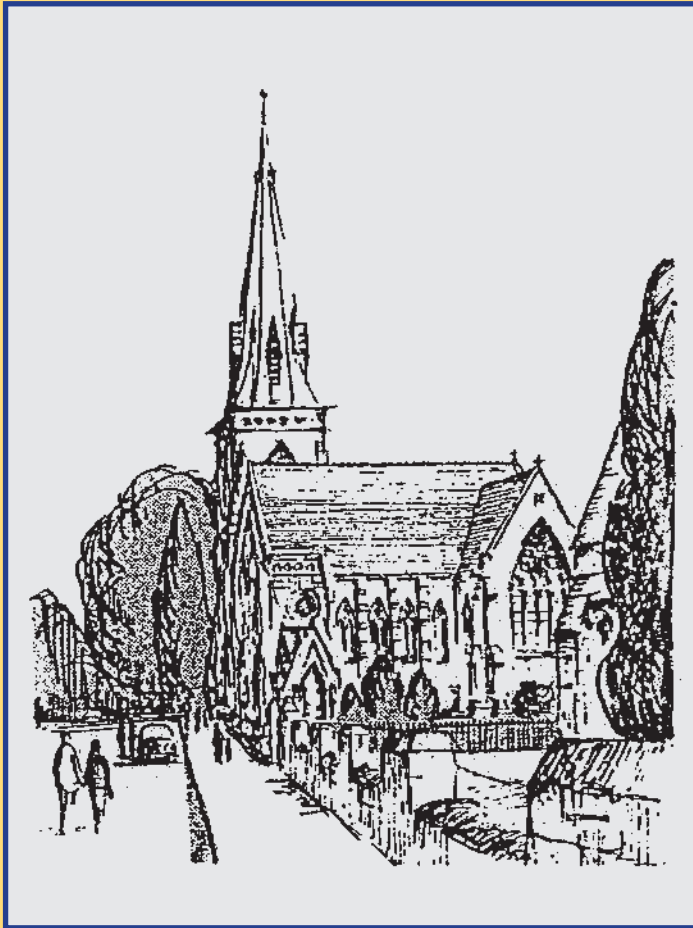




TRINITY TRIANGLE

SEPTEMBER 2024



'Serving God, serving each other, serving community'

TRINITY CHURCH

Methodist/United Reformed/Church in Abingdon

Conduit Road, Abingdon

TRINITY'S WEEK

Sunday Services at 10.30 am, occasionally 4.00pm.

JAM (Jesus and Me) normally meets every 2nd and 4th Sunday morning during the Church Service. It is designed for children who are aged 3+ and parents may stay with their children if they wish.

Communion is normally on third Sunday of the month at 10.30am and as announced in the Calendar.

- Monday** 2.30 pm Evergreen Club: 3rd Monday in month.
5.30 pm Beavers.
6.45 pm Cubs.
7.30 pm Scouts.
- Tuesday** 7.30 pm Abingdon Operatic Society.
- Wednesday** 5.00 pm Brownies.
7.00 pm Guides.
- Thursday** 9.30 am Toddler Group.
7.30 pm Thursday Group. Ladies' Monthly Meeting 2nd Thursday in the month.
- Friday** 10.00 am Prayer Support Group (in their homes).
11.30am-12.30pm. Abingdon Larder (SOFEA)
- Monthly** 7.30 pm Friendship Group - see calendar.

Conduit Centre, Conduit Road, Abingdon OX14 1DB

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Office open : Thurs and Fri 9.30am -4.30pm. Closed Mon, Tues, Wed

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*Goodness is stronger than evil,
Love is stronger than hate,
Light is stronger than darkness,
Life is stronger than death,
Victory is ours through him who loved us.*

Desmond Tutu

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Minister's Letter

Dear Friends,

Just as September marks the beginning of the new school year, so too for us here in church this month marks the beginning of a New Year. Summer is over (did it ever arrive we may wonder!) and it is now back to work so to speak.

