

February 2022



**THE MAGAZINE OF HOLY TRINITY CHURCH,
HARTSHILL, NUNEATON**

Dear friends,

“Be still, and know that I am God” (Psalm 46:10 NIV)

This Bible verse has been special to me over the years. It is possible that I first noticed this verse when singing it at Evensong in the days when we held a Prayer Book in our hands and my eyes could linger on the words even after the Psalm had ended. I also particularly remember it from when I was training as a Reader. We were asked to prepare a time of quiet, prayerful worship and I used this verse as my central theme.

"Be still and know that I am God" (Psalm 46:10). This is such a familiar verse. You and I can recite it easily. But here's a harder question: Do we practice it? What does it mean? How do we do it?

At first, it seems like a very simple, straight-forward message: "Be still and know that I am God." But I have discovered that it is not that easy to implement in my life, and I have a feeling you may share that experience.

First, it's not easy to simply be still, is it? We live in a world that seems to be in perpetual motion. All of us have more to do than we ever get done. It is not in vogue to "be still." Successful people aren't viewed as people who are "still." Rather, they are people who are active. We have this idea that if we're not doing something, we're not being productive.

Those of us who are mothers remember how often we'd just give anything if our children would just BE STILL! All that energy and constant movement!

God, our Father, says "Be still. STOP!" Stop working, stop moving, stop talking—STOP!" The first hurdle we face is to get our bodies to be still, to literally stop moving, and for most of us that does not come easy.

I encourage you to take this verse seriously and don't let the world shove you into its mould of constant motion. We need to learn to be still, so that we can learn to know God.

So, this simple verse which tells us to "Be still and know that I am God" requires some strong discipline on our part. We need to make a commitment to it and ask God to give us the strength to be still, both on the outside—stop the perpetual motion and find time to be alone with God—and on the inside—focusing our thoughts and mind on Him alone

God is our loving Heavenly Father who is always ready and waiting for us to go to Him. Never underestimate Him - He IS the God of the impossible, He IS in control, He will never leave us, and His promises will last into eternity. Life throws up all kinds of difficulties, sometimes when we least expect them, and panic can easily take over. Next time you feel anxious... be still... and allow yourself to acknowledge that God is GOD, His power can and does overcome.

I pray that we will know the loving presence of God each day as we learn to BE STILL.

With love and Blessings

Sally

Praying for our Parish in February

Never look ahead to changes and challenges of this life in fear. Instead, as they arise look at them with the full assurance that God, whose you are, will deliver you out of them. Hasn't he kept you safe up to now? So hold His loving hand tightly, and He will lead you safely through all things. And when you cannot stand, He will carry you in His arms.

1st – Pray today for the month ahead. Give thanks for every blessing from God in January and refresh any New Year vow made asking God for His help to up-hold them.

2nd – God is love! Pray that today you will have the opportunity to show His love to others. Ask Him to guide you towards those in need of God's love.

3rd – The joy of the Lord is your strength. Nehemiah 8:10. Whatever God has called you to do, pray today for the strength to do God's will with a happy and grateful heart.

4th – 'Be still and know that I am God'. Psalm 46:10. Stop! Take time out of your busy day and listen for God's voice. Pray that he will speak to you in the quite stillness and fill you with His love to do His will.

5th – A prayer for parents. May God grant patience when little hands tug at you with ceaseless, small demands. May He give gentle words and smiling eyes, to keep you from hasty, sharp replies. Let not fatigue, confusion or noise obscure you from the vision of life's fleeting joys. So when the years pass and the house is then still, beautiful memories its rooms may fill. (anonymous)

6th – A teacher's prayer. Lord grant strength for courage in every situation, grant love to never give up on anyone, grant wisdom to show others the path to success, grant mercy to forgive those who hurt, grant

peace to find the best in everybody, grant hope to never give up, grant joy and be thankful for all blessings and finally, grant grace so that you are always at their side.

7th – The path to peace starts within. A prayer for inner peace so that Gods love will fill your heart today and bring you peace and satisfaction. May your relationship with Him bring healing and restoration to every part of your life.

8th – Pray for the retired and those about to retire. Remember the past with fondness, look to the future with eagerness and live each moment to the fullest. Colossians 3:17 ‘And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him’.

9th – ‘The Lord sustains him on his sickbed, in his illness you restore him to full health’. Psalm 41:3. Say a prayer for the sick today for God to touch with His healing hands, giving comfort and peace needed to get through present troubles.

