

Trinity News



April / May



Ministers Muse Easter Food

Are you/have you been waiting for Easter Sunday so your Lenten Fast can end? Is it the chocolate, the biscuits or cake you're looking forward to? Or getting to the end of the Lent book you've been reading? The end of Lent was traditionally associated with certain foods – Hot Cross buns for Good Friday (even though you can now buy them most of the year); eggs and roast lamb for Easter Sunday. Perhaps your family has other foods you associate with Easter, but let's look at those I've mentioned. Hot cross buns first – what do they symbolise? The cross on the bun reminds us of Good Friday, that Jesus died on the cross. Originally there would only have been 5 sultanas representing the 5 wounds of Christ, and the spices included remind us of the spices used to anoint Jesus' body.

Lamb for Easter was a tradition I came across as an adult. Friends had lamb for Easter Sunday dinner for a number of reasons – it was seasonal, being springtime. It can also remind us of Jesus, the Lamb of God and the Passover being celebrated when Jesus had the Last Supper with his disciples.

And finally, the symbol we most often associate with Easter – the one that's been filling the shelves of the shop since Christmas stuff was cleared out – eggs. What do you think about as you choose an Easter egg to give, or take the one you've been given out of its box and foil? Do you ever stop to think about its association with Easter? The Easter egg is often spoken of as a symbol of new life – the potential for life that is within the egg. But there is more to be seen in it than that. Think about an egg – rather dead looking– even stone like (the ordinary ones that is) – then think of the stone in front of the tomb on Good Friday. Open up your egg (I'm on chocolate ones now) – separate the two halves – what do you see? If its empty, remember the tomb on Easter morning – Jesus' body no longer there because he had risen – new life from death. If there are sweets, more chocolates, a toy or a filling – think of the surprise the friends of Jesus had when they went to the tomb and found the angel telling them that he was risen – a good surprise and a special gift – their friend with them for ever – and with us too. Whichever kind of egg you have at Easter this year, there is something in it to remind us of the events of that first Easter.

May the joy of new life rise in you this Easter.

Helen.

Bible a Month: Kazakhstan

“Let us try to know the Lord. He will come to us as surely as the day dawns, as surely as the spring rains that water the earth” Hosea 6, 3 (GNB)

Kazakhstan is a country in central Asia. It has a short coastline on the Caspian Sea and land borders with Russia, Turkmenistan, Uzbekistan, Kyrgyzstan, and China. It covers an area of 1.055 000 sq miles- the UK is 94,000. The population is 20.2 million and the main languages are Kazakh, Russian and English. The literacy rate- people who can read and write- is 99%.

Kazakhstan, the ninth largest country in the world by land area, used to be part of the Soviet Union. The effects of that time are still seen and felt, whether in the vast green spaces scattered throughout the cities or the prominent use of the Russian language alongside Kazakh and English.

Islam is the dominant religion, with over 69% of the population identifying as Muslim. The Christian population is 17%. Thanks to your support via Bible Society, the gospel is reaching people of all different religions and backgrounds that call Kazakhstan home. The new translation of the Kazakh Bible will mean more people can read the Scriptures in their first language; large print Bibles help elderly people; there are new childrens Bibles too.

Along with the Christian rehab centres, your regular support from Bible a Month is having a huge impact in Central Asia.

Prayer Pointers

- Thank God that the message of the Bible is spreading throughout this Muslim-majority country, despite barriers. Pray that restrictions will loosen so that the gospel can be shared freely.
- Ask God to protect the 3 million-plus Christians in Kazakhstan who can face opposition. Pray that they will boldly share the gospel as the Spirit leads them.
- Bless the Bible Society team as they encourage desperate people who need the healing love of Jesus. Pray that God will strengthen and empower all Bible workers in this vast nation.

From Bible a Month Newsletter Feb/Mar/Apr 2026

Eyewitness Report from Kazakhstan.

Vladimir is a chaplain at a Christian rehabilitation centre in Almaty, Kazakhstan, but he wasn't always a follower of Jesus. From the age of 6, he was a gang member and has spent 28 years of his life in prison for gang-related crimes.

