

Trinity E-News



Issue 5 / 20

Trinity's e-mail: trinity@basingstokecircuit.net

June 2020



Our Minister is:

Rev'd Audrey D Browne

Rev'd Audrey Browne is on Sabbatical until 1 July 2020.

If you need to contact someone or make enquiries during this time, please either use Trinity's email address as above or contact Diane Bath, Senior Steward (*see below*), who will be able to either help you or contact someone else for you.

Diane Bath: ☎: 01256 320429
email: r_bath@sky.com



On our 'Circuit Website'

– Under 'Worship & Prayer', you will find many **Worship Resources & Services** that are available along with our weekly **Circuit Services**.

Our grateful thanks go to Alison, Michael & team for our excellent weekly 'Zoomed' Services.

from the Editor: Trinity E-News – Deadline for copy for July & August Double Issue is Wednesday 17 June or thereabouts !

The newsletter will again be on our Basingstoke & Reading Circuit website. I've been delighted to receive various items & quizzes for inclusion in this newsletter – thankyou. Equally I will be very grateful to receive items for the next double issue July & August newsletter. These can be sent by email or post & I look forward to receiving them. I can't do it without you.

With best wishes to you all and thankyou for your help.

Hazel (Harris) (☎ 01256-461375)

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June 2020

Greetings Brothers and Sisters,

As I am writing this, we are coming to the end of week eight of 'Lockdown.' I'm not sure what the circumstances will be by the time you receive this newsletter, but it looks as though there might at last be a glimpse of light at the end of the very long tunnel, as new government guidelines advise that we are now allowed to go out more than once a day to exercise and those who are unable to work from home can start to return to work if they are able to social distance. The best news that I received this week was that garden centres could reopen, hastening a prompt visit to 'Elm Park' to get some plants for the garden!

We are certainly living in unprecedented times. Being unable to see friends and family members outside our own household has left many feeling lonely and isolated. Many people have lost loved ones to Covid 19 and have been unable to grieve and say farewell to them in the normal way. Difficult times indeed. We talk about 'getting back to normal' but what will 'normal' look like? For many people, returning to 'normal' just doesn't seem possible.

As an Outreach Worker involved in several town-centre ministries, I have found myself in the strange position of having to find new ways to minister when I can't do so face to face. Zoom has become a big part of my life and I have started picking up the phone and ringing people instead of sending an email. When you can't see people, it's good at least to hear their voice. But, I'm sure you'll agree that it has all felt very unsettling, and at times like this you may have been prompted to think, where is God in all this? Thankfully, as Christians, we can be certain in the knowledge that God our Saviour is there with us, alongside us in times of turmoil, a constant presence in our lives. Many times, over the last eight weeks I have turned to Psalm 62 for comfort:

'Truly my soul finds rest in God; my salvation comes from him. Truly he is my rock and my salvation; he is my fortress, I shall never be shaken.'

Powerful words indeed, and words that should give us great reassurance.

As a Student Deacon, I am part of a dispersed religious order (the Methodist Diaconal Order). Deacons follow a rule of life and as part of that rule, we endeavour to set aside time each day to read the Bible devotionally, to pray, including a time of intercession and to regularly set aside time for self-examination – a chance to look back over the day to see where we have failed in loving God and our neighbours and to give thanks for the blessings received. During the period of lockdown, with so much extra time on my hands, I have felt very blessed to be able to take time out to just sit and 'be' with God. So often, our busy lives mean that we try to squeeze in a moment for God wherever we can find it, in between all the other jobs, and we miss out on good quality, quiet time with our Lord. During the sunnier weather I have taken the opportunity to sit out in my garden, enjoying the beauty of creation around me whilst I pray, and God's presence has been undeniable.

Lock-down has been a very difficult and distressing time for many, particularly for those who suffer with mental health problems, but if we can take away just one positive thing, it is that the extra time that we have, can be used as an opportunity to draw closer to Christ. Time where we are free from distractions, unrushed, away from our phones and computers, and we have an opportunity to be truly present with God. I invite you over the coming weeks to set aside some time to sit and 'be' with God, listen to what he might be saying to you, and above all, enjoy his glorious presence.

God bless you all.

Tessa Bennett
(Outreach Worker for Basingstoke
Town Centre / Student Deacon)



*The information below
was taken from the
Foodbank Website on
26 May 2020*



COVID 19 UPDATE:

BASINGSTOKE FOODBANK IS DELIVERING EMERGENCY FOOD FOR LOCAL PEOPLE IN CRISIS.

Our foodbank relies on Your Goodwill and Support. Monetary Donations big or small are also gratefully received.

The Basingstoke Foodbank remains **OPEN** for donations of food & toiletries including fresh veg, bread & eggs during our regular opening times. We still also have donation points around the region, see below. **THANK YOU** for your continued support!

Over 90% of the food distributed by foodbanks in The Trussell Trust network is donated by the public – that's why your food donations are absolutely vital to our ability to give everyone referred to us a balanced and nutritious three day supply of food.

Our shopping list below shows the food items that we need right now. If you are happy to drop off food donations, please see the table below for our food collection point locations:

**At present, we are particularly short of
(taken from their website 26 May 2020):**

- Instant Mash
- Tinned Meat – Ham, Chicken & Mince
- Spreads – Peanut Butter
- Toilet Paper (small packs)
- Fruit Juice / Squash
- Tinned Spaghetti
- Toiletries – Toothpaste, Shampoo,
- Shower Gel, Deodorant (M & F)
- Dried Milk

We have plenty of the following:

- Baked Beans
- Rice
- Pasta
- Soup
- Tinned Fish
- Fruit Teas
- Kidney Beans & other tins of pulses
- Feminine Hygiene Products

You can always find our up-to-date list of shortages at:

<https://basingstoke.foodbank.org.uk/give-help/donate-food/>.

* * * * *

**Foodbank Timings at Sarum Hall, Trinity: Mondays 10.30 am – 12.30 pm
Wednesdays & Fridays 10.30 am – 2.30 pm**

Other locations,

- Tesco's Chineham from 08:00 – 22:30 (*front of store near exits*)
- Annies charity shop from 09:00 – 16:00 (*2 Elmwood Way, Winklebury*)
- Co-operative Food, Old Basing from 07:00 – 23:00 (*Linden Avenue, Old Basing*)
- Waitrose from 07:30 – 21:00 (*Basing View, Basingstoke*)
- Asda, Brighton Hill from 07:00 – 22:00 (*Brighton Way*)
- Lidl from 08:00 – 22:00 (*Worting Road, Basingstoke*)

*The more we love Him, the more we will desire to obey Him; the more we obey Him, the more we will grow in our personal knowledge and love for Him – **Kenneth Boa, writer & minister.***



Morning has broken
Like the first morning;
Blackbird has spoken
Like the first bird.
Praise for the singing!
Praise for the morning!
Praise for them, springing
Fresh from the Word!

Morning has Broken

Sweet the rain's new fall
Sunlit from heaven,
Like the first dewfall
On the first grass.
Praise for the sweetness
Of the wet garden,
Sprung in completeness
Where his feet pass.

* * * * *



Mine is the sunlight!
Mine is the morning
Born of the one light
Eden saw play!
Praise with elation,
Praise every morning,
God's re-creation
Of the new day!

Eleanor Farjeon

Picture a group of Brownies sitting in a circle in a country setting. They hold their books in their hands, ready for prayers. This is the start of the day, and soon their voices will be heard, as the first hymn, '*Morning has broken*,' sounds amongst them.

I recall this scene from many Pack Holidays with Brownies.

The hymn written by Eleanor Farjeon, expresses the amazing wonder of a new day, of a new beginning, and so many must feel they need that right now.



Eleanor was born on 13 February 1881, in Westminster. She died on 5 June 1965 in Hampstead, London. She was the daughter of Benjamin Farjeon who was a novelist.

She became a writer herself, writing many poems, novels, and plays, as well as books for children. Her first book of 'Nursery Rhymes of London Town' was published in 1916. Other books followed. She received medals for her work, the Carnegie Medal, Hans Anderson international medal and the Regina Medal in recognition of her work for children.

Sung to the Gaelic tune known as 'Bunessan' which is so right for the words, it is a hymn enjoyed by children and adults alike.

It speaks of creation. God is the Word. He is in the dawn at the beginning of the day. He is in every aspect of the day, in the birdsong, which through the lockdown, we have heard more clearly. He is in the rain refreshing the earth; he is in the sunlight, He is creation for us all.

The reality of this truth can be mine, as the hymn writer says. 'Mine is the sunlight, mine is the morning, born of the one light Eden saw play, Praise with elation, praise every morning, God's recreation of the new day!'

