



TRINITY TIMES

MARCH 2022



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SERVICE TIMES

SUNDAYS

9.00 Holy Communion

11.00 Morning Worship
Contemporary service including
Kids Church

15.00—17.00 Youth Group

WEDNESDAY

10.00 Holy Communion



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

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

A WORD FROM THE WARDENS

By the time you receive this month's copy of the magazine you may well have heard the excellent news that the Parish Profile is finished and has been approved by the Archdeacon.

A wonderfully diligent team, particularly Fiona, Abi and Ben have been working on it at its different stages. We are hugely grateful to them. As you know, it is a lengthy process!

Alongside the script and some photos there is a video which is inspirationally designed and filmed by James. It shows the church, the office, the Bridge cafe, the town and Orchard Street. On the route, several church members are interviewed. Hopefully you will all be able to see it soon!

The process can now continue with a meeting of the PCC in order to adopt the Profile formally and to appoint two Parish Reps. Then comes the exciting bit when the vacancy is advertised before interviews take place. Thank you for all your continuing prayers and to many of you who have supported the Vacancy Prayer Meetings.

Changes ahead and although we don't yet know who is going to come to lead us at Trinity, God is preparing that person and new things for us. I am reminded of the book of Ruth. She had an incredibly difficult early life when her husband, brother-in-law and father-in-law all died. Rather than desert her impoverished mother-in-law, Ruth chose to stick by her despite being encouraged to return to her old country. A different life and many changes. Things were bleak and, no doubt, she missed her previous lifestyle, but her faith carried her through. Then she met Boaz, eventually married him and became the great grandmother of King David!

As Isaiah told Israel : "The Lord says - do not dwell on the past. See, I am doing a new thing!" (ch.43 v18-19)

Thank you for all your support and prayers.

Libby Doewansey and Chris Stafford (Church Wardens)

Money Saving tips for everyone

With costs of everything spiralling out of control it's good to review our stewardship, our use of resources and use of our income from God's perspective. God provides for all our NEEDS, we need to keep our WANTS under constant review.

First—look at all **waste** in your household or at work. What is being thrown out, that could be used by someone else or recycled? Get onto freecycle and get rid of clutter that is holding you back, and see if there is anything you could reuse instead of buying new. Using less plastic will automatically save you money when you look for alternatives to anything packaged in plastic.

Bathroom

Use only enough to do a good cleaning job, you only need a pea sized blob of toothpaste on your brush. Don't leave the tap running while brushing. Consider changing to tooth powder. Shampoo, only need about a teaspoonful of shampoo and need to wash twice to get properly clean, use gentler shampoo, change to a shampoo bar, use less conditioner, it only goes on the tips of your hair, not on your scalp..

Kitchen—make a shopping list and stick to it. Pray and ask the Holy Spirit—Is God prompting you to revamp your eating habits and become stronger and healthier? What can you cut out that isn't healthy—processed foods? Artificial sweetener and fizzy drinks? Smoking? Alcohol? Sweets, Pastries and biscuits?

Cook from scratch, cook enough for two meals and put one in the freezer = less washing up and less cooking time. Plan a use for leftovers, sandwiches, soup, another meal.

Make use of the community fridge, FREE food! and it's there for everyone. Possibly grow your own, but only plant the things you will eat and that wont cost you more to grow than buying at the market. Use the Saturday and Wednesday fresh market in town.

Subscriptions—cancel magazines, cable TV, do you really need landline PLUS mobile phones?

Laundry—don't use fabric softener, it wears out the fabric much sooner than needed. Use plain spirit vinegar instead of fabric softener for towels, the smell evaporates.

Cleaning agents Spirit vinegar and Bicarb of soda makes an excellent all-round cleaner, costs next to nothing, no plastic bottles to throw away, no harmful chemicals,

Travel—can you walk more? Could you share lifts with someone else? Could you use public transport rather than driving? Could you reduce your trips and get more things done in each trip? Keep the petrol tank nearly full in your car, less will evaporate. Empty your car of excess baggage, don't carry around unnecessary weight, it uses more petrol, drive slower and accelerate more gently. Keep your tyre pressures checked and don't drive on worn out tyres.

Bank statement—do an audit over 3 months of all spending. Where can you reduce it? Are you paying a large amount of interest on credit cards? Work on reducing that as soon as you can.

