

The background of the cover is a close-up photograph of autumn leaves in shades of orange, red, and yellow, set against a dark, blurred background. The leaves are the central focus, with some in sharp focus and others blurred in the foreground and background.

TRINITY TIMES

September 2023

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.

Followers of Jesus

Digging Deeper as we follow Christ together

Then the eleven disciples went to Galilee, to the mountain where Jesus had told them to go. When they saw him, they worshiped him; but some doubted. Then Jesus came to them and said, "All authority in heaven and on earth has been given to me. Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age."

Matthew 28 v16-20: The Great Commission

In many ways, each year September feels like a new start. For those in education, it is very clearly the start of a new year. In churches, August tends to be a bit of a down time and as we start autumn there's the expectation of new beginnings.

For me, as I approach the end of my first year as Vicar of Trinity, I have been thinking a lot about where we are as a church and how God is leading us forward. I recently heard Bishop Michael speak about vision and the priority of seeking Jesus' vision for our community. What do he want to do in and through us for our town? What might a faith filled Frome (that is, a Jesus filled Frome) look like?

I will come back to that in a moment, but first I want to focus on this autumn's programme. Over recent months we have been looking at what it means to be Jesus' disciples who make disciples – this is the charge Jesus gave his disciples, as we read at the very end of Matthew's Gospel, and it is still the same charge he gives us today. We're called to do this together – I really can't see how we can be followers of Jesus without each other's support and encouragement.

This is why our autumn sermon series, at both our Sunday 9am and eleven services, is about being Followers of Jesus. We will be looking at the five values we have been discerning - stewardship, respect, community, compassion and integrity - and how they help us to dig deeper in our commitment to following him. And we cannot escape the truth that Jesus will challenge us as we do so. Do take a look at the programme, which is on the back cover of this magazine.

So, what about our vision for the future? What is Jesus' vision for Frome and Trinity? I'm convinced that he has great plans – but equally he is asking each of us to play our part. It's all part of being his disciples! A faith filled Frome means a town where many hundreds of people of all ages and across all walks of life choose to follow Jesus.

I've never forgotten speaking to the Canon Missioner at Liverpool Cathedral a few years go. He told me how their five-year plan had been to double their worshipping community (i.e. all those involved in worship in any way), double their impact in the city (i.e. the care and support they provided, especially for the oppressed, the poor and those on the margins of society) and to double their income. So what would Holy Trinity Frome look like if we did the same? How would this impact our whole community – not least children and families, young people, those struggling and those on the margins.

Let's dream big! When we dream God's dream he brings the resources needed – but the big caveat is he has a knack of using his people to do so. So to fulfil Jesus' vision we will have to be willing to be his true disciples who are willing to give as he asks of us. It's no coincidence that our theme through September is *Stewardship and Generosity*.

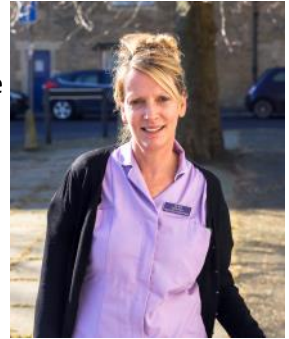
With every blessing

Ian

Jan Zriel

Greetings Trinity family!

I hope you are all keeping well and are spending some quality time with family and friends. As I write this article the predicted heatwave hasn't yet materialised but there has been plenty of torrential rain!



This month I thought I would talk about heart rhythms with information taken from Arrhythmia Alliance. In my other role as a pre assessment nurse I have to take a detailed history from the patient and GP summary, in order to ascertain if a patient is fit enough to have surgery at a treatment centre. It's really important as treatment centres do not have intensive care facilities or high dependency beds. I'm always surprised that people don't know their blood pressure readings especially when they take antihypertensive medication. They just assume their surgery will contact them for a blood pressure check and often that happens, but its always good to take some responsibility for your own health and know your numbers! And that applies to HBA1C numbers too if you're diabetic.

So, TAKE THE PULSE CHECK CHALLENGE!

Know your pulse. Is your heart rhythm too fast, too slow, or jumping around? (irregular)? Learn to take your pulse to monitor your heart rhythm.

