



TRINITY TIMES

APRIL 2022



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SERVICE TIMES

SUNDAYS

9.00 Holy Communion

11.00 Morning Worship
Contemporary service including
Kids Church*

15.00—17.00 Youth Group

WEDNESDAY

10.00 Holy Communion

*Kids Church on the 2nd, 4th & 5th
Sundays of the month. 1st Sunday is
Wild Worship at Trinity First School
and 3rd Sunday is Café Church.

CHURCH GIVING

If you would like to support the work of
Holy Trinity via donation or standing
order, your gift would be very gratefully
received.

SUPPORTING THE CHURCH

Account no: 52069117
Sort Code 60-08-31

SUPPORTING THE PARISH NURSE

Account no: 52069117
Sort Code 60-08-31

Reference: PARISH NURSE

SUPPORTING THE DEBT CENTRE

Account no: 52069117
Sort Code 60-08-31

Reference: DEBT CENTRE

SUPPORTING THE CHILDREN'S WORK

Account number: 63576341
Sort code: 60 08 31

A WORD FROM THE WARDENS

"Life belongs to the living, and he who lives must be prepared for changes."

Goethe

If people had been asked in 1968 which nation would dominate the world of watchmaking during the 1990s and into the 21st century, the answer would have been uniform: Switzerland. Why? Because Switzerland had dominated the world of watchmaking for the previous 60 years.

The Swiss made the best watches in the world and were committed to constant refinement of their expertise. It was the Swiss who came forward with minute hand and the second hand. They led the world in discovering better ways to manufacture the gears, bearings and mainsprings. They even led the way in waterproofing techniques and self-winding models. By 1968 the Swiss made 65% of all the watches in the world and laid claim to as much as 90% of the profits.

By 1980, however, they had laid off thousands of watchmakers and controlled less than 10% of the world market. Their profit domination dropped to less than 20%. Between 1979 and 1981, 52,000 of 62,000 Swiss watchmakers lost their jobs. Why? The Swiss had refused to consider a new development – the Quartz movement – ironically, invented by a Swiss. Because it had no mainspring or winding knob, it was rejected. It was too much of a paradigm shift for them to embrace. Seiko, on the other hand, accepted it and, along with a few other companies, became the leader in the watchmaking industry.

The lesson of the Swiss watchmakers is profound. A past that was so secure, so

profitable, so dominant was destroyed by an unwillingness to consider the future. It was more than not being able to make predictions – it was an inability to rethink how they did business. Past success had blinded them to the importance of seeing the implications of the changing world and to admitting that past accomplishment was no guarantee of future success.

In the Anglican Church, every Priest and Reader is charged by the Bishop to "proclaim afresh in every generation" the ancient truths of the Gospel. If we are to take that charge seriously, we need to ensure that as well as observing the traditions that have carried the church through times of change, we need to recognise that one generation has a responsibility 'to pass the baton' onto the next in a form that is meaningful, attractive and relevant. As one highly respected and prayerful parishioner said last week, "If anything just lies dormant, it stagnates and decomposes." And let's not forget that, as the composition of the church adherents changes, the dynamic shifts as well.

At the end of the day, the changes being made to the 11am service (the 9am service has not been changed at all) are not huge, although they are significant! The PCC endorsed the decision that three services a month are led by younger people in a contemporary fashion with an overall aim to be of a more consistent style. The Café Church has been welcomed by many and has certainly attracted newcomers, families are reappearing and the children's work is getting busier – all of which are, surely, good things.

Some of you may be familiar with the remarkable Christian author, Helen Keller,

who became blind and deaf aged 19 months. She wrote many books but in 'Light in My Darkness' (1927), she says this:

"When one door of happiness closes, another opens; but often, we look so long at the closed door that we do not see the one which has been opened for us."

May God bless you all, Chris and Libby

What is the APCM Annual Parochial Church Meeting? To be held on Wednesday 20th April at 19:30

The annual meeting of parishioners (also referred to as the annual vestry meeting) is held yearly in every parish of the Church of England to elect churchwardens and deputies (if any) for the forthcoming year.

THE MEETING

Since this is a public meeting, notice must be given in writing with the minimum period of two Sundays before the date of the meeting and the notice must be displayed publicly.

The meeting is convened and chaired by the minister (usually the incumbent or priest -in-charge), or if there is no minister or if she or he is unable or unwilling to chair the meeting, the churchwardens convene, and the meeting elects a chairman.

AGENDA

Typically, the meeting's structure is as follows:

Opening statement by the chair, usually the parish priest

Minutes of the previous annual parochial church meeting

Nominations for churchwardens must have been handed to the minister before the meeting, in writing: he/she has the right to reject one of the nominees if he/she feels that person would be a difficulty

Vote – only required if there are more applicants than posts available

Meeting closes

As the agenda is so short, meetings typically last less than ten minutes. Holy Trinity Frome includes the financial statement, and a celebration of all the many different departments and hard working volunteers, and a sincere vote of thanks.

ATENDEES AND VOTERS

The following people may vote:

People whose names are on the **church electoral roll** (whether or not they are resident in the church parish).

People who are resident in the parish and who are also on the register of local government electors: in other words, any resident of the parish – of any faith or none – who is registered to vote.

Members and non-members are invited to our
Southwest Spiritual Directors Network Day
"Inhabiting Scripture through story"
On Saturday April 2nd 10.00am -4.00pm
Our guest speaker is **Dr Paula Gooder**
Theologian and Author, and Canon Chancellor of
St Paul's Cathedral

Dr Paula Gooder is a speaker and writer on the Bible,
particularly on the New Testament.

