

The Messenger



May 2019

Trinity
United
Reformed
Church
Upminster



Minister's Letter

Dear Friends,

After an intensive Holy Week, I am writing this letter, pondering the next few steps and events in life and in our churches.

I give thanks for the many expressions of our faith in our churches and communities during the past week:

On Palm Sunday, we had a special Evening Communion service, led by Revd Jim Dalglish. It was a joy to see him and Milly again and to have fellowship with them and with each other before the service.

On Maundy Thursday, nearly 50 of us gathered in the large hall at Trinity for the Heath & Havering Supper and Communion Service. This year, we followed the Jewish structure of the Passover meal with our supper and with our Communion Liturgy. This would have felt odd to us, as Communion is usually done differently, but it was an experience that took us into the mystery of what Jesus was sharing with his disciples when they had the Last Supper with him.

On Good Friday, there were events of witness in all our churches and local areas. I took Elijah along to the Walk of Witness in Hornchurch, culminating in an open-air service outside the Queens Theatre. Elijah was struck by the crowds who all followed the cross (though he thinks we ought to have followed it in our cars!), and by the singing during worship. He listened to the story of Jesus and we had quite a few conversations about the Christian hope in life beyond death this weekend.

On Easter Sunday, it was a joy to share in Nelmes' Easter breakfast before leading an upbeat service in Chadwell Heath - needless to say, it included chocolate, flowers and even a small resurrection miracle (in the shape of my Rose of Jericho).

Amidst the joy and the good news of Easter, I have found myself praying for the Christians in Sri Lanka, who were attacked worshipping on this special feast day. The good news of Christ certainly still needs to be shared in our world! I am also following the news of the Extinction Rebellion (XR) activities, which are supported by numerous Christians, trying to highlight the dangers of climate change.

And then there are the personal stories of people who have had bad news concerning their health or their circumstances or a family member. Sitting with people who are expressing their ongoing pain and sorrow is a real privilege for me, especially when I witness the hope expressed in the loving care of people's friends and family.

Christ is risen - but we are in desperate need of more resurrection life among us!

In our lectionary readings in the next few weeks, we will follow the stories of the disciples at this time of being "in-between".

Easter lies behind us now, with memories of sharing in the disciples' emotions of grief, sadness, anger, desperation, and then confusion, doubting, joy, hopefulness and encouragement.

In the coming weeks, leading up to Pentecost, we are reminded again of how the disciples and the early believers coped with firstly experiencing the risen Christ among them and then with his departure and with life without the tangible, visible, presence of Christ they were used to. We anticipate Pentecost and the coming of the Holy Spirit, as the encourager, comforter, and guide for the disciples as they continue in their mission.

I, too, am finding myself in a time of "in-between". I am still busy with the practicalities of ministry - baptisms, weddings, members' receptions are all still to come soon, but I am also becoming increasingly aware that I will soon be with a very different church in a different place, where I will encounter very different tasks and challenges.

Minister's Letter (cont.)

Life seems to be full of endings and new beginnings. Life never stands still. Things will inevitably change.

The disciples resisted that change at first. Peter, for example, didn't know what to do after Christ had risen and decided to go fishing - just like he used to do before he wandered around Galilee with Jesus!

Sometimes we are aware that things change and that we need to move on, just as society and life around us move on. We too would find it easiest to ignore all the changes around us and to go back to doing what we've always done, but we know that Jesus will gently move us on, helping us to face the future with a new vision.

This Eastertide, **“may the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.”** (Romans 15:13)

With love & blessings, your minister Dorothee

Family News

We pray for those members of our congregation who are unwell especially for Ian and Meryl, Frank and Margaret, Rosemary, Daniel and for any members of our congregation who are unwell.

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



Social & Fundraising

We had a very successful Lawn Sale in April, despite the inclement weather, raising £110 for the Whitechapel Mission. The new gazebo was a great success and thanks to all those who helped on the day.

The next lawn Sale is on Saturday 11 May and we would again appreciate help with setting up and closing down.

Advance notice

We are holding a Midsummer Afternoon Tea at the manse on Sunday 23rd June at 3pm.

