

# Trinity Times

May 2021



# CONTENTS



3	NOTE FROM GRAHAM
4-5	EXPLORING PEACEBUILDING COURSE
6	WHOLE CHURCH PRAYER ZOOM
7	A WORD FROM THE WARDENS
8-12	PARISH NURSE
13	EVENTS
14-15	CALENDAR
16-17	NOTICEBOARD
18	EVENTS
19	CHILDREN & FAMILIES
20-21	MISSIONS NEWS
22	MOTHERS UNION
23	CONTACTS PAGE

## SERVICE TIMES

### SUNDAYS

**9.00** Holy Communion

**11.00** Morning Worship  
Contemporary service including  
groups for kids

**18.30** Evening Worship / Prayer  
Meetings

### WEDNESDAY

**10.00** Holy Communion

MON, TUES & THURSDAY

**9.00 — 9.30** Morning Prayer



Children's groups during the 11am  
service are as follows:

Sparklers is birth to 3

Ignite is ages 4-7

Wildfire is 8+

SUNDAY CAFÉ: our youth group for 11-  
18's meets Sunday at **6.30pm** in Trinity  
Hall during term time.

## A word from Graham

### Another Step Forward

So far, so good. I think!

It certainly feels as though we are leaving that long third lockdown well behind us as the short days and long nights of Winter have given way to Spring. Here we are in the merry month of May; grass is growing with feverish intensity; hedgerows are green once more; flowers, bees and butterflies are everywhere to be seen.

For me, the iconic moment coming out of lockdown was to have my hair cut! Coming out of the salon I felt about a ton and a half lighter and almost skipped like a newly shorn sheep! I thought better of it; the NHS has enough work without me adding to it.

Yet, even whilst it does feel good to be edging our way back to a more normal and sociable way of living, we do also know that we are not completely out of the woods. News from countries such as Brazil and India causes concerns and caution does still need to be the order of the day, Covid-19 has not yet gone away.

That said, I would just like to take this moment to let you know that we are working towards offering more opportunities for worship in person. Our hope is that from Pentecost (23<sup>rd</sup> May) we will be able to start a new 2<sup>nd</sup> Sunday morning service in church at 1100. It will be informal in nature, include provision for children, and also be live-streamed via Facebook Live.

We do hope that this will be a good next step even though we will almost certainly still need to refrain from congregational singing, wear face coverings and keep social distancing. May the day come soon when we can be safely in worship and fellowship in the ways we love; that is my prayer and perhaps yours too.

Another important event coming up this month is our Annual Church Meeting which is planned for Wednesday 26<sup>th</sup> May at 7.30 pm in the church. This is our opportunity to review and give thanks for all that has been offered at Trinity during the strange year that we know as 2020 and to take a look at how the land lies for the months ahead. It would be great to see you there.

In the meantime, I do hope that you are able to enjoy some good and lovely things in this most wonderful time of the year, and as we see nature renewing itself all around us, may we too spend time with our wonderful Lord in prayer, daily asking him to renew us in our spirits and in our life and service together as the very special family of faith that is Holy Trinity Frome.





# Exploring Peacebuilding

The church is in a state of transition in which our capacity to deal positively with difference will be highly significant. We are developing a Peacebuilding Network and are offering training to people who want to explore the possibility of working with parishes who find themselves having to confront uncomfortable differences or disagreement which threaten the harmony of the congregation or community.

The programme will be comprised of five training sessions. Sessions will be based on John Paul Lederach's book *Reconcile: Conflict Transformation for Ordinary Christians* and centre on biblical ideas about seeing conflict positively and exploring appreciative, invitational and dialogic approaches to working constructively with difference.

Session dates will be:

10<sup>th</sup> May: 6:00pm – 8:00pm on Zoom

17<sup>th</sup> May: 6:00pm – 8:00pm on Zoom

24<sup>th</sup> May: 6:00pm – 8:00pm on Zoom

7<sup>th</sup> June: 6:00pm – 8:00pm on Zoom

19<sup>th</sup> June: Morning workshop at Flourish House, Wells, 10:00 am-1:00pm

The programme is open to anyone who is interested and is free of charge. It is essential you attend all sessions. At the end of the training, participants

may apply to become part of the Working with Difference Network if they feel called to do so and will be offered a discernment conversation as part of this process.



