



TRINITY TIMES

June 2023

The magazine of Holy Trinity Church, Frome

CONTENTS

3	WE ARE CHURCH
5-7	PARISH NURSE
8	TRINITY LIFE
9	TRINITY VALUES
10	A COMMITMENT TO SERVE
11	COMING UP
12-13	FROM PIONEER'S UPDATE
14-15	CREATION CARE
16-17	CALENDAR
18-19	THE POWER OF THREE
20	CHILDREN AND YOUTH
22	WHAT'S ON
24	MOTHER'S UNION
25	MAKING A DIFFERENCE
26	BIBLE ENGAGEMENT
27	FROM CHURCHES EVENTS
28	FROM THE OFFICE
30	CHURCH GIVING
35	CONTACT DETAILS



Services and Events

Sundays

- 9.00 Holy Communion
- 11.00 Holy Communion (1st Sunday)
Morning Worship (2nd & 4th)
Café Church (3rd Sunday)

Sundays (occasional)

- 10.30 Wild Worship (1st Sunday)
- 15.00 Wildfire Youth (2nd & 4th)

Wednesdays

- 10.00 Holy Communion

Thursday (1st and 3rd)

- 6.30 HTF Youth Discipleship Group

Tea/coffee is served between Sunday services from 10.15.

We are CHURCH

Now you are the body of Christ, and each one of you is a part of it. And God has placed in the church first of all apostles, second prophets, third teachers, then miracles, then gifts of healing, of helping, of guidance, and of different kinds of tongues. Are all apostles? Are all prophets? Are all teachers? Do all work miracles? Do all have gifts of healing? Do all speak in tongues? Do all interpret? Now eagerly desire the greater gifts.

1 Corinthians 12:27-31 NIV

I'm writing this having just finished our Alpha course on Sundays. The final session's theme is 'What about the Church?' That's quite a question! I love church, warts and all. Over many years of being part of churches – from a child, then a teenager, to being a misunderstood young adult, to getting involved in running youth groups and music and leadership, to eventually ending up here as vicar – I can honestly say that a local church is unlike anything else.

Paul writes to the Corinthian Christians that together they are the Body of Christ. In the society of Paul's day, where a few ruled the many with iron fists, this would have sounded radical and laughable. Today we can easily miss the significance of what Paul is saying. What does it mean to be Jesus' body, and for each one of us to be part of it?

Quite simply, it means that we are Church. Jesus never meant Church to be something you go to. This is why I find the word 'churchgoer' so harmful. If we simply think of church as something to go to, we can easily fall into the trap of becoming consumers of a service. We can allow our desire to receive to trump our willingness to serve. The result is we build an institution miles away from Jesus' intentions.


But if we all 'own' Trinity then it opens the door to us together doing even greater things than Jesus. Mother Teresa said: 'You can do what I cannot do. I can do what you cannot do. Together we can do great things.' If we allow him to show us which part of his body he has made us to be, then I'm convinced that we will be amazed by how God uses us to bring great things to Frome.

What part of Jesus' body are you? And what does he want you to do for him? He has this wonderful knack of bringing together people with the skills and experience needed to make wonderful things happen. We are each pieces of his jigsaw puzzle that together makes up Trinity.

Of course, this does mean we need to be prepared to be committed. 'We are church' means that we each need to be willing to do what Jesus asks of us. He also has a knack of leading us out of our comfort zones, asking us to take on more than we perhaps think we can. This means we must trust in him, asking the Holy Spirit to guide us and give us all we need to do what he asks of us. Let's remember that 'those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.' (Isaiah 40.31).

So my challenge to us all is to say 'yes' to being church together, to say 'yes' to being the part of the Body of Christ that Jesus has made you to be, and to say 'yes' to doing what he is asking you to do.

Ian



Free Daily Bible Notes
Read and listen online or sign up to receive by email or post
www.ucb.co.uk/word-for-today



Bible in One Year
is a free Bible reading app with commentary and prayers by Nicky Gumbel, former Vicar of HTB in London
Download the app, subscribe to the daily email or audio download
www.bibleinoneyear.org



Lectio 365
Written by leaders from the 24-7 Prayer movement, this resource helps you engage with Scripture to inspire prayer and shape your life
www.24-7prayer.com/lectio-365



Jan Zriel

I hope you are all enjoying the sunshine we are having, and you are all keeping fit and well.

This month the information article about Lasting Power of Attorney continues, I hope you find it useful. Its so important to make sure these documents are in place as we get older. It prevents a lot of problems between family after a bereavement if your wishes are there within a legal document.