1. To assess your resting pulse rate in your wrist, sit down for 5 minutes. Remember any stimulants taken before the reading will affect the rate (caffeine or nicotine). You will need a watch or a second hand.
2. Take off your watch and hold your left or right hand out with your palm facing up and your elbow slightly bent
3. With your other hand, place your index and middle fingers on your wrist at the base of your thumb. Your fingers should sit between the bone on the edge of your wrist and the stringy tendon attached to your thumb. You may need to move your fingers around a little to find the pulse. Keep firm pressure on your wrist with your fingers in order to feel your pulse. Count for 30 seconds and multiply by 2 to get the heart rate in beats per minute.

4. If your heart rhythm is irregular, you should count for 1 minute and do not multiply.

So, what can cause an arrhythmia, and what is happening to my heart? Some people who come for preassessment clinic where I work have no apparent symptoms and arrhythmias are discovered when observations are recorded, and I perform an ECG. But its good that they are discovered at a health assessment and then the patient can be referred back to their GP for further investigations, although the patient is obviously disappointed at their surgery being delayed!

So please don't panic if your pulse is irregular, particularly if you had no idea, it was, and you're not on medication for an abnormal heart beat, But it would be good to mention this to your GP or nurse when you next visit them, or before if you are having symptoms such as palpitations, chest discomfort, light headedness, fainting or fatigue.

Common causes may include electrical variations that people are born with, which may only become apparent in later life. Certain triggers could be stress, caffeine, tobacco, alcohol, diet pills, and cough or cold medications, but there is usually an underlying physical reason for it. If you have had a previous heart attack or have congenital heart disease you may be at risk of developing an arrhythmia. Any interruption in the heart's electrical system can cause an arrhythmia.

Symptoms of arrhythmias

Patients often complain of an awareness of the heart beating or palpitations. Doctors will usually ask if the palpitations are rapid regular or irregular. Tests will usually be done to determine if the arrhythmia is associated with a normal or damaged heart function, and these are used to assess the risk to the patient. An ECG will be performed, and then perhaps a 24–72-hour ECG may be suggested. The machine is a portable device and can be worn at home and then returned at the end of the specific period. There are other tests your doctor may wish to perform if he suspects you may have an arrhythmia.

Holter monitor: A Holter monitor shows changes in your heart rhythm over the course of 24 hours that may not be detected during a resting or

exercise ECG. It's a small portable recorder that connects to electrode stickers on your chest. You then return it to the hospital.

Tilt Test: This test is used to find the cause of blackouts, sometimes they are precipitated which gives doctors a clearer idea of the cause. The patient is secured to a tilting table and monitors are attached, such as an ECG and blood pressure cuff. The table tilts up to a near standing position where the patient remains for about an hour. During this period the heart rate and pulse are monitored, and changes recorded.

I hope that was useful information. In the next edition I will continue discussing arrhythmias such as atrial fibrillation which is one of the most common types and affects approximately one million people in the UK alone. Please look at my table at the back of the church for more information about arrhythmia, diabetes and more!

Other News!

- Lions club Frome have kindly donated £1000 recently so my podiatry outreach can continue. Thank you, Lions Club!! Thank you also to Friends of Frome Hospital who have also donated £800 for it.
- The Bereavement Journey course will be held again in September (date to be confirmed) It has a new format and is now a 7-week course.
- Thursday support group continues from 1:30-4pm we usually sit in the Link. Please join us one afternoon, it's a safe supportive space to chat, laugh and pray and there are usually about 8-10 of us.

Love & blessings!

Jan x

Information for this article is from arrhythmia alliance a UK charity endorsed by the Department of Health

Tel: 01789 867501

www.heartrhythmalliance.org

info@heartrhythmalliance.org

STROLLING OR STRIDING?

Monday 28th August, Bank Holiday Walk

On the wall outside the Cheese and Grain is a plaque for the start of the Saxon Kings Way, a 13.6 mile walk from Frome to Bath. It was our Trinity folk, Chris and Miriam Hare who first worked out the route largely on footpaths. I first heard of it at a group enabling Frome to claim “Walkers are Welcome”. Andrew and I then tried it out as far as Norton-Saint-Philip one day and another day completed the journey. The D2 bus is very useful! Ramblers then did further work and the result is published on the Discover Frome website.

Also beginning from the Cheese and Grain are short, guided strolls along the river. They are designed for those for whom even half a mile can be a challenge. Their courage is well rewarded with a sociable drink at the café afterwards. These Health Walks happen at 10.30 prompt every Monday except bank holidays, and Andrew and I sometimes lead them.

But on the August Bank Holiday, Monday 28th we will instead be starting from Trinity at 10 am prompt and going five to seven miles.