The training will be led by Simon Keyes, who will also head up the network. Since reading Zoology at Oxford, Simon's career has been largely pursued in NGOs concerned with developing new initiatives in the areas of homelessness, mental health and crime prevention. He worked with World Community for Christian Meditation, organising

“The Way of Peace 2000” interfaith initiative with HH The Dalai Lama in Northern Ireland. He was Director of St Ethelburga's Centre for Reconciliation and Peace between 2004 and 2014 and was appointed Professor of Reconciliation and Peacebuilding at the University of Winchester in 2015 where he now teaches an online distance learning MA programme in Reconciliation to students round the world.

His current areas of interest are in the notion of successful disagreement, the nature of dialogue and community reconciliation. He has worked with a number of parishes in the Bath & Wells diocese on issues of disagreement and as a trainer for clergy and readers.

If you would like to register for the programme, please complete and submit the form on this link

**<https://dobw.zonkdev.co.uk/event/exploring-peacebuilding/2021-05-10/>**

Please note, spaces are limited to 15 participants. Additional names will form a waiting list

If you are interested in the Peacebuilding Network but can't make the dates of this set of sessions, please email Josie Halla, on [ministryformission@bathwells.anglican.org](mailto:ministryformission@bathwells.anglican.org) and we can register your interest for future events.



A TIME TO PRAY

# *Whole church prayer meeting*

24th May at 8pm online.  
Email Lesley or the office for the zoom login  
details.

## **Update from Mike and Brigit**

We are now back in Frome after 8 weeks in Seattle, USA. After battling and beating cancer for over 25 years Mike's mother passed away quietly on March 5th, surrounded by her family who loved her. Hospice care had enabled her to stay in our family home which was filled with family from around the world that gathered to say goodbye. If you are interested, her obituary can be viewed at <https://bartonfuneral.com/2021/03/16/marjorie-ann-adams/> We will wait until later in the summer to return to the USA for a memorial service when gatherings are safer.

We have completed our quarantine, had our first covid jabs and hope to be fully resident in Frome for a couple of months at least. We look forward to catching up with Trinity family and friends in the coming months.

## A Word From The Wardens:

It has been natural to become fearful recently. The fear of the unknown ...

There have been so many different aspects of life which have been difficult during the lockdowns. Many people have been isolated, lonely and hugely missing both family and friends. Some of course have faced illness themselves or had family who have suffered. There have been those who have had no work and therefore no income ( and those who found working from home very distracting!) Church gatherings and enjoying joyful worship have also been importantly missed.

“Will there ever be a ‘normal’ again?” is often heard.

Fear has seemed to be a a big factor and a major concern affecting the well-being and coping facilities of people.

BUT!!! we know the good news!! Faith can be seen to be the opposite of fear!

“ Do not give way to fear” ( 1 Peter 3.6)

Jesus said , “ Don’t be afraid, just believe” ( Mark 5 .36)

“ Faith is being sure of what we hope for” ( Hebrews 11 . 1)



So we can be so grateful for the vaccination programme, for Spring and its joyful flowers and birds, for taking delight in the small things of life, for the future, soon, on Sundays, of two services in church in the morning and the promise of worshipping and singing! Can't wait to see you there!

Libby Doewansey

Chris Stafford

## PARISH NURSE NEWS

Greetings Trinity family! it's so lovely to see Spring in action now with evidence of God's creation surrounding us in the form of blossom, spring flowers, birds busily gathering for nest building and crisp sunny days, though there is still a keen wind as I write!

This month I thought I would talk about foot care. Let's talk about feet!

Here's some fun foot facts I have unearthed!

Each foot is made up of 26 bones, more than 150 ligaments, an intricate network of muscles, nerves and blood supply.

The average person will take 10,000 steps per day. Therefore, in a typical lifetime you will walk more than 4 times round the planet (115,000 miles).

