



TRINITY TIMES

MAY 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

*Kids Church on the 2nd, 4th & 5th
Sundays of the month. 1st Sunday is
Wild Worship at Trinity First School
and 3rd Sunday is Café Church.

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.

SUPPORTING THE CHURCH

Account no: 52069117
Sort Code 60-08-31

SUPPORTING THE PARISH NURSE

Account no: 52069117
Sort Code 60-08-31

Reference: PARISH NURSE

SUPPORTING THE DEBT CENTRE

Account no: 52069117
Sort Code 60-08-31

Reference: DEBT CENTRE

SUPPORTING THE CHILDREN'S WORK

Account number: 63576341
Sort code: 60 08 31

A WORD FROM THE WARDENS

*“Twas at the restaurant they met
Romeo and Juliet
He had no cash to pay the debt
So Romeo’d what Juliet..!”*

The above has no real message except one perhaps of a bit of fun! This is in a way what our Archbishop Justin Welby suggested we all needed more of.

Some of you will no doubt remember, just a few years ago, when our Archbishop of Canterbury came to Frome and spoke and answered questions at the Cheese and Grain, in front of hundreds of people. He also came to our church before that and we had a short service. When he saw our church, beautifully reordered, his first word was “Wow”! What a privilege to have welcomed him here and it’s important that we don’t forget what a special place we have to worship in and to welcome newcomers on every possible occasion.

Amongst other things, what Justin Welby said at the Cheese and Grain that evening was that the Church of England had too many meetings and not enough social get-togethers. (He actually used the word ‘parties’ but not a popular word at the moment!)

As wardens, along with many others, I think we would agree that there have been very many meetings and certainly during lockdown no social gatherings. But last week we had a well-attended picnic in church

after the Sunday services. It was special and felt as if it was the beginning of being able to socialise together. Do look out for further announcements for similar gatherings, there is so much going on and much more being arranged. Don’t miss the fun at the Church Camping Trip in Dorset, June 17 - 20. See James about that and do check the magazine and weekly bulletins for all other activities.

By the time you read this May magazine the closing date for the applications for our new Vicar will have passed. Interviews are at the end of May. Please continue to pray for this process and everyone involved. It does feel as if we’re getting nearer to the time when a new Vicar will be appointed, and that is very exciting. Thank you to all who have attended the Vacancy prayer meetings so faithfully.

We had a wonderful service on Easter Day, taken joyously and reverently by Rev Chris Hare. The church was full and the children helped to make it a special family occasion.

We, the Wardens, remain hugely grateful to all our retired clergy, and Paul Burden who is not retired!, readers, music leaders, staff and volunteers for everything they do on a regular basis. The church couldn’t operate without them.

Blessings to you all

Libby and Chris

LIFE IN ABUNDANCE

A message from Brian Castle, Honorary Assistant Bishop for Bath and Wells

It all happened so quickly. I went to A&E with severe back-pain which affected my mobility. The NHS was outstanding. Within a dizzying few hours, I heard I would need an immediate MRI scan and possibly rods to support my spine. I dreaded the thought of going into the scanner, let alone the surgery. As I was being wheeled along the corridor, Lauren, my Godson's 10-year-old daughter, came into my mind.

Lauren is a talented girl passionate about football. Just over a year ago, it was discovered that she had a growth at the base of the spine which would need radical treatment to prevent spinal curvature. She would also require rods in her back which could be regularly extended by surgery as she grew into adulthood. In addition, this ten-year-old would be spending lonely hours in a soul-less scanner. Lauren is lovingly supported by her wonderful family and magnificently treated by NHS professionals, but while it can be shared, the load is ultimately hers to carry. Parents bear the agony of powerlessness. In the middle of this painful dilemma, young Lauren is instinctively grabbing the God-given gift of abundant life which is for all and which lies at the heart of the Gospel. As we get older, less passionate and more cynical we can lose faith in this gift.

As I was being taken to the radiology department, I realised that I was being strengthened and inspired by this young girl, six decades my junior, facing far greater challenges than me. My own fears were being transformed by Jesus Christ's gift of life mediated through Lauren's courage. Life may turn out differently from what we expect, but that does not restrict its abundance.

