

TRINITY TIMES

December 2021 and January 2022



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SERVICE TIMES

SUNDAYS

9.00 Holy Communion



11.00 Morning Worship
Contemporary service including
Kids Church

On the 2nd, 4th and 5th Sunday of the month there is **Kids Church and Crèche** in the hall for those aged 0-10.

15.00—17.00 Youth Group

We are currently doing a series looking at the Fruits of the Spirit.

WEDNESDAY

10.00 Holy Communion

On the **1st Sunday of the month**, we meet at Trinity First School for 'Wild Worship' (at 10am) and on 3rd Sunday, we all stay together in Trinity for Cafe

A WORD FROM THE WARDENS

When looking at favourite New Testament passages I find the story of the Prodigal Son the biggest tear-jerker of all - the father welcoming home the son with outstretched arms despite his wayward lifestyle. Yet another story, very different, is also a favourite. From Luke 24, on the road to Emmaus: "As they talked and discussed these things together, Jesus himself came up and walked along with them; but they were kept from recognising him".

On a totally different level how easy it is today not to recognise and listen to people in need but to carry on with our everyday tasks and have our minds preoccupied with worldly things. Yet we are reminded that it is our constant responsibility to look upward and outward. In church, we see examples of this happening in the Bridge cafe and with our Youth work. As we move on together as a church and decide what we want for the future, we thank you for your co-operation as we go forward. We are encouraged by, and are so grateful to, all the people who willingly lead our services during the Vacancy and to those who have contributed to the survey so that all our prayers will be united in finding the right person to lead us forward.

The Narnia books by C.S. Lewis are not only incredibly fascinating but also helpful in our finding strength and personal growth. Here is a dialogue between Aslan and Lucy once they were reunited:

"Welcome child"

"Aslan, you're bigger"

"That is because you are older, little one."

"Oh, not because you are?"

"Oh, I am not. But every year you grow, you will find me bigger."

Christmas blessings to everyone and may we grow in the knowledge and love of Christ as we move forward together.

Libby and Chris.



DISCIPLESHIP - GENERATIONS

One of the most extraordinary counter culture events in the early Christian communities was the regular agape meals. The believers would gather for a pot luck shared meal and celebration of communion or the Lord's Supper.

Jews would eat with Gentiles, slaves would eat with their masters, men would eat with women. It cut across all the cultural norms of the time. Paul writes in Galatians 3 v 26 – 28 “In Jesus you are all children of God through faith, for you were all baptised into Christ. There is neither Jew or Gentile (racial division), slave or free (class division), male or female (gender division), for you are all one in Christ Jesus.

There is one division that he did not mention that is a major issue in our culture and in the churches – the generational divide between old and young. Our culture has changed so quickly over recent decades that the way different generations think, act and communicate are profound.

When I left school, I studied Mechanical Engineering and worked for a while in a drawing office designing conveying systems. I spent all day with a slide rule working out the stresses in a beam – there were no computers to do it for us in seconds. I got so bored that I left and went into Antique Furniture Restoration. I don't think I could use a slide rule now!

In the church family, we have a unique opportunity to challenge this cultural fracture. We can deliberately reach over the barriers that would divide us from one another. After Helen died, some of the younger families took me on and invited me for meals and walks and it has been a huge blessing for me. There is so much mutual enrichment as we move beyond our own micro – tribe and see the world through the eyes of others.

It would be great if we could actively seek out spiritual parents and spiritual children so we are a really inter-generational family. It would be great if the community groups could actively draw in those from all ages. It would be great if each group could take responsibility to care for, shop for, pray for those in our community who can no longer get to our church gatherings. This is the family of God – let's make it a caring, sharing, happy family!

Tom Harflett

**OAKFIELD CHOIR
AND ORCHESTRA**
Directed by NEIL MOORE

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'HALLELUJAH'

FAVOURITE CHORUSES AND ARIAS FROM

HANDEL'S MESSIAH

WITH A SELECTION OF CAROLS

SOLOISTS

EMILY BRADLEY Soprano **MARIE ELLIOTT** Alto

THOMAS HUMPHREYS Bass

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BOOK EARLY AS SEAT NUMBERS ARE LIMITED

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Men's Breakfast at Holy Trinity Hall on January 8th 2022

On Saturday January 8th, there will be a Men's Breakfast in Trinity Hall at 8am, a full English breakfast will be provided, cooked by our very own team of Chefs. The cost is £5 per head.

The purpose is for Men to gather, eat together, talk together, pray together and enjoy each other's company. There will also be a short talk by Rob, focussing on the Worldwide Church, (the theme for Sunday) with some input from Marsabit, Kenya.

Please let Holy Trinity Office or Rob (robandsuemartin@gmail.com) know in good time, if you wish to join us, so we can cater wisely! Preferably before Christmas, but by January 6th at the latest. Please put the date in your diary and come and join us!

