

The Messenger



Trinity United Reformed Church Upminster



July/Aug 2019

Minister's Letter

Dear friends at Trinity URC,

Doesn't time fly... This is my last letter to you as your minister in the Heath & Havering Local Area Group and at Trinity.

Let me start by saying THANK YOU! Thanks for your welcome and acceptance of me and my family. After 6 years with you, I can truly say, we settled in well and had a great time in Upminster! What a wonderful community to be a part of. We have been blessed. Do keep up your network within the church family and with the wider churches and community groups. You are very much at the heart of community life in Upminster.

I want to leave you with an image that has been very special to me over the years here: the image of the garden. One of the things that excited me a lot when I saw the manse for the first time was its garden. What a beautiful place to have called home! I have spent many days in the manse garden. We cleared it of the various things that were of concern with our toddler(s) in mind and spent much time digging, pruning and also sowing and planting. We have seen growth in abundance in the garden and have been humbled to have played a part in God's creative movement. Many sermons took shape in that garden - my theology was deeply enriched by doing the actual sowing Jesus so often spoke about in his parables.

To me, there was no better way to round off my ministry here than to invite you all to enjoy the manse garden for an afternoon. Thanks to all who helped to organise the Midsummer Tea at the Manse. It was probably more complicated than hosting it at church, but I have appreciated the chance to see everyone enjoying a time of fellowship in the garden. Apologies to the people who sat with me - I chose our picture for this article!)



Minister's Letter (cont.)

Let me continue the garden metaphor in my wishes to you for the future (selected verses from Galatians 6, NRSV Bible):

"Bear one another's burdens, and in this way you will fulfil the law of Christ. ☐ Those who are taught the word must share in all good things with their teacher.

You reap whatever you sow. If you sow to your own flesh, you will reap corruption from the flesh; but if you sow to the Spirit, you will reap eternal life from the Spirit. So let us not grow weary in doing what is right, for we will reap at harvest time, if we do not give up. So then, whenever we have an opportunity, let us work for the good of all, and especially for those of the family of faith."

When I first came to Upminster, I came to serve you among the other 5 churches in the LAG and as part of a ministry team. Change has been ever-present during the past 6 years, colleagues have joined us, others have left, life hasn't stood still.

Our church, too, has seen many changes. One of the first things someone asked me when I arrived as your minister was: "What would you like to change". My response was: "Nothing". Looking back, I am amazed at the changes I can see!

You have grown as a congregation and a community. Numbers at Parade Services are still very good. Your average rate of decline in membership over the past 20 years (a statistic I happened to find) has decreased from 4% per year to 2 % per year. Keep going! You are doing well. But much more importantly, you have grown in confidence. We have great worship leaders who can lead the Sunday services well. I have always enjoyed hearing such feedback if some of our own members have taken services.

Your focus on social events continues to be at the heart of church life - and people from all walks of life join in with our church for these. What a great place of meeting people and being Good News!

I will always be thankful to you for embracing some of the more radical ideas that occurred during my ministry here. Thank you for stepping out in faith and offering a place of sanctuary during the WeAre FSTVL weekend. We have seen such respect for our church through this engagement with our community and its needs. And I certainly felt that the many church members and friends who gave up their sleep for this were enriched by the experience! What an act of witness!

Thank you also for trying out things such as café church. It seems that those services have been instrumental in helping us to reflect on our calling as Christ's disciples in our community. My favourite service was the one in February, where we had a baptism in the midst of the café-style service. The children who were baptised were surrounded by the family of the church! What a beautiful memory to have!

As you look ahead to the unknown future, I would like to encourage you to keep sowing new seeds of faith. With the words of Galatians, don't grow weary in doing what is right - God will provide a harvest!

Continue to work for the good of all. You are such an important part of the life in Upminster - do remind people that they are valued by God and our church.

I will pray for you and for where God is leading you!

