

# Trinity News



**November 2023**

## Ministers Muse

Dear Friends

*Psalm 145: 9 The LORD is good to all;  
he has compassion on all he has made.*

Looking around us the seasons are changing. We see the vibrant shades of autumnal reds, oranges and browns, the trees are losing their leaves and the days are getting shorter.

We had a wonderful Harvest lunch followed by our Harvest festival on the Sunday. It was lovely to see many of our church family and their friends and people from the community. Harvest is a time of thanksgiving and we were encouraged to think about the things we are thankful for?

In the Church year November is a time when we remember those who have lost their lives through conflict and war. We give thanks to God for their lives and the great sacrifice they made.

Particularly this year I feel our minds will be focussed also on the people of Israel, Palestine and the Ukraine, so many innocent lives lost and families left shattered. The following prayer is taken from The Methodist Church website which really spoke to me as to how I am feeling and I suspect many of you will be too <https://www.methodist.org.uk/our-faith/prayer/israel-palestine/>

*Loving God*

*I see the news and I am afraid.*

*Violence is spiralling out of control.*

*I don't know what to think or feel.*

*The temptation to fall into*

*hatred, or*

*despair*

*feels very close at hand.*

*Help me to remember*

*that nothing in all creation*

*can separate me from your love*

*that I know in Jesus.*

*May your perfect love for me*

*cast out my fear*

*and free me to discern*

*what is mine to do*

*amidst the chaos of this suffering world.*

**Amen**

The Co – op funeral directors in Wallsend will have a Union Jack of poppies displayed in their window for remembrance ... if you have the chance do go and have a look. Some of the poppies have been knitted by our church family.

In this season of remembering we give thanks to God for each other and the friendship we find here. But we know there are many people who find these shortening days hard. Is there someone you know who might want some company? Why not invite them to come with you to our coffee morning on a Saturday or to a service on Sunday.

We have a Café Church on the last Sunday of November which is a really good opportunity to invite someone to come and see.

Please do not hesitate to contact me should you want a visit.

*May the voice of the Creator speak to you, may the healing of the Redeemer release you, and may the gentle strength of the Spirit empower you. Amen.*

*Written by Reverend Michaela Youngson*

With love and blessings,

*Gail*

## **Middle East Crisis Appeal launched by Christian Aid**

**International development charity, Christian Aid, has launched an emergency appeal to help people impacted by escalation of violence across Israel and the Occupied Palestinian Territories.**

“Following atrocities against Israeli civilians, Israel's military response in Gaza is now creating an escalating humanitarian crisis that threatens more than 2 million people. After 16 years of closures and sporadic conflict, the people in Gaza were already experiencing very high levels of poverty, unemployment, and violence and insecurity,” **William Bell, Christian Aid’s Head of Middle East Policy & Advocacy, explains.**

Mr Bell added: “A lack of water, food, and electricity, and intensifying military action, are putting the lives of growing numbers of civilians at risk. Our civil society partners in Gaza stand ready to respond with medical relief and community-led initiatives such as food, shelter, sanitation and protection.”

As the escalation of violence and destruction increases, one of Christian Aid’s partners in Gaza has warned the situation is “deteriorating very badly in Gaza. It is not easy to move even to your neighbour’s house. We are trying to make do with the food we have like other families.”

“We didn’t sleep last night. We are so scared. There are thousands and thousands of families who are seeking shelter at schools but there are also many families that are now living on the streets,” another local partner in Gaza has been in touch with Christian Aid to explain.

**Michael Mosselms, Christian Aid’s Head of Humanitarian Division, added:** “We are gravely concerned by the mounting death toll and scale of destruction across Israel and the occupied Palestinian territory.

"With critical infrastructure, including healthcare facilities and homes, destroyed by airstrikes we are seeing hundreds of thousands of people without anywhere safe to live or the basics such as access to clean water and proper sanitation to prevent the risk of diseases.

“Christian Aid has therefore launched an appeal to strengthen the support we can give through our established local partners to people who have lost their homes, livelihoods and loved ones. Every prayer, every gift, every action brings hope to people in crisis.”

The humanitarian agency is also urging the UK Government to commit to protecting aid to the Palestinian people and has called for the rapid establishment of safe humanitarian access.