MEN UNITED

Men United has been meeting online during Covid, while Curry Nights have not been possible. Now Covid is quieter (though not gone), we have decided to revert mainly to Face to face events, with online meetings continuing if there's enough demand. Here are the new plans:

- 1. Curry Nights will return as follows:** 3 per year, in the weeks beginning April 25th, July 11th and October 24th. Once we know the venue and precise dates, we will let you know. Outside caterers will cook for us. Speakers are being sought. Please feel free to invite your friends
- 2. Men United Breakfasts will also return,** with the first two planned for Saturdays **February 26th and June 4th.** This will be more home-grown, though using outside caterers, with focus on chat, prayer and some spiritual input to encourage discussion. This will last from 8 – 9.30am latest. More details will follow, once we can confirm the venue
- 3. Online Meetings:** these have worked for some people during Covid, but not for others. We will hold **one at 7.30 on December 9th, and on January 27th,** and then take stock. For an hour, with biblical discussion and prayer.

Please put the rough dates in your diary, and we will send out more details, as soon as we can.

Choose a proof book, tell others what you think and write a review



Young Adult Bookclub

16 - 25 BOOKCLUB

THE BRIDGE CAFE, 43 SELWOOD ROAD, BA11 3BS
7PM 3RD THURSDAY OF THE MONTH

Choose your book from Hunting Raven Books, Cheap Street, Frome
£3.50 Cookie, Can and Book
book-in by text to Elizabeth and Andrew on 07516 888058

PARISH NURSE NEWS

Isaiah 9:6 NIV

For unto us a child is born, unto us a son is given; and the government shall be upon his shoulder: and his name shall be called Wonderful, Counsellor, Mighty God.

Dear Trinity family,

I hope you are all keeping well as we head towards Christmas, a period of great hope and joy within our church and the general Christian community worldwide. Wishing you all a joyous and blessed Christmas, and a happy and healthy 2022!

It's November as I write this article, and I'm aware of World Antimicrobial Awareness Week (WAAW) which is led globally by the World Health Organization (WHO). It aims to increase awareness of global antimicrobial resistance (AMR) and to encourage best practices among the general public, health workers and policy makers to avoid the further emergence and spread of drug-resistant infections.

As a nurse, it's something that interests me, and it should interest you and your families because:

Antibiotic resistance remains one of the biggest threats facing us today.

Why it is relevant to you?: without effective antibiotics many routine treatments will become increasingly dangerous. Setting broken bones, basic operations, even chemotherapy and animal health all rely on access to antibiotics that work.



What we want you to do: It is important to remember that antibiotics do not treat or prevent viruses, including the one that causes COVID19. To slow the increase in resistance, we need to cut unnecessary use of antibiotics. We invite the public, students and educators, farmers, the veterinary and medical communities, and professional organisations, to become Antibiotic Guardians.

So what does it mean exactly to become an Antibiotic Guardian?

Call to action: Choose one simple pledge about how you will make better use of antibiotics and help save these vital medicines from becoming obsolete.

You can do this simply by visiting their website if you have internet access at <https://antibioticguardian.com/>

General Antibiotics are essential medicines for treating bacterial infections in both humans and animals. Antibiotics are losing their effectiveness at an increasing rate.

Bacteria can adapt and find ways to survive the effects of an antibiotic. They become 'antibiotic resistant' so that the antibiotic no longer works. The more you use an antibiotic, the more bacteria become resistant to it.

Antibiotics should be taken as prescribed, never saved for later or shared with others; it is important that we use antibiotics in the right way, the right drug, at the right dose, at the right time for the right duration.

Appropriate use of antibiotics will slow down the development of antibiotic resistance. There are very few new antibiotics in the development pipeline, which is why it is important we use our existing antibiotics wisely and make sure these life-saving medicines continue to stay effective for us, and our children and grandchildren.

Many antibiotics are prescribed and used for mild infections when they don't need to be. All colds and most coughs, sinusitis, otitis media (earache) and sore throats get better without antibiotics.

Community pharmacists are well placed to help provide advice on over-the-counter medicines to manage symptoms and help with self-care.

Keep Antibiotics Working raises awareness of antibiotic resistance amongst the general public and encourages greater trust in doctors' advice when it comes to whether to take antibiotics or not. Individuals (the public, healthcare professionals, educators and

leaders) can take action by choosing a pledge and becoming an Antibiotic Guardian: www.antibioticguardian.com

Antibiotic resistance is a threat to your health.

Good hygiene is essential in reducing the risk of spread of infections and is especially important in households with individuals who have chronic illnesses.

Antibiotics do not work for ALL colds, or for most coughs, sore throats or earache. Your body can usually fight these infections on its own.

Taking antibiotics encourages harmful bacteria that live inside you to become resistant. That means that antibiotics may not work when you really need them. This puts you and your family at risk of a more severe or longer illness.

Take your doctor, pharmacist or nurse's advice when it comes to antibiotics.

Antibiotics are important medicines and should only be taken when prescribed by a health professional. When antibiotics are prescribed by a health professional it is important that you always take them as directed, never save them for later and never share them with others.

