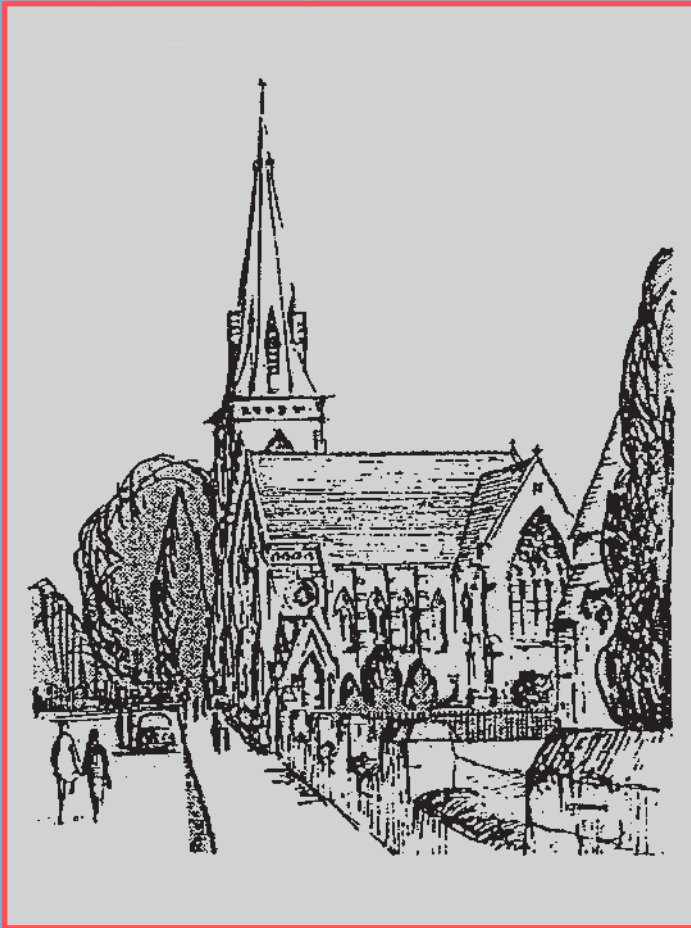




# TRINITY TRIANGLE

JULY/AUGUST 2021



*'Serving God, serving each other, serving community'*

**TRINITY CHURCH**

Methodist/United Reformed/Church in Abingdon

Conduit Road, Abingdon



# JULY AUGUST



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*Wherever he may guide me, no want shall turn me back;  
My shepherd is beside me, and nothing can I lack:  
His wisdom ever waketh, his sight is never dim;  
He knows the way He taketh  
And I will walk with him*



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## The Minister's Letter for July 2021

Dear Friends

As I write, I am looking forward to a short break beside the sea. It is something that I really feel the need to be beside at least once a year; maybe because I need to check it is still there; or maybe it has more to do with having vivid and happy memories of times spent on beaches, or perhaps it is just because I am in need of a rest



and I find being beside lapping water as restful? I suspect the latter!

Society today, on the whole, is not very good at resting. There always seems to be a need to press on, to not waste precious time and to pack too much into a single day, but for us as Christians, rest is part of our theology rooted in the Old Testament scripture firstly in Genesis, and later, exemplified in the life of Jesus, as he encourages his disciples to “come away to a quiet place.”

Ann Lewin, whose work I have been reading, meditates on the first day of rest. She writes:

*“Thus heavens and earth were finished, and were good. But in the middle of the night, God woke. ‘It might be burdensome,’ he thought. ‘to give dominion over all created things to earthling folk: lest they should take themselves too seriously, I’ll give them music and a sense of fun, to lighten duty and enliven praise.’ So in wise mercy did Creator God rest, all the seventh day, well content.”*

If you turn to the book of Psalms, some bible translations have the word “*Selah*” at the end of some of the lines, which is thought to be an indication to pause in preparation for the next verse. The Amplified Bible interprets it as “pause, and calmly think of that.”

These past two years the Methodist Diaconal Order has been conferring and has now altered the rule of life by which we are called to live, and rest and relaxation and the setting of days apart to be with God, remain firmly within it. In many Monastic traditions, and in some church traditions too, there is a practice of saying the Daily Office, a time when the community stops what it is doing, so that they may reorientate themselves towards God in prayer.

Within that rhythm is the practice of “*statio*” which is the commitment to stop one thing and pause, before beginning another, to rest in the moment

in order to allow the soul to “catch up with itself,” much as we do when we prepare ourselves for worship. Whilst a frenetic society might regard such times as wasted moments and an inconvenience, Celtic monks saw these pauses as sacred thresholds and moments of possibility. I have been trying to put this into practice, so that I might leave what I have just completed in thankfulness, and to be better prepared and more fully focussed on and committed to, the next “task” whatever that might be. My prayer for you all, is that whether or not you take a break away from home, that you will be able to find some “*statio*” moments where you can rest in thankfulness and just “be.”