☐ Ann and Solomon will continue to minister among the H&H LAG and will be a point of contact for you if you need any guidance. I thank God for their ministry among this group!

With my heartfelt thankfulness and love to you all!

Yours in Christ, ☐ Dorothee

Family News

We pray for those members of our congregation who are unwell or facing uncertainty. At this time we especially think of Gerry & Mandy, Ian & Meryl, Frank & Margaret, Rosemary and Daniel. It was lovely to have Daniel in church recently playing the organ for us and we pray this will become a more regular occurrence.

We send our congratulations to Edna and Evelyn who are both celebrating special birthdays in July..

We remember Dorothee & the family as they move to Salzburg, Austria in August to start a new chapter in their lives, where Dorothee will take up a new role to serve the United Methodist Church.

We pray for the Elders and other leaders who will guide & lead the church during the upcoming vacancy period.

We think of those unable to worship with us at present and especially Doris, Doreen, Kath and Joan.

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

Thank you

Bottle Tops

Please continue to save your milk bottle tops for me. I give them to my sister-in-law, who in turn gives them to 'The Springboard Project' in Horsham and Crawley (West Sussex).

The Springboard Project is a community based charity that provides inclusive play and leisure opportunities for families with young children and fun short breaks for children and teenagers with disabilities.

Springboard Houses are open as drop-in centres for any family to bring their children and enjoy our play facilities during the week. The centres are accessible with ceiling hoists and changing facilities and lifts.

Please continue to leave your milk bottle tops in the flower arranging area or give them to me in person.

Please note that the 'Springboard Project' will accept milk bottle tops only; no other plastic bottle tops are of use to raise funds.

Chris Willis

Wanted

Does anyone have a folding card table that they would be willing to lend to the Trinity leisure Club. It would be very useful for board games as well as for card s.

If you can help please speak to Pam

Harold Hill Foodbank

Brian and I continue to volunteer at the Foodbank once a week and we are kept busy handling and sorting food donations and supplying food to those people in crisis.

Thank you to everyone who donated food recently. We have just taken 34kg food to the Foodbank from the Trinity collection box.

In May 3-day emergency food supplies were issued to 231 adults and 175 children. In that month 3,160kg food was given out directly to families and 207kg food given to night shelters and other organisations. 1,472kg food was donated to the Foodbank from local churches, organisations and individuals.

Please continue to donate; the Foodbank is especially in need of UHT milk (whole milk if possible for those families with young children), long-life fruit juice, tinned meat, tinned rice pudding, coffee and instant mashed potato. Of course, any tinned and packaged goods are very welcome, though the Foodbank does have plenty of cereal, biscuits, baked beans, pasta, soup, tea and tinned tomatoes.

The Foodbank is urgently in need of more volunteers. Volunteers usually work for one day per week, from 10.30am-1.30pm. If you are interested in volunteering please contact Mark (the manager) on 01708 386323 or 07825 758028. For more information visit harold-hill.foodbank.org.uk

Chris Willis

KCG Summer Concert

Friday 19th July 2019.

We look forward to your continued support at our summer concert on 19th July . I have tickets at the ridiculously low price of £7-50 (unchanged for decades!) which includes interval refreshments, and there will be a raffle. All proceeds to be divided equally between the church and The Whitechapel Mission

Sonia



A Triumphal Arch

Owned by English Heritage, Wellington Arch, built with the intention of being used as an entrance to Buckingham Palace, still stands in the heart of London and is open to visitors to explore. Since becoming a memorial to celebrate the Duke of Wellington's defeat of Napoleon, the arch is now a museum dedicated to the war, particularly the Battle of Waterloo and the ensuing victory.

For £5, visitors can climb (or take the lift) to the top of the arch and take in the views over London's Royal Parks from the balconies on either side. One side faces towards Hyde Park and Apsley House – the Duke of Wellington's residence – whereas the other balcony provides views into the garden of Buckingham Palace (if the trees are not in the way) and the entrance to Green Park.

