



TRINITY TIMES  
March 2023

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## 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.

# ALPHA ISN'T THE ANSWER!

**Rev Ian Snares**

As I write we have just started our Alpha course at Trinity. So far, we've only looked at 'Who is Jesus? And over the coming weeks we will be unpacking many of the core teachings and practices of the Christian faith.

I'm really excited that we are exploring Alpha together. Yes, it's very different at our 9 o'clock services, where we are using the themes within our regular Holy Communion service. No time for group discussions I'm afraid! But at our eleven service, the opportunity to chat in small groups and ask those important questions is so powerful.

I've run many Alpha courses over the years, though none quite like what we are doing this Spring. Millions around the world have found Alpha to be the channel into a living faith. They have come to know Jesus for themselves and chosen to follow him – to become his disciple. And equally, Alpha has helped Christians in many churches to think again about their faith. Alpha has helped them dig deeper into their understanding of God, to grow in their prayer life, in understanding the Bible, and so see afresh God's purpose for their lives and to be empowered by the Holy Spirit to live for Jesus.

So, as a big fan of the Alpha course, why am I saying that Alpha is not the answer?

Simply because Alpha is not a programme. Alpha is not a life plan to improve one's health and wellbeing. Alpha in itself is never, and has never meant to be, the answer. Instead, Alpha points to The Answer.

Alpha isn't the answer. Jesus is.

I love how John writes his Gospel. He starts by introducing this somewhat mysterious concept of 'the Word'. He tells us 'In the beginning was the Word, and the Word was with God, and the Word was God' (*John 1.1*). Who

is this 'Word'? John spends his entire Gospel unpacking how Jesus is 'the Word' who is God and what it means for each of us. He was there at creation and he will always be. And he came to earth to bring life, forgiveness, peace, joy and hope to all.

Alpha isn't the answer. But Alpha, through its talks, discussions and building friendships, unpacks what it means for each of us to know Jesus, who is the answer.

My prayer is that over these weeks, we might each come to know Jesus a little bit more. In doing so, will know deep down that we are a child of God and will catch more of the amazing purpose he has for us. What could be more exciting?

Ian

Ian, Jo, Jonathan & Annabelle are going **WEEK A 26-30 JULY** - we'd love you to join us!



**UNITED**

KENT EVENT CENTRE, MAIDSTONE  
26-30 JULY & 1-5 AUGUST 2023  
BOOK TICKETS ONLINE  
Early bird prices if booked before 31 January

Uniting  
thousands to  
worship  
ONE

Encounter God afresh and take his blessing back home – to see the nation changed. With impactful teaching, worship, Holy Spirit ministry, community, connection, and transformational encounters with God. There's a programmes for all ages, with Kids groups and LUMINOSITY for 11-18s.

Find out more and book tickets at  
[new-wine.org/unity](http://new-wine.org/unity)

**NewWine**  
Local churches changing nations

## Jan Zriel

Greetings Trinity family!

This month I thought I'd chat about sepsis after hearing a recent conversation between two ladies in the hairdressers. They were discussing the dangers of sepsis so my ears pricked up, and how you could become seriously ill (true), but then how it could be fatal if you caught it (false!). So, I just thought I would highlight again the importance.



### So, what is Sepsis?

Sepsis was first mentioned by scriptures in Ancient Greece. The word sepsis comes from the Greek word “*sepo*”, which means “*I rot*”, and has its first use in medical context in Homer’s poems. So, Sepsis has been around a long time. You may remember it being referred to as septicaemia or blood poisoning years ago.

