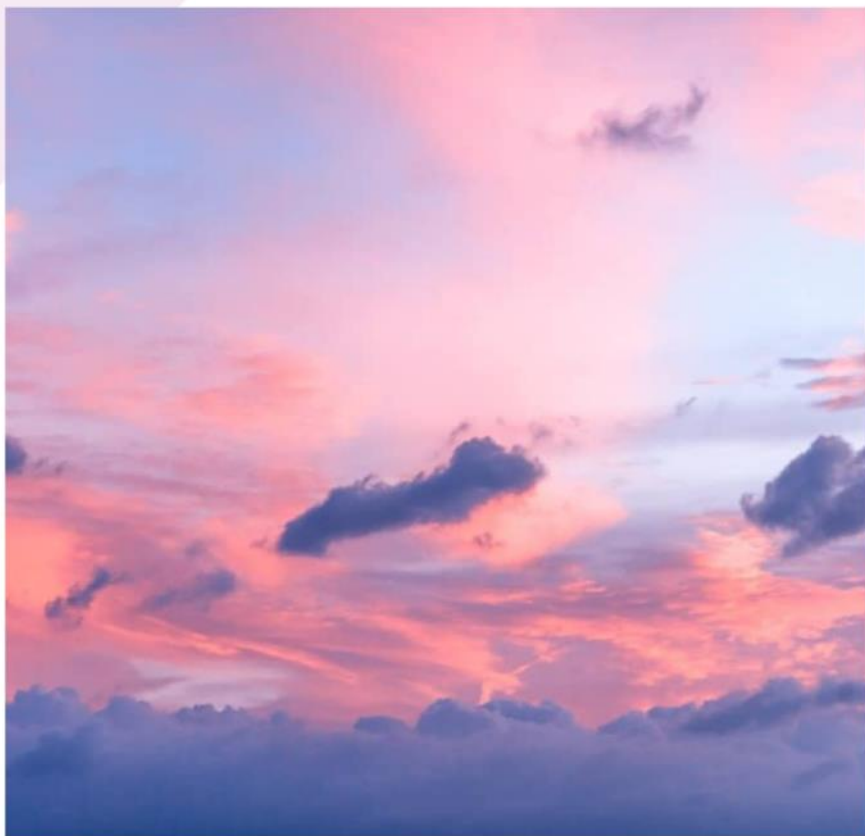


TRINITY TIMES

February 2022



"Your unfailing love, O LORD, is as vast as the heavens"
Psalm 36:5

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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

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

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 Church.

A WORD FROM THE WARDENS

Well, we're now 5 months into the Vacancy and things appear to be holding together thanks to the vast number of willing volunteers, who appear to be able to tackle almost anything – even clearing the gutters from a high level platform!

There have been a few changes in terms of service style, individual Communion glasses, a digital collection 'plate' and children's groups, but all the essential elements are still intact! The introduction of the Café Style service has been very popular and the children continue to make the most of their Wild Worship experience at Trinity First School. We're trying out the Crèche in the side-Chapel in an effort to keep the parents in the service but this has meant moving the Prayer Ministry to the choir stalls (behind the organ).....changes which are not irreversible at all, so if you have view, please let the CWs know.

The massive task that has neared completion has been the writing of the Parish Profile. Everyone will get sight of this vital document eventually but, at the moment, only the team of Abi, Fiona, Libby, Ben, James, Tom and myself have an idea of what it will look like when it's all finished. We're aiming for a comprehensive profile that accurately reflects the town, the Parish and the church – we have an opportunity to offer something slightly different, possibly even unique, and we're trying hard to achieve that. Huge thanks must go to Fiona and Abi, who have undertaken the 'legwork' associated with such a piece of work, but everyone has played a part, either as a result of specific requests for information or via the Open Forum and subsequent post notes and 'graffiti wall' comments. Caroline Bruce and Sandra O'Shea have been our Parish Consultants and their guidance and input has been outstanding. The next task is to have the Profile formally adopted by the PCC and for the appointment of the two Parish Reps, who will join the Archdeacon, the Area Dean and the Lay Chair of the Deanery as the interview panel – exciting times!

So, we would like to thank you for your prayers; we're having to handle stuff that perhaps doesn't fall naturally into our respective skill sets but we both firmly believe that when God calls, He equips. Please continue to pray and to support the Vacancy Prayer Meetings when you can. Pray for the PCC too; it has some major decisions to make and we need your prayers and to feel the guidance of the Holy Spirit.

Thank you so much for your support.

Chris Stafford & Libby Doewansey (Church Wardens)



Manna – February 2022

21st century church

In 2018 an exciting new project was launched to help us reimagine what it means to be church in the twenty first century. The Pioneer Project aimed to encourage a culture shift by appointing pioneer ministers to explore appropriate ways of sharing the good news of Jesus with different groups of people and in different places.

