



TRINITY TIMES
OCTOBER

CONTENTS

3	A MESSAGE FROM THE VICAR
4	A MESSAGE FROM JOHN SAMWAYS
6	PARISH NURSE
14	FROM COMMUNITY BIKE PROJECT
15	THE PEACEFUL PARISH WORKSHOP
16	A LETTER FROM BISHOP MICHAEL
18	THE BRIDGE CAFÉ
20	OCTOBER CALENDER
22	MISSIONS
26	MOTHERS' UNION
28	LIVING WITH CANCER
30	ECO CHURCH
32	COMMEMORATION OF THE DEPARTED SERVICE
33	CAP REPORT
36	NOTICEBOARD
39	CHURCH GIVING
40	CONTACT DETAILS



Service Times

Sundays (weekly)

9.00 Holy Communion
11.00 Morning Worship

Wednesdays (weekly)

10.00 Holy Communion

Sundays (occasional)

10.00 Wild Worship (1st Sunday)
11.00 Café Church (3rd Sunday)
15.00 Youth (2nd & 4th Sundays)

IT'S GREAT TO BE HERE!

Ian Snares

*So do not fear, for I am with you;
do not be dismayed, for I am your God.
I will strengthen you and help you;
I will uphold you with my righteous right hand.*

Isaiah 41:10 NIV

Moving is always hard. Saying goodbye to old friends, sorting out and packing up the old house. Realising all the stuff you've accumulated that frankly should have been recycled or sent to the charity shop years ago. And that's before you've arrived at your new home.

So for us as a family, moving from Hampshire to Frome is a big deal. Each of us has a new pattern of life: new teaching job for Jo, new schools for Jonathan and Annabelle, and a new parish for me. Yes, its daunting.

The reason we've moved is a deep sense that God has been opening up new things for us. And we've been so overwhelmed by Holy Trinity and Frome; I feel that we've hit the jackpot! Thank you to all who've made us so welcome with cards, gifts, messages and incredible generosity (moving is expensive and that's been a real help). Already I feel this is a wonderful town and great church that is starting to feel like home. I'm looking forward to getting to know you as together we seek God's very best for our town and church.

This verse from Isaiah 41 was first given to me as a 14 year old. I'd been away at a Christian summer camp and one of the leaders wrote to me (remember the days before email when we had to use pen and paper?). This was the verse he included and it has never left me.

Over the years, there have been many times when life's challenges have been daunting, sometimes even rocking my faith. I've questioned what God is doing

– or not doing, I’ve wondered why my plans haven’t worked out, I’ve thought I’ve blown it. But these ancient words, written thousands of years ago to a very different people in very different times, are as true and relevant for us today as they ever were. As I start my new role as Vicar of Holy Trinity, I know that in all the challenges I will face God is with me.

I’m convinced that God has a plan for each of us, a plan that is better than anything we could come up with ourselves. But sometimes we just have to let him lead us and trust that he is with us. When we let him, he will strengthen and help us, even through the hardest times. His incredible promise is true – so do not fear!

With every blessing,

Ian



WHAT A LEGACY

John Samways

What a Legacy!

Johnny Cash (1932-2003) sold more than 90 million records. A troubled but devout Christian, his legacy to the world of music was described as a ‘perennial, essential touchstone’. It is difficult to imagine a better description of Queen Elizabeth’s legacy.

Robert Tombs, Professor Emeritus of French history at Cambridge, poses the question 'What will be the greatest legacy of our longest reigning monarch?' Commenting on Queen Elizabeth's enduring Christian faith, patriotism, respectability and duty, Tombs insightfully adds 'she maintained those virtues while the country was losing them. Much of the respect she commanded came from that very fact: she upheld the beliefs and standards we no longer practise.'

In our ethically diminished and deteriorating culture, which is increasingly indifferent to what is noble and good in public life, many realise that with the Queen's death a life of extraordinary, iconic virtue is now 'gone' and the world is that much poorer as a result. The impact her death and the consequential mourning has had upon the country and the wider world, embracing every culture and generation, has been profoundly moving.

However, consider again the deep roots and foundations of the Queen's faith which shaped her life - her baptism and anointing; her daily engaging with and internalising God's Word; her daily pattern of prayer, her humility and servant heart serving the servant King, The Queen was 'A beacon of grace' daily manifesting the fruit of the Spirit privately and in public. Where does all this come from – the clarity of vision, the stamina, the steadfastness in duty and care.

One word - Jesus.

Will we *ever* have a better moment to share the sheer wonder and riches of the One who is changing our life day by day. **His** legacy is indeed a perennial, essential touchstone.

Dear Jesus, may we be equipped to share your legacy wherever you plant us.

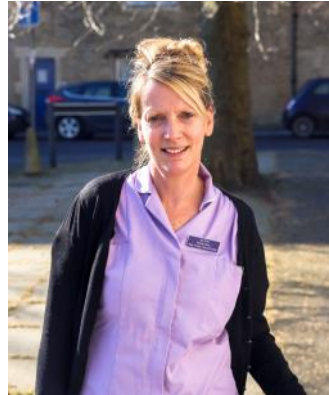
PARISH NURSE

Jan Zriel

Greetings Trinity family!

The days are becoming Autumnal now! A lovely change from the searing heat we experienced. There's nothing like a blustery sunny day out and about in God's creation, I'm sure you'll agree!

I'm sure you'll also agree if you attended, that our new vicar Ian's inauguration service was a wonderful service, I felt so proud to be part of our amazing church community family. Exciting times ahead!



In my other role I am a pre assessment triage nurse, and this involves asking patients during their nurse assessment about their dietary habits and general health. Quite often a person will deny they have a problem controlling their alcohol intake which is sometimes way over the recommended 14 units a week. But their liver function test results will say otherwise, and they will be unable to have their planned surgery until their liver function is within normal limits. So, their surgery is delayed.

