

Trinity News



March 2023

Minister Muse

Dear Friends,

I'm delighted to be working with Gail again as part of the ministry team here at Trinity, and look forward to sharing with you in fellowship, worship, discipleship and mission, especially during this coming season of Lent.

One of my favourite hobbies is playing badminton. Unfortunately, since falling over while Ice Skating on New Year's Eve, a shoulder injury has put a stop to that. So over the past few weeks I've been doing various exercises with weights and resistance bands to recover and build up the strength in my rotator cuff muscles – and hopefully sometime soon these exercises will result in me being able to play badminton again properly. (I've recently been trying to play with my left arm – but although still fun I'm losing every game!)

Lent is a good time to focus on spiritual exercises that enable us to grow in our discipleship and strengthen us in our following of Jesus. As we remember the 40 days Jesus spent in the wilderness, we remember that part of the reason that the Spirit led him there was for a time of testing, training, and preparation for his mission and ministry. So for us, part of the challenge of Lent is to engage in those spiritual exercises that help to prepare us to play our part in God's mission. Some of those exercises we can do in solitude – but some are best done together.

So I hope that some of you will be joining us in our Lent Course – 'Be Transformed', each Tuesday during Lent, 2 p.m. - 3.30 p.m. beginning on 28th February. I've invited the folks from St Andrew's Church in Benton (the other church I am minister for) to join us if they can.

Whatever spiritual exercises you choose to do in the coming weeks, I pray that the Spirit will lead us all through this season of Lent, that we may grow in grace, and in the knowledge and love of Jesus.

With every blessing,

Gavin

Bible a Month: Bible Lands

“For God has revealed his grace for the salvation of the whole human race” (Titus 2, vs 11 GNB)

The Bible Lands are Israel, West Bank and Gaza strip. They are bordered on the east by Lebanon, Syria, Jordan and Egypt, and on the west by the Mediterranean sea. They cover an area of around 10,871 sq miles which is about nine times smaller than the UK. The population is 13.5 million, and the main languages are Hebrew, Arabic, and English. The literacy rate- people who can read and write- is 97.5%.

In a land broken by division, conflict and violence, the Bible Society teams in the Bible lands are united through the Bible.

Nashat Filmon leads the Bible Society serving Palestinians, working in some of the toughest places to be a Christian: Gaza and the West Bank. He said, “!We will adapt and change to find best practices to capture people with the word of God...whether it’s through leadership training, trauma healing of peace building”

Thanks to you, generations of servant leaders are being prepared to bring hope and encouragement in the West Bank through the Jericho leadership academy. You at Bible a Month also help to provide thousands of Bibles and Scripture portions.

The Arab-Israeli Bible Society is also reaching into a difficult context. You also equip and engage youth and children by supporting Scripture projects in schools.

Finally, the Israeli Bible Society works with Messianic Jews and reaches into the secular Jewish context with God’s word.

Prayers

- Praise God for the faith, boldness and zeal of those who love the Bible in these lands. Pray that more people will be attracted to their bright light.
- Pray for leaders taking courses at the Jericho leadership academy, that like King David they would have integrity of heart and lead with skilful hands (Psalm 78, vs 72)
- Praise God that the Bible Societies here can be a unifying force for churches around God’s word.

Bible a Month Newsletter, Feb/Mar/Apr

Eyewitness Report from the Bible Lands

by Emily Robinson, Supporter Experience Officer

“These are the Bible Lands, but few know the Bible”, Bishop Rafic Nahra told me when I visited Nazareth in Northern Israel. The Bible Lands is what we sometimes call Israel, the West Bank and the Gaza strip. I was there to meet with the Israeli, Arab Israeli and Palestinian Bible Society teams.

Less than 2 % of the population identify as Christians in these historic lands, and many do not engage with the Bible. Before I went to Nazareth, I met Nashat Filmon, General Secretary of the Palestinian Bible Society, in Jerusalem. “There is a lot of tradition, but not much heart” he told me.

Just the day before, five Palestinians had been killed by Israeli soldiers in the West Bank. The BBC reported that three were militants, but two were civilians going about their

everyday lives. There was evidence of conflict all around. Checkpoints, armed police and soldiers, queues of traffic going from the West Bank into the Israeli part of Jerusalem as you need a permit, and lots of rubble and rubbish near the dividing wall on the Palestinian side. Nashat said: “But the gospel has no borders or boundaries. That’s why we reach all. Because we believe the Bible is the bridge to all”.

