

# TRINITY TIMES

NOVEMBER 2021



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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.

We are currently doing a series looking at the Fruits of the Spirit.

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 community approach

Volunteer, Sian Owen runs the Hidden Voices, a Modern Slavery Support group in Bridgwater and was shortlisted for one of this year's Modern Slavery Awards for her work.



Sian Owen, Hidden Voices volunteer.  
**How did you get involved with Hidden Voices?**

I first heard about Hidden Voices about four years ago when they ran a course at my church, St Francis in Bridgwater. I went to support the church but got very interested in the subject. That intensified after the death of a family member, who we later found out had been exploited.

**What does your work involve?**

It is mainly getting out into the community and onto the streets to raise awareness of the issues. We started by getting in touch with the Mayor who put me in touch with the leader of the Town Council who had recently written an article about Bridgwater being the first town to

petition against slavery in 1785 and our network has grown from there. We attend as many community events as possible, such as the Bridgwater Together event that celebrates the diversity of our community. It was a fantastic day, then lockdown hit.

**What impact has the pandemic had on your work?**

I've been able to do some online training for village agent and they still keep in touch and call if they have any concerns. We have continued to be out and about and visible as much as possible and my partner and I were even able to spot an incident of County Lines drug exploitation on our early morning walks.

**How can people get involved?**

Everyone can learn to spot the signs and make a call. You can call the Modern Slavery Helpline (08000 121700), the local police on 101 or the Gangmasters & Labour Abuse Authority (0800 432 0804). You can also do the [Hidden Voices course on the Clewer website](#) and read more about Sian at [bathandwells.org.uk](http://bathandwells.org.uk) ■

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 DIOCESE OF  
**Bath & Wells**  
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## DISCIPLESHIP - FRESH

When I was thinking and praying about becoming a Reader, one of the things that convinced me was the Declaration of Assent. Every Priest and Reader, and the whole church, is called to “proclaim afresh in each generation” the ancient faith revealed in the Scriptures. Although the Gospel never changes, the way we communicate it has to change as the culture we are reaching changes. A generation used to be thought of as about forty years but society is changing so fast at the moment that we rapidly become obsolete, talking a language that few can understand. Smartphones became widely available around fourteen years ago but now even I have one! Most of the communication of my small group about getting together is on WhatsApp.

With this in mind, I was really encouraged to be at the Cafe Service recently organised by James and Co. There were folk there that I have not seen at Holy Trinity before and two people responded to James’s invitation to follow Jesus. Communication is so much more than the words we use – it is the context and atmosphere in which it happens. I was keen that a cafe would smell of real coffee so foolishly volunteered to make it! I have never made coffee for more than four people so was out of my comfort zone. Fortunately, some lovely people helped me out and it did smell good! Please be patient as we experiment with new ways of proclaiming afresh the wonderful good news of Jesus. Some things will work better than others!

I am encouraged that several groups are experimenting with the 4W model (Welcome, Worship, Word, World). Feedback is positive and people are growing in their faith as they take responsibility for leading one of the W’s and leaders are finding less pressure on them to come up with the goods every time. The underlying principle is that each member is a minister, or servant, of the gospel and we can do so much more than we often imagine. If you would be interested in trying it in your group give me a call. It is amazingly simple to run. The vacancy does create opportunities to do so much as we all work together to grow the wonderful Holy Trinity community.

Tom Harflett – discipleship coordinator

## Frome Folk Dance & Social Club

Started our new season on Tuesday 7th September 2021, meeting fortnightly at Trinity Church Hall 14.30—16.30 Why not come along and enjoy a social afternoon with some gentle exercise at this friendly club? New members always welcome anytime. Free entry for the first visit then £2.50 for the afternoon which will include tea and biscuits. Besides Folk Dancing we have other social events which include a Spring holiday, a pre-Christmas break, and a New Year's lunch.

During the Summer break from dancing (July/August) we enjoy a visit to the gardens for cream teas, a summer lunch and an evening for skittles.

For more information:

Phone 01373 462112 or 01373 452150



IMAGE FROM: [https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.northoxfordassociation.co.uk%2Factivity-calender%2Ffolk-dance%2F&psig=AOvVaw3XctVxafLx07zMEPCej\\_1c&ust=1631792617234000&source=images&cd=vfe&ved=0CAwQjhqFwoTCNidw7HzgPMFQAAAAAdAAAAABBy](https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.northoxfordassociation.co.uk%2Factivity-calender%2Ffolk-dance%2F&psig=AOvVaw3XctVxafLx07zMEPCej_1c&ust=1631792617234000&source=images&cd=vfe&ved=0CAwQjhqFwoTCNidw7HzgPMFQAAAAAdAAAAABBy)

Many of you will remember our dear Jenny Buckler who was Church Warden at Trinity.