I leave you with another of Ann Lewin’s poems, as she reflects on the hymn in the box below, “Father hear the prayer we offer”

*Not for ease? Why not?  
What’s wrong with ease?  
For most of us the  
Problem is not self-indulgence,  
But that we allow ourselves too little.  
Prohibitions, counsels of perfection,  
Drive us and load us up with guilt.  
Time enough for courageous living  
And all that rock-smiting.  
Let’s rest and wander in green pastures  
When we find them, make the space  
To let ourselves be loved;  
Build up our strength  
And grow in confidence;  
Drink living water springing in  
Great fountains;  
Feed on the Bread of Life which  
Satisfies.  
Then we shall have provision  
For the journey, and at last  
Arrive, not too unpractised  
In the art of resting In his presence.*

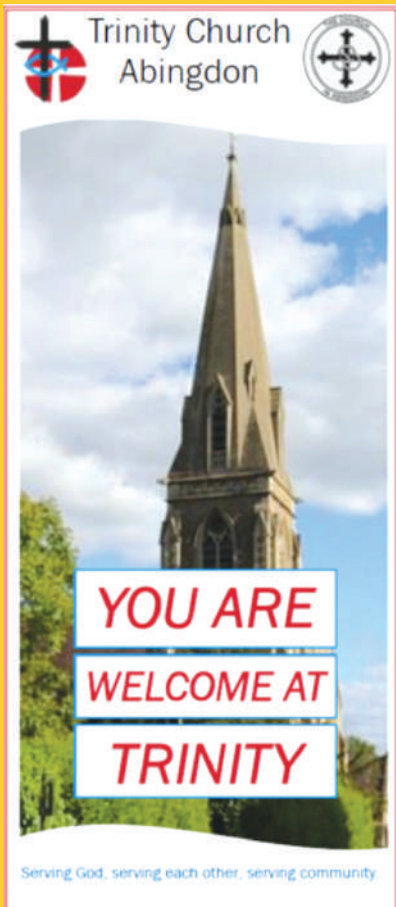
Father, hear the prayer we offer:  
not for ease that prayer shall be,  
but for strength that we may ever  
live our lives courageously.

Not for ever in green pastures  
do we ask our way to be;  
but the steep and rugged pathway  
may we tread rejoicingly.

Not for ever by still waters  
would we idly rest and stay;  
but would smite the living fountains  
from the rocks along our way.

Be our strength in hours of weakness,  
in our wanderings be our guide;  
through endeavour, failure, danger,  
Father, be thou at our side.

By Ann Lewin from “Watching for the Kingfisher”: Poems and Prayers  
With love and blessings  
Dcn. Selina.



## A New Welcome Leaflet

'You meet somebody on the bus and get talking about church. You say that you go to Trinity Church, the one with the steeple along Conduit Road. Oh yes! They know it. You say you have a leaflet if they would like and give them the new welcome leaflet. They have a quick look and put it into a pocket. One day they need a scrap of paper to write a phone number. All they have is that leaflet, from that lady on the bus. They read it through.

Selina goes to the new flats on Ock Street and has some of the leaflets and some free Trinity pens. She gets talking to somebody and on parting leaves them a pen and leaflet as a reminder.'

We designed the new welcome leaflets with such encounters in mind. Trinity may be just the right place for the person you have just met and the leaflet has a short letter from Ian. It says 'You are welcome at Trinity' in big letters on

the front, and has an introduction to our church.

The leaflet was designed after Ruth Sillitoe suggested introducing Trinity, as the closest church, to the new residents of retirement flats in Ock Street. In addition to the Trinity Leaflet, we include one of those smart Trinity pens. The leaflet uses similar information to the Trinity website and is intended to make people know they will be welcome whenever they want to visit. It tells them a little of what we believe and how we worship. It has lots of pictures and can be read in a minute or two.

The Welcome Leaflets will be available from the Church Office.

Alastair Fear

## Morning Worship at Trinity 10.30am

(Please remember to book in)

### JULY

Sun 4th	10.30am	Morning Worship led by Selina
Sun 11th	10.30am	Morning Worship led by Ruth Coward
Tues 13th	7.30pm	Trustees meeting on Zoom
Sun 18th	10.30am	Morning Worship led by Rev. Nigel Appleton
Sun 25th	10.30am	Morning Worship led by Helen Carter

### AUGUST

Sun 1st	10.30 am	Morning Worship tba
Sun 8th	10.30am	Morning Worship led by Rev. Alan Grist
Sun 15th	10.30am	Morning Worship led by Andrew Dixon
Sun 22nd	10.30 am	Morning Worship led by Ian
Sun 29th	10.30am	Morning Worship led by Selina

### SEPTEMBER

Sun 5th	10.30am	Welcome back service led by Ian followed by lunch in the hall
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**Worship in Church:** it will come as no surprise that, following the extension of Covid restrictions, worship will continue for the time being in the way with which we've become familiar, i.e. pre-booking, wearing a face mask, physically distanced, no singing etc. The Trustees will review the position again at their meeting on 13 July, and in anticipation of a possible change from the 19th.