Recommended site: <https://www.moneysupermarket.com/>

Members and non-members are invited to our
Southwest Spiritual Directors Network Day
"Inhabiting Scripture through story"
On Saturday April 2nd 10.00am -4.00pm
Our guest speaker is **Dr Paula Gooder**
Theologian and Author, and Canon Chancellor of
St Paul's Cathedral

Dr Paula Gooder is a speaker and writer on the Bible, particularly on the New Testament.

The Venue is:

Meadway Hall, Compton Dundon, Somerset,
TA11 6PQ (good car parking facilities)
£10 for the Day: Tea/coffee provided, bring your own lunch. Covid limitations in place

Members of S.W.S.D.N. book through the Network
Non-members please contact sarahangier@hotmail.com
to book your place

Bridge Books will be present with
their Book stall and gifts
including Dr Paula Gooder's *Phoebe*
and *Women of Holy Week*.



First of all I would like to say what a sterling job the team at Trinity are doing, and have done, over the past months without a vicar to 'steer the helm'. The variety of Worship and talks has been phenomenal and impressive, something for everyone. Thank you.

In addition to this, I would like to let everyone know just how much I have appreciated the continued support, love and prayers that I have felt over the many difficult months of my journey. I really know and understand the importance of prayer.

Thank you all so very much, Kristin

Photo from: <https://deborahsdescendants.com/2016/12/28/praise-and-thanksgiving/>



LIVING IN LOVE & FAITH

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

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

Tuesday 1st March 7.30pm – 9pm. Relationships

Tuesday 15th March 7.30pm – 9pm. Sex

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

This is part of a consultation exercise. Views emanating from discussions in deaneries and parishes will be fed back to the national church authorities and will influence policy decisions enacted by the General Synod.

It is therefore very important that as many people as possible participate.

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



Young Adult Bookclub

16 - 25 BOOKCLUB

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

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

PARISH NURSE

Greetings Trinity family!

I can't believe we are in March now! The March winds are definitely here now as I write. I hope you are all keeping well and enjoying those sunny crisp spring days we occasionally are blessed with. The snowdrops are a welcome reminder of Spring!

In this issue, I thought I would talk about appointments! I expect many of you have had recurring hospital cancellations due to Covid. Many hospitals have not yet started operating on those waiting for planned surgeries such as hip and knees, which must be so frustrating for those patients waiting, often with restricted mobility and pain.

It's not just operations people are waiting for; it could be an appointment or procedure. Apparently, according to the British Heart Foundation website a record number of people in the UK – nearly a quarter of a million in England alone – are waiting for heart operations and procedures postponed.

So, what can you do if you need to speak to someone as you are still waiting for a hospital procedure and you are worried and concerned?

If you are waiting for a hospital appointment for anything, you can always ring the hospital and ask to speak to the Consultants secretary. Don't worry if you don't know the name, the hospital will. Leave a message with your number so they can call you back. And speak to your GP surgery if you feel you are becoming less well while waiting. They need to be updated if this is the case and they may be able to speed up your appointment. I always encourage patients to take some responsibility for their health as doing nothing and being content to wait could be life threatening.

I've been waiting for an appointment with a cardiologist but haven't heard anything - what can I do?

There are currently delays across many cardiac services, including appointments with cardiologists and cardiothoracic surgeons. If you are living with an existing or suspected heart or circulatory condition, these delays can be worrying.

It's important to be proactive about your health. If you're concerned that your appointment has been overlooked, contact your cardiologist's secretary to ask if there are any updates on your appointment. If you don't have the contact details of their secretary, you can contact the switchboard of the hospital they consult from and ask to be directed.

Most appointments are currently happening via telephone or video consultation.



My test has been delayed - is there anything I can do?

Unfortunately, there is currently a backlog of tests, and resources have been diverted to deliver the booster vaccine programme. You may be experiencing delays for an [ECG](#), [echocardiogram](#), [angiogram](#), or [MRI](#) appointment.

Hospitals are currently prioritising tests according to medical need. If your symptoms change or you are feeling worse, it's important to let your cardiologist know so they can decide whether you need to be prioritised differently. If you feel unable to manage your symptoms, you should contact your GP or cardiologist and ask for medical help. Please **be persistent** in contacting your GP even though it may be difficult.

What if I can't attend my appointment?

If you can't attend your appointment, tell the hospital as soon as possible and they'll try to arrange a new one. If you don't turn up to your appointment, you'll lose your referral and will have to ask your GP for a new appointment. This means you'll need to wait again, so it's best to **let them know in advance** if you can.