From the outside, it is hard to believe that the arch is hollow, let alone big enough to contain a museum and gift shop. Beginning on the top floor, visitors can make their way through an exhibition about the Battle of Waterloo, which celebrated its 200th anniversary in 2015.

On 18th June 1815, the 1st Duke of Wellington, Arthur Wellesley (1769-1852), led an army of British, Belgian, Dutch and German troops onto the battle fields at Waterloo in Belgium, to stand against the tyrannical French Emperor Napoléon Bonaparte's (1769-1821) *Armée du Nord*. War had been raging since 1792 as France tried to extend her territory, but this final battle was to put an end to Napoleon's dictatorial empire.

The exhibition only focuses on the final battle of the Napoleonic War, although it acknowledges other battles, such as Trafalgar for which a significant monument stands proudly in the capital. Information boards containing facts, figures and historical details are illustrated with paintings of the battles and the armies involved.

Brief biographies are also provided of the three key players in the Battle of Waterloo. Most people assume that two armies, one led by Wellington and the other by Napoleon, fought the war. However, this war was not as simple as Britain versus France, in fact, Wellington's army contained just as many Belgian and Dutch soldiers as it did British. Without the alliance of Gebhard Leberecht von Blücher, the Prince of Wahlstatt (1742-1819), and his Prussian army, the Duke of Wellington may not have achieved the impressive victory that altered the future of Europe.

Located in glass cases are a variety of items belonging to Arthur Wellesley, including commemorative memorabilia, weapons and the renowned boots that gave Wellington boots their name. After touring this exhibition and listening to the recordings and video provided, visitors will be well educated about the successful battle.

Commencing on a lower floor is a second exhibition concentrating on the arch itself as opposed to the war it now commemorates. Interestingly, the arch, commissioned by the Office of Woods and Forests in 1824, was not intended for the celebration of a war hero. The Office wanted new railings and gateways for the royal parks and commissioned the very young architect Decimus Burton (1800-81) to produce the designs. This was a substitute for the elaborate gateway designed by Sir John Soane.

Initially, Decimus Burton planned for two arches, one to lead into Hyde Park and the opposite to lead into Green Park. The latter would also be an entrance to Constitution Hill and Buckingham Palace and correspond to a neoclassical design, adorned with sculptures commemorating Britain's victories over Napoleon. Decimus Burton was a diligent designer, not only did he produce detailed drawings, he sketched certain sections to scale in order to fully show his intentions. Examples of his plans for Corinthian capitals to sit on top of the columns are shown in the exhibition as well as his proposition for ornamental designs of guardsmen and a quadriga (four-horse drawn chariot). Unfortunately, money became scarce and Burton's arch was left plain with a lack of character.

So, how did this austere arch become known as Wellington Arch? In the 1830s, committees were formed to promote the idea of erecting memorials for the two British army leaders who fought victoriously against Napoleon. For Vice-Admiral Horatio Nelson (1758-1805), who died on the battlefield, a towering column was erected in Trafalgar Square with a statue of the hero upon the crest. The Wellington Memorial Committee was less ambitious and, as the Green Park arch was positioned facing the Duke's home, it was proposed that a statue of Wellington be planted on top.

A Triumphal Arch (cont.)

In 1838, Matthew Cotes Wyatt (1777-1862), a Victorian painter and sculptor, was commissioned to design the giant equestrian statue of the Duke. By 1846 it was completed and, much to Decimus Burton's horror, positioned atop the arch. Despite its memorial purpose, the public ridiculed it, claiming it to be ugly and disproportionate to the rest of the structure. However, as the Duke of Wellington was still alive, he demanded that the government keep his statue in place otherwise he would take full offence at its removal. Finally, in 1883, thirty-one years after the Duke's death, the statue was removed and re-erected in Aldershot Garrison – a military town in Hampshire.