Antibiotics can have side effects as they upset the natural balance of bacteria potentially resulting in diarrhoea and/or thrush. The use of inappropriate antibiotics may also allow other more harmful bacteria to increase. Antibiotics also cause other side effects such as rashes, stomach pains and reactions to sunlight.

Antibiotic resistant bacteria don't only affect you; they can spread to other people (and animals) in close contact with you and are very difficult to treat.

How to look after yourself and your family:

If you or a family member are feeling unwell, have a cold or flu and you haven't been prescribed antibiotics, here are some effective self-care ways to help you feel better:

- ask your pharmacist to recommend medicines to help with symptoms or pain
- get plenty of rest
- make sure you or your child drink enough to avoid feeling thirsty.
- fever is a sign that the body is fighting infection and most fevers will get better on their own - use paracetamol if you or your child are feeling uncomfortable
- make sure to use a tissue for your nose and wash your hands frequently to avoid spreading your infection to family and friends.

If you're worried, speak to a doctor who will be able to advise you on the best treatment for your symptoms.



Become an Antibiotic Guardian

and protect yourself, your family and friends against the spread of antibiotic resistance at <https://antibioticguardian.com/>

I think making a pledge to be an antibiotic guardian is a great way to make you think about other options to treat simple conditions without resorting to antibiotics, which could be unnecessary or even detrimental to our health! Do it today, it only takes a few minutes to do online!

Other news!

Podiatry sessions will continue to be bi-monthly while funding is in place, next session will be in December.

Thank you to my amazing volunteers, who have continued to support me, helping many within Trinity family to attend hospital and GP appointments, sometimes at short notice!

From December 1st I will be working two days per week;

Wednesday and Thursday 10-4pm

and will be starting a regular monthly **health education session** at Phoenix court.

Bereavement Journey is a six week **course starting Wed 5th January** (evenings from 7-9pm) in Trinity Church. A place to explore bereavement in a safe supportive space. Please let me know if you are interested (numbers limited to 12) There is a Sign-up sheet in church

Love and blessings Jan x

**Christmas
at Holy Trinity Church, Frome**



HOW TO MAKE YOUR CHRISTINGLE

You will need: an orange, a small piece of foil, a piece of red ribbon long enough to go around the orange, glue, 4 cocktail sticks, a selection of small sweets, dried fruit etc.

Make a hole in the top of the orange. Insert some foil to hold the candle (we will give you a candle at the service). Fasten the ribbon around the middle of the orange. Thread the sweets, fruits etc, onto the cocktail sticks and then stick these into the orange as shown.

The Orange	The World
The Candle	The Light of the World (Jesus)
The Cocktail sticks	The four seasons
The fruit/sweets	The fruits of the earth
The red ribbon	The blood of Jesus who gave his life for us

See you on Christmas Eve at 4pm!

D E C E M B E R

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
			1
			10.00 Holy Com 13.00-16.00 Stroke Associat 15.00 CAP pray
5	6	7	8
9.00 Holy Communion 11.00 Holy Communion 15.00 HTF Youth 15:30 Wild Worship (Christmas session)	14.00—16.00 Good Afternoon Choir	15.00—17.00 Energy Advice Drop in session	10.00 Holy Com 13.00—16.00 Stroke Associat
12	13	14	15
9:00 Holy Communion 11.00 Morning Worship 15.00 HTF Youth	14.00—16.00 Good Afternoon Choir 19.30—20.30 Prayer for the Vacancy	14.30—16.30 Folk Dance	10.00 Holy Com 13.00—16.00 Stroke Associat
19	20	21	22
9.00 Holy Communion 11.00 Café Church 15.00 HTF Youth	14.00—16.00 Good Afternoon Choir		10.00 Holy Com
26	27	28	29
No Services in church			

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	THURSDAY	FRIDAY	SATURDAY
	2	3	4
Communion ion <i>ever meeting</i>	10.00 Trinity Toddlers 17.00 Food @Five	8-9pm Strictly Salsa dance (see pg 19)	
	9	10	11
Communion ion	10.00 Trinity Toddlers Christmas Party 17.00 Food @ Five 19.30 Gateway Club	8-9pm Strictly Salsa dance	
	16	17	18
Communion ion	17.00 Food @ Five 19.00 16-25 Book Club at The Bridge Cafe	8-9pm Strictly Salsa dance	
	23	24	25
Communion	17.00 Food @ Five	16.00 Christingle Service 20.00 Holy Com- munion	8.00 Breakfast 10.00 Family Service
	30	31	

J A N U A R Y

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
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9.00 Holy Communion 10.00 Wild Worship 11.00 Holy Communion 15.00 HTF Youth	14.00—16.00 Good Afternoon Choir		10.00 Holy Com 13.00—16.00 Stroke Associati
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9.00 Holy Communion 11.00 Café Church 15.00 HTF Youth	14.00—16.00 Good Afternoon Choir		10.00 Holy Com 13.00—16.00 Stroke Associati FEBRUARY MAC DEADLINE
23	24	25	26
9.00 Holy Communion 11.00 Morning Worship 15.00 HTF Youth	14.00—16.00 Good Afternoon Choir 19.30 Prayer in Church for the Vacancy	14.30—16.30 Folk Dance	10.00 Holy Com 13.00—16.00 Stroke Associati
30	31		
9.00 Holy Communion 11.00 Holy Communion 15.00 HTF Youth			