Just under 100 women have set up a weekly Bible study group called Living Stones, supported by Bible Society, in Ramallah in the West Bank. I met Loudy, a widow there. The Bible Study enables the women to talk through the difficulties they face. Loudy had lost her brother and sister through illness, and when she shared this the group wept with her. Loudy said she has also found a wonderful companion who is always there to give her peace. “I feel Jesus walking with me through the land” she said. “When I read the Bible I feel love inside”. When I arrived in Nazareth in northern Israel I attended meetings of the Magdalena Project. The project, supported by you, helps build up the faith of Arab-Israeli women. These women are the most disadvantaged in the region; part of an ethno-political minority living in a strict patriarchal community. There are high rates of domestic abuse and even honour killings. Here I met Naela*. Naela struggled to pay for the school fees for her children. She cried to God for help. Then a friend knocked on her door and gave her some money. “I knew that Jesus had helped me” she said.

Through the Magdalena Project Bible classes, women learn how to live the life of faith not only by attending church, but also inside their homes and in the wider community. They learn about key issues such as reconciliation, God’s character, healthy families, women’s rights and serving the Church. During a class about comforting anxious hearts, Naela said that the verse that brings her the most comfort is 2 Corinthians 5, vs 17. “If anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come” (ESV). She said, “I am a new creation since I came to know the Jesus of the Bible”.

Yes, the Bible may not be well known in the place we describe as the Bible Lands, but those who do know it love the Scriptures and seek to share them. They are helped by your regular support.

**names are changed for security reasons.*

Trinity Tea Dance

The Tea Dance meets on a Monday from 1 to 3 p.m. There’s sequence dancing for about an hour. Two dances followed by a 2 minute rest, then repeat. At about 2 p.m. tea/coffee and biscuits/cake for about 15 minutes. Then dancing again until 3.

You don’t have to dance, just enjoy the music and fellowship. At £2.50 you can’t get better value for money.

We seem to stick at 12 very faithful regular members, but it would be great to see more people, particularly from Trinity. If you’re a male dancer the ladies would definitely welcome you, but no matter what gender or age you will be warmly welcomed.

Some of the dances regularly played are :-

Cindy Swing, Alpine Stroll, Balmoral Blues, Tayside Tango, Saunter Together, Rumba Roselea, Midnight Tango, Mayfair Quickstep and Jaqueline Cha Cha.

So if you fancy a really pleasant relaxing afternoon do come and join in.

I can’t dance but I do really enjoy the music and fellowship.

Alan

Leprosy Mission

What does it look like to flourish?

In the tea gardens of Sylhet, in north-eastern Bangladesh, the air is fresh and fragrant, the foliage vibrant. Just a few hours' drive from the bustling capital city of Dhaka, it is tranquil. But there is a darker story here. While the tea gardens of Sylhet bloom, leprosy is having a devastating impact on those who live and work there – men, women and even children too.

The highest rates of leprosy in the world

Around 600,000 people live or work in Sylhet's tea estates, and nearly every family is affected by leprosy. The tea gardens have the highest rates of leprosy our teams have ever seen, with cases between 20 and 30 times the global average. Years of leprosy being neglected across Bangladesh has left the disease to spread unchecked. Leprosy is a disease of poverty - it thrives in areas where there is overcrowding, malnutrition, poor sanitation, and flooding. These are the conditions in which most tea workers and their families live. Climate change will only continue to exacerbate these conditions. Ending leprosy in the tea gardens is not just vital therefore for ensuring the people living and working in the tea estates can fully thrive. It is also an important step in preventing the disease spreading across Bangladesh.

Aloka's story

Aloka has worked as a tea picker since she was a teenager. It's hard work, and the hours are long. It's a lengthy walk from her home to the tea garden, and the route is often flooded. Like many families on the tea estates, Aloka's family live in housing provided by her employers. It's a small hut with a corrugated iron roof, but Aloka enjoys coming home to her family each evening.

