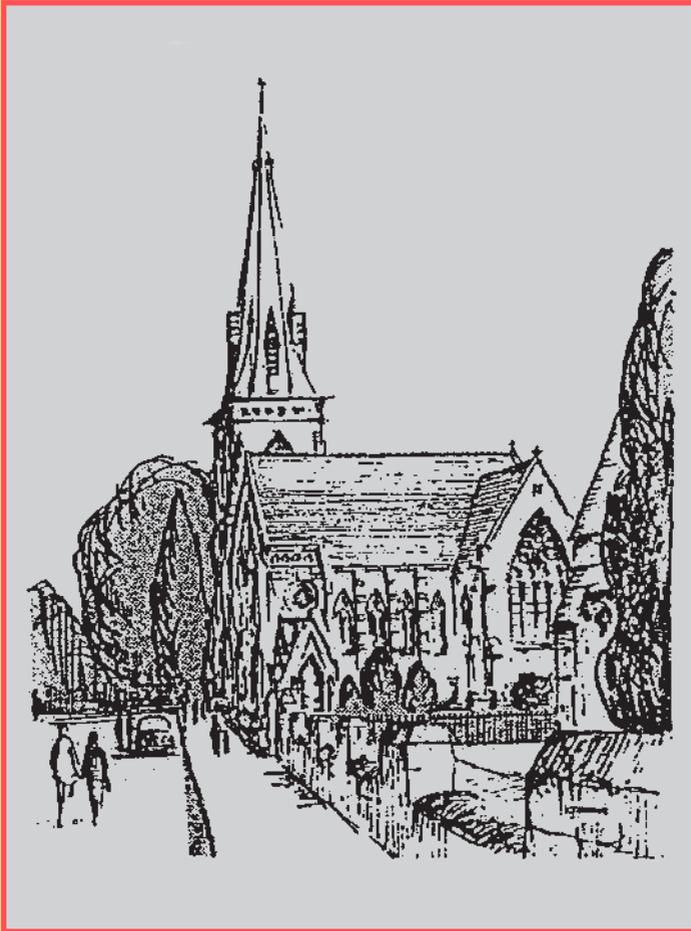


TRINITY TRIANGLE

SEPTEMBER 2021



'Serving God, serving each other, serving community'

TRINITY CHURCH

Methodist/United Reformed/Church in Abingdon

Conduit Road, Abingdon



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When peace like a river attendeth my way,
When sorrows like sea billows roll;
Whatever my lot, thou hast taught me to say,
"It is well, it is well with my soul."

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MINISTER'S LETTER

Dear Friends,

Sabbaticals are a wonderful gift to ministers and I am very grateful to everyone who has made this one possible. But Sabbaticals cannot go on forever and in lots of ways it feels good to be back. It's good to be back worshipping with you, good to be emerging out of lockdown and trying to balance the lifting of restrictions whilst enabling everyone to feel safe. It is also good to be looking to the future and to start thinking about what that will look like a few years down the line.

Part of my Sabbatical was spent writing up a booklet to go with what I have often called my 'Little Pictures'. You may remember a few years ago, I put up a big picture for Pentecost. I now have 5 others in that set. One of the challenges now is to look for opportunities to use them more, and some people are already suggesting an exhibition. When and where is yet to be determined.

A substantial part of my Sabbatical was spent looking at areas of Mental (ill) Health and theology, or as it turned out, looking at what it might mean to exercise a ministry well in this area. There is no doubt that it is a growing part of what ministers, lay and ordained, are dealing with. Some mental ill health is obvious, a lot of it isn't. So how, as God's church, do we respond? I am starting to write up some initial thoughts on this and see how any insights I have gained might contribute to our ongoing ministry and indeed the Circuit's desire to have a mental health initiative.

Just as important however, was the gift of time spent away from all the normal distractions and be intentionally immersed in the presence of God on retreat. Most of the retreat places I have been have been in beautiful parts of the country and in fabulous grounds. So much so that between that and their hospitality, you could almost mistake it for a holiday. Yet, to set aside a week to simply be alone with God is a big challenge. There was no escape. By the end of it, God had pointed out some uncomfortable truths and realigned my thoughts about vocation and ministry.

