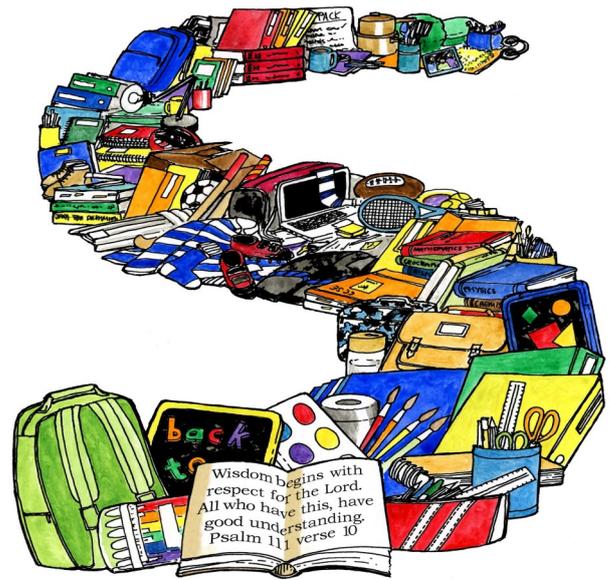


The Messenger



Trinity United Reformed Church Upminster



Sept 2017

Minister's Letter

HOLIDAY REFLECTIONS

Dear friends,

The Church is like a Hot Tub!

Let me explain.

Firstly, we had a lovely holiday traveling up North, visiting friends and churches in Manchester, the Lake District and then in the Western part of Scotland. Even Iona featured for a day (and that day trip included 5 ferry crossings!).

In Scotland, I have become a "hot tub convert"!

With the cold weather and strong winds (and often also the rain), it is such an efficient way of warming up again quickly after a day out. I had initially been surprised that so much of the holiday accommodation in Scotland featured either a hot tub or a swimming pool with sauna. We rented a holiday lodge for a few days - complete with our very own hot tub. We hadn't particularly looked for somewhere with a hot tub, but when it was there, it added much joy and warmth to our days.

And this made me reflect on the role of the Church in our society:

Many people don't initially look for the church either. Life seems busy enough, there are many activities to occupy our spare time outside the church, and many people simply enjoy the comfort of their own homes after a day at work. They may have a basic belief in God, Jesus and in Heaven, but the church doesn't appear in their lives very often. And they get on fine with life.

What prompts people to come to church again and engage with their own faith is the "rough weather" in life. When things aren't as smooth, when icy breezes shake us up, when storms shake our very foundations in life, then we are more likely to look for the warmth of the "hot tub" church.

And once we have allowed ourselves to step in, momentarily leaving all our "stuff" behind, we find ourselves surrounded by the warming comfort of God's embrace. We become still. Whatever burdens we carried, however cold we felt, we sink into God's arms and rest there for a while. Even if the breeze continues to blow around us, the hot tub offers a sanctuary and gives us a different perspective.

After spending some time inside the comfort of the hot tub, we feel strengthened and ready again to face our surroundings - whatever the weather. As we step out into life again, we decide which things we need to pick up again, and then we do so with new energy. And when we get more familiar with using a hot tub, it becomes an increasing joy to step in, even if the day has not been windy or cold at all. The hot tub is never a necessity but it can add much joy to our days.

Equally, I don't believe it is a necessity for people to attend church regularly in order to find salvation, but if we do spend time in church, with God and surrounded by our family in Christ, then we feel refreshed and strengthened to face the challenges of our days.

1 Peter 5:10 promises: "*You will suffer for a while, but God will make you complete, steady, strong, and firm.*" (CEV Bible)

Church, at its best, offers us a foretaste of the unconditional eternal love and comfort of God's eternal Kingdom!

May we all find and share such rest and comfort wAhen we meet together as "Church"!

