



TRINITY TIMES

October 2023

dreamstime.

The magazine of Holy Trinity Church, Frome

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Services and Events



Sundays

- 9.00 Holy Communion
- 11.00 Holy Communion (1st Sunday)
Morning Worship (2nd & 4th)
Café Church (3rd Sunday)

Sundays (occasional)

- 10.30 Wild Worship (1st Sunday)
- 15.00 Wildfire Youth (2nd & 4th)

Wednesdays

- 10.00 Holy Communion

Thursday (1st and 3rd)

- 6.30 HTF Youth Discipleship Group

Tea/coffee is served between Sunday services from 10.15.

LESSONS FROM GEESE

Inspiration from a Trinity housegroup

The next time you watch a flock of geese, pause for a moment and think about what they teach us.

As each bird flaps its wings, it creates an uplift for the bird following. Flying in a “V” formation, the whole flock adds 71% greater flying range than if the bird flew alone.

Lesson: People who share a common direction and sense of community can get where they’re going quicker and easier because they are traveling on the thrust of one another.

Whenever a goose falls out of formation, it suddenly feels the drag and resistance of trying to fly alone, and quickly gets back into formation to take advantage of the lifting power of the bird immediately in front.

Lesson: If we have as much sense as a goose, we will stay in formation with those who are headed where we want to go and we will be willing to accept their help as well as to give ours to the others.

When the lead goose gets tired, it rotates back into formation, and another goose flies at the point position.

Lesson: It pays to take turns doing the hard tasks and sharing the leadership. If we have as much sense as a goose, we will remember that we are indeed inter-dependent on each other.

The geese in formation ‘honk’ from behind to encourage those in front to keep up their speed.

Lesson: We need to make sure our honking from behind is encouraging.

When a goose gets sick or wounded or is shot down, two geese drop out of formation and follow it down to help and protect it. They stay with it until it is able to fly again or dies. Then they launch out on their own with another formation, or they catch up with the flock.

Lesson: If we have as much sense as a goose, we too will stand by each other in difficult times, as well as when we are strong.

*Lord, we ask you to give us the grace:
To have a common direction and sense of community.
To stay with those who are headed where we want to go.
To be willing to accept help, as well as give help.
To take turns doing the hard tasks and sharing leadership.
To make sure our honking from behind is encouraging.
To stand by each other in difficult times as well as when we are strong.
And to have as much sense as a goose.
Amen*

Who would have thought we could learn so much from geese?

Credit: <https://johnfreund.net/2018/07/04/lessons-we-can-learn-from-those-geese-2/>



CROSSROADS

The Church and the same sex debate

27 Sep 21st Century sexuality and the Church

how have we got here and what does it mean?

11 Oct What as Christians we hold in common

helping us to see a way ahead

8 Nov What the Bible says and why Christians disagree about it

understanding grace and truth from different perspectives

22 Nov What now for the Church of England and Trinity

following November's General Synod

7.30pm Wednesdays in Church

All talks will be recorded and notes will be available

Jan Zriel

Greetings Trinity family!

I hope you have all recovered from the hot spell we experienced and are now enjoying some cooler Autumnal days of sunshine as the season changes.

I thought I would continue to talk about arrhythmias. Atrial fibrillation (AF) is the most common heart rhythm disturbance encountered by doctors. It can affect adults of any age but is more common as people get older. Atrial fibrillation is not a life-threatening heart rhythm problem, but it can be troublesome and often requires treatment.



Atrial fibrillation (AF) occurs when chaotic electrical activity develops in the upper chambers of the heart and as a result the atria no longer beats in an organised way and pumps less efficiently. The AV node will stop some of these very rapid impulses from travelling to the ventricles, but the ventricles will still beat irregularly and possibly rapidly.

Why do you need protection against AF-related stroke if you have atrial fibrillation?

Your heartbeat is the most fundamental rhythm in your life, signaling the regular pumping of your heart as it sends blood carrying oxygen and nutrients to the rest of your body. When this elegant control process goes wrong, the consequences can be devastating. If you feel you could have undiagnosed AF please do contact your GP for an assessment of your health or mention it to your practice nurse if you have an imminent visit.

What are the risk factors for AF?

Your risk of having AF is increased with the following factors: Older age, Family history of AF, Having heart failure, high blood pressure, or other cardiovascular disease, Having diabetes, Thyroid disorders, Excessive alcohol intake.