- Sepsis is a rare but serious complication of an infection.
- Sepsis is often diagnosed by testing your: Temperature, heart rate, breathing rate, and blood

### Who’s at risk of sepsis?

Anyone can develop sepsis after an injury or minor infection. However, some people are more vulnerable, including people who:

- are very young or very old
- are pregnant
- have had a urinary catheter fitted
- have a long term health condition like diabetes
- have recently had surgery
- are genetically prone to infections
- are already in hospital with a serious illness
- have to stay in hospital for a long time
- have wounds or injuries as a result of an accident
- have a medical condition that weakens the immune system – like HIV or leukaemia

- are receiving medical treatment that weakens the immune system – like chemotherapy or long-term steroids
- are on mechanical ventilation – where a machine is used to help you breathe

### **What causes a sepsis infection?**

The immune system usually keeps an infection limited to one place. This is called a localised infection. To do this, the body produces white blood cells. White blood cells travel to an infection site to destroy the germs causing the infection. This triggers tissue swelling, known as inflammation. This helps to fight the infection and prevent it from spreading. However, an infection can spread to other parts of the body if the immune system is weak or an infection is severe. Widespread inflammation can damage tissue and interfere with blood flow. When blood flow is interrupted, blood pressure can drop dangerously low. This stops oxygen from reaching the organs and tissues.

### **Sources of infection**

Sepsis can be triggered by an infection in any part of the body. The most common sites of infection that lead to sepsis are the: lungs, urinary tract, abdomen, pelvis

### **Tests to diagnose sepsis**

Sepsis is often diagnosed by testing your: temperature, heart rate, breathing rate, blood

### **Symptoms of sepsis**

a high temperature in a child who can't be encouraged to show interest in anything, **Breathing difficulty, not Eating and drinking**, black, green or bloody vomit

### **Immediate action required: Go to A&E or call 999 if your child:**

- is very lethargic or difficult to wake
- feels abnormally cold to touch
- is breathing very fast
- has a rash that does not fade when you press it
- has a fit or convulsion

Trust your instincts and phone 111 if your child's symptoms are getting worse or they are sicker than you'd expect (even if their temperature falls).

Don't be afraid to ask the healthcare professional 'is this sepsis?'

So, take care! Be SEPSIS AWARE!

With love and blessings!

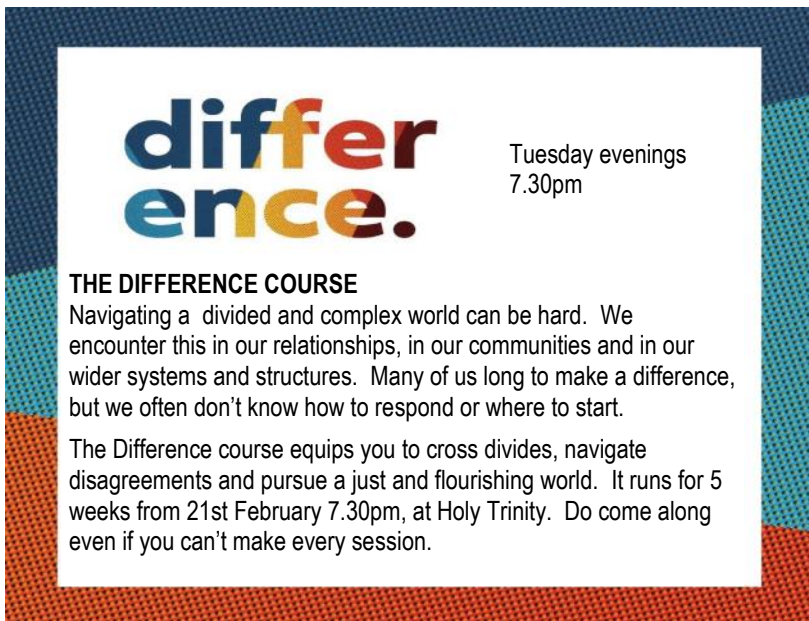
Jan x

### **Other news!**

The Bereavement Journey has ended now and those who participated found it really helpful.

Podiatry Outreach continues 2 monthly and those who attend really enjoy the additional foot washing following (and tea/biscuits!)

My weekly support group continues in the Link at Holy Trinity with members from The Bridge and Holy Trinity.