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	THURSDAY	FRIDAY	SATURDAY
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	6	7	8
munion on	10.00 Trinity Toddlers 17.00 Food @ Five	8-9pm Strictly Salsa dance (see pg 19)	8.00 Men United Breakfast
	13	14	15
munion on	10.00 Trinity Toddlers 17.00 Food @ Five	8-9pm Strictly Salsa dance	
	20	21	22
munion on GAZINE	10.00 Trinity Toddlers 17.00 Food @ Five 19.00 16-25 Book Club at The Bridge Cafe 19.30 Gateway Club	8-9pm Strictly Salsa dance	
	27	28	29
munion on		8-9pm Strictly Salsa dance	
		15	



Greetings.

Here is the latest news from Marsabit:

Covid hasn't proved a major problem yet, except

economically, thank the Lord! But please pray more vaccinations may be available, including for Bishops and clergy!

Two critical issues for your prayers are drought and insecurity

Drought is biting hard, and

thousands are starving. Famine relief has been distributed by the World Food Programme and the Government, and the Diocese has been given small relief grants for Bubisa and Karare, but there is no major relief programme

Please pray for rain – it will soon be 18 months without normal rains... and for famine relief.



Insecurity has been really bad. On November 4th, there was a ghastly attack close to Marsabit town on the way to Badassa. Gunmen sprayed a Canter van (taxi), killing 6 and injuring 11. It was thought to be Gabra killers, and the victims were mainly Borana. Relationships are extremely tense between these two communities, throughout the North. Consecration of the Badassa church has had to be delayed yet again due to this insecurity.

Please pray for the elders and peacemakers, that the endless cycle of violence may cease.

10th Anniversary Celebrations finally took place on November 7th. It was a wonderful day! Under a cloudless blue sky, huge processions of brightly dressed clergy, readers, choirs, and 15 people to be made Canons, moved slowly across the Diocesan compound past the Cathedral to a dozen shady gazebos. Bishop Qampicha presided and + Joseph from Machakos was the guest speaker and leader of the Canons' retreat. The new Canons were old colleagues of ours – so we found it very moving! Sue and I watched on Facebook Live, through Sammy Durito's Facebook page (Unclesam). It was hard to break away from it, 2 ½ hours later, when it was still in full swing, but I was leading and preaching elsewhere, in a very different BCP environment!

What a joyful day.

The Harambee (fundraiser) at the end was toned down because of security and funds raised will now go towards St. Andrew's High School, our secondary school for boys. FoM had sent £21,000 to help buy 3 acres for a Girls' secondary School, but owing to the security situation, a suitable neutral plot is still being identified.

Please give thanks for all that's been achieved over the past 10 years, & pray for ongoing blessing

Two Microfinance projects are gathering pace. A webinar in October with 5 Talents gave feedback on one of them. It helps over 100 women and a few men with literacy and numeracy, gets them to save and then gives loans to enable them to start small business ventures. Headed by the Mothers Union, under Rev Elema, (MU Coordinator), they meet in churches, but are open to all.

Please pray for these projects, and pray that women may be more empowered in a male-led society

Professor Joseph Galgalo, originally from our desert area of Bubisa, and former Vice Chancellor of St. Paul's University, Limuru, has been appointed Provincial Secretary and been consecrated Suffragan Bishop of All Saints Cathedral Diocese, as Rob once was.

Please pray for him, as he takes up this demanding role.

Also in this letter, we wanted to account for how FoM has used your gifts in 2020.

In September, we submitted our independently examined 2020 accounts to the Charity Commissioners. **Here is the annual review we sent them:**

2020 was the seventh full year for the Friends of Marsabit. The trustees met three times, twice on zoom, and Bishop Qampicha joined us for our June zoom meeting. The database, enabling better communication with FoM supporters, is deemed to be consistent with the requirements of Data Protection Regulations.

During 2020, Kenya was on the red list of countries, so it was impossible for visits to happen between Kenya and UK. It also forced the postponement of the 2020 visit to Kenya by Marsabit supporters. But we kept in regular contact with Bishop Qampicha via FaceTime.

Particular challenges were Covid restrictions, locusts, lack of rain and insecurity. Trustee funds raised in 2020 were used to fund a number of development projects designed to improve the livelihoods of the peoples of Marsabit, and enable the Diocese to become more self-sufficient.

We transferred funds, not just to support the general running of the Diocese, but also made a special appeal to support Diocesan workers through the pandemic, as a sort of furlough scheme. This raised £44,840. We also provided support for buying

motorcycles, training of church workers, youth conferences and school fees; and to assist with the building of permanent churches across the Diocese. Our four newsletters have kept Friends informed of activities in Marsabit and aware of the challenges faced by the people in the area.