Symptoms

- AF Related Stroke, • Breathlessness • Chest Pain • Dizziness • Fainting

- Fatigue • Irregular Pulse • Palpitations

Treatments

Currently drugs are the most common treatment for AF and have the aim of restoring the normal sinus rhythm of the heart, alleviate symptoms and reduce the likelihood of an AF related stroke.

Some drugs are used to restore the normal heart rhythm, these are known as antiarrhythmic drugs. Beta blockers are commonly used to slow the heart down and are effective in active patients with better exercise capacity.

Because the atria are beating rapidly and irregularly (fibrillating) they are unable to empty all the blood they receive into the ventricles and this can cause blood clots to form. So, you may be prescribed an anti coagulant drug which can reduce an AF related stroke by at least 65%.

There have been many medical advances in the treatment of AF and the outlook for people with AF is excellent, there is every reason to believe that quality of life will be as good as everyone else's.

ATRIAL FLUTTER

Atrial flutter is an abnormality in the rhythm of the heart (an arrhythmia). In this arrhythmia the upper chambers of the heart (atria) beat very rapidly. Unlike atrial fibrillation (AF), atrial flutter is a more organised electrical disturbance which originates in the right atrium in the majority of patients. The atria in atrial flutter beat very quickly and regularly at around 300 beats per minute, and so take over from the sinus node in controlling the heart rate. The AV node will not conduct all of these atrial beats to the ventricles but instead tends to only allow every second, third or fourth beat through, creating an often-regular heart rate of around 150, 100 or 75 beats per minute. Other ratios can occur and often the ratio changes.

Symptoms

- AF Related Stroke • Breathlessness • Chest Pain • Dizziness • Fainting
- Fatigue • Irregular Pulse • Palpitations

CAUSES

As AF and flutter share many similarities and can occur in the same patient, the two arrhythmias share many causes. Atrial flutter is more likely to occur as one gets older and is more common in patients who have existing heart conditions. Men are twice as likely to get atrial flutter as women. There is no

single factor which causes atrial flutter, rather a number of factors and conditions can increase the likelihood of atrial flutter.

Some factors for developing atrial flutter include, high blood pressure, over active thyroid, COPD (chronic obstructive pulmonary disease), excess alcohol, heart valve disease, congenital heart disease, pericarditis, cardiac surgery pneumonia and cardiomyopathy (general term for diseases of the heart muscle which prevent the heart pumping blood effectively around the body). However sometimes no cause can be found for atrial flutter.

Treatments

This follows similar lines to the treatment of AF. Treatment is centered around reducing symptoms and reducing stroke risk. So treatment may vary depending on each individuals risk of stroke.

There are a variety of drugs that can be used in the treatment of atrial flutter. Sometimes two or more drugs are used in combination.

Drugs such as Flecainide, Amioderone, Dronedarone or Propafenone restore and maintain a normal heart rhythm, while drugs called beta blockers, calcium blockers or Digoxin are used to slow the heart down by reducing the number of atrial flutter beats that are conducted via the AV node (conduction responsible for generating impulses for heart contraction) from the atria to the ventricles.

The risk of stroke is thought to be similar to that of AF and is 5 times greater than in the normal sinus rhythm. Anti coagulants or blood thinners as they are often called (Riveroxaban etc) are used to "thin" the blood and reduce the risk of stroke.

Other News!

Podiatry continues every 8 weeks from 1:30-4pm.

Bereavement Journey 7 week course restarts on 5th October here at Holy Trinity from 7-9pm sign up sheet at back of church.

My working days have changed and are now Thursday and Friday 10-4pm

Blessings

Jan x

AMAZING GRACE

A Testimony from Wendy Rootes

It is a very warm and stuffy morning in mid-June on Laverstock Respiratory Ward, Salisbury Hospital, and I have been woken up at 6am as usual for my intravenous antibiotics. I'm not in the best of moods as the medication was very late last night, almost midnight rather than 10pm, and I couldn't then get off to sleep until about 3am. But my unhappy mood isn't just about lack of sleep. It is much more than that.

On the previous day I had got involved in some unpleasant talk about another patient and was very aware that I had fallen way below the standard of love the Lord requires of us. Of course, we all do this at times (probably quite frequently!) and need to confess and be forgiven, but I somehow can't forgive myself, and I lie in bed feeling an abject failure, even though I should be happy as I am going home today after two weeks of treatment for a lung infection. I have the curtains pulled around my bed anyway, but I pull my sheet further over my head, wanting to shut out the sounds of the bay awakening, and not wanting to engage with my fellow patients.