A particularly fascinating fact about the renamed Wellington Arch is that it is no longer situated in its original position. The arch was moved! By the 1870s, the Hyde Park Corner area was becoming more crowded. Despite it still being a pre-motor vehicle era, the amount of carriages on the roads was increasing as rapidly as London was expanding. The arch in its original position caused too many traffic jams, so in 1883, the government instructed the careful dismantling of the structure so that it could be repositioned out of the way.

Wellington Arch stood in its new place, statue-less, for three decades until a retired cavalry vet turned sculptor, Adrian Jones (1845-1938), produced a model of a quadriga that could potentially be erected where the Duke's statue once stood. This would also respect the original designs of Decimus Burton, whose idea of a quadriga never came to fruition as a result of poor funding. Although Edward VII approved Jones's proposal, there was still a distinct lack of money in order to complete the job. It was not until 1912, after a secret donation from the wealthy banker, Lord Michelham that the bronze sculpture was finally put in place where it still remains today. The exhibition about the designing of the arch displays life size replicas of a few of the features of the quadriga sculpture. The quadriga is made up of the angel of peace descending upon a chariot pulled by four rearing horses that, in this instance, represent war. This is an allusion to the memory of the triumphant final battle at Waterloo.

Since 1999, Wellington Arch has been owned by English Heritage, refurbished and opened to the public in 2001. However, the arch was in use as a building long before the charity took over. The southern leg of the arch was used as a park keeper's residence for just over 50 years, whilst the northern section was converted into London's smallest police station. Fitted with telegraph wires, the police station remained until the 1950s, but after its closure, the arch remained uninhabited. With thanks to English Heritage, the arch is open for all to enter and contains a wealth of information about its history and about the battle of which it is honouring. Successfully refurbished, the arch-cum-museum feels spacious and easy to navigate – a complete contrast to the impression presented when viewing the structure from outside. Not only are English Heritage preserving a historical piece of architecture, they are keeping the past alive, educating Londoners and tourists about an important war that is generally omitted from school syllabuses.

At only £5 (for adults), Wellington Arch is worth the visit, if not for the museum, then for the views from the balconies. Although the current exhibition in the Quadriga Gallery is about the quadriga (naturally), it has contained different exhibitions in the past. This goes to suggest that the future may see alternative displays, which will be worth looking out for. *

English Heritage cares for over 400 historic monuments, buildings and places – Registered Charity 1140351

*Note: This article was written in 2017 and prices and exhibitions may have changed.

www.hazelstainer.wordpress.com

Sloths and what we can learn from them

As President of Trinovante (formerly the Women's Guild, Romford), it is my honour provided them with two talks a year. My most recent talk explored the life of a sloth and the benefits their lifestyle could have for us humans. We covered basic facts about sloths, such as they eat, sleep and give birth whilst hanging upside down. They have more neck bones than any other animal, enabling them to turn their head 270 degrees. There are six species of sloth and they are found in South and Central America. All sloths have three toes, even though two types are called two-toed sloths. They eat the leaves of the cecropia tree; it can take up to one month to digest one leaf! They spend 90 per cent of their time motionless; go to the toilet once every two to three weeks; give birth to one baby at a time; have an average lifespan of twenty-five years; have been on the planet for a least 64 million years.

So, what can we learn from such an animal that was once described in an encyclopedia of sciences in 1749 as the "lowest form of existence"?

Be laid back. Sloths really only have four things to think about: sleep, food, reproduction and toilet. So, perhaps we should declutter our lives, prioritise and concentrate on what is important.

Slow down. Sloths move at most four metres a minute. Living in trees, they take great care to test the branch before they grab onto it to ensure it can take their weight. They are fully aware of their circumstances, they enjoy the moment and they focus on one thing at a time, as could we: learning to relax, breath efficiently, and acknowledge every move that we make.