Prayer time becomes special to the Brownies. Some may never have had this opportunity to think about the re-creation that happens all around, and if I am receptive enough, can happen in me. So easy to miss, yet so precious to hold.

* * * * *

I chose the **Dietrich Bonhoeffer** hymn, '*By Gracious Powers*', because he was killed days before the end of World War 2, which we remembered on 8 May. He is one of the 20th martyrs over the west door at Westminster Abbey. His hymn is particularly poignant at this time. It is sad, but it holds a promise too.

God Bless, **Margaret Garland**

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By Gracious Powers

By gracious powers so wonderfully sheltered.
And confidently waiting, come what may
We know that God is with us night and morning
And never fails to meet us each new day.

Yet are our hearts by their old foe tormented,
Still evil days bring burdens hard to bear,
Oh give our frightened souls the sure salvation,
For which, Oh God, you taught us to prepare.

And when the cup you give is filled to brimming
With bitter suffering, hard to understand,
We take it gladly, trusting, though with trembling,
Out of so good, and so beloved a hand.

If once again, in this mixed world you give us,
The joy we had, the brightness of your sun,
We shall recall what we have learned through sorrow,
And dedicate our lives to you alone.

Dietrich Bonhoeffer

We are your people

For the Christian community

We are not people of fear:

we are people of courage.

We are not people who protect our own safety:

we are people who protect our neighbours' safety.

We are not people of greed:

we are people of generosity.

We are your people God,
giving and loving, wherever we are,
whatever it costs, for as long as it takes
wherever you call us,

Amen

From Parish Pump



A prayer of

St Columba

Christ With Us

My dearest Lord,

Be Thou a bright flame
before me,

Be Thou a guiding star
above me,

Be Thou a smooth path
beneath me,

Be Thou a kindly shepherd
behind me,

Today and evermore.

Amen

From Parish Pump

20 years ago, on 10 June 2000 the Millennium Bridge in London opened. It closed again two days later because it swayed uncomfortably when people walked in step. It reopened in February 2002 after changes were made.

My Testimony of Healing by Pat Murphy

Over 30 years ago I was working as an Auxiliary Nurse in a hospital. I noticed I was getting tired and had tingling and numbness in my hands and feet. I went to the doctor who sent me to a hospital in London. I had a lot of tests and was diagnosed with Myopathy, which is a disease of the nerves and muscles and is incurable. After 8 weeks I was in a wheelchair and unable to walk. I had to leave the job I loved. I was prayed for and had hands laid on me and was anointed with oil. I used a scooter to get to the shops.

One day 14 years later (and still in a wheelchair), the Lord spoke to me as I was going to the shops and said "get up and walk." I walked for a few steps, more than I could normally. I did this each time I went shopping. After a while I had no pain (which was unbearable) and could walk again normally. This carried on for years and years until I got breathless and had to have a scooter 3 years ago.

I give God all the praise and glory for what He has done.

Some poems from Pat:

Oh Jesus, as I come and sit at your feet,
 I come with great joy, my Saviour to meet,
 To look up and see your love and wonderful grace,
 To be in your presence is my desire,
 As you warm my heart, with your holy fire,
 Lord, here I would forever stay.
 But soon I must go on my way,
 But now refreshed and made anew.
 I am ready all your will to do
 I worship you with a grateful heart,
 For this wonderful time, as I come apart.

* * * * *

For me, for me, it was for me,
 That Jesus died on that cruel tree,
 I can never understand why,
 It was for me He came to die,
 It's so amazing, His great love,
 That he should leave the glory above,
 To save a wretch like me
 Praise the Lord, He set me free.

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Some poems from Pat:

Love so powerful, so deep and so strong,
 Binds me to the Father, and to Him I belong.
 Cherished and cared for daily,
 As He gently watches over me,
 He is always there,
 And answers my every prayer,
 Such Love is so great, it overflows,
 As His Wonderful Love on me He bestows.

* * * * *

Lord, teach me to live, one day at a time,
 As I walk with you, with your hand in mind.
 Praise you Lord that you have gone before,
 To open up for me, every door,
 Thank you Lord for this precious day,
 And all that you have for me along the way.
 Help me to let go and rest in your loving care,
 Knowing that in everything you will always be there.

* * * * *

Emergency Coronavirus Appeal Launch

All We Can & the Methodist Church in Britain have launched an Emergency Coronavirus Appeal, to equip those living in some of the world's most vulnerable communities to combat the Coronavirus (COVID-19) pandemic.

Coronavirus poses a catastrophic threat to communities with weaker healthcare systems, or those who lack access to clean water and handwashing facilities.

In Maua Methodist Hospital in Kenya, staff are being provided with essential personal protective equipment. In Cameroon, internally displaced families are being provided with vital hand sanitiser to help protect themselves from the virus. In Uganda, families who would have no means of accessing markets following the banning of public transport are being lent sanitised bicycles.

In addition to this, **All We Can and the Methodist Church in Britain** are supporting Rohingya refugees living in the camps of Cox's Bazar, helping maintain essential health services, deliver soap and hygiene items, and provide community healthcare education.

<https://www.allwecan.org.uk/emergency-coronavirus-appeal-launch/>





Transforming Young
Kenyan Lives

www.karibuni.org.uk
Registered UK Charity Number 1044872



Dear supporters, since 1995 Karibuni has been giving children from the poorest of homes the chance to be educated and to achieve their full potential. It is ironic in this our 25th Anniversary year that education has come to a sudden halt with the closure of schools as Kenya gets to grips with the impact of the coronavirus pandemic.

Over the years, alongside education, Karibuni has provided countless meals, because it's not easy to learn when you may not have had breakfast and when your evening meal depends on whether your mum, dad or grandmother has managed to find occasional work that day.

But school closures means that weekday lunches – and often Saturdays – have stopped too. Colleges and Universities have also closed and students have returned to their homes. Altogether this means that almost 700 children and students sponsored by Karibuni are not receiving the regular meals on which they rely.

Back at their homes the closure of some local markets and increasing unease amongst the population means that casual work will be in shorter supply. Some Kenyans living in Nairobi and elsewhere have decided to return to their family villages, but others are fearful of taking the virus with them.

In light of this rapidly deteriorating situation we have consulted project staff in Kenya. With the option of feeding children on site no longer being available, they suggested that we should supply the family of each sponsored child / student with an emergency foodstuffs package. A typical food parcel, costing about 2,000 Kenyan shillings (£16) and which would include maize meal, beans, rice, sugar and cooking oil, would last about a month.

We have accepted their recommendation and have immediately sent emergency grants costing us £10,800 which will be sufficient to supply each sponsored child / student with a food parcel for April.

What happens after April? We are working with the projects to see what savings can be made from their normal budgets, but we already know that providing foodstuffs in future months, which must be our top priority, will involve Karibuni in very considerable unplanned expenditure. The best forecast is that it will be September, at the earliest, before things get back to normal so the children are going to need our help for at least another four months. On top of these extra costs we shall also need to increase the grants we make to other projects which run feeding programmes.

We realise this is a difficult time to ask for donations, but we do so in the knowledge that you, our supporters, will appreciate the commitment we made to these children when first sponsoring them. With your help we can fulfil that commitment in a very practical way.

In this our 25th Anniversary year we had exciting plans, including a celebratory event in July. All such plans are now on hold. However, if between us we can feed 700 children and young people while this terrible situation continues we shall be celebrating what is so special about Karibuni and will truly live up to our stated mission:

“To transform young Kenyan lives”.

Thank you for your support, **John Cotton, Chairman of Trustees, Karibuni Children**

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Can you please help us to feed Karibuni's sponsored children?

You can support our appeal by:

Making a bank transfer to Karibuni Children, Sort Code 20-03-18, Account number 70692697 (Please add your surname & initial as a reference and, if possible, notify us of this donation by emailing us: office@karibuni.org.uk)

Sending a cheque payable to "Karibuni Children" c/o Peter Wells, 13 Tudor Court, Church Lane, Mill End, Rickmansworth, HERTS, WD3 8PX

Our mailing address is:

Karibuni Children, Stoke Mandeville Methodist Church, Eskdale Road, Stoke Mandeville, Aylesbury, England HP22 5UJ

Donating via our website: <https://www.karibuni.org.uk/donate>

Ringling 01296 614887 and making a donation by credit or debit card

This information has come from a recent letter we received from 'Karibuni Children', a charity we have supported at Trinity for many years.