I sense the curtain being pulled back and a cheery voice says, "OK if I sweep round the bed?" It is Dave, our friendly cleaner with whom I've had some good conversations about restorative justice, though not specifically about my Christian faith. I don't feel as if I wish to engage with him today, but I have no choice, as he says quite cheerily, "Hey, I've been thinking about the words of Amazing Grace!" I am jolted out of my apathetic slumber and sit upright sensing that he is unknowingly a messenger from God, sent to give me an important message.

We talk about the beautiful words of this hymn, and I am able to share with him the story of its composer, John Newton, notorious Captain of a slave ship, his life dramatically turned around by the wonderful message of grace and forgiveness in Christ. As I speak, my heart is softening once again and responding to forgiveness and restoration in my own life. Once Dave has

gone to resume his duties, I am content and at peace, knowing that nothing is beyond the reach of God's mercy and Amazing Grace and that there is no condemnation for those who are in Christ. That includes me!

I guess the rest of the bay must have heard the story also, so who knows what seeds have been sown in the hearts and minds of these lovely ladies, so vulnerable in their pain and suffering.

And how was Dave himself affected by my words? Interestingly, in my work as a teacher, and since being in and out of hospital, some of my most significant Divine Encounters have been with the cleaners. Never be tempted to overlook those who do these menial, often thankless tasks, but pray for them and express real appreciation. Maybe one day they will bring you a message from God also!



A TIME TO REMEMBER

A service at **Holy Trinity Church** for friends and relatives to give thanks for those who have died

With an opportunity to light a candle to remember before God those we miss

Refreshments will be served after the service

**3PM SUNDAY 29TH
OCTOBER**

If you can help with welcoming or providing cakes, the Bereavement Team would love to hear from you. Please contact Alan Byrom alanbyrom.ab@gmail.com

TRINITY LIFE

TRINITY CARE HOMES TEAM

Could God be calling you to be part of a Trinity Care Homes team? Currently, we lead a short relaxed service at our two care homes, Rowden House, and Rosetti House, every eight weeks. They are usually well supported and are very much appreciated by the residents (several of whom are members of, or have links with, our Holy Trinity family.)

We would love to be able to extend our small care home team (it's just us at the moment!) so that we could offer a simple service once a month rather than once every two months.

If this is something that you feel that God could be calling you to lead, then do please pray about it and speak with us. We can provide training and prayerful support. The commitment would actually be just six afternoons a year. We consider it a huge privilege to serve God in this really valuable work as we share the good news of Jesus with the residents there.

Chris and Miriam Hare (01373-469788)

E mail: cshare@hotmail.co.uk and miriamhare@hotmail.co.uk



TOM HARFLETT'S BALKAN TREK EVENING—October 7th, 7pm



Tom and Helen will be sharing pictures and experiences about their recent trek up Musala mountain in Bulgaria. There will be light Balkan refreshments and some Bulgarian Wine. Admission free; donations to work of TEN (Transforming Europe Network). Please sign up on the sheet at the back of the church.

TRINITY PRAYER CIRCLE

Did you know that Holy Trinity has a Prayer Circle where people can request prayer from other church members either for themselves or other people (with their permission). The group is run using Google Groups and is very straightforward. Requests for prayer are sent to Maggie Hancock who then forwards them to the group. We have almost 90 members who pray. If you think this is something which you would like to do, then please send an email to Maggie at mhrjh14@gmail.com giving me permission to store your email address on my Ipad. Once I get that I will add you to the group, and send more detailed instructions as to how it works. This is a very easy and very worthwhile way to get involved.

Maggie



WHAT AN OPPORTUNITY!


By Ruth Worsley, Bishop of Taunton

This week I was on a Zoom chat with some of our chaplains around the diocese. I meet regularly with eight or nine of them alongside our Chaplaincy Development Adviser Mike Haslam. These are only a few of the more than 300 chaplains we have, of all ages, lay and ordained, across Bath and Wells. There are more and more enquiries about chaplaincy from a wide range of communities. They are seeking a chaplain to offer pastoral care and well-being support for an increasingly stressed and anxious workforce. One enquiry caught my attention this week.