Graham has sent this photo taken at her licensing at Norton on Derwent in Yorkshire on 13th October.

He says that it was a very happy occasion! We celebrate with them with Thanksgiving.





## Safe Families *for* Children

Hello and welcome to our latest Somerset newsletter to churches!

### ***Get to know the team:***

Our newest Family Support Manager, Leisa, loves competitive hovercraft racing – now there's a hobby!

Dawn is a published author with her "Freed From Shame" addressing the stigma of mental illness in the church. Helen took up knitting during lockdown ... with varying degrees of success and has also recently been able to get back to bell-ringing after the long break.

Our other FSM, Nicky, took up flower arranging during lockdown and has blessed up with some beautiful bouquets.

### ***Stories of hope:***

We love to hear positive stories from our team and here's one to encourage you all: I posted a prayer request a while ago for a mum I used to work with, Gemma. This family had hit a bump in the road and Social Care were looking at adoption for the children. Gemma had been attending the church I introduced her to and the volunteer has consistently stayed in touch. Since lockdown has eased, Gemma has been baptised and her children have been dedicated. She was really worried about having to move to an assessment unit because she would miss church and their support so badly. The church and volunteer (now a good friend) have worked really hard with her, encouraging her and offering practical support. The great news is that the LA are now not seeking adoption as Gemma has made a lot of progress. Her new

social worker is much more positive and suggested that Gemma find something that she can do for herself that doesn't include the children. The church are putting on a panto in January, Gemma has auditioned and is now rehearsing! It has struck me time and again, that without that church loving, supporting, praying and gently introducing this family to Jesus, Gemma and her children would be facing a very different future. The connection with the volunteer has also been key as she has included others from her church to help in practical ways. This is such a lovely example of how partnership and perseverance is meeting practical, emotional and spiritual needs, gently empowering this family to thrive.

### ***Prayer requests:***

That we will deepen and strengthen relationships with churches across Somerset.

That we will have volunteers in the areas where the families need a friend.

That God will bless the work of Safe Families across Somerset, our southern region and across the nation.

That's it for now. Please do get in touch with ideas for inclusion in future newsletters. Thank you so much for all your support and encouragement to us as a team.

With love from Dawn, Helen, Nicky and Leisa

Safe Families in Somerset

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 NEWS

Greetings Trinity family!

I hope you are all keeping well as we transform into Autumn. It's a beautiful sunny crisp day as I write.

I often look at the Mind and Soul Website for inspiration for my articles. They are a Christian charity whose vision it is to bridge the gap between mental health and Christian spirituality. To educate, sharing best theology and scientific advances, help people to meet with God and recover from emotional distress, and to encourage engagement with churches and mental health services.

Do take a look at their website if you have the internet:

<https://www.mindandsoulfoundation.org/>

There are many articles on their website, incorporating Christian faith with all aspects of mental health.

Panic attacks are so prevalent with people of all ages, I know they can be terrifying as often a person can think they are suffering from a heart attack when one occurs. The following article gives a first-hand account from the writer of this. I hope it will be helpful to anyone suffering, or who has a family member or friend who is having difficulties due to panic attacks. Its good to understand what a person is going through.

Don't forget there is a resource folder at the back of church with mental health information inside, please take a leaflet.

**Panic Attacks** — Will Van Der Hart

I have had quite a few requests recently for information on panic attacks from younger Christian people so I thought I should have a

go at



explaining things and putting them in a bit of context - so here goes. But before you scan this at high speed to find out the terrible news? there isn't any, and no you aren't going mad! Try and just relax as you soak in a bit of story and a splash of science.

I didn't realise that my first panic attack was actually a panic attack until nearly 10 years later. I still remember it clearly. I was on my gap year teaching in North Wales, and it was my first real experience of being away from home. As an outwardly confident and mellow young person, I had no context for understanding my panic attack as anything other than it being a serious heart attack. I woke up in my bed in the middle of the night, I could hardly breath and my heart was racing in my chest. It was beating so hard I thought it was going to explode. At the same time my skin was clammy and cold, beads of sweat ran down my face and a terrible, horrible dark fear gripped my mind.