A lasting power of attorney (LPA) is a way of giving someone you trust, your attorney, the legal authority to make decisions on your behalf if you lose the mental capacity to do so in the future, or if you no longer want to make decisions for yourself. There are two types of LPA:

LPA for financial decisions

An LPA for financial decisions can be used while you still have mental capacity or you can state that you only want it to come into force if you lose capacity. An LPA for financial decisions can cover things such as:

- buying and selling property
- paying the mortgage
- investing money
- paying bills
- arranging repairs to property.

If you're setting up an LPA for financial decisions, your attorney must keep accounts and make sure their money is kept separate from yours. You can ask for regular details of how much is spent and how much money you have. These details can be sent to your solicitor or a family member if you lose mental capacity. This offers an extra layer of protection. You can restrict the types of decisions your attorney can make, or let them make all decisions on your behalf.

LPA for health and care decisions

This covers health and care decisions and can only be used once you have lost mental capacity. An attorney can generally make decisions about things

such as:

- where you should live
- your medical care
- what you should eat
- who you should have contact with
- what kind of social activities you should take part in.

You can also give special permission for your attorney to make decisions about life-saving treatment.

Don't assume If you're married or in a civil partnership, you may have assumed that your spouse would automatically be able to deal with your bank account and pensions, and make decisions about your healthcare, if you lose the ability to do so. This is not the case. Without an LPA, they won't have the authority.

Setting up a lasting power of attorney

1. The Office of the Public Guardian (OPG) is a government organisation, whose role is to register powers of attorney. It also provides support services to attorneys and investigates complaints about attorneys. Contact the Office of the Public Guardian to get the relevant forms and an information pack. You can download the forms or fill them out online. If you get stuck, you can save your details and come back to it.
2. You can fill out the forms yourself, or with the help of a solicitor or local advice agency. Taking professional advice can prevent problems later on, especially if you're unsure of the process or your affairs are complex.
3. Have your LPA signed by a certificate provider. This is someone who confirms that you understand it and haven't been put under any pressure to sign it. The certificate provider must be someone you know well or a professional person such as a doctor, social worker or solicitor.
4. You will need to register the LPA before you can use it. In England and Wales, the registration fee is £82 for each LPA – so it costs £164 to register both an LPA for property and financial affairs and an LPA for health and welfare. If you're on a low income, you may be eligible for a 50% discount, and if you're receiving certain benefits you won't have to pay anything at all. You must register your LPA while you still have the mental capacity and it can't be used during the registration process which takes about 9 weeks. If

you lose mental capacity but signed the LPA while you still had mental capacity, your attorney can register it for you.

If you want to do this yourselves as a family, it is relatively easy. I have helped several people complete the paperwork and have kept my dad's original paperwork as a useful template if anyone would like to borrow it, please let me know. There are notes on how to complete the forms that you can print off if you have access to a printer/computer.

Do I need a solicitor?

You don't have to use a solicitor to create an LPA but as their work involves a great deal of power and responsibility it's important to choose wisely. If you want to use a solicitor, you will need to pay them to complete the form for you. The OPG can explain who you can choose, how they should act and what you can do if your attorney isn't acting in your interests. Fees for creating an LPA vary, so you might want to contact a few to compare their fees and the service they offer.

The application forms from the Office of the Public Guardian (OPG) contain guidance to help you fill them out. Alternatively, you can fill them in online and phone the OPG helpline if you have any issues or concerns.

Information from Age UK Advice Line: 0800 678 1602

www.ageuk.org.uk

www.gov.uk to print out LPA forms

Other news!

The Bereavement Journey has just restarted and although it's a sad and difficult subject, people attending find it so helpful sharing their journeys. I would encourage anyone to come along, it's very informal. I'll be running it again later in the year.

Please do contact me if you'd like a visit following a hospital discharge, or a general chat about any health concerns.

Love & blessings

Jan x

We're upgrading our Technology



Much of the church computer and audio/visual equipment has reached the end of its life, and now is the right time to upgrade our technology.

We are looking to raise **£8,000** to buy new computers and software, and renew important parts of our PA and projection systems.

Can you help?

Please give to Holy Trinity Frome PCC a/c 52069117 sort 60-08-31 ref TECH



MENS CURRY NIGHT— JUNE 29th

We are holding our next Men's Curry Night on Thursday June 29th at 7.30pm at Frome Rugby Club. The cost will be £10 per person.

Vegetarian and (a few) non-curry options 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, and bring along a friend or two!

Please let Holy Trinity Office (Holytrinityfrome@gmail.com, 01373 453425 know in good time if you wish to join us, so we can cater accordingly.