10th – A prayer for gentleness with others. When rushed, frustrated or not feeling well remember to be gentle and kind to others, for a tongue has no bones but is strong enough to break a heart. ‘A gentle word turns away wrath but a harsh word stirs up anger’ Proverbs 15:1

11th – A nurse’s prayer. Give strength and wisdom for others in need, a soothing word for the worried, joy and laughter to lift a weary soul, compassion for the broken and gentle healing hands for those placed in their care.

12th – ‘Suffer little children who come unto me’ Luke 18:16. A prayer for children. Dear God bring the lives of our children before your presence, they are precious and valuable. Bless them and keep them in good health and love.

13th – A prayer for the broken hearted. ‘The Lord is near to the broken hearted and saves those who are crushed in spirit’. Psalm 34:18.

14th – God is love! Say a prayer that God’s love will go with you everywhere, today and for the rest of your days.

15th – “For where two or three gather in my name, there am I with them.” Matthew 18:20. Pray today for the many church groups large and small as they meet together to learn and spread the word of God.

16th – ‘Nothing is better for man than that his soul should enjoy good in his labour’. Ecclesiastes 2:24. Thank God every morning when you get up that you have something to do that day which must be done, whether you like it or not!

17th – A prayer for those seeking work. Father, we thank you for the many gifts that you provide. Today we pray for all those looking for work. Give them patience, wisdom and opportunities. Strengthen their faith as they wait on you, providing them with a job quickly so that they may use their gifts for your name.

18th – Give thanks and pray today for Heather and all church leaders in our area. Support and uphold them, so that the light of God may surround them, the love of God enfold them, the power of God protect them and the grace of God restore them as they work tirelessly for our community.

19th – “You pray for the hungry. Then you feed them. This is how prayer works.” Pope Francis. Today actively put prayer into practice and provide food for Nuneaton Food Bank.

20th – “Blessed are the peacekeepers for they will be called children of God” Matthew 5:9 Pray today for all those who keep the peace in our local community. Protect and up-hold them in whatever situation they

find themselves. Give them clarity of mind and clear judgment as they deal with challenging difficult situations.

21st – A prayer for restoration. ‘Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of malicious behaviour. Instead, be kind to each other, tender hearted, forgiving one another, just as God through Christ has forgiven you’. Ephesians 4:31-32.

22nd – A prayer for those who mourn. Father, you know our hearts and share our sorrows. We are hurt by our parting from those whom we loved. When we are angry at the loss we have sustained, when we long for words of comfort, but find them hard to hear, turn our grief to thanksgiving for the loved ones we have lost and affirm our faith that one day we shall be reunited with them in glory.

23rd – If you have 1 penny more than you need consider yourself rich in blessings. Praise the Lord today for all His blessings, the air in your lungs, the roof over your head, the food you eat, for family and friends.

24th – ‘On the third day God said “Let the land produce vegetation: seed bearing plants and trees on the land that bear fruit with seed in it”, Genesis 1:11. Rejoice in the Lord and praise Him for His awesome wonder. Enjoy the beauty of Hartshill Hayes, search for new life as snow drops appear,

25th – Pray today for the elderly in their homes and care homes. To care for those who once cared for us is one of the highest honours. ‘Tia Walker’. Help us to love and support the elderly in our community. Provide them with a friendly listening ear, company and respect. We can learn a lot from them!

26th – Pray today for our church wardens and PCC members. Support and uphold them as they deal with financial and spiritual challenges in our church. Offer practical help for the care and maintenance of our

wonderful buildings. Support all outreach initiatives and pray that our church swells in number and God’s word is spread throughout our local area.

27th – Pray today for the Deanery Synod. Take a moment not to ask for anything, but simply say “How Great Thou Art!”

28th - The alternative serenity prayer. God grant me the serenity to stop beating myself for not doing things perfectly, the courage to forgive myself, because I’m working on doing better, and the wisdom to know that you love me just the way I am. Amen.

The Peace of the Lord be always with YOU

Service Dates in February

Despite proposed changes in Government regulations and advice we would encourage you to continue to wear masks during services (unless you have a medical exemption) to protect the congregation attending. Covid has definitely not gone away and is still a threat to vulnerable and elderly people.

