



JUNE 2021



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## SERVICE TIMES

### SUNDAYS

**9.00** Holy Communion

**11.00** Morning Worship  
Contemporary service including  
Kids Church

**18.30** Evening Worship / Prayer  
Meetings

### WEDNESDAY

**10.00** Holy Communion

MON, TUES & THURSDAY

**9.00 —9.30** Morning Prayer



Kids Church is now running at Trinity although a parent / guardian must accompany each child to their group.

SUNDAY CAFÉ: our youth group for 11-18's meets Sunday at **6.30pm** online, please speak to Bryce for details.



### Crossing Thresholds

Threshold is an ancient word. With roots in Old Norse and Old English, it denotes the sill of timber or stone forming the bottom of a doorway; it has to be crossed in

order to enter or leave a house, and the word can just as well be used to speak of crossing boundaries between territories or moving from one phase of life to another.

As most members of the Holy Trinity church family will know by now, Lesley and I are approaching the time when we will cross a new threshold as we are led to begin what is called retirement. Our last Sunday at Holy Trinity will be 15<sup>th</sup> August, and to move on from serving here is a hard threshold to go over.

Doubtless we will say more when the time comes, but we look back to that freezing cold day in January 2009 when together we crossed the threshold of the church for the first time – it feels like it was but yesterday, and we wonder where the time has gone!

But we give thanks to God for the great privilege of serving here, and for all that we have experienced in your midst. Yes, it is going to feel very strange to leave this place that we have come to call home, and so many dear friends. We will be taking all of you with us in our hearts and, who knows, we may even return for a visit at some point.

Thinking of thresholds, the greatest of all is made of wood and lies upon the boundary between death and life, our world the Kingdom of God. We all have an invitation; to approach, to see that the crossing has been made safe for us by the one who has laid down his life for us and so become, in his own person.....well, hear the words of Jesus:

*“I am the gate; whoever enters through me will be saved.” (John 10: 9)*

## Farewell to Bishop Peter



With the simple and symbolic act of laying down his crozier, Bishop Peter marked the end of his time as Bishop of Bath and Wells. In a quiet Wells Cathedral, he placed the staff on the altar and signalled the end of his seven years leading the diocese.

Dean John said: “Although we cannot gather together physically on this occasion, yet in heart and mind we join together to recall how our lives have been graced by Bishop Peter's presence among us, and to give thanks for his seven years of service here: for his wise leadership, his vision for this diocese, his prayerful pastoral care and his love of the people entrusted to his care.”

During the service Bishop Peter's wife Jane read Colossians 3, 12-17, there was a Reflection by Bishop Ruth Worsley, Bishop of Taunton and songs from the pupils of St Mark's School, Worle.

In his sermon Bishop Peter said: “It has been an enormous privilege to serve as the 79th Bishop of Bath and Wells and I am so grateful for the welcome you have given me as I have travelled around, visiting parishes, schools and chaplaincies and sharing in all that is happening across the diocese.

“As I come to retirement, I also want to thank everyone for the support and prayer you have given Jane and me since I was diagnosed with leukaemia last year. At times it has been a hard road to walk, but your love and prayers have been more uplifting and encouraging than I can tell you. And we look forward, with faith and hope, to all that the future holds.”

Following the service there was an online Zoom tea for Bishop Peter and Jane, with family, friends, colleagues and workmates, old and new joining together to celebrate and remember more than 40 years of ordained ministry.

Since he announced his retirement tributes have been pouring in, with people from across the country thanking Bishop Peter and Jane for their love and support. “We will miss you, and your smile, and all you gave us in your time as our bishop.” “I will always have fond memories of the visit to Zambia in 2018 and the sense of fellowship and common purpose experienced there. You and Jane will be much missed.”

As part of our focus on young people 11+ in 2021, we are planning a Week of Prayer where we hope to encourage people across the Diocese to pray for young people, their families and their schools.

As well as committing to praying together on Zoom each day, we're putting together a simple resource with a daily theme to help churches/youth groups get involved. We're also lining up some #EverydayPrayer videos voiced by young people around the Diocese.

Do put the dates in your diary and look out for more info soon on the Diocese website.



**Week of Prayer**  
for young people  
with young people  
their families and  
their schools & colleges  
13 - 19 June 2021

 **DIOCESE OF Bath & Wells**  
Living the story. Telling the story.



Our next family social is a...