Christian Aid’s Director of Policy, Public Affairs and Campaigns, Osai Ojigho, said: “All parties must abide by international humanitarian law and unconditionally agree to protect civilians and key services, starting with establishing safe humanitarian access as requested by the UN.”

**She added:** “With the civilian population of Gaza already on their knees, the UK Government must not cut aid to the Palestinian people. We need that commitment today. As we pray for an

end to the conflict, international leaders must also act and help secure a lasting peace that achieves justice and dignity for all.”

Every donation will make a difference. Christian Aid has confirmed that a donation of £6 will pay for a basic hygiene kit while a donation of £37 will pay for a food parcel for a family of five in Gaza.

The appeal page can be found here:

<https://www.christianaid.org.uk/appeals/emergencies/middle-east-crisis-appeal>

### ***More information:***

Christian Aid has been working with the poorest and most vulnerable people in the Middle East since the early 1950s, when we first provided humanitarian relief to Palestinian refugees.

Today, as Palestinian people continue to experience exile, blockade, violence and increasing land dispossession, we work with both Israeli and Palestinian partners to protect human rights and promote resilience for Palestinian communities and civil society.

All our work aims to support the foundations for a just, lasting peace for all.

- Protect, promote and defend human rights for the protection of Palestinians in the Middle East.
- Strengthen the resilience of individuals, communities and institutions, so they can respond when faced with threats to their lives, land and livelihoods.
- Deliver humanitarian responses that are accountable, impartial and strengthen local capacity.

*13<sup>th</sup> October 2023. From Christian Aids website*

## **Christian Aid statement on the escalation of violence in Israel and the occupied Palestinian territory**

*William Bell, Christian Aid’s Head of Middle East Policy & Advocacy, said:*

“We are gravely concerned by the mounting death toll across Israel and the occupied Palestinian territory. There can be no justification for the deliberate killing, maiming and kidnapping of civilians, which is a crime under international law and for which the perpetrators should be held accountable. We unequivocally condemn the violence carried out in Israel over the weekend.

“Every war is a defeat. We urge both sides to abide by international law, to protect innocent civilians, and agree to an immediate de-escalation. The people in Gaza were already on their knees. Half of the population are children and have known nothing but blockade and conflict.

“Our civil society partners in Gaza have told us that hospitals are overwhelmed by casualties and shops are running out of goods such as bread and baby milk. They stand ready to respond with medical relief and community-led initiatives such as food, shelter, sanitation and protection. Given this context, we are very concerned by reports that some official donors are halting aid for Palestinian civilians, which will only deepen their suffering.

“As we pray for an end to the conflict, international leaders have a duty to act and help secure a lasting peace that achieves justice and dignity for all people who call Israel and the occupied Palestinian territory their home, Palestinian and Israeli, Jewish and Arab.

“The cycle of violence will not end, and innocent people will continue to pay the price, until a new approach is taken, which treats Palestinians and Israelis as equals, and ends the occupation of Gaza and the West Bank.”

Oct 20<sup>th</sup> 2023

## **The Leprosy Mission Pioneering Sustainability in Healthcare**



In a world increasingly grappling with the ominous threat of climate change, the quest for sustainable energy solutions has become paramount. Combatting the effects, The Leprosy Mission Trust India (TLMTI), an organisation whose commitment to environmental consciousness shines as a beacon of hope. Harnessing the power of sustainable energy sources, The Leprosy Mission exemplifies a groundbreaking approach to healthcare that transcends traditional boundaries.

Imagine a future where hospitals not only heal people but also the planet. This bold vision is one that TLMTI is passionately championing. The devastating impacts of climate change, spurred by human activities such as burning fossil fuels and deforestation, have cast a shadow over the healthcare sector. Hospitals, often resource-intensive establishments, unwittingly contribute to this crisis. Yet, within this challenge lies an opportunity for innovation and transformation.

Research has shown that hospitals designed with sustainability in mind can expedite healing processes and bolster patient well-being. Acknowledging this powerful correlation, The Leprosy Mission has risen to the occasion. Through a series of ingenious initiatives, they are reshaping the healthcare landscape.

Solar power, with its potential to revolutionize energy generation, takes centre stage in TLMTI's sustainable journey. Across their 17 campuses, solar plants have been installed to generate green power. An astounding 1MW of clean energy now flows through their veins, reducing reliance on conventional electricity sources and cutting carbon emissions.