As a result of the project there are nine full time pioneers doing life alongside the inhabitants of nine different towns and villages across the diocese, outside existing church congregations and often on the margins of society. They include pioneers who are coming alongside families, and communities, pioneers focused on the arts and on young people.

Tina Hodgett, who led the Pioneer Project in Bath and Wells until late 2021, said, “The Christian Church in the west has been through centuries of stability. In the past most people accepted the Christian faith but society is changing rapidly and the people have flowed away from the church door. Jesus spoke our language and pioneered a whole new way of being in fellowship with God and today’s pioneers follow in His footsteps.”

The project is not just about appointing a few people to do things differently, but inspiring everyone to see how they can share the Gospel where they are and 25 people have completed the Certificate in Pioneer Mission, a year-long course to help them do just that.

Tina concludes, “We’ve made distinct progress in becoming more pioneering, innovative and imaginative since 2018. The culture shift has started!”

Read the report at bathandwells.org.uk/pioneering-report.

A signpost to God By Rob Martin, Hon Assistant Bishop, B&W

2022 has begun, with all its potential for joy and for sorrow. What lies ahead I wonder? Will Covid define us, as it continues to exert its baleful influence and disrupt our plans? Or will the joy of faith-filled lives trump the gloom? Rejoice in the Lord always, begins our key passage from Philippians. Amen!

New Year resolutions - have you made any? They are rooted in a godly desire to improve our lives. They say 60 per cent of us make them, but only 8 per cent stick with them! I’m part of the 92 per cent, who try, but usually give up. Sometimes something sticks.

Two years ago, following a diocesan initiative to encourage more prayer, I resolved to get the Lectio 365 app. It has helped me ever since. I’m guided to sit, read, reflect and prepare for my day’s activities. It’s a form of Lectio Divina, similar to Dwelling in the Word, used in Bath and Wells, which encourages us to mull over God’s word, in our own personal time, and in the company of others, allowing God to speak to us.

Lectio 365 ends in this prayer: Father help me to live this day to the full, being true to you in every way. Jesus, help me to give myself away to others, being kind to all I meet. Spirit, help me to love the lost, proclaiming Christ in all I do, and say.

Our pioneers reach out to those around them, building relationships and using ever more

creative ways, to point people to God. Cocktail bars, art work, pizza evenings, outdoor activities, pilgrim walkways... the list is gloriously endless! The Lectio prayer reminds us that everyone is a channel for God's grace, a signpost to God. By encouraging others to grow in spiritual awareness, we can all be pioneers in our own situation.

Bishop Rob

A pioneering journey

Trevor James became a pioneer in Keynsham in November 2019

What led you to become a pioneer?

The journey started before knowing pioneering was even a thing. I just felt called to stop doing the ministry that I was doing; it wasn't stop and leave, it was simply stop and so I knew something was coming.

How has your role developed over time?

It's been a journey. I came with lots of plans. Six months in and we had lock down which transformed everything. It got to a point where I thought I'd got this wrong; do I need to just hand my notice in? But God being God just transformed the journey and that's where the Sanctuary Garden came in.

What's the Sanctuary Garden?

It is a holistic space on the river where I do a regular prayer meet for people to come and be together at the beginning of the day in God's presence. I have also met pastorally in the garden with a bunch of folks, including young people. The things that we've done through the garden space have been so fruitful it has completely shocked me.

Who are you engaging with?

The people that I am meeting wouldn't go inside the church. It's not because there is anything wrong with it, it's just not how they live out their faith. That's especially true of the younger ones.

What have you learnt about pioneering?

The element of play. The more I start pushing into the adult and the strategic side I don't see fruit. When I let go and allow myself to be a child in God, to enter the playground of His Kingdom and play with Him in ministry, it is so freeing and fruitful.

Read more from Trevor at bathandwells.org.uk/keynsham-pioneer

**DEANERY CELEBRATION MEETING
AND
LIVING in LOVING and FAITH**



**LIVING
IN LOVE
& FAITH**

There will be a Deanery Celebration meeting at Holy Trinity on Tuesday 15th February, 7pm for 7.30pm start.

The main item will be consideration of The Church of England's Living in Love and Faith report, which deals with the important issue of the church's attitude to relationships and sexuality. It will be an open meeting so anyone interested in these issues will be very welcome to attend.