# PICNIC AND POOL PARTY

12:30 - 2:30 on the  
26th June at David  
& Mary  
Chesterfield's  
House

FOR ADDRESS AND TO  
CONFIRM ATTENDANCE PLEASE  
EMAIL  
JAMESHTFROME@GMAIL.COM

# Frome Deanery Celebration 9th June at 19.30

This time our focus is  
'The Current Ecological Crisis and our Response as  
Christians'  
with guest speaker Caroline Pomeroy  
of Climate Stewards

All welcome to attend

Join Zoom Meeting

[https://us02web.zoom.us/j/82166942909?  
pwd=eIZYbEhwWVN5WkFHMEZ6bm9BOUNOZz09](https://us02web.zoom.us/j/82166942909?pwd=eIZYbEhwWVN5WkFHMEZ6bm9BOUNOZz09)

Meeting ID: 821 6694 2909

Passcode: 583788

Everyone is invited to attend this Zoom meeting of all 28 CofE churches in Frome and surrounds. Join in, contribute and hear what we could all be doing better for our community and environment. Every small action counts.

## ***Plea for help!***

My name is Mo page, I have been trying to move to Frome for 2 and a half years with several disappointing abortive attempts. I now have an offer on my property, however I am unable to find a suitable property at the moment (2 bed bungalow or ground floor flat).

As there are very few rental properties here is my request:

***Is there anyone in the church or wider Christian family in Frome who have an annexe or similar for me to reside in until I find a little home for myself?***

Please contact me on email: [mo.page7@icloud.com](mailto:mo.page7@icloud.com)

Thank you.

## **ACRYLIC KNITTING WOOL FOR NIFTY KNITTERS**

Barbara Bacon, who is part of the Friends Meeting in Frome, runs a knitting group called the Nifty Knitters. They knit for community groups including blankets for the young people at the YMCA that the youngsters are given when they arrive and take with them as they leave. They wrap themselves in the blankets as they watch films and chat. They also make them for Fair Frome for families.

Barbara is wondering if any of the Holy Trinity family has any brightly coloured acrylic wool that they would be happy to donate to the group, so that they could carry on knitting for the community! ( they particularly like acrylic wool as it's easy for young people and families to wash). I am happy to pass on any donations.

Miriam Hare



Red Heart Camouflage Patch Throw  
Photo: Yarnspirations



# PARISH NURSE NEWS



Greetings Trinity family!

At last, we are returning to a semblance of normality with Covid restrictions being lifted. I know I'm really looking forward to seeing young families/children returning to church again! God is good!

I thought I would write about skin care this month as the weather is (hopefully!) getting warmer, and it becomes more important to protect our skin, because sun damage can make us susceptible to skin lesions some of which are malignant.

## **Symptoms of non-melanoma cancer**

The first sign of non-melanoma skin cancer is usually the appearance of a lump or discoloured patch on the skin that persists after a few weeks and slowly progresses over months or sometimes years. This is the cancer, or tumour.

In most cases, cancerous lumps are red and firm and sometimes turn into ulcers, while cancerous patches are usually flat and scaly.

Non-melanoma skin cancer most often develops on areas of skin regularly exposed to the sun, such as the face, ears, hands, shoulders, upper chest and back.

When to get medical advice

See a GP if you have any skin abnormality, such as a lump, ulcer, lesion or skin discolouration that has not healed after 4 weeks. While it's unlikely to be skin cancer, it's best to get it checked.

## **Types of non-melanoma skin cancer**

Non-melanoma skin cancers usually develop in the outermost layer of skin (epidermis) and are often named after the type of skin cell from which they develop.

The 2 most common types of non-melanoma skin cancer are:

- basal cell carcinoma (BCC), also known as a rodent ulcer, starts in the cells lining the bottom of the epidermis and accounts for about 75 in every 100 skin cancers
- squamous cell carcinoma (SCC) starts in the cells lining the top of the epidermis and accounts for about 20 in every 100 skin cancers

### **Basal cell carcinoma**

Basal cell carcinoma (BCC) usually appears as a small, shiny pink or pearly-white lump with a translucent or waxy appearance. It can also look like a red, scaly patch.

There's sometimes some brown or black pigment within the patch.

The lump slowly gets bigger and may become crusty, bleed or develop into a painless ulcer.