A MARSABIT TEA ON JUNE 4TH AT 4PM

Bishop Qampicha and his wife, Safia, from Marsabit, Kenya, are visiting Holy Trinity on June 4th! We have been praying for them and Marsabit for many years. Bishop Qampicha visited us in 2017, but this is Safia's first visit to the UK. They will be at our morning services on June 4th.



There will be a special tea in Trinity Hall on Sunday 4th at 4pm to meet them, hear about their particular challenges and opportunities, ask questions and pray for them, plus enjoy tea and cake together! Please do come along!

UPDATE FROM KRISTIN VINCENT

Firstly, I would like to let you all know how very humbled I am that I have had and continue to have so many praying for me. For that love that has and continues to be displayed, is special. Thank you so much.

My Chemo will continue on a two weekly basis with Ct scans approximately every 3 months. The day before Chemo, I have bloods done followed by an Infusion. I'm fitted with a pump on Tuesdays which is then removed on Thursdays after treatment. Side effects vary from treatment to treatment and the fatigue can be really debilitating.

I am extremely grateful though for the care I get at the clinic and of course, my husband's support in all of this. It's a tough journey both physically and mentally and trying to do 'normal' can be hard at times.

I know God is watching over me and it's been amazing the people He continues to put in my pathway to lift my spirits, often when I really need it. Blessings to you all & thank you again,

Kristin

A COMMITMENT TO SERVE

Rt Revd Michael Beasley, Bishop of Bath and Wells

‘Your Majesty, as children of the kingdom of God we welcome you in the name of the King of kings’. In reply to these opening words at his Coronation, King Charles III responded ‘In his name and after his example I come not to be served but to serve.’ This short exchange summed up what the service was about and what it intended to convey.

The King’s commitment to service is not in any doubt. To give just a few examples, he has engaged with our most challenged communities far more than any politician, he called on us to care for the environment years before it became popular to do so and, of course, founded The Prince’s Trust, which supports our most challenged younger people in so many ways. He becomes king of a new era, the Carolean era. Our times see us face some big challenges. Our question is how to address them. I was immensely struck by all the agencies and charities present in the Abbey for the King’s Coronation. Their participation spoke of the ways in which we’re going to need to act differently in the years ahead to address the issues that confront us.

Because it’s all too evident that the power of government, be that local or national, to respond to the problems we see is less now than it was when the late Queen began her reign. Our challenge in this era is of how we’re going to come together, in service, to address the different challenges that lie before us, be that the climate, how we tackle poverty, how we respond to a troubled international situation. All of us will have a part to play. Where to find the resource to act in the way that’s going to be needed? As I stood beside the King at the Coronation what inspired me was to see the way he drew so much strength, purpose and resolve and assurance from his Christian faith for the service he’s called to give. And in that we can follow him too.

Bishop Michael

COMING UP

ARCHDEACON'S VISITATION, June 21st

The Archdeacon's visitation on July 21st, at which the Deanery Churchwardens are formally admitted and prayed for, is being held at Holy Trinity. Offers of sandwiches, small cakes etc for this service would be much appreciated on the sign up list at the back of the church.

Holy Trinity currently only has one Churchwarden. If you are interested in joining Chris in the vital role, or being part of a team of people who can support him- even just helping once a month or so during services please talk to Ian or Chris.

A promotional poster for a study group. The background is a dark blue gradient with a silhouette of a person kneeling in prayer on a hill, looking up at a large wooden cross. The text is in white and light blue.

**Focus
on
Faith**

Join this fortnightly group to go deeper in following Jesus

Contact **Tom** for details
tomharflett@hotmail.co.uk

Starts 7.30pm Wednesday 7 June

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.

FROME PIONEERS UPDATE

Andrew and Elizabeth Alden

Firstly, thank you all for your interest, and for your love for the young adults in Frome. We thank God for our partnership in this ministry with the churches in the Frome Deanery. We are focusing this update on the Parks Pop-up Ministry.



The Parks Pop-up Ministry builds on the excellent work of the Hope Coffee Van, which blessed many people over recent years in Frome. True to the nature of pioneering, the team spent some months listening to God, to young adults, to the police, council, community leaders and others, to discern how we might best bless the young adults in Frome at this time. The police and council are keen for there to be a multigenerational presence in the parks in Frome, for the greater safety, peace and health of all. Young adults and youth certainly seem to value our food, drink and company. So, we turn up in the parks on some Saturday evenings (having prayed together as a team first) and see which young adults we will find.



We have blessed them with hot chocolate, pizzas, which they have constructed themselves to cook in our portable pizza oven, BBQ food and a safe space to hang out. We at the same time are offering to the young adults an environment within which they can talk about life and ask questions about the way of Jesus if they want to.

