based Trauma Healing workshops. Your support through Bible a Month enables Elizabeth and her team to mentor young leaders, building their futures on a biblical foundation. You are also bringing the Bible to children by providing for the creation of an Open the Book outreach in Kenya. This new team have begun sharing Bible stories with children aged between 3 and 14, including more than 350 children at a single event in Nairobi.

### **Prayer Pointers**

- Give thanks for the amazing start Open the book Kenya has made. Pray that many more enthusiastic storytelling volunteers will join the programme to enable it to spread further in the country.
- Pray for a receptive environment for Open the Book in schools. Pray that school leadership will be favourable towards the storytelling teams.
- Ask God to bless and inspire children as they experience Bible stories in a new way.

### **Why the lectionary?**

First, what is a lectionary? It is simply an ordered collection of readings for use in worship. Lectionaries have been used since at least the fourth century. It accompanies a church calendar - that is, a list of festivals and events celebrated across a year. So why use one? Their purpose is to help churches proclaim and celebrate the gospel, the story of Jesus Christ and his teaching, without any significant or challenging parts being left out or other parts overplayed.

### **“Seasonal time”**

An annual cycle of events. At its most basic, this annual calendar is Christmas followed by Easter- everything revolves round them. Add in Advent, and Epiphany, Lent and the Sundays between Easter and Pentecost, and you have 2 major seasonal groupings:-

**Advent- Christmas- Epiphany** (the Christmas cycle)

**Lent- Holy Week- Easter- Ascension- Pentecost** (the Easter cycle).

Each has its associated themes and focus: incarnation and death/resurrection. Most churches will be familiar with this pattern in some form or another. The lectionary maps readings to these significant events and seasons.

### **“Ordinary Time”**

After Pentecost. The Sundays of the year that are not part of one of these seasons- and that’s about half of the year- are called Ordinary Time. “Ordinary” because of the order the lectionary brings, not because those Sundays are any less special!

The lectionary used by most churches today works on a 3-year cycle- Year A, Year B and Year C. This is called the Revised Common Lectionary (published 1992) and is the result of many churches and denominations working together with the aim of having a simple and clear lectionary that everyone could use.

Each year of the 3-year cycle takes one Gospel as its focus- in Year A it is Mark; Year B is Matthew and Luke in Year C. John’s gospel is used in every year, particularly during the Christmas and Lent/Easter seasons. In Seasonal time, the Old Testament, Psalms and New Testament readings are chosen to complement the Gospel reading. In Ordinary time, there are two plans of readings.

Some churches and denominations regard the lectionary as guidance only, but not binding. Others have rules about where and when it must be used.

But why the lectionary? In short, because it presents the Gospel as story and structured Christian teaching.

## **Abbreviations**

In every walk of life, - education, medicine, business, church, commerce or advertising, abbreviations can be found which can be confusing. Some are ones with which we are familiar- AOB, PTO, CV, PhD, WC, MA, RSVP, but some are coded messages only understood by those in the know.

The medical profession has a variety of abbreviations used by doctors and nurses, but, thankfully, are meaningless to most patients. Such as.....

AGA	Acute Gravity Attack (i.e. the patient fell over).		
AITM	All In The Mind	DAFO	Drunk and fell over
AMA	Against medical advice	DTMA	Don’t transfer to me again.
AOB	Alcohol on breath	PVN	Patient very nervous
BIBA	Brought in by ambulance	OAP	Over Anxious Parent or On Another Planet.
CBOH	Clean bill of health		

PTO ASAP FOR CBOH !

## Prayers of Intercession

Faithful God,

you have led us through the ups and downs of the year that is past. Today, you call us onwards to new adventures of faith. Help us to trust your voice and to follow where you lead us. We turn to you, O God:

**Help us to walk in your light.**

Faithful God, as a new year begins, we pray for the ability to pay attention to the signs of your presence all around us. We pray for all who have lost their way for the doubters, the dispossessed and the distressed, and ask that you would shine your light into their lives.

As a new year begins, we ask for fresh vision amongst our political leaders; for the light of wisdom, kindness, truth and grace to shape debate; for the will to build a more just society where resources are shared and for the determination to make sure that no one goes hungry. We turn to you, O God:

**Help us to walk in your light.**

Faithful God, Speak to us again of a world made new and show us the part you want us to play in building your kingdom where we are.