Please put the date in your diaries.

Important message !

There have been incidents recently of homeless people / people in need coming to church and coffee mornings asking for help.

As a church community it is important that we show these people our Christian love and concern by assisting them in whatever way we can. As well as offering a drink and a listening ear, they can be signposted to local organisations in Romford that can offer further assistance and accommodation. Please do not be tempted to offer money as it is not church policy and all the organisations that work with homeless people advise against it. If a person needs help to get to Romford, then a rail ticket or bus fare can be purchased and reimbursement will be given by the church.

LOCAL HELP FOR HOMELESS PEOPLE

Hope4Havering 01708 226972

There is a night shelter in Romford open every night of the week. For a place at the night shelter people have to be referred by the Public Advice and Service Centre (Havering Council). The PASC Centre is where the public can access a range of local services in one place.

The PASC is in Romford's Liberty Shopping Centre. Lifts and stairs to the PASC are located via the walkway between H and M and Next shops, opposite the public toilets.

When the shopping centre is closed then the number to ring is 01708 433999.

The night shelter also run a drop-in service from 9am-12 for advice and help. The shelter is at 4 Atlanta Boulevard, Romford (opposite Lidl). **People cannot go to the night shelter without a referral from the PASC centre.**

The Salvation Army

High Street, Romford RM1 1JJ 01708 380280

They run a drop-in advice centre and lunch for rough sleepers on Monday, Tuesday, Wednesday and Friday, 1.30-3.30pm. On Sundays they provide a drop-in lunch service only from 1-3pm.

StreetLink

If you are concerned about someone you have seen sleeping rough, StreetLink will send the details to the local homelessness outreach team so that they can locate the person and connect them to support services. StreetLink can be contacted via their website, mobile app or phone line: www.streetlink.org.uk 0300 500 0914

Harold Hill Foodbank

Open Monday-Friday 10.30am-1.30pm. Unit 1 Guardian Business Centre, Faringdon Avenue, Harold Hill, RM3 8FD.

People must have a voucher to take to the Foodbank and these are available at Trinity via Dorothee or Chris Willis.

Lists of the above organisations will be kept in the vestry and in the small kitchen

Chris Willis

Message from the Elders

The Elders have been reviewing the 2018 Christmas services and events and concluded that providing refreshments was difficult as very few people had come forward to help.

We would like to continue to offer refreshments after Christmas events and services but in order to do so volunteers are needed. The dates for this year are:

1st December - Mulley's Bereavement service

7th December – German Advent service

20th December – KCG concert

22nd December – Carols by Candlelight

Although it is very early in the year to be thinking about Christmas, could you please give the dates your consideration and let Chris Willis know if you could help. 3-4 people are needed for each occasion.

Thank you

Evening Communion Services. Every second Sunday of the month, apart from August and December, there is a joint Heath and Havering evening communion service, held in rotation at one of the five churches. It is an opportunity for a more reflective and intimate service and is very enjoyable and uplifting. We would like to encourage more Trinity people to attend if possible.

If you are unable to drive, or prefer not to go out in the evening on your own, please ask any of the Elders who will be only too pleased to organise a lift for you.

This is the plan for the next few months.

The themes come from "Holy Habits". This is a way of life for those exploring or already actively living out the call of Jesus to 'follow me'.

So far the themes of Fellowship and Breaking Bread have been explored. This is the plan now up until June next year.

Making disciples - May 2019
Eating Together - June 2019

It's not a course of study, you don't need to come every month, but think about giving it a try. Details will be on the Trinity News each month.
Pat Gothard (on behalf of the Elders)

Birthdays

We wish all these young people a very Happy Birthday

May 1	Jeremiah 3 years
May 12	Daniel 13 years
May 13	Joseph 18years
May 22	Gemma 15 years
May 24	Christopher 14 years