Chris and Miriam then went on to work out a 14 mile circuit of Frome which together with an existing five mile inner circuit inspired the development of the Frome Walking Wheel. A dozen spokes connect the two rings and ways out from the Cheese and Grain make hundreds of possible routes.

All this will be on an OS based 1:16000 waterproof map due to be published in time for the Frome Walking Festival 10-12 November.

However Trinity folk can have a sneak pre-view! **Meet 9:45 for 10am on Monday 28 August at Trinity Car Park with picnic lunch, clothes for the weather, water bottle and suitable footwear.**

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



MEN'S BREAKFAST—SEPTEMBER 23RD

The next Men's Breakfast will be at Holy Trinity Hall on September 23rd at 8am. A full English breakfast is served, £5 per head.



The purpose is for men to gather, eat together, talk together, pray together and enjoy each other's company.

Please let Holy Trinity Office (Holytrinityfrome@gmail.com, 01373 453425) know in good time if you wish to join us, so we can cater accordingly.

LEARN FROM THE MASTER

Rt Revd Michael Beasley, Bishop of Bath and Wells

When you hear the word ‘disciple’, what comes into your mind? A learner? A follower? A super Christian? Someone kitted out in Biblical dress complete with robe, sandals, tea towel head covering and beard?

The New Testament’s word for disciple doesn’t quite match any of these descriptions. It’s much closer to the word we’d use in English for ‘apprentice’.

Back in history, and still today, to be an apprentice meant spending time in the presence of a master in order to learn a craft – maybe carpentry, or blacksmithing, baking or butchery. You’d start out doing the simple stuff – sweeping floors or sharpening tools. Then gradually you’d acquire more and more skills until you learnt to work confidently with materials producing beautiful things, products of utility and worth. Apprentices often learnt their craft while living alongside their masters, becoming members of their trade through time spent together at work and rest and play.

Jesus was often called ‘the carpenter’s son’ – apprenticed to his worldly father Joseph, growing in skill at the plane and the lathe. He was also the apprentice of his heavenly father. The Gospels speak of Jesus withdrawing to spend time with God in order to know God’s mind, hear God’s voice, grow in God’s ways.

Apprenticeship was and is a story of growth, development, discovery and change. It’s the journey that Jesus invites us to take with him too – of baby steps and toddler stumbles, of emerging skill and increasing understanding.

Churches near you are offering opportunities to apprentice yourself to Jesus this autumn - from practical action that gets you involved in Jesus’s service to the world, to learning and discussion that comes with courses such as Alpha, Exploring Christianity or Pilgrim. Why not sign yourself up and learn from the Master?

Bishop Michael

MISSIONS

Mike and Brigit Adams, First Response Radio

We were delighted when our daughter Colleen (and Ben) welcomed our latest grandchild Maddison (Maddy) Rose Gough on May 22nd. Maddy is a generally contented baby and Eden loves her. During our recent trip to the USA we met up with our daughter Megan and boyfriend Jake a few times as well as visiting some churches and supporters.

Mike and some colleagues have been working on a simpler, less customised version of the 'radio station in a suitcase' this year. In March he took the prototype suitcase to India and spent a couple of days demonstrating and training its use to a group of FEBA India FRR team members in Bangalore. He also went to Orissa state, an area frequently battered by storms and cyclones, for an 'emergency antenna workshop'. The tower of the radio station that was hosting the workshop had fallen down 3 times before, most recently in 2019. The value of the antenna that Mike was using for training is that it works on all frequencies and could therefore be used by any station. Mike's favourite comment was from a young man who said "when the cyclone comes and takes our station off the air, we always feel helpless now we can take control and help ourselves. We have been empowered."

Orissa is known for some of the worst persecution of Christians in the past, including the killing of a Christian Australian family more than 20 years ago. The workshop was multifaith, with Christians, Hindus and Muslims working together. As usual it is our prayer that Christ's love would be demonstrated and everyone would know they have been served by Christians, that seeds would be planted for local believers to nurture. Please do pray for the continued growth and effectiveness of FRR in areas of need, and clarity for Mike about future projects.

Mike is looking forward to returning to the Philippines later this year for the 10th anniversary of FRR's response in 2013 when Typhoon Haiyan/ Yolanda made landfall and devastated the area of Tacloban City.

To receive copies of our quarterly news, please talk to Mike or Brigit.

CREATION CARE

Connect with Nature

Here are some ideas to help you step outside and connect with nature during September as we focus on God's creation.