In the winter, we visited once a month with mainly just hot chocolate and sweets. At Christmas, we made Christingles – the picture on the next page was a facebook post afterwards, and at Easter we organised an Easter Egg hunt, with an offer of an Easter blessing. Some said, ‘no thank you’ and others said, ‘yes’. One lad who accepted shared with his friend: “I felt like

doing one hundred backflips.” So, we guess he experienced something of God in the simple prayer.

We have been surprised that rather than just take the food and drink and move on, the young adults and youth have tended to stand or sit around chatting with one another and with us.

The parks pop-up team is fab, and we bring a combination of essential skills:

- Hot chocolate maker
- Prayer communicator
- Administrators
- Instagram account administrator
- Brilliant inviters of young people
- Pray-ers
- Strategists
- Listeners



Numbers: sometimes 15-20 young adults and young people have stayed for an hour and a half, at other times, on cold, damp, evenings we might serve hot chocolate to 2 or 3 very grateful young people!

We are out more frequently now as the weather is warmer and the evenings longer. We plan to make weekly visits in the summer weeks and would love people to join us for themed evenings from the end of July and across August:

- Sport
- Art
- Jamming sessions in the band stand
- Games

If you would like to join the team or offer a skill for one of the themed evenings, please contact us:

frompioneers@gmail.com

Andrew Alden 07894 736788

Elizabeth Alden 07516 888068

If you are on Instagram, do follow us on @1625parkspopup

Fay Kelly

The sun has finally come out and it's a time for picnics and BBQ's, and for those annoying buzzing creatures that go hand in hand with them. You might be aware of the dwindling numbers of bees and other insects but do you realise just how important and incredible these creatures and other pollinators are? Prepare to "bee" amazed!

Did you know ...

- Honey bees do a "waggle dance" to communicate to each other where to find the best food
- Buff-tailed bumblebees have a brain the size of a poppy seed and yet scientists have trained them to score a goal in "Bee football" for a sugary reward.
- One out of every 3 mouthfuls of food you eat is dependant on pollinators such as bees, in the UK 70% of crops rely on bees for pollination which is the process that fertilises plants to allow the next generation to grow. Without bees we would not have the delicious variety of fruits and vegetables to eat, they are also responsible for pollinating the plants we feed to animals so there'd be fewer burgers and sausages for your BBQ's too.
- Not only do they pollinate plants for our food they are vital for supporting ecosystems as they pollinate the wild trees and flowers which are homes and food for other species from the smallest insects to birds, bats and other mammals all the way up the food chain.

The problem is that the number of bees and other insects are decreasing due to the use of pesticides, loss and fragmentation of habitat and the impact of climate change. In East Anglia in the UK 17 species have gone regionally extinct and many others are at risk, this is the similar across the UK and worldwide.

The good news is that everyone can do their part to help!

Moments of Wonder

One home group made the most of the recent good weather with a walk through the woods to Chapmanslade to see the amazing bluebell carpet. The UK boasts 50% of the global bluebell population.

They said “Any excuse to meet with members of our church family in the beautiful countryside and a good pub sounds great”.

Why not get together with your small group or some friends and enjoy time in nature together?



Challenge – helping the bees!

- Plant some native wildflowers – this could be in an area of your garden, or in pots or window boxes if you’re limited for space.
- For those who are more green fingered consider how you can maximise the “bee friendliness” of your garden, plant a range of nectar rich plants which flower between march and october, they love traditional cottage garden plants such as marigolds, primrose and buddleia.
- Buy or make a bee hotel to provide shelter for solitary bees for them to hibernate and lay their eggs in.
- Check out WWF (World Wildlife Fund) and The Wildlife Trusts online for more tips on how to be more bee and insect friendly, as well as other ways to care God’s beautiful creation.
- Sign up to the WWF email newsletter to get regular updates on their research, projects and inspiration for what you can do.

JUNE

SUN

MON

TUE

WED

10.00 Holy Comm
15.00 CAP Prayer
meeting

4
9.00 Holy Communion
10.30 Wild Worship
11.00 Holy Communion
16.00 Afternoon tea
with Bishop Qampicha