Feet contain approximately 250,000 sweat glands that excrete about half a pint of water per day.

Renaissance artist Leonardo Da Vinci called the feet "A masterpiece of engineering, and a work of art".

75% of all British people will suffer from a foot problem in their lifetime.

Neil Armstrong stepped on to the moon with his left foot.

### **Plantar fasciitis.**

This condition seems much more prevalent now and is common amongst those who spend long periods of their day walking and standing. Apparently 1 in every 10 adults will be affected by it. I've suffered from this myself and its excruciatingly painful, and I have advised several people about treatment since becoming Parish Nurse, so thought it might be useful to talk about this in more depth.

It is caused by inflammation of the plantar fascia, a fibrous band of soft tissue connecting your heel bone to your toes. It helps to reinforce the arch of your foot and acts like a "string bow" to stiffen your foot for walking. You can usually ease the pain yourself, but see a GP if the pain does not improve within 2 weeks.

The main symptom of plantar fasciitis is pain on the bottom of your foot, around your heel and arch. You are more likely to suffer if you are aged between 40 and 60 years of age, and it is more common in women than men. If you are overweight or



have diabetes you are also more likely to get plantar fasciitis. And its more common if you have a high instep. Poor quality/ footwear also wont help! It's more likely to be plantar fasciitis if:

- the pain is much worse when you start walking after sleeping or resting
- the pain feels better during exercise, but returns after resting
- it's difficult to raise your toes off the floor

### **How to ease plantar fasciitis yourself**

- rest and raise your foot on a stool when you can
  - put an ice pack in a towel on the painful area for up to 20 minutes every 2 to 3 hours
  - wear wide comfortable shoes with a low heel and soft sole
  - regular gentle stretching exercises
  - exercises that do not put pressure on your feet, such as swimming
  - take regular paracetamol.
- 
- do not take Ibuprofen for the first 48 hours
  - do not walk or stand for long periods
  - do not wear high heels or tight pointy shoes
  - do not wear flip-flops or backless slippers
  - try not to walk barefoot on hard surfaces

### **You can ask a pharmacist about:**

The best painkiller to take  
insoles and pads for your shoes, (trainers will cushion the foot and offer support.

### **You may need to see a GP if**

- the pain is severe or stopping you doing normal activities
- the pain is getting worse or keeps coming back
- the pain has not improved after treating it yourself for 2 weeks
- you have any tingling or loss of feeling in your foot

you have diabetes – foot problems can be more serious if you have diabetes

### **General foot care**

After washing podiatry recommend applying Aqueous cream daily, to the top of your foot and the heel, avoiding between the toes. It can be obtained from any pharmacy without prescription. Don't apply too much or it won't soak in.

Apply surgical spirit daily between the toes on cotton wool. It can be purchased from any pharmacy.

Cut your nails straight across using nail scissors and use a metal file to smooth the edges rounding off sharp corners. Don't cut them too short or pick or tear the nail off. And avoid cutting the nail down the sides as this will leave a spike that may "grow in.

## PARISH NURSE

### NEWS

If you are unable to cut your nails file them little and often.

File in one direction away from yourself and over the top of the nail.

Only file hard skin on your feet if a podiatrist has advised you to. And begin filing a few days after your podiatry visit.

### Diabetes

Those of you with diabetes are at risk of problems with your feet, including foot ulcers or infections. In the worst cases, complications with your feet can lead to an amputation. Diabetes causes one amputation every hour in the UK. This is why looking after your feet is so important when you have diabetes. Taking care of your feet might feel like something we would rather forget about until we have an issue, but these problems can be avoided with regular foot care.

Raised blood sugars, raised cholesterol (blood fats) and high blood pressure can affect the feeling in your feet. This is known as peripheral neuropathy. This can also cause problems with blood flow to your feet, which means cuts, sores and blisters won't heal as quickly.

When you have diabetes, problems with your feet can become serious. This means that damage to your foot could need emergency attention. And you are more likely to develop a serious problem if you have more than one sign of a foot problem.