With love & God's blessings, Dorothee

Family News

We are pleased that the following friends are recovering well from their recent surgery: Dee Wood, Joan Walker and Paul Chapman. Congratulations to Mick Pullin who will be celebrating a 'special' birthday on 18th September.

We continue to remember those who are unable to attend church:

Doreen Leeder Doris Rulton Joyce & Les Marshall

Please let your Elder know of any items of news to be included in the messenger.



Junior Church Birthdays

Happy Birthday to :

Miah Sutherland who will be 9 years old on 21st September

Hush! Hush! Whisper who dares! by Hazel Stainer

St Paul's Cathedral is one of the most famous landmarks in London. In photographic and illustrative cityscapes of the capital, St Paul's is invariably positioned in the centre. The cathedral is so well known, it independently represents England's famous city.

The beautiful building is admired by thousands of visitors every day, attracting over 250,000 school children per year. For many, to have a photograph taken on the steps of the main entrance is sufficient, however, the interior is something not to be missed.

In order to fully appreciate the magnificence of the architecture and decoration, some knowledge of the cathedral's history needs to be recognised. Many people know about the destruction of the building during the Great Fire of London in 1666, but the current structure is actually the fifth cathedral to have stood on this site.

In 604AD, King Ethelbert of Kent founded the first St Paul's Cathedral in the heart of the City of London. At this time, Christianity was still relatively new, therefore the wooden structure was one of the first religious settlements in England. Unfortunately, most likely due to the inadequate building material, it succumbed to fire in 675. Undeterred, the building was re-erected, only to be destroyed by Vikings a few centuries later.

The third version of the church was sensibly built in stone, however, St Paul's appeared to be ill-fated, suffering another fire in 1087. With the Normans on the throne, those in power were determined to build the tallest church in the world, so construction began on a fourth building. The erection of this unique cathedral took many years followed by an additional 60 to make it even larger.

From 1300 to 1600, St Paul's Cathedral stood without fatal incident, however, lack of care resulted in a gradual deterioration. Inigo Jones, a notable architect (whose other notable works include the Queens House, Greenwich) oversaw the restoration of the decrepit building, but it was doomed from the start with the launch of the English civil war. Plans to continue developing the cathedral were made after the reinstatement of the monarchy, with Christopher Wren drawing out the blueprint, unfortunately, the hapless building was to face another demolition. In 1666, before Wren had the opportunity to start building, St Paul's was completely destroyed by the infamous Great Fire of London.

Sir Christopher Wren (1632-1723) was a remarkable man of many talents. Now respected for his architectural skills, he was also an accomplished astronomer and mathematician. In fact, he was a professor of astrology at Gresham College in London and Oxford University. His deep-rooted devotion to Christ, as a result of being a rector's son, and his allegiance to the royal family during the civil war earned Wren the opportunity to work on the prestigious cathedral.

Wren had already completed several commissions in London, including the palaces at Kensington and Hampton Court, therefore Charles II knew he was a trustworthy architect to take charge of London's greatest building. With a motto "Architecture aims at eternity," Wren not only focused on the aesthetic appeal but took into consideration the longevity of the construction.

By 1675, Sir Christopher Wren was ready to begin building work. The floor plan was set out to resemble a Latin cross – an indicator of the crucifixion and resurrection of Jesus Christ – and the building was to be topped with a dome, mainly to satisfy Wren's desire.

Initially, Charles II and other influential individuals were set on having a spire atop the cathedral, but due to Wren's persistence, the famous dome was assembled instead, thus unintentionally creating one of St Paul's Cathedral's famous interior marvels: the Whispering Gallery.

The Whispering Gallery, located 30 metres above the cathedral floor, got its name as a result of an architectural fluke affecting the acoustics in the dome. A whisper against the wall on one side of the gallery can purportedly be heard at the opposite wall. Unfortunately, the number of visitors in the gallery makes it impossible to fully test this theory. If the 257-stepped spiral staircase was not too much for you, it is possible to climb even higher. Above the Whispering Gallery at 52 metres and 85 metres from the ground are the Stone Gallery and the Golden Gallery. These both run around the outside of the dome, providing fantastic, panoramic views across London.