This will be followed by a five session course, which is derived from the main report and arranged by Rev. Caroline Walker, the Area Dean. Members of churches in the Frome Deanery are encouraged to attend and it will be held at Holy Trinity on the following dates:

Saturday 19th February 9.30am – 1pm. Learning together and Identity

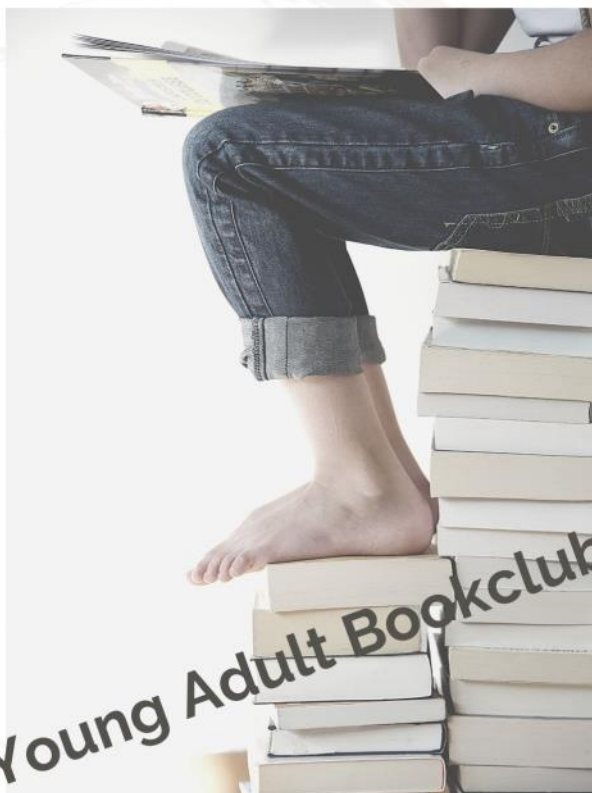
Tuesday 1st March 7.30pm – 9pm. Relationships

Tuesday 15th March 7.30pm – 9pm. Sex

Tuesday 29th March 7.30pm – 9pm. Life together

This is part of a consultation exercise. Views emanating from discussions in deaneries and parishes will be fed back to the national church authorities and will influence policy decisions enacted by the General Synod. **It is therefore very important that as many people as possible participate.**

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

Greetings Trinity Family!

I hope you're enjoying the sunshine when it appears and noticing the first hints of Spring, after the unseasonal warm spell!

I'm sure you are all hoping (and praying!) that the Covid situation with all its variants continues to cause less severe symptoms and hospital admissions following our vaccinations/boosters.

This month I thought I'd talk about anxiety as it is so prevalent in our society. And as Christians we are definitely not immune to it. It can afflict any of us, from the young to the not so young. And many of us are forced to learn to live with anxiety, coping as best we can.

What does anxiety feel like?

Feelings may include: • Racing heart • Sweating • Dry mouth • Stomach cramps • Insomnia • Irritability • Exhaustion • Pins and needles • Clamminess • Chills and perhaps hot flashes • Muscle tension, aches and pains • Hyperventilating or difficulty breathing • Dizziness and feeling faint • Inability to concentrate • Chest pains and other symptoms similar to those of a heart attack

Although these symptoms are unpleasant, they will not harm us: We won't faint, collapse, have a heart attack or die. However, experiencing these feelings on a regular basis can be extremely disruptive to day-to-day life.

We've all experienced the panic when a tap breaks in the house and water spurts out uncontrollably, and this is a good way to demonstrate how adrenaline within our body can cause this feeling of anxiety. Most days our anxiety tap remains closed and its not something we consciously think about.

Perhaps we experience a little adrenaline rush during the day at times, like a jolt or a flash but its controllable. And then you may experience your anxiety tap wide open, making you feel shaky, not able to sleep, and unable to cope for perhaps days at a time. Sometimes as anxiety builds, we can try to push on and hope for the best, but that rarely works. Or maybe you feel like you want to escape, but often that's not an option either!

When we experience anxiety, our body is preparing to respond to a risk or an emergency. • Breathing and heart rates speed up • Adrenalin is released into the bloodstream The nervous system is on 'red alert' • Muscles tense up



This is fantastic news if we are in real physical danger that demands a real 'fight or flight' response. But in our modern lives, that is rarely the case, leaving our bodies prepared for a physical reaction which we have no real outlet for. Can anxiety be treated?

Can anxiety be treated?

Anxiety disorders are best treated with a combination of approaches that address the different aspects of anxiety: the thought patterns respond very well to cognitive behavioural therapy (CBT), a talking therapy that helps people change how they think about situations, and the physical symptoms can be controlled and limited by relaxation techniques. Medication can work well alongside other therapies, particularly reducing obsessional (round and round) thoughts, or helping people concentrate or function normally. Reducing anxiety There are simple things that anyone can do to reduce their anxiety levels:

- Physical exercise - Regular gentle exercise can make a huge difference. You don't have to exhaust yourself - a walk in the park or a bike ride with a friend will help.
- Connecting - Isolation increases anxiety but connecting with a friend will help. Even chatting over social media can make a difference.
- These all help us learn how to manage when life gets frantic. There are often local mindfulness courses, and very popular apps.

What about faith?

Faith can be a big support for those struggling with anxiety, because it gives a bigger perspective and reminds us that God is in control. It encourages us to simplify our life and remember what really matters. Times of prayer can help calm nerves, focus the mind and limit panic or waves of anxiety.