### Checking your feet!

Take off your shoes and socks.

Touch both of your feet and check their temperature. They should both feel the same and not be cold or hot.

Look at your feet and see if there are any thick, hard areas of skin (calluses), blisters or scabs, or any changes in the shape or colour.

Check in between your toes for any dry or flaky skin. Look at your toenails too to make sure they're not too long and that they're not digging into the skin.

You should have a foot check at least once a year. This should be done by a member of your healthcare team, for example your nurse or podiatrist. At your foot check, the healthcare professional should look at your whole foot. They should test your feet for numbness or changes in feeling. They might use a tuning fork to do this. They will check the blood flow in your feet and will take pulses in

your ankles. They will also look at your shoes to make sure they are not causing you any problems. If you haven't had a foot check in the last year, ask your nurse or GP to arrange an appointment.

If you find it difficult to reach your feet or if you have poor eyesight, you could try using a mirror on the floor to help you check the bottoms of your feet. You could also ask a family member, friend or carer to help you check.

A serious foot problem needs urgent attention so it's important that you can spot any signs of a serious problem quickly. Checking your feet every day will help you spot the signs of a serious problem.

If you see any of these changes, you should take the weight off your feet and get help as soon as you can and see your doctor, podiatrist or nurse. Speak to your GP urgently if you notice any of these changes:

- a tingling sensation or numbness
- burning pain
- a dull ache
- smooth, shiny skin on your feet
- hair loss on your legs and feet
- loss of feeling in your feet or legs
- swollen feet
- your feet aren't sweating
- wounds or sores that don't heal
- cramp in your calves when resting or walking.

Take the weight off your feet and see your doctor, podiatrist or nurse urgently or go to your local A&E if you notice any of these changes:

Changes in the colour or shape of your feet, cold or hot feet, Blisters or cuts that you see but don't feel, a bad smell coming from an open wound

## **Reducing your risk of a serious foot problem**

If you smoke, ask for help or stop. Smoking makes it harder for blood to flow to your feet.

Manage your blood sugars, cholesterol and blood pressure. Meeting your targets means it is less likely the nerves and blood vessels in your feet will get damaged

Check your feet every day. Get to know your feet so you can spot any changes quickly and easily.

Moisturise your feet every day. This will stop your skin from cracking and getting infected if it's too dry. Use a perfume-free moisturiser, but not between your toes.

Eat a healthy, balanced diet and stay active. Your care team can give you advice about how to eat more healthily. Ask your care team for advice about being active if you have had a previous foot problem or have an active ulcer.

Take care cutting your nails. Cut your nails straight across, not down the sides, and use an emery board on any corners. Don't use any sharp tools, like the point of nail scissors, to clean your nails. Ask your care team for help if you are struggling to cut your own nails.

Make sure your footwear fits. If your shoes or socks are too tight or loose, they can rub your feet and cause blisters. Blisters are serious if you have diabetes and can develop quickly.

Don't use blades or corn plasters. They can damage your skin. Speak to your care team if you need help with corns. Get expert advice. You should have a foot check by a healthcare professional at least once a year to see if you're at risk of any problems.

Keep useful numbers handy. Know what to do and who to call, for example your GP, foot specialist or out-of-hours service, if you have a problem

### **Never ignore a foot problem!**

They can develop quickly and when you have diabetes, it is very important to have them treated as soon as possible. This will reduce your risk of needing an amputation in the future.

## **DATES FOR YOUR DIARY**

My podiatry clinic is back on!

### **Starting 30<sup>th</sup> April in Trinity Hall from 1:30 pm**

Caroline the podiatrist is Registered with many years of experience in the NHS as well as providing a domiciliary service around Radstock. This service is kindly funded by Trinity congregation currently and is for those unable to access NHS podiatry due to financial hardship. Please telephone me for an appointment and continue to wear a mask and maintain social distancing while waiting in the hall. I continue to work one day a week and can be contacted on **07423318929**

**The Bereavement Journey** is a six-week course devised by Holy Trinity Brompton and I will be running it at Trinity soon! It's for anyone who is working through the grieving process which may have occurred in the past or perhaps it's a more recent loss, it uses film and discussion to explore this in more detail. The sixth session looks at bereavement from the Christian perspective.