I am reminded of the number of times in the gospels that we read about Jesus setting some time aside to be with his heavenly Father. Often in prayer. Or those 40 days in the wilderness that tested Jesus, and clarified for him what his purpose was. Retreats are not for everyone, yet I do believe it is important to take some time to reflect on all our busyness, if only to ask are

we still moving in the direction God calls us. This is all the more important as we come out of restrictions from the pandemic. I find myself returning to the question, 'How can we be the most effective Christian presence here?', and finding, that in some sense, we are all in a new place. I look forward with joy and delight to seeing what God has in store for us as we seek to be faithful to Him. The words of the hymn that says, 'thanks for all that is past, and trust God for all that is to come' are a challenge and a joy. Let the next chapter begin.

Every blessing
Rev Ian

WELCOME BACK



Singing and Communion

Starting on September 5th, singing and communion will begin again at Trinity.

Singing

The congregation at Trinity will sing some of the hymns, and will be encouraged to wear masks whilst doing so. Many church congregations are now singing, with the wearing of masks encouraged, and this seems to work well.

Communion

People will be served seated, as this maintains a comfortable distance for everyone. The person presiding will not speak directly over the elements. Stewards taking round the elements will wear masks, and allow people to take the elements from the tray, where the elements will be well spaced. The person presiding will bless throughout and so stewards will not speak over the elements. Glasses can be left on the chairs.

Coming Soon.....Coffee after Church, in the garden!

“WELCOME BACK” CELEBRATION LUNCH

Sunday 5 September at 12.15

You & your family & friends are invited to enjoy lunch together in the updated and redecorated Conduit Centre. This is a great opportunity to see the new lobby and modern toilets as well as the redecorated hall with new noticeboards in place.

We will provide a summer menu with vegetarian and gluten free options.

Please help the caterers by letting us know if you are coming, if possible by 29th August.

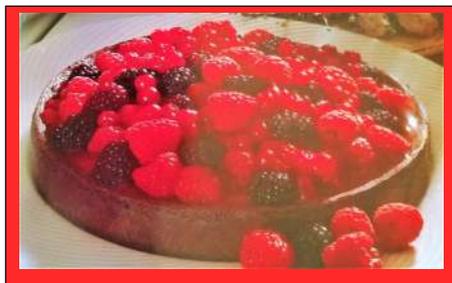


We wish to reassure you that we shall seat only 6 people at each table in our spacious hall and that covid precautions will be in place.

Help will be needed and donations are invited.

Eve Newton 01235 522278 Pering79@icloud.com

Trinity Office 520282. Trinity.abingdon@gmail.com





TRINITY CHURCH TODDLER GROUP

Trinity toddler group is not only opening from lockdown, but also emerging in new ways!

I took over running this group to provide some stability and to ensure its continuity, and at the beginning of lockdown we had about 120 people on our register, with about 65- 70 people attending in any one week.

Lockdown was a period when many of us have spent time re-evaluating what we do, and one of the things that I have always wanted to offer to the group, is some Christian input, through simple stories and songs. In the event, because of the general busyness of the group, this was only achieved once a term in the church. As I shall be going on sabbatical at the beginning of next year, and with my appointment here not being infinite, it seemed wise to look towards the future for this thriving group, and the trustees have very kindly agreed a sum of money to employ a group leader for a period of three years. I shall continue leading the group until such an appointment is made, and thereafter will concentrate on sharing the good news in a toddler friendly manner!

Whilst many people in the church do not have contact with the toddler group, this IS part of the mission of the whole church, and we are still seeking a few more people to come forward to join us in two specific aspects!

You can get involved by:

1. Offering to pray regularly for the group and its endeavours, from the comfort of your home

2. By offering to become a “befriender” and coming in on a Thursday morning to toddlers when you are able, to listen and chat to parents, grandparents or carers. The time for this will be between 10am-11am.

We very much hope that you will wish to be part of this important ministry, and if you cannot offer your practical help, or a dedicated prayer time, then please keep us in your prayers more generally, as we seek to build up the church and share God’s love with those we care for.

With sincere appreciation for your interest.

Dcn. Selina Nisbett



TRINITY EVERGREEN CLUB

After all these months it is wonderful to be actually writing about our next meeting for The Triangle, which is on **Monday September 20th**.