The pandemic has caused extra strain on GP surgeries, and many people are finding it difficult to get an appointment. If this happens to you, what should you do?

It's really frustrating, but it's important that you persist and get the help you need. If you have a health concern and can't get an appointment with your GP, here are some other ways to get medical help.

Register for GP online services

A blue banner for NHS GP online services. On the left is a yellow icon of a computer mouse. To the right of the icon, the text reads "GP online services" in white, followed by "Quick, easy and secure" in a larger white font. Below this, there is a list of three bullet points in white: "• Book GP appointments", "• Order repeat prescriptions", and "• Access your GP records". The NHS logo is in the top right corner of the banner.

GP online services
Quick, easy and secure

- Book GP appointments
- Order repeat prescriptions
- Access your GP records

If you can't get an appointment with your GP by phone, you might get a quicker response by submitting your query online. Most GP practices offer a website or app where you can request appointments, submit questions, or order prescriptions. Visit your GP's website to find out what online services your surgery offers, and to get started.

Try to be clear and descriptive when filling in an online consultation form. Say how urgent your issue is and if you need a face-to-face appointment. Be specific if there is something that you are worried about. This will help your doctor to prioritise your request and respond accordingly.

I realise not all of you have internet access but perhaps you have a family member who is computer savvy and can help you with this. Or you can always ring me, and I can help you navigate the health system. Please do use me as your Parish nurse if you are struggling, it's what I'm here for!

When to call NHS 111

If you have an urgent medical issue and you're not sure what to do, call 111 or visit [NHS 111 online](#). NHS 111 is available 24 hours a day, seven days a week.

A trained adviser can give you advice or connect you to a nurse, doctor, pharmacist, paramedic, or dentist. Half the people who call 111 are referred to a healthcare professional for further help.

NHS 111 can also book you an appointment at an urgent treatment centre, A&E department or can send an ambulance.



When to see a pharmacist

You should see a pharmacist when you have a minor illness or questions about your medication. Pharmacists are qualified specialists, who can advise on a range of common illnesses and help assess whether your health issue requires further medical help. Most pharmacies have a consultation room where you can talk in private.

Call the BHF Heart Helpline

For non-urgent questions about a heart or circulatory condition, you can [email](#) or call our [Heart Helpline](#) on 0300 330 3311.

Our cardiac nurses are available weekdays from 9am to 5pm, and are ready to answer questions about your medication, recovering after surgery and managing your condition or recent diagnosis. But they won't be able to provide a diagnosis of your symptoms or make changes to your medication.

What to do in an emergency

In an emergency, call 999 immediately. Tell the operator your symptoms and tell them if you think you might be having a heart attack or stroke. These symptoms include:

- Sudden pain or discomfort in your chest that doesn't go away
- Pain that spreads to your right or left arm, neck, jaw, back or stomach
- Feeling sick, sweaty, or short of breath for no reason
- Facial weakness, or difficulty speaking

It's better to wait for an ambulance rather than taking yourself to A&E, as the paramedics can start helping you as soon as they arrive and can let the hospital know you're coming.

If your condition is serious but you don't need an ambulance, going to A&E might be the right approach. If you're unsure, [call 111](#) for advice on what to do.

The Bereavement Journey course has finished now, and I am again amazed at those who attended and shared their own bereavement experiences and vulnerability which really helped others. Thankyou to Val Howell for helping and Wendy and Alan Byron for their continuing support, its much appreciated.

I am visiting Phoenix Court monthly to discuss a health topic of their choice. So far, we have covered Diabetes Type 2, and I ran a health MOT for the last session which was well received. These sessions will continue.

I'm out visiting people so do let me know if you'd like some support. I can't visit you every week on an ongoing basis but very happy to visit you on a short term basis and assist sign post and pray with you.

James Markham has approached me to speak to Trinity First school about my role. I'm looking forward to doing that, perhaps on a regular basis.

Podiatry is running every two months with continued treatment from Caroline, a Registered podiatrist and funded with a generous donation from Frome Rotary, and from a member of Holy Trinity. Caroline charges £20 per person. If you are on a low income and unable to afford podiatry or know someone who is in this position, please let me know. I'm hoping to be a regular visitor of the Bridge café also, to support those who use this amazing café and those from Trinity who volunteer and do such good work within it.

Love & blessings

Jan x

Information taken from BHF website.