After his last release from jail, he said a group of plainclothes policemen planted drugs in his home. On top of this, his wife had died and his children had rejected him.

Even though Vladimir wasn't a believer, and felt like he had nothing left to live for, he asked God to give him one final chance. He wanted to say goodbye to his elderly mum. "My mother and grandmother were believers, and they would pray for me" he said. Vladimir prayed and fasted and miraculously the prosecutor said he could go free. In that moment, he remembered a Christian he had met in jail who had also been a gang member and had told him that God loved him. Vladimir fell on his knees, where he had gang tattoos with words stating he would never bow to anyone, and he bowed to God. "God changed me and I wanted to serve him" he says.

Mark 5.19 came to his mind. "Go home to your own people and tell them how much the Lord has done for you, and how he has had mercy on you"

Vladimir began to work with ex-criminals in a Christian rehabilitation centre in 2012, and today he offers Bibles and resources to the men in the centre for free because they've been paid for by you.

Your support is helping to provide God's word to Christian rehabilitation centres across the country. Viktor Grishkp leads the Kazakhstan Bible Society team. He is pastor of a small church and lives next door to it. There are some Kazakh language Bibles around.

In 2015, a few years after Viktor began leading the Bible Society team, the Kazakh government issued a law that limited preaching and sharing spiritual literature outside of registered religious buildings, like churches, synagogues and mosques. To register a building, communities have to provide 500 signatures- in many small villages this is impossible. Laws like these in China have forced believers to create the underground church, with members meeting illegally in house groups.

While legislation tries to suffocate Bible mission, your support is giving it oxygen. Viktor says, "By God's grace, we are the main source of the spread of the gospel and spiritual literature in the country"

Viktor and his team are working on a new translation of the Kazakh Bible, and continuing to resource churches, schools and children. Aslan is a man whose life has been changed by their ministry. During Aslan's 40 years as a drug addict, he tried to end his life several times. But when he came to the rehabilitation centre, he was given a Bible. He was at his lowest, having lost his family and his home, but when he read about the sacrifice Jesus made for him, he was compelled by love and became a Christian.

N.B. The vibrant, colourful city of Almaty is the largest city in Kazakhstan. Your regular giving supports the Bible team based in Almaty as they strive to spread the gospel throughout the entire country.

From Bible a Month Prayer letter, Feb/Mar/Apr 2026.

Go and tell

See Matthew 28, vs 1-10.

Matthew's account of the first Easter Sunday morning is very dramatic. An earthquake, a dazzling angel and guards falling to the ground like dead men. If Easter Day was televised in the style of a *Doctor Who* episode you might imagine they would choose Matthew's version of events.

Matthew is a skilled writer and his account clearly grabs the attention. How much of what he describes actually happened is a matter of great scholarly debate. It is possible that there was an earthquake that morning and many legitimately believe this literal happening as earthquakes do happen in that region. However, whether we have a literal or metaphorical view we do know that something truly groundbreaking happened that day. Once again God has broken into human history in a dramatic, groundbreaking way. Jesus, who was crucified, dead and buried, is alive. That is the news given by the angel messenger. Like the petrified guards and the wondering women we might not know exactly how the resurrection happened, but we can know, like the women, the glorious truth of Easter Day: that Jesus is risen. For the two Marys, they had the extra privilege of meeting the risen Jesus in physical form. We do not have that privilege, but we can learn from what they did.

First, they 'took hold' of Jesus. If you've ever been separated from someone you love or have not expected to see again you will know what it feels like to take hold of that person, wanting to physically hold on to them for proof of their existence. Matthew tells us that the two Marys were in a confused state of 'fear and great joy'. When life's events shake us, we are wise if, like the women, we in faith take hold of Jesus and listen for his voice saying, 'Don't be afraid'.

Having taken hold of Jesus they 'worshipped him'. Their relationship with him is renewed. After the sombre season of Lent, Easter is a season for renewed hopeful, joyful, celebratory worship. This is a sign of knowledge and belief in the risen Lord.

Then, having been reassured again by Jesus with the wonderful recurring phrase 'Do not be afraid', the two Marys are told by Jesus to 'go and tell':

- to go and tell their testimony.
- to go and tell the good news that Jesus is risen and all that means.
- to go and tell others that they too can see him again.