Coronavirus cases in Africa increasing sharply

Christian Aid has warned that time is running out to prevent Coronavirus overwhelming health systems across Africa. As Coronavirus infections rise sharply across the continent, and with African countries lacking the specialist equipment or staff to cope with a pandemic, the international development agency is calling for the cancellation of debt repayments from African countries this year, so that money can be freed up and spent instead on saving lives.



As the poorest continent in the world, Africa is least equipped to provide the specialist care necessary to treat people infected with Coronavirus. According to the World Health Organisation there are less than 2,000 ventilators and 5,000 intensive care unit beds across the entire Africa region.

Patrick Watt, Christian Aid's Director of Policy, Public Affairs and Campaigns, said: "Debt repayments falling due this year should be cancelled in full if we want African countries to have a fighting chance of limiting the spread of Coronavirus, and surviving the hit to their economies. "It is completely perverse that dozens of the world's poorest countries are expected to pay debts to wealthy creditors in the midst of the biggest global health challenge in a generation, and the worst economic downturn since the 1930s. At this moment, cancelling the debt is a matter of life and death."

Reflections – God’s Creation

God’s perfect creation reflected in nature.

The Vyne lake, National Trust, Basingstoke, Autumn 2019.

Then God said, “Let the land produce vegetation: seed bearing plants and trees on the land that bear fruit with seed in it, according to their various kinds”. And it was so. Genesis 1:11.

And God said, “Let the water teem with living creatures and let the birds fly above the earth across the expanse of the sky”. So God created the great creatures of the sea and every living and moving thing with which the water teems, according to their kinds, and every winged bird according to its kind. And God saw that it was good. Genesis 1:20-21.



Then God said, “Let us make man in our image, in our likeness, and let them rule over the fish of the sea and the birds of the air, over the livestock, over all the earth, and over all the creatures that move along the ground.” Genesis 1:26.

Are you the reflection of God’s image that He wants you to be?

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law. Those who belong to Christ Jesus have crucified the sinful nature with its passions and desires. Since we live by the Spirit, let us keep in step with the Spirit. Galatians 5:22-25.

Martin Frost, St Andrews



Live Streamed Services, resources, and information: Please click on the link to its live streamed services and useful links and resources. <https://www.methodist.org.uk/our-faith/worship/singing-the-faith-plus/seasons-and-themes/worship-during-the-coronavirus-pandemic/>

Coronavirus Guidance & Updates: <https://www.methodist.org.uk/about-us/coronavirus/>

Emoji Hymn Quiz

(answers at the back of this newsletter)

(Quiz sent in by Hazel Green)

- 1 
- 2 
- 3 
- 4 
- 5 
- 6 
- 7 
- 8 
- 9 
- 10 
- 11 
- 12 

Name the sweets:

(answers at the back of this newsletter)

(Quiz sent in by Margaret Garland)

1. Sly giggles
2. High class thoroughfare
3. Money making royalty
4. Dark occult
5. Mothers local
6. Clever folk
7. Various black items
8. Sports for princes
9. Frankie Vaughan wanted it
10. Good children get these
11. Feline equipment
12. Garden flowers
13. Assorted girls
14. Dairy holder
15. Arrange marriage partners
16. Edible fasteners
17. Wobbly infants
18. Talk quietly
19. Big bus
20. Gem orchard

The Coronation of our Queen, Elizabeth II, took place on the 2 June 1953. This year our Queen will have been on the throne for 68 years. The Queen succeeded to the throne on 6 February 1952.

Over 350 Mask Extenders were given to Basingstoke Hospital this week. Well done to all involved, especially the folks of Wesley, Mortimer, Bradfield, Oakley and Kempshott. Apologies if I have missed anyone out, but as a Circuit we are extremely proud of you. Thank you.
(from the Circuit Notices, 20 May 2020).

The Revd Paul Hardingham looking at the Psalms, looks at one which was written in uncertain times.... (Parish Pump)

Psalm 34

Amid the current Coronavirus Pandemic, we all live with fear and uncertainty. How do we deal with fear? *'I sought the Lord, and He answered me; He delivered me from all my fears.'* (Ps 34:4). In this psalm, David expresses real fears. He was on the run from Saul, who was trying to murder him! Yet David points to three simple habits that help overcome fear.

Praising God always: *'I will extol the Lord at all times; His praise will always be on my lips.* (1). It was David's pattern of life to praise God daily, whatever his circumstances. He was acknowledging God's lordship over his life. Praise affirms that my circumstances are in His hands and He is with me in all that I am going through.

Seeking God continually: *'This poor man called, and the Lord heard him; He saved him out of all his troubles.'* (6). David looked to God, who released him from all his fears. It's easy for our fears to overwhelm us and rob us of the assurance that God loves us and wants the best for us. When we seek God, He hears us and responds, as He is not powerless to act.

Finding refuge in God: *'Taste and see that the Lord is good; blessed is the one who takes refuge in Him.'* (8). David's personal invitation is to taste and see that God is good. Our fears often tell us that the opposite is true for us. Fear tells us that God cannot be trusted and that He will abandon us. We can make God our secure refuge and not be afraid.

This psalm helps us to see fear from a totally different perspective: *'Fear the Lord, you His holy people, for those who fear Him lack nothing.'* (9).

Nigel Beeton writes: *"many of us have been weekly attenders through Zoom at our 'virtual church' for some weeks now. I realise many other churches are doing the same. This poem began one recent Sunday morning when I said to my wife, Carol, "let's go and worship at St Sofa's". That inspired her and so the first verse of this poem is hers, not mine!*

St Sofa's

by Nigel and Carol Beeton

We worship at St Sofa's now
Since Covid came to stay
We don't dress up or do our hair
But still we come to pray!

Our Vicar is a clever chap
A Zoom with his IT
And so we sit down ev'ry week
And meet up virtually!

Our Parish Church stands empty
With praise she does not ring;
But still her people gather round
To pray, and praise, and sing!

The virus is a nasty thing
Yet it has helped us see
The church is NOT a building
But folk like you and me!

- *The second day of a diet is always easier than the first. By the second day you're off it – Jackie Gleason*
- *Anytime things appear to be going better, you have overlooked something – Anon*

'Going through our 'Sentimental' Stuff... and Finding some Wonderful Memories



Looking for Hope Amongst the Clutter!

In this strange locked down season, because of the Coronavirus Pandemic, I've noticed a change in the type of pictures posted on social media. In place of the look-here-at-me selfies, are snapshots of buds opening to display the colours of spring.

Such hopeful images counterbalance gloomy statistics in the news media. There are also more memory pictures – 'this is what I was doing on this day years ago with people I love – I wish we could be together now'.

While we're not allowed to make the kind of memories depicted in those pictures, we find comfort in memories we already have.

One thing I've done with this unexpected free time is to organize printed photographs into albums. The photos and the albums have been there for a while, waiting for me to get around to it. You remember the old joke? Imagine people finding their 'around to its' in cupboards and drawers all over the country. How would you use yours? To sow seeds that had not been planted? To read the book gathering dust on a shelf?

What else needs tackling? Now may be an ideal time to face the daunting corner where clutter lurks. Daunting because of what you may disturb among age-old piles of unsorted belongings. Looking squarely at the past may be an unwelcome prospect. It makes us face uncomfortable questions. Projects we may never finish, equipment we cannot use any more, objects of attachment from people we've lost. Isn't that like what we're doing as a nation in these unprecedented times? Issues we have been avoiding are suddenly highlighted through unfamiliar circumstances.

There is much talk about how we're looking forward to getting back to normal on the other side of this international crisis. Some people say they hope things will have changed, that normal will not look the same as it used to, because we have learned valuable lessons about what really matters in life. It's up to us whether or not we rise to the challenge, to reorganize society more fairly, to care more for the environment.

By myself I cannot change the world, but I'm determined to look after the little space that is in my care, not to let it be overwhelmed with needless clutter. Be brave. Use this negative time to make a positive change in your small corner. If you choose to sort it out, I guarantee that amidst all the mess you will find at least one thing, however small, to bring you joy – even if it's just a clean and tidy corner.

Jane Brocklehurst, Parish Pump

Transform us, we pray, O Lord,
from wagers of war, to people of peace,
from seekers of self, to servants of all,
from sinners trapped, to saints triumphant,
from lovers of possessions, to possessors of your love. Amen

***Stephen Bales, Equality and Diversity Officer, Cornwall District
Methodist Prayer Handbook – 'A World Transformed', 2018 / 2019***

OUR RECYCLING SUCCESS

Back in 2014 I was introduced to the TerraCycle recycling scheme by my sister, who told me about collecting Danone Yoghurt pots. This seemed like a fairly easy way to raise some money for a charity so I decided to give it a go and donate the money to our Girls' Brigade who were supporting the Contesa Charity.