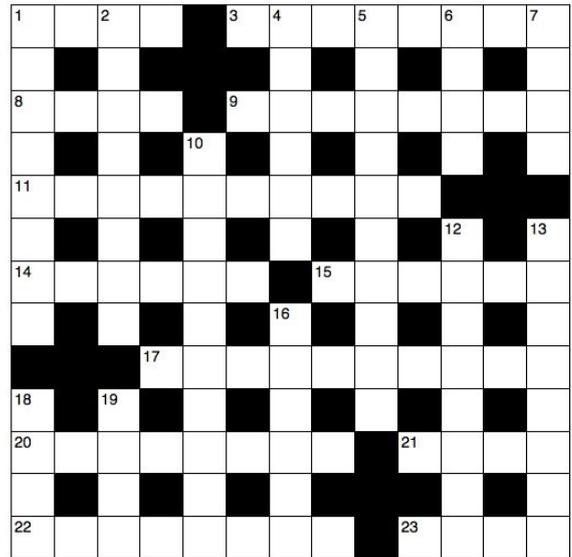
Puzzle Page (answers on page 10)

Across

- 1 Infant (Luke 2:12) (4)
- 3 Luis must (anag.) (8)
- 8 What Jesus called the devil (John 8:44) (4)
- 9 'My God, my God, why have you — me?' (Matthew 27:46) (8)
- 11 Anglican form of church government (10)
- 14 'Those who hope in the Lord will renew their strength. They will soar on wings like — ' (Isaiah 40:31) (6)
- 15 Ministers of religion (6)
- 17 Make stronger (1 Thessalonians 3:13) (10)
- 20 Devoutness (1 Timothy 2:2) (8)
- 21 The father of Jesse (Ruth 4:22) (4)
- 22 Pool where Jesus healed a man who had been an invalid for 38 years (John 5:2) (8)
- 23 '[Jesus] said to them, " — here and keep watch"' (Mark 14:34) (4)

Down

- 1 Follower of Christ (Acts 16:1) (8)
- 2 One of the punishments endured by Paul (2 Corinthians 6:5) (8)
- 4 Soldiers (Exodus 14:9) (6)
- 5 Scholarly study of melody, harmony and rhythm (10)
- 6 'I am God, and there is none — me' (Isaiah 46:9) (4)
- 7 'And how can they preach unless they are — ?' (Romans 10:15) (4)
- 10 Favourable reception (1 Timothy 1:15) (10)
- 12 Hip orbit (anag.) (8)
- 13 End of life (Isaiah 22:14) (5,3)
- 16 'About midnight the sailors — they were approaching land' (Acts 27:27) (6)
- 18 He married Jezebel (1 Kings 16:30–31) (4)
- 19 'According to your great compassion — out my transgressions' (Psalm 51:1) (4)



Messenger Deadline for June issue

Please submit any articles for the June issue by 6pm on Wednesday 22nd May with dates up to and including 30th June The Messenger will be ready for distribution on Sunday 2nd June

mikeaddis1@btinternet.com



"...and then, as the organist hits us with a cool hip-hop riff, you kick off the wedding vows in a smokin' rap style..."

Capel Manor Gardens

With over 60 gardens spread over 30 acres, Capel Manor Gardens is home to London's specialist teaching establishment for those who wish to learn about plants, animals, flowers, trees and the environment. With a history that dates back to the 13th century, Capel Manor, Enfield, is open daily throughout the summer for adults and children to enjoy the colourful themed gardens that surround the Georgian Manor house and its Victorian stables. The estate is also home to a handful of exotic creatures, a great attraction for animal lovers and children.

The history of Capel Manor begins in 1275 when the land was known as the *Manor of Honeylands and Pentriches, alias Capels* and owned by a man now referred to as Ellis of Honeyland. Little is known about the use of the land and its buildings during the 13th and 14th century, however, from the late 1400s, there are better records about the ownership of the estate.

Sir William Capel (1428-1515), twice Lord Mayor for the City of London, became the owner of the land in 1486. Again, nothing much is known about Capel's use of the land, nor that of his son, Sir Giles Capel (1486-1556), who became the owner after his father's death. It can be ascertained, however, that the family had an accumulation of wealth, thus Sir Giles was raised at and around the royal court. As an adult, he was a good friend and attendant of Henry VIII (1491-1547).