6 th February - 10am	4 th Sunday before Lent	1 Corinthians 15 v1 to 11
13 th February –10am	3 rd Sunday before Lent	Psalms 1
20 th February - 10am	2 nd Sunday before Lent	Luke 8 v22 to 25
27 th February -10am	Sunday next before Lent	Luke 9 v28 to 36

Maria's Message

Hello Everyone,

After receiving gifts at Christmas, I pray that you will experience God's precious gift of peace during this coming year and always. There are numerous situations where the only thing that will get us through them is accepting the peace that God offers us (a peace the world cannot give, John 14 v 27). I have been supporting a friend who lost her son last week to covid and I myself lost a dear friend this week to cancer, so I am experiencing first hand how I cannot go forward without God supporting me and giving me his strength and peace.

Grief and trouble affects us in many different ways, but the way forward is always the same – life goes on and we have to find a way to cope and move forward with strength. Thinking of this, these words came to me...

God's Precious Help

Whatever we are facing – bereavement, illness, loss or trauma of any kind

The minutes, hours and days fly by

Our minds are full of so many emotions that we find hard to handle

No matter how very hard we try

We want the world to stop so we do not have to put one foot in front of the other

But this can never be done

Although we want time to stand still and wait for us to adjust

It doesn't and we find the 'moving forward' has already begun

The answer I have found is to be patient with ourselves as we cope...

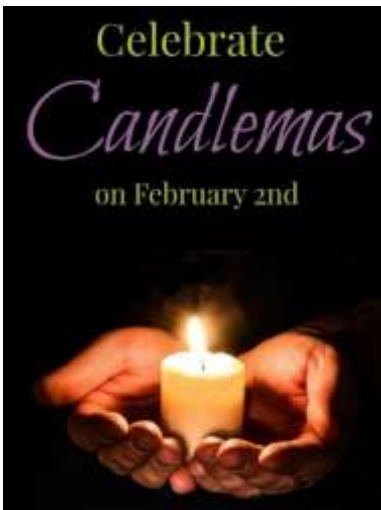
Because practicalities and feelings have to be dealt with

Self care is very important during these times too
So is accepting the help friends and family offer to give

Asking God to give us strength is the most important thing we can do
Accepting the precious peace his love for us brings
Eventually we will find one day our life and our feelings will be coping
And eventually our hearts will, once again, sing

God Bless You All

Love Maria xx



Candlemas is a Christian holiday commemorating the presentation of Jesus at the Temple. It is based upon the account of the presentation of Jesus in Luke 2:22–40. In accordance with Leviticus 12, a woman was to be purified by presenting a lamb as a burnt offering, and either a young pigeon or dove as a sin offering, 33 days after a boy's circumcision. While it is customary for Christians in some countries to remove their Christmas decorations on Twelfth Night, those in other Christian countries historically remove them after Candlemas.



This mission's headquarters are based in Kisoro, Uganda. The founder of the mission is Kenneth Rwego who was born in south western Uganda, near the border of Uganda, Rwanda and Democratic Republic of Congo. (DRC). As a child he enjoyed crossing the border into DRC to visit his friends and became aware of the disturbing images of human suffering and broken families. DRC is one of the poorest countries in the world, largely due to wars and corrupt dictatorial leaders over many years. Life expectancy there is 46 years and many children die before they reach the age of 5, many from preventable diseases. Despite laws against child marriages, the practice remains widespread. Access to water and health services is extremely difficult as around 80% of the health centres have been looted in recent years.

Kenneth became a Christian in 1997 and soon began to feel a strong conviction to share the message of Faith, Hope and Love with the people of DRC. His first trip there after becoming a Christian was the next year in 1998 during his first year of college and he visited each year since then to share the Gospel with the people. He and his wife Abigail felt the call to go into full-time missionary ministry in DRC through the founding of Eden Mission. They trust that, with a focus on family, the mission will be able to help families find joy, peace and a more fruitful and fulfilling life through Jesus Christ. In 2015, with children of their own, the family moved to live in DRC full-time to continue and expand the work of Eden Mission.

The mission works in partnership with local churches and helps others who feel called to plant churches in other areas where the Gospel has not yet reached. A church may not have a building as we in the west associate with a church; but in many areas will be a meeting under a

large tree in a small rural village or under a tarpaulin, with or without chairs, where people meet together to learn about Jesus, the Good News of the Gospel and to experience the Love of God in their lives, bringing Hope to their impoverished lives. Their mission statement is to equip and empower families to live healthy lives, maximize available economic opportunities and be Christ-like transformers of society. Their vision: Healthy families glorifying God. Eden Mission is an Evangelical, Non-denominational, Bible based ministry and is named as a reference to the Garden of Eden where God created the institution of marriage and family.