This is a commissioning by Jesus of their roles as disciples and evangelists.

So, this Easter let us respond as those women did: let us take hold of Jesus, let us hear his words to 'not be afraid', let us worship him and know deeply the truth of the resurrection. And let us go and tell others this powerful good news.

From Roots Worship Material March/April 2026.

An Offertory Prayer

In the light of day, we bring our gifts to God; gifts of time, talent and treasure. We give to make a difference through the relief of suffering and poverty and through the advancement of Christianity. Our gifts, by themselves, might not make a huge difference but, together, are agents of the coming Kingdom. We give in a variety of ways through offering a listening ear or a supportive shoulder to cry on, through practical efforts in a range of good causes and, of course, with our money. In church we give through the plate, sometimes using the little envelopes, through filling in Gift Aid forms, through a wide variety of fund raising activities and through giving directly to the bank. We give to make a difference, we give to be a blessing to others in response to the blessings we have, ourselves, received. And so we give thanks for all that is given:

God of every good gift, you bless us that we might be a blessing to others; bless our gifts that, through them, the light of your loving kindness might be experienced in the shadows of our world. Amen

Rev'd Andy Braunston

A Bit of a Quiz to keep those brain cells working.

1. Which German city is located at the confluence of the Rhine and Moselle rivers?
2. Which country joined the Euro on January 1st 2023? Bonus point if you know what was its original currency.
3. What UK record was set at Coningsby?
4. Which word meaning an extended period of uncertainty was named as the UK word of the year in 2022?
5. What is the largest island in the Caribbean?
6. What name is given to the most common book classification in libraries?
7. Which river dwelling, highly coloured British bird has the scientific name *Alcedo Atthis* ?
8. Who played Rubeus Hagrid in the Harry Potter films?
9. What measurement is one fourth of a pint?
10. What fruit is the clear brandy called Kirsch made from?
11. On which road is the famous Harrods store located?
12. What clothing material is produced from the Flax plant?
13. From which board game was Mrs White removed in 2016?
14. How many years are celebrated by a cotton anniversary?
15. What is the capital of the Seychelles?
16. In the Old Testament, the Decalogue is more commonly known as what?

Answers at the back.

Christian Aid Week 10-16 May 2026.

In the UK, the second week of May is known as Christian Aid Week. It is a week dedicated to raising funds and awareness for humanitarian efforts and long term developmental support for poor communities world wide. One of the areas needing most help is Gaza.

After two years of conflict, the humanitarian situation in Gaza remains catastrophic. People need life-saving supplies now. The flow of aid into Gaza must be stepped up. More than anything, people need the ceasefire to hold, and a chance to heal. People are hungry, displaced and without access to healthcare. There has been some improvement following the ceasefire agreement of October 2025, but it falls short of the scale of humanitarian need, with the entire population of Gaza still facing acute food insecurity.

- At least 69,795 people have tragically died.
- More than 1.4 million people face extreme hunger.
- Over 175,500 have been injured.
- Only 18 out of 36 hospitals in Gaza are functioning, with limited capacity.
- 90% of Gaza's 2.1million population has been displaced.

A massive scale-up of humanitarian aid is urgently needed. People must have a sustained and unimpeded flow of life-saving supplies to survive and rebuild.

How to help Gaza

If you are in the UK, the best and quickest way to help support people in Gaza and affected areas like the West Bank is to donate to the Gaza Crisis appeal. Your donation helps fund the lifesaving work of the Palestine Red Crescent Society and The International Committee of the Red Cross (ICRC), who have been on the ground since conflict escalated and continue to save lives, distribute aid and give hope.

The Palestine Red Crescent Society has:

- 1,400 active responders in Gaza.
- Established 35 medical points/clinics since the start of the crisis.
- Reached around 491,000 people with mental health & psychosocial support.
- Provided more than 26,000 people with rehabilitation support.
- Supported over 1.3 million people with health and disease prevention sessions.
- Reached 400,000 with unexploded ordnance awareness.
- Distributed over 15,000 tents.
- Set up four water purification stations as well as mobile toilets.
- Distributed 14 million litres of bottled water, as well as hygiene and dignity kits.