The young are an inspiration. It is the role of the older generation to ensure they can grow into the special people God has created them to be so that they can release the gifts they have for us all.

Thanks, Lauren.

Despite all she faces, Lauren continues to play football.

+Brian

Forget-me-not Café



When? - 11th April (second Monday
of every month) **NEW TIME 2.30 – 4 pm**

Where? - St Philip and St James Church, NSP



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!

Contact Jo for more information 321jorobinson@gmail.com 01373 831381

Green & Healthy Future for Frome

Green & Healthy Future for Frome wants to achieve a health and climate win-win. This community-led initiative is based on the idea that people's health and the health of the planet are intertwined – if we improve one, we'll also improve the other and everyone will share in a better future. We are working together to ensure there are many ways to live greener and healthier lives in our town. Part of this programme will be coming to Trinity Church soon, so Charlotte has written more information on how to get involved below and you can visit our website for up-to-date information, www.greenandhealthyfuturefrome.org

We are inviting you to be part of many community-led initiatives that give a boost to our health and have a positive impact on the climate. We are creating ways for different people and community groups to get involved to find out how we can make a greener and healthier town, and we want to hear from you! We are a unique partnership that can make amazing things happen with your support and participation.

The Green & Healthy Future for Frome programme is a partnership between Edventure: Frome, Frome Medical Practice, Frome Town Council and our local community. Our programme is funded by The National Lottery Community Fund.

Green Community Connectors

Health Connections Mendip are offering 1 hour sessions, open to all where people can explore how to take positive steps to make a difference to the planet and people's wellbeing, as an individual and as a community. This is an inspiring and informative session that gets 5 stars from many people who have already done it. It's easy, a great way to learn about how small steps can make a big difference and connect you to your community! Sign up through Let's Connect:

<https://healthconnections mendip.org/lets-connect/training/green-community-connectors/> or call 01373 468368. Delivered by Charlotte, this training will be offered to the Trinity Community soon, so watch this space or get in touch to find out more mendip@healthconnections.nhs.net

Evaluation of the project

We are carrying out a study and publishing the impact of the Green and Healthy Future programme in order to determine how the programme can responsively improve the activities we develop in the programme.

Cycle Together

The Cycle Together scheme allows people to borrow an e-bike plus essential cycling accessories for four weeks so that they can tackle Frome's hills and improve their health whilst reducing pollution and congestion. Participants also receive six hours of guided rides.

Healthy Homes

Healthy Homes is a partnership between Frome Town Council, Frome Medical Practice and

the Centre for Sustainable Energy (CSE). The team are ensuring that Frome residents get support to live in a warm, healthy environment- whether that's helping people on low incomes to access financial support for energy efficiency measures, or providing retrofit advice to homeowners wishing to make home upgrades. Free training is also available to all who want to understand more about home energy.

Choosing Wisely

Frome Medical Practice's team are supporting patients to make greener health choices as some medications and lifestyles have lower impact on the environment than others. You can ask about this at your next appointment.

Future Shed at Edventure

Future Shed is a space where people come together to share ideas and bring green and healthy initiatives to fruition. Share your ideas, get support to bring them to life, make new connections and learn new skills, so that we're equipped for a greener, healthier future.

Visit the website to sign up or join any of the strands above at www.greenandhealthyfuturefrome.org



PARISH NURSE

Greetings Trinity family!

I hope you are all well and those who have succumbed to Covid had mild symptoms and that your associated fatigue has lifted. Having had it myself now, has made me very aware of how fatigue really feels for a patient.

This month I thought I would look at ME and Fibromyalgia, and chronic fatigue syndrome, as I know quite a few people within Holy Trinity are affected by these debilitating conditions. When I was a district nurse, I met quite a few patients suffering and they all seemed to have one thing in common. They had experienced one or more traumas in their lives, and it appeared to me that their bodies just simply couldn't continue. Their physical symptoms manifested as their bodies just refused to function in the wake of trauma/s. For those of you who don't know about these conditions, here is a brief explanation from the NHS website:



Myalgic encephalomyelitis, also called chronic fatigue syndrome or ME/CFS, is a long-term condition with a wide range of symptoms. The most common symptom is extreme tiredness.