I stumbled upstairs in the darkness, waking up another young teacher who was working in the same school. He took one look at me and went white himself, which made me feel even worse. Within moments we were off to



the hospital, where to my amazement, I was pretty much ignored. I couldn't understand why I wasn't on the bed being taped to machines and zapped with electrodes. Instead, the doctor put an oxygen mask over my face and went away for fifteen minutes. When he returned, he took off the mask and sent me home. The only explanation I was given was that I had panicked in my sleep

Did you know that 10% of the population experience occasional panic attacks and an even larger number of adults in the UK will have experienced a panic attack at one time or another (NHS). It is also extremely common for the individual to head straight to the hospital during or following their first attack. No wonder my doctor looked so relaxed!

The thing I have realised about panic attacks is that there are a cocktail of psychological (mind) and physiological (bodily) responses. When you really understand them they lose some of their power, and you can even learn to stop or minimise them. The frightening thing about having panic attacks is their unpredictability. Some of us move from the experience of having one or two panic attacks in a few years to something called Panic Disorder, where sufferers might have several attacks per day or night.

Common symptoms experienced during a panic attack are:

- \* dizziness or feeling faint
- \* palpitations or increased heart rate
- \* sweating, trembling or shaking
- \* difficulty breathing
- \* feeling of choking or nausea
- \* chest pain
- \* numbness or tingling sensations
- \* chills or hot flushes
- \* feelings of unreality and detachment
- \* fear of losing control
- \* fear of dying

\* a sense of great danger and an urge to escape (NHS)

This is not an exhaustive list, if you are experiencing other sensations don't be concerned that they aren't mentioned here. Panic attacks are actually a result of what is known as the fight or flight response. We really need this response in our lives; it is what makes us run from attackers or bears or other dangers. But if you think about it, the response isn't intelligent, it is instinctual. We don't stop to consider if a man's gun is loaded or just a toy - If it is pointed at us, we are out of there! Panic attacks are just the "fight or flight" response kicking in when there is an inappropriate stimulus. Most commonly panic attacks are actually a result of frightening thoughts that trigger a stressed nervous system into panic. This panic then causes another flow of frightening thoughts like, "I am going mad", which in turn trigger more attacks. Now the intent of me writing here is not to be expressly medical. Instead, it is to try and make sense of some of these things as a pastor, so please bear with me.

When I was in my late twenties, I experienced several panic attacks in one week. It was as if my previous ignorance to them had stopped me from worrying about them, but now I was conscious of what was happening, and it really frightened me. The first thing I did was to go to the internet and read about them. This I realised later was a big mistake, there is a lot of helpful information on the net but there is also so much sensationalist rubbish. My trawl of the net left me extremely stressed, I thought that I was going to lose my mind and be stuck in some twilight world, punctuated by horrible panic attacks. Needless to say, the result of this exploration increased the number and frequency of the attacks.

If you are in that place right now, I really sympathise. I know it is horrible, but I also know that there is real hope, it is an experience that can be overcome. I have not had a panic attack for two years now, but even if I did, I know it would be alright!

I don't know what is worse with panic attacks, the feeling of fear or the experience of the physical symptoms. Whichever you find hardest to cope with, you can be sure they are both there. If we fear the fear, we get the symptoms and if we fear the symptoms, we get the fear. The bottom line is that fear is the result and the initiator of the symptoms.

Do you know the verse in the 1 John 4:8, "But perfect love casts out fear." It is a lovely verse, but perhaps it appears a little idealistic when you are suffering from panic attacks. We'll have another think about this verse, it actually has a lot to say. The mistake often made about this verse is interpreting the concept of love with human undertones. The perfect love that God offers is a distant cousin of our notion of romantic love. The perfect love of God is a superlative love, it incorporates acceptance, justice, security, trust, sanctuary, and peace. The fear that it replaces is that of the future, of the past and of the present. Panic attacks and particularly panic disorder, where people have a regular flow of attacks, are caused by stress and fear. In light of this, there has never been a better time to press into the perfect love of God.

Well that is ok, but what does it mean in practice? It means practical confidence. This perfect love is active, it casts out, it isn't defensive or passive. Many of the people who have talked to me about struggling with panic attacks are living very defensively, trying to avoid another attack. This defensive behaviour means that they are scanning themselves continually for slight physiological changes that might indicate an attack in immanent. As

a result, they are feeding the fear that will ultimately maintain their condition. You might have heard it said that the best form of defence is attack.? This is definitely true for people struggling with regular panic attacks.

Having become very frightened of my own attacks, I was amazed when my friend who is a trained psychologist came over and suggested that we have a panic attack together! I couldn't believe that she could have a panic attack at will, and I certainly couldn't believe that I had any control over when or how these things could happen. We sat opposite each other and on her lead, we hyperventilated for about five minutes before I experienced all the same physiological sensations that I had felt before, spinning head, sweating, dizziness, heart beating fast, etc. The self-induced attack reached a peak of intensity before declining as before.