It has been such an uplifting experience during Lockdown to keep in contact with our members - who have been amazingly upbeat and stoical in these difficult circumstances.

We shall start our September Meeting with the quickest AGM on record - and then our favourite Magician, Mike Green, will PERFORM for us all.

It will be the first meeting when we are hopeful that a few members - who otherwise couldn't get there - will be brought by taxi. The Committee would like to record our grateful thanks to various Church Members for their hard work seeking funding for this project.

The meeting starts at the normal time of 2.00pm and will include the usual refreshments and raffle.

Tricia Cook

I heard the voice of Jesus say
"I am this dark world's Light:
Look unto me, your morn shall rise
and all your day be bright."
I looked to Jesus, and I found
in him my star, my sun;
and in that light of life I'll walk,
till travelling days are done.

HARVEST FESTIVAL

We hope to be able to celebrate harvest on October 10th with a full congregation.

Our Harvest gifts will be for Asylum Welcome Food Cupboard. The gifts can, as last year, be money, but, if you prefer, they can be in the form of non-perishable food items. For its food parcels Asylum Welcome needs the following:-

1 litre cooking oil, UHT milk, 1kilo sugar, tinned fish in oil, pasta, basmati rice, coffee, tea, and tinned - chick-peas, tomatoes, fruit, sweetcorn, vegetables.

Washing powder and toiletries are also needed.

These items are used to provide a weekly food parcel for people in urgent need.

When refugees arrive in UK seeking asylum, it is often several months before they receive a subsistence allowance. Some of them will have arrived with little but the clothes they are wearing. They are not allowed to work during this period, so are destitute. It is people such as these that the Food Cupboard is designed to help.

One of those who has sought help from Asylum Welcome is a man from East Africa whom we will call Yoweri. He had been imprisoned and tortured in his home country. He had made his way from Africa to Stockton on Tees, where he was housed by the National Asylum Support Service. He applied for the right to remain in the UK but was refused. He was certain that if he returned to his home country he would again be imprisoned, but after the refusal, he had to leave his accommodation and had nowhere to sleep but the street.

He was told about a legal representative in Oxford who would help him to make a renewed application for asylum, so made his way here and found Asylum Welcome. They found him emergency short-term accommodation, helped him obtain a change of clothes, and provided him with toiletries and groceries from the Food Cupboard. He has been provided with other support including making an appointment with a GP.

Four years after his arrival at Asylum Welcome Yoweri has been granted full refugee status.

Ruth Dams

CALENDAR: SEPTEMBER

- Sat 4th 9.30am Christian Aid Walking for Water
- Sun 5th 10.30am “Welcome Back” Service, with Holy Communion, led by Ian. Followed by lunch in the Conduit Centre.
- Thurs 9th 7.30pm Thursday Group: Talk on Bees with David Busby.
- Sat 11th Ride and Stride
- Sun 12th 10.30am Morning Worship, led by Dorothy Savage.
- Sat 18th 10am-12noon “Action for Children” Coffee & Tea Morning, in the Conduit Centre.
- Sun 19th 10.30am Morning Worship, led by Frederick Obeng.
- Mon 20th 2.00pm Evergreen Club: Short AGM and entertainment by Magician Mike Green, with raffle and refreshments.
- Fri 24th DEADLINE for October Triangle.
- Sun 26th 10.30am A Memorial Service to remember and give thanks for the lives of those we knew who have died during the months we’ve not been able to attend funerals and services of thanksgiving, led by Ian.

OCTOBER

- Sat 2nd 2.00pm Memorial Service for Rosemary Perrow.
- Sun 3rd 10.30am Morning Worship with Holy Communion, led by Revd. Alan Grist.
- Sat 2nd & Sun 3rd “ Touch the Earth lightly” Circuit Eco Event.

CHRISTIAN AID: WALKING FOR WATER

Saturday 4th September

Everyone is invited to join in a Walk for Water to raise funds for the work of Christian Aid and especially for its work to support communities that do not have a ready supply of good water to use both at home and to enable their crops to grow better. Come along to St Helen's Church Centre from 9.30 am onwards on Saturday 4 September 2021 for a walk out along the River Ock and back alongside the River Thames – this distance will be the same as that the many people in Africa have to walk to collect water. You will not be asked to carry a 20- litre can of water back on your head but you may like to think about those who do need to do this daily. Donations and sponsor ships are encouraged. For more information, please contact Cliff Marshall at candpmarshall@btinternet.com



RIDE AND STRIDE

Saturday 11 September

The Oxfordshire Historic Churches Trust is delighted to announce that a Ride + Stride event will take place this year on Saturday 11 September 2021. Every aspect will be within current government guidelines every step of the way, but the restrictions mean the event will look and feel a little different this year. Further information can be found at <https://ohct.org.uk/ride-and-stride/>.