Financial review £85,560 was received during 2020 (£68,662 in 2019). We gave grants totalling £79,560. The Trust entered 2021 with £25,319 in the bank and accounts receivable of £982. We are slowly increasing the number of people giving by Standing Order.

Thank you, thank you, everyone so much for your continued prayers and support! It has helped the Diocese to flourish during 8 of the past 10 years! Please consider setting up a standing order?

What will the next 10 years bring?!

Please pray we all stay close to the Lord through it all

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

BARNABAS GIFTS of HOPE and LOVE

I would like to encourage our church family to consider taking a Barnabas Gifts leaflet to, maybe, giving a gift this Christmas to a variety of Christian individuals, families and groups in other countries who face discrimination, poverty and conflict. The gifts range from £2.00 to help provide a Christian child with basic education in Pakistan or £3.00 for the printing of a New Testament in a Central Asian country to £240.00 for funds to enable a struggling Christian family in Egypt to start up a sustainable micro-business, or £1,100 which could pay for flights & visas for an Afghan Christian family to escape Afghanistan.

I have put a few leaflets at the back of church and can obtain more at short notice. I do hope that you will feel this is a worthwhile way to show our Christian love and encouragement to our Brothers and Sisters.

Ann Phillips



SALSA DANCE CLASSES

**COME & LEARN TO DANCE, KEEP FIT & HAVE FUN!
ALL WELCOME, WITH OR WITHOUT A PARTNER**

Starts December 3rd

£6 cash on the door

Proof of Covid vaccination, or negative test required

 **FRIDAYS 8.00 - 9.00 PM**

 **TRINITY CHURCH HALL
FROME BA11 3DE**

 **INFO@STRICTLYSALSA.UK
07973 827256**

 **@STRICTLYSALSAFROME**



Our teacher Kali

SALSA COMES TO FROME

Strictly Salsa is delighted to be bringing this exhilarating and fun dancing to Frome. Our teacher Kali is from Venezuela and now lives in Frome. Some of you may know her already from the recent multi-cultural festival at The Cheese and Grain where she led a demonstration class with lots of enthusiastic participation! Kali is an experienced Latin dance teacher, and for our new classes she intends to cover a variety of styles including Salsa, Bachata and Merengue. Of these, Salsa is one of the most popular modern dance styles capturing the spirit and passion of Latin America – perfect for getting rid of those Winter Blues!

The weekly Friday classes are intended for beginners of all ages. No experience is necessary – we guarantee is that you will have fun dancing to some exhilarating Latin American music! The great thing is that anyone and everyone can give it a go.

For more information please email: info@strictlysalsa.uk or call 07973 827256

Hope Frome and villages are hosting Alpha from

Wednesday, 12th January 2022.

Alpha will be a combination of meeting in person (meeting at Holy Trinity Hall, Frome) and weeks together on zoom. We are looking to build a team of volunteers to help with the many roles involved in an Alpha course:



the foundation of any

Alpha course is **prayer**. We need a prayer team to begin prayer for the course, as we plan and build the team and then every week over the course of Alpha.

Do you have social media skills? We need to promote the course across as many platforms as possible to promote the course as wide as possible.

Are you confident with zoom? We need volunteers that are able to manage the technical side of hosting on zoom, we'd love to hear from you. When we meet in person, we need someone to navigate and manage the projection of the Alpha videos.

We need a team for the preparation and serving of meals and refreshments.

We need table/breakout room leaders and helpers. We need volunteers who can guide the attendees each week through each session, to ask open questions and to listen.

Finally, we need you to invite your friends, and neighbours and colleagues. There will be invitations available.

Do let me know if you'd like join the Alpha team, or if you have questions do give me a call - 07722 386491 or by email fromezoomalpha@outlook.com.

<https://www.hopefromeandvillages.uk/alpha-course-in-frome>

Many thanks for all your help. Sarah Williamson

The Story of Active and In Touch Frome 2011-2021

A Community's Response to Loneliness

There are two books in the Bible, Esther and Song of Songs, which do not mention God but He is 'absent' in neither; both reveal God at work and His fingerprints are all over them. Both books serve to help us understand how God's 'Big Story' plays out around us.

Luther transformed our understanding of God's calling, insisting upon the dignity and value of all labour. He insisted the farmer shovelling manure and the maid milking the cow both please God as much as the minister preaching or praying, whether they know Him or not. Luther endeavoured to remove the split between sacred and secular work; it is a challenge which continues to confront society, the 'great divide'.

The narrative of A&IT's first decade is extraordinary in many ways. 'Birthed' in a Holy Trinity house group when Anna Brindle planted the 'mustard seed', the story reveals countless serendipitous moments and a number of truly existential challenges. By the grace of God, A&IT negotiated these challenges, each of which served to prepare the charity for the arrival of Covid-19 and its unimaginable consequences.