Although the unique acoustic trait may fail to occur, it is still worth the long climb up to the Whispering Gallery. From the balcony, you can peer down at the floor of the cathedral where the main church services are conducted. Depending on which side of the dome you stand, it is also possible to see a bird's eye view of the nave, north transept and south transept.

The most awe-inspiring sight from the Whispering Gallery is not the view below but the closer view of the painted ceiling of the dome. This, of course, can be seen from the ground, however, the intricate details can be better appreciated from this higher vantage point. Surrounding the entire dome, and made to look three dimensional with the inclusion of painted pillars, are murals to represent the life of Saint Paul.

There is evidence to suggest that Christopher Wren wished the entire ceiling to be made up of mosaics, but, most likely due to costs, Sir James Thornhill (1675/5-1743) was commissioned to provide monochrome paintings instead.

Hush! Hush! Whisper who dares! (cont.)

St Paul's Cathedral is one of two famous ceilings that Thornhill was responsible for, the other being the ceiling of the Old Royal Naval College in Greenwich.

Thornhill did not paint alone, instead, he supplied detailed pen-and-ink sketches for other painters to replicate. A total of eight scenes completes the experience of Saint Paul as written in the fifth book of the New Testament: the Book of Acts. A particularly memorable painting is based on an incident accounted in Acts 27 in which Paul has been shipwrecked on the island of Malta. The artist has depicted Saint Paul holding a poisonous snake, which ought to have killed him. His survival convinced the island inhabitants of the existence of God.

Although Wren did not get his wish for the entire dome to be decked in mosaics, the triangular spaces below Thornhill's work caused by the structure of the dome's arches, have been filled with the coloured mosaics. Designed by Alfred Stevens (1823-1906) and George Frederic Watts (1817-1904), these portray four Old Testament prophets (Daniel, Ezekiel, Isaiah, Jeremiah) and the four Gospel writers (Matthew, Mark, Luke, John). Again, these can be seen from the cathedral floor, or from a closer perspective in the Whispering Gallery.

It is only natural for a cathedral to be filled with biblical paintings and objects, however, St Paul's is also famous for a number of burials. The crypt, which can be entered via stairs by the north transept, is home to many graves and statues that honour individuals of significant reputation. The two most popular are the tombs of Lord Nelson and the Duke of Wellington.

Vice-Admiral Horatio Nelson earned his spot in St Paul's crypt after being killed in 1805 at the Battle of Trafalgar. Despite his demise, Nelson prevented an invasion of Britain by Napoleon and his army. Field Marshal Arthur Wellesley, the Duke of Wellington, is also a national hero and deserves his granite casket under the cathedral. His army successfully defeated Napoleon at the famous Battle of Waterloo.

A third important thing to locate (no, not the cafe – although do visit that as well) is Sir Christopher Wren's tomb. This is slightly more difficult to find in comparison to the elaborate memorials of the war heroes. In the south aisle of the Chapel of Faith, set in the Cathedral's foundations, is a simple stone slab. Initially, this may appear an insult to the great architect and individual responsible for the construction of the long-lasting building, however, written in Latin above his tomb is the epitaph "Reader, if you seek his monument, look around you." Wren does not need an effigy or ornate tombstone, he is buried in the undercroft of his very own creation.

Other notable memorials around the crypt are for artists and scientists who contributed greatly to society through their work. These include J. M. W. Turner, Joshua Reynolds, William Blake, Randolph Caldecott, Sir Alexander Fleming and Florence Nightingale. The latter is one of the very few women to be honoured in such a way at St Paul's Cathedral.