Would you like to “Ride” or “Stride” on behalf of Trinity?

It involves going round to as many churches in Abingdon and/or anywhere you like in Oxfordshire.

Alastair.Fear@gmail.com will happily give you a sponsor form and make a request for sponsors through the notices.



TOOLKIT FOR HAPPINESS- TrinityLearning's New Project!

Ongoing support from Trinity Church allows TrinityLearning to find creative ways to support school communities in the Abingdon area. We aim to respond to feedback from schools to constantly adapt and improve our offer to make sure it is relevant to school's current situation. Over the last year TrinityLearning has developed new projects to support schools in promoting good habits to improve wellbeing.

Our latest project, Toolkit for Happiness, is designed to use simple strategies to promote and support children's wellbeing and good mental health. Toolkit for Happiness was in development before COVID set in but it seems very apt to be rolling it out now as the whole 'lockdown' experience has left some people feeling very anxious or low. It consists of five workshops each focusing on a different area important to wellbeing:

- * Nature
- * Physical activity
- * Acts of kindness
- * Creativity
- * Relaxation and reflection.

We finished the school year in July by sharing our new Toolkit for Happiness project with sixty year 12 pupils from Larkmead School as part of their Careers week and were blown away by their enthusiasm and commitment to the project. Each group of around 30 Year 12 students took part in a day's training on all the workshop activities culminating in them creating photograph or video instructions for one activity. All the students entered into the activities with enthusiasm, with many of them commenting on how the individual workshops had improved their sense of wellbeing or happiness:



"Making things was relaxing and nice." "It felt good to be kind."

“I enjoyed the creativity and acts of kindness workshops the most as they were the most fun and cheered me up.”

“The Acts of kindness activities helped me connect with my emotions.”

“Physical exercise was engaging and fun.”

“It was nice to get fresh air and relaxing.”

“Relaxation was very relaxing for my muscles and allowed me to zone out from the world.”



The students gave us helpful feedback throughout the day with thoughtful suggestions on how specific activities and our risk assessments could be improved. Many students are also keen to help deliver the project both in Larkmead and in local primary schools over the next school year. “I would like to volunteer to help run the Toolkit for Happiness because I can

imagine it would boost the younger students’ mental well-being and it would be nice to see them enjoying themselves and connecting with their friends.”

Whilst we are hopeful that face-to-face mentoring activities such as Toolkit for Happiness will be able to go ahead in schools from September we are, as always, planning for all eventualities, so with that in mind we asked the students to create photograph or video instructions for one of the activities they had tried. The fantastic videos and photographs created by the students will be used to make a supporting web-based resource, which will allow the project to be further rolled out over the next school year, even if face-to-face activities are limited.

Thank you so much for all your support and prayers which enable this work to happen!

Nicola, Taz and Nicola

(TrinityLearning is a registered charity, Charity No 1182742.)





SUNNY SMILES



“Would you please buy one of my Sunny Smiles?”

This was me just under 70 years ago – and I was holding a booklet of photos of smiling children. All these children were from The National Children’s Home and the sale of the photos of smiling children was a way of raising awareness and funds. Haven’t times changed?

The largest branch of the NCH was at Harpenden and as I grew up I became aware of its presence. During the summer holidays the “Home Children” as they were referred to, joined us at our Sunday School. Yes, that was what it was called then.

In the evenings the Sisters would join us for worship wearing a subtle navy uniform. By the time I was a teenager I knew that each of the large houses surrounding “The Oval”, were subdivided into flats and each Sister, with help, looked after HER family, with the ages of the children ranging from babies to teenagers. In earlier days the large houses had contained enormous “families”.

As a teenager attending our Church Youth Club I started to meet young men, who were apprenticed at the Printing Works. Later I realised that boys from various Homes around the country were offered apprenticeships either at the local NCH Farm or the Printing Works at Harpenden.

