

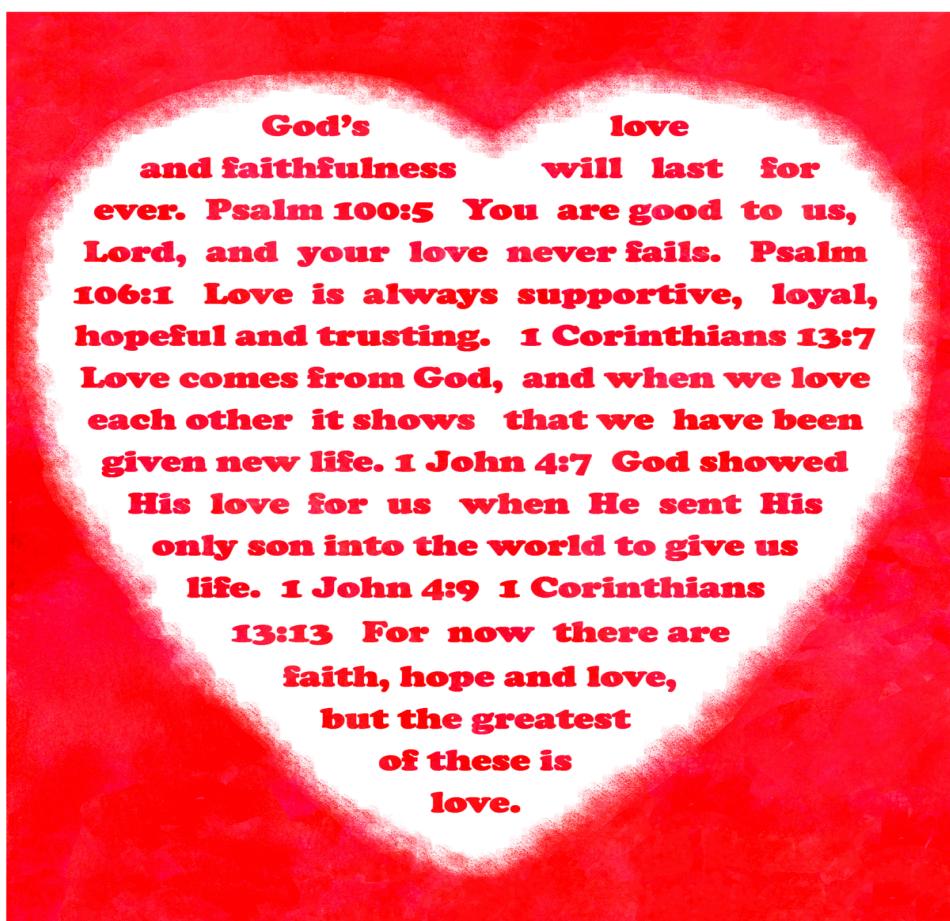
The Messenger



Trinity United Reformed Church Upminster



February 2018



Minister's Letter

Dear friends,

Rejoice in the Lord always; again I will say, Rejoice.

Let your gentleness be known to everyone. The Lord is near.

Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

(Philippians 4: 4-7, NRSV Bible)

Do not worry about anything!

At the start of this new year, there is much we could worry about.

I read a statistic recently claiming that January is generally the month in which people feel at their lowest. I would assume that this is caused by a number of factors, such as the dark, long winter days, the bleakness of our surroundings after the exuberance and light during Advent & Christmas, and the level of expectation our society presents us with at the turn of the year.

And every year around this time I am reminded of Bonhoeffer's powerful hymn, *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 greet us each new day."

Bonhoeffer wrote this hymn in prison at the turn of the year that would end World War 2. He didn't know what the new year had in store for him. He would never see any further new years on earth. He didn't know just how near he was to meeting his Lord. These hymn words are among the last writings of Bonhoeffer. And they express a deep faith in God's presence. They reflect the peace of God which surpasses all understanding.

Likewise, Paul wrote his letter to the Philippians from prison and expected it to be one of his last letters, as he was sure of his impending death at the hands of the Roman Empire.

Both Paul and Bonhoeffer were able to use the most difficult times in life to encourage people in faith. Both knew and trusted that God was with them and found His Peace even in their own turmoil and anxiety.

So let us rejoice, not worry, and experience the Peace of God transforming our lives!