### Dates for the Diary

As we look forward (Covid permitting) to being able to worship together as a full congregation, the Trustees have suggested some special events in the autumn. Please put these dates in your diary:

- Saturday, September 11th - a simple Open Day to coincide with Ride and Stride.
- Saturday, September 18th - Action for Children Coffee Morning
- Sunday, September 26, 10:30am – A Memorial Service for us, as a Trinity family, to remember and give thanks for the lives of those amongst us who have died during the months that we've not been able to attend funerals and services of thanksgiving.
- Sunday October 10, 10:30am - Harvest Festival

**Deadline for September 2021 Triangle is Friday 20th August 2021**

Please send contributions to Cynthia ([cynbartlett@yahoo.co.uk](mailto:cynbartlett@yahoo.co.uk)) and Val Dalby ([vadalby17@gmail.com](mailto:vadalby17@gmail.com)) or via the Office

## **NEWS FROM THE ABINGDON BRIDGE**

This does not refer to the obstruction of the A415, but to the wonderful organisation of that name which Trinity supports with an annual donation. I attended their AGM recently by Zoom and this article is compiled of extracts from the Chairman's report and other information from the meeting. The full report can be found on their web-site.

This year has been a challenging one for all age-groups in the community. TAB has risen to this challenge and continued to deliver support for the young people of this area. They have used online facilities such as Zoom and Facetime to support clients during the two lockdowns, some staff being able to work face-to-face with their most vulnerable clients during the last lockdown. We have never been as busy as we are now and we have watched referrals grow in number. This has necessitated us taking on more staff. We have supported several hundred young people with one-to-one support and many more in groups.

A parent group started in January to support the parents of our clients and to help them understand how TAB works with their children.

As well as the Counselling and Wellbeing work TAB has successfully bid for funding by Oxfordshire County Council for the Youth Intervention Project. This is about working with the hard-to reach young people. If they would like to access support this is provided in one-to-one sessions, group work or gym work. In addition, TAB is training 5 youth ambassadors who are committed to supporting TAB. Children-in-Need funding has enabled us to enlarge our counselling team to cope with the increase in referrals.

Our big news is the move into permanent premises at 3, Market Place above the Coventry Building Society in February. Most of our staff are now working there. On the two floors are 5 counselling rooms, 2 office spaces, reception area, kitchen, meeting room and toilets. We are grateful to the Coventry Building Society for enabling us to lease this space and being generous in their support.

We are hoping to hold an Open Day in July to show our supporters around the premises.

TAB is in a healthy financial position. We are very grateful to our 2 national sponsors, Children in Need and the Big Lottery Fund who fund 40% of our work. We are also grateful for all the organisations who contribute to the running of TAB with 45% of the funds coming from individuals, local churches and councils. The majority of our funds are short-term, and we continually search for long-term funding so that the work can continue.

There are now 14 paid staff working for TAB. Only 2 of these are full-time, the rest working between 4 and 30 hours per week. In addition, there are a number of volunteers, including receptionists at 3, Market Place. More volunteers for this role would be appreciated.

Ruth Dams

## Time capsule dating back to 1876 found in URC primary school

A 145-year-old time capsule, containing ten coins and a rolled-up newspaper, has been discovered in the foundations of Barrow United Reformed Church (URC) Primary School. As reported on BBC News, the glass jar was found during renovations when the demolition team lifted up the foundation stones in the chapel of the school, built in Clitheroe, Lancashire in 1876, and found the glass jar.



As reported on BBC News, the glass jar was found “by complete accident” while workers renovated the chapel.

The artefact had been placed inside one of the chapel’s foundation stones.

Speaking to the BBC, Head teacher Sue Taylor said the “incredible find” had brought “history of the school alive for the children.”

“It was obvious it was a time capsule when I picked it up. I could hear the coins

jangling at the bottom,” she said.

A conservation team is now examining the time capsule and will unroll the newspaper and research the coins’ history. Building work was carried out at the school in April. The demolition team lifted up the foundation



stones in the chapel and found the glass jar. During the first coronavirus lockdown some of the school children buried a time capsule from 2020. Ms Taylor said finding this capsule meant “history has come full circle”.

The time capsule is now in the hands of Lancashire County Council’s conservation team which will involve the children as much as possible in the process of conserving it. When the capsule is returned to the school it will be placed in the new main entrance which is roughly where it was planted many years ago.