Remember, however, that recovering from anxiety problems is not as simple as just being told 'do not fear'. Those suffering will often require expert help as well as the support they get from their faith and church. There may be Bible passages that they find very hard. Often-quoted 'do not worry' scriptures, such as Matthew 6:25-27 or Philippians 4:6-7, can be distressing to people who have tried very hard to do those things, but found no relief for their anxiety. Sufferers must be encouraged not to be too hard on themselves. It's good to find the ways in which their faith helps to calm their nerves, while not adding to their worry with scriptures they find hard to process when feeling anxious.

Tricky issues!

Should Christians rely on medication to support their mental health? What do you think?

Mental health medication can include: • Antipsychotics. Used to treat psychosis, schizophrenia, and sometimes other conditions like bipolar disorder, these medicines

mainly reduce dopamine - a chemical in the brain which is overactive in psychotic illnesses like schizophrenia.

- Antidepressants. Used to treat depression, anxiety and low mood, these mainly raise the levels of a chemical called serotonin, which is lowered in severe depression.
- Mood stabilisers. Used to treat bipolar depression or conditions where mood swings are causing difficulties. A variety of these exists, with different methods of action.
- Hypnotics and anxiolytics.

Used to treat the symptoms of anxiety and other related conditions such as insomnia. Some are taken short term to manage symptoms whilst others are prescribed longer term to produce a general reduction in anxiety.

10 things about your anxiety tap!

Attempts to escape your anxiety are futile and only propagate it. Accepting that the tap is running is the first step to changing the flow.

Anxiety always forces you to see a catastrophic future: 'You will never sleep again, never feel peace again, never have an appetite.' All of these things are untrue and will lock the tap open. Stay in the present moment and coach yourself positively and calmly.

Look back at the journey into anxiety for clues about how to walk out of it. Have you been over-working, under extreme stress, had a big family event, been sleeping poorly? If you can see the pathway in you can often see what you need for your recovery out.

Talk to people who are kind. Knowing that other people understand how you are feeling breaks the isolation and fear that anxiety can propagate. This is where belonging to a small house group is invaluable, as these friends can really help and support you with their prayer and support in person.

Look out for stimulants. Some people find that too much coffee, fizzy drinks, chocolates or new medications all impact their adrenaline flow. As soon as the tap gets stuck reduce all your caffeine intake and review any medications with your healthcare provider. I usually avoid all caffeine from 3pm in the afternoon or switch to herbal completely.

Practice physical stress relief exercises. Pilates is great if you are able and can help to stretch out your body and improve breathing all at the same time. I often find that relaxing my body has a dynamic impact on reducing the anxiety in my mind.

Regular walking is also great. We are blessed with some beautiful walks around Frome. Walking and talking with a friend is so helpful at a time of anxiety.

Having a visual image of calm in my mind helps me to slow everything down and reduce anxiety, especially before sleep. For me it is an image of casting a fishing line into a slow-moving river.

Be patient. Rushing recovery only extends it. It may have taken 3 weeks to get the tap stuck open and you should expect it to take the same amount of time to close it.

Pray (but not for escape) thanking Jesus for his presence with you in this period of anxiety its deeply powerful and healing. Knowing you are not alone and welcoming him into these feelings will make a massive difference. (Just try to avoid using prayer as a quick fix. You may be healed but leave that bit to God rather than driving for it yourself.)

Laugh. I hate having an anxiety problem but being negative about it only makes it worse. Keeping a sense of humour and practicing gratitude for all of the blessings in my life keeps anxiety in proportion and stops it stealing more of my joy!

I hope you have found this article of interest. Please know you can contact me if you are finding anxiety overwhelming and I will be happy to signpost you to helpful services and offer supportive prayer. I continue to work each **Wednesday and Thursday**.

Other News!

The Bereavement Journey course continues and those attending have been amazing, sharing their journeys together. The course will be repeated in the summer during the day.

Podiatry drop in will be held in February, please look out for the posters in church for the date and spread the word to those you may meet who need the service and would struggle to afford it.

I have started a monthly health education session at Phoenix Court. Seven people attended the first session, and the topic was Diabetes Type 2.

**I thought you might like this prayer to close my article!
Love & blessings, Jan**

Lord Jesus Christ, who, for love of our souls entered the deep darkness of the cross; we pray that your love may surround all who are in darkness of great mental distress and who find it difficult to pray for themselves. May they know that darkness and light are both alike to you and that you have promised never to fail them or forsake them. We ask it in your name's sake. Amen

REFERENCES

L Cumings in Contemporary Parish Prayers London; Hodder & Stoughton 1973

Lifting the Lid on Mental Health

To find out more about a particular drug, MIND have a very useful website: www.mind.org.uk/information-support/drugs-and-treatments/ Livability Bible Studies: Lifting the Lid

WORLD DAY OF PRAYER

2.30pm on the 4 March 2022

at St Mary's

Jeremiah 29:11

"For I know the plans I have for you,"

Service written by England, Wales and Northern Ireland

A global, ecumenical movement

Refreshments will be offered afterwards, donations of cakes will be gratefully received. All are welcome, this is an ecumenical global movement.