Go green. Sloths only need 160 calories a day and they eat low energy leaves. They spend time in nature and, therefore, perhaps we should also eat more greens and appreciate our surroundings: walk in a park or a forest and wonder at the beauty of nature, or slow down wherever we are and observe the goings on around us. Sloths enjoy the occasional hibiscus flower and so, we too should remember to give ourselves a treat every now and then.

Sloths have very little ears and have poor hearing. As a consequence, they do not flinch at sudden noises and keep on persisting with whatever task they are pursuing. Likewise, we should not take notice of nasty comments from other people, but keep persevering with our ambitions. A touch of selective hearing will not do us harm.

Sloths are born with a smile and are a picture of serenity. We, therefore, could practice smiling more and enjoy life as it comes.

Sloths live upside down. Perhaps if we have problems, we should totally change our perspective. Just as sloths can move their heads 270 degrees, we could look at our difficulties from different angles and reframe the situation.

Sloths stay cool. They are excellent swimmers. They know what makes them happy. We ought to ensure we have a list of things we can always refer to that make us happy, too.

A downside of a slow digestion process is sloths suffer from trapped wind. They turn this negative to a positive, however, because it helps them keep afloat in water. Therefore, we too should try to turn a negative into a positive. Can we even redefine what success means to us?

Sloths (cont.)

Sloths enjoy their own company. They enjoy nature. They opt out. They do not feel that they should socialise all the time. We too can embrace solitude, using the time for deeper thinking, concentration and learning to like ourselves. They tend not to stick their noses in other sloths' business; a lesson for us, perhaps!

Sloths sleep 60% of the day, therefore, we must remember sleep is good.

Sloths take a long time to eat their food. We should eat more slowly and, perhaps, enjoy family time together around a meal table.

Baby sloths are born knowing how to hug, so they can keep hold of their mother for the first six months of their lives. The skill of hugging is taken into adult life, where they hug trees, even in their sleep. Perhaps we should rediscover the power of the hug.

From my research, I discovered a few interesting quotes I would like to share with you.

"There is no hurry, we shall get there someday." A. A. Milne

"Slow and steady wins the race." Aesop

"Nature does not hurry, yet everything is accomplished." Lao Tzu

"To do nothing at all is the most difficult thing in the world, the most difficult and the most intellectual." Oscar Wilde

And my favourite quote is by Jiddu Krishnamurti: "If your eyes are blinded with your worries, you cannot see the beauty of the sunset."

Acknowledgement goes to:

Hazel Stainer, for helping with the research.

McCartney, J (2018) *The Little Book of Sloth Philosophy*. HarperCollins Publishers

Cooke, L (2018) *Life in the Sloth Lane: Slow Down and Smell the Hibiscus*. Workman Publishing

Martin Wheadon



According to the guide book, the
tower was Perpendicular

Christian Aid 2019 Final Update

A boisterous quiz on 15th June brought to an end the fundraising for Christian Aid week for this year.

The final total was £1831.54p

£548.00 from the quiz, £189.70 from the cake and plant sale, £172.25 from the church collection and other direct giving, and by a fair margin the largest part from house to house and street collections at £921.09.

Again thanks to everyone who helped towards this total including all who attended the quiz. A particular mention to Jaquie Chapman who has banked all the money this year.

It is most probably a surprise to many and certainly runs contrary to popular perception but the world is becoming increasingly wealthier, healthier, safer and fairer. Progress moves at different speeds in different parts of the world and without doubt we live in one of the best countries in the world and enjoy a standard of living beyond the dreams of many living in poorer parts of the globe.

The focus of Christian Aid materials this year highlighted woman's health and rights issues in developing countries. Working on these issues helps to maintain the progression towards a fairer more equal world and so it is with pleasure that I commend our fundraising this year and sign off on another Christian Aid week.

With thanks Richard Brindle

Social & Fundraising

Unfortunately the June Lawn Sale had to be cancelled due to the high winds. (We didn't relish the thought of chasing our new gazebo up Station Road!)