A Liver Function Test (LFT) measures various proteins; enzymes and waste products made or processed by the liver. It helps to determine whether someone may have gall stones; and can identify problems with the liver, such as hepatitis. Also though, some medication and other conditions can also cause liver function tests to become abnormal too.

But you will know if you are drinking more than the recommended 14 units per week, or perhaps a friend or relative has broached the subject with you and you are ready to think about reducing your intake of alcohol. If you want

to speak to me confidentially, I will be happy to signpost you to services that can advise and guide you.

So what are the risks of drinking too much?

Regularly drinking more than 14 units of alcohol a week risks damaging your health.

The recommended weekly limit of 14 units is equivalent to 6 pints of average-strength beer or 10 small glasses of low-strength wine.

New evidence around the health harms from regular drinking have emerged in recent years.

There's now a better understanding of the link between drinking and some illnesses, including a range of cancers.

The previously held position that some level of alcohol was good for the heart has been revised.

It's now thought that the evidence on a protective effect from moderate drinking is less strong than previously thought.

Low-risk drinking advice

To keep health risks from alcohol to a low level if you drink most weeks:

- Men and women are advised not to drink more than 14 units a week on a regular basis
- Spread your drinking over 3 or more days if you regularly drink as much as 14 units a week
- If you want to cut down, try to have several drink-free days each week
- If you're pregnant or think you could become pregnant, the safest approach is not to drink alcohol at all!

No 'safe' drinking level

If you drink less than 14 units a week, this is considered low-risk drinking.

It's called 'low risk' rather than 'safe' because there's no safe drinking level.

The type of illnesses you can develop after 10 to 20 years of regularly drinking

more than 14 units a week include:

- Cancers of the mouth, throat and breast
- Stroke
- Heart disease
- Liver disease
- Brain damage
- Damage to the nervous system

There's also evidence that regular drinking at high-risk levels can make your mental health worse.

Research has found strong links between alcohol misuse and self-harming, including suicide.

The effects of alcohol on your health will depend on how much you drink. The less you drink, the lower the health risks.

'Single session' drinking

Drinking too much too quickly on any single occasion can increase your risk of:

- Accidents resulting in injury, causing death in some cases
- Misjudging risky situations
- Losing self-control, like having unprotected sex or getting involved in violence

To reduce your health risks on any single session:

- Limit how much you drink
- Drink more slowly
- Drink with food
- Alternate with water or non-alcoholic drinks

Calories in alcohol

Did you know a standard glass of wine can contain as many calories as a piece of chocolate, and a pint of lager has about the same number of calories as a packet of crisps? So, if you're trying to lose weight you need to think about what you are drinking as well as what you are eating.

Drinking 4 bottles of wine a month adds up to a yearly consumption of around

27,000kcal, which is equivalent to eating 48 Big Macs per year. Drinking 5 pints of lager each week adds up to 44,200kcal over a year, equivalent to eating 221 doughnuts.

Liquid Calories

Calories in common drinks

Drink	Calories (kcal)	Estimated food equivalent
standard 175ml glass of 12% wine	133kcal	3 Jaffa Cake biscuits
pint of 5% strength beer	239kcal	1 standard size Mars Bar
50ml glass of 17% cream liqueur	153kcal	one standard size Wagon Wheel
standard 330ml bottle of 4% alcopop	172kcal	2 chocolate digestive biscuits
double measure (50ml) of 17.5% fortified wine	77kcal	10 jelly babies
double measure (50ml) of 40% gin	95kcal	1 standard size Milky Bar

You can find out the calorie content of many more drinks using the Drinkaware unit and calorie calculator online.

Alcohol units

How many of us really know what a unit of alcohol is?

With so many different drinks and glass sizes, from shots to pints – not to mention bottles – it's easy to get confused about how many units are in your drink.

The idea of counting alcohol units was first introduced in the UK in 1987 to help people keep track of their drinking.

Units are a simple way of expressing the quantity of pure alcohol in a drink. One unit equals 10ml or 8g of pure alcohol, which is around the amount of alcohol the average adult can process in an hour.

This means that within an hour there should be, in theory, little or no alcohol left in the blood of an adult, although this will vary from person to person.

The number of units in a drink is based on the size of the drink, as well as its alcohol strength.

For example, a pint of strong lager contains 3 units of alcohol, whereas the same volume of lower-strength lager has just over 2 units.

Knowing your units will help you stay in control of your drinking.

To keep health risks from alcohol to a low level if you drink most weeks:

- Men and women are advised not to drink more than 14 units a week on a regular basis
 - Spread your drinking over 3 or more days if you regularly drink as much as 14 units a week
 - If you want to cut down, try to have several drink-free days each week
- 14 units is equivalent to 6 pints of average-strength beer or 10 small glasses of lower-strength wine.

Calculating units

Using units is a simpler way of representing a drink's alcohol content – usually expressed by the standard measure alcohol by volume (ABV).

ABV is a measure of the amount of pure alcohol as a percentage of the total volume of liquid in a drink.

You can find the ABV on the labels of cans and bottles, sometimes written as 'vol' or 'alcohol volume', or you can ask bar staff about particular drinks.

For example, wine that says '12% ABV' or 'alcohol volume 12%' means 12% of the volume of that drink is pure alcohol.

You can work out how many units there are in any drink by multiplying the total volume of a drink (in ml) by its ABV (measured as a percentage) and dividing the result by 1,000.

- $\text{Strength (ABV)} \times \text{volume (ml)} \div 1,000 = \text{units}$

Drinks and units

A 750ml bottle of red, white or rosé wine (ABV 13.5%) contains 10 units.