Honoured locally, regionally and nationally for its contribution in 2020-2021, the story illustrates the unexpected fruit which can emerge from following God's call. As 'Called by God', our community prayer diary, reminds us:

To refashion the fabric of this world until it resembles the shape of your Kingdom

Jesus now lead on.

The Story of A&IT 2011-2021 £9.99 (All proceeds go to support A&IT)
Books available online shortly at AuthorHouse and Amazon. **Better to buy them** through A&IT or directly in church. One for the Christmas stocking?

THE BRIDGE CAFÉ

The Bridge continues to provide an invaluable service to our local community. It is a place where people can find company, friendship, affordable food (sometimes free) and practical help and advice. For one of our homeless friends, it is quite literally a place where he can come and warm up next to the radiator, after spending a night in the cold. Above all, it is a place where they can meet with Christ, as He lives and loves and serves through us, His heart, hands and feet in this broken world.

We have already noticed how some of our customers are struggling financially, in particular with the recent ending of the £20 a week Universal Credit top up and the increase in the cost of living, which is disproportionately affecting the poorest in our communities. We were so touched by the very generous response at Holy Trinity to our appeal for people to buy vouchers, which we can use at the café to pay for those meals and drinks we have to offer without cost, or at a heavily subsidised amount. More than £100 was given, and almost immediately we started having customers in who needed help paying for their meals. It was a timely and God inspired response, and we will be selling them again in the next few weeks.

We are a faith work, not just a business, and though we are maintaining viability and meeting our outgoings, we are having to always trust in The Lord for His provision. We have had a couple of challenging weeks financially recently, as the café needed to be closed on account of a Covid-related incident on top of an unexpected absence of two of our regular customers, but we have been amazed by the timeliness of two very generous gifts from well-wishers in the church.

If you feel drawn to support this work of mercy in any way, then please speak to us. There are some volunteering opportunities and we are always open to explore these with you, and to prayerfully discern together whether God is calling you to this ministry. It would be lovely to see any of you coming in for a drink and cake, or even a meal. We are including here a copy of our menu to see if it will tempt a few more church folk in.

Please pray for those of us who serve, especially that we might discern further ways in which we can share God's love with our Bridge community, as that has always been our vision and our heart's desire.

In His love,

John and Wendy



Drinks

(eat in or take away)

Coffee (latte, cappuccino, flat white)	£1.20
Coffee (instant)	80p
Tea	60p
Hot chocolate	80p
Milk shake	80p
Canned drink	80p
Squash	30p

food

Soup and roll	£1.50
Cheese on toast (per slice)	£1.30
Beans on toast (per slice)	£1.30
Poached egg on toast (per slice)	£1.30
(Extra egg, beans or cheese at 50p)	
Sandwich or roll (cheese, ham or tuna)	£1.30
(Salad addition to any of above—no extra cost)	
Baked potato with cheese or tuna & salad (Extra beans at 50p)	£2.50
Ham Salad	£2.00
Cake	80p
Yoghurt and fresh fruit	£1.00
Friday cooked meal (meat and vegetables)	£3.00
Pudding	£1.00

WHO

WHEN

WHERE

HOW

WHY

WHAT

TRINITY NOTICEBOARD

WANTED

Your testimonies

Has completing the church questionnaire made you think about anything new? Has a housegroup session had an impact on you? Have YOU read, watched or heard something that inspired you in your faith?

Share it with others!

It doesn't have to be long but, please do remember though to keep your articles apolitical and uplifting in nature, and note that at times it is necessary for us to edit articles submitted.

Send articles to: holytrinityfrome@gmail.com or hand it in to the office, or drop it in the letterbox on The Link door.



Church Flowers

Flowers in December are In Loving memory of our dear church warden, John Adair.

Flower arrangers are needed to join the floral art group who bless us all each week with beautiful flowers of God's creation.

Arrangements are usually done on a Friday morning, but can be done at a time to suit your schedule.

Please speak to Ann Thackway

MOBILE PHONE AND TABLET REPAIR
If you ever have a mobile phone or tablet in need of repair, Martin is the bloke to speak to. Always helpful, professional and has rescued many a desperate person with a smashed screen, or drowned phone!
Mobile Phones & Tablet Repairs
 MJ Communications
 Martin 07846 296 545



DAISY MAY CARDS
 Mo Mossman. Customers can purchase goods through my website: flamingopaperie.co.uk/web/momossman Facebook page is : Daisy May Cards. daisymaycards@gmail.com or 07980894339. Orders generated from HT will make a 10% donation to Holy Trinity funds or any other charity nominated by the purchaser.



*Thank
you*

Dear Trinity family
Thank you all so much for the cards, flowers, phone calls and prayers on the loss of my husband Derrick. And thank you to the lovely people who visited me at home. Bless you all.
My love to you all
Janet Simonds.

CALL
FREE ON 0800 328 0006

Weighed down by
debt?