4
14.00 Coffee, Cake
and Chat

6
13

7
10.00 Holy Comm
7-9pm The
Bereavement Jour

11
9.00 Holy Communion
11.00 Morning Worship
15.00 Wildfire Youth

12
14.00 Coffee, Cake
and Chat

13

14
10.00 Holy Comm
7-9pm The
Bereavement Jour
**July AND Aug
magazine deadlin**

Church Camping W/e

John Truscott

18
9.00 Holy Communion
11.00 Café Church

19
19.30 Connect in
Prayer

20

21
10.00 Holy Comm
7-9pm Bereaven
Journey
19.00 Archdeacon
visitation. P.11

25
9.00 Holy Communion
11.00 Morning Worship
15.00 Wildfire Youth

26

27
11.00 Julian
Prayer Meeting
at St John's
19.00 Sewing for
Charity

28
10.00 Holy Comm

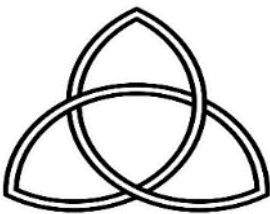
THE POWER OF ‘THREE’

By Tim Harris

No, not an article about a major mobile phone company, but a look at some of the wonderful numbers in the Bible and associated symbols. As a Christian and a mathematician, I have long been fascinated by the occurrence of certain numbers in our scriptures; three, seven and forty crop up frequently, but there are many others.

Three is arguably one of the most important numbers we have in our philosophy. Three appears over 400 times in the Bible, but the first significant mention I have found lies in the Old Testament (1 Kings 7:23) in which the circumference of a circle is recorded as being three times the diameter; not a bad approximation to pi (3.142), considering the unit of measurement was the cubit.

Perhaps the greatest mention of the number ‘three’ lies in the Holy Trinity to which our Church is dedicated. Of course, the three refers to the pillars of our faith: God the Father, Jesus Christ and the Holy Spirit, the ‘three in one’. This is one of the greatest truths and strengths of the Christian faith.



[This Photo](#) by Unknown

Observant worshippers will no doubt have spotted a symbol representing the Trinity. This sacred symbol, the triquetra (shown here), can be seen around Holy Trinity Frome. Please don’t let your attention wander from the service or sermon, but, if you look carefully, you can count 13 of them carved on the altar, lecterns and choir stalls. They are of varying sizes.

The three lobes of the triquetra represent the three persons of the Holy Trinity, yet on closer inspection, the symbol is formed from a continuous loop, signifying unity. Even more powerfully. In the knotted form pictured here, it also exhibits strength – a knot that cannot be undone.

A note for younger readers: the next time your maths teacher asks you for an example of a shape with rotational symmetry of order three, forget the

boring old equilateral triangle and suggest the triquetra. Guaranteed to impress!



And there's more to the triquetra than you'd think. Look carefully and you will see that it hides three fishes – the secret symbol (the ichthys) used by the early Christians. So the story goes, Christians were persecuted in early

days and would draw the ichthys in the sand to send a secret identifier to each other.

The triquetra is often drawn with a circle entwined within it, thus giving it extra strength by the addition of a further reminder of our Lord – God with no beginning and no end.

One can even extend the circles of four triquetra to generate our other and most powerful Christian symbol – the cross. Triquetras thus linked are found in Celtic designs and were used by the early monks who wrote the Book of Kells, probably on Iona in around 800 AD. The Book of Kells is an early transcription of the four Gospels.



Finally, the 'power of three' reminds me of a strategy passed on to me by a counsellor offering advice for calming troubled emotions or helping relationship problems. At the end of each day, take a scrap of paper and jot down three things that have been particularly good about your day. They may be relatively minor, but positive things such as: a warm smile from someone you met, watching a robin in the garden or that great cup of coffee you had after a cold walk. This technique, if repeated often enough, can lift the spirits and even save a marriage. I would add only one thing to this simple exercise - do finish by thanking God for these precious moments.

CHILDREN & YOUTH

Trinity Toddler group is for children aged 0-4, at 10am on Thursdays (termtime). Pre-booking online is essential and tickets can be found on Eventbrite; just search for 'Trinity Toddlers' in Frome.



Trinity Toddlers is a fun, friendly playgroup where toddlers can enjoy two hours of letting off steam. We provide tea, coffee and biscuits for adults, as well as healthy snacks for children.

parenting for faith

Pop-up small groups for parents & carers.
8.00-8.30pm on 'parenting for faith' facebook page

ssaaavvee

Jan 17	Money
Mar 14	Sexuality and gender
May 16	Exams and tests
Jul 11	Decision making
Sep 19	Media
Nov 14	Tough times

WILD WORSHIP

CHURCH OUTSIDE FOR FAMILIES

10:00AM ON THE FIRST SUNDAY OF EVERY MONTH AT TRINITY FIRST SCHOOL

10.30am

OUTDOOR CRAFTS
WORSHIP
GAMES
FOOD

HTF YOUTH DISCIPLESHIP GROUP

6:30 - 7:30pm
1st & 3rd Thursday of the month



SEWING FOR CHARITY

Tuesday evening once a month at Trinity Hall
7pm to 9pm

Bring your sewing machine, scissors and bring your non-sewing friends too, extra machines are provided.