See the guide below to find out how many units are in your favourite tipple.

Drink	Number of alcohol units
Single small shot of spirits* (25ml, ABV 40%)	1 unit
Alcopop (275ml, ABV 5.5%)	1.5 units
Small glass of red/white/rosé wine (125ml, ABV 12%)	1.5 units
Bottle of lager/beer/cider (330ml, ABV 5%)	1.7 units
Can of lager/beer/cider (440ml, ABV 5.5%)	2.4 units
Pint of lower-strength lager/beer/cider (ABV 3.6%)	2 units
Standard glass of red/white/rosé wine (175ml, ABV 12%)	2.1 units
Pint of higher-strength lager/beer/cider (ABV 5.2%)	3 units
Large glass of red/white/rosé wine (250ml, ABV 12%)	3 units
Large (35ml) single measures of spirits such as gin, rum, vodka, whisky, tequila and sambuca.	1.4 units

Weight gain

Wine, beer, cider, spirits and many more of our favourite drinks are made from natural starch and sugar. Fermentation (and distillation for certain drinks) is used to produce the alcohol content.

This is why alcohol contains lots of calories – 7 calories per gram, which is

almost as many as a gram of fat. Plus, additional calories can be in added mixer drinks, such as cola or tonic water.

Regularly drinking more than the NHS recommends can have a noticeable impact on your waistline and cause less obvious, but more serious, health problems.

Tips to avoid weight gain:

- Men and women are advised to not regularly drink more than 14 units a week.
- Alternate an alcoholic drink with a glass of water – this will help to prevent you becoming dehydrated.
- Do not drink on an empty stomach. If you do reach for snacks while drinking, choose a healthier option.
- Drinking in rounds can mean you end up drinking more than you intended. Instead, drink at your own pace.
- Try cutting down with a friend, as you'll be more likely to stick to it with moral support.
- Eat a healthy dinner before you start drinking so you're not tempted to go for less healthy options later in the evening.
- Pace yourself by taking small sips.
- Avoid 'binge drinking' - it's not advisable to 'save up' your units to splurge at the weekend.
- If you're drinking white wine, why not add a splash of soda water to help the same number of units last longer?

Useful contacts for alcohol problems

- Drinkline
- Alcoholics Anonymous (AA)
- Al-Anon Family Groups
- We Are With You
- Adfam
- The National Association for Children of Alcoholics (Nacoa)

Other News!

Podiatry outreach continues to be well attended by customers of the Bridge Café and members of the community who have seen my posters around the town and are in need but on a low income and not eligible for NHS treatment. I have implemented a £5 charge now, but the service continues to be free if someone is in need. Lions club and Rotary are supporting this service with their donations. Thankyou!

Don't forget I am happy to visit you if you are undergoing treatment or have an acute or chronic illness. I am also happy to accompany anyone to see their GP. My mobile number is on the back of this magazine.

The Bereavement Journey has begun and is being well attended. One lady is coming from Yeovil and heard about the course through the Bereavement Journey website which is great. Thankyou to Wendy and Alan for their continuing support. I really appreciate you attending and sharing your own bereavement journeys. And thank you Val for being a valuable helper, its lovely to have some support in case any attendees become distressed as this is a sensitive subject.

Stay well!

Blessings, Jan x

FROME COMMUNITY BIKE PROJECT

An exciting new venture is launching in Frome! The new Frome Community Bike Project will recycle donated bicycles, teach bike maintenance skills and cycle confidence classes, offer a shared workshop and volunteering opportunities. People can come and use the workshop and tools to work on their own bikes, share skills or pay one of our mechanics to do the work for you, there is an option for everyone!

The project is a non-profit organisation set up by a team of volunteers (pictured here) for the benefit of the community. All profits from the project will support Frome's Missing Links, the local charity linking up traffic-free walking and cycling routes in and around Frome. Emma Parker from Frome Community Bike Project says "There is a real appetite in Frome for a community bike hub where people can buy reconditioned bikes, learn how to fix their own bikes and feel safer cycling. We're really excited about sharing skills, building confidence and supporting our community to feel empowered to use bikes for transport and leisure."

The Frome Community Bike Project has been running a Crowdfunder campaign throughout September to raise funds for their workshop and tools. They had some fantastic offers from local businesses who have shown support for the project. Anyone could donate to the project.

The team has been out and about in September and will no doubt be out in October, so do keep your eyes peeled for dates.

You can find out more about the project here:
www.fromebikeproject.org



The Peaceful Parish Workshop

Practical responses to conflict in churches

Christians are called to be peacemakers and Christian communities should reflect the Kingdom of God. But in reality things are not always harmonious. A divided community can be a place of pain and broken relationships, in need of repair and reconciliation.

The Peaceful Parish workshop will offer practical ideas about how to address differences and disagreements in parishes constructively.

- Led by members of the Bath & Wells Diocesan Peacebuilding Network and Diocesan Peacebuilding Adviser Simon Keyes
- Tea and coffee will be provided. Please bring your own lunch.

10am - 3pm Thursday 20 October 2022
Street Mission Church, Street, BA16 0HZ



Register for the workshop by scanning the QR code with your smart phone or tablet or by [following this link](#).

For further information please contact sophie.moore@bathwells.anglican.org

THE SAME YESTERDAY, TODAY AND FOREVER

Bishop Michael Beasley

Many of us know well Bob Dylan's song 'The Times They Are A-Changin'. Was it written with us in mind? None of us could have predicted the changes that we have seen in 2022. The death of our beloved Queen Elizabeth, the accession of a new King, a war in Ukraine, a cost-of-living crisis. None of these were on the cards as we made our new year's resolutions on the 1st of January.