A story from Gaza:

Amr works for the Palestine Red Crescent in Gaza. He walks more than 10 kilometres a day, to the office and home and to try and buy essentials for his family. “It’s becoming harder every day to meet even the most basic needs,” Amr said in a text.

He has lost friends and family, including his brother and brother-in-law. People in Gaza want the world to know about the situation they face, Amr said.

“Gaza is a place where you can see a doctor who lost his family while saving others, families living in cemeteries, a boy who lost his entire family, a little girl asking for her mother who was killed,” he said.

Despite exhaustion and heartache, Amr’s focus is on his hope for peace: “For my children to sit at a school desk again, for us to rebuild our shattered lives. But I also know that, after all we have endured, we need a chance to heal.”

While reaching people with vital aid and food is the immediate priority, the longer-term needs in Gaza will be immense. When the people of Gaza begin to rebuild their lives, Christian Aid will be there to support them every step of the way.

How we help Gaza through neutrality, humanity and impartiality

We are a charity organisation that stands for humanity, neutrality and impartiality in times of crisis. Our aim is to relieve suffering with compassion and dignity, helping anyone in need, wherever they are. Our neutrality allows us to access communities, gain trust, and to get help where it’s needed most.

Decisions on when and where we provide support to those suffering are based on where the need is greatest. We are not here to take sides. We are not here to measure one life against another. We are here to relieve suffering – and we will continue to do all we can.

Extracts from the Christian Aid Website

A few more funnies.....

- Q. Have you heard about the new corduroy pillow?
A. Its making headlines everywhere.
- A man is having last minute wedding jitters. “you’re not just marrying me because of all the money my uncle has left me, are you?” he asks of his fiancée. “No of course not” she replies. “I’d marry you, whoever left you the money”
- I went to the doctors today with a suspicious looking mole. He told me they all look like that, and I should have left him in the garden!
- I ate a kids meal at McDonalds yesterday. His parents were furious.
- Thanks to Facebook, I never forget the birthdays of people I don’t really know.

Refocusing Mavis's blog.



It was an easy job so I thought I would just go ahead and do it myself instead of bothering my son, asking him to do it. All I had to do was to screw a couple of hooks behind the door to hang things on. Simple! I had the necessary electric tool ready and charged. I marked the spot where I had to put the screw and made a small hole to make sure it didn't slip. As I started screwing, I discovered it wouldn't go in properly. 'I don't believe this!' I murmured under my breath. I thought it was going to be so easy. In the end I had to go and seek the help of my son. He took one look and said 'You've got it on the wrong setting. You've set it for drilling not for screwing. No wonder it won't go in.' Two minutes later it was done - by my son. Please don't laugh, after all I *am* a woman *and* getting on in years. Anyway, how was I to know that the thing had different settings? I learnt something new that day!

Another encounter I had was with someone who had visited a dietitian to get some help with losing a bit of excess weight. She had always considered herself to be pretty healthy and always ate what she thought was a very healthy diet. That is until the dietitian began explaining just where she had been going wrong and how the body reacts to different types of food. She left the appointment quite humbled and said that after all these years of doing things a certain way she was now going to have to rethink and refocus her attention on other elements of her diet that until now she had considered ok.



All in all, it has been a week of refocusing and rethinking, learning and readjusting. Things change and we have to change with the situation at hand. We cannot always go on doing things in the same old way just because '*we've always done it that way*' as I was once informed as a questioning child. It has been said that the Nautilus begins life in a small shell



but as it grows it doesn't have enough room and so it builds another bit of shell, another new compartment and moves out of the old, once comfortable place into the new part until it becomes too big for that part. And so it goes on until it becomes quite large. The different segments can be clearly seen around the shell of the Nautilus. What a lesson - we need to keep learning and growing but also often this entails moving on from where we were. We can't always remain static or we either stunt our growth or die. We need regular check-ups and then refocus and move on, adjusting to the new situation in hand.