The rhythm of the church year once more takes and leads us through the liturgy of the seasons, as together we mark harvest, Advent and Christmas and then on to Lent, Easter and Pentecost.

The New Year also gives us time to give thanks for what has been and is now past as well as directing us to look forward with a sense of anticipation and expectancy – what do the next twelve months hold in store for us as together with God, we mark the beginning of a new chapter.

The psalmist as well as numerous hymn writers eloquently remind us of how our hope is to be found in God. For God has been faithful to us in the past and therefore, we trust him not only for today but for all the days that are to come.

The world at large often encourages us to make New Year resolutions when December ends and January begins, I wonder then what our Methodist New Year resolutions might be?

Resolutions for us as a Circuit and churches certainly but also for us as individuals.

Whatever they might be, never let us forget the
words of Joachim Neander;

“All my hope on God is founded;
he doth still my trust renew.

Me through change and chance he guideth,
only good and only true.

God unknown,
he alone
calls my heart to be his own.

With love and God Bless

Keith

(Keith Underhill, Superintendent of the Wantage and Abingdon Circuit of the Methodist Church).

TrinityLearning Volunteer Celebration event

We thoroughly enjoyed meeting with lots of our volunteers and supporters at our TrinityLearning Volunteer Celebration in June. As well as volunteers, we were also joined by staff from some of the local schools we work in, ministers



from one of our major funders – the Wantage and Abingdon Methodist Circuit – as well as friends and supporters from local churches.

Our Trustees put on a super spread of snacks and cakes and it was great to have everyone together in

one place and for volunteers to have a chance to connect with others they hadn't met before. Thank you to everyone who came and everyone who spent time setting up and tidying away! If you weren't able to make it, you can find more details and photos in our TrinityLearning's 2024 Volunteer Celebration blog.

MaD Week



Larkmead School's Sixth Form Make a Difference Week in July has become one of the highlights of our year! This year seventeen 6th Form students took part in training each day before delivering TrinityLearning's Toolkit for Happiness wellbeing workshops to around 180 year 7 pupils who were just finishing their first year at Larkmead. Each day's workshops had a different focus on an aspect which can help to improve wellbeing such as Nature, Acts

of Kindness, Physical Activity, Creativity and Relaxation and Reflection.

The creativity of this year's 6th Form Team really impressed us (and the year 7s!) and they went above and beyond to ensure each year 7 pupil felt included and able to access the activities.

We had some very positive feedback from both the 6th Formers and the Year 7 pupils and will be bringing you more details once we've been through all their responses.



Back to school Volunteer Appeal

As the schools go back, we are busy training volunteers for our regular volunteer projects, the Kingfisher Singing Group and Thinking Books.

The Kingfisher Singing Group meets weekly to sing nursery rhymes and simple action songs at Kingfisher School. The group has been running

since 2018 and is really appreciated by staff and students. Volunteers need to be able to commit to regular attendance and sing with enthusiasm!

Thinking Books is TrinityLearning's volunteer mentoring project. It involves trained volunteers meeting children for ten weekly in-school sessions to discuss characters' emotions using carefully chosen books. The project requires a commitment of around an hour a week in term time. We know that Thinking Books volunteers are greatly appreciated by the schools they support from the feedback we've received –

“Thinking books has been very useful for a child in my class who ... does not have much confidence with reading but is always smiling when I see them outside with their adult from Thinking Books. Throughout the week they sometimes ask how many days until they can read with the Thinking Books adult again...It has definitely been a worthwhile and useful tool.”

(Class teacher at an Abingdon Primary School).

TrinityLearning is committed to Safeguarding. We provide full training and support volunteers through the application process and DBS checks. We will be running training for these projects throughout September and early October so please email Nicola nic.trinitylearning@gmail.com if you would like to know more about any of these projects or any of our other volunteer opportunities.