Now obviously this experience wasn't quite as frightening as some of the spontaneous attacks I had had before. However, it did show me several key things that helped to diminish my fear. Firstly, I realised that I wasn't going mad, which was a relief. Secondly, I realised that whilst attacks were unpleasant, they were not actually detrimental to my health and were not causing any damage to my brain or heart. Thirdly, I realised that my unwitting hyperventilation when I got stressed or fearful was a major contributor to my attacks. If I could stop hyperventilating, then I was deactivating the attack before it could happen (by stopping the over oxygenation of my brain that causes the symptoms). My friend told me that it was impossible to have a panic attack if I was completely relaxed. The final thing that I became confident of was that panic attacks had a beginning, middle and end, they could not continue for ever and a day. This was a great relief and reduced my fear massively.

I began to aggressively challenge my fear, by finding out every weakness in the panic attack enemy. I was searching for its failings and loopholes, anything that gave me an edge over it. Instead of slipping into defensiveness and fear I became resolute that I could move out of this. The perfect love of God was one weapon in my armoury that I knew could not be overcome, it was my security. I knew some absolutes that I would hold on to for security and peace. I knew that God would not abandon me, that he had won my eternal victory, that I was safe in his hands and that he had plans for my life that would not be thwarted by panic attacks. All this gave me huge confidence when fear came and suddenly, I realised that I was not alone but that perfect love could cast out my fear.

Combining my spiritual understanding of Jesus' presence with practical action, I began to see a marked decline in my attacks. When an attack came, I decided to aggressively relax. Sounds like an oxymoron, well it isn't! I learnt that relaxation was like a weapon in an attack. I would let all my muscles go loose, soften my breathing, and move it into diaphragmatic and steady rhythms. Instead of increasing my terror by willing it to end, I just embraced each attack in the knowledge that it would definitely end. Like a powerful switch, this approach ended many attacks as soon as they started. The result of this success increased my confidence, further reduced my fear, and as a result reduced my attacks until they disappeared altogether.

Just a little note of caution! I think that many of us exacerbate our problems when we solidify our attitudes into all or nothing categories. You might have noticed that in my introduction I said, "and if I had another attack, I would be alright." I realise that I am probably one of the 10% of people who get

occasional panic attacks. If I make concrete decisions in my mind like, "I cannot live a happy or valuable life unless I never have another panic attack." I will live my life in the constant fear of another attack, which massively increases the likelihood of having more attacks, besides ruining my life. Some people, who are trying to recover, see every attack as a failure, and then when they have an attack they feel terrible and believe that it's all going to go downhill.

Try not to live your life or your recovery like this. Embrace every attack as an opportunity to experiment on what stops them. Try to laugh at your attacks while they are happening, make them smaller and less serious than they are now. I know this sounds hard but believe me it works! Life is a tough journey and for some of us panic attacks can be an additional hazard.

Remember that you are a child of God, you are not the sum of your attacks, they do not represent any terrible weakness, or any sinful lack of faith. They are just there right now. It has been ok; it is ok, and it will be ok. God is with you, in every moment.

**CONTINUED ON PAGE 23**

## Book review

### The Whole Christmas Story

**Jo Swinney BRF £6.99**

This is an inspiring book providing a short bible passage and devotional for each day commencing December 1<sup>st</sup> and continuing to Epiphany (January 6<sup>th</sup>). It could be used for personal study and/or your home group.

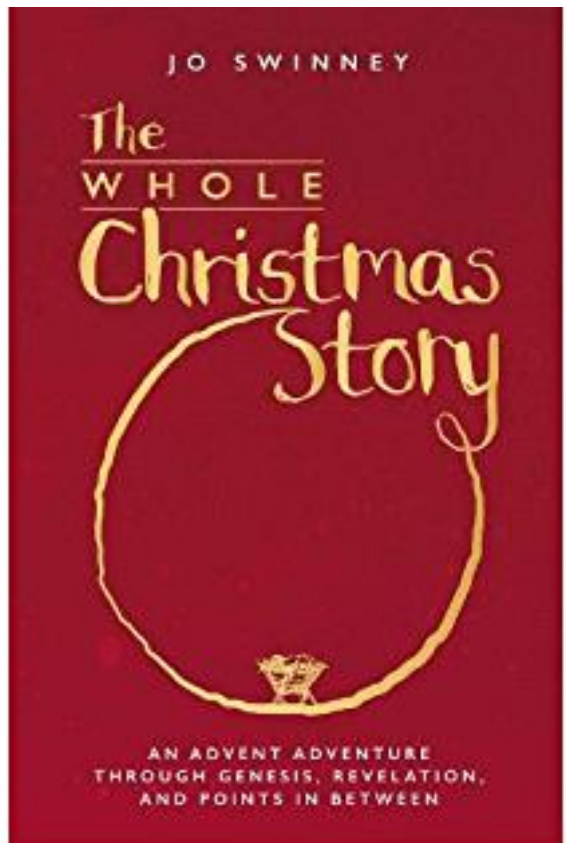
It brings a whole new perspective to the Christmas Story, starting with the book of Genesis and ending in Revelation. There are a range of bible passages from the familiar to the less familiar, all carefully chosen to illustrate a point.