Basal cell carcinoma does not usually spread to other parts of the body. There's a small risk



(up to 5%) of squamous cell carcinoma spreading to other parts of the body, usually the lymph nodes (small glands found throughout your body).

### **Squamous cell carcinoma**

Squamous cell carcinoma (SCC) appears as a firm pink lump with a rough or crusted surface. There can be a lot of surface scale and sometimes even a spiky horn sticking up from the surface.

The lump often feels tender when touched, bleeds easily and may develop into an ulcer. For both SCC and BCC there can sometimes be considerable skin damage if the tumour is not treated.

### **What causes non-melanoma skin cancer?**

Overexposure to ultraviolet (UV) light is the main cause of non-melanoma skin cancer. UV light comes from the sun, as well as from artificial tanning sunbeds and sunlamps.

Other risk factors that can increase your chances of developing non-melanoma skin cancer include:

- a previous non-melanoma skin cancer
- a family history of skin cancer
- pale skin that burns easily
- a large number of moles or freckles
- taking medicine that suppresses your immune system
- a co-existing medical condition that suppresses your immune system

### **Treating non-melanoma skin cancer**

Surgery is the main treatment for non-melanoma skin cancer. It involves removing the cancerous tumour and some of the surrounding skin.

At least 9 out of 10 non-melanoma skin cancer cases are successfully cured.

Laurie Cox from Trinity family has recently had a basal cell carcinoma removed from his ear and is happy for me to share his story. The area was removed under local anaesthetic and was then reconstructed with a skin graft. It started as a small open area which appeared to heal but then broke out over several months never healing. If you are concerned regarding a skin lesion you have noticed which doesn't appear to heal please let me know and I can photograph the area and submit it to your GP surgery via email so your doctor can assess it quickly.

### **SUNBURN!**

Sunburn increases your risk of skin cancer. Sunburn does not just happen on holiday. You can burn in the UK, even when it is a cloudy day. Also, there is no safe or healthy way to get a tan. A tan doesn't protect your skin from the sun's harmful effects. Aim to strike a balance between protecting yourself from the sun and getting enough vitamin D from sunlight.

### **Sun safety tips**

Spend time in the shade when the sun is strongest. In the UK, this is between 11am and 3pm from March to October.

Make sure you:

- spend time in the shade between 11am and 3pm
- make sure you never burn
- cover up with suitable clothing and sunglasses
- take extra care with children
- use at least factor 30 sunscreen
- wear at least SPF30 sunscreen

### **Protect your moles**

If you have lots of moles or freckles, your risk of getting skin cancer is higher than average, so take extra care.

Avoid getting caught out by sunburn. Use shade, clothing and a sunscreen with an SPF of at least 30 to protect yourself.

Keep an eye out for changes to your skin.

### **Changes to check for include:**

- a new mole, growth or lump
- any moles, freckles or patches of skin that change in size, shape or colour

Report these to your doctor as soon as possible. Skin cancer is much easier to treat if it's found early.

The British Association of Dermatologists advises that people should not use sunbeds or sunlamps.

I am looking forward to starting the Bereavement Journey course at Holy Trinity in June. It is a six-week course devised by Holy Trinity Brompton for anyone who has been bereaved. It will be on a Thursday between 10:30-12:30 and I will be facilitating with several of my amazing volunteers. Please contact me if you are interested.

I continue at present to work one flexible day per week. I also work within a surgical day-care unit. If you have recently been in hospital or have a health concern, please let me know, between myself and Sue Martin (Pastoral Care) and my volunteers, we will make sure you are supported!

Love & blessings Jan x



Church

Hello everyone who remembers me.  
Who'd have thought it, getting married again!  
God has been very kind, what a surprise!  
It all started with a quick "Thank you" email  
to a man in my church in Wales, who had given  
a lovely talk, not that long after his wife had  
died. One email led to many emails, &  
eventually, after lockdown, we got together -  
and now we're in Brittany!

ja.cooper151@btinternet.com  
07795 070 649

Hopefully me and David can come on visit  
soon,

With love,

Jenny (Cooper -  
soon to be Pantny)

**MISSIONS** Stephen and Irene Tucker - working with Wycliffe Bible Translators  
in language mapping

Email: [stephen.irene.tucker@gmail.com](mailto:stephen.irene.tucker@gmail.com). Phone 01373 303870

**THANK YOU FOR YOUR PRAYERS FOR US AND OUR WORK.**

If you remember nothing else from this report, please do remember that your prayers make a big difference to our lives and our work. You are partners with us in what we do and neither will thrive without your prayer support. Nor will any of the other mission work that is supported by Holy Trinity Church, Frome.