The Printing Works was run by a lovely gentleman. The Highfield Press, as I think it was named, was a training place but was also a commercial venture. It printed much of the material for The Methodist Church, plus local work, like our wedding invitations. The lads there had five year apprenticeships as compositors or machine minders. Later I learnt that their qualifications were highly thought of and they always managed to secure future employment. But the coming of desktop publishing has probably put an end to that form of work.

In our road was a lovely postman, named Wesley, a very ardent member of the local Salvation Army. He and his wife always had “lodgers.” Later I learnt that these lodgers were the young men from The Home, who needed accommodation. The people who offered their homes were well motivated to offer more than just B/B/EM – but care and counselling for these young men now newly independent in the world.

One of the printing instructors and his wife always had a couple of young men living with them and I can remember that the wife often taught her lodgers the rudiments of ballroom dancing. Certainly my uncle was encouraged to donate his Black Tie Jacket to one of her young men.

Although The Oval is still there, as is the Highfield Chapel, it is no longer part of the NCH or Action for Children. It was sold some time ago, and is now the European Headquarters of the Christian charity Youth With a Mission. Interestingly they regularly welcome back men and women who spent their childhood there.

Tricia Cook

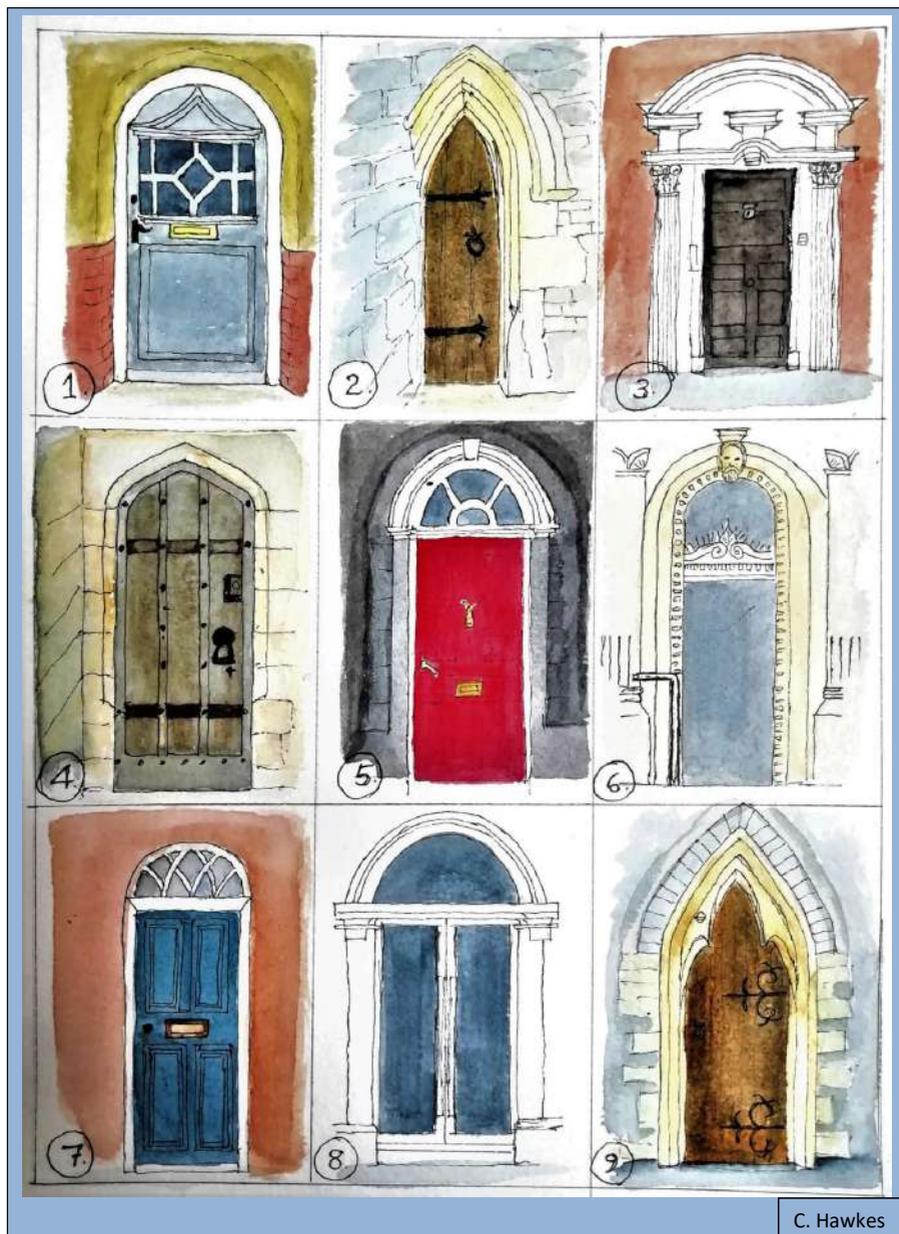
**THE DEADLINE FOR THE OCTOBER 2021 TRIANGLE
IS FRIDAY 24th SEPTEMBER.**