A local Further Education college has been saying that their first concern is for a chaplain to address the spiritual exploration of its students. What an opportunity! We know from the Talking Jesus research (2015 and 2022) that most practising Christians come to faith before the age of 18. Several of our schools, including primary, have pupil chaplains now and this is a great way of recognising that you are never too young to start in living and telling the story of Jesus!

As a child I was always struck by the Old Testament story of the unnamed little slave girl who served Naaman's wife, (2 Kings chapter 5). Taken from her home to another country, she was the one who introduced Naaman to Elisha the prophet in Israel. As a result, Naaman overcame his scepticism, was healed from his leprosy, and discovered a faith in God.

Chaplaincy opens up a diversity of contexts in which we can share our faith and I invite you to pray for those here in Bath and Wells who are treading new ground to open up the way for others to discover the love of Jesus for themselves. However, each one of us has our own possibility of being a chaplain, coming alongside another in our daily life. Sometimes our timidity prevents us from speaking up about faith other than in church where we are on familiar territory. How about taking some time to reflect on where you might live and tell the story of Jesus outside of church, in your everyday context? Is there someone, like a Naaman's wife, who is desperate to find help and hope for a loved one but doesn't know where to find it? Maybe you are the only one who could tell them!



Grief is hard.
Death can impact
all of life.

The Bereavement
Journey.
a place to talk

7 Sessions of films
and discussion
for *anyone* bereaved *anytime*

Topics include:

- Attachment, separation and loss
- The pain and responses of grief
- Anger and guilt
- Coping with others' reactions
- Delayed and suppressed grief
- Adjusting to change
- Moving forward healthily
- Faith questions (optional)

To find out more visit:
thebereavementjourney.org

**Starting on Thursday
5th October**

**For 7 weeks from
7pm to 9pm**

At

**Holy Trinity Church,
Trinity Street, Frome
BA11 3DW**

The course is free

**Contact Parish Nurse:
Jan Zriel 07552235397**

OCTOB

SUN	MON	TUE	WED
<p>1</p> <p>9.00 Holy Communion</p> <p>10.30 Wild Worship</p> <p>11.00 Holy Communion</p>	<p>2</p>	<p>3</p>	<p>4</p> <p>10.00 Holy Co</p> <p>15.00 CAP Pra</p> <p>meeting</p>
<p>8</p> <p>9.00 Holy Communion</p> <p>11.00 Morning Worship & Baptism</p>	<p>9</p> <p>Time tbc: Green and Healthy Frome Workshop</p> <p>2-4 pm Coffee, Cake and Chat (see Pg 18)</p> <p>7.30pm Deanery Celebration</p>	<p>10</p> <p>09.00 Vallis 1st School Harvest Assembly</p>	<p>11</p> <p>10.00 Holy Co</p> <p>7.30pm Cross</p>
<p>15</p> <p>9.00 Holy Communion</p> <p>11.00 Café Church</p>	<p>16</p> <p>7.30pm Connect in Prayer (See Pg 10)</p>	<p>17</p> <p>19.00 Sewing for Charity (see pg 19)</p>	<p>18</p> <p>10.00 Holy Co</p> <p>19.30 PCC</p>
H A L F			
<p>22</p> <p>9.00 Holy Communion</p> <p>11.00 Morning Worship</p>	<p>23</p>	<p>24</p> <p>Purple Elephant Holiday activities</p>	<p>25</p> <p>10.00 Holy Co</p>
<p>29</p> <p>9.00 Holy Communion</p> <p>11.00 Morning Worship</p> <p>15.00 Time to Remember (see Pg9)</p>	<p>30</p>	<p>31</p>	

ER 2023

	THU	FRI	SAT
Communion Prayer	5 10.00 Trinity Toddlers 1.30pm Parish nurse support group 19.00 The Bereavement Journey (1)	6	7 9.00am. Prayer for Frome at St John's 7pm Tom Harflett 'Trip to the Balkans' (see Pg11)
Communion Roads (2)	12 10.00 Trinity Toddlers 1.30 Parish nurse support group 19.00 The Bereavement Journey (2)	13	14
Communion	19 10.00 Trinity Toddlers 1.30pm Parish nurse support group 19.00 The Bereavement Journey (3)	20	21
T E R M			
Communion	26 10.00 Trinity Toddlers 1.30pm Parish nurse support group 19.00 The Bereavement Journey (4)	27	28

MISSIONS

It's the "reentrée"! The start of the new school year is not only a major event in the lives of school children and their families, it is the return to normality for the whole of France after two months of living at a summer's pace. Many churches reduce the number of services or close completely due to absences in July and August but we decided to continue as usual and the numbers of attendees went up instead of down! We also had the joy of two people being baptised with another baptism due about now.