It has been a remarkable few months since we last wrote a report for the magazine. We have had moments of joy for jobs completed and colleagues encouraged — interspersed with moments of real difficulty. As you may remember we are both on the verge of retiring — Irene more so than Stephen — and saying goodbye is remarkably difficult. We have been involved in our roles in Wycliffe for so many years and worked with other team members for so long that the idea of losing those connections is close to being heartbreaking.

Irene continues to train Esther, in California, and so does Stephen with Shauna, in Colorado. Both women are getting on very well. Esther has absorbed a huge amount since the start of the year. Back in January Irene had to step her through every task from the simple job of how to make a mapped area for a language fit correctly with its neighbouring language areas, to where to find the data that was needed in the first place. Now, Esther is virtually independent in her use of the mapping software, the research that she needs to do and the contact people she needs to write to. Irene's role has changed to that of mentor, helping Esther to fine-tune her skills and decisions.

Shauna, likewise, is working semi-independently of Stephen now. That said, Stephen still has many computer programs to pass over to her and he continues to teach her new programming skills. After 40 something years of being a computer programmer he has plenty of tricks and tips to pass on to a relative newcomer. The exciting news about Shauna is that having spent a little over a year as a volunteer with the mapping team; she has caught the vision for Bible translation and has decided to become a full-time missionary. She is now in the process of working with the Lord to grow a team of prayer and financial supporters around her so that she can give up paid work and concentrate on serving with the mapping team.

Irene is left with the job of tidying up her computer files and copying them all across to Esther over the internet. It is a very necessary job but not the most exciting one! Her role on the mapping team is morphing into that of a consultant rather than active mapmaker.

Stephen is still very busy. Currently he is deep into the job of revising a program that will automatically create a suite of language map data to be published on the Ethnologue website. This is an interactive map that shows the location of every known living language — all 7139 of them! (It is not a free service; users need to pay a subscription to access it.)

When a user of the Ethnologue website has browsed to the page for the language they are interested in, they are given the opportunity to see a map showing where that language is spoken. A map of the world is displayed and the view zooms automatically to the right part of the globe. The program that Stephen is writing provides both the information to draw

the language area and the information to control the automatic zoom. We have lots of new and improved map data to put into this system so there is some pressure on Stephen to get the job done.

On a personal note, Stephen has been diagnosed with a minor heart problem. It should be largely cleared up with a non-invasive procedure. He is waiting for an appointment for this to come through at Southmead hospital, Bristol. He is getting very good treatment by the cardiology department at RUH.

Finally, we'd like to share with you a story that shows just why we are still excited to be involved in a small way in helping people to have God's word in their own language.

"Leonard Bolioki understands just how powerful translated Scripture is. During a Good Friday service at his church, he began to read the story of Jesus' crucifixion. In previous years, the congregation had heard the story in French.

But this year was the first time it was being read in Leonard's own language, Yambetta. As he read the story, the congregation was stilled by the words. Then a few of the older women began to weep. After the service, they approached Leonard and demanded to know where he found the story.

"We have never heard anything like it before!" they said. "We didn't know there was someone who loved us so much that he was willing to suffer and die like that — to be crucified on a cross to save us!"

Leonard showed them the story in his French New Testament and told them it was the story the congregation heard every year during Holy Week. But the women insisted that they had never heard it before.

That's what truly motivated Leonard to translate the Scriptures into Yambetta. He wanted the Bible to be available in the only language they truly understood."

This story is published on the Wycliffe USA website (<https://www.wycliffe.org/blog/posts/an-unheard-story>). You can find plenty more like this on the Wycliffe UK website at <https://www.wycliffe.org.uk>.

Inspired? Then there are many ways that you can be involved in Bible translation too even without becoming a translator – that is not everybody's cup of tea or calling after all. One way is to get regular prayer updates from Wycliffe UK via either the Prayermate app or via the Wycliffe UK website. If you want to find out more, make contact with us here in Frome or go to the Wycliffe UK website. We have some copies of the latest Wycliffe UK magazine, or you can download a copy at <https://www.wycliffe.org.uk/resources/words-for-life/>

Thanks again for your prayers,

Stephen and Irene

Prayer summary:

Thank God that ...