ME/CFS can affect anyone, including children. It's more common in women, and tends to develop between your mid-20s and mid-40s.

Symptoms of ME/CFS

Common symptoms of ME/CFS include

- feeling extremely tired all the time – you may find it very hard to do daily activities
- still feeling tired after resting or sleeping
- taking a long time to recover after physical activity
- problems sleeping, such as waking up often during the night
- problems with thinking, memory and concentration

Some people with ME/CFS may also have other symptoms, including:

- muscle or joint pain
- headaches
- a sore throat
- flu-like symptoms

- feeling dizzy or sick
- Fast or irregular heartbeats (heart palpitations)

The severity of symptoms can vary from day to day, or even within a day.

I recently attended a Parish Nurse Symposium in Derby, and one of the speakers gave a moving account of how she had found a support network called The Chrysalis Effect, which had changed and given her back her life. It was so inspiring! I have included her account of her illness and recovery here. I thought I would include some information about the The Chrysalis Effect as its treatments are endorsed by a panel of health experts including a doctor.



A Work In Progress By Alison McGrath

Alison is currently on her own recovery journey and is sharing her own experience so far. Alison has been with The Chrysalis Effect for 9 months.

I have always seen myself as a strong and reliable person, someone whom other people can come to for help. Surviving a nasty period of bullying as a young student nurse in the army convinced me that I could cope with anything. Later, civilian nursing taught me that I should be able to carry a limitless workload and still smile for the patients. As the eldest daughter and a nurse in a matriarchal family, my work spilled over into my personal life and I became Mrs Fixit for everyone.

Over the years I went through several crashes, each time developing a better understanding of the craziness of the expectations laid on me, but unable to find ways to protect myself. When I voiced my needs, I was described as aggressive, angry or selfish and pushed back in the box.

As so often happens, I emerged from the challenge of parenting young children, only to be sucked back into several years of supporting elderly parents and an extended family battered by repeated bereavements and traumas. I deliberately chose to return to work at this point to establish something that was just for me. I hoped that this would shift the family expectation that I was permanently available, but family dynamics don't change that easily. I was still the family nurse and fixer and a challenge to this earned me a bruised face from a relative and the pain of a long-term rift.

I loved my work but, as I threw my all into it, the expectations mounted, and the funding dwindled. Work became the final straw breaking my health. The 'obvious' solution was to give it up, along with any other pleasurable activities that gave me a sense of my own existence as something other than a carer. I woke to a sense of dread every morning, feeling as if I had been battered overnight. I remember the jelly knees, focusing on putting one foot in front of the other to make it down long hospital corridors, the looping



anxiety at three in the morning, the feeling of idiocy at forgetting names and missing appointments. I was so far beyond exhausted that it was a meaningless word, just part of who I was.

I embarked on the traditional route to a diagnosis of fibromyalgia; fruitless appointments with a series of consultants, punctuated by long periods on waiting lists. The initial optimism that a diagnosis would lead to help died in a local support group, where I met people who had been transformed by fibro from people into patients. My nursing may have been a huge part of why I became ill, but it also taught me that doctors are often wrong, especially about chronic conditions. Instead of giving in to despair I got angry, determined to find a way back to health, but I didn't know how to go about this on my own.

Life changed at a ceilidh run by my choir, as I sat and watched a friend dance. Like me, she had missed weeks at a time with exhaustion. She told me about the Chrysalis Effect and how much it had helped her. I was a bit sceptical, after having seen so many quack claims of cures, but her dancing and the online testimonies convinced me to give it a go.

Over the past year I have made astonishing progress. Instead of holding onto the wall as I hobble downstairs each morning, I can jog down to catch the postie. The swelling in my



Alison enjoying a cruise of the Norwegian Fjords to celebrate her 25th wedding anniversary in July this year.

hands, feet and face has gone completely. I no longer crash in a heap after every shock or argument. I have recognised the people and situations that press my buttons and found the courage to say 'No!' more often and to leave the dream job that had turned into a nightmare.