Dates for your Diary—27 June, 25 July; Lizzie will bring things for sewing tiny quilts for NICU incubator covers.

Please ask around for donations of towels and 100% cotton fabric, double duvet covers, cotton curtains, need to be hot washed without fabric softener.

We will be making cloth sanitary pads to go to disaster areas around the world where people have lost everything and as a result of earthquake, flood, fire, or war where there are no shops, transport, and no supplies.

We will also be considering other sewing projects, bring along your ideas and information. Drawstring bags, Angel Gowns, ICU incubator covers, port cushions, chemo turbans.... All requests for help will be considered.

*Lord, create in me a clean heart
and a right spirit*

*Give me a new, positive, joyful,
loving and forgiving attitude
towards others.*

*Where there is anything that
might need to change in me I
pray you would enable that
change to happen.*

In Jesus name,

Amen



WHAT'S ON

Coffee, Cake & Chat *Trinity Church* *2.00 - 4.00 pm*



2023 DATES

Monday 12th June
Monday 10th July
Monday 14th August

Monday 11th September
Monday 9th October
Monday 13th November
Monday 11th December

*Ladies, Join us for this opportunity to meet and chat.
All Ladies are welcome.*

GOOD NEWS FOR EVERYONE **(formerly GideonsUK)** **SERVICE OF THANKSGIVING AND TEA, JUNE 3RD**

Good News For Everyone (formerly GideonsUK) warmly invite you to a service of thanksgiving followed by tea at 3pm on Saturday June 3rd at Clink Evangelical Church, Clink, Frome BA11 2EN.

All are welcome!

The Frome Refugee Support Hub

Every Tuesday, 10am - 3pm
at Frome Town Hall

For access to signposting, support and English Language classes. The hub offers...



You can also book in your Health Connections Mendip Welfare Check at the Refugee Hub on Thursdays from 12pm-2pm.

All refugees from all countries are welcome.

Contact our Hub Co-ordinator, Dmytro or Iryna our Social Facilitator at Frome Town Hall on 01373 475 579, or by email: info@frometowncouncil.gov.uk



At our May meeting we were expecting a visit from a 'Therapy Donkey' but unfortunately that didn't take place. Hopefully it will happen at a future meeting. Sounds fun!



Instead we had a visiting speaker talking about her visit to Sudan. She was Rev Gay Maynard from Chapmanslade, which is linked to Salisbury Diocese, and they have links in S Sudan. Her team worked with schools and children and also met Mothers' Union ladies who were starting up and leading new projects. It gave us a new insight into S Sudan.

On Wednesday 1st June we shall be enjoying our annual Cream Tea at 2pm. We remember last year joyfully celebrating the Queen's Jubilee. We tested our knowledge of Her Majesty through a royal quiz and donated the money we raised to MU funds to help support our members overseas who are not as fortunate as us. Happy memories of our much loved Patron. Each year we raise money for the "MU Summer of Hope". This helps to support people overcome inequality and helps to build communities where everyone thrives around the world. Now even here in the UK the cost of living crisis is adding tremendous strain to families already going through incredibly difficult times. Mothers' Union helps parents and children facing adversity to have a much needed break away together - a time when they can enjoy being with one another and put aside the stresses and strains of everyday life.

One family said: "This holiday has allowed us to reconnect as a family. Your kindness will never be forgotten". A thank you message for an "Away From It All" break - one of the many projects organised by MU.

For more information please contact Mary Earle or Susan Clark

MAKING A DIFFERENCE AT FROME INDEPENDENT MARKET

Sunday the 7th May at the Independent Market was a day to remember, not just for the blue beetles that were attracted to the yellow of the gazebo, or the last of the cone cups finally being used up. A lady called S. came to sit and share what was on her heart, with questions about why people suffer and Christians views on crystals, but the humbling part was she asked to be prayed for. We also met her partner P. Please pray for S and P, that God will reveal himself to them and give them someone who will help them grow in faith and help them not lose focus.

As for the rest of the day we handed out about 60 litres of water, remembered to break bread and as always saw some familiar faces, which is always nice to see. Thanks to Gary, Dorothy Ann and Keith for helping out.



If anyone feels prompted by God to help handing out water or just keep those that are there company, please come. Helping can be in any form, from any time you are able to offer to full day. (09:00-15:45). What will be required is nothing but help handing out water, if that, and possibly be a listening ear.