The Midsummer Tea at the manse was a great success. Although it was intended as a social occasion we raised a magnificent total of £217 for the Whitechapel Mission..

Thanks to all the bakers, sandwich makers, washer uppers and consumers!!!

The next Saturday Lawn Sales are on 13th July and 10th August. Help is always welcome.

Messenger Deadline for September Issue

Please submit any articles for the September issue by 6pm on Wednesday 21st August with dates up to and including 30th Sept. The messenger will be ready for distribution on Sunday 1st September.

mike.addis1@btinternet.com

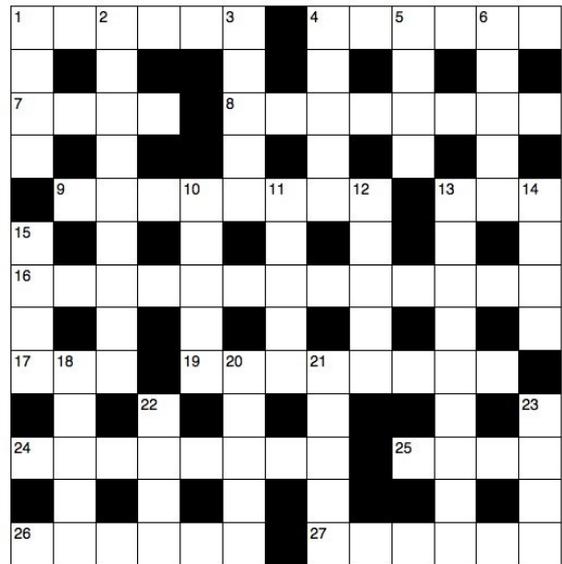
Puzzle Page (answers on page 16)

Across

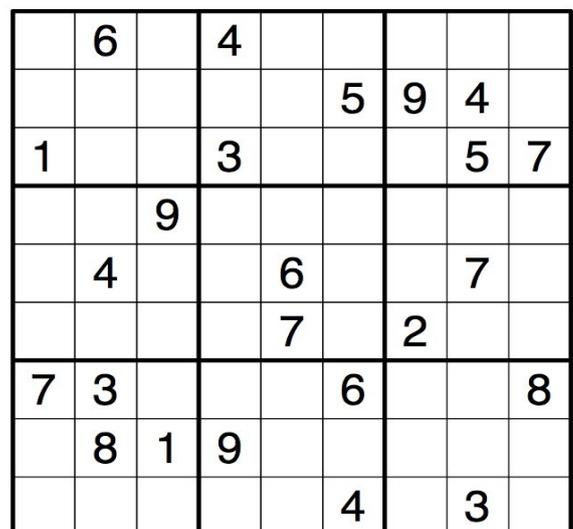
- 1 'I pray that out of his glorious — he may strengthen you with power through his Spirit in your inner being' (Ephesians 3:16) (6)
 4 'Saul's father Kish and — father Ner were sons of Abiel' (1 Samuel 14:51) (6)
 7 'Praise the Lord, O my — ' (Psalm 103:1) (4)
 8 See 5 Down
 9 Laws (1 Kings 11:33) (8)
 13 'Who of you by worrying can — a single hour to his life?' (Luke 12:25) (3)
 16 Artistry (Exodus 31:5) (13)
 17 'Your young men will see visions, your — men will dream dreams' (Acts 2:17) (3)
 19 How David described his Lord (Psalm 19:14) (8)
 24 'If this city is built and its — — restored, you will be left with nothing in Trans-Euphrates' (Ezra 4:16) (5,3)
 25 'The holy Scriptures, which are able to make you — for salvation through faith in Christ Jesus' (2 Timothy 3:15) (4)
 26 Intended destination of arrows (Lamentations 3:12) (6)
 27 Eve hit (anag.) (6)