I'm hoping to start this during the day on a **Thursday between 10:30 and 12:30 the start date will be towards the end of May**. Let me know if you are interested and I will confirm the date soon.

Love & blessings

Jan x

Information for this article is from Diabetes UK [www.diabetes.org.uk/your-feet](http://www.diabetes.org.uk/your-feet) Or call the helpline on 0345 123 2399, Monday to Friday between 9am to 6pm

Wells Cathedral

# BE A CHORISTER FOR A DAY



Wells Cathedral warmly invites boys and girls between the ages of seven and nine to this virtual event. Join in a rehearsal with current Choristers, meet the music team, and find out more about Chorister life.

**Saturday 22<sup>nd</sup> May 2021**

For more details, please contact: [musicooffice@wells cathedral.uk.net](mailto:musicooffice@wells cathedral.uk.net)

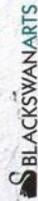


**PORTRAYAL  
OF A  
PANDEMIC**  
AN EXHIBITION  
SEPTEMBER 2021

## OPEN FOR SUBMISSIONS

**ALL FORMS OF ARTWORK WELCOME**

INCLUDING SCULPTURE, TEXTILES AND ALSO POETRY  
PLEASE EMAIL SUBMISSIONS TO EVENTS AT:  
EVENTS@ACTIVEANDINTOUCH.ORG  
WWW.ACTIVEANDINTOUCH.ORG | 07738 381124



Made differently

# M A Y

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
2	3	4	5
9.00 Holy Communion 11.00 Live Broadcast Holy Communion	May Bank Holiday		10:00 Holy Co <b>10.00 DEADLI</b> <b>APCM REPORT</b> 19.30 Zoom F Faith
9	10	11	12
9:00 Holy Communion 11.00 Live Broadcast Holy Communion			10:00 Holy Co <b>10.00 JUNE M</b> <b>articles deadli</b> 19:30 Zoom F faith
16 APCM Reports and booklet available	17	18	19
9.00 Holy Communion 11.00 Live Broadcast Holy Communion			10.00 Holy Co 19:30 Zoom F faith
23 Pentecost	24	25	26
9.00 Holy Communion 11.00 Informal In Person Service & live broadcast	<b>A TIME TO PRAY</b> 8pm-9pm. For the Zoom link please email the office <a href="mailto:holytrinityfrome@gmail.com">holytrinityfrome@gmail.com</a>		10.00 Holy Co <b>19.30 APC</b>
30 Trinity Sunday	31		
9.00 Holy Communion 11.00 Informal In Person Service & live broadcast	14		





# TRINITY NOTICEBOARD

## FROM THE REGISTERS

### FUNERAL SERVICES SINCE JANUARY

26th Jan 2021 Pricilla Cox  
 22 Feb 2021 David Burleigh  
 25 Feb 2021 Clive Baker  
 3 Mar 2021 Kathleen Goddard  
 20 Mar 2021 Duncan Mathieson

### FLOWERS ON EASTER SUNDAY

were in Loving memory of  
 John Adair.

## 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*

## Focus on faith:

Started on Wednesday 29th 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



## Could you be a School Governor?

The Education Team at Bath & Wells are appealing for more volunteers to become Foundation Governors. A role that is key in promoting the distinctiveness of our church schools. Find out more on the diocese website: [www.bathandwells.org.uk](http://www.bathandwells.org.uk)



## 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.

Relaxed, candid & creative wedding and family photography by James Markham Photography. See



[www.jamesmarkham.org](http://www.jamesmarkham.org) or contact me via [jamesmarkhamphotography@gmail.com](mailto:jamesmarkhamphotography@gmail.com) for more details

Daisy May



Cards

Daisy May Cards—Mo Mossman Customers can purchase goods through my website: [flamingopaperie.co.uk/web/momossman](http://flamingopaperie.co.uk/web/momossman)

Facebook page is : Daisy May Cards.  
[Daisymaycards@gmail.com](mailto:Daisymaycards@gmail.com) or 07980894339. Orders generated from HT will make a 10% donation to Holy Trinity funds or any other charity nominated by the purchaser.