Yet happen they have. And whether we like it or not, we're forced to agree with Bob Dylan's lyrics that the times are indeed changing. What can see us through these days?

A phrase that's often used about the period through which we're going is 'unprecedented'. I'm not sure it's entirely valid! Previous generations have faced situations as challenging or more than ours – seasons of plagues, wars, famines and conquest. The times in which the New Testament was written were, for its writers, periods of profound uncertainty. Its writers faced violence and vulnerability, conflict and dispute. Yet into their times they were able to speak words of hope, confidence and assurance.

One such phrase that stands out for me is a line from the letter to the Hebrews. Hebrews was written in response to a time of persecution and the possibility of people falling back from the faith as a result. Into its time and ours, the writer of the letter makes an extraordinary claim: 'Jesus Christ is the same yesterday, today and forever.' (Hebrews 13:8)

Just imagine! The one who walked in Galilee has been there for his people throughout time, is with us now, and will be whatever the future may hold.

So respectfully, I have to disagree with Bob Dylan. In his song he tells us that in the face of times that are 'a-changin', we'd better start 'swimmin'. Much

better than hyperactive splashing, I suggest, is to live out our vision to 'live and tell the story of Jesus'. For it's as we do so that we can hold fast to the one who is constant and unchanging, who holds us always in the palm of his hands; Jesus Christ who is 'the same yesterday, today and forever.'

Bishop Michael



FLOWER DISPLAYS IN TRINITY CHURCH

Sunday 9th October

Flowers in loving memory of
David Hill

Sunday 30th October

Flowers in loving memory of
David Jukes
and
Claire Jukes



THE BRIDGE CAFE

John & Wendy Rootes

This last year at The Bridge has seen a very steady growth in numbers and takings, which has been encouraging in view of the increase in the cost of living. People are drawn to the cafe by the prospect of friendly company and good, healthy affordable food. Owing to the generosity of our Holy Trinity friends, we haven't needed to raise our prices, even though our costs have gone up.

We are always delighted to see how inclusive our core customer group is, as they welcome and chat to new people, some of them becoming good friends. It has also been good to be there for people, when our love and support has been needed. One lady was experiencing difficulties over housing, and came in weeping one day, as a transfer to the house of her dreams had fallen through in a somewhat unpleasant manner. We told her that God loved her and would look after her and give her something better. And then we prayed. A few weeks later she came in radiant, as she had been offered a bungalow with a little garden, a place actually beyond her wildest dreams. She is now happily settled there and we pray that the awareness of being loved both by God and her friends at the cafe will blossom into a knowledge of Him.

When one of our long term customers died very suddenly earlier in the year, we were dismayed to hear that there would only be a couple of mourners at his cremation, and no wake afterwards. We determined that his passing should not go unnoticed, so a few of us went to the funeral, and afterwards we had a get together at The Bridge for refreshments and an opportunity to pay tribute to him. Many came and there was a very special, almost tangible sense of The Lord's presence amongst us, as people shared their memories and it became clear that God had been at work in his life. We felt very much that The Prodigal had returned home.

We had a sense during this gathering, which had none of the usual pressures and demands of a normal cafe session, that The Lord was calling us to resume our fortnightly Sunday Afternoon Teas, which had to stop about 3 years ago, owing to falling numbers, staff sickness and the The Pandemic. These are very special occasions, when we enjoy a delicious free tea together and have a speaker sharing in very simple way something of the hope that we have in Christ and also of how much we are loved by God, and how significant our lives are to Him. Then afterwards we play board games for about an hour. Our friend who died was a regular, enthusiastic guest at these Teas, and we remember the rapt attention with which he listened to these Words of Life. These teas are a good example of evangelism within the broader mission of ministry to the poor.

They will start again on October 9th with Ian speaking, and we would appreciate your support in prayer. We have marvelled at how easy and stress free it has been to get a fairly complicated rota together, hopefully a sign that this is indeed the time for the Teas to start again.

These words from Isaiah 61 are such a beautiful description of what we believe to be at the heart of The Bridge, as we share in the ministry of Jesus.

"The Spirit of The Lord is upon me because He has anointed me. He has sent me to bring Good News to the poor, to bind up the broken hearted, to proclaim liberty to the captives, and release to the prisoners; to proclaim the year of the Lords favour... to comfort all who mourn, to provide for those who mourn in Zion, to give them a garland instead of ashes, the oil of gladness instead of mourning, the mantle of praise instead of a faint spirit. They will be called Oaks of Righteousness, the planting of the Lord, to display His glory."

John and Wendy

OCTOBER

SUN

MON

TUE

WED

2

CAP Sunday

9.00 Holy Communion
10.00 Wild Worship
11.00 Morning Worship

3

4

5

10.00 Holy Communion
15.00 CAP Prayer Meeting
19.00 Bereavement
Journey

9

9.00 Holy Communion
11.00 Morning Worship
15.00 Youth

10

11

12

10.00 Holy Communion
19.00 Bereavement
Journey

16

9.00 Harvest Service
11.00 Harvest Service
**Collecting donations for
Fair Frome Food Bank**

17

18

19

10.00 Holy Communion
19.00 Bereavement
Journey

23

9.00 Holy Communion
11.00 Morning Worship
15.00 Youth

24

25

26

10.00 Holy Communion

30

9.00 Holy Communion
11.00 Morning Worship
15.00 Commemoration of
the Departed Service

31

ER 2022

	THU	FRI	SAT
			1 9.00 Who Let The Dads Out? 16.30 Youth Games Café
Union Meeting at	6 10.00 Trinity Toddlers 17.00 Food @ Five	7	8
Union Meeting at	13 10.00 Trinity Toddlers 17.00 Food @ Five	14	15
Union Meeting at	20 10.00 Trinity Toddlers 17.00 Food @ Five	21	22
Union Meeting at	27 10.00 Trinity Toddlers 17.00 Food @ Five 19.00 Men's Curry Night	28	29

MISSIONS

Rob & Sue Martin

Dear Friends, greetings.