... there are translation projects are in progress in over 2,700 languages;

... Esther is learning rapidly and gaining confidence;

... Stephen's latest program is nearly ready for use.

Pray that ...

... Esther's and Shauna's training continues to go well;

... we will be able to ease into retirement successfully;

... that the medical treatment Stephen receives will be successful.

# J U N E

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
		1	2
			10:00 Holy C 19.30 Zoom Faith
6	7	8	9
9.00 Holy Communion 11.00 Informal In Person Service & live broadcast			10:00 Holy C 19.30 Zoom Faith 19.30 Deane tion on Zoom
13	14	15	16
9:00 Holy Communion 11.00 Informal In Person Service & live broadcast			10:00 Holy C <b>10.00 JULY 4</b> <b>Magazine ar</b> <b>line</b> 19:30 Zoom Faith 19.30 PCC
20	21	22	23
9.00 Holy Communion 11.00 Informal In Person Service (No Kids Church) & live broadcast online 11.00 Wild Worship for Families (email James for more information)			10.00 Holy C 19:30 Zoom Faith
27	28	29	30
9.00 Holy Communion 11.00 Informal In Person Service & live broadcast 3.00 Active & In touch service.	14		10.00 Holy C 19.30 Zoom Faith

# 2 0 2 1

DAY	THURSDAY	FRIDAY	SATURDAY
	<b>3</b>	4	<b>5</b>
HALF TERM			
Communion Focus on			
	<b>10</b>	11	<b>12</b>
Communion Focus on			
Family Celebration see pg 6			
	17	18	19
Communion & <b>AUGUST</b> <b>Articles dead-</b>			
Focus on			
	24	25	26
Communion Focus on			12.30—14.30 Families Picnic and Pool Party see pg 5
Communion Focus on		15	



## WINDSOR HILL WOOD – A PLACE OF REFUGE

A local organisation which offers a unique place of refuge to people having a hard time is hoping to buy its site and so continue its work for decades to come. During this time of pandemic and lockdowns, its services are needed more than ever.

Windsor Hill Wood is a family-based community, set in a woodland small-holding on the outskirts of Shepton Mallet in Somerset, offering Christian hospitality to many, regardless of race, religion or absence of religion, gender or sexual orientation. It aims to create a supportive environment for people going through tough or uncertain times, offering them the chance to rediscover peace, silence and acceptance amidst the beauty and simplicity of the woods.

The charity's vision is to offer hospitality to all by providing accommodation, three meals a day and a rhythm of life which includes times of work, rest, optional prayer and play. Between three and five guests are usually in residence, some staying several months and others just a few days. Guests come for a variety of reasons – some because of an explicit personal crisis or as part of an addiction recovery and others because they are finding life difficult in their home environment. Some have been homeless, or in prison, whilst others are home or business owners.

Windsor Hill Wood offers the opportunity for time in a peaceful, outdoor setting and supports guests in addressing any underlying issues or problems which might have led them to seek a place of refuge. It is a place where people can begin to rebuild their lives.

Windsor Hill Wood also have many visitors and volunteers who come to visit the site and help with the day-to-day tasks. For them, it is a place of quiet connection with nature and an opportunity to recharge their batteries away from any daily challenges they may be facing.

Windsor Hill Wood is now at a strategic point in its development. The need has arisen to buy the property and so ensure that this project can continue for many years to come. Most of the £650,000 funds needed for this have been raised through loans and donations, but the last £100,000 is needed. Anyone interested in making a donation to the appeal can find the Windsor Hill Wood charity page at Virgin Money Giving - <https://uk.virginmoneygiving.com/charity-web/charity/finalCharityHomepage.action?charityId=1020442>

or through the website [www.windsorhillwood.co.uk](http://www.windsorhillwood.co.uk)

For more information, including the Annual Report, and to see the piece which “The One Show” produced last year – please go to the Windsor Hill Wood website, ‘About Us’ page.