But the impact doesn't end there. Rainwater collection tanks and sophisticated Effluent Treatment Plants epitomize The Leprosy Mission's commitment to resource conservation. Waste, often dismissed as inevitable, finds a new purpose through innovative solutions. Medical waste is meticulously managed, while gardens flourish from the embrace of fallen leaves and branches turned into nutrient-rich vermicompost.

Even patient care becomes an opportunity for sustainability. Solar water heaters not only benefit patients but help reducing energy consumption, and solar-powered emergency lights guide the way to nursing stations. The mission's dedication to eradicating plastic pollution is also commendable. Disposable earthen drinking cups and leaf-bowls replace harmful plastic, while solar-powered lamp posts illuminate their campuses, symbolic of their enlightened approach.

But the crown jewel in The Leprosy Mission's sustainability efforts is its visionary plan for a "Green Hospital." By quantifying variables such as vehicle fuel, generator fuel, electricity units, vegetation loss or gain, and more, they seek to establish a comprehensive understanding of their carbon footprint. Such a meticulous approach showcases their dedication to a greener future and serves as an inspiration to other institutions.

The history of The Leprosy Mission is steeped in compassion. Founded in 1874, it has evolved into the largest leprosy-focused non-governmental organization in India. The organisation's footprint spans across 9 states, touching the lives of those affected by leprosy, disabilities, and neglected tropical diseases. With programs ranging from healthcare and sustainable livelihoods to community empowerment, advocacy, and research, The Leprosy Mission is a holistic force for good.

The Leprosy Mission's mission extends beyond the walls of hospitals; it encapsulates a mindset shift, a movement towards a more sustainable and compassionate world. Their dedication to sustainable energy and environmental responsibility illuminates a path towards a brighter future, where healthcare and planet Earth heal hand in hand. As we stand on the precipice of an uncertain future, let TLMTI's strides serve as a reminder that innovation and empathy are the antidotes to even the gravest of challenges.

**Mr Wills Mathew and Nikita Sarah – The Leprosy Mission Trust India**

## It All Depends ...



It's that time of year when those of us who like feeding the wild birds over the winter start to buy various things to put out in the garden trying to attract them to come and feed. Apart from the usual seed mixture there are the sunflower seeds, either whole or just the sunflower hearts. For the finches they tell us to put out nyger seeds. There are various types of fatty goods - suet pellets, fat balls and large 'cakes' of fat all mixed with seeds, insects, or mealworms. And we mustn't forget the peanuts. All these various goodies also need varying types of containers. It's no good putting seeds into a wire container and fat balls needs to be in a container that the

birds can peck through. It's not that they're fussy eaters so they need a bird table menu to choose from, it's more a case of some foods suit some birds and not others. Some are happy to cling onto feeders while others prefer to peck at the bird table. Others, mostly the larger birds tend to just walk around pecking what is on the ground. It would seem though that the nightly visitor to our garden will eat anything that s/he can get hold of. Some people get urban foxes while others have problems with deer somehow breaking through their fences. We have a nightly visit from a badger who will eat whatever s/he can get or dig holes looking for something. He even seems to have the ability to reach up and pull down off the tree the container with the fat balls in it. I thought I had put it high enough to be out of his reach but the fat balls and the container have disappeared - again! Ah well, I'll have to think of another way of letting the birds get their needed fat intake.

We are starting to look at all the Christmas goodies that are appearing in the shops and I'm starting to make my lists of things to buy, food stuff that is - things that can be made at home and kept, other things that can be frozen or stored safely while there is always the list of the last things to buy that need to be fresh. I prefer to plan ahead and not rush at the last minute. That's just how I do things - with plenty of time and loads of lists. The butcher has the order for the turkey which will be collected at the appropriate time. I like to try and cater for everyone's tastes and take into account any allergies. But I think we all tend to eat those extras that all the year round we avoid often for health reasons but somehow feel that because it's Christmas they won't have any effect on us - that is until we get on the scales after New Year - if we dare. And don't mention the presents! Personally, I have great difficulty with so much choice, usually with inflated prices just because it's Christmas. I always prefer gifts that are useful and not something that will just be put in a drawer and either forgotten or recycled next year for someone else. Not everyone would agree with me and that's ok. We're all different and do things differently. It's just that that's the way I function. It works for me.