**difference.**

Tuesday evenings  
7.30pm

**THE DIFFERENCE COURSE**

Navigating a divided and complex world can be hard. We encounter this in our relationships, in our communities and in our wider systems and structures. Many of us long to make a difference, but we often don't know how to respond or where to start.

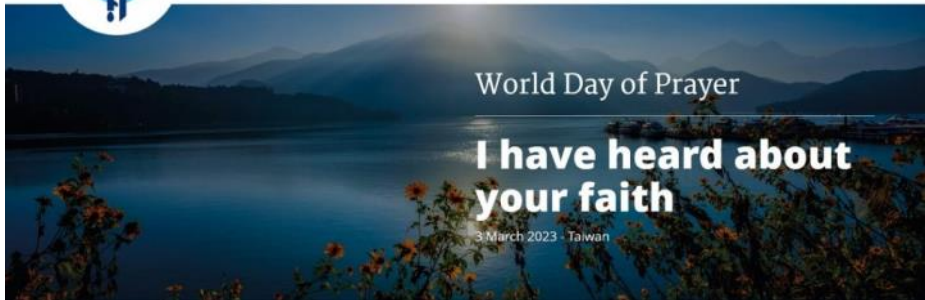
The Difference course equips you to cross divides, navigate disagreements and pursue a just and flourishing world. It runs for 5 weeks from 21st February 7.30pm, at Holy Trinity. Do come along even if you can't make every session.

# WORLD DAY OF PRAYER at CHRIST CHURCH

Friday 3rd March 2023 at Christ Church  
starting with an optional bring & share buffet finger lunch @1.30pm.  
The service will start at 2.30pm  
Everyone is invited to attend



World Day of Prayer  
England, Wales & Northern Ireland



World Day of Prayer is an international, inter-church organisation which enables us to hear the thoughts of women from all parts of the world: their hopes, concerns and prayers. The preparation for the day is vast. An international committee is based in New York and there are national committees in each participating country. Regional conferences meet to consider the service and then local groups make their plans. Finally, at Christchurch Church, Frome on Friday March 3 2023 people will gather to celebrate the service prepared by the women of Taiwan.

The Day of Prayer is celebrated in over 120 countries. It begins in Samoa and prayer in native languages travels throughout the world — through Asia, Africa, the Middle East, Europe and the Americas before finishing in American Samoa some 38 hours later.



## COMING UP

### Trinity Social

#### WHITE SHEET HILL WALK



#### When?

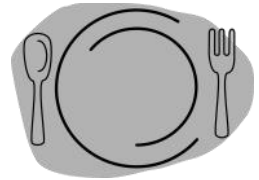
4th March at 10.00am

#### Where?

Meet in the lower car park at the bottom of White Sheet Hill (BA12 6QQ). We will make our way up and around the hill for a short walk, stopping to enjoy the view and coffee together (bring your own hot drinks). Invite your friends and come along!

#### MEN'S CURRY NIGHT—Thursday 30th March

All men are invited to the Men's Curry Night, 7.30pm at the Frome Rugby Club. Cost is £10, with any surplus going to Fair Frome. The speaker will be Rev. Charles Burgess—former RAF officer, now lecturing on Christian leadership for CPAS. Please let the office know if you wish to book a place.



#### HOPE IN PARKS AND OPEN SPACES. 28th March

If you would like to know more about the HOPE initiative to engage with the youth of Frome in the parks and open spaces, please talk to Gary Lee, or Mike and Brigit Adams.

## MISSIONS

### Mike and Brigit Adams, First Response Radio

At the end of November last year FRR Indonesia deployed a team to the earthquake that struck in Cianjur in the heart of Java Island. The team set up their suitcase radio station in one of the affected villages and began broadcasting information to help the community recover from the quake.