Down

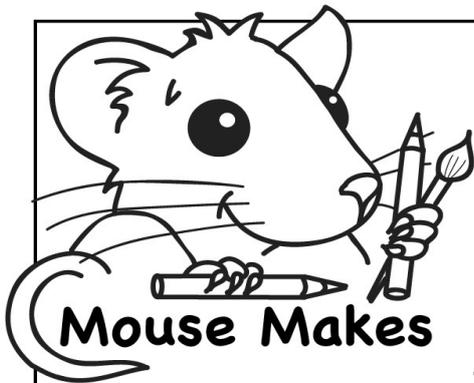
- 1 'For I am gentle and humble in heart, and you will find — for your souls' (Matthew 11:29) (4)
 2 Where Peter was when he denied Christ three times (Luke 22:55) (9)
 3 Remarkable early 20th-century Indian evangelist, a convert from Hinduism, — Sundar Singh (5)
 4 'Now the king had put the officer on whose — — leaned in charge of the gate' (2 Kings 7:17) (3,2)
 5 and 8 Across The Lover describes this facial feature of the Beloved thus: 'Your — is like the tower of Lebanon looking towards — ' (Song of Songs 7:4) (4,8)
 6 'Stand firm then, with the belt of truth buckled — your waist' (Ephesians 6:14) (5)
 10 Trout (anag.) (5)
 11 Easily frightened (1 Thessalonians 5:14) (5)
 12 The ability to perceive (Ecclesiastes 10:3) (5)
 13 One of the clans descended from Benjamin (Numbers 26:38) (9)
 14 "It is one of the Twelve," he replied, "one who — bread into the bowl with me" (Mark 14:20) (4)
 15 Resound (Zephaniah 2:14) (4)



- 18 Traditional seat of the Dalai Lama (5)
 20 Precise (John 4:53) (5)
 21 Build (Ezekiel 4:2) (5)
 22 Beat harshly (Acts 22:25) (4)
 23 Darius, who succeeded Belshazzar as king of the Babylonians, was one (Daniel 5:31) (4)



Children's Page



In the time of the disciples it was usual for men to have two names. Which second name belongs to which Apostle?

- | | |
|-------------|-----------|
| JUDE | BOANERGES |
| MATTHEW | SIMON |
| JOHN | DIDYMUS |
| PETER | THADDEUS |
| THOMAS | SAUL |
| PAUL | NATHANIEL |
| BARTHOLOMEW | LEVI |



Who did Jesus choose as His first disciples?
 _____ and _____
 Matthew 4:18

Which disciple was a tax collector?

 Matthew 10:3

Who was John's brother?

 Matthew 4:21

Which disciple betrayed Jesus?

 Mark 3:19

Which Apostle wrote Revelation?

 Revelation 1:1

Who became the Apostle to the Gentiles?

 Acts 13:9
 Acts 9:1-18



DID YOU KNOW?

Some of the Apostles recorded the stories of Jesus and wrote about what it means to be a Christian.

Matthew and John wrote gospels.

Paul wrote many letters to the new Christian churches. (Look at the New Testament to see how many he wrote.)

James, Peter, John and Jude all wrote letters.

John wrote the book of Revelation.

DID YOU KNOW?

Four of the disciples were fishermen: **Andrew, Peter, James and John.**

They would have used **two** different nets to fish: a circular one in shallow water and a large dragnet in deep water.



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

Can you find **JESUS** and all the Apostles in the word search?
 PETER • JAMES • JOHN
 ANDREW • PHILIP
 BARTHOLOMEW
 MATTHEW • THOMAS
 THADDEUS • SIMON
 JAMES • JUDAS
 MATTHIAS • PAUL



Saturday Coffee Rota

July 6	Heather Stainer	Evelyn Charlton	Giovanni Anastasi
July 13	Susan Neville	Margaret Sida	Sonia Gould
July 20	Eileen & Mick Pullin	Jacquie Chapman	
July 27	Breda Mole	Sue Brand	Ellaine Upson
Aug 3	Chris & Mick Hewitt	Mandy Haines	
Aug 10	Susan Neville	Alison Smith	Mavis Jones
Aug 17	Pam & Mike Addis	Muriel Stock	
Aug 24	Clare & Richard brindle	Sue Brand	
Aug 31	Heather Stainer	Evelyn Charlton	Giovanni Anastasi
Sept 7	Badminton Club		