Write to us
British Heart Foundation
Compton House
2300 The Crescent
Birmingham Business Park
Birmingham
B37 7YE
heretohelp@bhf.org.uk



British Heart Foundation is a registered Charity No. 225971. Registered as a Company limited by guarantee in England & Wales No. 699547. Registered office at Greater London House, 180 Hampstead Road,

WORLD DAY OF PRAYER

2.30pm on the 4 March 2022

at St Mary's

Jeremiah 29:11

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

Service written by England, Wales and Northern Ireland

A global, ecumenical movement

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

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

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

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

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



What is the APCM Annual Parochial Church Meeting?

To be held on Wednesday 20th April

The annual meeting of parishioners (also referred to as the annual vestry meeting) is held yearly in every parish of the Church of England to elect churchwardens and deputies (if any) for the forthcoming year.

THE MEETING

Since this is a public meeting, notice must be given in writing with the minimum period of two Sundays before the date of the meeting and the notice must be displayed publicly.

The meeting is convened and chaired by the minister (usually the incumbent or priest-in-charge), or if there is no minister or if she or he is unable or unwilling to chair the meeting, the churchwardens convene, and the meeting elects a chairman.

AGENDA

Typically, the meeting's structure is as follows:

Opening statement by the chair, usually the parish priest

Minutes of the previous annual parochial church meeting

Nominations for churchwardens must have been handed to the minister before the meeting, in writing: he/she has the right to reject one of the nominees if he/she feels that person would be a difficulty

Vote – only required if there are more applicants than posts available

Meeting closes

As the agenda is so short, meetings typically last less than ten minutes. Holy Trinity Frome includes the financial statement, and a celebration of all the many different departments and hard working volunteers, and a sincere vote of thanks.

ATENDEES AND VOTERS

The following people may vote:

People whose names are on the **church electoral roll** (whether or not they are resident in the church parish).

People who are resident in the parish and who are also on the register of local government electors: in other words, any resident of the parish – of any faith or none – who is registered to vote.

M A R C H

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
		1	2
		19.30—21.00 Living in Love & Faith (Relationships)	10.00 Holy Communion 13.00-16.00 Stroke Awareness 15.00 CAP prayer meeting
6	7	8	9
9.00 Holy Communion 10.00 Wild Worship 11.00 Holy Communion 15.00 HTF Youth	14.00—16.00 Good Afternoon Choir 19.30 Prayer for the Vacancy		10.00 Holy Communion 13.00—16.00 Stroke Awareness 19.30 PCC
13	14	15	16
9:00 Holy Communion 11.00 Morning Worship 15.00 HTF Youth	14.00—16.00 Good Afternoon Choir	19.30—21.00 Living in Love & Faith (Sex)	10.00 Holy Communion April MAGAZINE DEADLINE
20	21	22	23
9.00 Holy Communion 11.00 Café Church 15.00 HTF Youth 19.30 Encounter Evening	13.30 Podiatry 14.00—16.00 Good Afternoon Choir 19.30 Prayer for the Vacancy		10.00 Holy Communion 13.00—16.00 Stroke Awareness
27	28	29	30
9.00 Holy Communion 11.00 Morning Worship 15.00 HTF Youth	14.00—16.00 Good Afternoon Choir	19.30—21.00 Living in Love & Faith (Life Together)	10.00 Holy Communion 13.00—16.00 Stroke Awareness

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	THURSDAY	FRIDAY	SATURDAY
	3	4	5
ion Association Meeting	10.00 Trinity Toddlers 17.00 Food @Five	WORLD DAY OF PRAYER 2.30pm St Mary's A service for Everyone	9.00 Who let the Dads out?
	10	11	12
ion Association	10.00 Trinity Toddlers 17.00 Food @ Five		
	17	18	19
DLINE	10.00 Trinity Toddlers 17.00 Food @ Five 19.00 16-25 Book Club at The Bridge Café (see P 7)		
	24	25	26
ion Association	10.00 Trinity Toddlers 17.00 Food @ Five		
	31	<div style="border: 2px solid black; padding: 10px; text-align: center;"> <p>APCM</p> <p>Annual Parochial Church Meeting</p> <p>19.30 WEDNESDAY 20th APRIL</p> <p>See page 13</p> <p>Are you on the Electoral Roll?</p> </div>	
ion Association	10.00 Trinity Toddlers		



MISSIONS

Greetings from France!