This new year, some things will change in our churches and the Heath & Havering Group. Others will remain the same. Our vacancy for a part-time colleague is officially declared and advertised to URC ministers and ordinands. While we are waiting to hear news of anyone exploring a call to our vacancy, we are implementing some changes to prepare for this new minister. The Heath & Havering Group will consist of 2 pastorates, served by a stipendiary minister each. From this month (February), I will wind down my pastoral and ministerial involvement with the Romford pastorate (Western Road and Heaton Way), which is in vacancy, and will then focus primarily on the full-time pastorate of Trinity, Nelmes and Chadwell Heath URCs.

Both Ann Woodhurst and I will continue to be involved in the leadership of the Heath & Havering Group and look forward to welcoming a new colleague to the Ministry team when the vacancy has been filled. We will continue to coordinate group activities jointly and to build up mutual support and fellowship among the members of the group.

Minister's letter (cont.)

Ann will continue to preach in all the group churches, while I will honour my commitments until June and then focus solely on the churches of the pastorate I have been assigned by the Steering Committee in the light of the vacancy.

Whatever this year presents us with as churches and as individuals - "Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God." God Himself will surround us with His Peace. Let us be thankful, let us rejoice, but most of all, let us allow God to embrace us and wrap us in His Peace.

In thankfulness for the shape of my ministry with you so far, and with joyful anticipation of what is yet to come, may the Peace of our Lord be with us all!

Love & blessings,

your minister Dorothee

Family News

We were delighted to hear the news of the safe arrival of Archibald (Archie) Alexander Chen McDonald who was born on 12th January 2018 weighing 8lb3oz, a new grandson to Anne and Harry McDonald. Congratulations go to them as well as the new parents James and Luna.

We member in our prayers

Joyce Tunaley who was unwell over the Christmas period and is now in short term respite care near her daughter Ann in Leicester.

Doris Rulton who recovering from a broken arm at home following a fall before Christmas.

Margaret Hirst who is now home recovering from an operation.

Elaine Norgate who is continuing her treatment.

Doreen Leader, Kath Pullen, Joan Walker and Les and Joyce Marshall who are unable to attend church.

Our thanks go to the retiring Elders (Mike and Pam Addis, Chris and Mick Hewitt, Jackie and Chris Woodgate and Giovanni Anastasi) for their service to the church. We pray for the new Elders and church members who have taken on new church roles this year and thank them for their continual support and guidance to the church.

Congratulations go to Hazel Stainer who has just completed and passed a proof-readers course and came runner-up in the Student of the Year Awards. Well done Hazel.

If you have any item you wish to be included in Family News, please contact one of the Elders. Thank you

Message from Chris

After the 2017 Christmas Market leftover, unwanted items were taken to Ron Owers, who in turn took them to the Spitalfields Crypt Trust (SCT) so that they could be sold to support this organisation.

Trinity has since received a letter from SCT:

"I'm Gary and I run the drop-in at SCT, we are part of the recovery pathway. We aim to get people into recovery as part of rehousing them, because more than 80% of people on the street have an addiction. Partnerships like ours with yourself helps us to play our part in helping the people in most need, so we are very grateful to you. If at any time you would like to come down and see the work we do, we would be more than happy to show you around. So please feel free to contact me if that is something you would like to do. Thank you for your donations."

If you would like to visit SCT, I have their contact details.

Chris Willis

Social & Fundraising

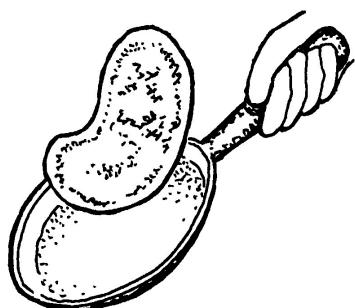
A big THANK YOU to all who helped at the Christmas Market. It was a great social occasion and we raised £1500 which was shared between church funds and GOSH.

We will be holding several 'small' Fundraising events throughout the year so watch out for the publicity.

The first of these was a Jigsaw and Book Sale which raised £60.

The sales table and cards in the Link Area continue to bring in money each week, please carry on supporting them.

***Enjoy your pancakes on
Tuesday 13th February***



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HOPE Bereavement Support Course

Are you or someone you know 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 yet 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. Six sessions cover the basics and leave plenty of space to tell your story and to ask questions. 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.