We pray for all who are exploring a call to lay and ordained ministry, and for ourselves that we would be ready to serve you in new ways. Fill us again with your Spirit: may our prayer find expression in our actions and choices, and may we bring your light to a world walking in darkness. We turn to you, O God:

**Help us to walk in your light.**

Faithful God, may the light of your healing wrap around us and bring us new life. We ask you to be with all who wait at the bedside of the sick and the dying and we pray especially for people who are experiencing any kind of suffering in mind or body. We offer to God today our prayers for those we know who are ill: May they know your care and your love. We turn to you, O God:

**Help us to walk in your light.**

Faithful God, we give thanks for the love we receive from friends and family and pray for all who tonight will weep alone. Make our communities into spaces where love grows; where we challenge each other to live into our baptismal calling and learn to become the people you want us to be.

May the lost find a place to belong with us; may the hungry be fed; may hope be rekindled and our vision expanded so that your light will shine into our homes and our neighbourhoods. We turn to you, O God:

**Help us to walk in your light.**

Faithful God, though the way ahead may be dark and the cost may be high; give us courage to speak up for those in need; to use what we have to serve others and to sing of your goodness when hope seems lost.

We pray for all areas of the world living under the shadow of death and conflict: remembering especially all children who suffer in adult wars. In the stillness of our hearts let us name to God the parts of the world in desperate need today.

Bring light into the war-torn places in our world and may our communities be beacons of hope in a troubled world. We turn to you, O God:

**Help us to walk in your light.**

Faithful God, we pray for open hearts to hear the cry of our planet for healing and justice. We weep with you for the damage caused by our destructive choices. May we live more simply in the year ahead, trusting that you will provide for us.

Lighten the pathway ahead as we walk with you, one step at a time; keep our eyes fixed on your great love for us; keep our feet in the pathway you have set for us and keep our ears open to hear your direction. We turn to you, O God:

**Help us to walk in your light.**

*Roots Intercessions Jan 24*

### **An Offertory Prayer**

Transfiguration Sunday is on February 11<sup>th</sup>. The Transfiguration (Mark 9,2-9) reminds us of the miraculous. Jesus' glory was revealed and the disciples saw a glimpse of glory. In our lives we have similar glimpses- not on mountain tops but in the everyday things of life. As we show our love to those in need, as we listen to someone in trouble, as we offer love and attention to those who struggle we find glimpses of glory. As we realise that we should use our resources more responsibly we see God's glory at work in the ordinary things of our lives. Week after week, we give believing that our giving is tied up with our discipleship: now we give thanks for all that has been given- the time, talents, and treasure of God's people, given in the hope of transfiguration of the worlds pain into light and love.

Generous God, bless all that is given in this church: the time, the love, the talents, the laughter, the ability to share with friend and stranger, the welcome to the lost and lonely, the light of love shining here, the treasures given and found, that, at the end, we may be transformed. Amen

*As we journey between the mountaintops and the plains of life, may the transforming power of God inspire you. May the challenging and comforting grace of Jesus guide you, and may the companionship of the Holy spirit walk with you. Know the love of God within you, today and every day. Amen*

## Points to Ponder

- Your present circumstances don't determine where you go; they merely determine where you start.
- Slow breathing is like an anchor in the midst of an emotional storm; the anchor won't make the storm go away, but it will hold you steady until it passes.
- Three of the hardest things for people to say: "I was wrong. I need help. And Worcestershire sauce.
- There are 2 types of tired: one that requires rest, and one that requires peace.
- Stop keeping your clothes and shoes for special occasions. Wear them whenever you can. Nowadays, being alive is a special occasion.
- Hope is being able to see that there is light despite all of the darkness. *Desmond Tutu.*
- At some point you just have to let go of what you thought should happen, and live in what IS happening. *Clergy Coaching Network*
- My life isn't perfect, but I am grateful.
- Faith isn't a feeling. It's a choice to trust God even when the road ahead seems uncertain. *Mindful Christianity*
- Most of us know about God, but that is quite different from knowing God. *Billy Graham*
- If you are lost, God will find you.
- God will make a way for you. He did it before and he will do it again.
- The deepest level of worship is praising God through the pain; thanking God through the trials; trusting him when we're tempted to lose hope and loving him even when he seems distant.
- When we think carefully, we will realise how little we need, how very much we actually have, and the true value of human connection. *Mindful Christianity*
- If you want peace, you don't talk to your friends. You talk to your enemies. *Desmond Tutu*
- Forgiveness says you are given another chance to make a new beginning.
- Isn't it amazing that we are all made in God's image and yet there is so much diversity among his people? *Desmond Tutu*
- You don't have to be positive all the time. Its perfectly okay to feel sad, angry, annoyed, frustrated, scared, anxious. Having feelings doesn't make you a negative person. It makes you human.