To begin with we just had the box in the Welcome area but each Sunday it would be pretty full. Obviously Danone yoghurts and their yoghurt drinks were very popular! When we send in the recycling we are allocated points according to the shipment weight. I can't remember how long we collected the pots before Danone pulled out of the scheme, but in the short time it was active we collected nearly 8,000 pots and raised just over £153.

At the end of 2013 we began collecting biscuit wrappers but only the sweet variety. To begin with you could just send in any size shipment, there was no minimum weight. Then about 3 years ago we were told that the shipment had to weigh a minimum of 3kg! If you consider how light a biscuit wrapper you will know it takes hundreds of wrappers before reaching the target weight. Fortunately the collection was increased to include savoury biscuits and cakes. Since we started the collection we have sent in 37 shipments and raised just over £431.

The Home and Air collection started in 2015. To begin with we were collecting tops and triggerheads of home cleaning products and air fresheners. The items were quite small and it took a while to fill even a small box but there was no minimum weight so I just sent the box in whenever it was full enough. However, to reduce their costs of the shipments, like everything else they set a minimum weight. It took forever and I had almost reached the target weight when they changed the items that could be recycled! Back to square one – but this is not a particularly prolific collection to say the least, so it may be dropped in the future. We have only managed 11 shipments in the 5 years and added just over £19 to our funds.

Some of you may remember our coffee packaging collection. It only ran for a year and raised just over £23.

At about the same time we began collecting Ella baby food pouches. With the playgroup on the premises I thought we might get quite a few from the young mums. And we do. However – with a minimum shipment of 7kg we need to collect close on 1,000 pouches! Needless to say we have not sent in that many shipments but we have added another £68 to our funds.

Our best collection to date has to be the crisp packets. It must be the nation's most popular snack. We began collecting at the end of 2018, have sent in 10 shipments and collected £160. Again the weight has to be at least 8kg but the box must not exceed a certain size! Fortunately, you can spread the weight across two boxes but in order to get enough in the boxes to bring them up to weight it involves a fair bit of jumping up and down on the crisp packets to compress them and make room for more. Good exercise!

I'm not really very good at promoting the recycling although we have some collection boxes in our other churches in Basingstoke. Family and friends also collect from various parts of the country and having the blue bin outside means it's accessible to everyone. At first there was the concern it might just get used as a dumping ground but in fact there is very little that goes in there that is not part of the programme. And the best news is that all this 'rubbish' has raised £855 which goes to support Future Pillars (formerly Contesa). *cont'd....*

cont'd...

So do keep collecting for us. Tell your family and friends. I'm more than happy to give anyone a poster showing the items we collect. Just say the word.

Many, many thanks.

Hazel G (see poster below)

* * * * *

Any brand of
Baby Food Pouches
& Baby Snack
wrappers



RECYCLING FOR CHARITY

Any brand of
Sweet Biscuits,
Savoury Crackers
+ Cake wrappers



Plastic Air Freshener
Containers, Cartridge
Caps & Plastic Car Air
Fresheners (Not electric
plug-ins) Flexible Laundry
& Dishwashing Packaging
& Tinted Fabric

Conditioner
Bottles & tops

Any brand of Crisps



A prayer for the media in these challenging days



*Loving God, we pray for everyone working in and
with media in these challenging times.*

Encourage all who seek to explain & interpret the fast-changing world around us.

Embolden the truth-tellers, truth-seekers and fact-checkers.

Promote coverage that builds our shared humanity & where everyone has a voice.

Bring clarity where there is confusion

Bring knowledge where there is speculation

Bring wisdom and insight when the way ahead seems unclear.

And bring us all to a knowledge of truth that sets us free & helps keep us safe.

In the Name of the Father, Son and Holy Spirit, Amen

Circuit Prayer for 2019-2020

We thank you that each church in our Circuit has its own distinctive life. May we draw on each other's strengths as we seek to overcome areas where we feel most vulnerable.

Help us to see opportunities in front of us and to grasp hold of them.

Through our worship, learning and caring, service and evangelism, inspire us in reaching out to make more disciples of Jesus.

Through your Spirit

Guide us, encourage us, feed and nourish us, extend our imagination, so that, in our working together with each other and with you, we fulfil your loving, creative, life-changing purposes for your world.

Through Jesus Christ, our Living Lord, Amen.



A prayer for LEARNING & CARING

Loving Lord

We praise you.

Whether we are free to come together to worship, to learn and to care, or whether we are constrained by circumstances, remind us that we are your holy, beloved people and bless our endeavours.

We give thanks for all those who have taught us and cared for us and for how learning and caring are sustained by your Holy Spirit.

Give us a thirst for your word, for fresh insights and a deeper walk with you. Equip us with the skills we need to be your hands and feet. Show us how to wait for your wisdom.

Show us how to reach out to others with love and compassion despite the challenges we face.

Give us courage and imagination as we come alongside you to learn your purposes for us and how to care for each other and your wider world.

May we be nourished and fed and ready to share.

In the name of our Saviour, Jesus Christ, Amen

“Nourished & Fed, Ready to Share”

Following Our Calling, from June to August 2020 we consider;

Learning & Caring “The church exists to help people to grow and learn as Christians, through mutual support and care.

The text we have chosen for Dwelling in the Word is: Luke 24: 36 – 49

A prayer as we Dwell in the Word

Loving God, Although our destination is not yet clear,

May we trust in your graceful promises;

Though we are uncertain of ourselves,

May we be rooted in your loving regard;

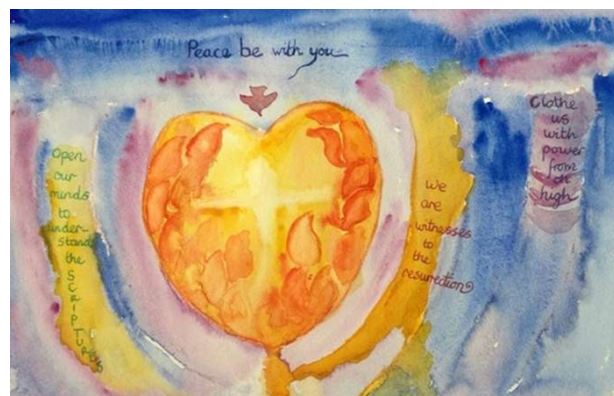
Though our attention is inclined to wander,

May we hear the things you are saying;

Though we often neglect your influence,

May we be convicted of your power to change,

In Jesus Christ our Lord, Amen.



Florence Nightingale – the Founder of Modern Nursing

Florence Nightingale was born 200 years ago, on 12 May 1820. Best known as the Lady with the Lamp who saved many lives in the hospitals of the Crimean War, she was also a social reformer, a statistician and the founder of modern nursing.

She was named after the Italian city of her birth, but the family moved back to England the following year, and she was brought up in Derbyshire. Here – and elsewhere – she had several experiences that she believed were calls from God to devote her life to the service of others.

She never married, but among her several close friends was Sidney Herbert, who became Secretary of War and helped to make her work in the Crimea possible. Some claim that she reduced the death rate in hospitals there from 42% to 2%. She introduced hand-washing and other hygiene improvements, but she never claimed personal credit for reducing the death rate.

Her work inspired nurses in the American Civil War, and in 1883 she became the first recipient of the Royal Red Cross. In 1907, she was the first woman to be awarded the Order of Merit. She died in 1910. Her image appeared on the reverse of £10 banknotes issued by the Bank of England from 1975 until 1994.

It is a fitting tribute to her that the emergency hospital just opened at the ExCel Centre in London is called the NHS Nightingale Hospital.

Tim Lenton, Parish Pump



Basingstoke Town Centre Chaplaincy

A Message from Ian Harrison – regarding the Basingstoke Town Chaplaincy, you may know that I was leant upon by Marlene to become a Trustee, about a year ago. As the piece in last month's newsletter says, we try to help people "where they are" rather than expecting them to come to us (ie the church).



I and a fellow Trustee, Peter MacPherson, gave a talk about the Chaplaincy to Heather Shepherd's Fellowship Group back in November and once the emergency is past we would be happy to repeat the experience for any other groups. Again, we are using Zoom to keep in touch with our Chaplains and each other as Trustees: if anyone feels willing and able to consider taking on the role of a Chaplain or Trustee, Tessa (as a Chaplain) or I should be delighted to hear from them. Thankyou.

Lord be our focus.

When transformation of this world is far from linear, let us be patient.
Where the troubles of today appear to be greater than those of yesterday,
help us to pray.

