

The Messenger



March 2020

Trinity
United
Reformed
Church
Upminster

AND NOW **THESE**
THREE REMAIN:
FAITH, HOPE AND
LOVE. BUT THE
GREATEST
OF THESE **IS**
LOVE.

1 Corinthians 13:13

Elder`s letter

Dear Friends,

Prayer Fasting Works of Love

We have now entered the season of Lent... a 40-day build-up to the agony and celebration of Good Friday and Easter Sunday.

“Lent is a period of penitential preparation for Easter in Western churches.” Well, that’s how it’s described in the Encyclopaedia Britannica. For many Christians, it is a time when they give up some treat or pleasure that is not a necessity for life, such as chocolate or wine. But is there more to it than just giving up something you can easily make do without for 40 days?

This period of 40 days before Easter, is a way of replicating Jesus’ sacrifice and withdrawal into the desert where he resisted the temptations of the devil. Early Christian converts would have a period of “purification and enlightenment” for the 40 days prior to Easter, when they would be baptised. It was almost entirely adults who were converting to this new religion but becoming a Christian at that time was a serious business - you were under constant threat of persecution from the ruling Romans. Even in our 21st Century world, for some it is still a dangerous decision to become a Christian.

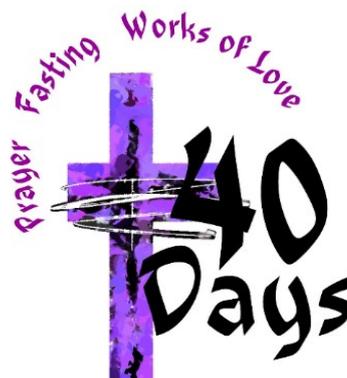
For modern Christians in the Western world, the season of Lent is a time of reflection and preparation - a time when we, as Christians, acknowledge that we have strayed from God in our lives. We can think of there being three pillars of Lent – Prayer, Fasting and Works of Love. By observing these, it can help us turn away from all those things in life that have distracted us and help us refocus on God. Our prayer life can be rejuvenated as we reflect on giving ourselves to the Lord. Giving up those small pleasures is a gesture of sacrifice and Fasting and donating the money we would have spent on these things to a charity or giving of our time to help others are Works of Love. In this way, we can embrace the three pillars of Lent.

Isaiah 58 describes the Lord’s view of true fasting and says in verses 6-7, “The kind of fasting I want is this. Remove the chains of oppression and the yoke of injustice and let the oppressed go free. Share your food with the hungry and open your homes to the homeless poor. Give clothes to those who have nothing to wear and do not refuse to help your own relatives.” (Good News Bible).

So, this year, let’s use the 40 days of Lent to renew our relationship with God by refocusing our prayer life, sacrificing our vain desires and freely giving to those in need.

Wishing you a blessed Lent

Jane Whittington



Family News

We send our warmest wishes to Rosemary who is celebrating a special birthday at the end of the month.

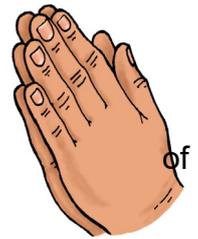
Congratulations go to Pam on the birth of her first great granddaughter Uma. We are pleased to hear that both mum and baby are doing well.

We pray for those members of our congregation who are unwell or facing uncertainty. At this time we especially think of Jacquie and her family, Frank & Margaret, Rosemary and Mavis and their families.

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

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

Thank you.



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 has donated food in the past year. Trinity donated an amazing 320kg of food in 2019.

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, tinned custard, sponge puddings, 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

Birthdays

Congratulations to Joshua Sutherland who will be 18 on 6th March

Social & Fundraising

The Jewellery Sale in February raised a splendid £90 for our charity, many thanks to Brenda and Pam Hedges for all their work.

We officially launched our charity, Hope4Havering, with a lunch on 16th February. Two representatives from the charity gave us a very moving presentation, highlighting the work they do to assist those in our borough with complex needs. They run the Catalyst Night Shelter, Community Housing and the Transformation Programme which supports those recovering from addiction. For more information go to Hope4Havering.org

Hope4Havering run two charity shops in Romford and would be very grateful for any donations. They are particularly in need of single bottom sheets at the moment. If you have difficulty in taking stuff to Romford Pam and Mike are willing to help.