Over the summer I have enjoyed learning how to build a website, as well as writing content in which I'm

sharing my love of gardening and nature and my quest to find ways to follow this passion on a limited energy budget. All I need to do now is work out how to make some money from my writing!

I still have a long way to go, but my progress in clearing the woods means I can now see the trees. The pain in my hands is still there, but since it's the only pain left, I have found that it's because I have a congenital joint issue in my thumb which can be treated. I'm still struggling with tiredness, but my GP is willing to engage with my low heart rate and temperature now that I have fewer other symptoms and back up from TCE.

Sometimes I doubt myself and wonder whether I really have made any progress, then I read back through my morning pages and Chrysalis notes and am amazed at the difference.

My biggest challenge now is not getting out of bed, it's learning not to throw myself back into life so hard that I end up back in bed.

Now that is a change worth celebrating!

The Chrysalis Effect started life as a small, practical and inspirational workshop called 'Get Your Life Back' for those suffering with M.E. and Chronic Fatigue Syndrome.

Elaine Wilkins founder says, "I understood from my own 6 years struggling with M.E. I had to do something. I teamed up to run a workshop with a friend who had recovered after losing her teenage years to M.E. We printed some flyers and set up a little website."

"It was only then that I realised the true scale of the suffering. There was an estimated 17 million people globally suffering, many of whom were trapped in their homes, bed-bound and desperate or resigned to a limited life managing pain and exhaustion."

The only way to achieve these vital aims was to deliver an online solution. However, it had to be technology with the personal touch. It was an immense challenge learning new skills, sourcing new technology and having the courage to finance and invest in the mentoring required to create and deliver what was needed - an online multi-media recovery and training platform. I have founded Chrysalis Effect Health to apply the same model to other areas of health needing a new approach to prevent and promote recovery from anxiety, depression, eating disorders and addiction.

Unfortunately, Chrysalis is not a free service; there is a cost of £27 per month. I hope it may be affordable for anyone wanting to try out the service. There is lots of information on their website or you can call them for more information.

01883 712555 info@theychrysaliseffect.com

Please call me if you require a visit prior to or after hospital treatment or diagnosis, I have lots of resources to guide and support you.

Other News!

Parish nursing funds run out at the end of this year, and I am busy applying for grants to help maintain this service for you. If you know of any grants I could apply for, please let me know. I have applied to the Lions club for funding to keep podiatry outreach running.

I continue to work Wednesday and Thursday 10-4pm Tel: 07423318929

Blessings!

Jan x

CHURCH CAMPING TRIP JUNE 17TH—20TH

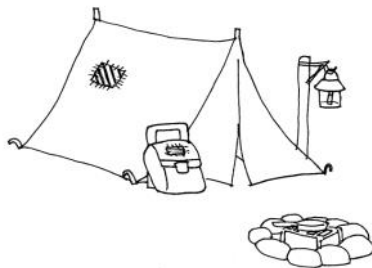
We are pleased to say we have found a campsite willing to take on a group. It is Higher Moor Farm in Dorset, just a few miles from Weymouth beach.

The cost is very reasonable, around £20-30 per pitch per night (depending on whether you want electric hook-up, etc). Please look at the mid-season prices on the website to work out the cost depending on what you want (<https://highermoorfarm.co.uk/camping>).

We have 15 pitches available so it is on a first come-first served basis, although people who would like to drive down for a day trip are most welcome.

To book, call the campsite on 01305 815199, and make sure that you reference 'Holy Trinity Frome' to ensure you are camping with the group.

Any question please feel free to ask James Markham or Beth Baxter.



PROBLEMS WITH EMOTIONAL SPENDING

Over half of the UK are shopping more online now than at the start of the pandemic, according to Mintel.

We've also ordered so much online that we're sat on a huge £2.4 billion of unwanted and unreturned goods, collectively as a nation, according to InPost.

Although we all need little pick-me-ups to get through this lockdown, it's important to identify any unhealthy habits and try and combat them. As someone who always relies on my credit card to get me through to payday, I know all too well the effect overindulging can have on my finances.