When the voice of your love is muffled by our selfish ways, may we repent.

Lord, lead us.

When the chance to do what is best for your kingdom is before us, come Holy Spirit.
When making tough decisions is even harder than we imagined, give us courage.
When the future looks so different from the present, increase our faith.

Stephen Lindridge, Newcastle Upon Tyne District Chair, Methodist Handbook 2018 / 2019

All About Flowers !



Dandelions!

Many of us actually like dandelions. Their amazingly cheerful colour always brings a smile to our faces. The not-so-neat-and-tidy gardeners among us can simply enjoy flowers where they grow.

The name 'dandelion' apparently derives from 'dent de lion' – lions' teeth, owing to the tooth-like shape of its leaves. There are many different varieties of dandelion, but they all have the toothed leaves arranged in a rosette around the single flowers, each one made up of up to *two hundred* [yes, really!] tiny florets on a smooth stem, that when picked, releases a milky substance known as latex.

The golden heads, which close up at night, in wet weather, or if picked to go in a vase, give way to the seed-heads we all know as clocks. Who cannot remember proclaiming the time as a child, having blown the seeds away, counting each breath as an hour? And who, if this happened in the garden, remembers the reaction of a parent, or grandparent, to the efficient dispersal of the seeds all over the vegetable patch or flower bed!

In the past, dandelion drinks and concoctions have been valued for their medicinal powers in combating a variety of complaints, and the Victorians used to cultivate them in order to fill sandwiches with the young leaves. Fizzy drinks manufacturers still produce a variety known as Dandelion and Burdock, and intrepid wine-makers can use the flowers to concoct a heady brew.

The roots, some say, can be dried and ground up for use as a coffee substitute. It is those same roots, long and strong, that our grandmothers would water carefully, to the amusement of onlookers, in order to pull them up completely. To many of us, dandelions are one of Nature's joys.

By Kirsty Steele, retired teacher and active church organist, Parish Pump

Creative things you can do with your Bible (Parish Pump)

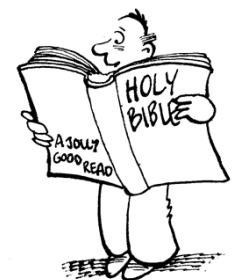
Bible Society is urging people to make good use of their enforced time at home by using their creativity to read the Bible with better appreciation. To help with this, the Bible Society is offering a range of creative Bible-based resources to help people learn new skills, such as journaling, colouring or doing crafts that are Bible-based. **Go to:** <https://www.biblesociety.org.uk>

These include:

Bless Our Nest (£5.95) – a colouring book filled with Bible verse designs, featuring colour charts and tools for Bible journaling.

Faithful Papercrafting (£12.99) – now you can create note cards, gift tags and scrapbook paper, mini cards, bookmarks and envelope templates full of inspiring Scripture.

Complete Guide to Bible Journaling (£14.99) – offering new creative techniques for Bible journaling.



21 June is Fathers' Day

In the UK, USA and Canada, the third Sunday in June is Father's Day. It's usually a good time for sons and daughters to take their father to his favourite restaurant, or to watch a favoured sport, or whatever else he enjoys doing.

How will you celebrate it this year? If your own father cannot be with you, how about a Zoom meeting?

How do these special days ever get started, anyway? Well, Father's Day began because way back in 1909 there was a woman in Spokane, Washington, named Sonora Louise Smart Dodd. That year she heard a church sermon about the merits of setting aside a day to honour one's mother. Mother's Day was just beginning to gather widespread attention in the United States at this time. But Sonora Louise Smart Dodd knew that it was her father who had selflessly raised herself and her five siblings by himself after their mother had died in childbirth. So the sermon on mothers gave Sonora Louise the idea to petition for a day to honour fathers, and in particular, her own father, William Jackson Smart.

Sonora Louise soon set about planning the first Father's Day celebration in Spokane in 1910. With support from the Spokane Ministerial Association and the YMCA, her efforts paid off, and a 'Father's Day' was appointed. Sonora Louise had wanted Father's Day to be on the first Sunday in June (since that was her father's birthday), but the city council didn't have time to approve it until later in the month. And so on 19 June 1910, the first Father's Day was celebrated in Spokane.

Gradually, other people in other cities caught on and started celebrating their fathers, too. The rose was selected as the official Father's Day flower. Some people began to wear a white rose to honour a father who was dead, and a red one to honour a father who was living. Finally, in 1972, President Richard Nixon signed a presidential proclamation declaring the third Sunday of June as Father's Day – a permanent, national holiday.

Parish Pump

Charles Dickens – Prolific Writer with a Social Conscience

Popular Victorian novelist Charles Dickens died 150 years ago, on 9 June 1870. His books include *The Pickwick Papers*, *A Tale of Two Cities* and *David Copperfield*. He died of a stroke in Gad's Hill Place, his country home in Kent, when halfway through writing *The Mystery of Edwin Drood*. The last novel he completed – most of them were written in regularly released parts – was *Our Mutual Friend*, in 1865.

He had been born in Portsmouth in 1812, the second of eight children. His family were relatively poor, and his mother wanted him out at work, so he never received a formal education. Nevertheless, he edited a weekly journal for 20 years and wrote 15 novels, as well as many other stories, articles and letters. He was also a staunch social campaigner, particularly for children's rights and education.

As could be deduced from one of his most loved works, *A Christmas Carol*, he was a firm believer in Christian elements such as compassion and redemption, and he loved the New Testament, while having little time for the Old or for organised religion. His parents were nominal Anglicans. He is said to have wanted his stories to be seen as 'parables' emphasising the teaching of Jesus.

Tim Lenton, Parish Pump

We should have been on a family holiday this week, but due to present restrictions this wasn't possible, so has had to be postponed. So it occurred to me

That this will be true for a good many of us this year, where holiday arrangements have had to be altered, cancelled or postponed. I'm sure we will all be missing our holidays. So I thought it might be a nice idea to share some of our **'Memorable Holidays'** with each other through our Trinity E-News. ***Now this completely depends on all of you.*** I thought I'd start the ball rolling with a **'Memorable Holiday'** we had quite a few years ago now in 1998 when we went to the Gambia to visit Deborah – we did write a bit about it back in 1998 but felt that after 22 years it was worth updating and repeating.

I'm hoping you will all inundate me with your 'Memorable Holidays'. Thankyou in anticipation, Hazel Ed

* * * * *

Memories of Our Gambian Holiday

It was with some trepidation that the three of us (Peter, myself and Tracey) set off at 6.15 am on Friday 3 April (1998) for the Gambia. Even though we had been in contact with Deborah during her first 3 months there, we did not really know what to expect. Deborah went to the Gambia for about 8 months as a mission partner through the 'Right Hand Trust'. Six of them went to the Gambia, in pairs, to different parts. The school and Church where she helped out were both Church of England, the Nursery School was funded by the Mother's Union.



The journey itself was not uneventful as we arrived at Gatwick's North terminal only to find that the flight went from the South terminal !! Well Peter did assume that as Deborah had gone from the North one, we would too.

Even though we had Charity allowance giving us each 30kg we all exceeded the hand luggage allowance of 5kg, Hazel and Tracey were allowed through with about 8kg each, but Peter's weighed 13kg (due mainly to 2 x 2.5kg tins of powder paint), but Peter was allowed through if he carried these separately! These and several other boxes of goods were generously donated by Gary Grant, owner of the Entertainer Toy Shop. The tins of powder paint caused a few problems at customs where they wanted to see what was in them, but they were completely sealed. Customs thought they might contain drugs. Fortunately they let us through, tins and all.

The plane arrived slightly late at Banjul and on arrival we were hit by the intensity of the heat. A flight from Manchester also arrived so the arrivals hall was chaotic with all the luggage coming through together. Finally we got outside and were thrilled to be greeted by Deborah.

It is impossible to give much more than a snapshot of our visit to The Gambia in this short article but we saw much that we will always remember. There are a few photos at the end.

- ◆ *The weather was hot, dry and dusty with a couple of sandstorms. The best time of day was at about 5 am in the morning when it was cooler and very pleasant to sit out.*
- ◆ *Travelling around was by Taxi and Minibus, never costing more than 3 dalasis (20p), with us often being able to see the road through the floor of the taxi – no MOT's there. If there was a Police checkpoint ahead, the taxi driver would usually shoot off down a side road and come out further up.*
- ◆ *Bartering was the norm for buying most things and Deborah had had to become very confident and assertive. One occasion that comes to mind was when we wanted to buy a bag of rice for a very poor family where there was a mother and six children living in 2 small rooms. But there was a guy in the large compound wanting us to buy the rice from 'his guy' and he would take it to the woman.*

cont'd.....

cont'd.....