The lunch was delicious, many thanks to the cooks and all who helped. We raised £251 from ticket sales and donations Many thanks to everyone who supported this event.

Dates for your diary

Saturday 7 March	China & Glass Sale
Friday 17 April	Musical Cheese & Wine
Saturday 9 May	Lawn Sale
Thursday 4 June	Afternoon Tea for Marie Curie
Saturday 13 June	Lawn Sale
Saturday 20 June	Strawberry Tea
Saturday 11 July	Lawn Sale

World Day of Prayer

This year the service will be held at Upminster Methodist Church, on Friday 6th March at 2.00 p.m. followed by refreshments. The worship has been prepared by the women of Zimbabwe on the theme "Take up your mat and walk", and everyone is welcome at this inspiring world-wide ecumenical act of worship.

Please come and support the local committee members, who represent most of the churches in

Messenger Deadline for April issue

Please submit any articles for the April issue by 6pm on Wednesday 18th March with dates up to and including 30th April The Messenger will be ready for distribution on Sunday 29th March

mikeaddis1@btinternet.com

Churches Together

On 10th February I attended the first 2020 meeting of the committee. Unusually, every church was represented which was encouraging as there are normally gaps as many of us have busy lives. The meeting always includes news from the churches and I gave a brief summary of our current status and how we are coping with interregnum, also all the outreach and fundraising work we do. Mark Davison the minister at Upminster Baptist recorded how much the group miss the support and enthusiasm of Dorothee, which was good to hear. Apart from some business matters, these are the events discussed that affect Trinity.

Good Friday: 9.30-9.45 coffee served at the Methodist Church

10.00 the march begins

10.30 service in the park (in the event of rain we will still march through the town but the service will take place at Trinity)

WeAreFSTVL 23/24th May

The Gazebo will be out as in previous years and the church premises open to late night festival goers. No details as yet but as soon as I know we will be asking for volunteers. There is to be no camping this year so it should be a reduced presence in the town.

Week of Prayer and United Service 26-31st May

This is the week we now have leading up to Pentecost that replaces the Week of Prayer for Christian Unity. There will be more details to follow but we are all invited to visit other churches and take part in their regular midweek prayers or services. For Trinity this means there may be visitors to the Saturday morning prayer group.

Also, Trinity will be hosting the Sunday night joint service, led by Ann Woodhurst. Last year it was at All Saints, about 80 people attended, only 2 of us from Trinity. As hosts it would be wonderful to have a good showing. It will be at 6.30, so still light and hopefully the weather will be ok. I will be looking for people to help me with refreshments, tea, coffee and biscuits afterwards.

Pat Gothard



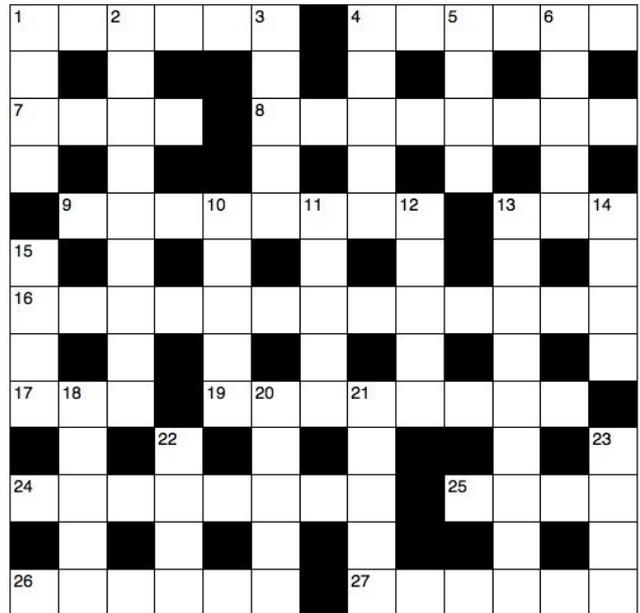
Puzzle Page (answers on page 10)

