

TRINITY TIMES



SEPTEMBER

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Service Times

Sundays (weekly)

9.00 Holy Communion

11.00 Morning Worship

Sundays (occasional)

10.00 Wild Worship (1st Sunday)

11.00 Café Church (3rd Sunday)

15.00 Youth (2nd & 4th Sundays)

Wednesdays (weekly)

10.00 Holy Communion

A WORD FROM THE WARDENS

Libby Doewansey & Chris Stafford

Great excitement as we await our new Vicar! So many thanks to those who have helped prepare for Ian and his family's arrival. They will of course be very busy sorting out their new home and getting ready for the beginning of the new school term. Please pray for them. We hope so much that they will enjoy the vicarage and garden for which so many people have helped generously with their time and efforts.

Enormous thanks to big numbers of the Trinity congregation who have contributed to make it a special welcome for Ian, Jo, Jonathan and Annabelle! As has been well advertised Ian's licensing is on Thursday 8th September at 7pm . This will be a busy service so please do come in good time. Ian's first services at the church will then be on Sunday 11th September.

Huge thanks to Chris Round and Dave Dunn for helping with repairs to the roof following lead being removed. Not an easy job but both Chris and Dave always make light of these tasks and cheerfully carry on! A real example of being true servants.

Thankfully Jonathan our Hall Manager is now well again after a serious illness. We owe him huge thanks and are so pleased that he is back in action again and able to return to his previous duties.

Rachael Markham will be going on maternity leave in November and we send every best wish for her and James' new baby. We are so grateful for everything that Rachael does so efficiently and gracefully in the office. During her maternity leave we are delighted to announce that Brigit Adams will be working in the office. Many of you will know her and will be pleased to be able to catch up with her again.

As we start this exciting new chapter in the life of Trinity with Ian's arrival let us pray for the past, the present and the future of the life of the Church not only in Frome but world-wide, that His kingdom may come.

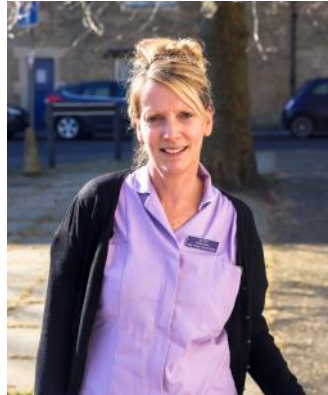
All best wishes, Libby and Chris

PARISH NURSE

Jan Zriel

Greetings Trinity family!

I am hoping that as you read this the weather has cooled down after the extreme heat we have been experiencing in July and August and that you managed to keep cool and hydrated while out and about. I'm really looking forward to meeting our new Vicar Ian and his family! Exciting times for Holy Trinity as we welcome them into our community and church family.



In this edition I thought I would write about prostate cancer with information

taken from the NHS website which I hope will be useful. As prostate cancer usually progresses very slowly, you can live for decades without symptoms or needing treatment, and prostate cancer usually develops slowly, so there may be no signs for many years. Nevertheless, it can affect your life. As well as the possible side effects of treatment, a diagnosis of prostate cancer can understandably make you feel anxious or depressed. Please phone me if you or someone close to you has been diagnosed and I will be happy to support you and signpost you to services that will support you too.

Symptoms of prostate cancer

Symptoms of prostate cancer do not usually appear until the prostate is large enough to affect the tube that carries urine from the bladder out of the penis (urethra).

When this happens, you may notice things like:

- an increased need to pee

-
- straining while you pee
 - a feeling that your bladder has not fully emptied

These symptoms should not be ignored, but they do not mean you have prostate cancer.

It's more likely they're caused by something else, such as prostate enlargement.

prostate cancer.

Coronavirus advice

Get advice about coronavirus and cancer from:

- Macmillan: Coronavirus guidance for people with cancer
- Cancer Research UK: Coronavirus and cancer

What is the prostate?

The prostate is a small gland in the pelvis and is part of the male reproductive system.

About the size of a walnut, it is located between the penis and the bladder, and surrounds the urethra.