The book skilfully traces the great biblical metanarrative of creation, the fall, waiting in hope, salvation through Jesus Christ and our new life in Christ, along with the promise of an eternity with God. It anchors the whole with illustrations from the authors own life candidly disclosing times of brokenness as well as wholeness and healing. There is a focus on creation and environmental issues arising from her time serving with A Rocha International.

As we emerge from a time of challenge and crisis in the post-covid era, this is a book which radiates the hope and light of the gospel, communicating in a contemporary theme. The author draws you into the challenges we face both personally as well as on a wider scale, and signposts to the hope offered in the Good News of Jesus "Emmanuel" which means "God with us".

I warmly encourage you to buy several copies of this book! You will be inspired and encouraged! You could read it on your own, or as a family or Home Group. It would also be a lovely Christmas gift for family and friends of faith or none.

Richard Loveless



# Good News for Everyone (formerly Gideons)

Thank you so much for your ongoing support! Post-lockdown we have enjoyed an amazing summer!

***There seems to be a great hunger for “truth” and people seem to be happy to discuss faith-issues and accept the offer of a New Testament and Psalms.***

Over the last few months we were privileged to attend Agricultural Shows across the South West. Alongside colleagues from “Farming Christian Link” we distributed “Farmers Bibles” to the many attending these Shows. The “Farmers Bibles” are embossed with a blade of wheat on the front cover. Inside the back page a “Farmers Prayer” is pasted. You may have received a copy of one of these Bibles from me. Please let me know if you would like further copies either for yourself or to hand out to family/friends in the agricultural business. They are available free-of-charge.

You may also have seen our new publication called “Hope Magazine” (not to be confused with the similarly-named “Hope 08” magazine). Free copies are available at the back of the church and in the Bridge Café. The magazines have been a great source of comfort and hope to many asking questions, especially those struggling with bereavement, financial or personal problems in the aftermath of the Covid lockdown. They have been circulated widely in Nursing and Care Homes. Why not take a copy home for yourself and/or give to a neighbour or friend? The photography is first class, and there are lovely extracts from the Psalms and St. John’s Gospel. In common with our bibles there is also a “where to find help” section. In this section you are clearly signposted to relevant passages in the bible e.g. where to find help when seeking guidance or coping with bereavement.

Richard Loveless



# N O V E M B E R

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
	1	2	3
	14.00—16.00 Good Afternoon Choir  19.30—20.30 Prayer for the Vacancy	14.30—16.30  Folk Dance	10.00 Holy Communion 13.00-16.00 Stroke Association <b>15.00 CAP prayer</b> 19.30 Zoom Focus
<b>7 4th Sunday Before Advent</b>	<b>8</b>	<b>9</b>	<b>10</b>
9.00 Holy Communion 11.00 Holy Communion 15.00 HTF Youth	14.00—16.00 Good Afternoon Choir		10.00 Holy Communion 13.00—16.00 Stroke Association 19.30 Zoom Focus
<b>14 3rd Sunday Before Advent</b>	<b>15</b>	<b>16</b>	<b>17</b>
(Remembrance Day Parade) 9:00 Holy Communion 11.00 Morning Worship 15.00 HTF Youth	14.00—16.00 Good Afternoon Choir  19.30—20.30 Prayer for the Vacancy	14.30—16.30  Folk Dance	10.00 Holy Communion 13.00—16.00 Stroke Association 19.30 Zoom Focus <b>DECEMBER AND MAGAZINE DEAL</b>
<b>21 2nd Sunday Before Advent</b>	<b>22</b>	<b>23</b>	<b>24</b>
9.00 Holy Communion 11.00 Morning Worship <b>SHOEBOXES COLLECTION</b> 15.00 HTF Youth	14.00—16.00 Good Afternoon Choir		10.00 Holy Communion 13.00—16.00 Stroke Association 19.30 Zoom Focus
<b>28 Christ The King</b>	<b>29</b>	<b>30</b>	<b>31</b>
9.00 Holy Communion 11.00 Morning Worship 15.00 HTF Youth	14.00—16.00 Good Afternoon Choir  19.30—20.30 Prayer for the Vacancy	14.30—16.30  Folk Dance	10.00 Holy Communion 13.00—16.00 Stroke Association 19.30 Zoom Focus