Across

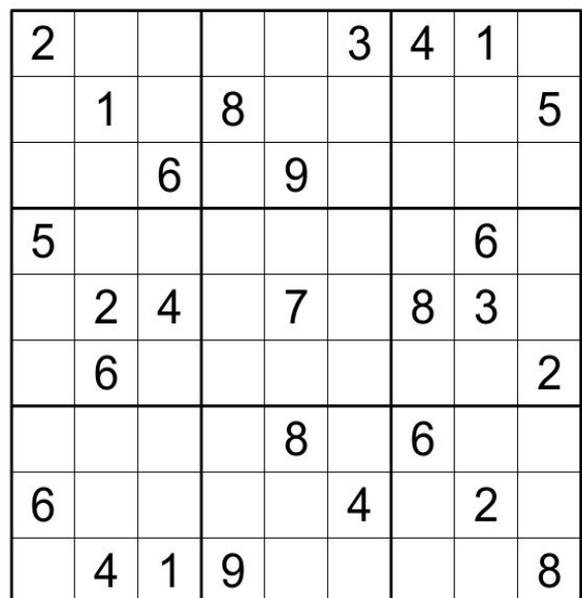
- 1 The earth is one (6)
- 4 'On a hill far away stood an old — cross' (6)
- 7 'I am the — vine and my Father is the gardener' (John 15:1) (4)
- 8 The Caesar who was Roman Emperor at the time of Jesus' birth(Luke 2:1) (8)
- 9 'Your — should be the same as that of Christ Jesus'(Philippians 2:5) (8)
- 13 Jesus said that no one would put a lighted lamp under this(Luke 8:16) (3)
- 16 Involvement (1 Corinthians 10:16) (13)
- 17 Armed conflict (2 Chronicles 15:19) (3)
- 19 Where the Gaderene pigs were feeding (Mark 5:11) (8)
- 24 What jeering youths called Elisha on the road to Bethel (2 Kings 2:23) (8)
- 25 The Venerable — , eighth-century Jarrow ecclesiastical scholar (4)
- 26 8 Across issued a decree that this should take place (Luke 2:1) (6)
- 27 Come into prominence (Deuteronomy 13:13) (6)

Down

- 1 Where some of the seed scattered by the sower fell (Matthew 13:4) (4)
- 2 Sexually immoral person whom God will judge (Hebrews 13:4) (9)
- 3 Gospel leaflet (5)
- 4 Physical state of the boy brought to Jesus for healing (Mark 9:18)
- 5 Tugs (anag.) (4)
- 6 To put forth (5)
- 10 Nationality associated with St Patrick (5)
- 11 Leader of the descendants of Kohath (1 Chronicles 15:5) (5)
- 12 'After this, his brother came out, with his hand grasping — heel' (Genesis 25:26) (5)
- 13 At Dothan the Lord struck the Arameans with — at Elisha'srequest (2 Kings 6:18) (9)
- 14 'Peter, before the cock crows today, you will — three times that you know me' (Luke22:34) (4)
- 15 Spit out (Psalm 59:7) (4)
- 18 'When I — , I am still with you' (Psalm 139:18) (5)
- 20 Concepts (Acts 17:20) (5)



- 21 Thyatira's dealer in purple cloth (Acts 16:14) (5)
- 22 Does (anag.) (4)
- 23 The second set of seven cows in Pharaoh's dream were this (Genesis 41:19) (4)



Valence House - A Place of Discovery (part two)

The oldest exhibit in the Valence House museum is a wooden figure known as the Dagenham Idol. It was discovered in 1922 in Dagenham's marshes and is thought to be the earliest known carving of a human form to be found in Europe. Made from Scots Pine, dendrochronology has revealed that it belongs to the Late Neolithic period, circa 2250 BC, making it a thousand years older than Stonehenge.

Although the Idol proves people lived in the area 4000 years ago, no one knows its true purpose. It was discovered next to a skeleton of a deer, suggesting it had been deliberately buried, perhaps as part of a religious ceremony. It is generally believed the figurine may have been a fertility symbol but for arable farmland rather than people.

The first settlers during the Neolithic age were most likely farmers. The marshes would have been sources of both water and food and the nearby woodlands provided abundant timber for fires and buildings. Little evidence remains from these pre-historic times, however, many changes to the land occurred during the Roman, Saxon and Medieval eras.

The Romans were responsible for the Londinium (London) to Camulodunum (Colchester) road that lies north of Valence House. They established towns in the area, such as Durolitum (Romford) and Uphall Camp (Barking). Roads were gradually built to connect towns and settlements, allowing people to be able to travel more freely.