I am not in the same place spiritually as I was a few years ago. I have learnt more and moved on. It's not about turning our backs on the past. The nautilus carries its past around with it. Our past is a reminder of where we've come from and what has made us the people we now are. We look at our past but shouldn't live in it. It was right for us at that time and in that situation, so we need to be thankful for the past and how it has led us to the point where we are today. It should be a progression on to something new and better. In our spiritual lives, if we find ourselves in a situation where nothing has changed, then maybe we need to ask ourselves if we need a check-up, learn something new, refocus or do things differently. If not, then there could be a danger that we might be just going through the motions while we are actually dying on the inside. We are never too old to learn something new, no matter how long we may have been a Christian. It is good to re-examine what we do - maybe what we thought was ok, no longer serves us well. God is much bigger than any human understanding and the nature of his creation is to keep evolving and moving.



From the blog of Mavis Andradez.

The Meaning of Life

What is the meaning of this thing we call life?
Composing of happiness, joy, tears, and occasional strife
Lessons we endure along the way
Stormy weather always leads to a brighter day.

In times of darkness we will learn
Knowing it's pleasure on this earth we yearn
Our spirit fights on, never letting us give up
This strength from within will fill up our cup.

Enjoy this experience with spirit so strong
Care for your fellow man and you cant go wrong
So find the meaning of this life- your time
Live it wisely, live to love, let your light shine.

Dawn Wilkinson. From "Reflective Collection" of poems by Wallsend writers

Why are cocoa prices rising?

Have you been wondering why the cost of your favourite chocolate bar has been going up- while still getting smaller? you're not imagining it. It has been reported that Easter eggs this year are smaller and more expensive than previous years, as the price of cocoa has driven a new wave of shrinkflation.

The cost of chocolate is going up but the money is rarely going back into the hands of the producers. Hear from a Fairtrade cocoa farmer- Assata Doumbia Kone.

The cocoa sector is still dominated by men: only 25 percent of the cocoa plantations in Ivory Coast are owned by women. Accordingly, Assata didn't have it easy at first.

"When I started working when I inherited the field from my uncle, it was really not easy," she says. "Even the family and the community in which I lived looked after me because a woman cannot master the challenge at any time." Today, Assata even leads the ECAM cooperative with 2,300 producers as chairwoman and actively advocates for the women in their industry. *"We have shown that we can make it to women. So I feel happy,"* she sums up. Many will have tried the cocoa from Assatas Plantage before: their cocoa beans are in Fairtrade chocolate.

Agriculture in times of climate change

Assata started in 2003, when she inherited a field from her uncle. Since then, she has been growing cocoa and is an employer for several workers who harvest the valuable cocoa beans with machetes on the plantation every day. Let's ask Assata about her biggest challenge: *"Having a very good production on a very small area"*. Assata is working on agroforestry, which is a sustainable cultivation method that enables small farmers such as Assata to grow other products in addition to cocoa on a small cultivation area.

Agroforestry is becoming increasingly important in times of climate change. Many Fairtrade producers in countries of the global south continue to develop in this cultivation method to increase the food security of families and prevent further deforestation.

What more would Assata Doumbia do? "We need to improve our way of working. We have been working with machetes, dabas and similar devices for a long time. We would like to have devices that make our hard work easier," she says.

Without a doubt, climate change and the associated changes for people and the environment is the biggest challenge in agriculture. Assata also reports on how people in Cote d'Ivoire are already suffering from the consequences of climate change. *"In early 2017, we had a large drought on our plantations, where we lost almost half of our production"*. The difficulties refer to cocoa cultivation, but also to the cultivation of vegetables, which serves for their own diet. *"We are forced to buy expensive food in the shops in the city,"* Assata reports.

The price of a good life as a cocoa producer

One of the most important topics for cocoa producers such as Assata is the cocoa price. This is being negotiated on the commodity exchanges of the world market – far from the people who toiled on the plantations for the cocoa tea. Due to the large price fluctuations and the associated risk of poverty in the fields, the two most important countries of cocoa production, Ghana and Cote d’Ivoire, have introduced a minimum price. This is redefined twice a year. “*We are grateful for all the efforts the government has, and we want to accompany it so that the income remains stable,*” says Assata.