Memorials in the form of statues can also be found inside the main body of the cathedral. Carved by various sculptors from a variety of stone, an abundance of well-known names and likenesses can be spotted from all corners of the building. Lord Leighton, Lord Kitchener, Samuel Johnson and John Donne are a few examples. In the grounds outside, a gilded statue of Saint Paul and a stone Queen Anne, the reigning monarch at the completion of the Cathedral, are located.

St Paul's Cathedral is also home to other artworks, excluding the memorial tombs and statues. The ceilings themselves are an exceptional feat, decorated with complicated mosaics. These were added from 1896 in order to appease Queen Victoria, who believed that cathedral looked dull and shabby.

Other works to look out for include *Mother and Child* by Henry Moore and *The Light of the World* by William Holman Hunt – the altarpiece in the Chapel of Saints Erkenwald and Ethelburga, as well as temporary exhibitions: the *Commemorative Crosses* by Gerry Judah – in memoriam of the First World War, *Tides* by Pablo Genovés and *Martyrs* by Bill Viola.

Of course, everything else in the cathedral is beautiful enough to be recognised as art. From altars and gates to the stone flooring, everything can be appreciated. The current organ is also a sight to cherish. Being the third largest in the United Kingdom, it has 7256 pipes and is decorated with elaborate carvings. Apparently, even the original organ was something special, being the first in Britain to have pedals. The composer, George Frederick Handel, got great pleasure from playing this instrument.

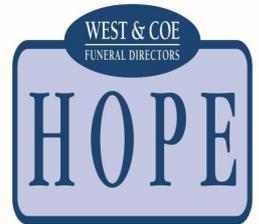
St Paul's Cathedral is as magnificent as it was when completed in 1711, only 36 years after work began. It has been the location of many ceremonies, particularly the wedding of Lady Diana Spencer and Prince Charles in 1981. It has also been a place of celebration for the jubilees of both of Britain's longest reigning queens.

Thanks to Sir Christopher Wren's durable architecture, St Paul's Cathedral will hopefully remain standing for centuries to come. Thousands of services can be predicted to take place during the following years, but why wait to experience the amazing building? As long as you are willing to pay the fee, St Paul's Cathedral is ready to welcome you and reveal its true beauty.

Hope Bereavement Course

Are you struggling with everyday life after your loss?

Grief is an ordinary and natural part of life – sadly, an unavoidable experience for all of us. But when grief strikes we so often find ourselves unprepared. We are suddenly cast into a roller-coaster ride of emotions and feelings and we can very soon feel lost and alone. We wonder if we are normal, we may wonder if we are going mad! The world seems to expect us to “get over” our loss within a few weeks of the funeral and time passes and we find ourselves wrestling with the same unanswered questions.



Joining a group of like-minded people, such as a HOPE Bereavement Support Course developed by West and Coe may help you. The course allows you to talk things over in a friendly, confidential environment where you have the opportunity to express feelings and fears. You will learn about the grieving experience, share feelings, and questions with other people who have suffered a loss, and so have a chance of understanding what you are going through.

Each course runs weekly for six weeks. The sessions last about an hour and a half and are led by trained facilitators. They are free of charge and open to people of all faiths and none. You are very welcome to join one of our HOPE bereavement courses, starting on

18th September (Monday evening) or 6th October (Friday mornings)

Whoever you have lost, there is a place for you. Whether you are ready to believe it or not, the clouds of grief will begin to part one day, and you may rediscover joy and hope shining through in your life.

To find out more and to book your place contact
Linda on 07500 724169 / heathandhaveringhope@gmail.com

Linda Legrand, Heath and Havering HOPE Group Coordinator, Trinity Church, Station Road, Uppminster, RM14 2UD

Macmillan Coffee Morning



Once again we are organising a coffee morning to help raise money for Macmillan Cancer Relief, as part of their annual fundraising event the “World’s Biggest Coffee Morning”.