Services will take place beginning in Samoa and moving on through New Zealand and Australia, across Asia, Africa and Europe and finally the United States and South America before finishing in American Samoa.

Across England, Wales and Northern Ireland services will take place in large urban centres, such as Central Hall Westminster, and in remote village churches.

The overarching theme of the service is HOPE – very appropriate for this time when the world is coming to terms with the ongoing risks of a pandemic and the looming climate crisis. HOPE is depicted through the lighting of candles, the distribution of seeds and the exchange of message worldwide via social media using hashtag #WDP hope.

This service also offers us all an opportunity to appreciate more clearly the enormity of God. God is totally beyond the limits of our mere human thought and understanding. We do not have adequate language to describe God nor sufficient artistic skills to depict God without words. Our human words are images, models, metaphors and analogies, all speaking of the richness of God but never capturing God's fullness.





Church Social

*10am onwards / Meeting at Shearwater
car park / Saturday 19th February 2022*

*Come for a wander around Shearwater lake
followed by coffee in the Tea Rooms*

F E B R U A R Y

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
		1	2
			10.00 Holy Communion 13.00-16.00 Stroke Awareness 15.00 CAP prayer meeting 19.30 The Bereavement
6	7	8	9
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 Communion 13.00—16.00 Stroke Awareness 19.30 The Bereavement
13	14	15	16
9:00 Holy Communion 11.00 Morning Worship 15.00 HTF Youth	14.00—16.00 Good Afternoon Choir	19.00 for 19.30 start Deanery Celebration All are welcome	10.00 Holy Communion 13.00—16.00 Stroke Awareness MARCH MAGAZINE DEADLINE
20	21	22	23
9.00 Holy Communion 11.00 Café Church 15.00 HTF Youth	14.00—16.00 Good Afternoon Choir		10.00 Holy Communion 13.00—16.00 Stroke Awareness 19.30 Zoom Focus on
27	28	1 March	
9.00 Holy Communion 11.00 Morning Worship 15.00 HTF Youth	14.00—16.00 Good Afternoon Choir	19.30 Living in Love and Faith	

Y 2 0 2 2

	THURSDAY	FRIDAY	SATURDAY
	3	4	5
ion Association Meeting ent Journey	10.00 Trinity Toddlers 17.00 Food @Five		9.00 Who let the Dads out?
	10	11	12
ion Association ent Journey	10.00 Trinity Toddlers 17.00 Food @ Five		
	17	18	19 Start of HALF TERM
ion Association NE	10.00 Trinity Toddlers 13.30 to 16.30 PODIATRY 17.00 Food @ Five 19.00 16-25 Book Club at The Bridge Café (see P 7)		9.30—13.00 LIVING IN LOVE AND FAITH 1ST TWO SESSIONS Learning together and Identity
	24	25	26
ion Association n Faith	10.00 Trinity Toddlers 17.00 Food @ Five		



**LIVING
IN LOVE
& FAITH**

Dates in MARCH

Tuesday 1st March 7.30pm – 9pm.

Tuesday 15th March 7.30pm – 9pm.

Tuesday 29th March 7.30pm – 9pm.

Relationships

Sex

Life together

MISSIONS *New Year 2022 News from Brigit & Mike*

2021 was an unusual year for us, and not just because of covid. In February it became apparent that we needed to return to Seattle to care for Mike's mother, Marge, in her final days. Colleen and Ben came too so that grandma could meet her grand-daughter, Eden. Marge died on March 5th, and we extended our time in Seattle to start work on sorting out her estate. We are thankful for the wonderful team of carers who took care of her, enabling her to remain in her home, particularly Harriet who became a dear family friend. Harriet and Brigit had discovered a lovely link between them on the very first day that she came first to help with Marge 5 years ago – they were born in the same hospital in Uganda, in the same ward. 😊

The in-person 'reorientation to the UK' conference that we had booked to take part in April was changed to a zoom online conference but was non-the-less very helpful and healing for us after months of upheaval. May and June were relatively quiet months spent in the UK, visiting some of Brigit's family and getting to know our local community.

In July we returned to Seattle for Marge's memorial service. Mike's sister Kathy and Brigit were very pleased they were able to successfully recreate a family tradition which Marge had always baked for family celebrations (Cocoa Chiffon Cake) for the post-service celebration. Then started the serious business of sorting and clearing the house ready for sale. One of our prayers was that the property would be bought by a family who would appreciate its heritage, so we were thrilled to accept an offer from a family with 2 children. . The next stage is to find a buyer for the family seaplane Please pray we find a "happy home" for it.