Despite all the difficulties brought about by covid, local administration and our own capacities (or lack of them!), our overall sensation at the present is of the overwhelming goodness of God towards us. We have seen it in a multitude of small daily things as well as His resolving of more major situations. First of all is the fact that we are still financially afloat, amazing given that we had hardly got things going at the Château du Paradis before covid hit and all bookings went by the wayside. Heavenly finances are always mysterious, they work out on paper, but you wonder quite how! After so long without visitors, it was a joy to be able to offer lodging to a couple of families visiting local family over Christmas week, and 2 whole floors for a family reunion over New Year week for French Christian acquaintances we hadn't seen for decades. We limited ourselves to the first floor, fixing up a make-shift kitchen in one half of our huge bathroom. What we hadn't bargained for was a request following on directly to host a Korean francophone prayer conference for 10 days, 2 weeks with all the comings and goings, so our "new" kitchen became a part of life for about a month.

What was lovely for us, but not originally planned, was that at the same time our daughter Katie and her family (missionaries in Africa) were staying. Initially here for a break in November, they stayed until mid-January. After having had the run of the house for 2 months, the grandchildren coped very well with being restricted to our floor for the last weeks. We greatly benefitted from getting to know them properly. One of our other children, Ruth, made it over to join us all for Christmas, just before travel was blocked, but Sarah couldn't make it in time.

I, Norah, made the journey in the other direction at the end of January, sadly for the funeral of my brother's wife, but I took the opportunity to spend some time with my mother (96). My brother has been getting concerned about her living on her own, and it's true that the lack of contact with others over the pandemic has weakened her physically and mentally, so it was a great relief to see how she bounced back with having somebody to do things with. My prayer is that we can get some assistance into place so that she won't need to leave her home.

We can at long last tell you that you no longer need to pray for our residency permits we have them!! What a palaver! It would take too long to tell you the events of the last month and a half, but the challenge continued right up to 11th February when Chris received an SMS saying to collect them. Once there, the guards were not happy about me (Norah) going into the prefecture, as the SMS was sent to Chris. We can only think that the angels were at work with the sudden change of mind of the senior of the two officials. Once inside, all went as smoothly as can be.

I was in England during the week of prayer for Christian unity, but others from the village took up the preparations where I left off and there were a good number present with a good

time of fellowship. We are now preparing the Women's World Day of Prayer, but it is proving to be more of a challenge than usual for both the Catholic parish as well the protestant community.

Outside of spiritual matters, Chris is making progress with our disabled parking area, thanks to gifts of materials, I am involved in saving amphibians, and we are both working on the garden as we are a bit freer during half-term.

We are really hoping that, as covid diminishes, more people will want to take a working holiday with us as there is so much still to be done. But please feel free to come for whatever reason!!

May you too be aware of the immense goodness of our God.

With our love,
Norah and Chris



Jean-Cuy Landrieux (au milieu en orange) entouré de bénévoles.

PAR HUGUES CHOTEAU
villeneuveascq@lavoiidunord.fr

LA NEUVILLE. Pluie, vent, froid, un dimanche matin. Il en fallait de la motivation pour se lever ce dimanche et venir creuser une tranchée de plus de 800 m dans la boue de la forêt de Phalempin. C'est pourtant ce qu'a fait la vingtaine de bénévoles de l'association Nature et Vie, basée à Thumeries. Il faut dire que l'objectif a de quoi motiver. La vie de milliers de batraciens qui peuplent notre forêt en dépend. « Au début, pour éviter que ces batraciens ne soient écrasés sur les voitures de la A26,

de reproduction pour passer l'hiver dans la forêt. Mais le problème, c'est qu'au moment de faire le chemin inverse pour la période de reproduction, au printemps, ils vont devoir traverser la route. Si on ne fait rien, environ 40% d'entre eux vont se faire écraser. Un crapaud commun, par exemple, met environ 15 à 20 minutes pour traverser la route. Pour la grenouille c'est beaucoup plus rapide », explique cet

Comme ils ne peuvent pas avancer tout droit à cause du filet, ils vont à droite ou à gauche, longent la barrière et tombent dans les seaux », détaille José Esquerre. Des seaux dans lesquels ils ne faut surtout pas oublier d'ajouter un bâton pour permettre aux petits mammifères, s'ils tombent dans le récipient, de remonter pour en sortir.