FRIDAY 29th SEPTEMBER 10.30am in the Coffee Lounge

Could you support the event by:

baking cakes

selling cakes

washing-up

donating a raffle prize

serving coffee

counting the money

making a donation

drinking coffee



If you can help in any way please contact Pam Addis 220460



image from: http://www.mynorthside.com/assets/2419/12_digin2-web.jpg

Let's Dig Deeper!

- **Have you ever been left with some questions about God/ the Bible after a Sunday Service?**
- **Would you like to know more about the Church and its Reformed Roots?**
- **What was Worship originally intended to be? And what should we make of it?**
- **How should we pray? Does prayer work?**

These (and more) questions could be the focus of a joint Heath & Havering discussion group - and you could be part of it!

Using the URC's TLS Lite materials, I would like to invite you to consider joining me for some regular reflections and conversations about our Reformed Christian faith.

The aim is to start with 3 fortnightly meetings in October and November (title:

"You, the Bible, God & Worship") and then to see where this takes us.

Interested? Available? Please contact me and indicate your availability or preferences of time/ day/ venue. I will advertise fixed meetings in next month's magazine, based on feedback received.

Let's dig!! Dorothee

Messenger Deadline for October Issue

Please submit articles for the October Messenger by 6 pm on Wednesday 20th September up to and including Sunday 5th November. The Messenger will be ready for distribution on Sunday 1st October.

mike.addis1@btinternet.com

Puzzle Page (answers on page 11)

Across

1 'A little later someone else saw Peter and said, "You — are one of them"' (Luke 22:58) (4)

3 Giving (1 Peter 2:5) (8)

9 They came to Jerusalem seeking an infant king (Matthew 2:7) (3,4)

10 'An athlete... does not receive the victor's crown unless he competes according to the — ' (2 Timothy 2:5) (5)

11 Pacifist, temperance advocate, open-air preacher, leading 20th- century Methodist, Donald — (5)

12 'Come quickly to — — , O Lord my Saviour' (Psalm 38:22) (4,2)

14 'The God of Abraham, — — — , the God of our fathers, has glorified his servant Jesus' (Acts 3:13) (5,3,5)

17 Sear by intense heat (Revelation 16:8) (6)

19 'It is better to take refuge in the Lord than to trust — — ' (Psalm 118:8) (2,3)

22 Goods (Nehemiah 13:15) (5)

23 i.e. train (anag.) (7)

24 Surrounding area (Luke 24:50) (8)

25 'Righteousness will be his — and faithfulness the sash round his waist' (Isaiah 11:5) (4)

Down

1 Elegant and creative (Exodus 31:4) (8)

2 'Listen, I tell you a mystery: We will not all — , but we will all be changed' (1 Corinthians 15:51) (5)

4 'I... delight to see how orderly you are and how firm your — — — is' (Colossians 2:5) (5,2,6)

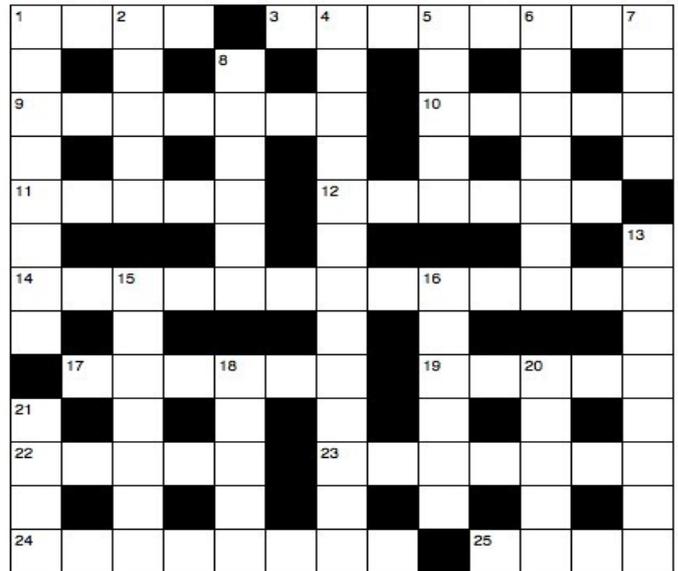
5 Enlist (2 Samuel 24:2) (5)