The main function of the prostate is to produce a thick white fluid that creates semen when mixed with the sperm produced by the testicles.

Causes of prostate cancer

The causes of prostate cancer are largely unknown. But certain things can increase your risk of developing the condition.

The chances of developing prostate cancer increase as you get older. Most cases develop in men aged 50 or older.

For reasons not yet understood, prostate cancer is more common in black men and less common in Asian men.

Men whose father or brother were affected by prostate cancer are at slightly increased risk themselves.

Recent research also suggests that obesity increases the risk of prostate cancer.

Tests for prostate cancer

There is no single test for prostate cancer.

All the tests used to help diagnose the condition have benefits and risks that your doctor should discuss with you.

The most commonly used tests for prostate cancer are:

- blood tests
- a physical examination of your prostate (known as a digital rectal examination, or DRE)
- an MRI scan

PSA testing

The blood test, called a prostate-specific antigen (PSA) test, measures the level of PSA and may help detect early prostate cancer.

If you are over 50, you can ask a GP for a PSA test.

PSA tests are not routinely used to screen for prostate cancer, as results can be unreliable.

Your PSA level can also be raised by other, non-cancerous conditions.

Raised PSA levels also cannot tell a doctor whether you have life-threatening prostate cancer or not.

If you have a raised PSA level, you may be offered an MRI scan of the prostate to help doctors decide if you need further tests and treatment.

Treating prostate cancer

If you do have prostate cancer, you may not need treatment.

If the cancer is at an early stage and not causing symptoms, your doctor may suggest either “watchful waiting” or “active surveillance”.

The best option depends on your age and overall health. Both options involve carefully monitoring your condition.

Some cases of prostate cancer can be cured if treated in the early stages.

Treatments include:

- surgically removing the prostate
- radiotherapy – either on its own or alongside hormone therapy

Some cases are only diagnosed at a later stage, when the cancer has spread.

If the cancer spreads to other parts of the body and cannot be cured, treatment is focused on prolonging life and relieving symptoms.

All treatment options carry the risk of significant side effects, including erectile dysfunction and urinary symptoms, such as needing to use the toilet more urgently or more often.

For this reason, you may choose to delay treatment until there’s a risk the cancer might spread.

Newer treatments, such as high-intensity focused ultrasound (HIFU) and cryotherapy, aim to reduce these side effects.

Some hospitals may offer them as an alternative to surgery, radiotherapy or hormone therapy.

But the long-term effectiveness of these treatments is not known yet.

Living with prostate cancer

You may find it beneficial to talk about the condition with your family, friends, a GP and other people with prostate cancer.

Financial support is also available if prostate cancer reduces your ability to work.

-
- Prostate cancer UK can offer telephone and online support. Telephone: 0800 074 8383; <https://prostatecanceruk.org/get-support>. They provide a range of information and support so you can choose the services that work for you. All our services are open to men, their family, and their friends.
 - Macmillan can also offer telephone and online support. Telephone: 08088080000; <https://www.macmillan.org.uk/cancer-information-and-support>. Macmillan are here to help everyone with cancer live life as fully as they can, providing physical, financial and emotional support. So whatever cancer throws your way, we're right there with you.

Other Parish Nurse news

From September I will be visiting Trinity First school monthly to talk to the children about my role and incorporating some scripture into my chats within the national curriculum. I'm really excited about doing this. I'm sure the children will be open and honest with me when I visit, as small children tend to be!

Podiatry continues every eight weeks. Next session is on Thursday 8th September from 13:30—16:00 at Trinity. Free or donation welcome to those on a limited budget and struggling with foot health. Caroline is a qualified chiropodist/podiatrist who charges £20 a patient. This is kindly funded by donations from Frome Rotary and Lions club currently.

The Bereavement Journey is a free six week course that starts again on Wednesday 7th September 19:00—21:00. It provides an opportunity to talk and discuss bereavement and loss in a safe space. Please contact me for more information or if you would like to join.