**I'll Cook, You Pour** Here to get you out of the kitchen, into the party. Home cooking lessons, dinner parties, buffets, Weddings & Barbecues. Chef to carve, charity events, Stag/Hen Do's, Birthdays or simply a treat for Mum's night off. CONTACT: 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)





Save the date! **United Breaks Out** is coming to you and your church **FOR FREE** this summer:

**Thursday 29 July – Tuesday 3 August 2021**

In 2020 we experienced the Holy Spirit bringing breakthrough, healing and restoration in the lives of thousands through our first United Breaks Out (UBO) digital event:

**'The time to allow the Holy Spirit to heal old wounds has been wonderful'**

**'I felt Jesus was speaking directly to me'**

We're praying that God will use **United Breaks Out** powerfully again this summer. And with more freedom to gather, we're excited about the opportunity to enable church families to **connect**, build **community**, and experience and **encounter** Jesus together. Please share the news with your church - and find some outside space for a barbecue!

### **FAITH & OBEDIENCE**

All the main celebrations, kids' and youth sessions will be available **completely free** of charge. This wasn't our original plan - we've been preparing to open bookings for a paid online event to cover ongoing costs and the loss of income from cancelled physical gatherings. But we believe God has asked us to take a step of faith and obedience. **We believe he has a plan to resource, empower and equip you and your church this summer, for the sake of the nation.** So, responding to a strong prophetic sense, we are following his call to give UBO away for free, in faith.

We can't wait to gather with you again this summer - to connect with God and each other in our homes, parks, gardens, churches and communities!

With every blessing  
The New Wine Team

### **CHURCH FOR FREE THIS SUMMER**

We'll be building on our experience of running UBO last year, with an extended 6-day programme of teaching, worship and prayer ministry for all ages and abilities:

- Morning & evening Arena & Impact celebrations
  - TED-style seminars, sofa sessions, Q&As
  - Morning Kids sessions packed with songs, stories, gunge, fun & games
  - Morning and evening Luminosity (youth) devotions & chat, challenges, workshops, celebrations & after parties
  - Accessible Church enabling people with additional needs to participate as much as possible, and to grow in the gifts that God has given them
- After Hours programme – The Big Quiz and more!

# Children & Families Update

Hello Trinity Folks,

I just wanted to give a little update and share some words of thanks with you all. As we continue to crawl out of this covid situation it's been a real blessing to start to see more and more families in person. We will continue to meet fortnightly online for a families service but, although this is lots of fun, we know it is some way off meeting one another in person. It was a real taste of what is to come when we met together for an Easter Family service and we look forward to the 23rd May when the 11am service starts in person again.

I am looking forward to meeting up with the Dad's for a walk and a drink at a country pub soon, as we look to restart this every month. Although it has a very different feel compared to sharing breakfast and games with the kids (as we ran it pre-covid) it is valuable to have time carved out for fellowship with each other.

I've also been running monthly online social events, which have been a real blast. In May we are having a pub quiz, which should be a lot of fun. It is really important to create space to hang out together, invest in friendships and laugh. Hopefully in the summer we can have some in person socials too!

We still haven't got a set date for our other activities starting up (Trinity toddlers, Messy Church etc etc) but we are considering running a short Holiday Club this summer, likely to be on the 2nd & 3rd August, if you have ideas or would like to be involved in this please do get in touch with James.

Please pray for:

- Families struggling with grief.
- An increased level of friendship, both among our church family and also with the Lord. That people feel a sense of identity and belonging both as a son / daughter of Christ but also as a brother or sister in our family here at Trinity.
- Those who have become new parents in the last year and who haven't had the chance to socialise with friends and family and who may feel anxious about the future, may Trinity be a place they feel welcomed and loved.