Sunday Coffee Rota

Jul 7	Heather	Eileen	Aug 4	Eileen	Heather
Jul 14	Pam	Mandy	Aug 11	Pam	Mandy
Jul 21	Margaret	Jane	Aug 18	Margaret	Jane
Jul 28	Susan N	Brenda	Aug 25	Susan n	Benda
			Sept 1	Eileen	Heather



Flower Rota



	WW1 Memorial	Communion	WW2 memorial
July 7	Clare	-	Clare
July 14	Heather & Evelyn	Brenda	Heather & Evelyn
July 21	Sue	Linda	Sue
July 28	Mandy	Mandy	Mandy
Aug 4	Heather & Evelyn	-	Heather & Evelyn
Aug 11	Linda	Linda	Linda
Aug 18	Jacquie	Jacquie	Jacquie
Aug 25	Celia	Eileen	Celia
Sept 1	Heather/Evelyn	-	Heather / Evelyn

Diary July

Thurs 4	11.30am	Service at Freshfields
	1.00pm	Trinity Leisure Club
Sat 6	9.30am	Morning Prayers – Chapel
	10.00am	Coffee Morning – Group A
Sun 7	9.30am	Morning Worship inc Communion - Revd Ann Woodhurst
Thurs 11	1.00pm	Trinity Leisure Club
Sat 13	9.30am	Morning Prayers – Chapel
	10.00am	Coffee Morning – Group B
	10 00am	Lawn Sale
Sun 14	9.30am	Parade Service - Revd Dorothee Bührma
		H & H AG M Tea
	6.30pm	H & H Evening Communion
Thurs 18	1.00pm	Trinity Leisure Club
Fri 19		Kingsley Choral Group Concert
Sat 20	9.30am	Morning Prayers – Chapel
	10.00am	Coffee Morning – Group C
Sun 21	9.30am	Morning Worship – Dave Chuck
Thurs 25	1.00pm	Trinity Leisure Club
Sat 27	9.30am	Morning Prayers – Chapel
	10.00am	Coffee Morning – Group D
Sun 28	9.30am	Morning Worship – Anne Jarrett

Birthdays

We wish the following children a very HAPPY BIRTHDAY

4 July	Katie Davis who will be 12
15 July	Scarlett Sutherland who will be 6
23 July	Isaac Gould-Monsegue who will be 17

Diary August

Thurs 1	11.30am	Service at Freshfields
	1.00pm	Trinity Leisure Club
Sat 3	9.30am	Morning Prayers – Chapel
	10.00am	Coffee Morning – Group A
Sun 4	9.30am	Morning Worship inc Communion - Worship Group
Thurs 8	1.00pm	Trinity Leisure Club
Sat 10	9.30am	Morning Prayers – Chapel
	10 00am	Coffee Morning – Group B
	10 00am	Lawn Sale
Sun 11	9.30am	Parade Service - Tony Miller
Thurs 15	1.00pm	Trinity Leisure Club
Sat 17	9.30am	Morning Prayers – Chapel
	10.00am	Coffee Morning – Group C
Sun 18	9.30am	Morning Worship – Michaela Lawrence
Wed 21	6.00pm	Messenger \deadline
Thurs 22	1.00pm	Trinity Leisure Club
Sat 24	9.30am	Morning Prayers – Chapel
	10.00am	Coffee Morning – Group D
Sun 25	9.30am	Morning Worship – Patrick Smith
Sat 31	9.30am	Morning Prayers – Chapel
	10.00am	Coffee Morning – Group A
Sept		
Sun 1	9.30am	Morning Worship inc Communion - Worship Group

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

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

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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