Help us to 'grow' our volunteer gardeners' team:

We are in the very early stages of planning a refurbishment to the Carswell School Sensory Garden, shown here during our last minor tidy up in 2023. The garden was originally designed by Rosemary Perrow in 2012 and has been used by many Carswell School pupils as well as being appreciated by the local community. Now however, many of the original features have become overgrown and features such as seating are in need of replacement. Refurbishing the garden to reflect the schools changing needs will be a major project and will require both short term and long-term volunteer support. If you have experience in garden design or would be interested in volunteering for one-off gardening sessions or regular maintenance of the completed garden, please let Nicola know at nic.trinitylearning@gmail.com.





Sun 1st	10.30am	Morning Worship with Communion led by Rev. Georgina Bondzi-Simpson
Fri 6th		Virtual Prayer Group
	10.30am – 11.15m	SOFEA Larder
Sun 8th	10.30am	Morning Worship and JaM, led by Selina
	6.30pm	United Service at Wantage led by Rev Keith Underhill
Mon 9th	5.00pm	Beavers 6.45pm Cubs 7.30pm Scouts
Wed 11th	5.00pm	Brownies 7.00pm Guides
Thurs 12th	7.30pm	Thursday Group: Holiday Travels with Pauline Main
Fri 13th		Virtual Prayer Group
	10.30am – 11.15am	SOFEA Larder
Sat 14th		'Ride and Stride'
Sun 15th	10.30am	Harvest Festival by Revd. Bondi-Simpson, with JaM
		Annual Church Meeting after the service
Mon 16th	2.30pm	Evergreen Club: AGM followed by a quiz.
	5.00pm	Beavers 6.45pm Cubs 7.30pm Scouts
Wed 18th	5.00pm	Brownies 7.00pm Guides
Thurs 19th	9.30	Trinity Toddler Group
Fri 20th		Prayer Group
	10.30am – 11.15m	SOFEA Larder
Fri 20th		TRIANGLE DEADLINE FOR OCTOBER ISSUE
Sun 22nd	10.30am	Morning Worship with Baptism led by Selina
Mon 23rd	5.00pm	Beavers 6.45pm Cubs 7.30pm Scouts
Wed 25th	5.00pm	Brownies 7.00pm Guides

Thurs 26th	9.30	Trinity Toddler Group
Fri 27th		Prayer Group
	10.30am – 11.15am	SOFEA Larder
Sun 29th	10.30am	HARVEST FESTIVAL led by Revd. Georgina Bondzi-Simpson



Wed 2nd	5.00pm	Brownies	7.00pm	Guides
Thurs 3rd	9.30	Trinity Toddler Group		
Fri 4th		Prayer Group		
	10.30am – 11.15am	SOFEA Larder		
Sun 6th	10.30am	Morning Worship led by Belinda Kaur		

**Deadline for October Triangle
Friday 20th September**

Please send contributions to Cynthia (cynbartlett@yahoo.co.uk)
AND to Val (vadalby17@gmail.com) or via the Office

**Trinity Evergreen - Monday 16 September 2024
2.30 - 4.0 pm**

After our Summer break we meet again for our Annual General Meeting. This is the chance for members to express their thoughts on what they wish the Committee to try and arrange for future meetings. After the meeting there will be a short quiz.

The usual raffle and refreshments.

Tricia Cook

'It Is Well with My Soul'

The story of this hymn was introduced by Neil Oastler during a service taken by a worship group at Trinity on 28th July 2024.

Unclouded skies and gentle winds do nothing to test our vessel of faith. It takes the storm and tempest to prove the strength of our trust in the Almighty. The prophet Isaiah records that God keeps in perfect peace all who trust in him, (Isa 26:3). Nowhere is this truth more aptly illustrated than in the story which accompanies the writing of the hymn "It is well with my soul"

Horatio Gates Spafford was born in New York, in 1828, but it was in Chicago that he became well-known for his clear Christian testimony. He was a lawyer and owned much property.