Thanks for your continued support and prayers,

James

**10 years ago, this July, the Diocese of Marsabit was started!** It's amazing to recognise how much has been achieved through the grace of our Lord in that time. Sue and I hope to fly out for the celebrations on July 24/25<sup>th</sup>, but... will we be allowed to travel?

**Covid is the problem.** Recently the UK government put Kenya on its red list, so travelling there is not currently allowed. Also, the Kenyan government has maintained the lockdown, closed schools, and put major cities under curfew. Yet Kenyan official numbers are very low compared to ours, namely total deaths 2330 and cases about 145,000 (Kenya population 50 million) Nevertheless, hospitals in the big towns are running out of ICU beds and oxygen, and hospitals in other areas have no ICU beds at all. The Kenyan health system is very basic and many people are worried. In Marsabit, anecdotal evidence suggests cases are rising. Whatever the physical toll, the lockdown is causing massive economic hardship and mental stress



**Alice is a friend of ours.** She comes from Western Kenya, but normally works in Marsabit for the RC church. She is a youngish widow with 6 children, one of whom is severely disabled and lives in a special school. Now all schools are closed, so she and her youngest three are with her, meaning she can no longer work and has no money to pay the rent or feed the children. She is strong, but is now really depressed, and has decided to return to Western Kenya, where she has more chance to survive. This story is repeated all over Kenya, which has no furlough system, no social security and no state aid.

**Another challenge is the lack of rain and consequent threat of drought.** The rains usually come late March or early April, so they may just be late: otherwise, famine will follow. At least the locusts haven't swarmed in the North recently

**A final challenge is the insecurity, caused by friction between the Gabra and Boran.** It has resulted in death, stolen livestock and people moving to safer areas. Several churches have been closed for months because of the

fighting.

**Please pray for peace and reconciliation.** That is a plea we have made so many times before. When will different people groups learn to live in harmony?

**But, despite all these difficulties, the Lord has been gracious and good things have been happening!** On February 28<sup>th</sup>, 10 people were ordained and 15 new lay readers licensed. There was a huge celebration!

Earlier, 5 candidates had been approved for ordination training, and will start training in September.



**The Diocesan Synod took place very successfully** with people coming from every parish except one, despite the insecurity. The 2020 accounts showed a surplus even with the effects of Covid. This was mainly due to the extra support provided by Friends of Marsabit. And our newsletters have told of new congregations, groups of warriors being open to Christian teaching, (with football of course!) and as we write, a Youth conference is happening

**A new project to empower women through a Savings and Loans scheme has begun with over 200 members.** It is organised by Five Talents, and sponsored by Chelmsford Diocese.

**So, we thank the Lord for his goodness, and pray we can celebrate with our brothers and sisters in July!**

**Rob and Sue**

# Mothers' UNION

Christian care for families

Exciting things are afoot for Mothers' Union! We are gearing up for our Summer of Hope, whilst also preparing events to mark significant milestones. 2021 is 100 years since the death of Mary Sumner our founder and 145 years since the establishment of the Mothers' Union. There will certainly be occasions to mark these dates.

Also a new magazine 'Connected' has just been produced. It has articles about Mothers' Union work all over the world, what MU does at the United Nations for Women (UNCSW), how MU tackled Covid. Our CEO reflected on the past year which presented so many challenges that nobody could have foreseen. Even amidst all the frustrations there were reasons for hope. 60 MU Diocesan Chaplains spent a day together online for encouragement and to share information. Mothers' Union shop has re-opened with lots of Christian gifts, cards, books, etc.

The Diocese of Bath & Wells MU continues to have Zoom meetings, and there are various events and services online nationally.

Beckington Mothers' Union is planning a Communion Service in the Church on Wednesday 5th May in the church and hopefully able to have tea outside afterwards. It will be good to get together in person again.

For further 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



[www.holytrinityfrome.info](http://www.holytrinityfrome.info)



[holytrinityfrome@gmail.com](mailto:holytrinityfrome@gmail.com)



[www.facebook.com/  
holytrinity.churchfrome](http://www.facebook.com/holytrinity.churchfrome)