The Venue is:

Meadway Hall, Compton Dundon, Somerset,
TA11 6PQ (good car parking facilities)

£10 for the Day: Tea/coffee provided, bring your
own lunch. Covid limitations in place

Members of S.W.S.D.N. book through the Network

Non-members please contact sarahangier@hotmail.com
to book your place

Bridge Books will be present with
their Book stall and gifts
including Dr Paula Gooder's *Phoebe*
and *Women of Holy Week*.



Green & Healthy Future for Frome

Green & Healthy Future for Frome wants to achieve a health and climate win-win. This community-led initiative is based on the idea that people's health and the health of the planet are intertwined – if we improve one, we'll also improve the other and everyone will share in a better future. We are working together to ensure there are many ways to live greener and healthier lives in our town. Part of this programme will be coming to Trinity Church soon, so Charlotte has written more information on how to get involved below and you can visit our website for up-to-date information, www.greenandhealthyfuturefrome.org

We are inviting you to be part of many community-led initiatives that give a boost to our health and have a positive impact on the climate. We are creating ways for different people and community groups to get involved to find out how we can make a greener and healthier town, and we want to hear from you! We are a unique partnership that can make amazing things happen with your support and participation.

The Green & Healthy Future for Frome programme is a partnership between Edventure: Frome, Frome Medical Practice, Frome Town Council and our local community. Our programme is funded by The National Lottery Community Fund.

Green Community Connectors

Health Connections Mendip are offering 1 hour sessions, open to all where people can explore how to take positive steps to make a difference to the planet and people's wellbeing, as an individual and as a community. This is an inspiring and informative session that gets 5 stars from many people who have already done it. It's easy, a great way to learn about how small steps can make a big difference and connect you to your community! Sign up through Let's Connect:

<https://healthconnections mendip.org/lets-connect/training/green-community-connectors/> or call 01373 468368. Delivered by Charlotte, this training will be offered to the Trinity Community soon, so watch this space or get in touch to find out more mendip@healthconnections.nhs.net

Evaluation of the project

We are carrying out a study and publishing the impact of the Green and Healthy Future programme in order to determine how the programme can responsively improve the activities we develop in the programme.

Cycle Together

The Cycle Together scheme allows people to borrow an e-bike plus essential cycling accessories for four weeks so that they can tackle Frome's hills and improve their health whilst reducing pollution and congestion. Participants also receive six hours of guided rides.

Healthy Homes

Healthy Homes is a partnership between Frome Town Council, Frome Medical Practice and

the Centre for Sustainable Energy (CSE). The team are ensuring that Frome residents get support to live in a warm, healthy environment- whether that's helping people on low incomes to access financial support for energy efficiency measures, or providing retrofit advice to homeowners wishing to make home upgrades. Free training is also available to all who want to understand more about home energy.

Choosing Wisely

Frome Medical Practice's team are supporting patients to make greener health choices as some medications and lifestyles have lower impact on the environment than others. You can ask about this at your next appointment.

Future Shed at Edventure

Future Shed is a space where people come together to share ideas and bring green and healthy initiatives to fruition. Share your ideas, get support to bring them to life, make new connections and learn new skills, so that we're equipped for a greener, healthier future.

Visit the website to sign up or join any of the strands above at www.greenandhealthyfuturefrome.org



PARISH NURSE

Easter Greetings Trinity family!

We have all been so saddened by escalating conflict in the Ukraine and the resulting refugee situation as mothers, children and the vulnerable flee to safety in neighbouring countries, leaving their partners, brothers and fathers to defend their homeland. Thank you so much to all those who donated simple medications, toiletries and knitted baby clothes for me to donate to a lady I saw was collecting on Facebook. I know we are all continuing to pray as a church that God will bring peace to this terrible humanitarian situation.

As I write this in March, we as a Christian family along with many worldwide are entering the "bright sadness" of Lent. I send you all Easter blessings as we mourn Christ's death while celebrating his rising to life!

In this edition I thought I would discuss breast health and the importance of screening and early detection, for both men AND women!

Be breast aware!

This is about being more aware of our own bodies generally and getting to know our own breasts. This is an important issue for all women in their mid-twenties and onwards, as learning how your own breasts look and feel at different times can help you know what is normal for you and how to recognise any changes.

A normal breast

This doesn't exist, as what is normal for you is not for another woman, it depends on your age and where you are in your menstrual cycle.

Routine self-examination

The Department of Health's policy on breast awareness, encourages women to check their breasts for what is normal for them but doesn't recommend routine self-examination using a specific technique, as research has shown this does not reduce the death rate and is not more effective than a more relaxed breast awareness.

So, what am I checking?

- ◆ Whether in the shower or in front of a mirror, standing or lying down just look and see if there is anything unusual about your breasts.
- ◆ Is there any discharge, redness or rash around the nipple? Has your nipple changed position or appear pulled in?
- ◆ Has your skin texture changed? Is there puckering or dimpling?



- ◆ Is there a change in the size or shape of either breast?
- ◆ Are there any unusual lumps, pain or swelling on your breasts?
- ◆ Check across your entire breast including your collarbone and armpit.
- ◆ Remember to check regularly.
- ◆ Make this a part of your regular routine and if you do spot anything unusual get it checked by your GP or practice nurse.

Men and Breast Cancer

A common misconception is that breast cancer only affects women; however, men can develop the disease too. Every year around 390 men are diagnosed with breast cancer in the UK compared with over 55,100 women. It is rare, but 1 in 1000 men will develop breast cancer in their lifetime.