Last Sunday (July 24th) was a wonderful joyous day, despite the really tough security situation and the ongoing drought and famine. Bishop Qampicha has made some major changes to clergy deployment, even of the Archdeacons. So, on Sunday, new Archdeacons John Maganjo, Joseph Kesho and Diid Borisso, were licensed, and the new Provost, Kennedy Akhongo, was installed. Ven Abraham has moved to Maralal Diocese, Ven Kargi has become the new Administrative Secretary and Ven Michael has become the new Education Secretary. As well as those huge changes, 6 deacons were priested, and 5 rural deans licensed. That's a pretty major shake-up! But it's a consequence of a church that is growing, with new clergy, new congregations, new Christians. If you go on the Facebook pages for +Qampicha or the Diocese of Marsabit, you can see the life, joy colour and energy that radiates from the scene! **Please pray for all the clergy as they settle in, as nearly 75% have moved to new parishes.**

The Voice of Hope, the Diocesan magazine we sent out recently, tells of other areas of growth. It told of mission work in the Chalbi, and among the Rendille Morans (warriors). One of the team spearheading these missions is Norm Gorrie, an Australian CMS mission partner, who works with his local colleagues. He has recently been back home for medical reasons, but has just flown back to Marsabit, to join the mission team, with his wife Janelle who's been involved in translating a children's version of the Bible into Boran. Norm will re-join Jomo Nderitu, a Kenyan missionary from down south, who focusses on youth ministry; Elema John the MU Secretary who is overseeing a large increase in MU members, and two microfinance projects; Lilian Lule, the Children's worker; the new Provost, Kennedy Akhongo, who is passionate about Church Brigade; and those responsible for KAMA, the men's equivalent

to the MU. Norm is back for August, which is always a mission month, as energetic students from Uni or school join the mission teams. **Please pray for all those sharing the gospel, and for a positive response from their neighbours.**

Another cause for huge joy is the opening of the new St. Andrews High School for Boys. The school actually opened on May 9th with 27 boys, but the formal opening was on July 17th. That was at the newly consecrated church at Badassa, Church of the Good Shepherd. It was attended by representatives from USA, whose charity, KCEP, has funded an amazing primary school in Sololo, called Tumaini (hope). ACK Wings, our primary school at Karare, funded by Cargo Human Care, an offshoot of Lufthansa (hence the lovely name!), has finally reached Class 6, and its 16 graduates did their exams in March. 5 boys from Wings joined the new high school. St Andrews is starting as a Junior High, class 7-9, with its first classrooms, dormitory and laboratory. Classes 10-12 will be added thereafter to complete the school. **Please pray for the new School, and the Education challenges faced by pupils amidst violence and drought.**

The dream of a new Girls' school is also getting closer to realisation. Last year, to celebrate the 10th anniversary of the Diocese, Friends of Marsabit sent a large gift to help buy a plot of land. However, because of the ongoing insecurity in Marsabit, the Bishop has not yet identified a plot, which is safe and ethnically neutral. Thanks to another donor, we have sent a further gift, and pray the situation will quieten down enough for a plot to be bought, so the school can finally begin. But for now, the 11 girls from ACK Wings have nowhere in Marsabit to go, except for Roman Catholic schools which ask for a baptism certificate, so they will go down country, far from family, for their further education. That would apply also to girls from Tumaini and our other schools. But...God willing, not for much longer, once land has been found **Please pray that a suitable plot can be found, so that such a vital ministry can begin.**

Behind so many of the problems faced by the Diocese and all the inhabitants

of N. Kenya is insecurity. It's a nightmare, affecting everyone. The stealing and killing were even happening in Marsabit town itself - it became so bad the Government imposed a curfew and sent in the dreaded GSU, the most brutal of Government law enforcers. That will continue until at least mid – August. The violence is driven primarily by politics and drought. As a result, +Qampicha decided it was too unsafe to come to Lambeth A key factor is the Kenya General Election on August 9th. Some politicians, striving to be elected, mobilise their own people, encouraging attacks on rival groups. In 2007/8, violence following the elections almost caused civil war, and it took Kofi Annan to broker peace. It's a similar situation again, particularly in our area, as the Gabra and Boran vie with each other. Bishop Qampicha and other religious and community leaders, work to bring peace, but then another attack shatters the calm. Being a peacemaker, though ultimately rewarding, can be very dispiriting, demanding endless patience and resilience. **Please pray for peaceful elections, for peacemakers and for reconciliation between the peoples.**

The other pressure on the Northern communities is the ongoing drought and resultant famine. All across Northern East Africa, from Kenya and Ethiopia through to Somalia, the rains have failed 4 times. Animals have died, farms withered away, boreholes dried up, and many people are starving. The nomadic lifestyle becomes ever harder to maintain. Some famine relief has been distributed, but not nearly enough, and nothing can rebuild people's herds or make up for their lost wealth and dreams. Rain is desperately needed. Please pray for it, and for people to have enough food to survive. We shared this in our last newsletter in February, when we wrote: **Please pray for rain, that the Lord would open the heavens, and the people work together, not fight each other.**



MOTHERS' UNION

Susan Clark

We join the world in mourning the death of Her Majesty Queen Elizabeth II. First and foremost a mother, grandmother and great-grandmother, her majesty served our nation and the Commonwealth for 70 years with grace, dignity and unwavering commitment.