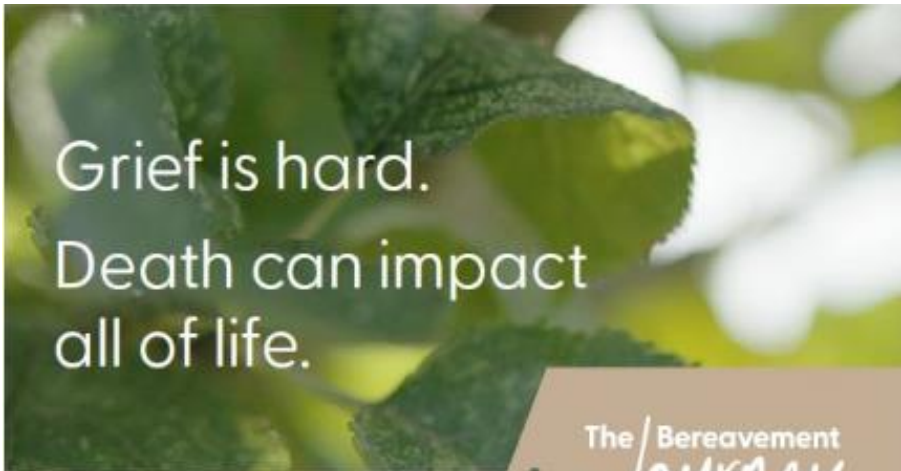
FEAST TOGETHER—Why not get together in the great outdoors and enjoy some good food? Challenge everyone to bring (if they can) a local, sustainably-sourced plate of food that can be shared. Wrap up warm with blankets and rugs if necessary and enjoy feasting together, giving thanks to God for His good gifts.

GO ON A PRAYER WALK - Choose a short route with specific places to stop, pause and pray - an oak tree, a pond or a viewpoint perhaps. At each stopping point pray for the people and nature that are affected by climate change. Download our Prayer walk guide for more ideas.

BUILD A BUG HOTEL - Create new habitats for invertebrates by building a bug hotel. This could be in a garden, on church land, or, with permission, in a local park perhaps. Your building materials could include logs, branches, twigs, leaves and moss. With time your hotel could provide refuge and a 'family home' for a range of invertebrates.

PLANT SOME TREES— Do some research - find a site to plant some trees and work out which native trees would be good to plant there. The best time to plant trees is between November and March, but now is the time to get together and plan ahead.

PICK UP RUBBISH - Help keep your local area safe and clean for people and wildlife. Joining an existing litter pick group is a great witness and will forge closer links with the community. If a group doesn't exist already, why not set one up yourself ?



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 in September

**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**

SEPTEMBER

SUN

MON

TUE

WED

3

9.00 Holy Communion
10.30 Wild Worship
11.00 Holy Communion
15.00 Wildfire Youth

4

5

6

10.00 Holy Communion
15.00 CAP Prayer meeting

10

9.00 Holy Communion
11.00 Morning Worship
13.00 Visit by Bishop Michael to 'The Giant's Garden'. See Pg 21

11

2pm to 4pm
Coffee, Cake and Chat (see pg 18)

12

13

10.00 Holy Communion
19.30 PCC

17

9.00 Holy Communion
11.00 Café Church
15.00 Wildfire Youth

18

19.30 Connect in Prayer

19

19.00 Sewing for Charity (see pg 17)

20

10.00 Holy Communion

24

9.00 Holy Communion
11.00 Morning Worship

25

26

27

10.00 Holy Communion

BER 2023

THU	FRI	SAT
	1	2 9.00am Prayer for Frome at St John's
7 10.00 Trinity Toddlers 1.30pm Parish nurse support group	8	9
14 10.00 Trinity Toddlers 1.30 Parish nurse support group	15	16
21 10.00 Trinity Toddlers 1.30pm Parish nurse support group	22	23 8.00am Men's breakfast (See Pg 9)
28 10.00 Trinity Toddlers 1.30pm Parish nurse support group	29	30

TRINITY LIFE

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.



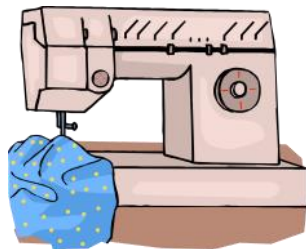
**Because of your generosity
we've raised over £5,000!**

**This means we've been able to
buy new microphones, cables,
stands and other PA equipment.**

**It also means we can now buy
the new office and laptop PCs
we desperately need.**

THANK YOU!

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:

19th September,
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, Angel Gowns, ICU incubator 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.