The earlier breast cancer is found, the better the chance of beating it, so make sure you regularly check for the [symptoms](#) listed below and book an appointment with your GP if you notice anything unusual.

SYMPTOMS

Breast cancer in men can grow from the small amount of breast tissue behind the nipples. Symptoms of the disease display [similarly to those in women](#). The most common symptom of breast cancer in men is a lump behind or near to the nipple, although the lump may not have always been in this area.

It's important to be aware of other symptoms, which include:

- ◆ Swelling or a lump on the chest or armpit
- ◆ A tender or drawn in / inverted nipple
- ◆ Nipple discharge which is often bloodstained, or nipple sores
- ◆ A rash (similar to eczema) on the nipple
- ◆ Ulceration or swelling of the chest area
- ◆ Swollen lymph nodes under the arm

If you have any of these symptoms we urge you to book an appointment with your GP.

BREAST CANCER RISK FACTORS

We know that age is the most important risk factor for breast cancer in men. Risk increases with age and most men who are diagnosed are over 60.

Risk is higher in those that have a genetic pre-disposition to breast cancer. For example, someone that has a significant family history of the disease or carries a gene that increases the risk of developing breast cancer. Speak to your GP if you're concerned about this.

People who are obese have higher levels of the hormone oestrogen in their body and this can play a part in the growth of breast cancer cells.

Chronic liver damage and some genetic conditions such as Klinefelter's syndrome can also raise oestrogen levels and therefore risk.

Radiotherapy to the chest, for example to treat Hodgkin's lymphoma, may slightly increase the risk of developing breast cancer.

DIAGNOSIS & TREATMENT

Following a referral from a GP to a breast cancer clinic, the patient would have a clinical examination followed by an ultrasound scan, or even a mammogram. A biopsy would then be required to diagnose cancer.

Treatment is usually surgery in the first instance, which depending on the size of the tumour could be a mastectomy (which is where the whole breast including the nipple is removed) or a lumpectomy where only part of the breast needs to be removed.

Surgery can be followed by chemotherapy, radiotherapy, or hormone therapy.

To find out more about the diagnosis and treatment of breast cancer in men, please visit: www.nhs.uk/conditions/breast-cancer-in-men/

Information for this article is from Cancer screening UK & NHS websites

Help lines: Macmillan Cancer 08088080000 7 days a week 08:00-20:00

www.nhs.uk/conditions/breast-cancer

Other News!

Bereavement Café. This monthly meeting is open to all and follows the Bereavement Journey course. The first meeting will be on Wednesday 23rd March from 7-9 pm in the Bridge café.

It will be a place to share, support and make new friends. Look out for the posters and do join us if you would like to or tell others who may benefit.

Community Outreach Podiatry. The next session will be Thursday 21st April from 1:30-4pm and is open to anyone who is on a low income who is having problems with their mobility due to overgrown toenails. I will be exploring some charitable funding in order for this valuable service to continue. Please let me know if you would like to contribute to the podiatry fund.

Please take the time to complete the Parish Nurse questionnaire when you find it on your church chair! Let me know how I can help you more in my role here within Holy Trinity, any suggestions will be considered! And also, please let me know how I may have helped you, as this will be useful information for the PCC when my role is reviewed when current funding through a legacy ends.

Phoenix Court monthly health education.

March's session was about anxiety, what it is, why it occurs and what we can do about it!

Weekly visits to the Bridge café.

I continue to drop into the Bridge on either Wednesday & Thursday, offering health advice/support to those who use this wonderful community resource. Plus, the food is amazing!

I continue to work two days a week. Please contact me if you would like support, signposting to other services and/or supportive prayer.

Love & blessings

Jan x

CHURCH CAMPING TRIP

JUNE 17TH—20TH

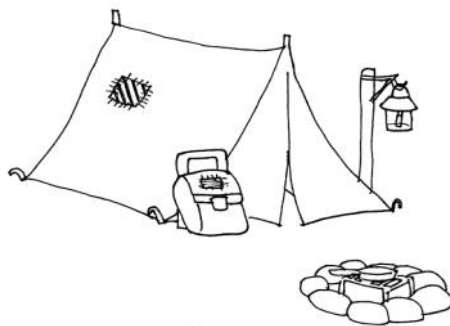
We are pleased to say we have found a campsite willing to take on a group. It is Higher Moor Farm in Dorset, just a few miles from Weymouth beach.

The cost is very reasonable, around £20-30 per pitch per night (depending on whether you want electric hook-up, etc). Please look at the mid-season prices on the website to work out the cost depending on what you want (<https://highermoorfarm.co.uk/camping>).

We have 15 pitches available so it is on a first come-first served basis, although people who would like to drive down for a day trip are most welcome.

To book, call the campsite on 01305 815199, and make sure that you reference 'Holy Trinity Frome' to ensure you are camping with the group.

Any question please feel free to ask James Markham or Beth Baxter.



Men's Curry Night is back! April 28th.

Following our long lockdown break, we are holding our next Men's Curry Night on Thursday April 28th at 7.30pm at Frome Rugby Club.

Our guest speaker is **James Cary**, a well known comic playwright. He will speak on "Where is God in the chaos?"

The cost will be £10 per person

Vegetarian and non-curry options (a few) are available, if required.

Please let the office know if you would like to come and which food option. We really hope you can join us!