Our thoughts and prayers are with the royal family at this time of national and personal grief. She was a passionate supporter and patron of Mothers' Union for those 70 years. Through these decades, her invaluable encouragement and dedication towards our cause has been an indispensable part of all we have achieved. During this period of mourning, we remember her as an inspiration, and as a symbol of strength across the world. May she rest in peace and rise in glory.

We give thanks to God for her being our Patron, for blessing her with special gifts for a life humbly dedicated to public service, her strong faith as she weathered many storms; her commitment and devotion to family life; and her great concern for communities and all people.

Her guidance and support of Mothers' Union over the decades has enabled us to achieve so much in impacting communities and touching lives. During times of ongoing war and turmoil around the world, she reminded us of the healing power of forgiveness, peace and reconciliation. This inspired us and encouraged us to work for harmony and good relationships among all people in our communities.

Her spirit of acceptance to change and transformation through the years and her ability to take others on the journey of change is testimony to her great strength as a leader and her faith in change that is inevitable. This outlook on

life strengthened Mothers' Union members to embrace all opportunities of change and transformation that truly reflect the worldwide nature of our movement.



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

LIVING WITH CANCER

Anonymous

Some beautiful, thought-provoking poems penned about living with cancer. The author wishes to remain anonymous.

Look To The Master

I could never imagine what your going through but
Gods in control and he cares for you.
He sees your pain your tears as they fall look
to your father in heaven on him you must call.
I know that sometimes life doesn't seem fair
but God wouldn't put on you more than you can bare.
So just keep the "Faith" what ever you do and know
in Gods timing there's a healing for you.

Coping

Talk to me, talk to me,
Don't let me feel alone.
This journey that I'm on is nothing but relentless.
I struggle every day and even on the phone.
I want to carry on but do you know the stress?
The frown is there, the smile a struggle
And staying strong is such hard work,
My mind at times a muddle!
Each day I'm coping with fatigue
And sometimes how to speak!
Remember though to talk to me,
It will cost you nothing, time is free?

Forget-Me-Not Café

WHEN

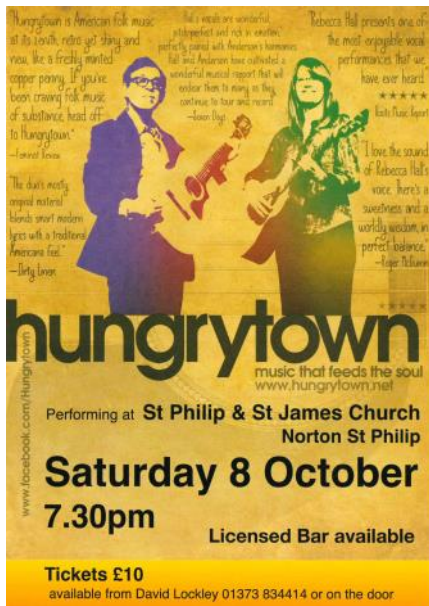
THIRD MONDAY OF EVERY MONTH
2:30PM - 4:00PM

WHERE

ST PHILIP & ST JAMES 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!

CONTACT JO FOR MORE INFORMATION
321JOROBINSON@GMAIL.COM
01373 831381



"Hungrytown is American folk music at its loveliest, replete yet shiny and new, like a freshly minted copper penny. If you've been craving folk music of substance, head off to Hungrytown!"
—Lorel Lewis

"The duo's masterful original material blends smart modern lyrics with a traditional Americana feel."
—Lily Lewis

"...that is a really wonderful, sophisticated and rock is created, perfectly paired with Anderson's harmonies that and Anderson have cultivated a wonderful musical rapport that will inspire them to sing as they continue to tour and record."
—Loren Dyer

"Rebecca Hall presents one of the most enjoyable vocal performances that we have ever heard."

—Beth Rose Dept

"I love the sound of Rebecca Hall's voice. There's a sweetness and a worldly wisdom in perfect balance."
—Lorel Lewis

hungrytown

music that feeds the soul
www.hungrytown.net

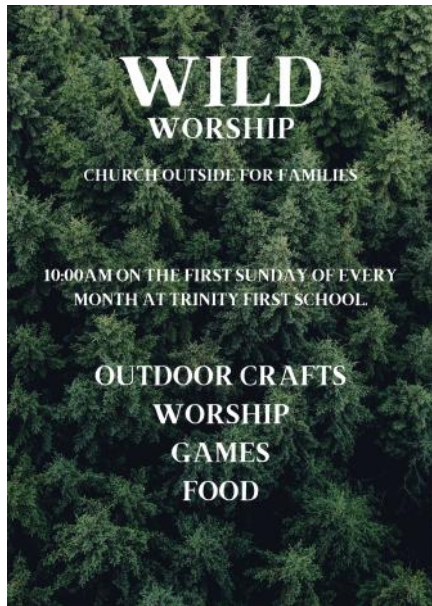
Performing at **St Philip & St James Church**
Norton St Philip

Saturday 8 October

7.30pm

Licensed Bar available

Tickets £10
available from David Lockley 01373 834414 or on the door



WILD WORSHIP

CHURCH OUTSIDE FOR FAMILIES


10:00 AM ON THE FIRST SUNDAY OF EVERY MONTH AT TRINITY FIRST SCHOOL.