6 Of the Muslim faith (7)

7 Sharp intake of breath (Job 11:20) (4)

8 Woven cloth (Ezekiel 16:13) (6)

13 Plentiful (Romans 5:17) (8)



15 CIA char (anag.) (7)

16 Paul and Silas stopped him committing suicide after an earthquake in Philippi (Acts 16:27–28) (6)

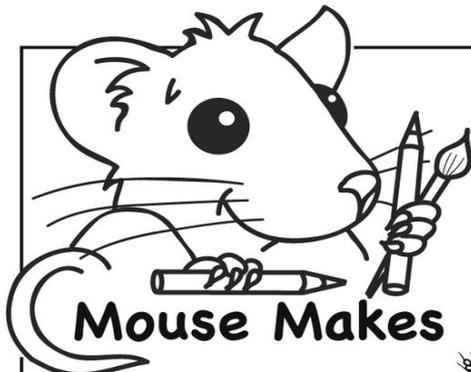
18 One of the ingredients in the making of incense for the Lord (Exodus 30:34) (5)

20 Episcopal headwear (5)

21 Inhabitant of, say, Russia, Ukraine, Poland, Slovakia or Bulgaria (4)

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Children's Page



Can you find these harvest words in the hay bales?

- HARVEST
- THANKSGIVING
- PRAISE • GOD • BLESSED
- SEEDS • SOW • LAND
- PLOUGH • SCATTER
- SOIL • GROW
- CROPS • REAP



W H E A T S W P I C K C
 A P P L E R A P E A R S
 U R G P P T P S E D U
 T O R L B L E S E P O G
 U B O U R O R S E R T A
 M O W M O U S E R P S
 N U T S S G R A P E S
 O G O D E H S C R O P S

- WATER • RAIN • SUN
- AUTUMN • GATHER
- PICK • REAP • BALE
- TRACTOR • BARN • CART
- HAYSTACK • FOOD
- MOUSE • BREAD • LOAF
- GRAIN • CORN
- WHEAT • OATS
- RYE • BARLEY

- OLIVES • GRAPES • PIPS
- PEARS • PLUMS • APPLE
- BERRIES • NUTS • VINE
- FIGS • BEANS • PEAS
- POTATOES • FLOUR
- ONIONS
- PARSNIPS
- RICE • SUGAR



May all the peoples praise you, O God,
 may all the peoples praise you!
 The land has produced its harvest,
 God, our God has blessed us.
 God has blessed us, may all people
 everywhere honour him.

Psalm 67:5-7



B A L E L B E R R I E S
 O L T H A R V E S T G L
 S C A T T E R E A P R A
 U A T L O A F S O W A N
 N O A T S D V I R I N G
 T H A N K S G I V I N G
 S O I L E C O R N S E U L

G H A Y S T A C K E R P
 A F C A R T R A C T O R
 T O N I O N S F I G S A
 H O P O T A T O E S B I
 E D E I F L O U R A S
 R P A R S N I P S O R E
 T O S B E A N S U N R
 B A R L E Y O L I V E S

Saturday Coffee Rota

Sept 2	Jacque Chapman	Pam Addis	
Sept 9	Badminton		
Sept 16	Sue Brand	Brenda Mole	
Sept 23	Chris & Mick Hewitt	Giovanni Anastasi	
Sept 30	Brownies / Guides		
Oct 7	Susan Neville	Margaret Sida	Mavis Jones



Sunday Coffee Rota

Sept 3	Eileen Pullin	Jacque Chapman	
Sept 10	Margaret Sida	Jane Whittington	
Sept 17	Susan Neville	Brenda Mole	
Sept 24	Pam Addis	Mandy Haines	
Oct 1	Susan Neville	Brenda Mole	



Flower Rota



	WW 1 Memorial	Communion	WW2 Memorial
Sept 3	Sonia Gould	-	Sonia Gould
Sept 10	Mandy Haines	Mandy Haines	Mandy Haines
Sept 17	Frank Sida	Brenda Mole	Frank Sida
Sept 24	Mavis Jones	Mavis Jones	Mavis Jones
Oct 1	Heather & Evelyn	-	Heather & Evelyn

Social & Fundraising

The August Lawn Sale was very successful and raised approx. £140—thanks to all who helped to achieve this result.