A few years ago, Aloka noticed that a patch of skin on her hand was discoloured. Her family's main breadwinner, she continued to pick tea leaves as swiftly as possible. But over time Aloka started to lose the strength in her hand. Her fingers began to stiffen, and she could no longer grip anything. A Leprosy Mission health worker who was visiting the estate recognised Aloka's skin patch and stiff fingers as symptoms of leprosy. Aloka took Multidrug therapy, to cure her leprosy, but it came too late to prevent the damage to her left hand. She's lost all feeling in it. Now, Aloka can only pick tea leaves with her right hand. As she is paid per kilogram of leaves picked her income has plummeted, impacting her whole family. Aloka is fortunate in a way – if she had not got treatment when she did, she would have lost all feeling in both hands. This could have led to her losing not only lost her job, but her home as well. If Aloka and her family had been evicted from the tea estate, they would have lost everything.

“I'm so thankful that I was found and given the medicine I needed.” Aloka told us. “But I'm sad that I was cured too late. I need help to make my hand work again. I want to look after my family and I can't pick enough tea now to bring home a decent wage”.

Despite the challenges she faces, Aloka does all she can to remain positive. She runs a self-help group for others affected by leprosy, where they check for cuts on numb limbs to prevent infections and disability. They also run a savings group to encourage financial independence. Group members save money together and then give loans to each other when needed, enabling them to pay larger expenses and even start their own businesses. Aloka says: “I want there to be no more leprosy in the tea gardens”.

No more leprosy in the tea gardens

Our teams are discovering more cases of leprosy in the tea gardens than anywhere else, and we have made huge strides in finding and treating people affected by leprosy here. But we need to upscale our work to stop leprosy spreading to more families. There are many people like Aloka who urgently need medical care. There are many more people affected by leprosy that we do not know about yet.

We believe that every person deserves life in all its fullness. We can’t stop until, together, we see flourishing health, flourishing communities, and flourishing lives throughout Bangladesh.

Leprosy Mission website, Feb 2023.

God speaks our language

Claire Smith, Freelance Writer (Bible Society)

The first ever Jola Bible was launched in The Gambia this summer, amid great celebration and joy.

“How do you pray?. That was the question Bible translator Brian Tanner asked the Jola people when he first arrived in The Gambia in 1992. “In Arabic” they replied- as 96% of people in this country are Muslim. “But when you really have something on your heart, when you have a family problem or when you have great joy, how do you pray then?” Brian asked.

“Then we pray in Jola” came the answer. “That was the challenge I took” said Brian. “The Jolas want to speak to the Lord in the language of their heart” . In summer 2022, the Jola people have their first full Bible translation.

The Jola Bible has been long-awaited. Work on the New Testament began in earnest in 2007, in response to pleas from church leaders who wanted God’s word to grow the faith of Christians and serve as an outreach tool in this majority- Muslim nation. There are 65,000 Jola people in the Gambian West coast, and more across Africa, and they are mostly farming people with traditional beliefs often mixed with Islam.

The New Testament was launched in 2012, and work on the Old Testament began in 2013. A small team of full time translators set about translating from the original Hebrew text.

Now, Michael Ellis, Bible Society’s leader in the Gambia, plans to use the new Bible as a basis for audio Scriptures, new reader portions, evangelistic materials and stories for children. Faith will grow, people of all backgrounds will come to know Jesus and Jola society will be transformed, he said.

From Word in Action, Winter 2022/23

A ray of hope for Aleppo

An update on how Christian Aid is navigating the desperate aftermath of the Syria earthquakes to reach those in need.

The impact of the earthquakes of 6 February on Aleppo is clear to see yet difficult to comprehend. The city's infrastructure – already fractured by 12 years of civil war – has been brought to the brink by the earthquakes and their aftershocks, and essential utilities such as water and power are widely unavailable.

Hospitals and healthcare services have been overwhelmed by the sudden and huge influx of injured people. With essential medicines, equipment and manpower in limited supply, medics are unable to provide much of the emergency care that is so desperately needed, let alone continue with ongoing treatments for cancer, leukaemia and other life-limiting diseases.

The situation has been worsened by the torturously slow arrival of foreign aid. It took several days before border points opened to allow trucks through and even now, the quantity of goods being supplied is woefully inadequate.