If the price set by the government is below the Fairtrade minimum price, Fairtrade pays the producers the difference. However, more must happen to make a good life possible for the producers and workers in the cocoa industry. Currently, only around one third of cocoa harvests from Fairtrade cooperatives are also sold under Fairtrade conditions. The rest of their harvest must sell at a lower price through the conventional market. To change this, the demand for Fairtrade chocolate must continue to grow.

Fairtrade premium enables joint projects

The Fairtrade premium has already been able to invest Assata in favour of the Community. With the money, the community has built schools among other schools and improved roads to facilitate the routes to the plantation.

The rising price of cocoa is putting real pressure on the farmers behind the chocolate we all love- but when you choose Fairtrade, you’re helping give them a stronger future.

Thank you for standing with them- it genuinely makes a difference.

Fairtrade Foundation Press Release, Feb 2026.

Bluefields News. March 2026

Hello dear family and friends!

Well here I am two weeks into being back in Bluefields, my other home for the next 6 months - and a busy time it’s been.

It started very well as I had a hassle-free journey. I don’t remember the last time I had one of them!



I was greeted by my godchildren Maggie & Michael and their mother Nelly. They didn’t stay too long as they respected the fact that I had been travelling for so many hours without sleep.

Saturday lunch club.

The following day I was straight into my Saturday lunch club. What a joy it was to see my friends again and receive so many hugs.

I didn't feel particularly clean afterwards, but I did appreciate the fact that I could easily have a shower, despite it always being in cold water. It made me thankful for what I had when I realised some of these folk wouldn't remember the last time they had a bath.

Church

Sunday was two church services – and more hugs. I got a lovely surprise during the morning service when 8 year old Michael went to the front, took the microphone and said this hymn was for Miss Margaret. He had learned it all in English to sing for me.

Students

So Monday came and it was time for work. My first three weeks are the busiest of my whole time here. I have about 75 children in 9 different schools and 25 students in university. I need to check at all the schools to see if the students who have a scholarship with us are still attending and whether any failed their grade last year and are having to repeat the same year again. I also check as to whether the school fees have been raised or remain the same. Lots of walking involved! It's then a matter of working out how much each school needs to be paid and return to all the schools to pay the March fees. It's after all this is complete that I can pace myself more sensibly until the next months fees are due. The university students can call at the house anytime for me to go shopping with them to buy their school supplies which is drawn from their scholarship.



Nadisha and Kellyn are happy that they passed their grade.

Out of 100 students, the outcome wasn't too bad. One child failed his grade so is repeating 3rd grade again, one university student has quit after her first year of training to be a nurse, another first year uni student has quit because she is pregnant and a fifth year high school student has quit because she is also pregnant. I'm happy to know that she is getting some studies on Saturdays to enable her to complete her fifth year and get her diploma.

Coffee and Bread Project

I've increased the 6am coffee and bread project to two days a week now because I have more volunteers to help with this. So, one team will do the usual route and the new team which just started last week are covering a completely different area of Bluefields, where there is

also much joy in receiving an early morning free cup of coffee and a home-made bread roll. It meant going out to buy more coffee, sugar, cups and 2 large thermos flasks. Thankfully I had a donation already to cover this.

Supporting Hospitals

Last year I told you about supporting the hospital with some much needed equipment. Well, I've been shown some amazing photos of surgeries that have taken place where the headlight and the machine for cutting bone have been used. One lady had her jawbone cut in half to remove a tumour and was cut from mouth to ear. The two items have proven invaluable.



Hospital Seating

I was given a very generous donation from a church which was closing and while I was still in England, I

asked pastor Ed if he could order me two iron benches. These are for use at the hospital in the waiting area where seating is very sparse. I had plaques made too, to show where the donation had come from. They arrived last week



and I met up with the director of the hospital to hand them over,

Wells

I've got two wells in the process of being dug with donations in memory of family members who have died. I've had plaques made for these also.

So that's my first two weeks taken care of. Who knows what's next?

Have a wonderful Easter as you celebrate the resurrection of Jesus and when you can enjoy some relaxation , hopefully with good weather. We are about 35C at the moment!

Love

Margaret



Did you know?

Below are some Eponymous words. That is, words relating to or being the person after whom a discovery, invention, place is named or thought to be named.