Eden Mission run 12 month family training programmes to create healthy families that serve and love God by focusing on four aspects which are 1) Spiritual Development, discipling couples to view the physical world through spiritual eyes. 2) Economic Empowerment, to help families determine vocations which they would like to be trained in with the goal of becoming financially independent which can then lead to scholarships for vocational courses and when completed the mission offers the families tools to start working in their vocation. 3) Health Development, which involves teaching the families healthy practices and also hold some medical clinics and work with a local doctor to help maintain a healthy group. 4) Social/Relational Development, with the aim being to foster healthy relationships and create strong communities of people working and growing together in the belief that healthy families make a healthy church and many healthy families make a healthy nation.

The churches run weekly Bible classes in members' homes, travelling into various neighbourhoods and those who have completed the family courses pass on their knowledge to other families, giving hope to others when they see the benefits of the training programmes and education. Slowly but surely, the lives of the most desperately poor people on earth are changing as they learn new skills and are then provided with the

equipment and/or a small loan to set up a business for themselves. What was started in one area of DRC has spread to other areas and hopefully will keep on expanding.

Eden Mission is kept accountable by a diverse group of board members who oversee and give guidance to their ministry goals. As well as Uganda, board members come from various places in the USA who have a passion for empowering people and spreading the love of God.

No contact details this time, as it is an overseas mission.

Lynda Kelly



A Tale of True Love for St. Valentine's Day

“Newspaper Fred?” The man behind the counter watched as the old man came through the door.

“Yes, please and a bag of those herbal sweets.” Fred was looking a bit anxious.

“How’s your hand doing?” the shopkeeper asked.

“I’m just going to have the stitches out.” Fred handed across a five pound note.

“You still haven’t said how you did it.” The shopkeeper went to the till.

“Stupid really,” Fred answered. “The grass was getting a bit long so I decided to cut it. My son John usually does it but he’s been working all hours lately so I thought should to do it, for Alice like. I always remember the day we first saw the house she said, ‘It’s lovely Fred, I can just see the kids playing on that lawn, but you must keep the grass short. It soon gets overgrown you know.’ We hadn’t even got any kids

then but well, I've never let it get too long since. Alice wouldn't like it. Anyway, I got John's mower out and forgot it was a rotor so of course when it jammed, I put my hand under it. Still, I was lucky really, it was only a cut," the old man chuckled, "now I know how the grass feels."

As Fred left the shop, he saw his bus leave the stop. "Oh no, it's early again," and looked at his watch to see how long he'd need to wait for the next one.

"Sorry Mr. Brown, You've missed your appointment but if you'll wait we'll try to fit you in a bit later. It was quite an important appointment you know. Those stitches mustn't be left in too long, they can cause a lot of problems if they're left in too long." The receptionist at the clinic tossed her head back to emphasise the point.

"How long? Fred had that flustered look again. "Please, I'm in a hurry, I've got to.."

"Sorry you should have thought of that earlier, before you were late." A haughty look followed this latest telling off.

Fred went over to one of the chairs in the waiting area, a tear was edging itself from an eye. He sat down despondent.

It was just then a door opened, Fred looked round. The nurse came out of the cubicle.

"Oh Fred, Mr Brown, I've been waiting for you, come in," she gave a smile.

"Sorry, everything is going wrong this morning." Fred gave a slight if embarrassed smile.

It was later, the last stitch had just been removed.

"Tell me," The nurse asked, "What's your hurry, you seem quite flustered?"

“I always go to visit Alice, my wife, she’s in the nursing home. We always have breakfast together then I read some of the newspaper to her. She can’t read any more and she always wanted to keep up with the news.”

“What’s wrong with her? is she blind or something.?” The nurse was puzzled.

“Oh no, it’s nothing like that.” Fred looked at her, a straight look. “She’s got Alzheimers.”

“Oh God, I’m sorry Fred. I didn’t know.” The sorrow showed across the nurse’s face. “My Dad.” she stopped herself. “At least she still recognises you.”

“Oh no.” Fred interrupted. “She can’t recognise me; she hasn’t done for five years now but I recognise her!”

Have you thought, God must be very much like Fred. Fred is always there for his wife though she fails to recognise him. How many times do we fail to recognise God? but God never fails to recognise us and, just like Fred is always there for his wife, God is always there for us.