FRR has worked in Nepal for ten years now, providing equipment and training, deploying in the 2015 earthquake, and returning to help build further capacity amongst Nepali partners. That project ended and Mike made a final trip to Kathmandu along with Iype, the FRR team leader in India, to clear out any equipment stored there and arrange for

shipment of 1000 wind up radios to India for distribution in future disasters.

The closing celebration was attended by 12 friends that Mike has worked with over the last decade. Over lunch they told many stories, laughed and shared photos. It is a great feeling to know that because of FRR there is now a stronger capacity in Nepal to respond to any future disasters.

Many times, when Cyclones hit the coast of India, or other countries, all the equipment inside can be kept safe, but often it is the antenna that falls down in the heavy winds. FRR has developed an Antenna Recovery Workshop that will equip a group of community radio



stations with our basic antenna kit and all the training needed to put their station back on the air. We will be running the Antenna Recovery workshop at the end of March and pray that the strategy proves to be effective.

At home Brigit continues to volunteer at HTF church office 2 days a week and is learning new skills every day! We are both involved in HOPE Frome initiative to try and engage with youth in our town who are vulnerable to being sucked into drug use. So far we have been simply been walking the parks, offering free food and/or hot chocolate to those we meet. It is early days yet and we are still experimenting with the best activities.



We are looking forward to being very proud grandparents (again) in May 2023, when Colleen and Ben are expecting a new baby brother or sister for Eden. We are also looking forward to a brief visit from Megan in early March, in conjunction with a work trip she has to the UK. Brigit's tests for her one year check-up after her emergency surgery in 2021 all came back negative, and she continues to be healthy and getting back into exercising regularly, including a weekly 5k Parkrun which is a good challenge for her.

Many of you have asked if FRR is active in Turkey and Syria in the aftermath of the earthquakes. FRR normally operates only in countries where FEBC exists or has partners. Unfortunately FEBC is not active in Turkey or Syria, nor has any partners there so FRR has not be able to train any teams to respond. Mike has attended UN calls and is providing advice on the use of radio in this scenario. Please do pray for the continued growth and effectiveness of FRR in areas of need.

With love and thanks for your support, from

Brigit and Mike

# TRINITY LIFE

## JOINING THE ELECTORAL ROLL

If you attend Holy Trinity (or live in the Parish) but have not completed an application to be on the Electoral Roll, please pick up a form from the back of the church. It is a requirement to be on the Electoral Roll to be able to vote at the annual APCM, stand for PCC etc.

Please note this is NOT the same as the GDPR Data Privacy forms that we are asking everyone to complete.

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### MUSIC JAM—Monday March 13th

7:30 - 9:00 pm



Open to any musicians or singers, young and old. Please come and join us for an informal evening of music and worship. It will be an opportunity to learn some new songs and revisit some older ones. If you are interested in using your musical talents as part of the Sunday music groups this is a great place to start.

Contact Ruth Burden for more details at [r.burden2015@outlook.com](mailto:r.burden2015@outlook.com)

### KEEPING IN TOUCH

*If you consider yourself a member of Trinity please complete a GDPR form (at the back of church) so that we can keep in touch with you. Every week we send out an email with news of what is going on in Trinity which you won't want to miss out on!*

### SMALL GROUPS

*If you would like to join a small, mid-week group for friendship, Bible-based discussion and prayer we currently have around a dozen small groups that meet fortnightly, each with a different flavour so there's something for everyone. Please contact the Office or Tom Harflett to find out more.*

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## TRINITY FAIRTRADE 'SUNDAY' 12TH MARCH

Holy Trinity Church holds an Eco-Church silver award, which means we have committed to using Fairtrade products. You can help by making sure all donations to HTF of tea, coffee and biscuits etc are Fairtrade branded.

***On Sunday 12th March the drinks, cakes and biscuits provided at church will all have been made using Fairtrade products.***

The message of Fairtrade Fortnight, 27th Feb—12th March is simple: making the small switch to Fairtrade supports producers in protecting the future of some of our most-loved food and the planet.