Please send contributions by email to
BOTH Cynthia Bartlett (cynbartlett@yahoo.co.uk)
AND Val Dalby (vadalby17@gmail.com)
OR via the Trinity Office.



INTO WHICH BUILDING DOES EACH DOOR LEAD?

All are in the centre of Abingdon: “Seek and you will find”, (but you need not “knock for the door to be opened to you”!) Answers in the October Triangle.



C. Hawkes

ST. AEBBE

St. Aebbe (or “Ebba”), whose feast day is August 25th, was the daughter of Aethelfrith, the first King of Northumbria, which in those days included the entire land between the Forth and the Humber. Aethelfrith was an immigrant from Denmark, claiming to be a descendant of the pagan god Wotan. He was killed in battle in 616, when Aebbe was young, so her family fled to safety to Iona where they were converted to Christianity by St. Columba.

Aebbe’s brother Oswald (later St. Oswald) became King of Northumbria and, with help from Bishop Aidan, travelled around his kingdom, converting his people to Celtic Christianity. He built churches, monasteries and centres of learning, including Lindisfarne.

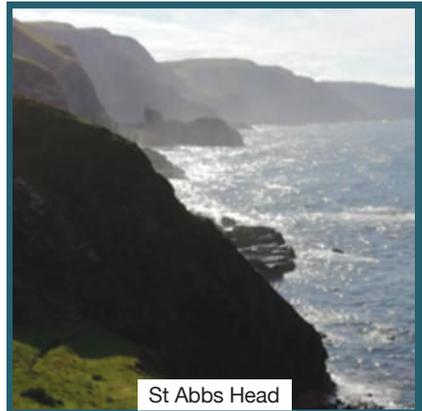
Around 643 Aebbe founded a monastery of monks and nuns on the cliffs, high above the sea, on Kirk Hill at St. Abbs Head. Radiocarbon dating has identified the exact location of the wooden building, which was surrounded by “beehive huts” of wood and mud. A turf rampart, 3m high, was built around the landward side for protection and a small beach provided access. Bede (673-735) relates in his “History of the English Church and People” how St. Cuthbert was a visitor, spending nights immersed in the sea in prayer and contemplation.

Aebbe continued as Abbess here until her death in 680. She had been forewarned that, after her death, the monastery would burn down and indeed it did, in 683. Bede recounts how he had been reliably informed that, after the Abbess’s death, the monks and nuns had “converted their cells, which were built for prayer and study, into places for eating, drinking, gossip or other amusements”. The women wove fine clothes to “adorn themselves like brides, or to attract strange men.” Bede writes how he has included this in his book as a warning to his readers.....!!

Carolyn Hawkes



St Aebbe



St Abbs Head



TODDLER GROUP LEADER VACANCY

Trinity Church is looking for a friendly person who is sympathetic to Christian values, with experience in Early Years settings, and who enjoys working with very young children and carers. You will lead our small team of volunteers, maintaining a safe and happy environment. We have excellent equipment and facilities in our updated, spacious Centre. You will be responsible for one session a week; Thursdays AM

This is a fixed-term appointment, starting in September 2021 (or as soon as possible thereafter) Funding for this project ends in July 2024.

Salary: £10 per hour, 4 hours per week (to include all admin.), term-time only (35.5 weeks pa)

The post is subject to a successful Enhanced DBS disclosure, and completion of safeguarding training.