# R 2 0 2 1

	THURSDAY	FRIDAY	SATURDAY
	4	5	6
nunion on s on Faith r meeting	10.00 Trinity Toddlers 17.00 Food @Five		<b>9.00 Who let the Dads out?                      Meet at Shearwater</b>
	11	12	13
nunion on s on Faith	10.00 Trinity Toddlers 17.00 Food @ Five 19.30 Gateway Club		
	18	19	20
nunion on s on Faith <b>JANUARY                      DLINE</b>	10.00 Trinity Toddlers 17.00 Food @ Five 19.00 16-25 Book Club at The Bridge Cafe		
	25	26	27
nunion on s on Faith	10.00 Trinity Toddlers 17.00 Food @ Five 19.30 Gateway Club		
nunion on s on Faith			

# MISSIONS

Hannah and Mike Hallett are trustees for a charity called REAP, which operates in Kenya. Hannah currently works with an outdoor education charity in Frome, and Mike works at a management consultancy. They have been members of Holy Trinity since 2017.



*Hannah and Mike in Kenya, 2017*

REAP's primary focus is teaching sustainable agricultural practices through local churches and organisations. They emphasise working with God's creation to care for the earth, as well as teaching people how to grow and prepare researched natural medicines/supplements in addition to engaging women in development projects.

REAP particularly works with small farmers whose home and farm are on the same plot of land, meaning they are in daily contact with the complexity of God's creation. In Genesis 1:31 it says 'God saw all that he had made, and it was very good (NIV).' This is used as a basis for REAP's teaching. Farmers are taught to care for the soil as a starting point, as a wonderfully balanced living environment that is self-sustaining and is the basis for all production. Emphasis is placed on the importance of cover crops and mulching to protect the soil from the hot sun and the heavy rain and prevent soil run-off with natural contour barriers such as vetiver grass.



*Roger (Director) spreading recently cut vetiver grass as a mulch in a field of roselle.*



Charity no. 1075121





# GENEROUS

A sermon by the Rt Revd Dr Guli Francis-Dehqani for the Church of England Online Service for Generosity Week, 26 September 2021

The Gospel reading we've just heard from St. Matthew, I warm to the sentiment of not worrying about what we are to eat, drink or wear but instead trusting in God who knows us and provides all we need. And yet it also makes for difficult and uncomfortable reading. What must it be like to hear this portion of Scripture if you're living in poverty; someone who doesn't know where the next meal is coming from, how they're going to afford their child's uniform or this month's rent? So, I want to and emphasise that this passage isn't to be read literally. And yet, it does have something important to say to us about the nature of faith and of our general disposition in life, particularly for those of us who are comfortably off.

Worrying is a human condition, we all do it, even though we know that it seldom, if ever, solves anything. Here, Jesus is pointing towards a different way of being which is about an intentional leaning away from worry and towards greater trust in God. This is something we often say as Christians but very few are really able to live it. But what has all this got to do with Generosity which is the theme for this week's service? Well there was a clue in our first reading from 1 Timothy

where St. Paul contrasted the folly of setting our hopes on the uncertainty of material riches (v17), against the call to be rich in good works, generosity and the readiness to share (v18), for it is these things, Paul says, that lead to "the life that really is life" (v19). Material riches verses richness of spirit and generosity. And I want to suggest that if we're able to loosen the grip of undue worry and anxiety we're much more likely to unlock the key both to a sense of gratitude and in turn to greater generosity – generosity of spirit that leads to generosity of action. For worrying less about what we don't have, or what we're fearful of losing, means we're much more able to focus on the good things – on what we do have and our willingness to share it.