In a bid to curb my emotional spending, I spoke to experts about the causes and triggers of emotional spending, and how to stop it. Here's what they told me...

Why is emotional spending on the rise?

Unsurprisingly, boredom has been a big cause for the rise in emotional spending during the lockdown. With research by the Resolution Foundation finding that nearly two million Brits have been out of work or on furlough for over six months, much of the country is spending a lot more time at home, which inevitably becomes wearying and makes us seek out

distractions. "Lockdown, for many of us, has become monotonous," explains Alec Lysak, MSc Psychologist. "When a period of time becomes particularly uneventful, we are prone to act impulsively. This can range from mildly impulsive behaviour, like ordering a takeaway, to actions that may have much more negative consequences, like spending regularly on things we can't afford."

What feelings trigger emotional spending?

Emotional shopping can be triggered by feelings of boredom, sadness, and anxiety. All of these feelings can come to the surface very quickly, especially when we're spending long, lockdown evenings scrolling through social media or trawling online shopping sites with a glass of wine in hand. "Usually, emotions control our spending habits and impulsive buying fulfils different emotional needs," explains Zana Busby, Consumer Psychologist and Director at Retail Reflections. "During the pandemic, we've become even more emotional, with many of us experiencing uncertainty, anxiety, boredom, frustration, and other uncomfortable emotions. In an attempt to generate positive emotions, many people turn to retail therapy in order to manage their moods, deal with the stress and social isolation, and maintain a sense of familiar normality."

What role do companies play in emotional spending?

Unfortunately, just changing our habits alone won't help. "Companies use a wide range of methods to advertise to consumers both online and offline to engage, excite and sell," explains Abbie Roberts, Marketing Consultant, Coach and PPC Specialist. "The ways companies can target you include anything from paid adverts on social media to email marketing, as the goal is to be as visible as possible, in all the right places. There is also a technique known as 're-targeting', where people who have shown interest but not purchased yet get shown specific adverts to encourage them to complete the sale."

Because of the way companies target us with adverts and incentives, there is no one-size-fits-all approach to eliminating temptation. Actions like unsubscribing from mailing lists or swapping to a browser with no targeted adverts, like DuckDuckGo, can help. "My practical tips are to clear all your cookies in your browser or run an advert blocker extension if you're really finding it hard to resist," explains Abbie. "You can also click the 'x' button on the corner of any advert you see on Google or YouTube to report it, or tell Google you wish to stop seeing it, which most people don't realise."

What can I do to stop emotional spending?

Identifying your triggers, and having some time to reflect, can help encourage

a change of mindset. "Ask yourself; how often do you turn to shopping when you feel down, stressed out, or bored?" encourages Zana Busby. "Are you drawn to promotions and sales? Do you engage in impulse buying via social media? Are you enjoying shopping more online, compared to in-person experiences? Self-awareness and reflection will give you answers as well as solutions in the form of antidotes - and the main antidote to impulsiveness is forethought."

Like many things, having a healthy relationship with spending money is finding the fine line between enjoying a treat and not giving in to excess. While confronting an emotional spending habit is important for both mental health and our bank balances, we must remember that it is OK to treat ourselves from time to time, especially during such tough times.

Shopping responsibly, rather than impulsively, is the key. As soon as you're paid every month, prioritise putting money aside for your future. This includes paying your rent or mortgage and any bills, but you should also put money into your savings and investments as soon as it comes into your account. That way, you know how much money you have left to spend solely on you. We all need comfort right now, and this way you can do it guilt-free, knowing you've done all the right things already.