Crapauds communs, grenouilles rouges, quelques tritons, ils sont près de 5 000 chaque année à tomber dans le piège... Mais pour leur plus grand bonheur, puisqu'ils ne manqueront pas le grand coit du printemps. Il faut ensuite chaque jour jusqu'au printemps acheminer nos petits

“ On ne les lâche pas pile au bord des étangs, on ne va quand même pas faire tout le boulot à leur place ! ”



MY TESTIMONY

By

PENNY BUGLASS

Some 30 years ago, when I was a young Army wife living in Germany, I had a supernatural experience that changed my life.

I came from a devout Christian family. We lived in the North of England and our life centred around a Church of England mission church.

My childhood was totally centred on Jesus, as taught in the Sunday School, at the Church services, Brownies, concerts and at the Social events of the Mission that filled our life. I have an older brother and a younger sister. Just before I was born, my brother, at 18 months old, nearly died from pneumonia and meningitis. He became mentally handicapped as a result of the illness.

For 4 years I studied Art, got a degree and became a designer and Fashion Advisor for Courtaulds UDO, a dream job.

My husband was an only child from an atheist family, though baptised and confirmed in the Church of England when we met. He was serving in the 3rd Royal Tank Regiment in Germany and came to my home town to be the Adjutant to the local Territorial Army Regiment.

Kenneth asked me to marry him on the first day that we met and after getting to know one another for about two years, we eventually became engaged. It was a very stormy engagement and both families were against the match. Twice I broke off my engagement but Kenneth was very determined.

After a period of separation, at the request of my father and following his death from leukaemia, we were eventually married. Although my husband had instruction in the Christian faith before our marriage, two and a half years later, whilst we were living in Germany, he renounced his faith - he no longer believed in Jesus and did not wish to attend the church any more.

At the time, my little boy was 18 months old. I was devastated! I wondered what would become of my son. That night I wept and deeply repented of all my sins. Of going my own way marrying against my parents' wishes - despite two attempts to obey. I repented of leaving my mother and brother and of all my worldliness.

Later in the night, I was awakened by a **BLINDING LIGHT** - I was terrified! My heart was pounding but that lasted only a few seconds. Then I saw Jesus, standing in my landing window. He was young, beautiful, smiling and radiant. He was wearing a long white robe with a golden girdle across His chest. His hair was light in colour and parted in the centre. It rested on His shoulders and He had a small beard.

My skin seemed about to explode with incredible, indescribable JOY. I really felt as though my skin would burst apart with this wondrous JOY. I have had some marvellous times in my life, God has been so good to me, but this was a **MILLION LIGHT YEARS** away from any earthly joy. **I HAD TASTED HEAVEN!**

My little son appeared to come out of his room, go down the steps to the landing and the Lord picked him up. Then the vision disappeared.

I woke up a second time. I woke my husband and tried to tell him what had happened. It was impossible to describe the indescribable. The next day however, I wanted to get up onto the roof of the house and SHOUT and TELL the whole world - that what I had always known and believed - I NOW KNEW was TRUE!

I felt I just had to tell somebody so I went straight away to the girl next door. She was what I called a real Christian: devout, sincere, a member of the Officers' Christian Union. As I tried to explain my experience, she looked at me with frank disbelief. I can remember thinking in amazement - she doesn't believe me - she thinks that I have gone mad!

I was shocked and disappointed by this reception but tried to tell two other 'real Christians' but the reaction was the same. After that I decided not to speak about it again. Privately I asked God to let me meet someone else who had had a similar experience. He did so years later when I exhibited my work at an Arts Festival in St. Mary's Church, Andover. In fact many people shared spiritual experiences during that week.

My life in Germany after this did not change noticeably; I still carried on with the social whirl of parties and army life, but looking back, I can see how the Lord has gently guided me down many paths and experiences to a much closer walk with Him.

I was baptised by full immersion on Sunday 14th October 1979 in Whitchurch at the Baptist Church. At that time I was teaching art to the young men and women at St. Vincent's and Ashley Copse of the Coke Hole Trust.

My children are both baptised, born again Christians, and they have married Christians. I have six grandchildren and of these two are baptised.

The Lord spoke to my husband ten years ago, before major heart surgery. He said prayers of repentance and afterwards whilst waiting to go into hospital he heard the Lord asking him:

"Why are you worrying, you have given me your life haven't you?"

Kenneth sailed through the operation and he did not need any tranquillisers. As he recovered, he was witnessing to everyone. Sadly, as he returned to his busy job in Southampton with British Gas, he fell away from the Lord.