Some things we do just out of habit even though it's not quite correct. I have been reminded of such life lessons again with creation and life in general. How we are all different and need different things in our lives for us to be complete and flourish. It's not that one is right and others are wrong, we are just different and have varying needs. It all depends on our unique make up and circumstances. The same goes for our personal taste in food and in life choices in general. Sometimes though we need to recognise that some of the things we do and say are not strictly correct and that often we do and say them purely out of habit and a false sense of what is right. Even the ordinary occurrences of life have much to teach us. But that all depends on if we listen.

*From the blog of Mavis Andradez*

## **On Remembrance Sunday (12<sup>th</sup> November this year)**

On this Remembrance Sunday, we remember past wars:  
those who fought in them; those who lived through them;  
those who died in them.

*Silence*

We pray for the victims of past wars, remembering before you, loving God,  
those who died in battle, or from the consequences of injury or disease,  
and those who mourned or still mourn them.

We remember those permanently maimed or disabled, and those psychologically scarred or disturbed.

We pray for an end to the suffering of war.

*Silence*

We pray for the victims of current conflicts, remembering before you, loving God,  
children trained to hate and fight, families turned into homeless refugees,  
and lands laid waste and made barren.

We remember those blinded or crippled and those driven insane by nightmare experiences.

We pray for an end to the destructive hatred of war.

*Silence*

We pray for the peace of the world remembering before you, loving God,  
areas where there is armed conflict ... and all those who are working for peace.

We remember that you have called us to strive together for the coming of your kingdom of love and peace.

We pray that you will equip us for the task with the faith that knows that nothing can separate us from the love of Christ.

In the name of Jesus, Prince of Peace.

**Amen.**

*Roots – Remembrance*



## Remembrance

It is frustrating that we remember many things, but we forget many things too. Some things seem to disappear from our minds just when we need to recall them most, and so we resort to such props as a knot in a hankie or a memo board, hoping that these may jog our memories.

Every year, the number of those who lived through World War II diminishes, yet for that reason, the occasion of Remembrance Sunday becomes *more* rather than less important. We have only to witness the continuing violence in the Middle East and so many other parts of the world, to realise that things haven't changed as much as we might like to think. Some even dare to suggest that the horrors of the Holocaust never happened, this dismissing at a stroke, the suffering, terror and anguish experienced by so many millions. We cannot afford to forget the past.

Remembrance Day does not glorify war but rather recalls the price of peace, reminding us of the evil and inhumanity that people can stoop to, and the sacrifice so many made to ensure that such tyranny did not triumph. It puts things back into our consciousness- lest we forget.

*Pray:* Almighty God, help us to learn the lessons of the past: to understand the cost of war, the price of peace, to stand up against evil, to serve and not to count the cost, to work in whatever way we can for a better world. Forgive us that we do not remember as often as we should, forgetting how fortunate we are to live in freedom and how lucky to enjoy peace; forgetting those who still suffer from the wounds of battle and others who even now mourn their loved ones. Help us to say and truly mean them: "We will remember them". Amen

*Excerpts From Daily Prayer by Nick Fawcett.*

### Prayers of intercession

All are your children: we offer your own to you.

We bring to you those who are sick at home and in hospital;  
those who wait for test results and those who wait for death;  
those who offer comfort and healing and those who watch and pray.

All are your children:

**we offer your own to you.**

We bring you Israeli and Palestinian; policy maker and citizen;  
soldier and civilian. All are your children:

**we offer your own to you.**

We bring to you all who worship you; those in church and chapel;  
those in temple and mosque; those in synagogue and meeting house.

All are your children:

**we offer your own to you.**

We bring to you Labour and Conservative; Liberal Democrat and Nationalist;  
Independent and Party Member.

All are your children:

**we offer your own to you.**

We bring to you all who grieve;  
Those whose loss is recent and those for whom it is a time of anniversary.  
We bring those who face the unenviable choice of food or fuel.  
We bring to you those who weep because they do not know what to do,  
and those who weep because they know exactly what the right way forward is.  
All are your children:  
**we offer your own to you.**

We bring ourselves to you; joyful and tearful;  
anxious and confident; willing and reluctant.  
All are your children:  
**We offer your own to you.**

Loving God we bring you your children whatever their age;  
whatever their background; whatever their gender.  
We come in the knowledge that you love and care for each one;  
that you are aware of our needs and opportunities;  
that you will offer comfort and challenge;  
that you will hear our prayer and respond.