To request a copy of the Annual Report, email [contact@windsorhillwood.co.uk](mailto:contact@windsorhillwood.co.uk)

Further information can be provided. Contact the Deputy Warden, Katharine Thompson on 07305 217159



**Active and  
In Touch Frome**

Helping to combat loneliness and  
isolation in our community



**PORTRAYAL  
OF A  
PANDEMIC**  
AN EXHIBITION  
SEPTEMBER 2021


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TOWN COUNCIL



FROME FESTIVAL AT TRINITY CHURCH

**July 6th at 7.30 pm - Trinity  
Organ recital - £10.**

**July 9th at 7.30 pm - Jamie  
Sefton - £5**

**July 10th from 2pm onwards -  
Trinity Churchyard Bio-  
Diversity Trail - Free.**

TICKETS AVAILABLE FROM THE CHURCH OFFICE & THE  
CHEESE AND GRAIN

[www.fromefestival.co.uk](http://www.fromefestival.co.uk)

# Frome Festival at Trinity

Why not come along to one of the fantastic events held at Trinity Church for the Frome Festival? Tickets are available from the church office **without the added Festival Booking Office fee of £1.50 per ticket.**

Organ Recital: Alison Howell FRCO will give a concert of inspirational and reflective organ music including works by Cecilia McDowell, Bach, Guilman and Rebecca Groom Te Velde. Alison works as a freelance musician based in Bristol, having received many awards since graduating in 1985. She has played for choral days with David Willcocks, John Rutter and Bob Chilcott and accompanied Dame Felicity Lott in concert. She is organist of St John the Baptist Church, Keynsham and a member of the newly formed Society of Women Organists. As a recitalist she has played in many cathedrals, concert halls and churches.

Jamie Sefton has performed at the Edinburgh festival, as a talented and widely recognised actor. His production, A THOUSAND SONS follows Bertie, a Nuclear Veteran, who was present in the South Pacific in the 1950's during Britain's nuclear weapon tests. He is followed through his life: from witnessing the denotation of the first bomb, to the subsequent effects it had on him and his family later in life, and finally his struggle for justice and recognition from those in charge. Bertie is a fictional character, however all events are based on true testimonies of British service personnel, shown through recreation, poetry and verbatim testimony.

As some of you will know, Trinity Church is working towards being more eco friendly and biodiverse. One of the ways we are doing that is to start transforming our churchyard into a haven for all kinds of wildlife, including birds, pollinators and bugs. Why not come down from 2pm on the 10th July to see what we've been up to and hear from John and Maggie about our plans going forward as we aim to play our part in looking after Creation.





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.

This is to notify you that Amazon has donated £11.25 to your organisation (The Parochial Church Council Of The Ecclesiastical Parish Of Holy Trinity, Frome) as a result of AmazonSmile programme activity between January - March, 2021.

### ALPHA COURSE IN SEPTEMBER

We hope to commence the next Alpha course in September 2021, however whether this is in person or online all depends on **volunteer resources** and of course what social distancing restrictions there will be at the time. A big plea for volunteers to help with the planning and implementation of this year's Alpha, do please contact Sarah on 07722 386491 or [fromezoomalpha@outlook.com](mailto:fromezoomalpha@outlook.com). *Sarah Williamson*

**Church Flowers on 13th June are in Loving memory of John Adair**



FOCUS  
ON FAITH

### Focus on faith:

Started on Wednesday 29<sup>th</sup> Jan 2020 at 7-30pm at the Vicarage but it's not too late to join. It 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](mailto:tomharflett@hotmail.co.uk) or phone 01373 462408.

**GIVING:** You can support us by making gifts online. Please use this link to access our giving page. [www.give.net/20024288](http://www.give.net/20024288)

The value of your gifts may be increased by use of Gift Aid (worth 25% if you are a UK taxpayer) just tick the gift aid box.

**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



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GARETH BURGESS Phone: 07703 145511

Email:

[icook.youpour@gmail.com](mailto:icook.youpour@gmail.com)

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

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



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

I have been doing the 'Ignation Spiritual Exercises' assisted by an Ignation Guide person. It comprises one exercise each day for 30 weeks-but with the Covid lockdowns it has taken over 18 months. Quite a journey.

This text is from among many I have used

Best Wished and Blessings

Gerry Phillips

## ASCENSION

Jesus does not return to his Father in isolation.  
It was the incorporeal *logos* that descended among men.  
But today it is the Word made flesh,  
at the same time true God and true man, that  
enters the Kingdom of heaven. Jesus takes there  
with him the human nature in which he is  
clothed. He opens the gates of the Kingdom to  
humanity. We take possession, in some way by  
anticipation, of the blessings which are offered to  
us and possible for us. Places are reserved for us  
in the Kingdom provided we continue faithful.  
Our presence is desired and awaited there.