1. Saxophone: from Adolphe Sax, the Belgian instrument maker.
2. Boysenberry: from Rudolph Boysen, a horticulturalist.
3. Cardigan: from the 7th Earl of Cardigan, who led the charge of the Light Brigade.
4. Praline: from Cesar de Pleassis Praslin, who popularised the almond confection.
5. Silhouette: from Etienne de Silhouette, a French finance minister known for austerity (and cheap shadow portraits)
6. Sandwich: named after the 4th Earl of Sandwich, who ate meat between bread to avoid leaving the card table.
7. Boycott: from Captain Charles Boycott, an English land agent ostracised by Irish tenants.
8. Nicotine: from Jean Nocot, who introduced tobacco to France.
9. Teddy Bear: from Theodore “Teddy” Roosevelt after he refused to shoot a bear cub.
10. Fahrenheit: from Daniel Gabriel Fahrenheit, creator of the temperature scale.
11. Shrapnel: from Henry Shrapnel, a British artillery officer who invented shell casings.
12. Maudlin: From Mary Magdalene, often depicted weeping (associated with tearfulness).
13. Sadistic: From Maquis de Sade, infamous for writings about cruelty and pleasure.
14. Tantalise: from Tantalus, of Greek mythology, eternally tempted with unreachable food and drink.
15. Chauvinism: From Nicholas Chauvin, a fictional exaggerated French soldier known for extreme patriotism.

Points to Ponder

- You can't change the past, but you can ruin the present by living in the past and worrying about the future.
- A praying friend is the best kind of friend.
- Many people will walk in and out of your life. But only true friends leave footprints in your heart.
- Everything is super important until you are sick. Then you realise there was only ever one thing that was important. Your health. Because at the end of the day, health is not everything; but without health, everything is nothing .
- Next time you're feeling low, remember this: you're alive, that alone is a gift. You can breathe, move, see, drink clean water, eat a meal, and rest under a safe roof. There is always something in your life that's worth gratitude.
- Sometimes happiness looks like:- staying at home, minding your own peace, eating homemade food, gently saying No, and enjoying your own company.
- If it's not yours, don't take it. If it's not right, don't do it. If it's not true, don't say it. If you don't know, be quiet.
- Not everyone is given the chance to grow old. So appreciate every single day of your life.
- Be still. God knows you're exhausted. He knows you're doing your best. He knows you don't have all the answers about the future. But He sees you. He sees that you haven't given up. He has a plan for you and He will make a way.
- Pretending you are okay with a situation that is actually breaking your heart is the worst feeling ever.
- What's done is done, what's gone is gone. One of the best life lessons is learning how to let go and move on. It's okay to look back at your memories but never let the past stop you from moving forward. *Buddha's teaching*
- A bad mood is never an excuse to use cruel words. Never. Moods pass, but cruel words wound the soul. *Inspiration Cabin*
- There's so much power in believing that everything will work out even when you don't know how or when. You just have to believe that it will.

All the above quotes are freely available on the Internet.

Peggy Mace

Pup dog Mace has a furry face, she leaves her toys all over the place.

Peggy Mace is a wonderful dog. If lots of sticks are around , she'll pick a log.
Her eyes are always shining with lots of love for her to bring,
a beautiful tri-colour Border Collie who gives me everything.

My Peggy is a delight to be had, She'll have you laughing aloud, even when you're sad.
Her tail wagging, her beautiful smile, she'll have you walk many a mile,
Always around to make you happy, because for Peggy, that's her style.

Peggy Mace likes to steal your chair, she is so cheeky you can't despair,
Placing her toy just out of reach, you go get it, you've lost your seat
But now you're up its time to play, always smiling, never missing a beat.

Peggy Mace is just full of joy, she knows the name of every toy.
Ask for Colin, Dragon, Dino, Spider or Bone, off she'll trot, around our home,
Looking merrily for the toy you asked for, she'll come in proudly with it to be thrown.

Peggy Mace is a wonderful dog, if lots of sticks are around, she'll pick a log,
Her eyes are always shining with lots of love for her to bring,
A Beautiful tri-colour Border Collie who will have us often sing:
Pup dog Mace has a furry face she leaves her toys all over the place.