Thank you that we are yours.  
We offer our prayers, spoken, thought and felt,  
in the name of Jesus and the power of the Spirit.  
**Amen.**

*Roots on the Web Oct 23*

## **The Sycamore's Lament**

Do not weep for me  
A sycamore tree  
I knew this day would come  
You who have visited me  
Shared your love and grief with me  
My roots are still here  
Though my branches are gone.  
Come and stand for a while  
And you may still hear  
The wind playing soft through my leaves  
As the birds sing their song  
Of an old tree's lament  
Where I stood over 200 years.  
Everything changes

All beauty must die  
Or wither and fade or decay  
And man must destroy  
What he loves most in the world  
Through anger, or greed and dismay.  
So do not forget me  
A sycamore tree  
A symbol of ancient folklore  
Remember a place where a great tree once  
stood  
Now a gap with a Sycamore  
No more.  
*Gail Lawler*

## Reflecting on the life of the Revd Leo Osborn

*By the Revd Martin Turner*

Monday mornings at Wesley College, 1975, were liturgy with the formidable Raymond George. “Leo, you seem to be reading something under the table” “Oh Mr George, it’s the Birmingham football paper, I brought it in to ask if you think it is appropriate to have a thanksgiving service for Villa winning the League Cup!”

There were always two sides to Leo. He was one of the wisest leaders in Methodism, ministering at large and lively churches, a much loved and respected Chair of the Newcastle District, President of Conference and latterly Chair of the Resignations Panel, lead in Methodist - Roman Catholic discussions, valued member of the Faith and Order Committee and mentor to many.

His ministry was threaded through with pastoral care, which was the theme of his 2011 Presidential year. Without formal academic qualifications he was scholarly, reflective, well read and a fine preacher. He offered deep wisdom and prayerful insight into the leadership of Methodism; many were grateful for a discreet and timely word in times of trouble.

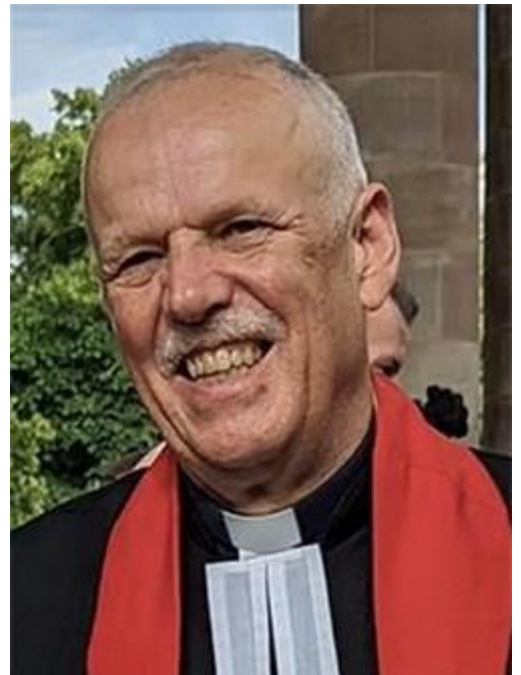
He never forget his evangelical roots, in later years adding to that richness the treasures of pilgrimage and contemplative Celtic spirituality. He faithfully served the Lord he loved all his life, the mind of Christ his Saviour ruled his life in everything.

The other side of Leo wider Methodism may not always have seen. He was hilariously funny, with an acerbic wit aimed at all and sundry, but especially towards friends who were in his view unfortunate enough not to support Aston Villa!

In all his ministry Leo was wonderfully supported by Charlotte. Theirs was a marriage marked by individuality, mutuality and love. Charlotte’s support to Leo throughout his various ministries was returned as he supported her late call to Anglican ministry. Leo was a friend to so many, he was my best friend. May he rest in peace and rise in glory.