ARTICLE FROM Good Housekeeping

M A Y

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY |
|---|--|--|---|
| 1 | 2 | 3 | 4 |
| 9.00 Holy Communion 11.00 Holy Communion 15.00 HTF Youth | Bank Holiday | | 10.00 Holy Communion 13.00 -16.00 Street Ministry 15.00 CAP prayer |
| 8 | 9 | 10 | 11 |
| 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 Street Ministry |
| 15 | 16 | 17 | 18 |
| CHRISTIAN | | | |
| 9:00 Holy Communion 11.00 Morning Worship 15.00 HTF Youth 19.00 Encounter Worship | 14.00—16.00 Good Afternoon Choir | Trinity Church collecting for Christian Aid in Westway Precinct | 10.00 Holy Communion 13.00—16.00 Street Ministry JUNE MAGAZINE |
| 22 | 23 | 24 | 25 |
| 9:00 Holy Communion 11.00 Morning Worship 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 Street Ministry 19.30 Bereavement |
| 29 | 30 | 31 | 1 June |
| 9.00 Holy Communion 11.00 Morning Worship 15.00 HTF Youth | BANK HOLIDAY | | 10.00 Holy Communion 13.00—16.00 Street Ministry |

| | THURSDAY | FRIDAY | SATURDAY |
|---|--|---|--|
| | 5 | 6 | 7 |
| Communion Stroke Association Prayer meeting | 10.00 Trinity Toddlers 17.00 Food @ Five POLLING STATION | | 9.30 Who let the Dads out? 16.30 Youth Games Café |
| | 12 | 13 | 14 |
| Communion Stroke Association | 10.00 Trinity Toddlers 17.00 Food @ Five | | 10.00—11.30 Eco Church in the churchyard, all are welcome (see page25) |
| | 19 | 20 | 21 |
| A I D W E E K | | | |
| Communion Stroke Association PRAYER DEADLINE | 17.00 Food @ Five | | CHRISTIAN AID FUNDRAISER |
| | 26 | 27 | 28 |
| Communion Stroke Association Prayer Cafe | 10.00 Trinity Toddlers 13.30 Podiatry 17.00 Food @ Five 19.00 16-25 Book Club at The Bridge Café 19.30 PCC | | |
| | 2 June | | |
| Communion Stroke Association | 10.00 Trinity Toddlers 17.00 Food @Five | CHURCH CAMPING TRIP 17 to 20 June for bookings go to https://higher Moor farm.co.uk/camping | |

MISSIONS

News from Stephen and Irene Tucker, serving with the Language Mapping team in Wycliffe Bible Translators.

In April we celebrated Easter. It is such a precious time and so full of contrasts: from sorrow when we remember Jesus' death on the cross, taking on himself the penalty for our sins, to rejoicing that he rose from death and the tomb was empty. He is victorious over sin and death and we have the hope of eternal life with him!

Now we are rejoicing in the two women whom the Lord has provided to replace us on the mapping team. Here is a photo of them taken during a visit by Shauna (on the



left) to Esther in California, USA.

They are both handling considerable responsibilities on the team now. Esther is managing the team's work on special map requests. It is great to see that work expanding. With a larger team, we can help many more

people in the mission with their map requests. Esther is also working with Eva on a new series of maps for the Ethnologue showing the locations of the many, many different Sign Languages that are in use around the world. There are 387 in total of which 261* are in need of Bible translation.

*ProgressBible™. SNAPSHOT. March 2022.

Shauna has lots to do apart from learning from Stephen. Presently she is providing us all with guidance on various tricky software upgrades. There are some big changes taking place for the team in order to take advantage of a new and improved mapping software package developed by Esri the software company. Having guided the team through two previous major software updates, we are taking a back seat this time around!

Since January, Irene has been giving Mitchell training in map research. It involves

helping him to understand how to interpret multiple map and data sources. This is quite a tricky process and an entirely new activity for him, although he does have a helpful background in land survey. Mitchell and his family had to leave Kenya at very short notice at the start of the Covid-19 pandemic. They are now living in Michigan in the USA and gradually dealing with all the challenges of adapting to life there after 12 or so years living in eastern Africa.

Irene, now working just two days a week, plans to retire from Wycliffe UK in early June. After that, we are taking a long holiday to celebrate our fortieth wedding anniversary. We are going to stay on the Isles of Scilly (to the southwest of Cornwall): the place where we spent our honeymoon. It is a very special place for us both. After retiring, Irene will be taking a complete break from work for two months and then she plans to volunteer for a few days a month with the mapping team as a consultant. Meantime she continues to spend quite a lot of time and energy caring for her mother.