Blessings,

Jan x

MUSIC FOR MENTAL HEALTH WORKSHOPS IN FROME RUN BY 'MIND YOUR MUSIC'

www.mindyourmusic.org

Mixed music workshops for people struggling with mental health difficulties, regardless of previous musical experience.

These workshops are FREE to participants living in Mendip who will be able to engage and enjoy with the full 5 workshops.

We have 8-10 spaces for participants and you can contact me on: bo.bs.openmentalhealth@gmail.com to confirm that you would like to attend all 5 workshops.

They will take place from 1.45pm - 4pm at TRINITY HALL, TRINITY STREET, FROME, SOMERSET BA11 3DE

The dates are:

Friday 22nd July - 1.45pm - 4pm

Friday 12th August 1.45pm - 4pm

Friday 30th September 1.45pm - 4pm

Friday 28th October 1.45pm - 4pm

Friday 25th November 1.45pm - 4pm

Tea/Coffee provided

There will be 2 taxis Free of Charge available if needed to pick you up from the centre of Frome at 1.30pm - take you to the workshop venue and drop you back to the centre of town afterwards at 4.30pm. If you require transport, please include that in your email.



Many Thanks
Bo Bowman-Shaw

Funded by

Open
Mental
Health

SPRINGS IN SALISBURY

Wendy Rootes

My latest stay in Salisbury Hospital is proving as eventful and challenging as ever. Some years ago I determined that whenever I was admitted to hospital for IV antibiotics, which has become a regular occurrence, I would look for God's Springs in what is so often a dry and arid place.

Psalm 84 shows that the springs will be there when we pass through the Valley of Baca. We just need to look for them with the eyes of faith and will sometimes be involved in the creation of them. This hospital stay is proving to be no different.

Last time I was admitted in April, the Springs were so obvious, as I was given a beautiful view over the Wiltshire Countryside with an inspirational sight of Salisbury Cathedral, which so helped me in my prayers. This time I have been placed in a very small, dark and stuffy bay and my view for the first two days was of a curtain pulled round the bed of the young woman opposite, who didn't wish to be seen by anyone.

My relief was great when she was discharged after a couple of days and the curtains were pulled back, allowing some light into my space. The relief didn't last long when she was replaced by an elderly, very strident lady, who kept fixing me with a glare and engaging me in very one sided conversations. I went to sleep very irritated and despairing, but woke the next morning knowing I had to ask the Lord for a loving heart and understanding. I soon discovered that she had been widowed 7 months ago and had also lost three of her adult children.

I began to feel a change of heart, even though she continued to be challenging. Then the lovely hospital chaplain arrived to give me bedside communion, and in his characteristically inclusive way, he asked whether anyone else on the bay wished to take part. Out of the four ladies, she was the only one who responded very positively and shared that she was a Baptist by

background. She joined in reciting the 23rd psalm by heart and the Lords Prayer, received the wafer, and afterwards spent some time reading the inspirational Gideon Hope magazine.

Later in the day I requested to be moved to an empty bed space next to her to be nearer to the light. It meant that she was only a few feet away and I could hear her every breath. In the night I was woken by a lot of commotion around her bed as she seemed to be suffering a heart attack. Once again I quietly recited the 23rd psalm and prayed for her through the crisis.

She has recovered from what was a minor heart attack and now seems quieter and less demanding, though maybe that perception is partly due to a change in me!

Do look for the Springs, whatever difficulties or valleys you may be experiencing. The Lord will surely help you to find them, and they will refresh and sustain you.

"Blessed are those whose strength is in You, whose hearts are set on pilgrimage. As they pass through the Valley of Bacah, they make it a place of springs; the Autumn rains also cover it with pools." Psalm 84:5-6

Wendy



MISSIONS

Norah & Chris Morton

Dear all,

It's lovely to be in touch with you all again. We are both well, though finding the months of heat and drought too much now. Thankfully for the vegetables and flowers we have found a reservoir under the château that takes water from one of the drainpipes. As the level of water is now down to boot level, Chris put waders on today to see about clearing the muck at the bottom – see photo, and discovered that it is about 8m² and, once through the channel, he can stand up in there!