He has just recently had a second operation to replace the pig's valve with a metal one. He went into the operation with renewed faith. He experienced two miracles of healing at the time and was preparing to witness to the church on the power of prayer for healing. Again during convalescence, he lost much of his faith.

I have found this hard to understand and to bear, but I put my trust in God as always and pray to be joyfully content with His will, for all the plans are His.

I try to express my joy and worship in my paintings of land and seascapes, flowers and anything that the Lord has created.

By Penny Buglass, on 28th January, 1998.

Andover, Hampshire.

WHO

WHEN

WHERE

HOW

WHY

WHAT

TRINITY NOTICEBOARD

Amazon donates to your chosen charity for every purchase you make If you are buying anything on Amazon, you could donate 0.5% of the price of your eligible purchases to Trinity at no extra cost to you.

Go to <https://smile.amazon.co.uk> and select The Parochial Church Council of The Ecclesiastical Parish of Holy Trinity, Frome as your chosen charity, do your online shopping as normal.

RECYCLING AT TRINITY :

* **STAMPS:** We collect ALL used postage stamps, international stamps from other countries are especially appreciated. Tear off just the stamp, leaving about 1cm of paper around the stamp. Place them in the pink box at the back of the church. When there is 1kg or more they are sent away, the company that buys them from Trinity pays for postage so this is a great little fundraiser at no cost to Trinity.

* **USED INKJET PRINTER CARTRIDGES** for the following brands only: **Canon, Dell, Hp, Lexmark, Neopost and Samsung.** All others need to go to the recycling tip. Only the cartridge is needed, none of the other packaging.

* **CRISP PACKETS, sweet and chocolate wrappers, and pasta packets** for recycling. All recycling needs to be **clean and dry.** We do not take curb side recycling, such as cardboard and tins. Please **ONLY** bring what we can accept, and not things like paper and plastic which can be recycled at home.



* **WRITING INSTRUMENTS** are accepted: Any brand of pen, felt tip, highlighter, marker, correction fluid pot, correction tape, mechanical pencil and eraser pen regardless of their composition. **Note: No wooden pencils, chalk, glue sticks, erasers, rulers or other cutting objects that could disturb the recycling process.**



Focus on faith:

is an interactive study group looking at key elements of the Christian faith. We use it as a follow up course for Alpha but it is open to anyone who wants to explore together what we believe. For more information email: tomharflett@hotmail.co.uk or phone 01373 462408.

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See www.jamesmarkham.org or contact me via jamesmarkhamphotography@gmail.com for more details

Nifty Needles Craft Group

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

barbara.l.bacon@gmail.com

If you ever have a mobile phone or tablet in need of repair, Martin is the bloke to speak to. Always helpful, professional and has rescued many a desperate person with a smashed screen, or drowned phone!

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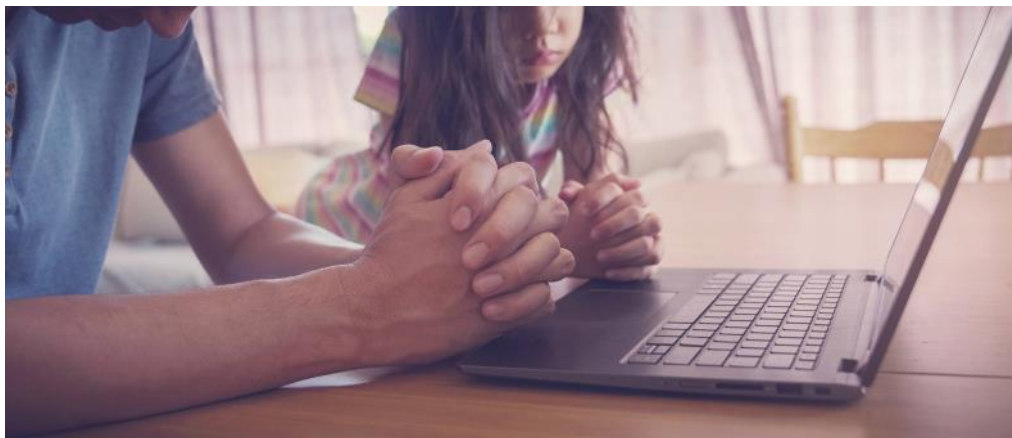
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Formal
Relaxed
Sunday Lunch
Tapas





TOGETHER—AT HOME

Three Volunteers (or more) are needed
for Sunday 9am services

Are you a regular attender of the 9am Sunday morning service?