Rob Martin

Money Saving tips for everyone

1 Save first, spend later Pay yourself first. If you do this, it's a sure way towards financial freedom. Use the 50/30/20 flexible approach to budgeting. This means that after your tithe, 50% of your take home pay goes on your needs (bills, food, minimum debt payments), 30% goes towards fun (eating out etc) and 20% goes to future you (debt payments above the minimum, saving for emergencies and investing). If this split doesn't work for you when money is tight, you can adjust the ratios as you go.

2 Don't pay interest on credit card debt If you have card debt, put a strategy in place for getting rid of it. Don't panic if you can't pay off the full amount, you can achieve the same end result by transferring the debt to a 0% balance credit card to avoid paying interest for a fixed time (up to 30 months) and paying off a set amount every month. Some cards come with a small balance transfer fees, so make sure you do the maths. **Do set up a direct debit to avoid missing minimum payments** and being stung with high charges. If you still have debt after the 0% period ends, move to another deal. Do not use this card for purchases. Find the best 0% balance transfer card using comparison site such as Moneyfacts and MoneySuperMarket.

3 Stay on track Don't let cash slip through your fingers. With digital bank Monzo you can transfer a set amount of spending money to your card while prepaid cards – like Monese and Transferwise – only let you spend what you load. Too high tech? Set up a day to day spending account with its own card, and transfer your weekly disposable income on to it.

4 Use an incognito browser going incognito when you shop online can help you save money by automatically deleting your browser history when you close a tab. This means companies can't track what you're looking at and put prices up (yes, it happens!)

5 Don't splurge on payday 1 in 5 people spend over HALF their spare monthly wages within 48 hours of getting paid! Prioritise your most important outgoings, plus something for the savings pot, **before** you start spending.

6 Claim working from home tax relief If you're still working from home as a result of the coronavirus pandemic, you could claim some money back for working from home expenses in the form of tax relief paid by HMRC. Anyone required to work from home, even for one day, could apply for tax relief last tax year for the whole 2020/21 tax year.

7. Buying in Bulk isn't always cheaper. Use the calculator on your phone to be sure buying in bulk is actually saving you money, always compare the shelf price per 100g when comparing products.

8 Beware the BOGOFs! The money you spend buying three bottles of Coke when you only need one is significant and these deals not only cost you dearly, but may also contribute to food waste. Next time you go shopping use the calculator on your phone to work out how much you could save by not falling for the BOGOFs.

9. Try out a new supermarket— Trolley.co.uk is an easy way to compare your normal weekly shopping from different supermarkets.

10 Make best use of local markets fresh and locally produced food is always going to be healthier, tastier, and better for the planet.

11 Shop for own brand Swapping branded products for own brand alternatives is an easy way to slash the price of your shopping bill – from cornflakes and pasta, to oven chips and washing up liquid. If you're worried about the taste being compromised, 'blind' test them out on the family first!

12 Waste less food Almost three quarters of what we throw away is edible, according to recycling charity WRAP. Make a conscious effort to use everything you buy and you'll save a fortune. If you're worried about food safety, remember: 'use by' date is the cut-off after which it is not considered safe to eat the food. However, eating food past a 'best before' date won't cause any health issues. And both these dates have long safety margins built in.

13 Check your insurance policy If you are going to be using your car less as a result of the pandemic and working from home more, check your car insurance is still the right fit. Never auto renew, always check for better deals via your existing supplier and comparison websites such as CompareTheMarket and MoneySupermarket.

14 Cut your grocery bill Buying only what you need may sound like an obvious way to save money, but it can be easier said than done. Once you've planned your meals for the week ahead, the Love Food Hate Waste Portion Calculator can help take the guesswork out of totting up what you need to buy.

15. Get to know the world food aisle in your supermarket (it hides savings of up to 75% on cupboard staples including rice, lentils, beans, spices and sauces), shop in the evening's for discounts, look at lower supermarket shelves for smaller prices, don't pay for plastic bags and make your fruit and veg last longer.

16 Have a no-spend day Exercise some self discipline and try to have at least one no-spend day each week, it'll make you more careful with your cash in the long term. This can be as simple as having last night's leftovers rather than buying lunch out, snacking only from your weekly shop and carrying coffee/tea in a keep cup.

17 Paperless energy bills If you ditch paper bills and become an online customer, you're almost always more likely to get access to a range of better deals and cheaper plans. Not to mention you can monitor and manage your account online or through a smartphone app.

18 Track your spending The more conscious you are of what you are spending the less likely you are to overspend. Use free budgeting apps like Money Dashboard to monitor all your accounts in one place on a handy dashboard. Digital banks like Monzo and Starling are also great at helping you manage your spending with a number of budgeting tools within their apps.

19 Try a little patience When shopping online, fill your shopping basket but don't check out immediately. Sometimes suppliers will send you a discount to persuade you to return.

Continued on page 22

A P R I L

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
APCM Annual Parochial Church Meeting 19.30 WEDNESDAY 20th APRIL See page 4 Are you on the Electoral Roll?			
3	4	5	6
9.00 Holy Communion 10.00 Wild Worship 11.00 Holy Communion 15.00 HTF Youth	14.00—16.00 Good Afternoon Choir 19.30 Prayer for the Vacancy		10.00 Holy Communion 13.00-16.00 Stroke A 15.00 CAP prayer m
10 PALM SUNDAY	11	12	13
9:00 Holy Communion 11.00 Morning Worship 15.00 Youth Easter Party	14.00—16.00 Good Afternoon Choir		10.00 Holy Communion 13.00—16.00 Stroke 19.30 PCC MAY MAGAZINE DE
17 EASTER DAY	18	19	20
10.00 Easter Joint Service 19.00 Encounter Evening	14.00—16.00 Good Afternoon Choir 19.30 Prayer for the Vacancy		10.00 Holy Communion 13.00—16.00 Stroke 19.30 - APCM
24	25	26	27
9.00 Holy Communion 11.00 Morning Worship 15.00 HTF Youth	14.00—16.00 Good Afternoon Choir		10.00 Holy Communion 13.00—16.00 Stroke