Free debt counselling in your community
from an award winning charity



capdebthelp.org

Thanks From *Brigit & Mike*

Dear Trinity family
Thank you all for the love you have shown us during the month while I was in hospital and recuperating from surgery. Your prayers, meals, cards, flowers and offers of help were much appreciated, especially for Mike when he was alone and when I first came home. The prayer quilt (pictured) was particularly special, knowing the work and prayers that had gone into it. I have made a good recovery and been feeling stronger every day. However the tumour in the bowel was cancerous, and the oncologist has recommended 3 months chemo, probably starting in mid-December.



Please pray for minimal side effects and that it really eliminates any cancer that they did not find or see. Pray for Mike as he supports me and tries to find the strength and joy to keep going. This recent season feels a lot like Job when God lets Satan attack him time and time again. We are so blessed to be supported by your prayers.
With our love, Brigit (and Mike)

TRINITY TASK FORCE

Our small group of volunteers are still active undertaking small jobs for those in need of help. We have put up shelves, curtain poles, and other small DIY jobs, as well as done garden clearances, helped with removal of furniture, and many other tasks that we feel we can undertake.

We are now desperate for more volunteers to come forward as there is quite a strain on the small group undertaking these tasks. This is a really valuable service to those in need. However, unless we have some more committed volunteers it may well be that we need to disband this project.

If you feel you may have a few hours to help people in the local community, please contact Hall Manager Jonathan on 07471776948

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.

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.

Please Note: *No wooden pencils, chalk, glue sticks, erasers, rulers or other cutting objects that could disturb the recycling process.*

ARCHDEACONRY DAYS 2022

We are pleased to invite you to the **2022 Archdeaconry Days**, which will take place over the week of **6 - 12 February 2022**.

Last year, for the first time, we experimented with offering resources for people to access during the week and then coming together online in three Archdeaconry gatherings to celebrate and reflect. We were delighted that over 800 people signed up to receive the resources and that so many people contributed to the online Prayer Wall - it really did feel as though a wave of prayer was sweeping around the diocese and that lots of people were trying out ways of praying that were new to them.

We are going to be exploring people's experience of hearing and responding to God's call. We have noticed that sometimes people think God only calls 'special' people and wanted to encourage everyone to know that God calls each one of us every day in a whole range of ways, some humdrum and some huge but always to reflect God's love for us and the world.

The pattern will be:

- **January 2022: The Calling Podcast**

Episodes of a podcast devised and hosted by young people in the diocese, talking to a range of people about their sense of calling.

- **Sunday 6 February at 3pm: Worship**

Bishop Ruth will join us at Taunton Academy for worship on the theme of calling.

- **Monday 7 - Friday 11 February: Inspiration and experimentation**

A short video will be released each day, featuring people from across the diocese talking about their experience of calling in response to questions like 'What does it feel like to be called?' and 'Do any stories of calling in the Bible inspire you?'. We hope that people will also reflect on their own answers to these questions.

- **Saturday 12 February: Discussion and reflection together**

Online sessions will give people the chance to hear more about calling, discuss their reflections and celebrate how God calls us in so many ways and places.

Each session will be hosted by an Archdeacon.

✦ 10.00am to 11.00 am hosted by the Archdeacon of Bath

✦ 11.30am to 12.30pm hosted by the Archdeacon of Wells

✦ 2.00pm to 3.00pm hosted by the Archdeacon of Taunton

[Please sign up here](https://www.bathandwells.org.uk/faith/everyday-faith/god-calls-everyone-everywhere/registration-of-interest-god-calls-everyone-everywhere-.php) so that we can ensure that you receive all the materials and links at the right time. <https://www.bathandwells.org.uk/faith/everyday-faith/god-calls-everyone-everywhere/registration-of-interest-god-calls-everyone-everywhere-.php>

Yours in Christ

Anne Gell

Archdeacon of Wells

Simon Hill

Archdeacon of Taunton

Adrian Youngs

Archdeacon of Bath

Trinity Church Eco Programme 2021-2022

'The earth is the Lord's, and everything in it, the world, and all who live in it

As we step into the New Year, it is encouraging to look back at the progress in 2021.

The Bath and Wells Diocese have established a 5yr environmental policy. A key person in this is Caroline Pomeroy in Nunney and with close links to Holy Trinity.

Significant steps taken to establish a biodiversity trail linking the churchyards in Frome.

The vision is to develop this across the Deanery, building the body of Christ.

Holy Trinity receiving the A Rocha silver award. Thank you, Maggie, for steering this. We need to live up to this and press on for a gold award in due course.

The eco patch established and defined in the churchyard (bottom end, behind posts)

The first steps to manage/mow the long grasses, sowing yellow rattle (the 'meadow maker') and establishing a flower meadow in the coming years.

The planting of hedgerow species such as hawthorn, wild rose and blackthorn; the planting of trees, including wild cherry, crab apple and spindle. A number of long-established plants remain such as elderflower, blackberry and Buddleia

The sightings of slow worms and a range of butterflies

The provision of a 'bug hotel' and some bird boxes.