In the midst of all of this devastation, we have been able to bring some light into the lives of the displaced with an emergency community feeding initiative. Our local partner, Dorcas, is reaching 5,000 children and vulnerable adults every day with food supplies. No one here has escaped unscathed from the loss and devastation around them. A volunteer who is helping Dorcas to deliver our life-saving meals says their role is giving them comfort as they process the trauma of the past few weeks.

They tell us: “Our mental health has been affected by the earthquake. We are feeling very down. We are very afraid of going back home and living this experience again – we only go to our houses to get what we need, and we leave immediately. “The only thing we are doing right now is praying. Volunteering is helping us heal and keeping us busy instead of thinking about bad things.”

Sadly, there are still many people in Aleppo living on the streets and as night-time temperatures regularly dip below freezing, there is little respite from the elements. Families are too frightened to return to their damaged homes, scarred by the memory of when the earthquakes struck. One member of the Dorcas team, Rana, has given us her first-hand account of the experience and describes the lasting effects on her and others who lived through it.

She says: “For me, the 40 seconds of the earthquake were the same as twelve years of war and even harder to bear. Imagine that you wake up suddenly with the house shaking right and left, the darkness, the sound of breaking glass, the doors shaking. My child and my husband were next to me; I didn't know what to do, how to rescue my son, where to run and how to protect ourselves. We left home, we couldn't find a place to sleep in, all places were

risky, all shelters were very crowded. So, we stayed in the car the whole night – we were very afraid, and it was very cold. We had lost our safe place in just a few seconds, without knowing if we will ever go back to our house or not. We were terrified and overwhelmed with fear from the inside out. After two days, we went back home, so worried and hopeless, after seeing the number of people either dead or trapped under the debris. I couldn't imagine leaving my son for a single second – I was so afraid that anything could happen at any time. After the initial shock, I started to see the wider situation – a very bad situation; a lot of homeless people, worried and unsure if their houses are safe to live in or not. They are all waiting for the emergency committee to evaluate their homes, but in general, the committee is so busy evaluating all the affected houses in the area. People need specialist engineers to evaluate if the houses are safe or not.”

Please continue to help in any way you can – no donation is too small.

Christian Aid press release, Feb 20th 2023

Now you know !!!

- **Accommodate** is the most misspelled word in English
- The Lord's Prayer contains just 68 words.
- If you take away a letter from the word **startling**, you'll form a new word every time: startling; starting; staring; string; sting; sing; sin; in; I.
- The word **infant** comes from the Latin words meaning **not speaking**.
- The word **lethologica** describes the state of forgetting the word you want.
- **Peanuts** aren't nuts. They are legumes.
- The word **salary** is derived from the word **salt**. In Roman times, salt was often used instead of money.
- **Banana oil** doesn't come from bananas. It's made from petroleum.
- **Venetian blinds** were invented in Japan.
- **Soda water** doesn't contain soda.

Without Borders: Saving lives in Somalia

by Dr Asma Aweis Abdallah, Medecins Sans Frontieres (MSF) medical activity manager in Baidoa, Somalia.

The situation in Somalia is catastrophic. We are facing one of the worst droughts in 40 years. More than 200,000 people have arrived here in Baidoa in the past year. The main reasons for people leaving their homes are conflict and the very real possibility that the rains will fail for the 5th consecutive year. They come here looking for food and medical care. Many have made long journeys to get here, often on foot, facing security issues along the way. They experience terrible things. We meet mothers who tell us they lost babies on the way, but they continued their journey to bring their other children for medical treatment. One of our patients was a 23 year old woman who arrived with her child- the mother had measles and the girl had malnutrition. They'd walked 180 km trying to find medical care, but because they had to travel so far, by the time they arrived they already had several other complications. The child died two days after admission and the mother died one day later. To witness families leaving our hospital with fewer members than when they arrived is one of the saddest things but, because of the impact of malnutrition and other diseases, it's the story of many families here. In Baidoa, most of the children we receive are already underweight. Some have lost subcutaneous fat and are skin on bone. If this is chronic, repeated again and again, it affects the development of the child's brain, the productivity of the child in the future, and the community in general- all because of inadequate nutrition. Malnutrition also reduces the ability of people's immune systems to fight off disease. As a result, malnourished children are prone to a range of infectious diseases and other health issues. In Baidoa, we are seeing children arrive with infectious diseases, then come back to us with malnutrition, or the other way round. There are also a lot of disease outbreaks due to the shortage of water, climate change and the lack of vaccination coverage for children under 15. All these factors come together to increase child mortality. MSF runs an emergency medical project in Baidoa. Our hospital here has an emergency room and inpatient and outpatient services. Our outreach work focuses on health and nutrition services- we admit 500 malnourished children each week into our feeding programmes. We also build latrines and bring clean water in by truck. After a recent cholera outbreak, we started working in a cholera treatment centre too. Altogether we are supporting around 20% of the population of Baidoa, but the needs are so much greater than that. Its very obvious here that people are struggling. All the time you see people in a desperate state, queuing for food, queuing for water. You see hundreds of mothers waiting all day in the sun in the hope of getting some rice to feed their families. Its difficult to witness people suffering so much. But our team members are resilient and their morale is high. We are part of this community and all of us want to be here to help. Seeing a malnourished child recover and regain their strength, knowing that without our help they probably would have died, is incredibly motivating for us. It gives us hope even in this dire situation.