Not unlike Job in the Old Testament, tragedy came in great measure to this happy home. When four years old, their son, Horatio Jnr, died suddenly of scarlet fever. Then only a year later, in October 1871, a massive fire swept through downtown Chicago, devastating the city, including many properties owned by Horatio. That day, almost 300 people lost their lives, and around 100,000 were made homeless. Despite their own substantial financial loss, the Spaffords sought to demonstrate the love of Christ, by assisting those who were grief-stricken and in great need.

In 1873, Spafford decided his family should take a holiday in England, but Horatio was delayed because of business, so he sent his family ahead: his wife and their four remaining children, all daughters.

On 22nd November 1873, while crossing the Atlantic on the steamship, Ville du Havre, their vessel was struck by an iron sailing ship. Two hundred and twenty-six people lost their lives, as the Ville du Havre sank within only twelve minutes.

All four of Horatio Spafford's daughters perished, but remarkably Anna Spafford survived the tragedy. Those rescued, including Anna, who was found unconscious, floating on a plank of wood, subsequently arrived in Cardiff, South Wales. Upon arrival there, Anna immediately sent a telegram to her husband, which included the words "Saved alone...."



Receiving Anna's message, he set off at once to be reunited with his wife. After the vessel he was on had passed over the very spot where the *Ville du Havre* had sunk. It is said that Spafford returned to his cabin and wrote the hymn "It is well with my soul" there and then, the first line of which is, "When peace like a river, attendeth my way." There are other accounts that say that it was written at a later date, but obviously, the voyage was one of deep suffering and is the clear inspiration for such a moving hymn. Horatio's faith in God never faltered. He later wrote to Anna's half-sister, "On Thursday last, we passed over the spot where she went down, in mid-ocean, the waters three miles deep. But I do not think of our dear ones there. They are safe..... dear lambs".

After Anna's rescue she was reported to say, "God gave me four daughters. Now they have been taken from me. Someday I will understand why."

Naturally, Anna was utterly devastated, but she testified that in her grief and despair, she had been conscious of a soft voice speaking to her, "You were saved for a purpose!" She remembered something a friend had once said, "It's easy to be grateful and good when you have so much but take care that you are not a fair-weather friend to God."

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

Refrain:

It is well, with my soul,
It is well, with my soul,
It is well, it is well, with my soul.

Though Satan should buffet, though trials should come,
Let this blest assurance control,
That Christ hath regarded my helpless estate,
And hath shed His own blood for my soul.

My sin—oh, the bliss of this glorious thought!—
My sin, not in part but the whole,
Is nailed to the cross, and I bear it no more,
Praise the Lord, praise the Lord, O my soul!

But, Lord, 'tis for Thee, for Thy coming we wait,
The sky, not the grave, is our goal;
Oh, trump of the angel! Oh, voice of the Lord!
Blessèd hope, blessèd rest of my soul!

Verses from the hymn by Horatio Gates Spafford (1873)

Ministerial Stationing

We are delighted to be able to inform you that at the recent Circuit Meeting the following action was taken: The Meeting accepted the recommendation of the Invitations Committee that Revd Bruce Thompson be re-invited to serve in our Circuit for a further period of three years, to the end of the Connexional year 2027/2028 (August 2028). Bruce has accepted this re-invitation and so, subject only to confirmation by the Methodist Conference, we have the privilege of his service and leadership for some years to come.

With every good wish, Circuit Stewards



Church in Abingdon



Ride & Stride - Saturday 14th September 2024 Visit as many churches as possible on the day, with 50% of the money raised coming to Trinity and 50% to the Oxfordshire Historic Churches Trust who gave a grant to Trinity for the recent Conduit Centre project. Want to take part? Get a sponsorship form and a list of open churches from Alastair. Can you help as a Welcomer? We need volunteers to create a warm welcome for other Riders and Striders between 10am and 4pm. A rota is available at the back of the church. Alastair

Friday 13 September Oxford Centre for Spiritual Growth:

Places are now available for OCSG's free event entitled 'Talking of Mindfulness', 5.30 pm to 7.30 pm at St Michael at the North Gate Church, Oxford. A talk given by author David Harper, an accredited Local Preacher in the Methodist Church for 25 years. Until 2019, he worked for the University of Oxford for more than 30 years, finally as the Bursar for Blackfriars Hall. He was for some years the treasurer of the Association of Bible College Bursars. The talk will be based around David's recently published book, A to Z of Mindfulness for Christians. There is no charge for tickets, but the organisers ask that tickets be booked in advance for catering. On-line participation is also possible and again please book so that the organisers can send the live-stream link. <https://www.ocsg.uk.net/event/talks-on-mindfulness/>

Winter Fuel Payment:

After recent changes to who will receive the Winter Fuel Payment, Age UK Oxfordshire urges people of pensionable age to check whether they're entitled to receive Pension Credit. If you want to check whether you are entitled to Pension Credit or other benefits, you can use Age UK's free and anonymous

Benefits Calculator online (benefitscheck.ageuk.org.uk) or phone Age UK Oxfordshire's free Information & Advice helpline on 0345 450 1276.

Abingdon Neighbourhood plan:

At its meeting on 31 July 2024, the town council approved the draft Neighbourhood Plan which has been prepared by the volunteer steering group, supported by local groups and town councillors. The Neighbourhood Plan is an important town council initiative which enables residents to set a vision for the town for the next 15 years, identifying what might be retained and what might change. When the Neighbourhood Plan is finalised and if it is agreed at a referendum of all residents, the Vale of White Horse District Council must take the Neighbourhood Plan into account as it considers planning applications.

Messy Church Goes Wild Roadshow:

Thanks to some generous funding from the Vale of White Horse District Council, we are able to invite anyone interested in forest/outdoor intergenerational church to a free Messy Church Goes Wild Roadshow at St Swithun's Church, Kennington, OX1 5PL on Sunday 29 September 2024, 2 - 4 pm. Messy Church Goes Wild is the movement within Messy Church that aims to encourage people of all ages to meet God outdoors, love the natural world and to be more eco-aware in all we do. Over the past couple of years, we have been working on some new session material called the 'Messy Adventures', which is now available and free to download from the Messy Church website or to buy as a book from [brfonline](https://www.brfonline.org.uk). Come along and get hands on with the new Messy Adventures resources: you'll get to experience the different delivery styles (on the move and activity-based) and we'll round off the afternoon with a short outdoor celebration. For further information and to book your free place, check out the event listing here: <https://www.messychurch.brf.org.uk/latest/events/messy-church-goes-wild-roadshow/>

Abingdon Food Bank

Abingdon Food Bank needs your support more than ever now, with the increasing cost of living adversely affecting those already struggling to make ends meet. A typical food parcel might contain: cereal, soup, pasta, rice, tinned tomatoes/pasta sauce, lentils, beans and pulses, tinned meat, tinned vegetables, tea/coffee, tinned fruit, biscuits, UHT milk, fruit juice. Also toiletries, nappies and household cleaning items. Food can be taken to either Preston Road Food Bank or Christ Church Food Bank. Some supermarkets also have collection baskets. Financial donations are also welcome.

Silent Reflections:

This will be held on the last Tuesday of every month (except for December) at St Michael and All Angels Church from 7.30 to 8.30 pm. Material will be available to support your prayer in the quiet of the sanctuary, and the opportunity is always available to walk the labyrinth. We begin in the church room, so please enter through the door on the south side of the church. If you park in Park Road or Crescent, come in to get a parking permit, otherwise the parking is free in the surrounding streets.

Abingdon's International Welcome Café:

Fridays, 1 – 2.30 pm, The Barn, Christ Church, Northcourt Road, OX14 1PL This café was set up in response to the Homes for Ukraine scheme and to provide wider support of refugees through a collaborative partnership of Christ Church and Host Abingdon, the main partners, as well as many other churches in Abingdon as well as local groups and organisations, including the Food Bank. The café offers friendship, support, refreshments, toys and help with English run by a qualified TEFL teacher. For further information, please contact hello@hostabingdon.org

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