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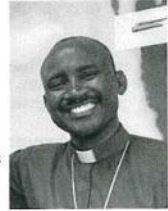
	THURSDAY	FRIDAY	SATURDAY
		1	2
			16.30 Youth Games Cafe
	7	8	9
ion Association Meeting	10.00 Trinity Toddlers 17.00 Food @ Five		
	14	15 GOOD FRIDAY	16
ion Association DEADLINE	17.00 Food @ Five	12.00 Devotion	
	21	22	23
ion Association	13.30 Podiatry 17.00 Food @ Five 19.00 16-25 Book Club at The Bridge Café	Men's Curry Night Thursday April 28th at 7.30pm at Frome Rugby Club. Guest speaker is James Cary	
	28	CHURCH CAMPING TRIP 17 to 20 June for bookings go to https://highermoorfarm.co.uk/camping	
ion Association	10.00 Trinity Toddlers 17.00 Food @Five 19.30 Men's Curry Night		

MISSIONS

FRIENDS OF MARSABIT

(Written by Rob and Sue)
(robandsuemartin@gmail.com)

February 2022



Bishop Daniel Qampicha

Dear Friends,

Greetings.

Despite many blessings, things have been really tough for our brothers and sisters in Marsabit. The twin evils of insecurity and drought are taking a terrible toll. **Drought is widespread over most of that whole belt of land from Somalia across Northern Kenya and on to Northern Uganda, with 10+ million affected.** In Marsabit Diocese, Marsabit mountain had a sudden drenching for a few days, which caused many deaths of the weakened animals, but everywhere else it has been heart-breakingly dry. Bishop has sent us recent photos of dead animals lying on the ground in Anona, Dambalafachana and Golole, all villages where we have congregations and which we visited many times. Down south near Isiolo, it has also been bone-dry and rainless. There is little sign yet of Government relief, but, in election year, maybe politicians have other considerations, even though people have also died. 3 rainy seasons have now been poor – the next rains are due in March – May.

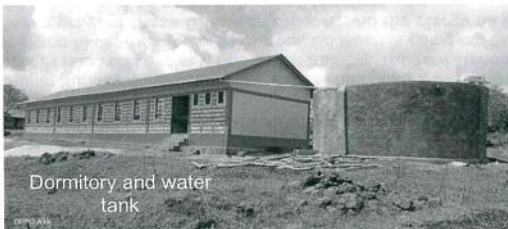


Sadly, when drought hits, insecurity surges, as desperate people are more inclined to go raiding neighbouring people groups. So, there've been murders and livestock theft. Bishop wrote an impassioned message on Facebook, bewailing the loss of life and consequent fear and grief, and pleading for an end to violence

Pray for peace and rain, that the Lord would open the heavens, and the people cooperate, not fight

Health: Covid has affected people health-wise, but not in huge numbers. Less than 6000 have died in 2 years, with known cases reaching 322,000. Clearly, testing is not as rigorous as here, but it's still encouraging. Bishop's wife, Safia, runs the ICU department in Marsabit, with 6 beds and 6 ventilators, but they haven't been overwhelmed. Bishop and Safia have both been vaccinated. Restrictions have however

caused financial hardship. **+Qampicha's back is causing great pain,** a huge handicap as he has to travel so much on bumpy roads. Physio and pain relief is helping, but it takes time. Norm Gorrie's wife, Janelle, also needs prayer for her health. And very sadly, Rev Isako's wife, Tume, died, leaving 5 children without their mother: and our Archers Post evangelist, Marete, also died – both were from non-Covid health issues. **Please pray for + Qampicha, Janelle, Isako, Marete's family and all affected by Covid.**



Dormitory and water tank

But, amidst these challenges, there has been great blessing!

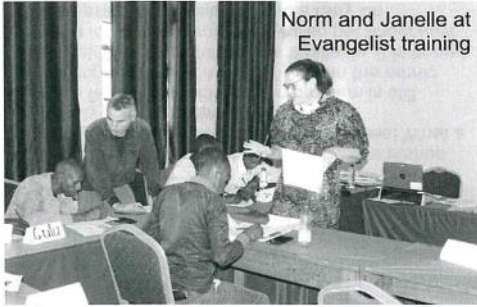
Our first Boys secondary boarding school, St. Andrew's High School is due to open officially in early May, with 30 pupils. Already built are two classrooms, a dormitory for 80 boys and a laboratory. Immediate needs are fencing and a headteacher's house. But a large grant has come, to cover these buildings and others, plus spare to offer scholarships to the poorest students. This school was part

of the Church's vision before Rob became Bishop, but I was endlessly thwarted by land issues! What a joyful day it will be when it is opened.