Sharon's Recipe for February - Valentine Meal for 2

Peppered Steak with Dauphinois Potatoes and Chocolate Mousse for dessert

Start by marinating the steak for several hours, then make the mousse and refrigerate for at least 2 hours. The dauphinois takes about 15 minutes to prepare and 1.5 hours to cook.

Ingredients Steak

2 Sirloin Steaks
2 tsp whole black peppercorns
2 tbsp olive oil
150 ml red wine

Ingredients Dauphinois Potato

450g potatoes such as King Edwards or Desiree
40g butter
150ml double cream
150ml milk
1 small clove garlic, crushed
½ tsp teaspoon of dried nutmeg
Salt and freshly-milled black pepper
180g Vegetables of your choice to serve



Method Steak (part 1)

1. Several hours before cooking, crush the peppercorns very coarsely with a pestle and mortar or use the back of a tablespoon on a flat surface

2. Pour the olive oil in a shallow dish, then coat each steak with the oil and press the crushed peppercorns onto both sides of each steak
3. Leave in the fridge for several hours turning them over once about half-way through that time

Method Potatoes

1. Peel the potatoes and slice them very thinly
2. Put them in a bowl of cold water and swish them around to remove some of the starch
3. Dry them thoroughly in a clean tea towel
4. Preheat the oven to 150 degrees C / gas mark 2
5. Butter a shallow dish, eg approx. 20cm long x 20 cm wide x approx. 13-15cm deep
6. Place half the potatoes in a layer(s) in the dish and sprinkle with the crushed garlic, pepper and salt and then put another layer(s) of potatoes and another sprinkle of seasoning
7. Mix the cream and milk together, pour it over the potatoes, sprinkle with the nutmeg, then place flecks of butter all over the surface
8. Bake on the highest shelf in the oven for 1½ hours
9. Serve immediately with the steak and vegetables of your choice

Method Steak (Part 2)

4. 10 Minutes before the Potatoes and vegetables are ready, pre-heat a thick-based frying-pan without any fat in it and when it is very hot sear the steaks quickly on both sides
5. Turn down the heat and finish cooking them according to how you like them. A medium-rare steak will take about 6 minutes and should be turned several times during cooking
6. One minute before the end of cooking pour in the wine, let it bubble and become syrupy
7. Sprinkle a little salt over the steak and serve immediately with the reduced wine spooned over

Ingredients Chocolate Mousse

110g plain chocolate, broken into small pieces

2 eggs, separated

2 tablespoons of whipped double cream

Extra chocolate, grated to sprinkle over

2x Small glasses or ramekins to serve mousse in



Method Mousse

1. Place a heat-proof bowl over a saucepan of gently simmering water and make sure the bowl does not touch the water
2. Add the chocolate pieces to the bowl and gently melt it until it is a smooth liquid
3. Beat the egg yolks into the chocolate while it is still hot. Keep beating until mixed well
4. Leave the mixture to cool for about 10-15 minutes
5. Whisk the eggs whites to the soft peak stage
6. Fold them into the chocolate mixture
7. Spoon the mixture into the 2 glasses or ramekins
8. Cover with foil, clingfilm or beeswax wrap and put in the refrigerator for at least 2 hours
9. After 2 hours, add or pipe the whipped cream to the top of the mousse and sprinkle with some grated chocolate
10. Keep refrigerated until time to serve

	Who's Who?	
Vicar	Revd. Heather Barnes	02476 392266
Church Wardens	Mr Nick Miles	02476 394339
	Mrs Sally Young	02476 397276
PCC Secretary	Mrs Carol Miles	02476 394339
Treasurer	Mrs Wendy Albrighton	02476 397183
Planned Giving	Mrs Wendy Albrighton	02476 397183
Mothers' Union	Mrs Susan Foster	07783 727300
Weddings	Mr Nick Miles and Mrs Carol Miles	02476 394339
Flowers	Mrs Jan Blamire-Brown	02476 395467
Baptism	Revd. Heather Barnes	02476 392266
Community Centre Bookings	Olwyn Hardy	02476 397961
Sunday School	Mrs Ruth Kinderman	02476 395326
Magazine editor	Mrs Susan Foster	02476 319943

Church website: <http://www.holytrinityhartshill.co.uk/>

<https://www.achurchnearyou.com/church/12983>

FB <https://www.facebook.com/groups/holytrinityhartshill/> (group)

and <https://www.facebook.com/holytrinitychurchhartshill/> (page)

Hartshill Mothers' Union website: <http://hartshillmu.uk/>

Prayer Requests prayers.holytrinity@gmail.com



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