**A NEW WAY TO
SUPPORT TRINITY**

Shop and Give is a great way to support Holy Trinity Church while you shop online (replacing Amazon Smile). It doesn't cost you anything except time to set up your account by clicking the 'join-in' button from the link below.

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

Coffee, Cake & Chat

Trinity Church
2.00 - 4.00 pm

2023 DATES

- | | |
|--------|----------------|
| Monday | 11th September |
| Monday | 9th October |
| Monday | 13th November |
| Monday | 11th December |



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

We had a wonderful gathering at Coffee, Cake and Chat in August.

Next month on September 11th, we'll have Col. Iris Wylie, of the Salvation Army, give us a talk about her time in India.

MARSABIT NEWS

Rob and Sue Martin

What a great visit Bishop Qampicha and his wife Safia had with us in June, and what a blessing they were, wherever they went! The Bishop said: “ we thank God for safe and fruitful visit, and really appreciate the great hospitality (we) received.” They visited our link Diocese of Chelmsford, where + Guli welcomed them. They attended the Diocesan Synod, preached in the Cathedral, met Diocesan officers, visited schools and a hospital, and spent time in various parishes. In one archdeaconry, £3000 was raised to buy a new motorcycle! They visited parishes in 3 other Dioceses, who are keen Marsabit supporters; and met with officers of Mothers Union, Five Talents and Crosslinks. They also enjoyed tourism in London, Cambridge, Wells, Bath and the Chislehurst Caves where up to 15000 sheltered in World War II! They had a quick trip to Birmingham, to see a new church in the mainly Asian areas, to understand just how diverse our society is. I do pray that many of you were able to meet them. Now they're safely home and ready to take up the many challenges again. Thank you, Lord!

Famine and drought: at least the drought is over, praise the Lord! Abundant rain came and enough has continued to come to ensure that most people will get a harvest. However, harvest takes time to come, and the pastoral communities somehow need to restock their herds, after over 80% died. So, there is an ongoing challenge for families to find food. And a wider problem is...

Inflation in Kenya: The major challenge for every Kenyan to feed their families is, as in UK, that inflation is rampant, fuel prices have soared, and ordinary staple items too. After the massive infrastructure building programme of roads and bridges, there is a huge debt owed to the Chinese. To help pay for this, VAT and other taxes have been increased. There have been riots in the streets, fanned by the Opposition leader, Raila Odinga, who has called for civil disobedience and non-payment of taxes. **Please give thanks for the rains, and pray for those struggling to survive**

Security in Marsabit has however, improved, thank God. The Bishop asks for prayer for the ongoing peace and reconciliation efforts and the work of the interfaith peace makers; and that, after the recent clashes, the many internally displaced people may be resettled. That is always a challenge, as every piece of land is claimed by someone, whether individuals, clan or ethnic group. **Please pray for the peacemakers and for help for the displaced.**

Mission and training: August is a major mission month. At the Diocesan Synod in May, the Bishop's charge was "Discipling the church, transforming the nation." The Diocesan mission this year in August will be throughout the Sololo Archdeaconry in the North. 50 young people from all over have signed up to be volunteer evangelists, and are being trained now, and being commissioned this Sunday, July 23 rd . Many will be mobilised for the Sololo mission. At the same time 5 deacons, ordained in 2022, will be ordained as priests. The 6 ordinands continue with their training down country. Manman, one of them, a Masai from Isiolo, completes his training in December. A Teens ministry began in May, with 52 teens being trained and commissioned. In April, there was a Diocesan Youth workers Summit, attended by all but two of the parishes, and another one is scheduled for August. The team grows, praise the Lord! In Isiolo, a non-Anglican church, Burqa (not the veil, but a word meaning Spring), has been accepted by the Synod into the Anglican church. It ministers to the Borana living in Isiolo, and their two pastors will go for training and orientation as Anglican clergy. **Please give thanks for all this missional energy, and pray that it might bear much fruit.**

Sadly, Norm Gorrie, the Diocesan mission coordinator, and Janelle, who has had her own ministries, including helping translate a children's bible, are returning to Australia in September. They will leave a huge hole – **please pray for them, as they leave a place they love so much and have served for so long, and for the Diocese as they look for a replacement** for Norm. Jomo, the DYO, will help plug the gap for now.