Plans for 2022

The inclusion of eco theology in the church's preaching and teaching programme for all ages, identifying 4 weeks, including Harvest Festival, as our 'Eco month'.

Provision of eco studies for fellowship groups and an eco-library.

Recording in detail the plants, birds, butterflies and insects which can be seen. The plant recording will be done in association with the Somerset Botanical Group.

For fellowship groups and the younger generations to be practically involved.

Leading local eco walks – trees, flowers, butterflies.

Please let the office know if you have any thoughts and ideas; **pray** that we will continue to grow in wisdom and discernment as we seek to honour the Creator and engage with Creation.

***'Lord, through your Word and Holy Spirit, and the beauty of your creation, help us to bring spiritual depth to the task of caring for the earth.'* Amen**

FROME ECO PARTY KIT



You hold a party, have a boogie, play some games and serve some food. When it's all over you throw the plates in the bin, simple. Or is it?

It can take 5 - 20 years for a paper plate to break down; that's a long time especially when you consider that plate was probably used for 20 minutes or less.

There is a better way! Frome Eco Party Kit hires out reusable tableware, games, and decorations for parties. So whether you're holding a children's party, wedding, christening, baby shower, or birthday they can now be low-waste, colourful, and safe.

Our standard kits cater for 20 guests but we can accommodate larger gatherings too, as well as providing tablecloths, decor, and activities for all to enjoy. One of our most popular items is the reusable pass the parcel which removes that sudden rush the night before the party wrapping a present in 20 layers of paper (which will all go to waste). Instead, it is fabric envelopes with velcro and a winners token which is exchanged for the prize.

So far the people of Frome and surrounding areas have saved almost 6,000 single-use items going to landfills. If you want to be part of the new way to party, then find out more by visiting our website or socials:

Website: [https://](https://fromeecoparty.wixsite.com/fepk)

fromeecoparty.wixsite.com/fepk

Facebook: facebook.com/fromeecoparty

Instagram: [@FromeEcoParty](https://www.instagram.com/FromeEcoParty)



Mothers' UNION

Christian care for families

Bath & Wells Mothers' Union enjoyed a Christmas Coffee Morning on Thursday 18th November in Wells at St. Thomas's Church. As well as a good time meeting MU friends from across the Diocese it was an opportunity to start thinking about our Christmas Shopping! MU produces a Christmas Gift Guide which has a very good selection of seasonal cards, ideas for presents, books, etc. Catalogues are available at the back of Trinity. Please take one if you wish or go online to www.mueshop.org.

After enjoying refreshments we went on to the Cathedral for "Mothers' Union Midday Prayers" which this month were led by our own Frome Deanery. The topics for November were "Families throughout the World", "Refugees" and "Domestic Violence" focussing on the the Elimination of Violence against Women campaign (see article in November magazine). It is always a blessing to join with other MU deaneries in the splendour of the Cathedral and meet old friends.

Mothers' Union is again taking part in the 'Big Give Christmas Challenge'. This is the UK's largest online matched funding campaign which is available between **30th November and 7th December 2021**. Any gift to MU is doubled during this period. Last year over £110,00 was raised which enabled the organisation to support women in the DRC to train volunteer community facilitators who can then reach out to others teaching them to read, write and gain essential skills to benefit their communities. This is a three-year programme to increase literacy and provide tools for women to earn an income, improve their families wellbeing and look forward to a brighter future.

Beckington Branch will meet on **Wednesday 1st December at 2.00pm** in the church for an Advent Communion Service led by Rev Ronnie - and hopefully there will be mince pies afterwards. Do join us if you would like to and contact Mary Earle or Susan Clark if you would need a lift.

C O N N E C T

VICAR	VACANCY	
READERS	<ul style="list-style-type: none"> • Ann Phillips, • Tom Harflett • Phil Gray • Dorothy-Anne Bryant • Miriam Hare • Wendy Rootes 	
CHURCH WARDENS	Chris Stafford Libby Doewansey	455734 07802 435231
ADMINISTRATORS	Kally Dunn/Rachael Markham	453425
TREASURER	Chris Round	465718
TRINITY HALL BOOKINGS	Church Office	453425
TRINITY HALL MANAGER	Jonathan Norcott-Smith	07471 776948
CHILDREN & FAMILIES	James Markham	07825 758195
PARISH NURSE	Jan Zriel	07423318929
DEBT CENTRE	Phil Gray	07496 516089
CHOIR	Margaret Perry	453962
MUSIC GROUP	Ruth Burden	07811 894317
FLOWERS	Molly Butler	462824
SAFEGUARDING	Ruth Haines	07540324076
PASTORAL CARE	Sue Martin	672709
Church e-mail address: holytrinityfrome@gmail.com		
Church website address: www.holytrinityfrome.info		



Holy Trinity Church,
Trinity Street,
Frome
BA11 3DE



The church office is open
every week day 9.30 - 12.30
For hall bookings contact us
Via phone or email.



01373 453425



www.holytrinityfrome.info



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