OUTDOOR CRAFTS WORSHIP GAMES FOOD

CAFÉ CHURCH

THIRD SUNDAY OF THE MONTH

11:00 - 12:00



HOLY TRINITY CHURCH
FROME

ECO CHURCH

John Samways

'The plans of the Lord stand firm forever, the purposes of His heart through all generations.' Psalm 33:11

Heavenly Father, please teach each of how we can live in harmony with nature according to your original, perfect plan. Lord we pray that we personally and the local community, together will countries across the world, will develop sustainable economies and find innovative ways to reverse environmental change, reduce waste and tackle pollution. Amen

'What has nature ever done for us?' Tony Juniper (Pub 2013)

The foreword to this compelling book was written a decade ago by HRH The Prince of Wales. Included are the following words:

'One of the great misconceptions of the modern age, and one which has concerned me for more years than I care to remember, is the presumption that nature can be taken for granted and her needs ignored In human experience there now abounds a disturbing lack of a sense of the sacred. This is very important. If nothing is sacred, most of all nature, then we create the potential for the perfect kind of storm, to which it will be virtually impossible to adapt let alone mitigate.'

Although written a decade ago, King Charles III holds fast to every word he writes in this foreword. In consequence we can be confident that throughout the duration of his reign he will support and seek to advance environmental care in every realm of life. Such assurance is deeply encouraging given all the current challenges faced across the world.

As we pray for King Charles, who has pledged to uphold the faith of Christ, let's pray that his/our passion for creation will lead us to an ever-deepening understanding and passion for the God of both our creation and redemption.

The Bible is bursting with teaching about nature: how God created it, how humans fit into it, and how it is part of His big story of justice, love and redemption.

The growing influence that eco-church plays in our spiritual understanding has an important role to play in our faith journeys and our discipleship. Eco-church also serves as an important bridge-builder with other local churches and the wider community.

In the past few years Holy Trinity has been awarded the A Rocha Bronze and Silver Awards and we now focus upon the Gold Award which will be a welcome challenge and achievement.

Maggie Hancock and I have led the project in recent years and feel it is the right time to hand over that role to others (although are still happy to work with the new team if it suits). Do please get in touch with Maggie (01373 472233 & mhrh14@gmail.com) or John (01373 454047 & john.samways2844@gmail.com) to chat over any related issues.

John



COMMEMORATION SERVICE

The Bereavement Team

Our Annual service in which we commemorate loved ones who have died will be on Sunday 30th October at 3pm. During this peaceful service there will be the opportunity to light a candle in remembrance. Also, if you wish, the names of your dearly beloved departed will be read out. Please give us names of departed at the service or enter them in the book in the Parish Office beforehand. Please share this invitation with family and friends. We pray that those who have been bereaved will receive comfort in the love of our Lord Jesus Christ and we will be free to share fellowship over refreshments afterwards. If you have any questions about the service or you feel Holy Trinity can help you in any way, please telephone 01373 453425 between 9.30am and 12.30pm Monday to Friday.



CAP REPORT

Phil Gray

The Debt Centre had 32 referrals from agencies including the Job Centre, Fair Frome, Citizens Advice, plus family and friends. 19 of the 32 came from the Job Centre who continue to run a call back diary for the Debt Centre.

There is a small team accompanying me on home visits and follow up befriending, plus a team of prayer warriors who give prayer cover for visits. There is a Prayer meeting held on first Wednesday of each month at HTC at 3pm, all are welcome.

Of the 32 potential clients referred:

- 1 came from the Job Centre with whom we failed to make contact either by text or by phone
- 9 have disengaged at some point in the process
- 8 clients still in hand progressing at different speeds, plus 2 from last year
- 5 clients are currently being taken through Debt Relief Orders

We helped 22 people:

- 9 through the CAP self help pack and through signposting
- 13 through full CAP plans

We have operated at 108% to capacity for the first nine months of the year compared to 76% nationally and 77% for the South West Region

All clients receive the Hope magazine in their opening pack. They are all told during the first visit that God loves them and asked if they have any faith. We usually offer to pray for them during the first and third visits.

We shall be having a CAP Sunday Service on 2nd October when we shall be focusing on giving thanks for the Lord's hand in this ministry and on the way forward and the increasing need to run a CAP Money Course.

Phil Gray

A Testimony from CAP, by Paula Stringer (CAP Chief Executive)

After last week's news of the passing of Her Late Majesty Queen Elizabeth II, we know that for many, this is a time of darkness and grief.

I wanted to share Amanda's story with you, because it's a powerful story of hope restored after a dark time.

I pray that as you read about Amanda's life, and perhaps reflect on the life of our late Queen Elizabeth II too, you'll be reminded of the power of the hope and steadfast love that can be found in Christ.

Over to you, Amanda.

Do you have a drawer in your house filled with bits and bobs? For me, that was where I stuffed the bills. Dozens of them. Unopened and unpaid.

Debt destroys everything – relationships, mental health, confidence. Believe me, I know. This autumn, millions of people will be in debt because of the cost of living crisis.

The help I got from CAP saved my life. Please, will you give someone like me a new start by helping to free them from debt today?

The unmanageable cost of living pushed me into debt while I was off work to care for my mum. Council Tax, rent, energy bills and so on. It became too much. One day, early in January – it was cold and snowing – a bailiff knocked on the door demanding money. I tried to end my life that night. I just couldn't see a way out.

Debt does that to you. It creeps up and devastates your life.

But in my darkest time, hope arrived. Jane, the local CAP Debt Coach, took all the bills hidden in my drawer. 'Don't worry about any of it,' she said. 'Just leave it with me.'

Jane said I needed to become insolvent, which meant my debt would be written off. I couldn't even afford the fees to apply. CAP has an Insolvency Bursary to help with this sort of thing, funded by kind people like you. When I became debt free, I literally danced around the room. I went to church with Jane and realised, all this time, I needed God.

I can't put into words how much it all means... People like you saved my life, gave me hope. I've gone from wanting to die to really wanting to live.

In 2 Corinthians 5:17, it says, 'The old has gone, the new is here!' That's how I feel – and that's the difference you can make today. Thank you so much.