By Becks Macey

From "For the love of animals", a collection of poetry which raises money to support local pet food banks and supports animal charities. (Used with permission).

Quiz Answers

- | | |
|---|----------------------------|
| 1. Koblenz | 9. Gill |
| 2. Croatia. Currency was the KUNA. | 10. Cherries |
| 3. Highest recorded temperature in UK at 40.3 C | 11. Brompton Road (87-135) |
| 4. Permacrisis | 12. Linen |
| 5. Cuba | 13. Cluedo |
| 6. Dewey decimal | 14. 2 nd |
| 7. King fisher | 15. Victoria |
| 8. Robbie Coltrane | 16. The Ten Commandments |

Smile

- Just met this chap at the local hospital. He injured himself playing hide and seek, he's in ICU.
- Railway thief arrested again by Police. He's got a track record of these crimes.
- My wife is fed up with me over my obsession with sausages. I said to her, "How about I take you away for a few days to take our minds off this problem? She agreed. A nice few days in Cumberland and Lincolnshire should do the trick"
- In my local church, they asked me if I would like to join the Bell Ringers group. At the moment they are just showing me the ropes....
- How do so many people get simple sayings wrong? Answers on the back of a coastguard please. Tanks in advance.
- I accidentally rubbed ketchup in my eyes. Now I have Heinzsight.
- The biggest joke on humankind is that computers have started asking humans to prove that they are not robots.
- If you boil a funny bone it becomes a laughing stock. Now that's humerus.
- Did you know that world champion cyclist Chris Hoy's sister Landa is a navigating officer in the Royal Navy? Not many people know that.
- My local bank branch is closing. I went in and I asked what I should do and they told me I need to go online but will need a nap. Went home, had a 20 minute nap. Didn't work. Bank still closing.
- Its custom that everyone in my local neighbourhood wears sweaters that are just a size too small for them. We are a tight knit community.
- I've just been in B & Q and asked the bloke, "what gets rid of grime and stains?" . He said, "ammonia cleaner". I said "sorry mate, I thought you worked here"
- Congrats to Hugh Zappritti-Boyden on his new role as head of the National Parrott Owners Association.
- Going up the A1 and my wife says, "you'd better flash that truck driver in front of us , tell him he's losing his load" . I said, "Pet, it's a council gritter"
- Every time we try to eat healthily, along comes Easter, summer, holidays, Friday or Tuesday, Christmas- and ruins it for us.

With grateful thanks to LIVErNEWS, the Liver Patient Support Newsletter.

Sunday Rotas

Sunday	Door Steward	Flower Rota	Flowers Donated To
5 th April	Anne H	Joan Harvey	During the past months our church flowers have brought their beauty and our prayers to Pamela Emery, Joan Harvey, Alison Wilkinson, Su Kirtley, Janis Duff, Margaret Storey, Louisa Morley, Shirley Filmer, Jean Trewick and Doreen Kirtley.
12 th	Sylvia Aston	Maureen Mills	
19 th	Sylvia Richardson	Pamela & Alan Emery	
26 th	Louisa & Joan	Louisa Morley	
3 rd May	Derek	Susan Bewley	
10 th	Mick	Pamela & Allan Fender	
17 th	Anne H	Jean Trewick	
24 th	Sylvia Aston	Mick Watson	
31 st	Sylvia Richardson	Louisa Morley	

Sunday	Preachers	Church Steward
5 th April	Mrs Chris Carroll	Mark
12 th	Rev Helen White. Communion Service.	Susan
19 th	Local Arrangement	Pamela
26 th	Ms Kate Laws	Mark
3 rd May	Rev Paul Cleever-Thorpe	Susan
10 th	Rev Marie Attwood. Communion Service.	Pamela
17 th	Mr Michael Ball	Mark
24 th	Rev Helen White	Susan
31 st	Mr David Stabler	Pamela

Easter Services	
2 nd April at 12.30	Maundy Thursday Service
3 rd April at 10.30	Good Friday Service followed by procession to the Park Bandstand
5 th April at 8.30	Early Communion followed by breakfast (See Susan for numbers)
5 th April at 10.45	Normal Easter Service led by Mrs Chris Carroll