- *Medecins Sans Frontieres /Doctors without Borders (MSF) is the worlds leading emergency medical humanitarian aid organisation. It helps people affected by armed conflict, epidemics and natural or manmade disasters, without discrimination and irrespective of race, religion, creed, gender or political affiliation. It works in more than 70 countries and go to places where others cannot or choose not to go. It is*

independently funded, with 99.8 % of the funding coming from individual or private donors. Should you wish to contribute to this work financially, phone 0800 055 79 82. Or visit [msf.org.uk/donate](https://www.msf.org.uk/donate)

“The Virtue of Hope is what drives us”

The new Chair of Christian Aid is Dr John Sentamu, who was the first UK black archbishop, and served as Archbishop of York from 2005 to 2020. Here he chats to Christian Aid about his faith and what gets him fired up for justice.

Q. We're delighted to talk with you. Can you tell us about your first “experience” with Christian Aid?

J.S. It was during Christian Aid Week when I had just been ordained a deacon at St Andrew's and the vicar said to me, “you've got to galvanise young people and distribute all these envelopes throughout the entire parish”. So we went and delivered envelopes, and when we turned up on the Saturday to collect them, it was just amazing, the people had really given quite a lot. I've always thought collecting house to house as something that is quite wonderful. The envelopes are still the things to do, and now people are also giving online. Still, our message is a simple one: we are Christian Aid- we are here to support, to encourage, to stand alongside people living in poverty, and that's what inspires me”

Q. What do you think are the strengths that will help Christian Aid now and in the future?

J.S. Over 75 years ago, our charity started with an amazing name: Christian Aid. The meaning of all we do is in our title; we stand alongside people, and we are here to tackle poverty. When I visited Afghanistan in 2004, I heard people telling me that Christian Aid is the only Christian organisation that has remained in Afghanistan, and how they continue to support our people with fresh water and medicine, and they really care for us as Afghans. I thought, “Wow, this is it”. The whole community was given hope with this fresh water, and in the eyes of the children you could see; “We've got a future”. I don't see Christian Aid as an organisation. I see Christian Aid as a movement for change.

Q. What do you hope to bring to the role of Chair at Christian Aid?

J.S. I was brought up in Uganda, and when I came to this country, I discovered whoever you are, human beings are human beings. What I want to bring is my understanding of God, of humanity and the church. If you believe in the God of love and compassion and kindness, then you believe that every human person is of unique worth to God, and everybody is standing on holy ground, because they are created in God's image and likeness.

One of the things I think God gave me is a sense of cheerfulness and being hopeful. So, I want to raise people's sights to this wonderful sense of hope, to realise that things may at times be terrible and awful, but this virtue of hope is what drives us. In the words of Desmond Tutu, we are the people who are “prisoners of hope” and we want to give and share this hope with everyone.

Q. What do you like doing in your spare time?

J.S. I love cooking, reading, listening to music and walking along beautiful long beaches.

From the Christian Aid magazine, Winter 2022/23

Spring Surprises and Pleasures



The other day I was sorting out a cupboard I very rarely go into. It's where we keep board games and such like. I found a jigsaw that I don't remember ever having completed. So as I carefully re-organised the cupboard and put everything back in some sort of order, I decided to leave the jigsaw puzzle out. It is a puzzle of 1000 pieces with a lot of green trees so I guessed it would take quite a long time to do it, especially as I only go to it in my spare time. I haven't finished it yet but had almost forgotten just how much I enjoy completing jigsaws. I have spent an unexpected but very pleasant and satisfying few hours seeing the picture gradually coming to life.