### **Did you know?**

Coffee, bananas and chocolate could soon be much more difficult to buy. Climate change is making crops like these harder and harder to grow. Combined with deeply unfair trade, communities growing these crops are being pushed to the brink. More people choosing Fairtrade means extra income, power and support for those communities. By making the small switch to Fairtrade, we can all support producers in protecting the future of some of our most-loved food and the planet.

**Thank you to everyone who helped with the 'Car Park Clean-up'  
in February!**



# MARCI

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SUN

MON

TUE

WED

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1  
10.00 Holy Comm  
15.00 CAP Prayer  
Meeting

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5  
9.00 Holy Communion  
10.30 Wild Worship  
11.00 Holy Communion

6  
19.30 Music Jam  
night

7  
19.30 Difference  
Course (see P7)

8  
10.00 Holy Comm  
19.30 PCC

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12  
9.00 Holy Communion  
11.00 Alpha. 'Why and  
how do I pray'  
15.00 Wildfire Youth

13  
19.30 Music Jam  
night

14  
19.30 Difference  
Course (see P7)

15  
10.00 Holy Comm  
**10.00 April magaz  
deadline**

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19  
9.00 Holy Communion  
11.00 Alpha. 'Why and  
how should I read the  
Bible?'

20  
19.30 Connect in  
Prayer

21  
19.30 Difference  
Course (see P7)

22  
10.00 Holy Comm

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26  
9.00 Holy Communion  
11.00 Alpha. 'How does  
God guide us?'  
15.00 Wildfire Youth

27

28  
10.30 Pastoral  
Care meeting  
19.00 to 21.00  
Sewing for  
Charity see p25

29  
10.00 Holy Comm

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# H 2023

	THU	FRI	SAT
union	2 10.00 Trinity Toddlers 1.30 Parish nurse support group 17.00 Food @ Five 18.30 HTF Youth Discipleship Group	3 WORLD DAY OF PRAYER at Christ-church, begin with bring n share lunch See p 8	4 10.00 Church Social walk see p 9 16.30 Youth Games Café
		<div style="border: 2px dashed black; padding: 5px; display: inline-block;">The Big Sleep-Out</div>	
union	9 10.00 Trinity Toddlers 13.30 Podiatry drop-in 17.00 Food @ Five	10	11
union dine	16 10.00 Trinity Toddlers 1.30 Parish nurse support group 17.00 Food @ Five 18.30 HTF Youth Discipleship Group	17	18
union	23 10.00 Trinity Toddlers 1.30 Parish nurse support group 17.00 Food @ Five	24	25 18.00 HOPE in Parks and open spaces See P9
union	30 10.00 Trinity Toddlers 1.30 Parish nurse support group 17.00 Food @ Five 19.30 Men's Curry Night @ Rugby Club	31	

## CREATION CARE

**Fay, Joel, Brigit and Mike**

Creation care is another way of saying we care for the creation God has made. Eco church is a more formal way to say we, as a body of Christians commit to caring for God's creation.

*Genesis 2 v 15 – The Lord God took the man and put him in the Garden of Eden to work it and take care of it.*

The very first divine responsibility God gave to Adam is to look after the earth; this is still our role today. The way we do this might look very different to each other but we can all play our part, by considering our actions with that heavenly given purpose in mind and asking "how can I do this in a way that best takes care of God's amazing creation". That might mean taking in part in "No mow May" or creating a "wild" area in your garden for insects to thrive, or it might mean carefully considering where you buy your clothes from to reduce the environmental and human cost involved. Each month in the magazine we will try to give you some practical tips or ideas to help you on your own creation care path.



treeapp

Treeapp is a free app which allows you to plant a tree for free everyday, in under 1 minute. Once downloaded, you select where you want to plant a tree, view a short advert for a sustainable brand who then fund the planting of your tree. They also offer exclusive discounts to help you adopt a more sustainable lifestyle.