After we returned to the UK, just as we thought life would start getting back to normal, Brigit had emergency surgery in mid-October to remove a growth in her colon and spent 9 days in hospital. Mike took good care of her while she recuperated at home and our friends and church family were very supportive. The growth proved to be cancerous, and she was due to start chemotherapy in December. Thankfully she got a reprieve with her start date moved back to Jan 5th so was able to enjoy all the Christmas food and festivities. She will be having 3 months of chemotherapy on a 3-week rotation (one infusion, 2 weeks of tablets and one week 'off'). We have been pleased with the care she has received to date and praying she has minimal side-effects from the chemo. We are so for grateful to the HTF family for your love and encouragement, all of your offers of help have been much appreciated.

Our daughter Megan arrived from Seattle to spend Christmas with us and have some time with her niece Eden and her parents (aka Colleen and Ben). Although several of the family contracted mild covid over the Christmas period, Mike and Brigit managed to avoid it. We have enjoyed seeing Eden (now 2) and her parents during the year. In the Cambodian language if you are not careful with your pronunciation 'grand-daughter' turns into 'girl thief', a description that sometimes seems appropriate either way!

FRR Philippines – Super Typhoon Rai/Odette

In December, Typhoon Rai (locally known as Typhoon Odette) hit several major regions of the Philippines. FRR Philippines is run by local radio network, FEBC Philippines, and had 3-4

stations that were in areas directly affected by the typhoon. The stations were used to broadcast critical information before the storm hit regarding what to do before, during and after a typhoon. Most of the stations were able to avoid damage and the staff were all accounted for, but the key station in Cebu City had a damaged tower/mast forcing the radio station off air (DYFR FM Cebu).

The FRR team in Manila was on standby to deploy if needed to help put DYFR FM back on the air. However, after being off air for 4 days, DYFR FM discovered their station could still run at reduced power, despite the severely bent tower. The station is running part time from 8am to Noon on weekdays. They have switched from normal broadcasts to FRR type humanitarian broadcasts which include information to affected communities on where to get safe drinking water, providing updates on government relief efforts and which areas have a strong telephone signal. DYFR staff have also been gathering information on the street, the thoughts of local residents and allowing them to provide messages of encouragement to their fellow communities.

FRR Indonesia (FRI) – blended online and hands-on training start

Throughout 2021, FRI rolled out their 'Blended Learning' training format which incorporates a hybrid of online and onsite training. The new format is carried out in two stages; the training sessions originally held in the classroom now take place online. The hands-on training takes place in person across cities in Indonesia. This year FRI has completed online training for two classes (10 students per class). The online learning sessions took place over 5 days, for 3 hours per day and included a mix of multimedia formats; pre-recorded videos, Zoom presentations, student workbooks and breakout sessions. 10 participants from the online training went on to complete the onsite training which included a full day of hands-on training, practising setting up the radio equipment, conducting interviews and live broadcasts. The students faced realistic stresses throughout the training to simulate a real disaster.



COVID - Focus shifts to Global Vaccination Campaign

COVID-19 continues to impact the ways that FRR teams have been operating in 2021. With the pandemic entering its second year, the relevant topics for discussion for many has shifted to focus on vaccination campaigns that are being rolled out across the globe. This comes with a different set of informational challenges; all FRR teams are using their local stations to provide accurate information, educate listeners on the latest rumours and fake news and look for ways to engage local communities in discussions.

We are so for grateful to the HTF family for your prayers and care during this difficult year.

With our love,

Bngit & Mike

2021 Fair Frome RESULTS

For many people in Frome the past year has been an extremely difficult one. The pandemic isn't over, many people with acute health and financial needs continue to feel anxious, isolated and struggling to feed themselves and their families. The reductions in Universal Credit, rising fuel bills and inflation are already hitting individuals and families locally and adding to their burdens. Over 40% of our food bank users are in work but with high local prices and low wages, they are unable to make ends meet. As a very local charity we have continually kept our doors open and, as well as providing practical support, also provided emotional support to those who come to our doors in crisis. Thanks to your help and support over the past year, some of the services we have provided or will be distributing over the next few weeks include:

- Our Food Bank, has given out food parcels to 306 Individuals, 140 couples and 401 families over the past year, many of them delivered to families shielding during lockdowns with additional fresh food like eggs, bread, milk and cheese and fruit and vegetables from the Frome Food Hub and Vallis Veg. This number has spiked dramatically over the past two months alongside the impact of the cuts in Universal Credit
 - Collected 48,000kgs of food and distributed it through our food bank and local schools
 - Prepared over 200 Christmas parcels filled with food and Christmas goodies
 - Gave out over 2000 vouchers through the food bank for fresh fruit and veg from a local shop.
 - Gave out over 1500 meat vouchers for a local butcher to provide quality and fresh food.
 - Prepared 300 Christmas presents to distribute to referred children.
 - For the first time this year, led The Frome Big Christmas Get Together.
 - Food at Five Takeaway: Our team has provided over 100 hot meals every week in three different areas of the town, free to anyone on benefits or low income.
 - Holiday Hunger: Provided an average of 30 meals per session three times per week in school holidays, combined with activities provided by Purple Elephant. All families referred, activities and food provided free of charge.
 - Furniture Bank: Provided free white goods and household furniture to referred families and individuals, many in crisis. These have been donated, refurbished and recycled, therefore saving them from going to landfill and reducing our carbon footprint. We have also provided repairs to or free white goods to referred people when not in our stock.
 - Assistance Scheme: Providing school uniforms, refurbished laptops for children doing remote learning, and many other essential items to referred families. Frome Lions and Rotary have worked with us to provide funding for the more expensive items i.e., carpets.