The château is no longer an island in the middle of a building site. The two blocks of flats and the little terraced houses in front are finished. Our first neighbours, those in the houses, moved in at the start of the year. I popped by to welcome them at the time and then in May we invited them to celebrate “neighbours day” with aperitifs. The flats started to be occupied a couple of weeks ago. It is going to be far harder to get to know these people, as there is no access to non-residents, even to the letterboxes. However, we will probably try to do an open-house for them during the “Patrimoine” weekend. The next phase for the developers is yet to happen, but of those individuals who bought plots to build their own houses, three have made good progress. For some others, including the family who are going to build directly behind us, things are difficult as their builder went bust, but for us it means that we still have a view!

Over the summer we have been busy hosting groups and individuals, some of whom we know, others, such as those who stay overnight after a wedding, whom we will never see again, and increasingly now, some regulars. We pray for each one and exchange with them where it is possible. Often we see God's hand on their lives, such as with the Franco/Afro/American wedding party who said afterwards that they felt safe with us through all the ups and downs,

and the Franco/Mexican wedding where a young Russian Jew on his way to live in Israel decided to sit in on our Sunday morning service and stayed a long time conversing at the end.

It's due to hosting events that we came to know Simone and her husband Patrick from the village. We sat at their table during the local nature association's barbeque and quickly the conversation turned to why we are in France. As a result, Simone is now a regular on Sunday and will do Alpha once we start up again in the autumn.

Obviously, a place this size is too big for us to do everything ourselves, but the two years of covid have knocked the voluntary help we were getting from folks at the start, so one plan is to propose a mega-cleaning day to our friends once the summer holidays are over, with a bring and share lunch and an emphasis on the fun of working together! And then we can propose decorating weekends and renovation projects, all bringing people together and helping us at the same time!

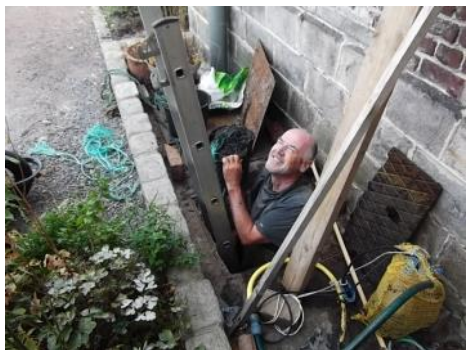
On the family front, our eldest daughter, Ruth, underwent major surgery on her left foot and ankle in June, with the prospect that she will be able to walk again within a year. All went very well and she has started to put weight on that foot through the cast now.

For Katie and her family, their time in Chad is coming to an end. They are returning for a year in order to study at All Nations Bible College while still being with SIM.

Jonathan gave us a lovely surprise by visiting on France's Mother's Day. He is well. And Sarah is still in Bath, working in Bristol while continuing her studies.

We are hoping to see you in October, when we come for Norah's mum's 97th birthday.

Until then, this comes with our love,
Norah and Chris



SEPTEMBER

SUN

MON

TUE

WED

4 9.00 Holy Communion 10.00 Wild Worship 11.00 Holy Communion	5 13.00 Good Afternoon Choir	6 14.30 Frome Folk Dance	7 10.00 Holy Com 15.00 CAP Pray Meeting 19.00 Bereave Journey
11 9.00 Holy Communion 11.00 Morning Worship 15.00 Youth	12 13.00 Good Afternoon Choir	13 10.15 Adventure Babies	14 10.00 Holy Com 19.00 Bereave Journey
18 9.00 Holy Communion 11.00 Café Church	19 13.00 Good Afternoon Choir	20 10.15 Adventure Babies 14.30 Frome Folk Dance	21 10.00 Holy Com 19.00 Bereave Journey
25 9.00 Holy Communion 11.00 Morning Worship 15.00 Youth	26 13.00 Good Afternoon Choir 19.00 Frome Community Choir	27 10.15 Adventure Babies	28 10.00 Holy Com 19.00 Bereave Journey