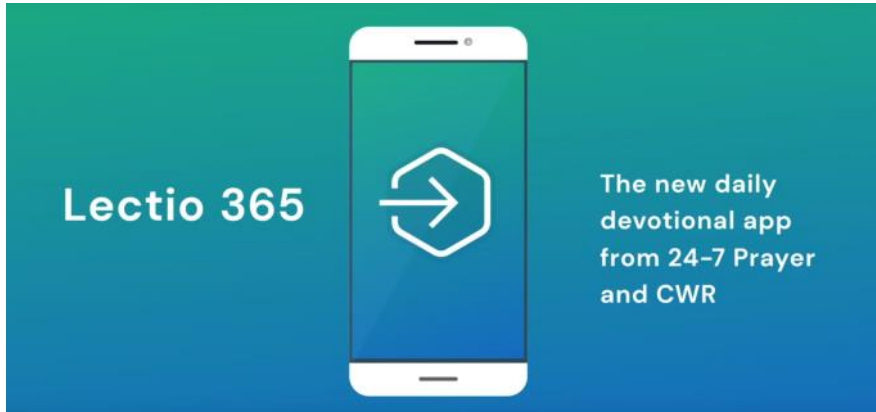
There are more active roles like setting up, packing up and cleaning up the area etc (set up @ 09:00-10:00 and then pack up and clean up between 15:00-16.00).

Please get in touch either via this email phillip_camacho@yahoo.co.uk or 07425153947.

Philip Camacho

BIBLE ENGAGEMENT

Lectio 365 is a free daily devotional resource in the form of an app that helps you pray the Bible every day. You can download the app from the app store on your phone or find out more information on their website: <https://www.24-7prayer.com/resource/lectio-365/>



Bible In One Year is an app which takes you through every chapter and verse of the Bible in 365 days. You can download the app from the app store on your phone or find out more information on their website: <https://bibleinoneyear.org/en/>



CHRISTIANS in FROME

A time to meet together to
@ get to know each other
@ pray for our town
@ grow our vision
@ plan our future

10am Saturday 17 June

St Catherine's Church Hall Park Road BA11 1EU

Forget-Me-Not Café

3rd Sunday of every month
2.30-4pm

St Philip and St Jacob's Church
Norton St Philip

Come and enjoy a cuppa and friendly people to chat with.
Some of us may have memory challenges but we have a great café
team who are all dementia friends. All are welcome!

FROM THE OFFICE



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. PLEASE REMOVE ANY PLASTIC BAGS.

Used inkjet printer cartridges: We can recycle the following brands only - Canon, Dell, HP, Lexmark, Neopost and Samsung. Only the cartridge is needed, none of the other packaging.

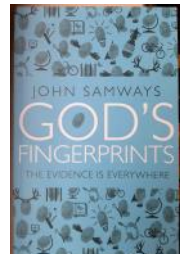
FOIL lined packets: We collect these as well as sweet and chocolate wrappers, and CLEAN FOIL LINED food packets (such as pasta or rice bags for recycling. All recycling needs to be clean and dry. PLEASE—NO BAGS THAT HAVE HAD WET FOOD IN THEM and no ordinary non-foiled lined bags.

Writing instruments: 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 glue sticks**, wooden pencils, chalk, glue sticks, erasers, rulers or other cutting objects that could disturb the recycling process.



These beautiful books by Dennis and Daphne Neate about trees and their companion species, are available from the church office for £10.

Also, copies of John Samways books 'God's Fingerprints' may be purchased from the office.





MJ Communications (Mobile Phone & Tablet Repairs)

If you ever have a mobile phone or tablet in need of repair, Martin is the bloke to speak to. Always helpful and professional, he has rescued many a desperate person with a smashed screen or drowned phone! Can be contacted on 07846 296545, or found online at www.mjcommunications.co.uk.

James Markham Photography

Relaxed, candid & creative wedding and family photography. Visit my website at www.jamesmarkham.org or contact me via jamesmarkhamphotography@gmail.com for more details.



Alan Heath is offering **SPRING CLEANING** for Trinity members
Carpet, Patio, Driveway and paths.
Oven clean includes a free hob clean.

1st Local Bio Oven, Carpet & Patio-Decking Cleaning

www.ichthuscleaning.com
01373451225
07891909789

Mind your Music

A free monthly Music workshop and a monthly Drama workshop from
April to Saturday 2nd December 2023.

Time: 1.45pm – 4.15pm

Venue: Trinity Hall, Trinity St, Frome BA11 3DE,

These workshops are FREE to participants who will be able to engage and enjoy workshops over the year. If interested please contact Bo Bowman -Shaw on: bo.bs.openmentalhealth@gmail.com

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. To keep the church running for Sunday Services, current costs are around £13,250 per month. With the addition of Children and Youth work, the Debt Centre and the Parish Nurse, the cost is just over £18,000 a month in total.