The app allows you to see the impact your tree planting has on your carbon foot print, you can also see how many trees your friends have planted and see if you can keep up! So far over 1 million trees have been planted and you can read about how the various projects are rehabilitating key plant and animal species and benefitting the communities that live there.



## Moments of Wonder

Let's celebrate the beauty and wonder of God's creation that he has blessed us with. Psalm 19 v 1-2 *The Heavens declare the glory of God, the skies proclaim the works of his hands.*

This month I was visiting my parents during the RSPB's Big Garden Bird Watch – where for an hour you sit and watch and count the birds that come into your garden. As we stood looking out, I was amazed by the number of different birds that came to eat from the feeders side by side, or take turns to wash in the bird bath. I will admit I knew very few of the names for the different birds and am not a regular “twitcher” however in that moment of quiet I was struck by the beauty and abundance of God's creation and left feeling full of hope of his provision.

If you have a “moment of wonder” you'd like to share please email it to the office, we are hoping to have a regular feature in the newsletter and on social media.

## Challenge

As we enter Lent why not consider giving up or taking up a habit with creation care in mind? Suggestions include (but not limited to):

- \* Take a short walk every day – 5 minutes or 50 mins, whatever you can manage. See if you can spot something that gives you joy or to be thankful for as you walk.
- \* Commit to using less plastic. For instance, buy loose fruit and veg (ie, not wrapped in plastic), as much as possible. To quote a well known advert “Every little helps”!
- \* Compliment someone every day.
- \* Declutter. Get rid of some of the stuff that you don't really need. This can help your mental health and also bless someone else.



**HTF SUMMER  
CAMPING TRIP**

**9TH - 11TH JUNE**

**LENCHWOOD CHRISTIAN CENTRE,  
SPITTEN FARM,  
EVESHAM,  
WR11 4UP**

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**JOIN US FOR FUN, FOOD  
AND COMMUNITY ON  
OUR ANNUAL TRIP**

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**BOOKING FORMS AVAILABLE AT THE  
BACK OF CHURCH**



## 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 28 Feb, 28 March, 25 April, 30 May, 27 June, 25 July.

Please ask around for donations of towels and 100% cotton fabric, double duvet covers, 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.

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Michael Watts and Gary Lee are taking part in the Big Sleep-Out in Alice Park, Bath on March 3/4th to raise funds and awareness for those who are homeless. They would appreciate your prayers and support.



If you would like to contribute there is a Go Fund Me page

<https://www.justgiving.com/fundraising/gary-lee16>

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May 24th 2023



The 2023 APCM (Annual Parochial Church meeting) will be on May 24th. This is the time when reports of parish activities and finances are reviewed as well as new PCC (Parochial Church Council) members and Churchwardens etc elected.

Please put the date in your diary to ensure we have full attendance!

## MOTHERS' UNION

At our next meeting on Wednesday 1st March we will be having a speaker from the Women's Refuge. We have been collecting toiletries in readiness to be passed on to them on that occasion.



Women's World Day of Prayer will be held at Christchurch in Frome this year on Friday 3rd March so see weekly notice sheets for further details.

Mothering Sunday this year falls on 19th March. MU members are encouraged to give gifts of perseverance that will empower women around the world as we remember and give thanks for our own mothers. Examples are:-

£8 could give a woman the business skills she needs to support her family.

£9 could help support a family through the impacts of a prison sentence to help them stay connected.

£11 can help women through a literacy programme and access counselling to achieve their potential.