Although it still rains just about every day, between showers, it can sometimes be rather pleasant and the sun does have a more warming effect than during the winter months. The other morning was one such time when early morning I was able to sit in the doorway at the back of the house - early morning is still a bit nippy to sit outside, for me anyway - and I enjoyed my first mug of coffee of the day looking and listening to creation. The early birds were calling to each other, a couple flitting by 'making friends' as the male sought to convince a female to set up nest with him. The sun was just beginning to appear, its glow painting the clouds pink against the blue sky. A moment of heaven's beauty.



I took this at about 7 o'clock in the morning.



That same morning I was able at last to get out into the garden and start sorting out, trimming back and clearing up after the winter. There needs to be a time of dark days and cold weather. It is the time when the garden seemingly dies back but in actual fact it is a time of secret growing, deep underneath and hidden. We don't see it but we wait and then, as if by magic, when the days become a little longer and the air is a bit warmer, creation begins to stir again and is re-awakened. I walked around the

garden. The crocuses were in flower and the daffodils in bud, there are new leaves appearing on the buddleia, cherry tree and fig tree as the garden wakes up and gets dressed. The green verges of our town are full of spring flowers and I even heard a neighbour giving his lawn its first trim of the year. The sounds and sights of early spring cheer the heart.

This week I also heard from a friend who had moved and I didn't know her new address so haven't been in touch for some time. We journeyed together for a while when she went through a very difficult personal family time. We spent many hours together. I mostly listened, gave hugs and made mugs of coffee. Eventually after a number of months she was able to begin moving forward, putting the past behind her, eventually meeting someone who was able to offer her a future together. In the post the other day I received a note telling me



to keep a certain date in June free when she and her new friend would seek God's blessing on their marriage. What a lovely surprise. It is so good to know that she is now enjoying life again.

Spring has sprung and things are beginning to stir into activity! It puts a smile on my face just to look at the new life emerging and say 'Welcome Spring'.

From the Blog of Mavis Andradez.

Mothering Sunday

Mothering Sunday in the U.K. is on March 19 this year.

Mothering Sunday was originally a day celebrating mother churches in the U.K., Ireland, and several other places. Its beginnings can be traced to the middle ages, and it is usually held every year on the fourth Sunday of Lent, which is the period that Christians engage in their yearly fast. Set in the middle of the fasting period, Christians from every corner of the country on that Sunday would make a journey to their mother churches; that is, the church where they had received the sacrament of baptism, the main church or cathedral of the area, to worship. The pilgrimage became known as 'going-a-mothering.' In some ways this tradition is still alive today as grown up children often visit their parents on Mothering Sunday.

The tradition continued and gained popularity in the 16th century in the U.K, becoming a holiday event. Domestic servants and apprentices all over the country who had left their families for a long period of time would be given a day off to make a pilgrimage to their mother churches and visit their loved ones, making Mothering Sunday a much-anticipated event.

Mothering Sunday in the U.K. is tied to several Christian religious occurrences and beliefs. It is a day to honour the Virgin Mary, Mother of Jesus, and also to remember the story of Jesus in the Bible where he fed 5,000 and granted them a break from fasting. But over time, the event began to become less popular as society underwent different changes.

Mothering Sunday and Mother's Day are now used interchangeably in recent times, and is becoming increasingly commercial.

Simnel cake has a strong affiliation to Mothering Sunday as it is usually associated with spring and Easter. It resembles a Christmas fruit cake but should be lighter in texture. The other difference is the two layers of marzipan. Simnel cake should have a layer of marzipan running through the middle like a Victoria sponge, and then another layer of marzipan on the top. Traditionally you should also roll some marzipan into eleven eggs and place these on top. The eggs are supposed to symbolise the disciples who followed Jesus- note that Judas is excluded.

The church recognises that the day may be difficult for some people and so it is common place for services to include prayers for those who don't find the day particularly easy.

Prayers of intercession

Let's take a moment of silence to think and pray.

God who comforts, as the death toll rises following the deadly earthquake in Turkey and Syria and rescuers struggle to cope with the level of devastation, the brutal weather and the war, we can feel a sense of despair and hopelessness. There is so much loss and grief.