SUPPORTING THE CHURCH

Account no: 52069117

Sort Code 60-08-31

Reference: GENERAL FUNDS

SUPPORTING THE DEBT CENTRE

Account no: 52069117

Sort Code 60-08-31

Reference: DEBT CENTRE

SUPPORTING THE PARISH NURSE

Account no: 52069117

Sort Code 60-08-31

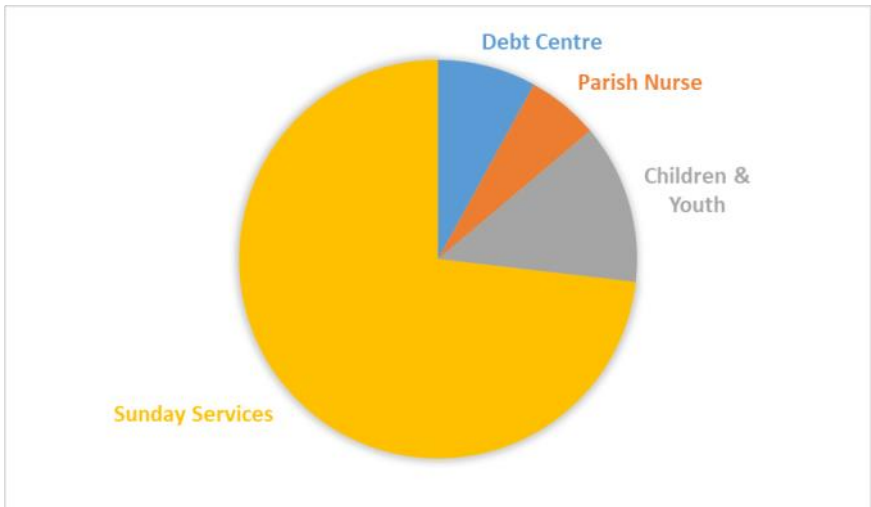
Reference: PARISH NURSE

SUPPORTING THE CHILDREN'S WORK

Account number: 63576341

Sort code: 60 08 31

Reference: FAMILIES WORK



CONTACT

VICAR	Rev Ian Snares	07493 463877
READERS	Ann Philipps	01373 300767
	Tom Harflett	01373 462408
	Phil Gray	07986 326558
	Dorothy-Anne Bryant	07599 439562
	Miriam Hare	01373 469788
ASSOCIATE MINISTER FOR FAMILIES, YOUTH & EVANGELISM	James Markham	07825 758195
CHURCHWARDENS	Chris Stafford	01373 455734
	Libby Doewansey	07802 435231
ADMINISTRATORS	Kally Dunn	01373 453425
	Brigit Adams	01373 453425
TREASURER	Chris Round	01373 465718
HALL BOOKINGS	Church Office	01373 453425
HALL MANAGER	Jonathan Norcott-Smith	07471 776948
PARISH NURSE	Jan Zriel	07423 318929
DEBT CENTRE	Phil Gray	07496 516089
CHOIR	Margaret Perry	01373 453962
MUSIC GROUP	Ruth Burden	07811 894317
FLOWERS	Georgina Boyden	01373 469686
SAFEGUARDING	Ruth Haines	07540 324076
PASTORAL CARE	Sue Martin	01373 672709

Holy Trinity Church
Trinity Street
Frome
BA11 3DE

Website: www.holytrinityfrome.com
Telephone: 01373 453425
Email: holytrinityfrome@gmail.com
Office Hours: Mon—Fri; 9:30am - 12:30pm



WHAT'S ON AT TRINITY

Saturday 8th July, 8-10.00pm

Andy Kind (Christian Comedian): 'Hidden in Plain sight'

Tickets £5, from Trinity Church Office/Box Office/FF Website

Monday 10th, 7.30-9.00pm

Burne-Jones Windows talk by Rob Martin

(free)

Tuesday 11th, 7.30-9.00pm

Alison Howell, Organ Recital

Tickets £10, from Trinity Church Office/Box Office/FF website

Friday 14th, 2.30pm

Burne-Jones Windows talk by Rob Martin, followed by afternoon tea

(free)

Saturday 15th, 11am-12.30pm

Puppet Workshop by Mark Burgess

Tickets £10 (accompanying adults free). Only 15 places available. Booking through the C&G Box office is essential

Saturday 15th, 2.30-3.15pm

Family Magic Show by Mark Burgess

Tickets £5 (Free for under 3's) from Trinity Church Office/Box Office/FF website

10-14th July, 12-1.00pm

Daily Meditations

(free)

*All tickets are on sale at the Cheese & Grain Box Office,
or via the Festival website.*