So the ascension renders the thought of heaven  
more present and more alive for us. Do we think  
enough of our permanent dwelling-place? For  
most Christians heaven is envisaged as a kind of  
postscript, an appendix to a book of which life on  
earth constitutes the actual text. But the contrary  
is true. Our earthly life is merely the preface to  
the book. Life in heaven will be the text — a text  
without end.

*A monk of the Eastern church*



# Sunrise, a poem by Tom Harflett

I watched the great Sun setting into a crimson sea as my world spun on it's axis and turned it's back on her. A strange thought strayed across my mind. What if, in the ensuing hours she turned her back on us? If, enraged by our desecration of her precious emerald and turquoise jewel, she could bear to watch no more and withheld her morning light? Something within me chilled – I shivered for a moment then warmed myself with those things that must be done.

Later, in grey and tangled sleep, I see the Son of Man standing on the deck of a throbbing trawler on the rolling ocean. Turning to the crew he calls out “Hey, boys – what have you caught?” “We have been fishing all night and have caught much!” Looking down into the nets he sees among the writhing, gasping harvest of silver the rainbow colours of the piles of plastic excrement of Babylon, city of dreams and nightmares.

I look again and he is in a dry and dusty place where a small child, poisoned by toxic water, sheds a great tear into the savage dust and dies. A tear rolls down his face too and explodes in the dust and bones. Meanwhile, far away, a man (1) with dreams as huge as egos, squanders earths hard gained wealth on plans to inhabit the frozen pearl, that Martian land where water is as hard and cold as a man's heart. I cry out in my troubled sleep “My God, my God – why have we forsaken you?”



Nudged awake by gentle dread, I pull back the curtains to search the Eastern sky for some sign of morning. Exquisite light is touching the far horizon and I can breath again. But then a strange thought strays across my mind:- What if he, sickened by how we foolish tenants have decimated his beautiful vineyard, removes his restraining grace? Something within me chills and I ask “What must be done?”

And he speaks with unbearable love into my troubled mind “Let me teach you again the unlearned algebra of the Kingdom of Heaven – whoever would be first must be last – it is more blessed to give than to receive – you cannot serve God and money – let he who has two coats give to him who has none - the love of money is a toxic root – see how God clothes the lilies of the field – seek first the Kingdom and these things will be provided from his generous hand – love one another as I have loved you. Let me teach you again the prayer of the Kingdom, so often recited but rarely embraced; “Our Father in Heaven, your kingdom come, your will be done on Earth as it is in Heaven....”

I turn again to the window and the glowing Sun rises in the Eastern sky. I feel strangely warmed.

\*(1) Elon Musk wants to colonise Mars and plans the first crewed flight in 2026.



## Eco Church...Green shoots of Hope

As I write this we seem to be starting out on a new chapter, a hopeful chapter. Perhaps the rest of 2021 will allow us to gather again, not just in chilly gardens but almost as before? Is life returning to normal? There has been much talk of this being our opportunity to do it better, to do it greener, to do it fairer. I am sure that the time will come soon when we can consider what that means for us in Frome, at Holy Trinity, but this month I'd like to focus on the Green Good News which is already happening.

As a lover of the ocean, and what lies beneath it, I was particularly pleased to watch a TV show recently about the restoration of coral reefs in Indonesia. There, baby corals are grown on wire baskets, (a bit like an upside down colander) and when they are a little bigger the baskets are laid across old, dead reefs creating a kind of mesh of new coral. In reefs where this approach has been taken there is an 80% improvement in live coral coverage.

So this prompted me to find out what other green good news stories I could find...and there are many. In British Columbia, Canada a movement called Seed the North is reforesting areas which are hard to reach and so of limited commercial value. They are being replanted with the help and expertise of the indigenous communities. The focus is on moving away from monocultures to recreating the original diversity of the area. Rice is being developed in Hertfordshire which does not need to grow with its feet in water. This would be a huge benefit to countries where water is scarce. Over half the cars sold in Norway last year were electric, in a country where diesel cars will be banned in 2025.