So anxiety and generosity are directly linked – the more anxious you are about how much money you have, what car you drive, how perfect your life is, how to maintain your status and position, the less generous you're likely to be. I'm not talking here about needing to get rid of our possessions or feeling guilty about enjoying them. Far from it. I'm simply talking about freedom from being overly attached to them. There's something here about sitting light rather than clinging fast. My family arrived in England unexpectedly in 1980 following the events of the Islamic Revolution in Iran. My parents lost their home, most of their

possessions and everything they'd worked for and built up. But over time and with help from the generosity of others they made a home here in England and soon began to gather around them new belongings. They enjoyed these things that helped turn their house into a home but they were never overly attached to them; they weren't defined by them and they didn't live in fear of losing them again. They took pleasure in them but knew that if they lost everything again, that would be OK. So they were released from fear and they were generous to a fault, in every aspect of their lives. And that generosity meant they were people who others loved to be with, a couple full of joy and deep faith.

My sense is that in the Church of England we have a little way still to go in understanding the full extent of what it means to live as generous disciples. There are many, of course, who give of their time, money and commitment and that means we can continue serving the communities we are part of. But there's space, I believe, for an even greater outpouring of generosity in our shared life together, both a generosity of spirit towards one another, and especially those who are different to us, but also generosity in financial giving. In Jesus Christ we have a saviour who gave everything - he emptied himself in obedience to his father and in service of others and was faithful even to death on a cross – the ultimate sacrifice. He gave without counting the cost and if we are to become more Christ-like, then we too

are called to give without counting the cost, to give of our best (not just the scraps or left overs) not just the bare minimum, but to give abundantly. We are called to practice generosity in every area of our life, trusting that God will transform what we give (of our time, our money, and in how we make space for others); and that God will use these in ways we may never know about or be able to imagine. In church circles these days there's often talk of scarcity. Of how the Church of England no longer has the status and position we once did, of our financial struggles and our worries about future survival. This narrative fuels fear, dampens generosity and undermines our mission to share the good news of Jesus Christ. It demonstrates a lack of trust in the God by whose grace the church has survived this long and who will lead us into the future. In fact, in many of our parishes, schools and chaplaincies I see extraordinary signs of life and vitality. I see good people, worshipping faithfully and serving their communities. Yes things are changing – our gatherings may often be smaller and our influence less tangible and that can be unsettling but our faith compels us to take hold of the life that really is life, both as individuals and as a church, to live as those who are free of fear and full of generosity and as harbingers of hope in our communities. Amen. +Guli Chelmsford C of E Online service to celebrate generosity 25th September 2021 1 Timothy 6.11-19 Matthew 6.19-33

WHO

WHEN

WHERE

HOW

WHY

WHAT

# TRINITY NOTICEBOARD



## Church Flowers

Flower arrangers are needed to join the floral art group who bless us all each week with beautiful flowers of God's creation.

## Amazon donates to your chosen charity for every purchase you make

If you are buying anything on Amazon, you could donate 0.5% of the price of your eligible purchases to Trinity at no extra cost to you.

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

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



## 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](mailto:tomharflett@hotmail.co.uk) or phone 01373 462408.

CALL FREE ON 0800 328 0006

# Weighed down by debt?

Free debt counselling in your community from an award winning charity



capdebthelp.org



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—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.



**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



***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)  
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**SHOEBOX APPEAL**—Most children who receive a shoebox receive one only **once in their lifetime**, so it's a very special gift for them. For £20 you can select boy/girl age group, add the specific gifts to your box, and then leave a photo and a personal message in your box. Look on the Samaritan's Purse website <https://shoeboxonline.samaritans-purse.org.uk/> or ask in the office where Rachael or Kally can help, please do let us know how many boxes are sent so we can celebrate the total of lives touched.

There is a need for more boxes in the 'Baby' and '10-14yr' age groups.

#### RECYCLING AT TRINITY :

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

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



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

# PARISH NURSE

Continued from page 11

## Practical tips:

Do go to see your GP to discuss your attacks. Try to go armed with a log of how frequently they have occurred and explain their intensity and length.

2) Avoid reading tons of internet sites! some are just plain wrong. The ones on the Mind and Soul links page are all great and sound, so use them.

3) Don't be ashamed of them. They are common and most people will know what you mean.

4) Pray about them, invite God to lead you away from them. (Be cautious if people claim to have 'broken' them or 'Freed' you from them! Panic attacks are not usually spiritual, they are behavioural.

5) Aggressively relax when you feel the warning signs of an attack coming on.

6) Create lots of relaxation space in your life and engage in meditating on the Lord and his peace.

7) Don't stop doing anything you would normally do because of your attacks or begin to live defensively, instead fly in the face of them.

8) Try not to see attacks as 'setbacks' or 'failures'.

9) Remember that their frequency will decline as your system begins to regard them as insignificant. This will take time.

10) Your stress system is working correctly just not appropriately.

**You are a child of God and never forget that he never forgets you.**

I am currently working each Monday from 9-5pm.