- ◆ *Deborah didn't trust that he would deliver the rice and wanted to buy the rice from someone else and ensure the rice got to the family concerned by taking it herself. He was a very insistent man and we were more than a bit concerned when Deborah went off to do just that, but all was well in the end.*
- ◆ *The Church services usually lasted around 3 hours and the locals sang their hearts out all the way through. This was usually followed by a 2½ hour choir practice! We celebrated Palm Sunday, Good Friday and Easter Sunday whilst we were there.*
- ◆ *We took part in the Moslem festival of Tobaski, at Deborah's compound. This celebrated Abraham sacrificing a ram instead of his son. The various foods we ate were delicious.*
- ◆ *When visiting the nursery school, we were struck by the lack of facilities and resources, and the poor condition of what they did have – cracked table tops; not sufficient tables and chairs for the number of children; a bucket of water outside with 3 cups in it, shared by all the children in a class. The children were all beautiful, happy and smiling.*
- ◆ *The wonderful resources and gifts of money that so many people from Trinity and elsewhere gave so generously were all there and being well used. Bibles were bought with some of the money, also colouring books etc.*
- ◆ *Peter nearly caused a riot when taking a photo of some of the children in the school grounds – all the children wanted to be in it!*
- ◆ *It is a country of extreme contrasts – many £millions have been spent on the new airport buildings and the gateway to Banjul but we saw many people living in extremely poor conditions. Many women sit on the streets all day, in the extreme heat, under a tree if they can find one, selling nuts etc to earn enough money for their family.*
- ◆ *Many families live in just a couple of small rooms which serve for both their living and sleeping arrangements.*
- ◆ *When we visited the family next door to Deborah's compound, quite a poor family, we were humbled and touched by their generosity to us. The mother immediately got down and cleaned the floor of the room we had come into and insisted on feeding us. We tried to refuse unsuccessfully, knowing they had so little.*
- ◆ *When we were out and about, there were small shacks, often with lob-sided glass counters. You could buy one of their sandwiches from these shacks. If you chose an egg sandwich, there always seemed to be an unlimited supply of hard-boiled eggs that were produced from below the counter. The sandwich would be made on the glass counter and wrapped in newspaper. Hygiene didn't come into it.*
- ◆ *Children would follow us around and pick up anything we threw away, maybe a carton from a drink or a banana skin, even though there was nothing left – rubbish was thrown onto piles at the ends of the roads and when there was enough, it was burnt.*
- ◆ *We had a truly amazing time and we've added some photos below and on the next page.*





A display of Batiques.

Children in the school playground.

Some children at the tables writing.



Picture from the Church.



A Gambian man fishing in the sea.

Children dressed in their best collecting coins during Tobaski.



1st page 'as we were' !!

Deborah buying bananas.

Tracey touching a live Crocodile, said to be dozy in the midday sun !



* * * * *

An Historic Mountain Limb

The Day they First Climbed Annapurna

The first successful ascent of a mountain over 8,000 metres high was achieved just 70 years ago, on 3 June 1950, when Annapurna in the Himalayas was climbed by a French expedition led by Maurice Herzog. Annapurna is the tenth highest mountain in the world.

It was just three years before the first ascent of Everest. Annapurna was a largely unknown mountain, and the team first had to find a way to reach it, and then survey a possible ascent route before doing the actual climb – an amazing achievement in one season.

The team had originally intended to climb the slightly higher Dhaulagiri, but when they saw it, they decided it was impractical. They went on to climb Annapurna without oxygen and survived extreme conditions which resulted in the two summiting climbers, Herzog and Louis Lachenal, suffering severe frostbite and surviving an avalanche on the descent.

At the summit the excitable Herzog said: "Never have I felt happiness like this, so intense and pure." Lachenal, who had been reluctant to make the final attempt, said he felt "a painful sense of emptiness."

This was the first mountain summit attempt that Nepal had permitted: afterwards the Maharajah of Nepal greeted the climbers as national heroes.

Tim Lenton, Parish Pump

For the Young and not so Young

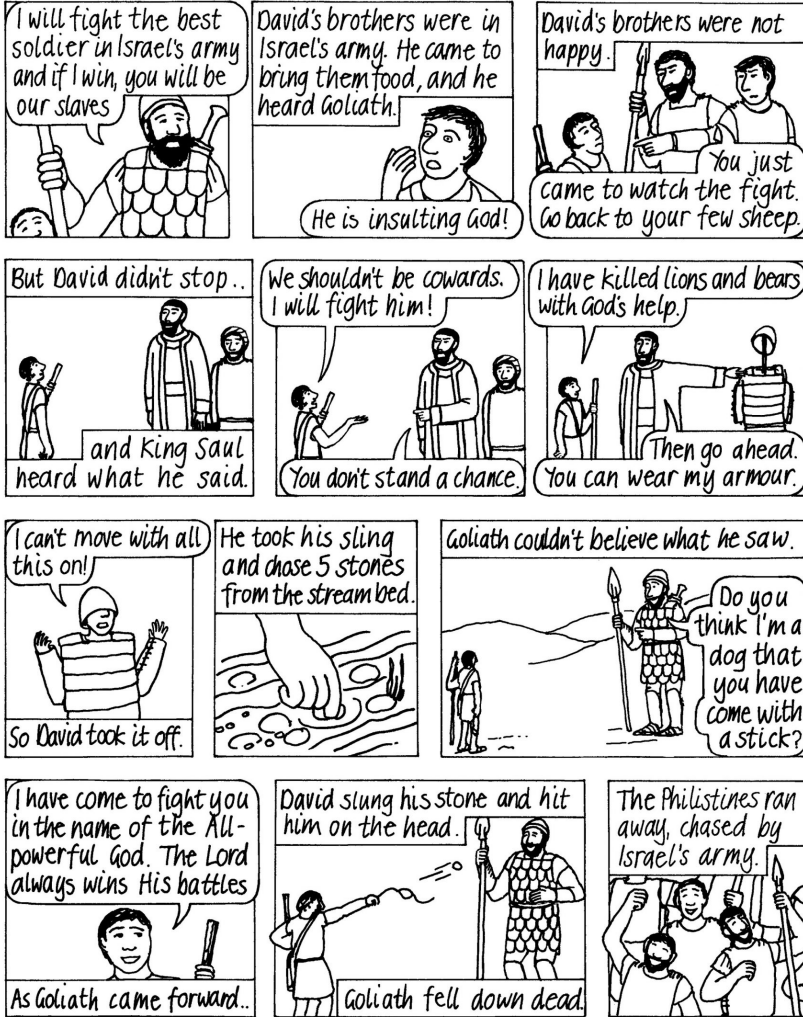
PUZ?LES

Bible Bite

A short story from the Bible

It can be read in the Bible in 1 Samuel 17:1-50

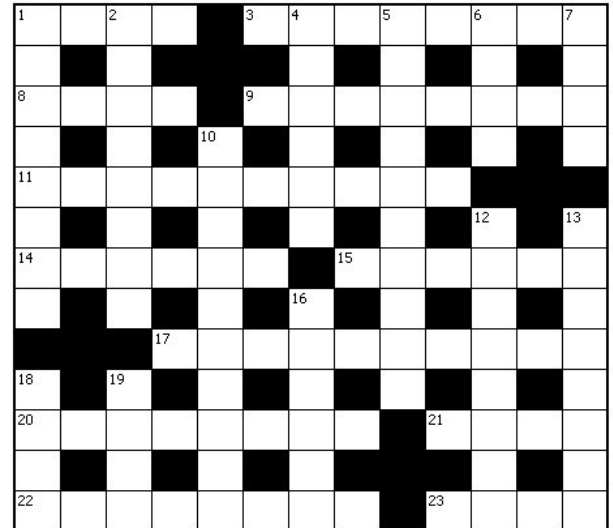
The Philistine and Israelite armies faced each other. For 40 days, the gigantic Philistine champion, Goliath, taunted them.