Girls High School, and the FoM 10 th anniversary gift: The large grant we sent out in 2021 to buy land for a new Girls' High School has now at last been used! The land is in Karare, beside Wings Academy. It has now been

cleared and building has begun. A new Junior High school has also started there. A laboratory is being built, which will be shared by both schools. Our partners, Cargo Human Care, are funding this project – what a wonderful gift! - we are so grateful to them. On July 29 th there will be a special Education Sunday to celebrate the growing provision of schools and to raise funds for them. **Please pray for the Marsabit children and young people, as well as for our own in UK, and their spiritual welfare.**



BISHOP MICHAEL'S VISIT TO 'THE GIANT'S GARDEN' - 10th Sept

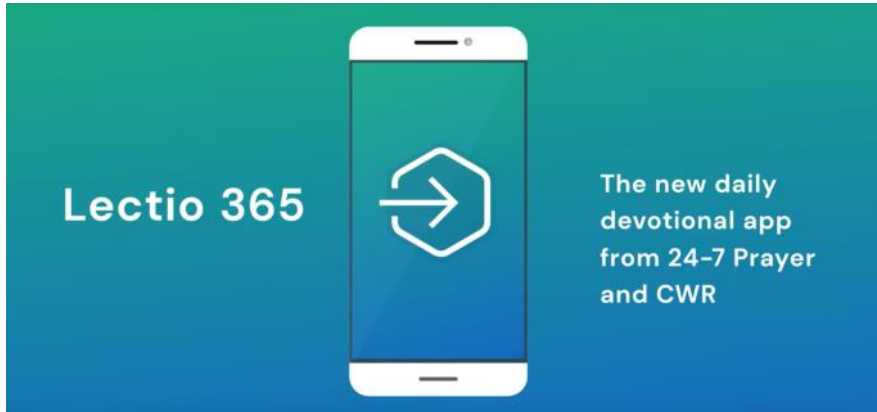
Bishop Michael is visiting The Giant's Garden, by St Mary's Innox Hill, on Sunday 10 September from 1pm until 2.45pm. Come along! There will be a simple lunch at 1.15pm; Q&A around God, the church and environmental concerns with the Bishop at 2pm; and a simple of service of blessing for the garden at 2.30 pm. Bring a camping chair if you need to sit. We're sorry this developing garden has difficult surfaces and is not yet wheelchair accessible.

RSVP fromepioneers@gmail.com'



BIBLE ENGAGEMENT

Lectio 365 is a free daily devotional resource in the form of an app that helps you pray the Bible every day. You can download the app from the app store on your phone or find out more information on their website: <https://www.24-7prayer.com/resource/lectio-365/>



Bible In One Year is an app which takes you through every chapter and verse of the Bible in 365 days. You can download the app from the app store on your phone or find out more information on their website: <https://bibleinoneyear.org/en/>



RIDE AND STRIDE

Somerset Churches Trust Annual Sponsored



**10 SEPT.
2022**

Walk, cycle, jog, ride a horse or even visit by car the beautiful churches of Somerset and raise money to keep them alive for worship, families and communities.

Build your own route by viewing participating churches or try one of the routes which have proved popular in previous years. If you can't make Saturday 11th September then you may undertake your walk or ride on any day from Saturday 4th to Sunday 19th September.

For more information and a printable route guide see
<https://somersetchurchestrust.org/ride-and-stride/ride-stride-take-part/>

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.

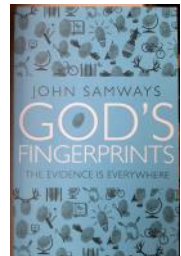
FOIL lined packets: We collect these as well as sweet and chocolate wrappers, and CLEAN FOIL LINED food packets (such as pasta or rice bags for recycling. All recycling needs to be clean and dry. PLEASE—NO BAGS THAT HAVE HAD WET FOOD IN THEM and no ordinary non-foiled lined bags.

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 Samways books '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.



Alan Heath is offering **SPRING CLEANING** for Trinity members
Carpet, Patio, Driveway and paths.
Oven clean includes a free hob clean.

1st Local Bio Oven, Carpet & Patio-Decking Cleaning

www.ichthuscleaning.com
01373451225
07891909789

Mind your Music and Stepping Out Theatre

A **FREE** monthly Music workshop and a monthly 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

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

Shop and Give is another great way to support Holy Trinity Church while you shop online.

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

and raise a cash donation for Trinity . It doesn't cost you anything except time to set up your account by clicking the 'join-in' button from the link below.



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

CONTACT

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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

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

holytrinityfrome.com
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holytrinityfrome@gmail.com 01373 453425
Registered Charity no. 1129366