During the Saxon era, more towns began to appear, including Dagenham and Wanstead, which were followed by many more in the early Medieval period. Barking Abbey was founded in 666 AD by a priest named Erkenwald for his sister Ethelburga. The abbess of Barking Abbey was given the title of Lord of the Manor, allowing her to control the lives of the inhabitants in Barking and Dagenham. She was in charge of all the farms and manor houses whose earnings went towards the upkeep of the abbey. In 1536, however, King Henry VIII (1491-1547) began the Dissolution of the Monasteries, closing down and seizing religious properties. Barking Abbey survived longer than most because the abbess, Dorothy Barley, was a close friend of the King's representative. Nonetheless, the abbey was eventually surrendered in 1539.

The Tudor Monarchs gradually sold or gifted the lands once belonging to religious buildings to people within the royal court. Towns developed and spread to accommodate an increasing population. Farmland was replaced with houses, shops, schools and so forth until little evidence remained of the former abbey.

The museum leaps forward in time to the 19th and 20th centuries as visitors progress from the ground floor to the first floor. On the wall of the staircase, illustrations of people demonstrate the changes in fashion over time until, at the very top, it ends with an image of Sir Bobby Moore (1941-93). Moore is one of the famous locals celebrated in the museum. He grew up in Barking and began his football career as captain of Barking Primary School's football team. In 1958, he joined West Ham and, by the end of his career, he had made 90 appearances as England Captain.

There are a few other sporting legends that have come from Barking or Dagenham. Sir Alf Ramsey (1920-99), for instance, attended Becontree Heath School, and midfielder Terry Venables (b.1943) was born in Valence Avenue, Dagenham. John Terry (b.1980), the assistant manager of Aston Villa F.C. is also a local celebrity.

Other famous faces include comedian Dudley Moore (1935-2002), who attended Dagenham County High School, Eurovision winner Sandi Shaw (Sandra Goodrich, b.1947), Archbishop of Canterbury George Carey (b.1935) and Quaker Minister Elizabeth Fry (1780-1845).

The Valence House Museum provides a concise history of the past century, which includes Suffragette activity and a visit from Mahatma Gandhi (1869-1948) in 1931. Fairs, festivals and pageants were a strong part of Dagenham's past and attracted thousands of people. In 1931, the Barking Pageant and Industrial Exhibition attracted 200,000 people. Twenty years later, the Dagenham Pageant attracted a similar amount and Valence House was used for some of the festivities.

Valence House (part two continued)

As previously stated, Valence House was almost demolished to make way for the new Becontree Estate. Although it was saved from such a fate, the Estate plans went ahead and in 1934, 27,000 new houses provided homes for over 100,000 people. Each house contained inside toilets, fitted bathrooms, gas and electricity. In order to maintain the upkeep of the new estate, tenants were issued rule handbooks and the London County Council employed inspectors to check on the standard of housekeeping. Regulations included cleaning windows once a week, scrubbing front and back doorsteps, and keeping gardens neat and tidy. Families who failed to meet these standards risked being evicted from their homes.

In the early 20th century, Dagenham became an industrial area; the complete opposite to the rural farmland it once was. By 1929, Dagenham Dock, which was only twelve miles from London, was a thriving industrial estate. In 1931, the Ford Motor Company opened its factory on the Docks, eventually extending to cover an area of more than 600 acres. By the 1950s, Ford Dagenham was the largest car production plant in Europe and one in three cars on British roads has been made in Dagenham. Soon, the names Ford and Dagenham were synonymous. Barking was granted a Charter of Incorporation in 1931, which promoted the area to an Essex Borough complete with its own mayor. Dagenham followed suit in 1938. By 1965, London had expanded so much that it claimed both Barking and Dagenham, joining them together as the London Borough of Barking. Naturally, Dagenham residents were upset about the name and eventually persuaded the council to retitle the borough as the London Borough of Barking and Dagenham in 1980.

There is so much to take in at Valence House and there is an endless amount of information about the history of Dagenham. Photographs, videos, voice recordings and objects help to tell the story of the borough as well as the bygone days of the manor house. A tiny cinema provides visitors with the chance to sit down and learn a little about particular aspects of the past. The current film comprises five animations about Barking's industrial heritage and its pungent past. Titled *The Barking Stink: A Scented History*, the 25-minute film made in collaboration with Thames Festival Trust focuses on Barking's fishing past, the developing factories and the problem with sewers.