For the first Girls' school, the problem is still identifying plots, which are safe, given the ethnic tensions. With extra funds now available, it is hoped that this longed-for project may also get underway! **Please pray both these schools may be completed and bring blessing to the community**



Laboratory



Norm and Janelle at Evangelist training

MISSION AND TRAINING

Making Disciple Makers, who build Christ's Church in Truth and Love is the focus of the

Diocesan Strategic Plan. Evangelists are the key to ministry in the remoter parts of our Diocese, under the eye of their vicar. **Norm Gorrie**, the Diocesan Mission Officer, and his wife **Janelle** have been running training courses, together with + Qampicha and **Jomo the Youth Officer**, for the newest evangelists. They come together from their distant churches and enjoy fellowship with their colleagues and teaching – it's a huge encouragement. Norm and Jomo also teach Chronological Bible Story telling (CBS). Jomo has seen many students come to faith recently. And **Lilian**, the Children's worker is also part of their team, discipling children with Mark's gospel and

training Sunday School teachers. Janelle has been translating the Bible into Boran for children, and has recently been on specialist translation training. The new Deacons have had a workshop on Jonah, and clergy on Mark, run by Word Partners. So much is going on, thank you Lord!

Please pray for these Diocesan officers and the clergy as they build up God's people of all ages, and for the Bishop as he holds it all together



Rev Omosh on his way to Kargi

The Easter and Summer holidays are the usual time for mission. Recent missions in the Chalbi and at Walda among IDPs touched many hearts, with new congregations being planted at Tigo and Burgabo in the North, and Akili in the south. The new evangelist at Burgabo is an ex-prisoner, whom Norm befriended in prison. He made a cross and painted it red – a really vivid picture of Jesus' sacrifice for us. He's been



Burgabo Church

showing the Jesus film and the 10 commandments film in desert villages, and also used the CBS stories

A donor, Mega Voice has assisted with follow-up for the new Christians by giving solar powered audio bibles in multiple languages

This Easter, parishes are being encouraged to run Vacation Bible School for their youngsters and children. Newly ordained Rev. Omosh, has now been posted to Kargi, which hasn't had a vicar for years, though Rev Daballen, now a county health worker, has kept it alive and well. He'll be glad of a full-time vicar at last!

Please pray for all the new Christians, as they work out their faith in challenging circumstances

GDPR. You are receiving this email because you have previously told us you would like to receive regular updates. The only details we retain are your name, email address, and any hard copy Gift Aid forms you may have sent the treasurer. If you do not wish to receive these updates in future, please let us know, and we will remove your details.

Friends of Marsabit: (Reg. Charity No. 1169552 - tax relief reclaimable).

Reliance Bank, Sort Code 60-01-73, A/c No 00215697, A/c Name: Friends of Marsabit.

Treasurer Phil Gray has Gift Aid forms: 33 Blackberry Road, Frome BA11 5DF: philgray295@aol.com

CONTINUED OVER --->



FRIENDS OF MARSABIT

PS Rob writes on March 8th:

I know we are all much in prayer about the horrific events in Ukraine, but this is a heartfelt plea for your brothers and sisters in Marsabit.

+ Qampicha rang me a few days ago to say that the security situation in Marsabit is extremely bad at the moment. 3 land cruisers were ambushed a few miles northwest of Marsabit on the Maikona road, with 8 people badly injured and 2 killed. Then the bus down from Moyale was attacked on the road from the northern desert up into the town and more people were injured, including our evangelist, Philip. He had a bullet passing through his neck, yet miraculously without hitting any major arteries. He is now in hospital down south.

This is a struggle between the Gabra and Borana peoples, almost certainly fuelled by politicians mobilising their people before the August elections. It means that travel north of Marsabit is now highly dangerous. Bishop's home and wider family are from Sololo in the North, but he believes it is too dangerous to go there at the moment. Down south, there are also tensions and violent incidents between the Turkana and Samburu, though that hasn't flared up quite so badly as in Marsabit.

There is also an outbreak of Yellow Fever in Isiolo, in the southern area..

Add the famine which continues, because the rains have still not come (due in March), and I would plead for your prayers. Rob

MAGAZINE ARTICLES, POEMS, BOOK REVIEWS, TESTIMONIES, ETC

Please submit to the magazine editor on holytrinityfrome@gmail.com by the following dates

MAGAZINE	DEADLINE DATE
May Magazine	20th April
June Magazine	18th May
July and August Magazine	23rd June
September magazine	17th August
October Magazine	21st September
November Magazine	19th October
December and January Magazine	16th November

TRINITY YOUTH GROUP

Start children off on the way they should go, and even when they are old they will not turn from it. Proverbs 22:6

Can you believe it's been 6 months since I started working with our youth? We have had a lot of fun in those few months together. We have been learning about some of the Parables and more recently discussing the meaning of those wonderful lines of the Lord's Prayer. Our youth have such a wonderful way of looking at things and have a lot of compassion.



In December, we had a lovely trip to the Boulder Rooms (which is an indoor climbing centre) as a Christmas treat. The youth had a fantastic time. It was lovely to see them learning from each other and seeing their smiles when they reached the top of a wall.

Our sessions are very busy. We usually start with some sort of sports activity; they particularly love rugby hockey and badminton. Then we will read and discuss some scripture, have a snack (usually pizza!) and work on our Faith Journals or another art activity and play board games. Those two hours fly by!

I'd like to thank all those who have so generously supported the youth programme so far, especially for your prayers. Please pray for their protection from criticism at school. We still need a volunteer to help for around 15 minutes with setting out tables and to clear away afterwards. Every Sunday (term time only) set-up from 2.30pm and put away from 5pm.

Zoe Smith



WHO

WHEN

WHERE

HOW

WHY

WHAT

TRINITY NOTICEBOARD

Amazon donates to your chosen charity for every purchase you make If you are buying anything on Amazon, you could donate 0.5% of the price of your eligible purchases to Trinity at no extra cost to you.