Previous course attendees found that the course was “very helpful” “friendly” and that “meeting people who have the same thoughts and feelings” and that the “meetings became something of an oasis in a busy week”.

The sessions last about an hour and a half and are led by trained facilitators on our church premises. They are free of charge and open to people of all faiths and none.

If you know of anybody who may benefit from attending the course please pass on to them this information as they are very welcome to join one of the HOPE bereavement courses which will be held at:

Trinity Church, Upminster on a Friday Morning starting on the 16th February 2018

To enable the courses to run a minimum number of people are required. Therefore it is essential that you contact Linda Legrand if you are interested in attending or would like to find out more information.

Pam Addis on 07500 724169

Send an email to heathandhaveringhope@gmail.com or

Write to: Mrs Pam Addis, Heath and Havering HOPE Group Coordinator, Trinity Church,
Station Road, Upminster, RM14 2UD

Messenger Deadline for March issue

Please submit articles for the March Messenger by 6 pm on Wednesday 21st February up to and including Sunday 1st April The Messenger will be ready for distribution on Sunday 4th March

mike.addis1@btinternet.com

Women's World Day of Prayer

The Women's World Day of Prayer is on Friday 2nd March 2018, and Trinity is hosting the local ecumenical service at 2.00pm on that day. All over the world, over 5000 services follow the same worship on the same day, celebrated by an estimated 3 million people.

This year's service has been created by the Christian women of Suriname in South America for everyone, not just women!

The service at 2.00 p.m. will be followed by refreshments, and we look forward to your support.

Sonia Gould

Badminton Message

Our badminton Club now has a few vacancies for anyone wishing to play badminton or table tennis. We are a friendly bunch meeting at 8pm on a Wednesday night in the Commemoration Hall. We enjoy trying to keep fit but don't take the game too seriously!

If you would like to join us or would like more information please contact Andy Hewitt
andymhewitt@gmail.com or Jacquie Chapman.

Message from Anne and Harry

'Very many thanks to everyone who has been kind enough to support us on the death of Anne's mother. It has meant a lot to us to receive so many messages of support.

Thank you. Anne and Harry McDonald '

Marie Curie

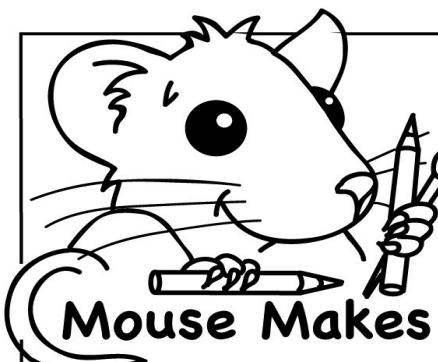
You may remember that my nephew, Duncan, was walking to raise money for Marie Curie in memory of my son, Martin, who passed away in 2016. Duncan, (eventually!) walked on Dartmoor and Trinity Church raised an amazing £265 for the charity.

Many thanks to all who sponsored him.

I really appreciate your generosity and know that the money will be put to good use by Marie Curie.

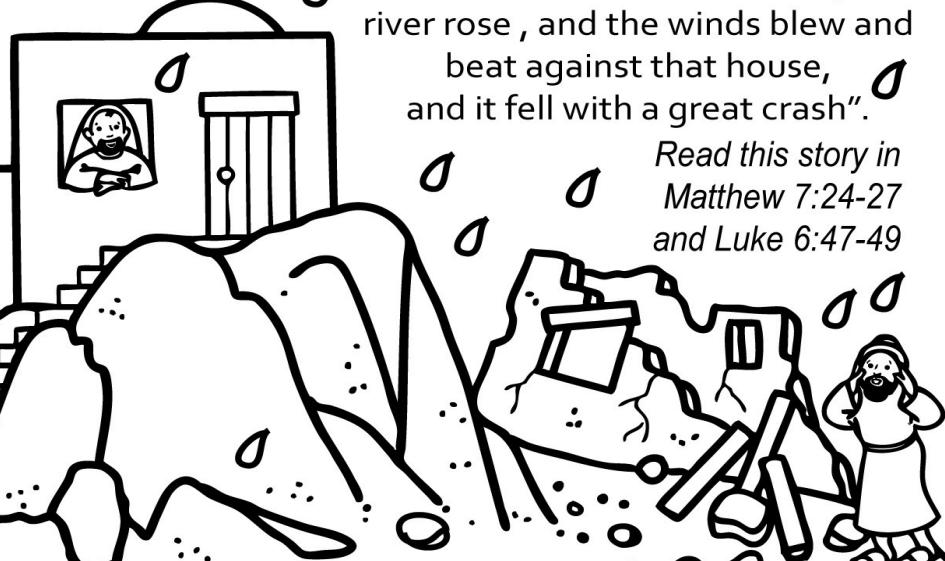
Pam

Children's Page



Mouse Makes

Can you find the words from the story in the word search below?