The nature of this role requires moving play equipment and some furniture.

Further details (A4 SAE essential) from: Trinity Church Office, Conduit Centre, Conduit Road, Abingdon OX14 1DB; or by email: trinity.abingdon@gmail.com

Apply by application form with covering letter (max. 4 sides of A4, please)

Closing date: 16th September 2021





CHURCH in ABINGDON

The news sheet is available on the CiA website at www.church-in-abingdon.org.uk.



Abingdon Food Banks

The South Abingdon satellite of the Abingdon Emergency Foodbank continues to be open on Wednesdays between 1 and 2.30 pm.

The North Abingdon satellite of the Abingdon Emergency Food Bank continues to be open Tuesday and Friday at Northcourt Road between 10 am and 1 pm.

There is a great team of volunteers but food donations are still very much needed – see <https://abingdon.foodbank.org.uk> for details of urgently needed foods. Donation points are located in Waitrose (during shop hours), North Abingdon satellite Foodbank and South Abingdon satellite Foodbank.

The Sanctuary – journeying together

‘The Sanctuary’ is a new weekly community day at the Salvation Army which will be open to all every Wednesday from 10 am to 12 noon from 18 August 2021. ‘The Sanctuary’ will be a place where anyone can come for support and friendship, and there will be activities for all to share - crafts, puzzles, gardening to name a few. Simple refreshments will be available on a ‘Pay as you feel’ basis. For further information, contact Paul or Alexandra Devine on 01235 523568.

Abingdon Progressive Christianity Network

The next meeting will be on Tuesday 7 September 2021 at 7.30 pm via Zoom. At this meeting, we will be looking ahead to the coming year. For more information or/and to attend this online meeting, please contact Cliff Marshall at cliff.marshall@pcnbritain.org.uk.

Meeting God In The Silence

This will be starting again on the first Monday of each month from 6 September 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.

Silent Reflections

Silent Reflections on the last Tuesday of each month will be held at 7.30 pm in St Michael and All Angels Church in the following manner. Entry will be by the north door of the church (by Albert Park). Currently, masks are still worn and hand sanitisers are available. Labyrinth walks are possible, and refreshments are available after our final prayers at 8.30 pm. Any queries to Sue Sheppy on 07786 736226.

35 Ock Street



Cafe@35 will open again on 1 September hopefully with full service resumed all being well, so we will be needing homemade cakes. If you would be prepared to join our loyal band of cake makers to make a cake every one or two months, on a day of your choice, I would love to hear from you. Please contact Rosemary Brown on 01235 529261 or at rosemary.annbrown70@gmail.com.

The Abingdon Bridge

The Abingdon Bridge is a well-regarded Abingdon charity that supports young people aged 13-25.

We are currently looking for more volunteers to act as a receptionist at our new premises at 3 Market Place, Abingdon. As we have a bank of volunteers, you may only do a slot once a week or fortnightly or monthly. Currently, our opening hours are Monday to Thursday 2-7 pm and Friday 2-6 pm, subject to change as we follow current government COVID guidelines. The work is not onerous and mainly involves buzzing clients in and showing them to the waiting room, but this is a vital role that supports the counsellors. If you are interested or would like further information, please contact Sandy Kruger at sandy@theabingdonbridge.org.uk. Volunteers will be DBS checked.

Circle Dancing/ Moving into Stillness

Circle Dancing is being held in Albert Park, or in St. Michael and All Angels Church, depending on the weather, from 11am to 12 noon every Thursday. The first Moving into Stillness session will be on Thursday 2nd September in St. Michael and All Angels Church from 9.45am to 10.45am.

Our teachers, Mary Williams and Elizabeth Mitchell, teach all the dances in a very gentle manner. All are welcome. Any queries to Sue Sheppy on 07786 736226.

Abingdon Passion Play

The Abingdon Passion Play Committee is a small interdenominational group whose aim is to continue the production of an Abingdon Passion Play, with the next one fixed provisionally for June 2024. We are in urgent need of new members from local churches within the Church in Abingdon who are helpful, enthusiastic and full of suggestions, as well as a Publicity Officer. If you would like to find out more or would like to be involved, please contact Jane Cadogan at jane.cadogan@btinternet.com. We are planning an AGM in November 2021 and hope to begin fundraising in January 2022.



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