Go to <https://smile.amazon.co.uk> and select The Parochial Church Council of The Ecclesiastical Parish of Holy Trinity, Frome as your chosen charity, do your online shopping as normal.

RECYCLING AT TRINITY :

* **STAMPS:** We collect ALL used postage stamps, international stamps from other countries are especially appreciated. Tear off just the stamp, leaving about 1cm of paper around the stamp. Place them in the pink box at the back of the church. When there is 1kg or more they are sent away, the company that buys them from Trinity pays for postage so this is a great little fundraiser at no cost to Trinity.

* **USED INKJET PRINTER CARTRIDGES** for the following brands only: **Canon, Dell, Hp, Lexmark, Neopost and Samsung.** All others need to go to the recycling tip. Only the cartridge is needed, none of the other packaging.

* **CRISP PACKETS, sweet and chocolate wrappers, and pasta packets** for recycling. All recycling needs to be **clean and dry.** We do not take curb side recycling, such as cardboard and tins. Please **ONLY** bring what we can accept, and not things like paper and plastic which can be recycled at home.



* **WRITING INSTRUMENTS** are accepted: Any brand of pen, felt tip, highlighter, marker, correction fluid pot, correction tape, mechanical pencil and eraser pen regardless of their composition. **Note: No wooden pencils, chalk, glue sticks, erasers, rulers or other cutting objects that could disturb the recycling process.**



Focus on faith:

is an interactive study group looking at key elements of the Christian faith. We use it as a follow up course for Alpha but it is open to anyone who wants to explore together what we believe. For more information email: tomharflett@hotmail.co.uk or phone 01373 462408.

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Continued from page 13 ...

20 Manage your gadgets and appliances It's not a myth, a small amount of electricity is still drawn when a device is plugged in for charging. Instead of charging overnight, juice up for a couple of hours during the day and unplug to save on your electricity bills. This could save you as much as £30 a year, according to the [Energy Saving Trust](#).

Switch off at the wall electrical items that are on 'stand-by' when not in use. That neglected music center in the corner of the lounge is using up more than a light bulb per year.

Did we mention that not defrosting your freezer is costing you more in energy, too? The more ice your freezer is fashioning, the more energy it uses. So, if the ice gathering around the inside is thicker than around 3cm, defrost it. Keep your freezer as full as you can. Some people will put a freezer container with water or newspaper in it to fill empty spaces – over a year this saves a lot of energy.

Have a list on the outside of the freezer of all items and where they are, cross them off as you take them out, this will mean the door does not need to be left open for longer than necessary.

Article from www.goodhousekeeping.com



Three Volunteers (or more) are needed for Sunday 9am services

Are you a regular attender of the 9am Sunday morning service? Do you use a smart phone, do you use email and (any) social media?

The livestream of the 9am service is a very simple set-up, all the equipment is there – only needs an operator to switch it on at the appropriate moment, copy the song words into the comments and to monitor that all is well.

Full training (and dual assistance sessions until confidence is reached) will be provided to anyone who would like to step out and serve the wider community that logs in to join the service every week. Please speak to Dave Dunn — davedunn50050@yahoo.co.uk

At the last count Holy Trinity Frome live broadcast reached

1 700 people in one week.

Photo courtesy of: <https://teradek.com/blogs/articles/how-to-live-stream-church-services>

Finding God in Nature – day by day

'If God is in your life He is in all things for He is God

Monday – Trees **Isaiah 55:12 You will live in joy and peace. The mountains and hills will burst into song, and the trees of the field will clap their hands!**

In what ways do trees impart joy and peace into your life?

Hug a tree! Remind yourself that God made this tree and he loves it just as he loves you.

Creator God, thank you for trees. Thank you for the beauty that they bring to our world, for the life that they support, and for the part they play in your creation.

Tuesday – Flowers **Luke 12:27 Consider how the wild flowers grow. They do not labour or spin. Yet I tell you, not even Solomon in all his splendour was dressed like one of these.**

Choose a flower to contemplate – its petals, colours. Remind yourself that this flower has value simply because God made it and he loves it.

Creator God, thank you for flowers. Thank you for their beauty, for the life that they support, and for the part they play in your creation. Forgive us when we have been in such a hurry that we have not noticed the beauty of flowers around us.

Wednesday – Soil and seeds **Genesis 2:9 The Lord God made all kinds of trees grow from the soil, every tree that was pleasing to look at and good for food.**

One spoonful of good soil has more living organisms in it than there are people on the Earth. Dig up a spoonful of soil and ponder the importance of all those tiny life forms that are in it.

Creator God, thank you for seeds and soil in which to grow them. Thank you for the food that they provide, as well as beauty and enjoyment.

Thursday – Water **John 4:14 “... anyone who drinks the water I give them will never be thirsty. In fact, the water I give them will become a spring of water in them. It will flow up into eternal life.”**

Go for a walk where there is running water or, if it is raining, listen to the raindrops falling.

Close your eyes, listen and ponder our dependence upon water

Creator God, thank you for water, especially for safe water to drink Help us to value water as part of your creation, not to waste it and to realise our responsibility to enable everyone to have access to clean, drinking water.

Friday – Insects and Animals **Genesis 1:25 So God made every kind of animal. He made the wild animals, the tame animals, and all the small crawling things. And**

God saw that this was good.

Go for a slow walk and see how many "small crawling/flying things" you can find. Insects pollinate 80% all trees and bushes; disperse seeds (150 species of plants); play a vital role in decomposition of plants/animal; are an essential element in food chain of birds, mammals and fish.