Jesus taught his disciples... "Anyone who listens to my teaching and follows it is wise, like a person who builds his house on solid rock. Though the rain came down, the river rose and the winds blew and beat against the house it did not fall. But everyone who hears these words of mine and does not put them into practice is like a foolish man who built his house on sand. The rain came down, the river rose , and the winds blew and beat against that house, and it fell with a great crash".

Read this story in Matthew 7:24-27 and Luke 6:47-49

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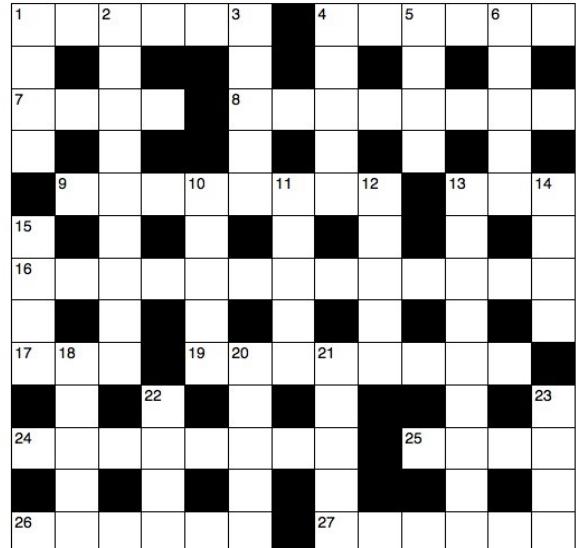
Crossword (*answers on page 10*)

ACROSS

- 1 'If you love those who love you, what — is that to you?' (Luke 6:32) (6)
- 4 'They threw the ship's — overboard' (Acts 27:19) (6)
- 7 The first murderer (Genesis 4:8) (4)
- 8 He was the head Levite in charge of the singing when the ark of God was brought back to Jerusalem (1 Chronicles 15:22) (8)
- 9 Samson was noted for this (Judges 16:6) (8)
- 13 Solicit money or food from passers by (Acts 3:2) (3)
- 16 What William Booth's Christian Mission became in 1878 (9,4)
- 17 Alliance of Religions and Conservation (1,1,1)
- 19 'I will praise your name for ever and ever. — — I will praise you' (Psalm 145:1–2) (5,3)
- 24 Simon had (anag.) (8)
- 25 Desperate (Deuteronomy 28:48) (4)
- 26 Elisha witnessed the boy he was seeking to resuscitate do this seven times before opening his eyes (2 Kings 4:35) (6)
- 27 The belly and thighs of the statue in Nebuchadnezzar's dream were made of this (Daniel 2:32) (6)

DOWN

- 1 'Before the — crows, you will disown me three times' (Matthew 26:75) (4)
- 2 Relating to the books of the Bible between Acts and Revelation (9)
- 3 'They have — the Lord out of the tomb, and we don't know where they have put him!' (John 20:2) (5)
- 4 Belief (5)
- 5 'Take the following fine spices: ... 250 shekels of fragrant — ' (Exodus 30:23) (4)
- 6 'Do not — Jerusalem, but wait for the gift' (Acts 1:4) (5)
- 10 A seer (anag.) (5)
- 11 'Even there your hand will — me' (Psalm 139:10) (5)
- 12 The wild variety was part of John the Baptist's diet (Mark 1:6) (5)