Despite Sir Giles' favour with the king, the family was forced to surrender their estate to the crown during the 16th century. From here on, the land passed through a number of hands, beginning with a William Thorne in 1562, who was given the manor house by Elizabeth I (1533-1603). By 1642, the Capel Estate was in possession of Samuel and Mariabella Avery. Their granddaughter, Susanna Avery, became semi-famous after 1688, when she wrote a book about how to manage a country estate. Historians liken this publication to that of Mrs Beaton's Victorian writings on cooking. It included recipes for various pies and cakes and a number of remedies for various ailments.

The house that the Capel's and Avery's inhabited is no longer standing thanks to Robert Jacomb, who demolished the original building when he took ownership in 1745. The following decade, another house was built adjacent to where the original building stood, which is the Capel Manor everyone knows today.

In 1793, Robert Jacomb dispatched the entire estate to the Boddam family, who retained it until the death of Rawson Hart Boddam (1734-1812), a former Governor of the Bombay Presidency during the rule of the East India Company in British India. For the following century, the estate was owned by a succession of owners until 1840. Although the existing Capel Manor was built in the 1750s, its decor is the result of extensive refurbishment in the late 1800s by the Warren family. The first Warren, James, took ownership in 1840, and the last Warren, also called James owned the house until 1932. It was during his residence that the gardens were first, on occasion, open to the public.

The final owner of the estate, Lieutenant Colonel Sydney Medcalf, who had a passion for horticulture and horses, began breeding Clydesdale horses during the 1940s. Despite his love of agriculture, Medcalf decided to pass the estate on to the Incorporated Society of Accountants. Fortunately, Frances Perry (1907-93), a local horticulturist, suggested to the district council that it would be worth leasing the area to apprentice gardeners.

From 1968, buildings on the estate were used to educate its first group of students in what would become the famous Capel Manor College. The following year, dedicated work began on the 30-acre land to produce the stunning gardens that are kept and maintained today. Now with over 3500 students, Capel Manor College provides hands-on experience and study in horticulture, arboriculture, floristry, animal care, and conservation.

Whilst having over 60 individual gardens, Capel Manor Gardens is split into eight main sections, which includes the old manor house garden and a woodland walk. After passing through reception and the restaurant, visitors have a choice of direction; they may either go via the National Gardening Centre or opt for a tour of Capel's Creatures. Depending on the weather and time of day, the latter is often the first or the last section people go to on their visit.

Capel's Creatures contains animals from various locations around the world and can be viewed in their individual enclosures or at special weekend talks, which can involve anything from joining a ring-tailed lemur for a mid-morning snack to finding out the secrets of barn owls.

All the way from South America are common marmosets, Azara agouti, Patagonia Maras and Huacaya Alpacas, and in the Australian Aviary are Rock Peblers, an Eastern Rosella called Ruby and Clara and Ozzy, the king parrots. Say hello to lizards such as an African bosc monitor and a common green iguana named Barry, and watch terrapins cooling off in their small pond. New to Capel Manor is a "tiger of the Highlands" in the Scottish Wildcat Conservation, which are currently in danger of extinction. A talk about the Manor's conservation effort is also available at weekends.

Other projects at Capel Manor Gardens are taking place in the *Which? Gardening* Trial Gardens sponsored by the well-known review and advice magazine. Currently, several experiments are taking place, including, getting tulips to reflower, growing onions from seeds and testing for how long alliums flower. Regular visitors will be able to see the progress of these investigations and the results will be written about in the *Which? Gardening* magazine over the next couple of years.

The Woodland Walk can be accessed from the *Which?* Gardens via a path that travels past three totem polls and a monument on the hill. The woods provide shelter from the sun on hot days, and, in the shadows of the forest, it is rumoured that fairies dwell.

Although Capel Creatures may be the highlight of some people's visits, the Historical Gardens contains something else that children and adults will enjoy. Made from holly bushes is an Italianate maze created by Adrian Fisher (b.1951), a man who has designed over 700 mazes around the world, including the mirror maze at the London Dungeon and the Leeds Castle Hedge Maze in Kent. After eventually finding the centre of the maze, a viewing platform provides beautiful bird-view sights of the rest of the Historical Garden and the Georgian manor house and clock tower.