## The Church in Abingdon



### Trinity Learning

**Are you looking to support children and young people and learn new skills?**

Here at TrinityLearning we are planning to restart regular volunteering projects in Abingdon schools from September 2021 with training in the summer term.

- ❖ Our **Thinking Books project** involves mentoring young children through shared reading and discussion of carefully chosen books. This project helps children to develop empathy by reflecting on their own and other people's feelings.
- ❖ **Kingfisher Singing Group** visits Kingfisher School one morning a week in term time to sing simple songs and nursery rhymes. If you are interested in helping out with either of these rewarding projects you need to be over 18, willing to volunteer regularly - usually 1-2 hours/week in term time - preferably have some experience of working with children and be willing to undertake a DBS. For more information or an informal chat, please contact Nicola at [nic.trinitylearning@gmail.com](mailto:nic.trinitylearning@gmail.com)

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### Abingdon Baptist Church Cafe



Cafe@35 (35 Ock Street) has RE-OPENED (mornings only at present) between 10.30 and 12.30, Monday to Saturday. Refreshments on offer will be tea/coffee/chocolate, soft drinks, cakes, biscuits, tea cakes and toast. Two households, or a maximum of six can meet together. A one-way system is in place, so please enter from the car park. Sign in with the QR code, or fill in a track & trace form, and then be shown to a table where you will be served. All welcome.

## **Abingdon Community Fridge**

This group fights food waste by redistributing surplus food from local businesses and members of the community. The Fridge is open to all at Abingdon Health & Wellbeing Centre, Audlett Drive, OX14 3GD.

New opening hours: Mondays 5-6 pm, Wednesdays and Saturdays 10.30 - 11.30 am.

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**Community Outreach event:** This has been organised for Sat 10 July 2021 in Abingdon Market Place. It is hoped that:

- ❖ all churches involved in Messy Church to work together to put forward a MC programme for the event and link 'contents of goody bags' to this.
- ❖ churches to work together to arrange for bag of goodies and activities to be given out to each child that attends... and possibly an adult bag for any without families.

If you have any ideas, are involved in MC and would be willing to be involved and have any suggestion as to what theme, or would be happy to get involved with the goody bags, please do contact Debra Mcknight.

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## **Abingdon Progressive Christianity Network**

The next meeting will be on Tuesday 6 July 2021 at 7.30 pm via Zoom. For more information or/and to attend this online meeting, please contact Cliff Marshall at [cliff.marshall@pcnbritain.org.uk](mailto:cliff.marshall@pcnbritain.org.uk).

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## **Archway**

Archway's supportive social groups are not able to meet during the 'lockdown' and our individual support service cannot make face-to-face visits. Instead, we are providing emotional support and contact through telephone calls, electronic and postal communication. For some (who don't have anyone contacting them other than Archway), there are practical issues to address so we are linked in with statutory and community initiatives, drawing on these to assist people with their shopping, prescription deliveries, non-functioning smoke alarms, health concerns, etc. It is a very busy time!

We are helping to promote the feeling of connectedness by sending

(mostly by post as the majority of our Archway Friends are not on email) a regular newsletter sharing ideas on how to survive being more confined to home and information on sources of help. Word searches are proving popular and future editions may include quizzes, mindfulness colouring, etc. There is also a knitting initiative, with Friends, staff and volunteers knitting squares to be made into an Archway blanket. Inevitably, some are really struggling with the loneliness and isolation but there are also examples of great resilience and creativity as people tell us they are practising singing or playing an instrument, writing poems, producing beautiful paintings, knitting toys, reading Shakespeare, making model vehicles. We are looking forward to having the opportunity to see and share the fruits of labours undertaken in these unusual times.

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### **Meeting God In The Silence**

This will be starting again on the first Monday of each month from 7 June 2021 at Christ Church, Northcourt Road, for 30 min of silent prayer in the morning or evening: 9.30 am for 10 am start or 7.30 pm for 8 pm start.  
*There will be no meeting in August.*

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### **Silent Reflections**

Silent Reflections on the last Tuesday of each month will be held at 7.30 pm in St Michael and All Angels in the following manner. If you wish to attend, please text Sue Sheppy on 07786 736 226. Entry will be by the north door of the church (by Albert Park). Masks will need to be worn and hand sanitisers will be available. Chairs will be socially distanced round the labyrinth; labyrinth walks will be possible one at a time. These restrictions will be relaxed in line with those surrounding our church services, updates of which came found on our website:  
[www.stmichaels-abingdon.org.uk](http://www.stmichaels-abingdon.org.uk)

*May God bless us with humility and humour  
To be good travelling companions.*

*May God bless us with generosity  
to those who experience dispossession and loss.*

*May God bless us with courage and creativity  
in our journeying.*

## *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 tried to come into God's presence ;  
I used all my keys to 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.*



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