Stephen is not retiring yet. Amongst other things, he is still preparing programmer's documentation for the software systems that he has written in support of the mapping team. Plus actively training Shauna when they both find time to do that. Once that hand-over is complete, he will also retire – perhaps at the end of this year.

It is a time for many changes in our lives and we thank you for your loving care for us, your gifts and for praying for us.

We close with a few new notes for your praise and prayers.

Thank God that ...

- ... Shauna and Esther are doing a great job;
- ... Mitchell has joined the team;
- ... We have been happily married for 40 years.

Please pray that ...

- ... Stephen's hand-over to Shauna continues to go well;
- ... Irene will be happy in retirement;
- ... Mitchell and his family will thrive in the USA.



NEWS OF REV ROBIN VINCENT

This email message to the church congregation was received this week, I'm sure many will still remember Robin and his family.

Dear Kally

I am just writing to let you know that my Dad, Robin Vincent died last Wednesday 13th. You may know about this already as I had let Freda Jukes know, but I wanted also to be in touch with the office.

You may recall that Dad was **vicar at Trinity from 1977 - 1990**. It would be great if you could let the congregation know - there will definitely be some who remember us!

Thanks Kally - hope all is well with you there and I'm praying for the recruitment of the new incumbent.

Every blessing

Joy (Mawdesley)

MAGAZINE ARTICLES, POEMS, BOOK REVIEWS, TESTIMONIES, ETC

Please submit to the magazine editor on holytrinityfrome@gmail.com by the following dates

| MAGAZINE | DEADLINE DATE |
|-------------------------------|----------------|
| June Magazine | 18th May |
| July and August Magazine | 23rd June |
| September magazine | 17th August |
| October Magazine | 21st September |
| November Magazine | 19th October |
| December and January Magazine | 16th November |



Frome Tennis 'Reaching Out' program

Free Coaching and Free Membership for Juniors

Frome Tennis Club provides free coaching for juniors of age 4 to 18 from low-income families, and for adopted children. We also provide free club membership for these children. If you are a parent or guardian that qualifies (or is likely to qualify on your child starting school) for Pupil Premium funding, then you are likely to be eligible for the scheme.

Please speak confidentially to one of our coaching team or email coaching@frometennis.net and tell them that your child has qualified (or is likely to qualify) for Pupil Premium Funding. There will be no need to provide any written evidence.

(Supported by Frome Active Sports Trust, Somerset County LTA, Peoples Postcode Lottery, Somerset Community Foundation and Frome Town Council).

Half-price club membership

Half-price club membership is also available via a separate scheme for adults from low-income families (see the club web site for details) so you could join as a family at significantly reduced cost.

Or; why not get a Community Season Ticket for just £50 a year and play whenever you like on the Community Courts?

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.

CALL FREE ON 0800 328 0006

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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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References Available

For More Details Please Call

Jeanette

07856 042644



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. Please speak to Dave Dunn —
davedunn50050@yahoo.co.uk

**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>



Trinity will be hosting a number of events during the Festival this summer, including talks on the Burne Jones windows by Rob Martin, Meditations at noon each weekday, Oakfield Choir, and an orchestral concert. Also you are encouraged to support the following two events we are promoting:

Friday 1st July 7.30pm: What promises to be a fascinating talk by William Ruff on **Father Henry Garnet and the Gunpowder Plot.**

Tickets £8, under 19 £4.

Thursday 7th July 7.30pm: An “exciting and colourful” **Organ Recital** by David Bednall, a renowned organist from Bristol.

Tickets £10, under 19 £5.

Tickets for these two events will be available from the Church Office towards the end of May – the cheapest way to buy them. Tickets for all events will be available from the main Cheese & Grain Box Office from May 22nd, but they add a £1.50 handling charge to each ticket over £5.

Full Festival details will be in the Brochure, distributed at the beginning of May.

Margaret Perry (01373 453962).

Eco Church reflections for May 2022

‘Our flicker of concern for God’s creation stems from the unquenchable flame of love He bears for it.’ (Peter Harris, founder of A Rocha)

The month of May – a month of wonder

‘I remember one evening of a long past spring
Turning in at a gate, getting out of a cart, and finding a large dead rat in the mud of the
drive.