*The Revd Martin Turner is a retired minister who has served across 38 years in Yorkshire, Hertfordshire and Westminster and who now cares for St Michael's Whaddon LEP.*

**Footnote:** Rev Canon Leo Osborns funeral took place at St Peter and St Paul’s Parish church, Knapton, North Walsham, on 13<sup>th</sup> October. A service of Celebration for the his life will be held on Friday 10<sup>th</sup> November at 5.30 pm at Newcastle Cathedral, (St Nicholas’ Square)



## ‘Brunch Prayers’- Newcastle Central & East Circuit.

We are grateful to our friends at Trinity Wallsend Methodist Church for hosting our first ‘Brunch Prayers’ on 21<sup>st</sup> October. This was a Circuit gathering to remind us of our oneness in Christ and was motivated by a desire to pray together for the life and witness of our churches and projects as we have pledged to do in our Circuit Vision statement.

We began with some bacon (and egg!) butties and drinks! Thank you to those who prepared this for us. Gavin and Gail had helpfully set out Prayer Stations inside the church at which we were able to spend some personal time praying for specific needs in each of our churches or projects. These prayer pointers had been invited from us all beforehand. At the beginning and end of our personal prayers we spent time in worshipping together using some liturgy from the Iona community.

At one point in our morning, we were asked to share any pictures or verses from the Bible which God had placed on our hearts whilst we had visited the Prayer Stations. The common theme shared in this time was that of unity. One picture was of Christians from the two congregations (Western and Chinese/Hong Konger) at Brunswick holding hands as a sign of their sharing more closely together in the city centre.

Another picture was from recent community events held at Shieldfield Art Works which had welcomed a wide, cross-section of the community from children at the local school, new students from the adjacent halls of residence and local people, from multi-cultural backgrounds, including Ethiopia. The joy of sharing in these gatherings was shared and celebrated. A third picture came from our praying around the crosses at each Prayer Station which spoke of how Christ died and rose again for us all, irrespective of what our denomination, church background or none may happen to be.

It was good for us to welcome to our first ‘Brunch Prayers’, Kathy Bevan, who is our new District Evangelism and Justice Enabler. Kathy is committing to pray for each of the Circuits in our District which she will be supporting through her role.

Please do share about ‘Brunch Prayers’ in your church notices and/or newsletters. Our next gathering will be at Jesmond Methodist Church (NE2 2DL) on Saturday 20<sup>th</sup> January from 10.30am – 12 Noon. West Jesmond Metro station is a few minutes’ walk away.

*Rev. Paul Cleever-Thorpe*



## Signs and Notices

- Standing on the railway station platform on a cold wet winter morning, there was a sign chalked on the blackboard outside the gentlemen's toilet which made folk laugh. "Wet floor! This is not an instruction".
- After break could staff please wash their mugs and stand upside down on the draining board (on a staffroom noticeboard).
- One hour photographs > Ready tomorrow.
- Open seven days a week and at weekends.
- Automatic door - push to operate. (in hotel reception).
- Closed for official opening.
- Lions please stay in the car. (at a safari park)
- Please go slowly round the bend (traffic sign).
- Could the congregation please note that the bowl marked "for the Sick" at the rear of the church is for monetary donations only.
- This door must not be used as an entrance or exit.
- Slow workmen in road.
- Toilet for sitting down customers only (in a café).
- Warning! Guard dogs operate here. (in a hospital car park)
- Footpath unsuitable for pedestrians
- We can repair anything. Please knock hard on the door as bell doesn't work. (on a shop door).
- Would the person who took the stepladder please return it or further steps will be taken.
- Caution! Water on road when raining.
- Welcome to our pool. There is no "P" in it. Please keep it that way. (at a swimming pool)
- Friendly self-service. (At a petrol station)
- Notice to staff. On no account must hot bottoms be placed on this worktop. (in a café kitchen).
- Happy Hour- 5pm to 7pm.

## Church Charity for 2023-2024

It was agreed at Trinity Church Council that we would support a different charity each year. The one chosen for this year will be for Margarets work in Nicaragua. There is a bucket at the back of the church which represents a well and this is where your shrapnel can be placed. Larger donations can be handed to Bill Filmer, our church treasurer until August 2024. The money will go to having a well dug in Bluefields.

Starting in September 2024 a different charity will be chosen and if you have one that is dear to your heart, you can give the name to one of the stewards and it will be considered at the October 2024 church council which one will be supported next.