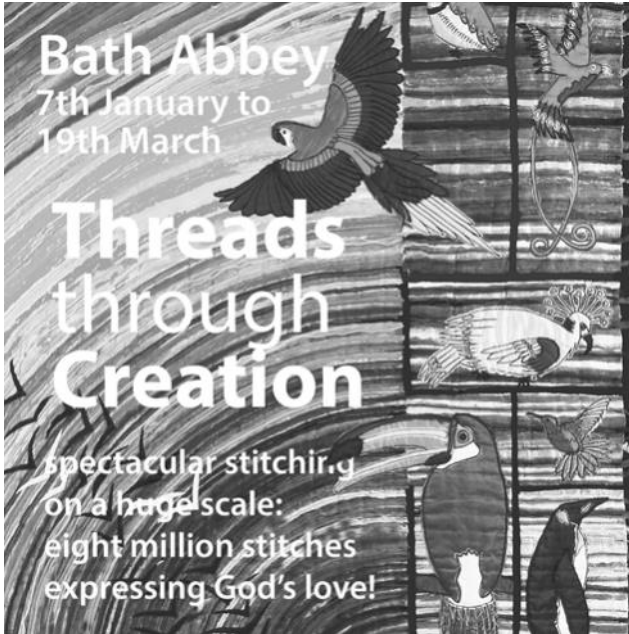
£25 can help families support each other and develop their relationships.

£32 could provide skills training and knowledge to help communities build resilience against natural disasters.

You can make a donation by visiting [www.makeamothersday.org](http://www.makeamothersday.org). Deadline for all orders to be received by 9th March.

For more information, please ask Mary Earle or Susan. Clark

## NOTICEBOARD



**Bath Abbey**  
7th January to  
19th March

# Threads through Creation

spectacular stitching  
on a huge scale:  
eight million stitches  
expressing God's love!

**THREADS  
THROUGH  
CREATION**

*at Bath Abbey*

**7th Jan—18th March**

### WHEN

THIRD MONDAY OF EVERY MONTH  
2:30PM - 4:00PM

### WHERE

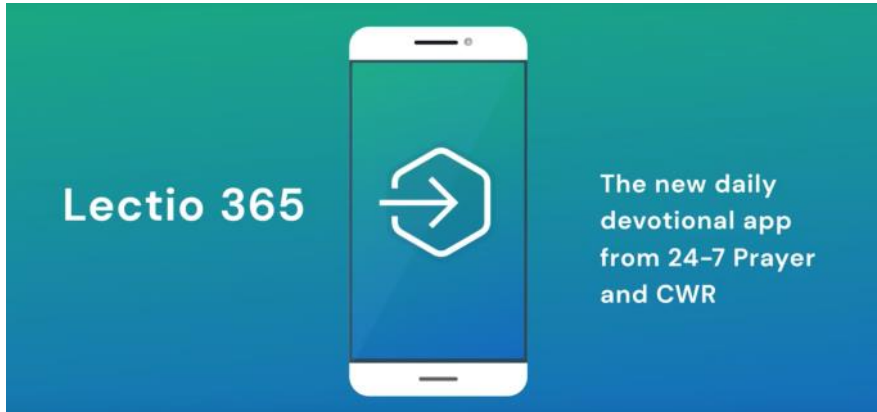
ST PHILIP & ST JAMES CHURCH, NORTON ST  
PHILIP

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!

*Forget-Me-Not Café*

## 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/>



## DEANERY EVENTS

### **Discover rewarding volunteering opportunities at Church Schools with Governors for Schools**

Are you searching for volunteering opportunities that match your values as a member of the Church of England? Keen to improve the lives of young people in your local community? You could be the perfect fit for a foundation governor role.

School boards across the country need skilled and committed individuals to help drive strategic change. Church members and attendees have a wide range of skills and knowledge that can benefit governing boards, whilst upholding the religious value of the school. There are several hundred foundation governor vacancies at schools across England who need your support.

Governors for Schools is a charity that matches volunteers with suitable schools in need of governors. If you'd like to find out more, they are hosting an introductory webinar on Wednesday 1st March 2023. It will cover topics such as core responsibilities as a foundation governor, the benefits of volunteering at a school, and how much time you'll need to commit to the role. You'll hear from current foundation governors about their experiences including how they have benefited and made an impact in their communities.