Chateaux Blanc Team Sept 2023



Our summer began with the Taekwondo week for local children run by the Korean missionaries at the Château Blanc. Stopped by Covid, its return was a great success. Norah was involved in the bible club for the 11 to 17 year olds, 20 of them, mostly unchurched. It was excellent!

Our aim is to now offer a youth club once a month for the teenagers. The week ended with an evening for all the families of the children - Korean food, Taekwondo and the message of hope in Jesus.



Our holiday cottage next to the house is on the “holy holidays” web site and we were pleased to welcome a number of British families over the summer. Our area is not the most stunning of regions in France but there is much one can do and visit, so everybody had a good and relaxing time. Other “visitors” were our four children, all at different times, three of them en route from A to B – we are so conveniently placed!! All are well and the latest news is the move of Katie and her family to the south of France where Sam will be responsible for francophone recruitment for SIM for the next few years.

Chris continues with work projects in and around the house. The latest, normally simple, job is to dig a trench half-way round the building in order to run a rainwater pipe to the drains. It was straight forward until Chris ran into a thick metal sheet sitting on iron girders! The questions now are what, why and how? Hopefully Chris will have solved the problem by the time you read this. By the way, if anyone would like a working holiday anytime we can almost certainly offer you an interesting one!



So now we are back to our usual activities with the addition of beginning an Alpha course about the time you read this! Thanks, as ever, for your support. We look forward to seeing you soon.

With love, Chris and Norah - Thumeries, Northern France.

WORSHIP JAM

Informal worship, learn new songs and revisit some older ones
Everyone welcome from the most to the least experienced

7.30pm Monday 2 October
in Church

Coffee, Cake & Chat

Trinity Church
2.00 - 4.00 pm

2023 DATES

Monday 9th October
Monday 13th November
Monday 11th December



*Ladies, Join us for this opportunity to meet and chat.
All are welcome.*

SEWING FOR CHARITY
Tuesday evening once a month
at Trinity Hall
7pm to 9pm



Bring your sewing machine, scissors and bring your non-sewing friends too, extra machines are provided.

Future Dates for your diary: 17th October, and 14th November

Please ask around for donations of towels and 100% cotton fabric, double duvet covers, cotton curtains, need to be hot washed without fabric softener.

We will be making cloth sanitary pads to go to disaster areas around the world where people have lost everything and as a result of earthquake, flood, fire, or war where there are no shops, transport, and no supplies.

We will also be considering other sewing projects, bring along your ideas and information. Drawstring bags, small quilt covers, port cushions, chemo turbans.... All requests for help will be considered.

If anyone needs a sewing machine there are several available for a donation towards Trinity Church.

Trinity Toddler group is a fun, friendly playgroup where toddlers (aged 0-4) can enjoy two hours of letting off steam, at 10am on Thursdays (term time). Pre-booking online is essential and tickets can be found on Eventbrite; just search for 'Trinity Toddlers' in Frome. We provide tea, coffee and biscuits for adults, as well as healthy snacks for children.



HOLY TRINITY DEBT CENTRE IN PARTNERSHIP WITH CHRISTIANS AGAINST POVERTY

Whilst applying for grants to enable our Debt ministry to continue next year I had to review what we have been doing since January 2021 up to the end of July 2023. Here it is:

132 people enquired or were referred by others for our help.

19 enquirers did not have any debt at the moment but wanted know what to do if the cost of living crisis forced them into debt, or maybe they were worried about a relative or a neighbour who might need our help.

71 clients were referred by the Job Centre who run a call back diary for the debt centre

18 individuals were recommended by family, friends or neighbours.

4 clients came via local churches.

7 clients responded to ads either local or national, printed or social media.

1 individual was referred by their GP

2 clients who needed in-person consultation were referred by Citizens Advice,

3 clients were referred by their housing association

4 were introduced by a social worker

3 came via the Food Bank

Of the 113 who admitted having debt the outcomes were:

15 prospective clients referred by the Job Centre could not be contacted by text or phone.

28 disengaged due to a range of reasons, some had a change of circumstance, some didn't feel the time was right to deal with their debt, whilst some didn't like the way we operate.