I remember thinking: alive or dead, a rat was a god-forsaken thing,
But at least, in May, that even a rat should be alive.’ *Charlotte Mew*

*Ps 104:33-34 ‘I will sing to the Lord all my life; I will sing praise to my God as long as I live.
May my meditation be pleasing to Him, as I rejoice in the Lord.’*

Ps 104 rejoices in what God has made and affirms He is in control. How well rooted are we in God’s creation? How deeply rooted are we in God? May is a truly wonder-ful month which draws us outside to ponder these inextricably linked questions.

Often the simple act of stepping outside will be enough. A moment of stillness to capture the scent of flowers, the sight and flight of a bird, the fresh colours of new leaves or the presence of dew on a spider’s web can persuade us to leave our worries on the doorstep. The beauty and wonder of earth and sky can serve to eclipse our anxieties and restore our perspective and peace.

How well do we know our gardens? How well do we know the ecology of our local community? In each, as roots grow deeper, the surge in spring towards life is unstoppable (in spite of our efforts or even our neglect).

Each day offers something new in God’s interlinked and interdependent creation, a precious reminder of Lamentations 3:22-23 ‘His mercies never fail, they are new every morning; great is Your faithfulness.’

What beacons of goodness and truth in God’s creation have lit our path in the past week? Can we let this question become a daily reflection?

How might we share this with others?

Beacons of Goodness and Truth - Butterflies!

Since I was a young boy the wonder of these beautiful insects has repeatedly provided beacons of goodness and truth. The transformation from egg – caterpillar – chrysalis – butterfly is one of nature’s (many) wonders. The fragility of butterflies means they are valuable, sensitive indicators of the health of the environment. Sadly, their number/ distribution has declined by 76% since 1976. Nonetheless a number of species will be in flight in Frome during May, including:

Orange Tip, Small White, Large White, Green Veined White, Brimstone, Speckled Wood, Red Admiral, Peacock, Small Tortoiseshell, Small Copper, Holly Blue and Painted Lady.

Being alert to butterflies serves to awaken our awareness of the multitude of the sheer wonders of creation, the work of our Creator.

For more information: www.butterflyconservation@co.uk

Pointers for Prayer

Praise God for the intricate and complex balance of ecology.

Thank Him for His ongoing care for the world in all its parts.

Spend some time praying in response to the mystery that we are both a humble part of creation and also graciously lifted up by God.

Ask that God will prompt your desire to learn more about His world so that your desire to live responsibly within it is increased.

John Samways and Maggie Hancock

Weather permitting; Saturday 14 May 10.00-11.30am

Please come and join the eco team in the churchyard eco patch. All ages welcome. Gloves and shears would be useful but not essential.



Unfortunately, we were not able to meet for our Easter Holy Communion on 6th April owing to the number of Covid cases in Beckington. Our next meeting on May 4th will be a 'virtual' pilgrimage to Santiago de Compostela, which should be very interesting.

The people of Ukraine live in fear every day. Every moment brings with it the possibility of a deadly attack that could destroy everything they value and hold dear. Despite this, many have shown immense resilience and courage in the face of this crisis. Mothers' Union stands firmly with the people of Ukraine; both those who are fleeing and remaining.

MU has been working in partnership with the Anglican Alliance about vaccine equity to ensure vaccines are distributed fairly across the globe, and seeking to enable communities to be well informed when vaccines are available. MU leaders have been invited to talk and share first hand stories and issues at high-level World Health Organisation meetings.

After two years of meeting online, members are looking forward to being able to gather in person for the Mothers' Union Annual Gathering 2022. It will be held at the Waterfront Hall, part of the International Convention Centre (ICC) in the wonderful city of Belfast, on the following dates: 23rd and 24th September 2022.

We are also looking forward to celebrating the Queen's Jubilee and her patronage of the Mothers' Union for the last 70 years.

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 |
| TREASURER | Chris Round | 465718 |
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| TRINITY HALL MANAGER | Jonathan Norcott-Smith | 07471 776948 |
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The church office is open
every week day 9.30 - 12.30
For hall bookings contact us
Via phone or email.



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