According to A Rocha, "There is huge scope in the UK. Take kelp forest as an example. It grows naturally around many parts of our coastline. It provides habitat and food for a large number of marine species and it is up to 20 times more effective at sequestering carbon than land-based forests. There used to be 177 km<sup>2</sup> of kelp off the coast of Sussex alone, but by 2018 this had diminished to just 6 km<sup>2</sup> thanks to harmful fishing practices among other things. Now a project between West Sussex

County Council and the Inshore Fisheries and Conservation Authority (IFCA) is working to restore it, creating habitat for up to 1000 marine species. (A Rocha e news May 2021)

None of these is a solution, any more than a tiny seedling is fully grown forest, but seedlings they are. So as we enter our new future, let us look to what tiny seedlings we can plant.

I was particularly struck by the reading from Ecclesiasticus at the funeral of Prince Philip. For those who were unable to watch, here it is as a reminder of the world our Lord has entrusted to us.



*"Look at the rainbow and praise its Maker; it shines with a supreme beauty, rounding the sky with its gleaming arc, a bow bent by the hands of the Most High. His command speeds the snow storm and sends the swift lightning to execute his sentence. To that end the storehouses are opened, and the clouds fly out like birds.*

*By his mighty power the clouds are piled up and the hailstones broken small. The crash of his thunder makes the earth writhe, and, when he appears, an earthquake shakes the hills. At his will the south wind blows, the squall from the north and the hurricane.*

*"He scatters the snow-flakes like birds alighting; they settle like a swarm of locusts. The eye is dazzled by their beautiful whiteness, and as they fall the mind is entranced. He spreads frost on the earth like salt, and icicles form like pointed stakes. A cold blast from the north, and ice grows hard on the water, settling on every pool, as though the water were putting on a breastplate. He consumes the hills, scorches the wilderness, and withers the grass like fire. Cloudy weather quickly puts all to rights, and dew brings welcome relief after heat. By the power of his thought he tamed the deep and planted it with islands. Those who sail the sea tell stories of its dangers, which astonish all who hear them; in it are strange and wonderful creatures, all kinds of living things and huge sea-monsters. By his own action he achieves his end, and by his word all things are held together."*

**Remember, if Eco Church is something you would like to be involved in, please see Maggie Hancock or John Samways.**

# Mothers' UNION

Christian care for families

Mother's Union has recently issued a new membership magazine "Connected". Our Worldwide President writes in her introduction: "As we have observed the COVID-19 safety protocols in our countries, and continue to do so, members have expressed feelings of loneliness and isolation, hopelessness and uncertainty. They miss the stability of feeling deeply rooted in a community of faith. I can understand this because just the thought of a Mothers' Union gathering creates a surge of excitement that is greatly missed." The same excitement we felt when being able to meet again in person at Holy Trinity!

"Connected" will strengthen links across provinces, dioceses and branches. It will highlight the impact of Mothers' Union worldwide and share information about the projects members are involved with.

Beckington Branch will meet in person on Wednesday 2nd at 2.15pm for tea and fellowship.

A prayer for rebuilding hope and confidence - our theme for the year

We will walk in hope and confidence,  
trusting each other, loving each other -  
and together we will rebuild the hope and confidence  
of families and communities everywhere -  
always reaching forward as God's hands and feet  
and reflecting a life filled with purpose and meaning,  
grace and love, peace and joy.

Sheran Harper (Worldwide President)

For more information please contact Mary Earle or Susan Clark

# C O N N E C T

VICAR	Rev'd Graham Owen	462586
READERS	<ul style="list-style-type: none"> <li>• Ann Phillips,</li> <li>• Tom Harflett</li> <li>• Phil Gray</li> <li>• Dorothy-Anne Bryant</li> <li>• Miriam Hare</li> <li>• Wendy Rootes</li> </ul>	
CHURCH WARDENS	Chris Stafford Libby Doewansey	455734 07802 435231
ADMINISTRATORS	Kally Dunn/James 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
TRINITY TODDLERS	Ali Mathieson	229886
YOUTH WORKER	Bryce Tangvald	07730 589559
PARISH NURSE	Jan Zriel	07423318929
CHOIR	Margaret Perry	453962
MUSIC GROUP	Lesley Owen	462586
FLOWERS	Molly Butler	462824
SAFEGUARDING	Ruth Haines	07540 324076
PASTORAL CARE	Sue Martin	672709
Church e-mail address: <a href="mailto:holytrinityfrome@gmail.com">holytrinityfrome@gmail.com</a>		
Church website address: <a href="http://www.holytrinityfrome.info">www.holytrinityfrome.info</a>		



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



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