28 had manageable debt and we were able to advise and assist them locally usually with the help of the Self Help Pack, whilst some were self employed and were referred to another debt charity who specialise in helping self employed people.

42 clients had unmanageable debt and engaged with Christians Against Poverty for help.

Those clients who worked with CAP the outcomes were:

15 clients are now debt free, either through a Debt Relief Order, a Debt

Management Plan or making a Full and Final Settlement.

2 clients disengaged

25 Clients remain in hand and are progressing through the system.

To continue delivering the Debt Service we need further funding. This is to pay me for two days per week and to pay a monthly subscription to Christians Against Poverty for their work and expertise, plus occasional client events costs, client support for DRO costs and gas and electricity top ups for clients in distress.

I will have a list of clients for whom I want to provide a Christmas Hamper and will be looking for house groups to volunteer.

Stay blessed, Phil Gray

prosperfrome
COMMUNITY FINANCE MATTERS

money matters café

WOULD YOU WELCOME SOME SUPPORT AND SIGNPOSTING IN THINKING ABOUT MONEY MATTERS – TARIFFS, CREDIT, DEBT, BENEFITS, SCAMS?

DROP IN DURING OUR FRIENDLY WEEKLY MONEY MATTERS CAFÉ STARTING SEPTEMBER 7TH

THURSDAYS 2:00-4:00 PM FROME TOWN COUNCIL CAFÉ

WWW.PROSPERFROME.ORG

UPCOMING AMMERDOWN EVENTS

ADVENT RETREAT

Friday 24 – Sunday 26 November 2023

Residential: £340 Non-Residential: £244

Join Rev Narinder Tegally as we explore the themes of Hope, Joy, Peace and Love this Advent.

HOSPITALITY & SANCTUARY FOR ALL

Monday 16 – Wednesday 18 October 2023

Residential: £355 Non-Residential: £233

Rev Dr Inderjit Singh Bhogal OBE is a leading Theologian and Methodist Minister, and was President of the Methodist Conference 2000-2001. Join us as we consider what it means to offer hospitality and sanctuary to the stranger. Never has this been a more pertinent topic as a growing number of people are displaced around the world due to war, persecution, natural disasters and climate change.

REPARATIONS AND RECONCILIATION: FORGIVENESS MADE MEANINGFUL Friday 3 November 2023, 7.30–10pm. £20

Mpho Tutu van Furth is the daughter of Archbishop Desmond and Leah Tutu. Hear her speak about reconciliation, drawing on her direct involvement with the Truth and Reconciliation Commission in South Africa. Mpho is known throughout the world for her advocacy work on issues including forgiveness, the safety and wellbeing of girls, and same-sex rights.

THE JOSEPH STORY

Sunday 3 December 2023, 4–5.30pm

£8 (Please note: this is suitable for children aged 12+)

John Sibley presents a warmly funny and gentle eighty-minute one man play that lets Joseph, the forgotten man and displaced father in the Nativity story, have his say.

For more details or to book places, please visit the Ammerdown website and/or call Tessa or Roxy during office hours on 01761 433709

CREATION CARE

GREEN AND HEALTHY FROME WORKSHOP

Following on from Charlotte Carson's visit to Holy Trinity at the Harvest Festival, 2 workshops have been arranged to explore how we as a community of faith can engage with 'A Green & Healthy Frome' to enhance our own 'Creation-Care' focus and bless Frome.

Details are still to be confirmed but please make a note of:

Monday 9th October in the HALL in the morning

The second date will be in an evening and is still to be confirmed.

A Green & Healthy Frome wants to achieve a health and climate win-win, by exploring ways to help local people live lives which are good for their health and the planet. Green & Healthy Frome is a unique partnership of Edventure Frome, Frome Medical Practice and Frome Town Council.

Forget-Me-Not Café

3rd Sunday of every month
2.30-4pm

St Philip and St Jacob's Church
Norton St Philip

Come and enjoy a cuppa and friendly people to chat with. Some of us may have memory challenges but we have a great café team who are all dementia friends. All are welcome!

Lectio
365



Download on the
App Store

GET IT ON
Google Play

Written by leaders from the 24-7 Prayer movement, this resource helps you engage with Scripture to inspire prayer and shape your life

www.24-7prayer.com/lectio-365



**Free Daily
Bible Notes**

Read and listen online or sign up
to receive by email or post

[www.ucb.co.uk/
word-for-today](http://www.ucb.co.uk/word-for-today)

FROM THE OFFICE

Stamps: We collect all used postage stamps; international stamps from other countries are especially appreciated. Tear off just the stamp, leaving about 1cm of paper around the stamp. Place them in the pink box at the back of the church. PLEASE REMOVE ANY PLASTIC BAGS.