Please contact me if you would like a visit post- or pre- hospital admission, or for health advice, and/or supportive prayer.

Telephone: 07423318929

Blessings Jan x

November is the month of COP 26. I am sure you will all be hearing a great deal about the Climate emergency this month. I had thought to write on that but then read this article, which says it so much better than I could.



**Margot Hodson is Director of Theology and Education at The John Ray Initiative and a vicar in Oxfordshire. She is on the board of A Rocha UK and regularly writes and speaks about environment from a Christian perspective.**

Many years ago, I was given a beautiful, dark blue skirt from northern India. It was a mirror skirt, with silver thread woven through it – and I loved it and wore it almost all the time! Over the years, it became a mottled mauve skirt, and began to look worn and faded. I wished I had fixed the colour when I first had it. I have since discovered that colour

fixing is so easy – providing you have salt.

Salt is amazing, and dye fixing is just one of its qualities: it is good for preserving and for improving flavour. With bread, it strengthens a loaf's texture as it rises; it helps to bind food together and makes colour more vivid. Traditionally it was used for healing, and it's still good for treating wounds. We can eat too much of course, but it is also vital for our health.

As we ask what Christians can do in the run-up to the COP26 climate summit, we should remember that Jesus calls us to be salt (Matthew 5:13-16). This means that all those qualities of preserving, flavouring, holding things together, making communities brighter and more enduring, and especially bringing healing, all make up our calling as we approach this.

Jesus also calls us to be light. There is tremendous anxiety among those concerned for the environment, and the term 'climate grief' is being used to describe the feelings of many who mourn the damage that humans have already done to the natural world and fear that the very worst will happen with runaway climate change.

As Christians, we have hope that one day creation will be renewed and restored. Being light means that something of that future hope can be made visible in the present – not in a way that denies the challenges of the present, where hope may be fading, nor 'other-worldly', simply looking to the future, and not engaging with the present. Being light means that our future hope gives us resilience to live *now* – whatever happens and however tough it gets. As things get darker, so even the smallest light becomes more visible and can bring hope.

So, in our local and online communities, work environments, networks and organisations, let us be salt and light to an increasingly hurting world.

*"This blog article first appeared on A Rocha UK's website and is reproduced with their permission.*

*A Rocha UK ([www.arocha.org.uk](http://www.arocha.org.uk)) is a Christian charity working for the protection and restoration of the natural world, and committed to mobilising Christians and churches in the UK to care for the environment."*

**Continued.....**



## GOOD NEWS FOR TRINITY'S ECO CHURCH EFFORTS

For those of you who haven't yet heard, the very good news is that we have qualified to receive our Eco Church Silver award. As soon as we have raised the money needed, we will apply and hope for a lovely plaque to join our Bronze award in the Link. There is still time to make a small donation towards this, if you haven't already done so. Please leave the money, clearly marked, in the Office or give it to Maggie Hancock.

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# 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](https://www.facebook.com/fromeecoparty)

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



Autumn in the UK is a busy time for Mothers' Union. As well as planning ahead for the festive season we are also focussing this month on the campaign to end abuse and violence against women:

## **"No more 1 in 3" - end abuse and violence now"**

This runs from 25th November (International Day for the Elimination of Violence against Women) to 10th December (World Human Rights Day).

Members specially join together on Saturday 27 November for a 3 minute silence at 1.03pm (linking to the 1 in 3 theme). This year MU will be continuing and building on last year's focus highlighting the fact that one in three women will be impacted by some form of violence in their life. Throughout the 16 days of the campaign MU unites with over 6000 organisations from approximately 187 countries in order to raise awareness of gender based violence. It encourages us to reflect, pray and act together. **Members are asked to wear purple scarves on Sat 27th as a way of raising awareness and providing a conversation starter.**

## **An MU prayer to use for Gender Justice:**

God of righteousness, who made us all in your image,  
we pray for all to follow your example of treating women with equality and respect.

Loving Lord, hear our cries for justice and break the chains of abuse  
that all may live in safety.

Hear our cries for righteousness and break the chains of oppression  
that all may live in freedom whatever their gender.

Lord, we pray for a change of heart within governments and systems  
that perpetuate gender injustice.

In the name of Christ. **Amen.**

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"> <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/Rachael 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
PARISH NURSE	Jan Zriel	07423318929
DEBT CENTRE	Phil Gray	07496 516089
CHOIR	Margaret Perry	453962
MUSIC GROUP	Ruth Burden	07811 894317
FLOWERS	Molly Butler	462824
SAFEGUARDING	Ruth Haines	07540324076
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>		



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