After finding the way out of the maze, the rest of the maze-like gardens are still to be explored. The historical section includes a sensory garden, a koi pond and Japanese rock garden, as well as a walled garden that provides the Manor House with fruit and vegetables.

In the 17th-century garden are four statues that represent the classical elements: earth, water, air and fire. Had-donstone Ltd, a British manufacturer of cast stone garden ornaments, produced these; however, they look as though they belong to the distant past.

Across the "equator line" is the Australian Garden, which won the 2011 Chelsea Flower Show Gold Medal. Another winning garden is *Le Jardin De Vincent* inspired by the Dutch impressionist painter Vincent van Gogh (1853-90). This won the Chelsea Flower Show Silver Gilt Medal in 2007.

Different people or organisations, for instance, the National Association of Flower Arrangement Societies, have put many of the gardens together. The most thought out of these creations, however, is, by no contest, the *Growing Together in Faith Garden*. Winner of the Silver-Gilt Lindley at the 2007 Chelsea Flower Show, this faith garden combines four of the main religions: Christianity, Islam, Judaism and Hinduism, and their appreciation of the natural world. Each faith tradition has a connection with or a use for the rose, which is also a universal symbol of perfection and beauty. In Christianity, the red rose symbolises Christ's blood during the crucifixion. Also, the Virgin Mary is sometimes referred to as *La Rosa Mystica*, the pure one, which is a thornless rose. In Hinduism, it is believed the goddess Lakshmi was born from a rose, whereas, in Islam, roses grew where sweat dropped from Mohammed's brow. Finally, in Judaism, legend says that each righteous man in heaven will have a tent and 800 roses. Despite the differences in the four religions, it is refreshing to see something that they have worked on together.

In the Temple Lake section of Capel Manor Gardens is, unsurprisingly, a large lake containing a water fountain. The area is reminiscent of ancient Greece with a reconstructed temple and amphitheatre. It is within the latter that many open-air theatre events take place during the summer months.

The temple and amphitheatre are, of course, modern constructions built to look like old buildings, and, over in the Old Manor House Garden, there is an on-going project to add to remnants of the cloister and bell tower belonging to the old manor house church. Phase one was completed and opened in 2010 by the Queen.

These follies show the remains of St Ethelburga's Bell Tower and Cloister, which was named after the abbess of Barking who died in AD 675. St Ethelburga or Æthelburh is attributed to several miraculous events and was the founder of the double monastery of Barking. In Saint Bede's *Historia ecclesiastica gentis Anglorum* (AD 731), Ethelburga is described as "upright in life and constantly planning for the needs of her community". She was also the founder of All Hallows Berkyngeschirche, which is now known as All Hallows by the Tower in the city of London. Having come full circle, visitors return to the National Gardening Centre (NGC) before reaching the gift shop and exit. Here, the NGC exhibits a variety of gardens to inspire keen gardeners and landscapers, as well as encourage the less green-fingered. On *Sunflower Street*, with several false facades of houses, are a handful of gardens designed by former students of Capel Manor College. The purpose of these is to show what can be achieved in a variety of locations or to match particular style houses. Examples include Victorian, cottage, Mediterranean, modern, family and minimalist gardens.

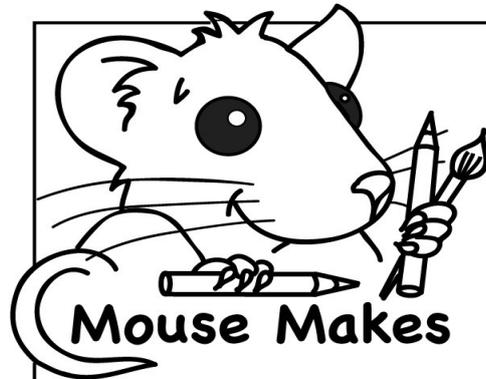
The NGC has also constructed memorial gardens for past members of the royal family, such as the Queen Mother. In 1997, work began on the Princess Diana Legacy Garden, which contains a variety of roses with meaningful names, i.e. Princess of Wales, The Prince and New Dawn. There are also other flowers that bloom in different seasons so that the garden has colour all year round.