We pray for everyone whose lives have been dramatically altered by this disaster. We pray for the injured, the grieving, and for those who have lost everything. As we watch the heart-breaking images of people sitting in rubble that was once their home it's hard to see how anyone can recover from such devastation, but we continue to pray for comfort in the present and hope in the future.

Let's take a moment of silence to think and pray for the people of Turkey and Syria. Amen.

God who brings justice and peace, complex geopolitical tensions around the globe have again hit the news this week between the US and China. The war of words is escalating and tensions are rising.

We pray for the politicians and those who have power. Help them to see the consequences of their words and be driven by a desire for peace. Help all of us see people from other nations, especially those very different to our own, as your children, as part of one humanity precious in your sight.

Let's take a moment of silence to think and pray for our world. Amen.

God who shows kindness and compassion, the story of the young woman, Nicola Bulley, has taken many twists and turns. The desperation of her family to discover what has happened is mirrored by so many families across the country who are missing members of their family.

We pray for families who are looking for someone, that they would be found safe and well and have the time and space to work through all of the complicated issues they face. We also pray for families who have to face tragic news about people missing. Help them to experience compassion and kindness and find the support they need in a dark time.

Let's take a moment of silence to think and pray for everyone who longs to find someone. Amen.

God of love, we are thankful for the people we love and who love us. But we are most thankful for the everlasting, never changing love of God for all of us. Thank you for sending your son Jesus to show us what pure love looks like.

As we sit and pray today may we feel your transforming love. May we be people in our communities who bring God's love to others. And as we go through our week may we look to open ourselves more fully to the power of your love.

Let's take a moment of silence to think and pray for everyone we love. Amen.

God of hope, the Christian life asks us to transform our thoughts, feelings and behaviour. Help us today to choose your path and help us follow it even when we have to make tough choices. Thank you that we know your way leads us into the fullness of life. Help us to support each other on the road and delight when we see people grow in their life of faith.

Let's take a moment of silence to think and pray that we would choose what is good and holy. Amen.

Roots, February 2023

Points to Ponder

- One day you'll look back and realise how hard it was, and just how well you did.
- No matter how educated, talented, rich or cool you believe you are, how you treat people ultimately tells all. Integrity is everything. *Good Mental Health*
- One day you are going to hug your last hug, kiss your last kiss, and hear someone's voice for the last time, but you never know when the last time will be. So live every day as if it were the last time you will be with the person you love.
- What is strength? Strength is forgiving people that don't even feel sorry for their actions. Strength is putting a smile on your face when you want to cry like a river. Strength is not hurting those who hurt you. Strength is forgiving others.
- What wings are to a bird, and sails to a ship, so is prayer to the soul. *Corrie Ten Boom.*
- Remember this: the right person will never get tired of you.
- A beautiful day begins with a beautiful mindset.
- Prayer should not be regarded as a duty which must be performed, but rather as a privilege to be enjoyed, a rare delight that is always revealing some new beauty.
- Build someone up. Put their insecurities to rest. Remind them they are worthy. Tell them they are beautiful. Be a light in this dark world. *Good Mental Health*
- Relationships don't last because of the good times. They last because the hard times were handled with love and care. *Good Mental Health*
- Never ever underestimate how powerful it is to pause, notice someone and ask, "How are you doing- really?" We need to practice seeing each other more.
- Gratitude helps to see what is there instead of what is not.
- When our time on earth is done, money, or material things will not matter. But the love, time and kindness we've given others will shine and live on forever. *Good Mental Health*
- Sometimes you just have to stay silent because no words can explain what is going on in your mind and heart.
- Sometimes you just need a break. In a beautiful place. Alone. To figure everything out.
- If a door closes, quit banging on it. Whatever was behind it was not meant for you. Consider that perhaps the door was closed because you're worth so much more than what was on the other side. *Good Mental Health*