If you have a pet, give it a hug/treat(!) and thank God He created it.

Creator God, help us to value every living creature as part of your creation; to realise that we are responsible for caring for them and treating them with respect.

Saturday – Birds and Air Matthew 6:26 Look at the birds. They don't plant, harvest, or save food in barns, but your heavenly Father feeds them.

Find somewhere where you can be quiet for a few minutes and listen to the birds singing. How many species of birds do you see in 10 minutes?

Creator God, thank you for the air we breathe and the beauty of birds We are sorry when we have taken the simple pleasures and necessities for granted Help us to value clean air, and to do our bit to keep it clean.

Sunday (the Day of Resurrection) – Butterflies 2 Cor 5:17

Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!

The story of the life of each butterfly is nature's (and hence the Creator's) way of revealing the transformational journey of life offered through a growing faith in Jesus. No butterflies are born; only caterpillars. In the coming weeks, many caterpillars will experience the process of growth, change and death, ultimately leading to maturity as a butterfly. This is nature's visual representation of our own journey of potential spiritual metamorphosis; becoming like Christ in His death and then, miraculously, like Him in His resurrection. God's glory is unveiled through the emerging butterfly; 'the Word became flesh and dwelt among us.' (John 1:14). Where are we, personally, on this journey?

Creator of the world, in the first blossoming of the early flowers, in the first budding of the leafing trees, in the brightening of the longer days, rekindle hope within us, through Christ our Lord. Amen

Please keep an eye open in the weekly bulletin for times when a small group will be working in the eco patch in the churchyard. All hands will be welcome! If possible bring some shears/secateurs/strong gloves.

Maggie Hancock mhrjh14@blueyonder.co.uk 01373473322

John Samways john.samways2844@gmail.com 01373 454047

Eco Church Thoughts for April

It hardly seems any time since we were getting hopeful about what COP26 might bring, yet already it has vanished from our thoughts and headlines. First “Partygate” moved the news away from the planet and now, far more seriously and tragically, Ukraine. What we are doing to our planet seems to have faded in the face of more immediate tragedy. At the same time we are approaching the greatest celebration of the Christian Calendar. Christ has died, Christ is risen, Christ will come again. This should be a time of joy. We will celebrate, while we continue to pray and support the people of Ukraine.

But in our celebrations let us also remember our planet. Does your celebration involve Easter Eggs? Then can I urge you to support fair-trade suppliers. Traidcraft sell “The Real Easter Egg” ...not as cheap as supermarket brands but with an Easter Story booklet included and Fair Trade chocolate. Do you give flowers? Look for locally produced blooms...daffodils, hyacinths, rather than imported roses which are flown in. Perhaps your family make an Easter Garden. This is a good way to encourage the younger members to really look at what they can find in Nature to make it with. The Church of England has some excellent resources on how to start <https://www.churchofengland.org/life-events/christenings/after-christening/things-do-children-spring/marking-good-friday>.

Do you tuck into Roast Lamb and mint sauce? British Lamb is just coming into season, and local butchers and farm shops stock it. If you don't eat meat then there are increasingly more home grown vegetable options coming into the shops. Early asparagus, new potatoes, early salad leaves, rhubarb could all provide a delicious basis for a non meat meal. We are so blessed in all that God has provided for us. Let us remember to give thanks for our world, while we celebrate the risen Christ, and while we pray for peace.

I came across this prayer recently and felt it was worth sharing.

O God of steadfast love, trusting you, we devote our hearts to learning and our lives to walking.

Teach us truth, that we may walk with courage.

Teach us mercy, that we may walk with humility.

Teach us forgiveness, that we may walk with compassion.

Teach us grace, that we may walk with strength.

Teach us wonder, that we may walk with praise.

Teach us goodness, that we may walk with those in need.

O God of steadfast love, learning from you, may we walk well.

Amen.

Written by J. Bradley Wigger, from <https://www.womansday.com/life/g30243133/new-years-prayers/>

Mothers' UNION

Christian care for families

Our March meeting was very well attended and we had an excellent talk and video presentation on “Dogs saving lives”. We began our time with a short MU service remembering our sister MU members around the world and praying for other topical issues.

The visiting team representing ‘Medical Detection Dogs’ took us through the training process which has now been running for over ten years. Dogs are trained to save lives by detecting the scent of life-threatening medical conditions which could affect us all. The number of severe allergies people suffer from has increased and many are very serious. The dogs can detect even the tiniest smells associated with diseases like cancer, Parkinson’s, Covid and other infections. So this work could eventually lead to dogs playing an important role in screening for diseases and improving patient care.

Medical Alert Assistance Dogs support people with complex health conditions when they might be in danger of a potentially life-threatening medical event, so they can take the necessary action and prevent hospital admission. Using the power of their nose these dogs can be trained to detect even the faintest changes in the smell of their human partner. As well as reducing ambulance call outs the dogs give their partners and their families greater confidence, peace of mind, independence and quality of life, allowing them to lead full and happy lives.

It was good to see the puppies being trained, much like guide dogs, learning to recognise diseases by smell, and then being matched with their partners and training together. Close bonds were soon formed. The dogs were bright red jackets so are easily recognisable. Do look out for them and thank God for these amazing creatures.

Our April meeting will be in Beckington Church on Wednesday 6th April for an Easter Holy Communion at 2.15pm.

For more information please contact Susan Clark or Mary Earle.

C O N N E C T

VICAR	VACANCY	
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TREASURER	Chris Round	465718
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The church office is open
every week day 9.30 - 12.30
For hall bookings contact us
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