Amanda

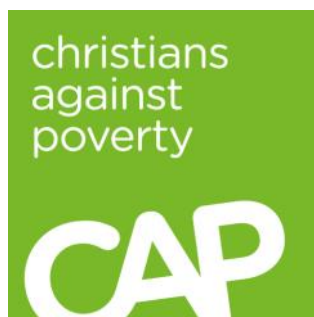
If you're able to, we'd love you to stand with us in bringing hope to others just like Amanda, who fell into debt due to the high cost of living.

Despite the news of the Prime Minister's Energy Price Guarantee announcement last week, millions of people will still be pushed into debt this winter as energy costs reach record highs.

Together, we can give people a new start free from debt, restoring hope and dignity. Will you join us?

Thank you so much,

Paula Stringer



NOTICEBOARD



Amazon Smile

If you use Amazon Smile, 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. Then whenever you shop with Amazon, just use the <https://smile.amazon.co.uk> link and it will automatically donate.



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

Crisp packets: We collect these as well as sweet and chocolate wrappers, and clean food packets (such as pasta or rice bags) for recycling. All recycling needs to be clean and dry.

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, glue sticks, erasers, rulers or other cutting objects that could disturb the recycling process.



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.



Christmas Shoeboxes Organiser Needed

You'd need to write two short magazine articles, order pre-printed boxes, suggest a celebration Sunday and email reminders to the office about collection day. If interested please contact the office.



We rely on people like you playing their part to give young people the opportunities they need.

Volunteering gives you career-boosting skills, improves your wellbeing, and helps you make connections.

What are you waiting for? Get in touch with HannahJackson@Scouts.org.uk.



Wanted: Ground floor flat in Frome
Must have gas heating and a shower over the bath. Please contact Trinity Office if you can help.



Brian & Fran's New Address

Fran and Brian would like to thank everyone for the gifts and cards which were presented to me when we left Holy Trinity and moved to Chippenham. Our new address is below, and if anyone is in the area then we would be pleased to offer you a cuppa and warm welcome. With love and prayers to the Holy Trinity family, Fran

6, Wyndham Close
Monkton Park
Chippenham
SN15 3SE



Oasis (Independent Market)

Volunteers needed for Oasis Tent on Independent Market Sundays. The next Market is **October 2nd**, if you can help please let the office know.



Christmas Shoebox Jumble Sale

Wesley Church is hosting a table top sale in aid of Samaritan's Purse Shoeboxes from 10am - 12pm on 15th Oct. Donations can be dropped off at Wesley on 14th Oct at 7pm.

Cat wanted



Any age, to fill the big gap left by our much loved Moggie. Contact Stephen on 07716 637795 if you can help.

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

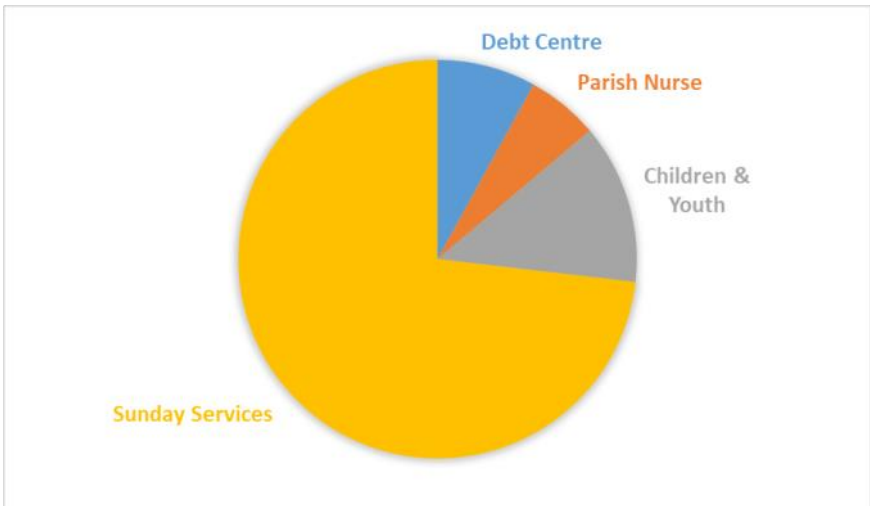
Reference: PARISH NURSE

SUPPORTING THE CHILDREN'S WORK

Account number: 63576341

Sort code: 60 08 31

Reference: FAMILIES WORK



CONTACT

VICAR	Rev Ian Snares	vicarhtfrome@yahoo.com
READERS	Ann Philipps	01373 300767
	Tom Harflett	01373 462408
	Phil Gray	07496 516089
	Dorothy-Anne Bryant	07599 439562
	Miriam Hare	01373 469788
	Wendy Rootes	07804 927591
CHURCHWARDENS	Chris Stafford	01373 455734
	Libby Doewansey	07802 435231
ADMINISTRATORS	Kally Dunn	01373 453425
	Rachael Markham	01373 453425
TREASURER	Chris Round	01373 465718
HALL BOOKINGS	Church Office	01373 453425
HALL MANAGER	Jonathan Norcott-Smith	07471 776948
FAMILIES	James Markham	07825 758195
PARISH NURSE	Jan Zriel	07423 318929
DEBT CENTRE	Phil Gray	07496 516089
CHOIR	Margaret Perry	01373 453962
MUSIC GROUP	Ruth Burden	07811 894317
FLOWERS	Georgina Boyden	01373 469686
SAFEGUARDING	Ruth Haines	07540 324076
PASTORAL CARE	Sue Martin	01373 672709

Holy Trinity Church

Trinity Street
Frome
BA11 3DE

Website: www.holytrinityfrome.com
Telephone: 01373 453425
Email: holytrinityfrome@gmail.com
Office Hours: Mon—Fri; 9:30am - 12:30pm