Smile

- 9 out of 10 husbands agreed that their wives are always right. The 10th one has not been found since the study was conducted.
- A poem from the cat: I thank you for the food you bring, and for my little squeaky thing. I thank you for your friendly talks and when you change my litter box. I thank you for the naps we share and putting up with tufts of hair. I thank you for these things you do.....enjoy this mouse I caught for you.
- I started a new exercise routine. Everyday I do diddly-squat.
- (First day as a pilot): Control Tower- "Can you give me your position?" Me- "I'm next to a cloud that looks like a lion". Control Tower- "Can you be more specific?" Me- "Simba"
- Every woman's dream is that a man will take her in his arms, throw her into bed, and clean the whole house while she sleeps.
- Old age comes at a bad time! When you finally know everything, you start to forget everything you know.
- The people who make fitted sheets need to sit down with the people who make mattresses and get on the same page. Making the bed shouldn't be like putting a swimming cap over a fridge.
- Free to a good home: Sooty and Sweep puppets. Just want them taken off my hands.
- As you know, I've just moved and I was decorating my hall and stairs; my neighbour said, "My house is the same, how many rolls of paper did you buy?" I said, "12". A week later he said "I bought 12, and had 2 left over". I said, "That's funny, so did I!"
- Got up at 5am this morning, ran 4 miles, made a vegetable smoothie, hoovered, dusted, and mopped the kitchen floor, and that's all I remember from my dream last night.
- I broke up with a girlfriend a good few years ago because she kept counting numbers out loud. I often wonder what she's up to now.
- Large sale of medieval items of torture and punishment. Hurry while stocks last.
- Not only have I been selected for great Britain woodworking team, I've been made vice captain.
- There's a word in the dictionary that is spelt incorrectly.
- A bloke on a tractor has just driven past me shouting, "The end of the world is nigh". I think it was Farmer Geddon.

An Offertory Prayer

We offer to you ourselves and all that we have. We give you thanks that you pour out your gifts on us, even in our times of struggle and difficulty.

Help us to give freely to you and the work of your kingdom, as you have given to us.

We give our gifts of money, whether by envelope, in cash or online, as a token of the dedication of our lives. Receive what we offer and all that we have, and bless us in your service.

In Jesus name we pray, Amen

Sunday Rotas

Sunday	Door Steward	Flower Rota	Audio/Visual Desk
March 5 th	Maureen Mills	No Donor at time of print	Mark Burton
March 12 th	Howard Hedley	Maureen Mills	Alan Barker
March 19 th	Sylvia Aston	Susan Bewley	Alan Barker
March 26 th	Mick Watson	Bill & Shirley Filmer	Jean Trewick
April 2 nd	Anne Humphrey	No Donor at time of print	Alan Barker

Sunday	Preachers	Church Steward
March 5 th	Deacon Gail Morgan	Alan Barker
March 12 th	Rev Gavin Hume & Deacon Gail Morgan. Communion Service	Mark Burdon
March 19 th	Mr Keith Jones	Susan Bewley
March 26 th	Rev Gavin Hume	Alan Barker
April 2 nd	Rev Alex Mabbs	Mark Burdon

A Journey Through Lent

On Tuesdays from 2 to 3.30 p.m. 28th February, 7th, 14th, 21st & 28th March at Trinity.

We're going to be using materials from "All We Can". Each week, we'll hear a new story, accompanied by a Bible study.

We will be joined by people from St Andrew's so please come along and enjoy the fellowship.

What's On at Trinity (March 2023)

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	New-born to Walking (15 months approx.)
	1p.m. Trinity Tea Dance	alan@trinitymethodist.church	Any but mostly 50+
Tuesday	12 noon. Hand in Hand	wallsend@handinhandproject.org.uk	65 +
	5.15 – 8.30 Girls Brigade	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	10-11 a.m. WW (Weight Watchers)	smoore@ww.com	
	12.30 Shine a Light Carers	vaoliver58@mail.com	
	5 - 9 p.m. Squirrels, Beavers, Cubs and Scouts.	Gemma.milbanke@northumberlandscouts.org.uk	4-14
Thursday	Little Movers Classes	northtyneside@littlemovers.net <i>Not started yet. Email first to check.</i>	
Friday	Bloom Toddler Classes	northtyneside@bloomtoddlerclasses.com <i>Starting 31st March</i>	
	2 p.m. Line Dancing	stephencmp@aol.com	Any but mostly 50+
	6.30 Trinity Youth Club	alan@trinitymethodist.church	8 to 10s
Saturday	Blue Door Drop In 10 to 12 noon	alan@trinitymethodist.church	All Ages