## List of patron saints - now you know!

### (It is All Saints Day on November 1<sup>st</sup>)

- Accountants, bankers, tax collectors: St Matthew
- Artists, doctors, painters: St Luke
- Bakers: St Elizabeth of Hungary
- Boy Scouts: St George
- Children: St Nicholas
- Cooks: St Martha
- The deaf, journalists, writers: St Francis de Sales
- Funeral directors: St Joseph of Arimathea
- Grocers, paratroopers, policemen: St Michael
- Housewives: St Anne
- Lost causes: St Jude
- Lost things: St Anthony of Padua
- Lovers: St Valentine
- Mothers: St Monica
- Motorists, travellers: St Christopher
- Musicians: St Cecilia
- Nurses: St Agatha
- Poets: St David
- Postal workers: St Gabriel
- Priests: St John Vianney
- Soldiers: St Martin of Tours
- Students: St Catherine of Siena
- Teachers: St Gregory the Great
- Television: St Clare of Assisi
- Working men: St Joseph

## An Update from Deacon Denise Creed

*Deacon Denise was part of the ministry team at Trinity in early 2000's.*

*This update is part of a response from Denise to an enquiry by Rev Sheila Hamil.*

Well I retired to Llandudno 2 years ago. I had an accident whilst working in London, (I fell downstairs at our Order House in Birmingham and fractured my spine) and that meant I had to leave Westminster earlier than planned as the journey to and from London on the tube was making my back worse and the consultant thought I would end up in a wheelchair! I went to Lytham St Annes but I didn't get on with the Superintendent and decided to leave the ministry completely, fortunately the Order and Church had other ideas and I spent my last four years in Withernsea on the East Coast looking after 4 churches. I was there in the pandemic and because we were so far from civilisation, we had virtually no COVID! It was the safest place to be. I wrote a weekly letter and sent out weekly services to all the folk during that time and when we came back to worship together, we had more people coming to church than before the pandemic! What a privilege that was and I retired on a high note.

I have a little house in Llandudno, the whole house would have fitted in the ground floor of my last manse, so space has been an issue, but amazingly I have been given a plot of land at the back of the house free of charge and fenced for me and have been able to put a 12'x16' craft room, so I have enough space to do all I need to and make a mess outside the house.

It has taken me a while to get used to not working although the diary has filled up rather more than I like - I help at a community café twice a month raising money for Youth For Christ, I help support a bi-weekly Male Voice Choir Concert in the summer to raise funds for Church, I preach and I help at Messy Church. I also help run 4 retirement courses a year preparing ministers and their spouses for "sitting down". I am gradually doing more in the church but do not want to be tied so I can't get away to visit or go on holiday. I have to be careful though as some ministers don't like having retired ones in their churches!

God's Blessing be on you and yours. Love Denise



I know someone who always drank her tea like this.  
I thought it was because it was too hot!  
Do you remember older generations drinking from their saucer?

I came across this poem that made me feel there was symbolism to the tea ritual.

## **Drinking from My Saucer by John Paul Moore:**

I've never made a fortune and it's probably too late now.  
But I don't worry about that much, I'm happy anyhow.  
And as I go along life's way, I'm reaping better than I sowed.  
I'm drinking from my saucer, 'Cause my cup has overflowed.

I don't have a lot of riches, and sometimes the going's tough.  
But I've got loved ones around me, and that makes me rich enough.  
I thank God for his blessings, and the mercies He's bestowed.  
I'm drinking from my saucer, 'Cause my cup has overflowed.

I remember times when things went wrong, my faith wore somewhat thin.  
But all at once the dark clouds broke, and the sun peeped through again.  
So God, help me not to gripe about the tough rows that I've hoed.  
I'm drinking from my saucer, 'Cause my cup has overflowed.

If God gives me strength and courage, when the way grows steep and rough.  
I'll not ask for other blessings, I'm already blessed enough.  
And may I never be too busy, to help others bear their load.  
Then I'll keep drinking from my saucer, 'Cause my cup has overflowed.