Next to Valence House is the award-winning Herb Garden. Having achieved the Green Flag and London Bloom Awards, the historic garden features a green pergola, box hedging, rose beds and herbs. One section has been transformed into a World War Two 'Dig for Victory' Garden, complete with a replica Anderson Shelter.

Valence House also keeps bees and their honey is available for purchase in the gift shop. The Oasis Cafe provides hot and cold lunches, cakes and a variety of drinks, plus the opportunity to rest before or/and after visiting the museum.

Valence Park, which includes the remains of a moat, was once part of the Valence House grounds. As well as a fishing lake, children's playground and open lawns, the park is full of trees, including the Holm Oak, which has been judged to be one of the greatest trees in London. Other trees include the tulip tree, a ginkgo biloba, an English Oak and an ancient coppiced hazel.

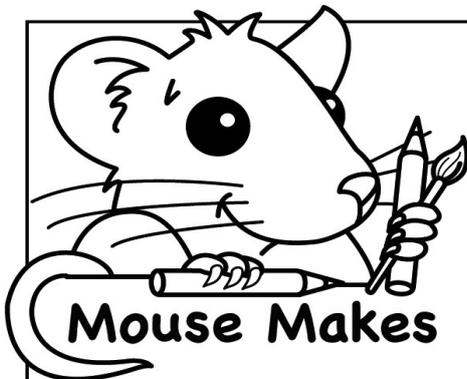
Free to visit, Valence House is a fantastic place for people of all ages. There are activities to keep children interested, fascinating information about the area, and a walk down memory lane for older people. The house and cafe are open Tuesdays to Saturdays from 10 am to 4 pm and free parking is available in Valence Park.

Becontree Ave, Dagenham RM8 3HT

<http://valencehousecollections.co.uk>

Hazel Stainer

Children's Page

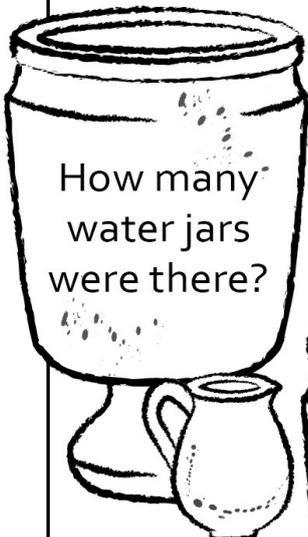


Jesus, his disciples and his mother Mary had been invited to a wedding. The wedding was to last a week, but too soon the wine had all been drunk.

READ John 2:1-11 to find out what happened.



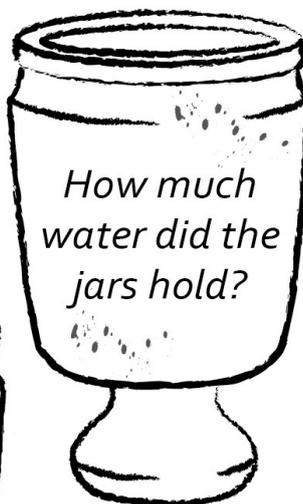
Where was the wedding?



How many water jars were there?



What were the water jars made of?



How much water did the jars hold?



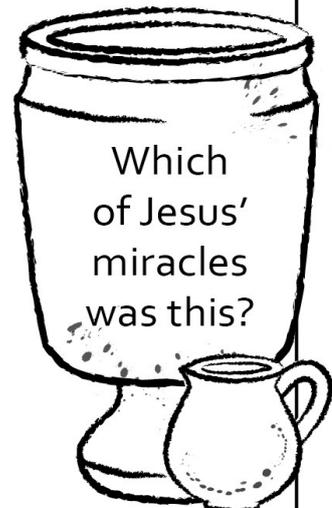
What were the water jars for?



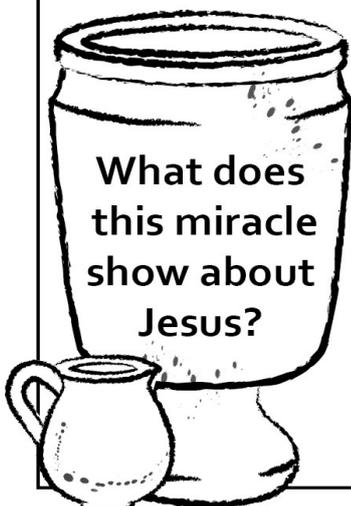
What did the disciples do?