BER 2022

	THU	FRI	SAT
	1 10.00 Trinity Toddlers 17.00 Food at Five 19.00 Gateway Club	2 9.30 Frome Birth Talk	3 16.30 Youth Games Cafe
mmunion yer ment	8 10.00 Trinity Toddlers 17.00 Food at Five 19.00 Induction Service	9 9.30 Frome Birth Talk	10 8.00 Men's Breakfast
mmunion ment	15 10.00 Trinity Toddlers 17.00 Food at Five 19.00 Gateway Club 19.00 16-25 Bookclub	16 9.30 Frome Birth Talk	17
mmunion ment	22 10.00 Trinity Toddlers 17.00 Food at Five	23 9.30 Frome Birth Talk	24 9.00 Jumble Sale (We Hear You)
mmunion ment	29 10.00 Trinity Toddlers 17.00 Food at Five 19.00 Gateway Club	30 9.30 Frome Birth Talk	

A SAMWAYS UPDATE

Chris & John Samways

'Prayer delights God's ear' - Thomas Watson

Chris and I are so deeply grateful for your faithful, on-going prayers through these past months. It is impossible to articulate how precious they have been to us.

As many of you know treatment recommenced in June after a 7 month pause caused by the episode last November, which led to over 4 weeks in the RUH. Thankfully there have been no side-effects arising from either the monthly infusion of rituximab (two more to go) or the daily chemo tablets which have now reached the level required. According to plan, the tablets continue, along with social distancing, for about another 18mths. At this stage all should be completed.

I am feeling well physically (well enough to have daily walks with Chris – many including the presence of butterflies!) and we both feel hugely sustained by your prayers. Mentally the whole episode is well summed up by a phrase I read recently - 'an uncertainty how to interact'. The required social distancing clearly plays a part in this as does the impact of the trauma. Whatever, there is much for me/us to learn from this whole episode and we remain in good heart in His presence and upheld by prayer.

News of any radical changes will of course be passed on. In the meantime we won't be occupying space in the weekly newsletter but deeply value your ongoing thoughts and prayer. With deep gratitude, our love and every blessing.

Chris and John

'God does nothing but by prayer and everything with it' - J Wesley

MOTHERS' UNION

Susan Clark

As summer comes to an end we start looking ahead as we move towards Autumn.

The Lambeth conference for Bishops in the Church of England ended on 8th August and Mothers' Union members were extremely proud to have been a part of it by supporting the creation and delivery of the Spouses programme. Their presence at the conference through a busy and engaging stand was much appreciated and a number of MU members volunteered to support the delegates over the two weeks.

Beckington MU will reconvene on Wednesday 7th August at Lah's Place, Beckington. Our speaker will be Gay Curtis who is responsible for World Wide Links with Bath & Wells. She faithfully keeps in touch with the Dioceses we have links with in False Bay in South Africa, Shinyanga in Tanzania, Umuahia & Ijebu South West in Nigeria and Vellore in India so it will be very interesting to hear the latest newsletters she has from the MU members in these places. Anyone is most welcome to come to this meeting at 2pm. It begins at 2pm with a short service followed by tea.

Our October meeting will be a Harvest Lunch when we enjoy a meal out together. More details in the next magazine.

For more information please contact Mary Earle or Susan Clark (you can get contact details from Holy Trinity Office).



FAMILIES AND COMMUNITY

James Markham

Hello everyone!

I wanted to give an update on various groups relating to children, youth, families and community work. It was full steam ahead up until the summer break, then time for some rest, followed by lots of planning!

Firstly, a huge thanks to all volunteers who have been helping over the last year with all the different groups. I can't name you all, but you know who you are!

Thank you also to those who have funded the children and families work over the last year, I am so grateful to be able to continue working with the families in our community.



Wild Worship

Wild Worship continues to meet on the first Sunday of every month. It has been such a joy leading these sessions along with the Wild Worship team. Families seem to love being out in nature and learning about God and his beautiful world, how we can get to know Him better through nature, and how we can look after this planet.