- 13 A non-Greek speaker who was looked down on by civilized people (Colossians 3:11) !9)
- 14 Famous 1950s musical whose characters included members of
- 16 Across, — and Dolls (4)
- 15 The province from which Paul wrote to the Corinthians (1 Corinthians 16:19) (4)
- 18 'He was standing in the gateway with a linen cord and a measuring — — his hand' (Ezekiel 40:3) (3,2)
- 20 'Today, if you hear his — , do not harden your hearts as you did in the rebellion' (Hebrews 3:15) (5)
- 21 The Jericho prostitute who hid two Israelite spies on the roof of her house (Hebrews 11:31) (5)
- 22 'And now these three remain: faith, — and love. But the greatest of these is love' (1 Corinthians 13:13) (4)
- 23 'God has numbered the days of your reign and brought it to an end' (Daniel



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 sessions are continuing in the Chapel at Trinity Church on Mondays at 7.30pm. on the following dates:

12th, 26th February and 12th March

Come and join us they are very enlightening

(plus chocolate biscuits!)

Let's dig!! Dorothee

RevdDorothee@t-online.de 01708 228489

The Difference

I got up early one morning and rushed right into the day;
I had so much to accomplish that I didn't have time to pray.
Problems just tumbled about me, and heavier came each task

"Why doesn't God help me?" I wondered.

He answered. "You didn't ask"

I wanted to see joy and beauty, but the day toiled on, grey and bleak,

I wondered why God didn't show me.

He said "But you didn't seek "

I needed to come into God's presence;

I used all my keys at the lock.

God gently and lovingly chided "My child, you didn't knock"

I woke up early this morning, and paused before entering the day,
I had so much to accomplish that I had to take time to pray.

Author unknown



"Looks like they've introduced contactless payments for their collections."

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Saturday Coffee Rota

February 3	Cubs
February 10	Mandy Haines Linda Legrand Heather Stainer
February 17	Sonia Gould Margaret Sida Mavis Jones
February 24	Traidcraft - Pam Addis
March 3	Pam Addis Mike Addis Jacquie Chapman



Sunday Coffee Rota

Feb 4	Eileen Pullin	Jacquie Chapman
Feb 11	Pam Addis	Mandy Haines
Feb 18	Heather Stainer	Linda Legrand
Feb 25	Margaret Sida	Jane Whittington
Mar 4	Susan Neville	Brenda Mole



Flower Rota



WW1 Memorial	Communion Table	WW2 Memorial
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February 4 th	Clare Brindle	-	Clare Brindle
February 11th	Brenda Mole	Brenda Mole	Brenda Mole
February 18 th	Sonia Gould	Sonia Gould	Sonia Gould
February 25 th	Rae Norgate	Clare Brindle	Rae Norgate
March 4th	Heather Stainer & Evelyn Charlton	-	Heather Stainer & Evelyn Charlton

Diary February

Thurs 1 11.30am Service at Freshfields Residential Home - 265 Corbets Tey Road

Sat 3 9.30am Morning Prayers – Chapel

10.00am Coffee Morning - Cubs

Sun 4 9.30am Morning Worship Inc Communion - Revd Dorothee Büürma

11am Introduction to Charity followed by lunch

Thurs 8 1.00pm Trinity Leisure Club

Sat 10 9.30am Morning Prayers – Chapel

10.00am Coffee Morning – Group A

Sun 11 9.30am Parade Service –Revd Dorothee Büürma

Wed 14 6pm Ash Wednesday Service at Trinity

Thurs 15 1.00pm Trinity Leisure Club

Sat 17 9.30am Morning Prayers – Chapel

10.00am Coffee Morning – Group B

Sun 18 9.30am Morning Worship – Revd Ann Woodhurst

Thurs 22 1.00pm Trinity Leisure Club

Sat 2 4 9.30am Morning Prayers – Chapel

10.00am Coffee Morning - Traidcraft

Sun 25 9.30am Morning Worship - John Mackerness

March

Thurs 1 11.30am Service at Freshfields Residential Home - 265 Corbets Tey Road

1.00pm Trinity Leisure Club

Fri 2 2—3pm Women's World Day of Prayer—Trinity Church

Sat 3 9.30am Morning Prayers – Chapel

10.00am Coffee Morning – Group C

Sun 4 9.30am Morning Worship inc Communion - Revd Ann Woodhurst

Trinity United Reformed Church

Ministers:	Revd D. Büürma	228489 RevdDorothee@t-online.de
	Revd A Woodhurst	annwoodhurst@yahoo.co.uk
Secretary:		250842
Treasurer:		225317
Hall Secretary:		226492
Magazine Circulation:		226492
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Church Telephone No.:		220129

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