- ❑ Food for Schools; Delivered additional food parcels to Frome schools for families on Free School Meals.
- ❑ Facilitated housing drop-in and advice sessions from our centre.
- ❑ Organising 60 tickets for the Christmas Merlin show and the Memorial Panto for families to attend through Frome Town Rotary funding
- ❑ Distributed 250 free copies of Marcus Rashford's book.
- ❑ Distributed brand new knitted items donated by volunteers: blankets, baby clothes, hats and gloves, 520 knitted Easter chicks and 430 knitted Christmas stockings
- ❑ Preparing to distribute 97 football kits, selection boxes, books and match tickets to children with families on low incomes courtesy of Frome Town FC players, directors and supporters
- ❑ Supported local businesses through our purchasing.
- ❑ Organised local meetings with other statutory and voluntary groups to look at levels of need and coordinate practical support.
- ❑ Supported 40 volunteers with some referred by the Job Centre and Somerset Skills.
- ❑ Campaigned on issues relating to local poverty, including the retention of Free School Meals during school holidays, to keep the Universal Credit uplift and with the Local Citizens Advice to provide a benefits system, which meets local needs.

We are also affiliated to the Independent Food Advisory Network (IFAN), the Living Wage Foundation and The Equality Trust and have supported their campaigns and contributed to national workshops on rural poverty. We have also campaigned for better access to local businesses and shops for those with hidden or visible disabilities.

Our very best wishes and thanks

Bob Ashford on behalf of the trustees and staff at Fair Frome



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.**



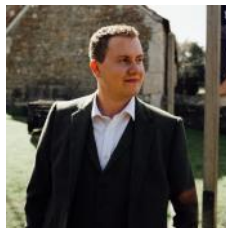
Focus on faith:

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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Nifty Needles Craft Group

You are welcome to join Nifty needles and enjoy sharing your creative interest in cheerful company. The next meeting will be on Thursday 27 January 2022 at 10.30am, unless new regulations are in place. 'Hands, Face, Space' advice will be observed. For details contact Barbara Bacon: 01373 473673

barbara.l.bacon@gmail.com

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!

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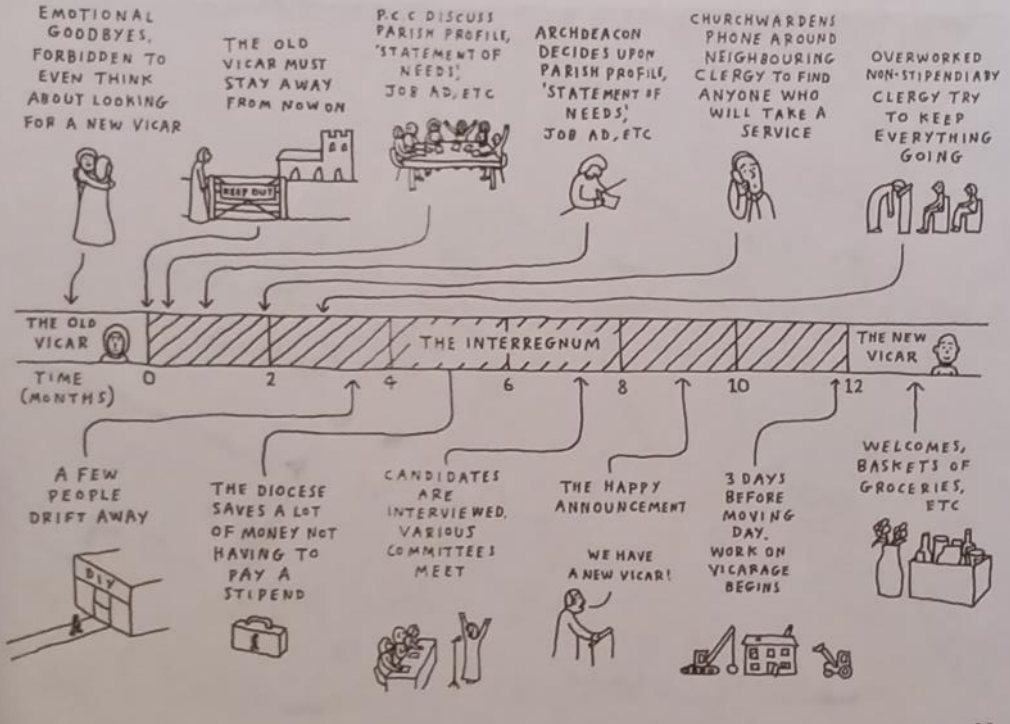
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THE INTERREGNUM



Thank you

Molly Butler sends grateful thanks for all the kind thoughts and prayers during a hospital stay, I'm now back home and recovering well. Looking forward to seeing kind friends. God Bless you all.