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							8 6

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Crossword



Crossword Clues, June 2020

Across:

- 1 See 23 Across
- 3 Where the thief on the cross was told he would be, with Jesus (Luke 23:43) (8)
- 8 Invalid (4)
- 9 Blasphemed (Ezekiel 36:20) (8)
- 11 Adhering to the letter of the law rather than its spirit (Philippians 3:6) (10)
- 14 Shut (Ecclesiastes 12:4) (6)
- 15 'This is how it will be with anyone who — up things for himself but is not rich towards God' (Luke 12:21) (6)
- 17 Mary on Isis (anag.) (10)
- 20 Agreement (Hebrews 9:15) (8)
- 21 Native of, say, Bangkok (4)
- 22 Deaf fort (anag.) (5-3)
- 23 and 1 Across 'The Lord God took the man and put him in the Garden of — to work it and take — of it' (Genesis 2:15) (4,4)

Down

- 1 Struggle between opposing forces (Habakkuk 1:3) (8)
- 2 James defined this as 'looking after orphans and widows in their distress and keeping oneself from being polluted by the world' (James 1:27) (8)
- 4 'The one I kiss is the man; — him' (Matthew 26:48) (6)
- 5 'Be joyful in hope, patient in — , faithful in prayer' (Romans 12:12) (10)
- 6 St Columba's burial place (4)
- 7 Swirling current of water (4)
- 10 Loyalty (Isaiah 19:18) (10)
- 12 'God was pleased through the foolishness of what was — , to save those who believe' (1 Corinthians 1:21) (8)
- 13 Camp where the angel of the Lord slew 185,000 men one night (2 Kings 19:35) (8)
- 16 'There is still — — — Jonathan; he is crippled in both feet' (2 Samuel 9:3) (1,3,2)
- 18 David Livingstone was one (4)
- 19 Driver and Vehicle Licensing Authority (1,1,1,1)

z	l	v	t	p	b	r	w	a	t	c	h	s
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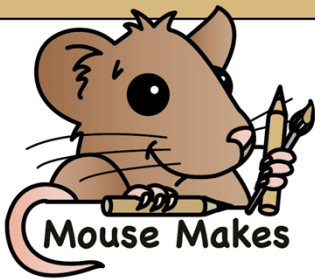
soldier	heard	watch
insulting	stone	Israel
army	armour	chased
cowards	brothers	believe
lions	stick	slung
food	David	Philistines
Goliath	chance	slaves
Saul	battles	head

Wordsearch above

- | | |
|------------|--------------|
| Dwells | Cover |
| Shelter | Feathers |
| Most | Wings |
| High | Faithfulness |
| Shadow | Shield |
| Almighty | Rampart |
| Refuge | Fear |
| Fortress | Terror |
| Trust | Night |
| Save | Arrow |
| Snare | Plague |
| Deadly | Destroys |
| Pestilence | |

Faith brings a man empty to God, that he may be filled with the blessings of God – *John Calvin*

Trust the past to the mercy of God, the present to His love, and the future to His providence – *Augustine*



Mouse Makes

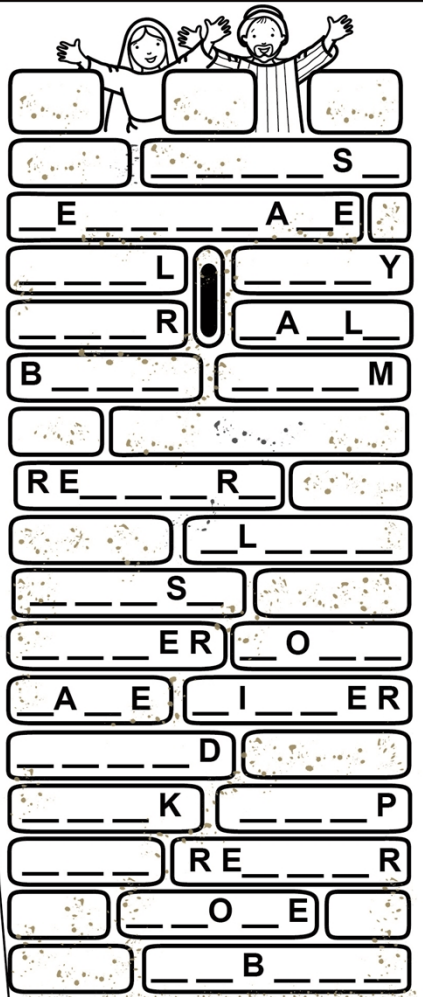
When Nehemiah heard that the walls of Jerusalem were in ruins he sat down and wept. For days he fasted and prayed before God.

Finally the opportunity came for him to return to Jerusalem to rebuild the walls, but it was not going to be easy...

READ Nehemiah's story in the Old Testament book of **Nehemiah**, chapters 1-7

Here is Nehemiah's list of all the things that needed to be done to rebuild the walls of Jerusalem. Fill in the missing gaps on the tower to help rebuild the wall.

- PRAY
- RUBBLE
- REPAIR
- RESTORE
- BUILD
- WORK
- STONE
- TIMBER
- WALLS
- FLOOR
- ROOF
- CELEBRATE
- GATE
- BEAM
- BOLT
- BAR
- STEP
- TOWER
- HOUSE
- POOL
- FINISH
- DEDICATE
- DOOR



How many gates were repaired?
Who re-built them?

How long did it take to finish the walls?

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Puzzle Pages Solutions

Crossword – ANSWERS

Across 1 Care; 3 Paradise; 8 Null; 9 Profaned; 11 Legalistic; 14 Closed; 15 Stores; 17 Missionary; 20 Covenant; 21 Thai; 22 Trade-off; 23 Eden

Down 1 Conflict; 2 Religion; 4 Arrest; 5 Affliction; 6 Iona; 7 Eddy; 10 Allegiance; 12 Preached; 13 Assyrian; 16 A son of; 18 Scot; 19 DVLA

1	5	8	4	3	7	6	9	2
7	2	9	1	8	6	4	5	3
4	3	6	5	2	9	1	7	8
3	7	4	8	1	2	5	6	9
8	9	2	6	7	5	3	4	1
5	6	1	3	9	4	8	2	7
6	1	7	9	4	8	2	3	5
2	8	5	7	6	3	9	1	4
9	4	3	2	5	1	7	8	6

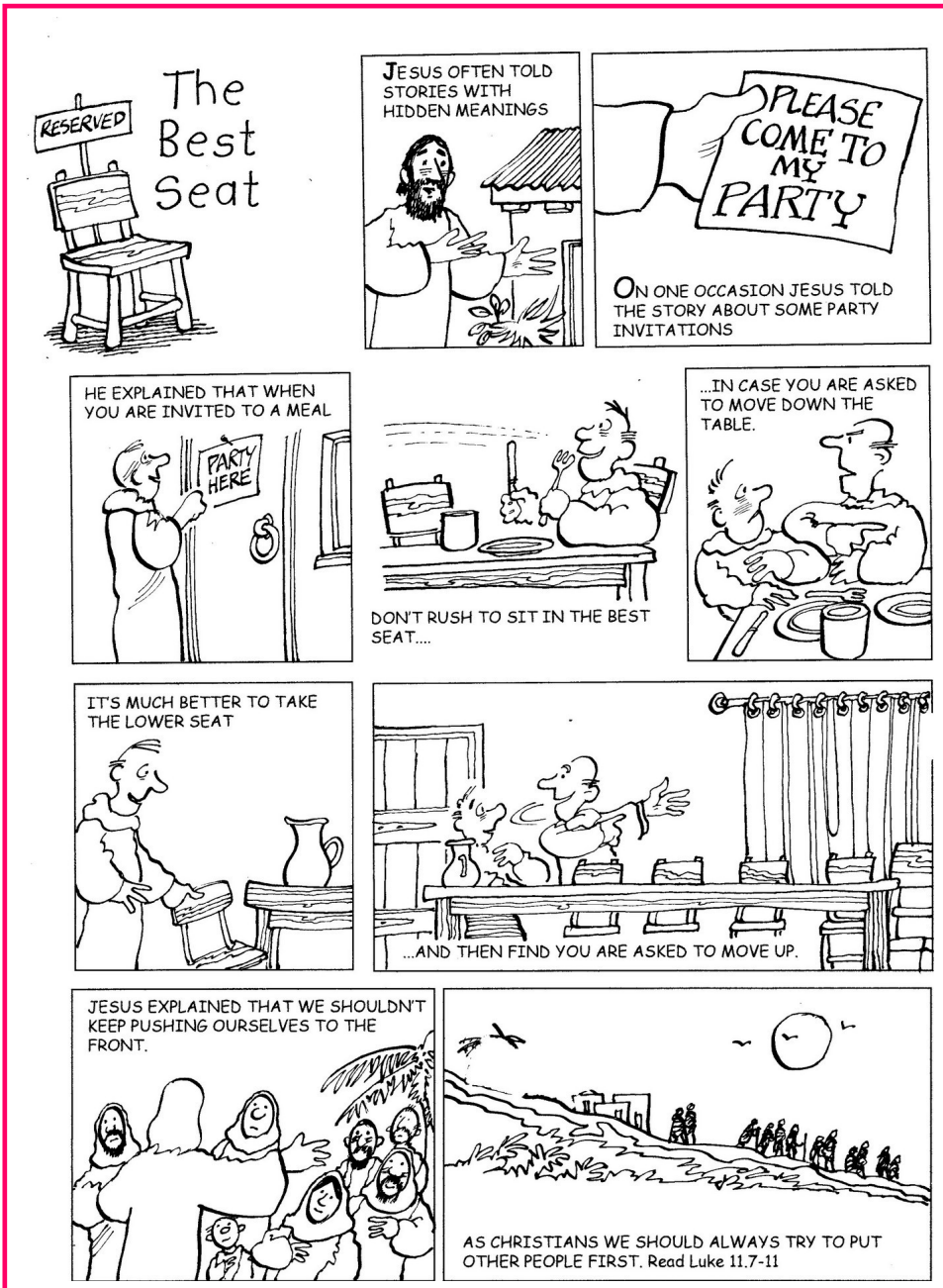
Sweets Quiz Answers:

- 1 Snickers
- 2 Quality Street
- 3 Mint Imperial
- 4 Black Magic
- 5 Mars Bar
- 6 Smarties
- 7 Liquorice All Sorts
- 8 Polo
- 9 Moonlight
- 10 Treats
- 11 Kit Kat
- 12 Roses
- 13 Dolly Mixtures
- 14 Milk Tray
- 15 Match Makers
- 16 Chocolate Buttons
- 17 Jelly Babies
- 18 Whisper
- 19 Double Decker
- 20 Opal Fruits

EMOJI HYMN QUIZ ANSWERTS

1. FIGHT THE GOOD FIGHT
2. LOVE CAME DOWN AT CHRISTMAS
3. I LIFT MY EYES TO THE QUIET HILLS
4. AS THE DEER PANTS FOR THE WATER
5. LIFT UP YOUR HEARTS
6. GO TELL IT ON THE MOUNTAIN
7. RIDE ON, RIDE ON IN MAJESTY
8. BE THOU MY VISION
9. THE KING OF LOVE MY SHEPHERD IS
10. ANGEL VOICES EVER SINGING
11. HE'S GOT THE WHOLE WORLD IN HIS HANDS

God gives His gifts where He finds the vessel empty enough to receive them – C S Lewis, writer



In the Day of Trouble

There is a God who answers prayer
 Who intercedes before the throne
 The Son of God who ever cares
 Who walks with us, we're not alone.

Though flood and pestilence should come
 He sees the path that we now tread
 His rod and staff will comfort us
 He knows the days that lie ahead.

We trust in Him who knows all things
 And lift our prayers to heaven above
 Our confidence is all in Him
 Encompassed by unfailing love.

*by Megan Carter
 Parish Pump*

No plastic please, we're the National Trust

The National Trust is going to get rid of its plastic membership cards. Replacing the five million membership cards with a paper alternative will save 12.5 tons of plastic each year. The new cards will be made from a strong and durable paper, with a water-based coating. The cards will be recyclable and compostable.

The National Trust also has plans to almost completely remove single-use plastics from its sites by 2022. It has already replaced all disposable food packaging with compostable products. Next, it wants to remove plastic drinks bottles and eliminate plastic packaging from its shops.

Parish Pump

My days and my nights are yours,
 My heart and my hope are yours,
 My very soul is yours,
 And as my spirit rises to worship you
 My every breath is yours.

*Nancy Davis, Emmanuel Church, Eastbourne
 Methodist Prayer Handbook – 'A World Transformed', 2018 / 2019*

The Ven John Barton considers the Merits of a Dream of Reassurance...

Jesus Calming the Storm of Covid-19

The BBC 'Today' programme that was broadcast on Good Friday included an interview with Hylton Murray-Philipson, a survivor of Covid-19. He had been on a ventilator in Leicester Royal Infirmary, "reduced to the state of a baby".



The programme presenter, Nick Robinson, invited him to describe memories of his time in intensive care. When he said one of the images he had, in a moment of great distress and struggle, was of Jesus calming the storm on the Sea of Galilee, and he would like to think this was Jesus coming to him and helping *him* in his hour of need, Robinson suggested this was partly because of the powerful drugs he had been given, "which play tricks with the mind".

Later, Robinson apologised and said he didn't mean to demean anyone's faith. But what he had said also betrayed ignorance. While it is true that pain-killing drugs can cause hallucinations, these side-effects are rarely pleasant. It is not uncommon for patients to become agitated, anxious, confused and even prone to violence. Their physical pain will have been reduced, but that may have been at the necessary cost of mental disturbance; the overriding experience being more like that of a storm, than of a sea being calmed. Back in the 1960s, it became fashionable for some groups to promote the use of illicit drugs because of the temporary sensations they induced. John Lennon of the Beatles said he had "such an overwhelming feeling of well-being, that there was a God, and I could see him in every blade of grass. It was like gaining hundreds of years of experience in 12 hours."

In his new book, 'Morality – Restoring the Common Good in Divided Times', Rabbi Jonathan Sacks chronicles the devastating long-term effects of leisure drugs. He includes cannabis, which he calls a 'gateway drug', because most of those who become serious addicts later, began with it.

So what was it that Hylton Murray-Philipson actually experienced, when he was at death's door in that hospital intensive care unit? He knew the biblical story of seasoned fishermen, fearful of their lives because a sudden squall threatened to swamp their boat. Did he recall their alarm because Jesus, asleep in the stern, appeared to be unconcerned at the very moment when divine assistance was most needed? Did not his coronavirus-induced distress match theirs?

The Gospels relate that Jesus woke up, rebuked the wind, and said to the sea, "Peace! Be still!" Then the wind ceased, and there was a dead calm. Is that what Hylton experienced, too? He says it was.

Parish Pump

Celtic Saints: 40 days of devotional readings – by David Cole, BRF, £8.99

The life stories of the Celtic saints are inspirational. They demonstrate great and unassuming faith, often in the face of insurmountable difficulties. In Celtic Saints David Cole draws us to relate our own life journey and developing relationship with God into the life story of the Celtic saint of the day. A corresponding biblical text and blessing encourages and motivates us to transform our lives for today's world in the light of such historic faith.

MAF Still Flying

Saturday 20 June was meant to be the day when MAF celebrated its 75th Anniversary of flying with a big celebration in London.

Not being able to meet with its many supporters is bitterly disappointing, but MAF now wants instead to pray for its supporters, and to reassure them at this difficult time.

As MAF explains: “with 75 years of pioneering mission to the remotest places on earth, we know so well how isolation can threaten human development, physical health and spiritual freedom. It is strange to think that many of us in the UK will be experiencing the isolation MAF has been flying to overcome across the developing world for decades.”

Internationally, MAF has been badly hit by Covid-19, with many countries allowing only restricted access now. It is still doing what it can to maintain flight operations to reach isolated people in need. Some recent examples include:

Papua, Indonesia: MAF Pilot, Kees Janse, has been helping distribute flyers, to educate villagers about preventing the spread of Coronavirus.

Arusha, Tanzania: MAF Pilot, Kirstein Combrink, is still able to fly medics out to remote areas, taking all the necessary precautions.

Sundarbans, Bangladesh: MAF Pilot, Chad Tilley, joined forces with the Swiss Embassy to rescue a teacher and charity worker stranded in a remote area. He flew them to the capital, Dhaka, just 90 minutes before their embassy flight departed for Europe.

Wau, South Sudan: the WHO and South Sudan’s Ministry of Health requested MAF to transport test kits to the north western city of Wau – a two-hour flight from Juba. MAF Pilot, Wim Hobo, says: ‘*We’re very happy we can support their people in this way.*’

Luau, Angola: MAF Angola Pilot, Marijn Goud, rescued two Canadian missionaries from the remote village of Luau and flew them to Angola’s capital, Luanda, so they could be repatriated.

Parish Pump

Have you ever been in the company of a person who naturally seems to radiate warmth and love? Have you felt by just being with that person you have been wonderfully refreshed and uplifted? What we are, do and say most definitely has an effect upon other people – a sobering thought !

by Dorothy Durrant, from ‘Poems to Ponder’

Special Perfume

A gentle and quiet spirit is like a sweet perfume
 Wafting out across the air its fragrance filling the room
 Leaving behind a freshness where all was musty and stale
 Like blossoms, soft and delicate, a pleasure to inhale
 Wherever the perfume touches it brings out the very best
 And many a sad and troubled heart are touched by its sweetness and blessed.