What did the steward tell the bridegroom?

What had happened to the water when it was taken out?



Which of Jesus' miracles was this?



What does this miracle show about Jesus?

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

WEDDING • CANA • GALILEE • JESUS • MARY • DISCIPLES
 SERVANTS • RAN • OUT • SIX • STONE • WATER • JARS
 FILL • TOP • TASTE • TURNED • WINE • FIRST

Saturday Coffee Rota

7 Mar	Pam Addis	Mike Addis	Eileen Pullin
14 Mar	Guides Brownies		
21 Mar	Jane Whittington	Pattie Paper	Carol Green
28 Mar	Heather Stainer	Evelyn Charlton	Giovanni Anastasi
4 April	Badminton		



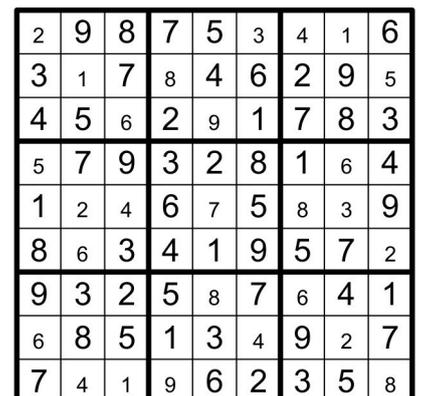
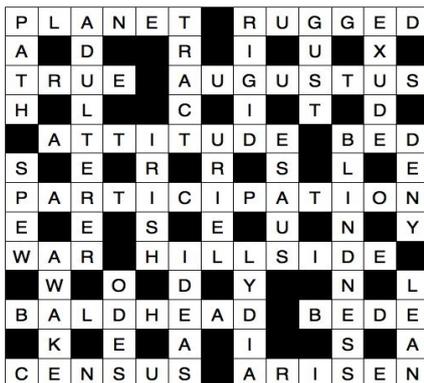
Sunday Coffee Rota

8 March	Chris Willis	Pat Gothard
16 March	Sue Brand	Helen Whittington
22 March	Margaret Sida	Jane Whittington
29 March	Susan Neville	Brenda Mole

Flower Rota



	WW 1	Communion	WW 2
1 Mar	Heather & Evelyn	-	Heather & Evelyn
8 Mar	Rae Norgate	Sonia Gould	Rae Norgate
15 Mar	Celia Brand	Sonia Gould	Celia Brand
22 Mar	Sonia Gould	Sonia Gould	Sonia Gould
29 Mar	(café church)	Clare Brindle	(café church)



Diary March

Sun 1	9.30am	Morning Worship inc Communion – Revd Ann Woodhurst
Thurs 5	11.30am	Service at Freshfields
	1.00pm	Trinity Leisure Club
Sat 7	9.30am	Morning Prayers – Chapel
	10.00am	Coffee Morning – Group C
Sun 8	9.30am	Parade Service – Jacqui Onslow and Worship Group
Thurs 12	1.00pm	Trinity Leisure Club
Sat 14	9.30am	Morning Prayers – Chapel
	10.00am	Coffee Morning – Guides & Brownies
	10.00am	China & Glass Sale
Sun 15	9.30am	Morning Worship Revd Kevin Swaine
Wed 18	6pm	Messenger deadline
Thurs 19	1.00pm	Trinity Leisure Club
Sat 21	9.30am	Morning Prayers – Chapel
	10.00am	Coffee Morning – Group D
Sun 22	9.30am	Morning Worship Revd Ann Woodhurst
Thurs 26	1.00pm	Trinity Leisure Club
Sat 28	9.30am	Morning Prayers – Chapel
	10 00am	Coffee Morning – Group A
Sun 29	9.30am	Morning Worship – Michaela Lawrence
April		
Thurs 2	11.30am	Service at Freshfields
	1.00pm	Trinity Leisure Club
Sat 4	9.30am	Morning Prayers – Chapel
	10.00am	Coffee Morning – Badminton
Sun 5	9.30am	Morning Worship inc Communion – Revd Ann Woodhurst

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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