Finally, gardens such as Secured by Design and the Low Allergen Garden reveal how nature and beauty can be enjoyed by everybody whilst keeping vulnerable and delicate people safe. The security of these gardens may encourage and inspire parents of young children to create safe areas at home for their family to play and work in, and also give hope and a piece of happiness to those who do not often get a chance to enjoy nature.

Capel Manor Gardens is a wonderful location suitable for all the family. The user-friendly grounds allow everyone to enjoy the gardens throughout the year. Between March and October, the gardens are open daily from 10am until 5:30pm, however, in the winter they are only open on weekdays. Prices are a reasonable £6 for adults (£5 concession) and £3 for children, however, prices for special events may vary.

Hazel Stainer

Children's Page



You may have read the Bible story of Daniel in the **lions'** den, but have you ever read the whole book of Daniel? Take your time and read a little each day and find out about the **vegetables**, the **statue**, the **gold idol**, the **furnace**, the **tree**, the **writing** on the wall, the **lions**, the **four animals**, the **ram** and the **goat**, and the **man**.



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




 Ashpenaz changed Daniel and his friends names. Look up **Daniel 1:7** to see what he changed them to.

Can you find these words from the book of Daniel in the wordsearch?
 KING • NEBUCHADNEZZER • DANIEL • DARIUS • ASPHENAZ
 HANANIAH • MISHAEL • AZARIAH • DREAM • STATUE
 IDOL • FURNACE • TREE • WRITING • WALL • LAW • LIONS
 DEN • PRAYER • LORD • GOD • TRUST • RESCUE • ANGEL

Saturday Coffee Rota

4 May	Susan Neville	Leanne Coppin	Mavis Jones
11 May	Cubs		
18 May	Eileen & Mick Pullin	Pam Addis	
25 May	Brenda Mole	Patti Paper	Carole Green
1 June	Chris & Mick Hewitt	heather Stainer	



Sunday Coffee Rota

5 May	Susan Neville	Brenda Mole
12 May	Eileen Pullin	Heather Stainer
19 May	Pam Addis	Mandy Haines
26 May	Margaret Sida	jane Whittington
2 June	Susan Neville	Brenda Mole

Flower Rota



	WW 1	Communion	WWW 2
5 May	Linda Legrand	-	Linda Legrand
12 May	Clare Brindle	Clare Brindle	Clare Brindle
19 May	Jacque Chapman	Jacque Chapman	Jacque Chapman
26 May	Mandy Haines	Mandy Haines	Mandy Haines
2 April	Rae Norgate`	-	Rae Norgate



Diary May

Thurs 2	11.30am	Service at Freshfields
	1.00pm	Trinity Leisure Club
Sat 4	9.30am	Morning Prayers – Chapel
	10am	Coffee Morning – Group B
Sun 5	9.30am	Morning Worship inc Communion - Revd Dorothee Bührma
Thurs 9	1.00pm	Trinity Leisure Club
Sat 11	9.30am	Morning Prayers – Chapel
	10am	Coffee Morning – Cubs
	10.00am	Lawn Sale
Sun 12	9.30am	Parade Service - Revd Dorothee Bührma
	6.30pm	H & H Evening Communion
Thurs 16	1.00pm	Trinity Leisure Club
Sat 18	9.30am	Morning Prayers – Chapel
	10.00am	Coffee Morning – Group DC
Sun 19	9.30am	Morning Worship – Revd Kevin Swaine
Wed 22	6pm	Messenger deadline
Thurs 23	1.00pm	Trinity Leisure Club
Sat 25	9.30am	Morning Prayers – Chapel
	10.00am	Coffee Morning – Group D
Sun 26	9.30am	Morning Worship – John Mackerness
Thurs 30	1.00pm	Trinity Leisure Club

June

Sat 1	9.30am	Morning Prayers – Chapel
	10am	Coffee Morning – Group A
Sun 2	9.30am	Morning Worship inc Communion - Dave Chuck
Thurs 6	11.30am	Service at Freshfields
	1.00pm	Trinity Leisure Club

Trinity United Reformed Church

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Magazine Circulation: 226492

Magazine Editor: 220460

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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