To sign up register your place here. [https://us06web.zoom.us/webinar/register/WN\\_GnpUOtOPSN6wPg3DokTOZA](https://us06web.zoom.us/webinar/register/WN_GnpUOtOPSN6wPg3DokTOZA)

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### **BARN DANCE— APRIL 28TH, 7PM**

To be held at Whatcombe Farm, Frome. All proceeds will go to support Frome Deanery Pioneers, Andrew and Elizabeth Alden.



There will also be an auction of promises. All offers of promises should be sent to Caroline Walker [carolinewalker@btinternet.com](mailto:carolinewalker@btinternet.com)

## 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.

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Thank you for recycling your desktop printer cartridges with us. With your help we have kept 381592 Kg of waste out of landfill sites and your ink cartridges have generated a donation of £53.55 to Trinity Church.





### **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](http://www.mjcommunications.co.uk).

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### **James Markham Photography**

Relaxed, candid & creative wedding and family photography. Visit my website at [www.jamesmarkham.org](http://www.jamesmarkham.org) or contact me via [jamesmarkhamphotography@gmail.com](mailto:jamesmarkhamphotography@gmail.com) for more details.



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

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### **FREE Children's Clothes Exchange**

Held at Wesley Methodist Church every third Monday of the month at 9.30 - 11:00. Clothes age 0-10. Bring along clothes your kids have grown out of and exchange for the next size up! Tea and coffee also available.

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## 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

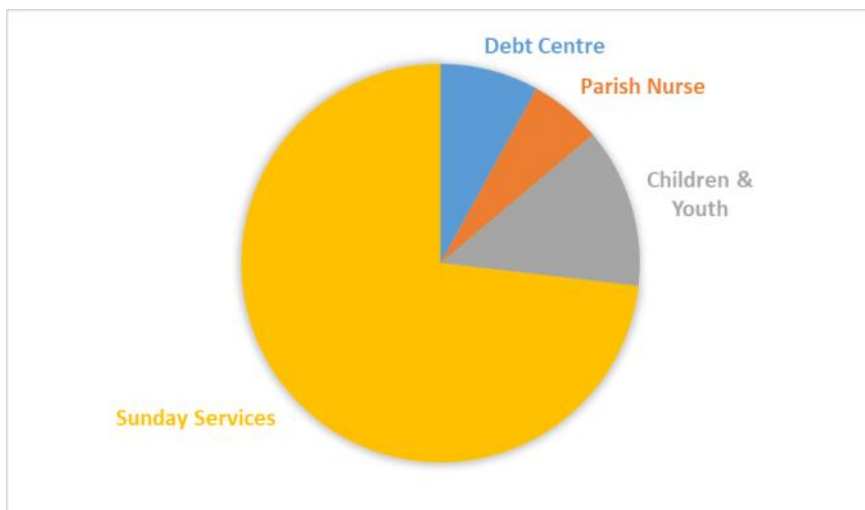
Reference: PARISH NURSE

### **SUPPORTING THE CHILDREN'S WORK**

Account number: 63576341

Sort code: 60 08 31

Reference: FAMILIES WORK



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# Life, Faith & God

Back to the  
**HEART of FAITH**

Alpha

## Everyone has questions

Alpha is a series that explores the basics of the Christian faith in a welcoming, open and friendly environment. It's fun, relaxed and free - there's no pressure.

You can ask anything you like or nothing at all. Millions around the world have found Alpha a wonderful introduction to the Christian faith.

Each week looks at a different question around life and faith including

- \* Who is Jesus?
- \* Why and how do I pray?
- \* How can I make the most of the rest of my life?

We're running **Alpha** during our Sunday services at 11am - so why not join us?

'Alpha was the best thing I ever did. It helped answer some huge questions and to find a simple empowering faith in my life.'

Bear Grylls, TV Adventurer

Continuing at the 11.00 am service at Holy Trinity Church March  
Come early for coffee and cake

Contact Ian [vicarhtfrome@yahoo.com](mailto:vicarhtfrome@yahoo.com) to find out more



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