## **Smile !**

- Sometimes my mind is like the Bermuda triangle. Stuff goes in and is never seen or heard of again.
- I've got a date with a woman who identifies as a wheelie bin, but I can't remember if I'm taking her out on Tuesday or Wednesday.
- What names does a drummer give to his 2 daughters? Anna 1. Anna 2.
- When life gives you melons, you might be dyslexic.
- What's the difference between ignorance and apathy? I don't know and I don't care.
- Don't you hate it when someone answers their own questions? I do.
- Most people are shocked when they find out how bad I am as an electrician.
- The man who survived both mustard gas and pepper spray is a seasoned veteran now.
- My wife told me to stop impersonating a flamingo. I had to put my foot down.
- I've written a song about tortillas. Actually, its more of a rap.
- They say every piece of chocolate you eat shortens your life by 2 minutes. I've done the maths. Apparently, I died in 1587.
- Just heard that Halfords are recalling 2000 bikes sold last year because of "wheel alignment problems"...according to a spokesman.
- Little known fact: Richrd Gere's dad, Gottler, was a famous Swedish ventriloquist.
- My mate said that he's booked a luxury holiday in India. I said, "Mumbai?" . He replied, "No, my dad paid for it"
- I wonder if people in Spain sit and watch "A Place in the Rain?"



## Points to Ponder

- Sometimes God lets you hit rock bottom so you will discover that he is the rock at the bottom.
- Some of you are unaware of just how amazing you really are; the way you make people laugh, lift others up, or spread some extra love. You do this even though you are struggling too, and it makes you such a beautiful human being.
- Sometimes when I'm having a dark day and I can't see the light - I don't really need you to try and put it on for me. What I really need is for you to sit with me in the darkness till it passes. That's all. *Good Mental Health*
- The best things in life are the people we love, the places we've been, and the memories we've made along the way.
- If you want to do the work of God, pay attention to people. Notice them. Especially the people nobody notices.
- A person becomes ten times more attractive, not by their looks, but by their acts of kindness, respect, honesty, and the loyalty they show. *Good Mental Health*
- Remember to stop and appreciate how far you've come. *Peaceful Life, Peaceful Mind.*
- Its okay if not everyone understands your journey. Stay true to yourself and trust that your dreams were given to you for a reason.
- When we forgive, we heal. When we let go, we grow.
- Change is scary but so is staying the same.
- Learn to sit back and observe. Not everything needs a reaction.
- Its okay to focus on yourself and say No. Rest. Take a break. Ask for help. Have a bad day. Start over.
- So, whether you eat or drink or whatever you do, you should do it all for God's glory! *1 Corinthians 10, vs 31.*
- So be careful to live your life wisely, not foolishly. *Ephesians 5, vs 15.*
- I can endure all these things through the power of the one who gives me strength. *Philippians 4, vs 13.*

## Sunday Rotas

Sunday	Door Steward	Flower Rota	Flowers Donated To
November 5 <sup>th</sup>	Lorna Morgan	Jean Trewick	During the last month the communion table flowers have brought our prayers to – Lynda McQuillan, Doreen Kirtley, Ann, Ruth, Jean, Pamela, Mabel Bell & Ann Gallagher.
November 12 <sup>th</sup>	Maureen Mills	Susan Bewley	
November 19 <sup>th</sup>	Howard Hedley	Maureen Mills	
November 26 <sup>th</sup>	Sylvia Aston	Mick Watson	
December 3 <sup>rd</sup>	Mick Watson	Renata Burley	

Sunday	Preachers	Church Steward
November 5 <sup>th</sup>	Mr Michael Ball	Mark Burdon
November 12 <sup>th</sup>	Deacon Gail Morgan	Margaret Storey
November 19 <sup>th</sup>	Rev Paul Cleever-Thorpe and Deacon Gail Morgan. Communion Service.	Pamela Fender
November 26 <sup>th</sup>	Rev Gavin Hume and Deacon Gail Morgan. Café Church.	Susan Bewley
December 3 <sup>rd</sup>	Deacon Gail Morgan. Toy Service.	Alan Barker

## Articles for Trinity News

It would be good to receive articles for the next Trinity News. It will be for 2 months, December and January to give everyone a break for Christmas.

I'm sure there must be some budding writers among our congregation and friends. Why not share your thoughts with our readers. Just email them to [alan@trinitymethodist.church](mailto:alan@trinitymethodist.church) or pass written articles to me.

All articles need to be handed in by 19<sup>th</sup> November.

Alan Barker