We have some families who don't come along to Trinity Church, but are very much a part of the Wild Worship family. It's great to be able to offer a space where people who have no previous connection to 'church' feel they can come and learn about God and get to know other people on the same journey.

Trinity Toddlers

Trinity Toddlers has always been such a popular group, and continues to be so. Since covid, we have been restricting numbers to 25 toddlers (so that there aren't too many people all in the hall at once), and it's usually fully booked. It's been lovely to see friendships form and a new community really start to grow and thrive (even to the extent of informally meeting in the park over the summer during the holidays!). The usual format is to have free play, snack time, a singing session and usually end with parachute games! I hope that Trinity Toddlers is increasingly a springboard for people to explore faith (whether that's through trying Alpha, Wild Worship or Café Church). A quick shout out to Mary, Ali, Sue, Fliss and Rosemary - Toddlers would not happen without you!

Trinity First School

Along with a hard working group of volunteers, I have been putting in a lot of time to transform the previously unused 'pond area' up at Trinity First School. This area was mentioned at one of the Ethos meetings as an area that is wasted and could be used for spiritual reflection, outdoor learning and pond dipping! Previously, this area was overgrown and hadn't been used for years - it was unsafe and the gate hadn't been unlocked in a long time. We have pulled up weeds, strimmed back a large area, covered the floor in underlay, and spread wood chip around the pond. We have also invested in some fruit trees that the children can nurture, and will be putting up a rope fence around the pond for safety reasons. We hope this area can become busy once again, as a reading space, a prayer area, or just somewhere quiet to be still. Do take a look on the 28th August when we have Wild Worship for the whole church. I also continue to be a governor at Trinity First School and am working on restarting 'Open The Book' assemblies (in some format) over the next term.

Youth Alpha

We finished eight sessions of Youth Alpha just as summer started. We had a

mix of young people from both Trinity and also other churches in Frome. It was a really valuable time together, getting to know one another throughout the weeks and asking ourselves and each other questions about God, faith and life. We will create a new discipleship group for those who completed Youth Alpha and would like to continue spending time together, doing some Bible study and learning together on a regular basis.

Kids Church

On Sunday mornings we continue to run groups for our kids (on the first, third and fifth Sundays). We are using Little Worship Company's Bible Curriculum, which gives them a great overview of the Bible and how it is relevant to their lives and speaks about who God is and who they are. This group is run by a small team of volunteers, and we would love (and really need) some more! If you feel like you could give some time to help, please do talk to me. You would be on the rota for one Sunday every two months, on average. As I'm sure you've all noticed, our crèche group now gather in the side chapel which seems to be working well, and gives the parents a chance to be part of the church service too.

Youth

Zoe and I co-lead a youth group (Wildfire Youth) on a Sunday afternoon throughout term time. Zoe was previously running this each week but together we decided that we need to rethink what this looks like and now meet fortnightly on a Sunday afternoon. Our time is mainly divided into playing games, eating food, craft, Bible study and prayer. Please do pray for this group as we move forward into the new term.

On the first Saturday of the month we also run a Youth Games Cafe with board games, computer games and ping pong. This has been a great group and over the last couple of sessions we've had just shy of 20 young people. A word of thanks to Tony Perry and Joel Baxter for helping with this group too!

All of this essentially means that there is space for young people to meet

together, friendships to form and faith to grow and I am praying that we continue to see growth (both spiritually and numerically!)

Socials

We have had both whole-church socials and socials for families throughout this last year, which has been such a blessing after the separation that covid caused. We've had walks, pool parties, a BBQ and a couple of games nights. These are special times because it gives us all a chance to deepen friendships and have fun!

Café Church

On the third Sunday of every month we have been enjoying an informal service together where we gather around tables (with coffee and pastries!) to have a more interactive Sunday morning service. We have looked at all sorts of topics and heard from a whole host of people; it has been great to see some people share for the first time.

I hope these services have given people a space to discuss what has been shared, having the opportunity to share thoughts, raise questions, and encourage one another on their walks on faith.

There is always so much happening that it is hard to put it into one update! I'm always really happy to share about what is happening with the families work and work in the community, so do feel free to ask me if you're curious as to what I am up to. I'm always open to ideas and suggestions, as well as new volunteers - so do get in touch!