ECO CHURCH

It surely cannot be a year since we were all in deep lockdown and daily walks were the only "contact" we had with the outside world...so very different from normal, and yet in many ways so familiar. As I write this in January, I am already conscious that God's promise of spring has started again. The daffodils are nosing their way above ground. Catkins are on the trees, and the cherry plum tree in our garden, (whose first flowering I have noted every year since we moved in 36 years ago, and which has ranged from one extraordinary year when we had flowers on 31st December to mid March), is almost in bloom. Once more, we have that promise of renewal and hope. Yet those of us who remember "proper winters" cannot but be a little alarmed by those temperatures around Christmas, which broke all records!

As you know, Holy Trinity is a church with huge goodwill, and a huge heart. We DO care about the environment. We DO care about the world and what shifting climate is meaning, especially in those countries that live more weather dependent lives than we do...the drought in Marsabit which caused famine, followed by the rains which caused flooding and further famine, mentioned by Sue and Rob recently. Water management schemes, well developed infrastructure, insurance schemes are all the privilege of the wealthy nations. But it isn't always easy to know what we personally can do. COP 26 proved that even governments are struggling. We may well recycle, reuse, shop locally, walk where we can, but it somehow feels like a drop in the ocean. But as our Creator knows...the ocean is made up of just such drops. Small actions do matter. Tiny changes can make a difference.

For example, A Rocha suggests some tiny changes that can reduce our energy use... (and bills at a time when they are rocketing.)

Turn your thermostat down by 1°C. It could cut your heating bills by up to 10 % and save you money.

Is your water too hot? Your cylinder thermostat shouldn't need to be set higher than 60°C/140°F.

Close your curtains at dusk to stop heat escaping through the windows. Always turn off the lights when you leave a room.

Don't leave appliances on standby. And remember not to leave them charging unnecessarily.

If you're not filling up the washing machine, tumble dryer or dishwasher, use the half-load or economy programme.

Only boil as much water as you need (but remember to cover the elements if you're using an electric kettle).

Fix leaking taps and make sure they're fully turned off! A dripping tap wastes energy and in one week wastes enough water to fill half your bath.

Replace your light bulbs with LEDs. They will reduce costs and last up to 12 times longer than ordinary light bulbs.

Perhaps we, in 2022 could aim for one or two tiny changes...just a few drops ?

Is there anyone who would be interested in joining a Church Eco Group? At the moment there are a few people who have expressed interest but it is all a bit ad hoc. Perhaps some interested people could get together and draw up a plan for Holy Trinity for the next period? If this appeals to you please get in touch with Maggie on mhrjh14@gmail.com or message me on 07914273702. (I'm away till 8th Feb)

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://fromeecoparty.wixsite.com/fepk>

Facebook: [facebook.com/fromeecoparty](https://www.facebook.com/fromeecoparty)

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

Mothers' UNION

Christian care for families

In Platinum Jubilee year there will be many events marking this anniversary of the Queen and celebrating her amazing life and commitment to very many causes. One of which is the Mothers' Union. She has been Patron of the Mothers' Union for 70 years also, following in her mother's footsteps. The Mothers' Union has produced various items to commemorate this occasion, which can be found on the official MU website. They are supporting a new book "ELIZABETH the QUEEN". The woman. The family. The life. It's written by Sally Bedell Smith and published by Penguin Books. As Branches and Dioceses we are being encouraged to think of ways in which we might celebrate this milestone but also leave a lasting legacy for the future in her name.

MU benefitted from the Big Give Christmas Challenge, with the Government matching donations given, and the money is going towards a project to lead workshops to train women to become community advocates so that they can then train others also. They are hoping to roll this out across Kenya, South Africa and Uganda.

The next meeting of the Beckington MU will be our AGM on Wednesday 9th February at Lah's Place at 2pm. This will also include the annual "Wave of Prayer" service when we especially remember our Bath & Wells Link Dioceses: False Bay in South Africa, Shinyanga in Tanzania, Umuahia & Ijebu South in West Nigeria and Vellore in India. From 5th-7th February the Wave of Prayer will include Marsabit in Kenya.

For more information please contact Mary Earle or Susan Clark

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 	
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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
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Church website address: www.holytrinityfrome.info		



Holy Trinity Church,
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Frome
BA11 3DE



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



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