Do you use a smart phone, do you use email and (any) social media?

The livestream of the 9am service is a very simple set-up, all the equipment is there – only needs an operator to switch it on at the appropriate moment, copy the song words into the comments and to monitor that all is well.

Full training (and dual assistance sessions until confidence is reached) will be provided to anyone who would like to step out and serve the wider community that logs in to join the service every week.

**At the last count Holy Trinity Frome live broadcast reached
1 700 people in one week.**

Photo courtesy of: <https://teradek.com/blogs/articles/how-to-live-stream-church-services>

Going Green(er) for Lent

As Lent starts this year at the very beginning of March, this seems like a good time to reflect on how we, as an Eco Church can move towards living more lightly on God's Earth. Lent is a good opportunity to look at what God has given us in this amazing world and see what we can do, individually and collectively to try to protect it. Read Psalm 104 as a starting point. It reminds us of just how much the Lord has created for us...here are just a few verses (25-25), but read the whole Psalm.

*How many are your works, LORD!
In wisdom you made them all;
the earth is full of your creatures.
²⁵ There is the sea, vast and spacious,
teeming with creatures beyond number—
living things both large and small.*

But Lent is also a time to consider how we can change...traditionally people give something up for Lent...often something that isn't good for our health...wine, chocolate, coffee, which may be a sacrifice, but is essentially to our benefit. Maybe this Lent we should consider giving up, or changing something in our behaviour which is good for the planet? A Rocha has suggested a number of ways that we can go green(er) for Lent, and I encourage you to look at the full list of suggestions on their web site

<https://arocha.org.uk/go-green-for-lent/site>

However if that is not possible for you, here are a few of the things they suggest.

Go plastic free. Even if you can't become totally plastic-free, make it your goal to at least reduce your use of plastic.

Try a plant-based recipe or diet. Start by cooking yourself vegan or plant-based meals once a week and take it from there.

Change your method of transport. How about walking or cycling for repeated errands, choosing one day a week to walk, cycle or take public transport to work where you are able to.

Switch off from digital. Explore technology-free times or areas of the house, switching to 'airplane mode' for the first hour in the morning and the last hour at night, 'switch off Sundays', reaching for your Bible over your device(s) and writing a list of outdoor things

Continued ->

that you enjoy. *(That'll be a tough one for me, so maybe the one I ought to opt for!)*

There are many other ideas and resources on the website.

Do not set too challenging a target...start gently and gradually add things if it's too easy....and unlike giving up chocolate or wine it might carry on after Lent? And be encouraged...God's promise is all around us as Spring returns.

Maggie

FROME ECO PARTY KIT

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

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

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

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

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

Website: <https://fromeecoparty.wixsite.com/fepk>

Facebook: facebook.com/fromeecoparty

Instagram: @FromeEcoParty



Mothers' UNION

Christian care for families

MOTHERS' UNION is preparing to celebrate Mothering Sunday again which this year falls on 27th March which happens to be when British Summer Time begins! What a lovely thought after the difficult winter we have experienced!

We are encouraged to give ethical gifts to our mothers, or make donations in their memory, to the various projects MU supports around the world. Do go to their website and see what a difference your gift could make.

www.makeamothersday.org

A reflective prayer for Mothering Sunday

In every family there are seasons
of joys and challenges:

Seasons of laughter
and seasons of sadness.

Times of unexpected joy
and times of unwanted trauma.

Circumstances to cherish
and circumstances to overcome.

Seasons of harmony
and seasons of discord.

Times of resilience
and times of weakness.

Moments to look forward to with hope
and moments to look back with thanksgiving.

God in every circumstance and season
we bring you our worship and praise.
Amen

The next meeting of Beckington Mothers' Union will be on Wednesday 2nd March at 2pm at Lah's Place.

The talk will be on medical detection dogs which should be very interesting.

For more information please contact. Mary Earle or Susan Clark

C O N N E C T

VICAR	VACANCY	
READERS	<ul style="list-style-type: none"> • Ann Phillips, • Tom Harflett • Phil Gray • Dorothy-Anne Bryant • Miriam Hare • Wendy Rootes 	
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ADMINISTRATORS	Kally Dunn/Rachael Markham	453425
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MUSIC GROUP	Ruth Burden	07811 894317
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Holy Trinity Church,
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BA11 3DE



The church office is open
every week day 9.30 - 12.30
For hall bookings contact us
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