With huge thanks to everyone who helps make all of this happen,
James

ECO CHURCH

Maggie Hancock

As some of you will know, the process of transferring thoughts to paper is a little challenging at the moment following my eye operation, so I hope you will forgive this month's "alternative" Eco thoughts.

These are photos of two different churches on the other side of the world, but both remind us of the link between God and nature. Please use them to meditate on and remember just how much this world is worth fighting for.

Psalm 121

I lift up my eyes to the hills - where does my help come from?

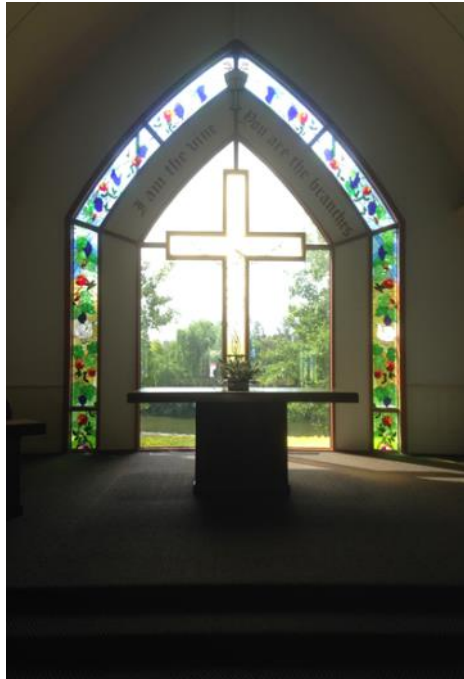
My help comes from the LORD, the Maker of heaven and earth.

He will not let your foot slip - he who watches over you will not slumber;
indeed, he who watches over Israel will neither slumber nor sleep.

The LORD watches over you - the LORD is your shade at your right hand;
the sun will not harm you by day, nor the moon by night.

The LORD will keep you from all harm - he will watch over your life;

the LORD will watch over your coming and going both now and forevermore.



WORKING TOGETHER AROUND FROME

Dorothy-Anne Bryant

It was great to read of the work of HOPE in the last copy of Trinity Times. It is encouraging that there are other occasions when Christians from the Frome area are working together. I would like to remind you of some of them.

On Saturday 3rd September at 9am at St John's we meet to pray for Frome for forty minutes or so. I am away that day but hope to join on the next occasion, 1st October.

Food for the body as well as the soul is provided at East Woodlands on 28th August where the usual August cream tea is followed by "Song of Praise" at East Woodlands Church.

Jim Parsons does not let his disabilities prevent his holding together the community of Rook Lane and the Congregationalists. He may not be able to stand up and talk for very long but he organised visits to lots of different churches this summer. They are now back at the Cricket Club on Sunday morning where our David Clark, the Catholic, David Brinn and others have been leading. You don't have to be called David to do it; I led the service last week due to a providential encounter with Jim Parsons in the grounds of RUH.

Those of you who are on Facebook can join 98 others on the "Frome Area Christians Together" group and find news and even topics for prayer.

At Trinity we are glad to host other activities which involve Christians from other churches. The Men's Breakfast is on Saturday 10th September at 8am in Trinity Hall. "The Bridge Cafe" provides food, drink, advice and a place to meet for many. More volunteers are needed to support John and Wendy Roots now lockdown is over. It would be good if they came from near and far.

Then we value our Christian friends from other churches. Recently I challenged the Wednesday congregation and myself to pray over cups of tea on informal occasions.

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 PARISH NURSE

Account no: 52069117

Sort Code 60-08-31

Reference: PARISH NURSE

SUPPORTING THE DEBT CENTRE

Account no: 52069117

Sort Code 60-08-31

Reference: DEBT CENTRE

SUPPORTING THE CHILDREN'S WORK

Account number: 63576341

Sort code: 60 08 31

Reference: FAMILIES WORK

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.

CONTACT

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	Miriam Hare	01373 469788
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