## Smile

- One thing rarely talked about as we become older adults is the cardboard box we keep, because, well, it is a really good box.
- Due to the massive increase in deliveries, FedEx and UPS have joined forces and are now Fed-UP.
- I went to a vegetarian restaurant last night and when I'd finished, the waiter asked, "how was your meal, sir?" "It was very nice" I replied, "My compliments to the gardener".
- Throughout my marriage my wife always stood by my side. She has to. We've only got one chair.
- I was woken up this morning by a tap on the door. I must remember to get the plumber to take it off.
- A man walked into a bar. Ouch. It was an iron bar.
- Big respect to my local pub. Went in dressed as a tennis ball and got served straight away.
- My wife is talking about leaving me because of my obsession with the Dave Clarke Five. I'm in pieces, bits and pieces.
- I got talking to a woman watching the match at the pub tonight. She told me, "People call me Vivaldi". I said, "Is that because you play the violin brilliantly?" She said, "No, its because I'm called Viv and I work at Aldi"
- I think that men who shorten their name to Pat are missing a trick.
- Just to let you know, even if a bear wears socks and shoes, he still has bear feet!

### *And some genuine signs for you....*

- All children travelling in this vehicle must be belted. (on a school bus).
- Torture Chamber unsuitable for wheelchair users. (on a castle wall)
- True born Romany. Closed this weekend due to unforeseen circumstances (on a promenade booth).
- Automatic washing machines: please remove all your clothes when the light goes out. (in a launderette)
- Bus stop. No waiting
- Sign in shop selling musical instruments: "Bach in 10 minutes".
- Toilet out of order. Please use the floor below.
- Bargain basement upstairs.

## Toy Service Thanks

The Salvation Army sent their thanks via David & Mick when they took all out gifts of toys etc to their Shiremoor collection point.

### Twelve Commandments for Seniors

1. Talk to yourself. There are times you need expert advice.
2. "In Style" are the clothes that still fit.
3. You don't need anger management. You need people to stop making you mad.
4. Your people skills are just fine. It's your tolerance for idiots that needs work.
5. The biggest lie you tell yourself is, "I don't need to write that down. I'll remember it."  
"
6. "On time" is when you get there.
7. Even duct tape can't fix stupid - but it sure does muffle the sound.
8. It would be wonderful if we could put ourselves in the dryer for ten minutes, then come out wrinkle-free and three sizes smaller?
9. Lately, you've noticed people your age are so much older than you.
10. Growing old should have taken longer.
11. Ageing has slowed you down, but it hasn't shut you up.
12. You still haven't learned to act your age, and hope you never will.

*And one more:*

*"One for the road" means going to the bathroom before you leave the house!*

### Coffee morning rota for February

Coordinators Alan Barker & Janis Duff

February 3rd. Doreen  
February 10th. Margaret or Gail  
February 17th. Gail or Margaret  
February 24th. Pamela & Allan  
March 2nd. Susan

Please see Margaret if you can help and be on the rota.

# What's On at Trinity (February 2024)

## Regular Events

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	12.30 Shine a Light Carers	vaoliver58@mail.com In the hall	
	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. 3 <sup>rd</sup> Thursday each month	gail@trinitymethodist.co.uk Usually in the lounge During Lent (Feb 13 <sup>th</sup> to Mar 28 <sup>th</sup> ) weekly at 10.30a.m for 1 hour.	All Ages
Friday	Bloom Toddler Classes 9 a.m.	northtyneside@bloomtoddlerclasses.com In the hall	
	2 p.m. Line Dancing	stephencmp@aol.com In the hall	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. During the winter this is a Warm Space with sandwiches etc provided free by the Local Council when available.	All Ages