The final Lawn Sale of the season will be on Saturday 9th September and offers of help would be greatly appreciated.

Please note the Christmas Market is on 9th December so keep this date free in your diary.

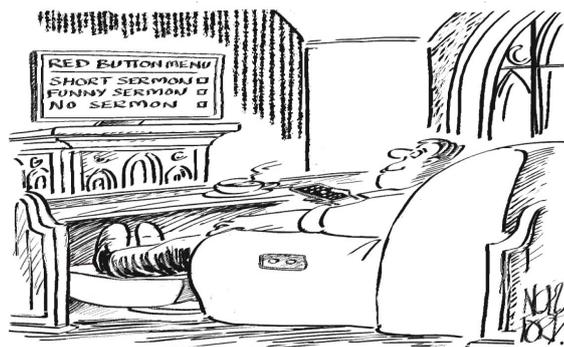
Diary September

Sat 2	9.30am	Morning Prayers – Chapel
	10.00am	Coffee Morning – Group C
Sun 3	9.30am	Morning Worship inc Communion –Revd Ann Woodhurst
Thurs 7	11.30am	Service at Freshfields Residential Home - 265 Corbets Tey Road
	1.00pm	Trinity Leisure Club
Sat 9	9.30am	Morning Prayers – Chapel
	10.00am	Coffee Morning – Badminton
	10 00	Lawn Sale
Sun 10	9.30am	Morning Worship – Revd Dorothee Bührma
Thurs 14	1.00pm	Trinity Leisure Club
Sat 16	9.30am	Morning Prayers – Chapel
	10.00am	Coffee Morning – Group D
Sun 17	9.30am	Parade Service –Revd Kevin Swaine
Thurs 21	1.00pm	Trinity Leisure Club
Sat 23	9.30am	Morning Prayers – Chapel
	10.00am	Coffee Morning - Group A
Sun 24	9.30am	Morning Worship – Mr Trevor Cottrell
Thurs 28	1.00pm	Trinity Leisure Club
Fri 29	10.30am	Macmillan Coffee Morning
Sat 30	9.30am	Morning Prayers – Chapel
	10.00am	Coffee Morning – Guides / Brownies

October

Sun 1	9.30am	Morning Worship inc Communion –Revd Martin Wheadon
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A	L	S	O		O	F	F	E	R	I	N	G
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V	I	C	I	N	I	T	Y		B	E	L	T



The vicar's scheme to make the church more appealing to men seemed to be having a degree of success

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

Trinity United Reformed Church

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Heath & Havering Group Web Site: www.heathandhaveringurc.co.uk

Worship**Sunday Morning Worship 9.30am**

Holy Communion 1st Sunday in month

All-age Worship and Parade (term time) 2nd Sunday in month

Young Church 3rd Sunday in month

Saturday Morning Prayers—in the Chapel 9.30am

Weekly Programme

Monday	Beavers	6pm
	Explorer Scout Unit (as arranged)	7.30pm
Tuesday	Cubs	6.30pm
Wednesday	Badminton Club	8pm
Thursday	Trinity Leisure Club TLC	1pm
	Rainbows	5.30pm
	Brownies	5.45pm
	Guides	7.30pm
Friday	Parent & Toddler Group	9.30am
	Scouts at Methodist	7.15pm
Saturday	Coffee Morning	10 am