Used inkjet printer cartridges: We can recycle the following brands only - Canon, Dell, HP, Lexmark, Neopost and Samsung. Only the cartridge is needed, none of the other packaging.

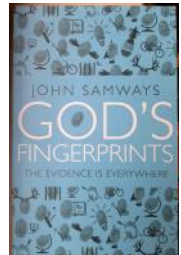
FOIL lined packets: We collect these as well as sweet and chocolate wrappers, and CLEAN FOIL LINED food packets (such as pasta or rice bags for recycling. All recycling needs to be clean and dry. PLEASE—NO BAGS THAT HAVE HAD WET FOOD IN THEM and no ordinary non-foil lined bags.

Writing instruments: Any brand of pen, felt tip, highlighter, marker, correction fluid pot, correction tape, mechanical pencil and eraser pen regardless of their composition. Please note **no glue sticks**, wooden pencils, chalk, erasers, rulers or other cutting objects that could disturb the recycling process.



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

Also, copies of John Samway's book
'God's Fingerprints'
may be purchased from the office. £10





MJ Communications (Mobile Phone & Tablet Repairs)

If you ever have a mobile phone or tablet in need of repair, Martin is the bloke to speak to. Always helpful and professional, he has rescued many a desperate person with a smashed screen or drowned phone! Can be contacted on 07846 296545, or found online at www.mjcommunications.co.uk.

James Markham Photography

Relaxed, candid & creative wedding and family photography. Visit my website at www.jamesmarkham.org or contact me via jamesmarkhamphotography@gmail.com for more details.



Mind your Music and Stepping Out Theatre

A **FREE** Music workshop and a Drama workshop from
April to December 2023.

Time: 1.45pm – 4.15pm

Venue: Trinity Hall, Trinity St, Frome BA11 3DE,

These workshops are **FREE** to participants who will be able to engage and enjoy workshops over the year. If interested please contact

Bo Bowman-Shaw on: bo.bs.openmentalhealth@gmail.com



Bible in One Year

is a *free* Bible reading app with
commentary and prayers by Nicky
Gumbel, former Vicar of HTB in London

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CHURCH GIVING

If you would like to support the work of Holy Trinity via donation or standing order, your gift would be very gratefully received. To keep the church running for Sunday Services, current costs are around £13,250 per month. With the addition of Children and Youth work, the Debt Centre and the Parish Nurse, the cost is just over £18,000 a month in total.

SUPPORTING THE CHURCH

Account no: 52069117

Sort Code 60-08-31

Reference: GENERAL FUNDS

SUPPORTING THE DEBT CENTRE

Account no: 52069117

Sort Code 60-08-31

Reference: DEBT CENTRE

SUPPORTING THE PARISH NURSE

Account no: 52069117

Sort Code 60-08-31

Reference: PARISH NURSE

SUPPORTING THE CHILDREN'S WORK

Account number: 63576341

Sort code: 60 08 31

Reference: FAMILIES WORK

SHOP AND GIVE

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Simply shop via Shop&Give at 2,200 shops such as Ebay, Argos, Sainsbury's and John Lewis, and

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<http://shopandgive.thegivingmachine.co.uk/causes/holy-trinity-church-frome>

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Followers of Jesus



Autumn 2023 Sundays at Trinity

Digging Deeper as we follow Christ together

- 3 Sept **Being whole-life followers of Jesus**
How we live matters
- 10 & 17 Sept **What about stewardship and generosity?**
How we use all that God has given us
- 24 Sept **Harvest - Creation Care**
With collections for Fair Frome foodbank
- 1 & 8 Oct **Respecting all**
How we respect God, each other and those we disagree with
- 15 & 22 Oct **We are Community**
How we live as Jesus' community for our community
- 29 Oct **Compassion requires Grace**
How we identify with others through the eyes of Christ
- 5 Nov **Chris & Norah Morton - Mission in France**
We welcome our friends from Thumerie
- 12 Nov **Remembrance Sunday**
9.30am together service followed by the Frome Remembrance service at the War Memorial
- 19 & 26 Nov **Characterised by Integrity**
How we live is noticed and impacts our witness

Holy Trinity
Church • Frome

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