



Trinity Quarterly

Issue No 11: September – November 2025



Diary for September

Sunday	7th	10.30 am	Morning Worship led by Revd Stan Chatikobo
Sunday	14th	10.30 am	Open Church led by Maureen Bodden
Saturday	20th	10.00 am	KFC Coffee Morning at St Martin's Parish Centre
Sunday	21st	10.30 am	Morning Worship led by Revd Stan Chatikobo with Holy Communion
Sunday	28th	10.30 am	Morning Worship led by Revd Zdzisiu Hendzel

Diary for October

Sunday	5th	10.30 am	Harvest Service led by Revd Stan Chatikobo followed by Harvest Lunch
Sunday	12th	10.30 am	Morning Worship led by Revd Stan Chatikobo
Saturday	18th	10.00 am	KFC Coffee Morning at St Martin's Parish Centre
Sunday	19th	10.30 am	Revd Julian Templeton
Sunday	26th	10.30 am	Open Church led by Mel Mitchell

Diary for November

Sunday	2nd	10.30 am	Morning Worship led by Revd Stan Chatikobo
Sunday	9th	10.30 am 12.30 am	Morning Worship led by Jackie Hall Joint Remembrance Sunday Commemoration Service at the War Memorial in Old Knebworth
Saturday	15th	10.00 am	KFC Coffee Morning at St Martin's Parish Centre
Sunday	16th	10.30 am	Morning Worship led by Revd Stan Chatikobo with Holy Communion
Sunday	23rd	10.30 am	Morning Worship led by Kate Dickinson
Sunday	30th	10.45 am	Stevenage URC led by Revd Stan Chatikobo NO Service at Trinity Church

Youth Club Meetings at Trinity during term times – Friday evenings, for school years 6 – 9.

Trinity Quarterly is the newsletter of Trinity Church, Park Lane, Knebworth, Herts. SG3 6PD.

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Opinions in this newsletter do not necessarily reflect the official policies of the United Reformed and Methodist Churches. Similarly, they do not necessarily reflect the views of the Editorial Team

NOTES FROM THE EDITORS

We really have had hot weather this summer and I hope that everyone has been able to enjoy it in some way. I'm sure many can remember taking their own exams on hot days and felt for those taking exams this year. Hopefully our students are happy with their results and excited to move on to the next phase of education or employment.

Trinity Church is now enjoying monthly Birthday Celebrations after the morning service with cake. This is especially appreciated by the younger people. A big thank you to those who help with setting up and clearing away.

I thought I would share with you an amazing visit I made to a swannery near Weymouth during the late spring. I was apprehensive, as from experience I knew swans can be dangerous and very protective.

There were so many swans, those with young were designated their own area with a pool or gully. The swans return year after year to the same pens. Some swans just made their nests along the path and rolled their eggs over right next to the feet of the many visitors. At feeding time visitors are able to go onto the beach and scatter feed for the younger swans. It was a very long afternoon but so entertaining and informative. I would recommend going at the right time of year, on a sunny day, and be prepared for a longish walk with lots of standing.

Here is a photograph of the cygnets, how many can you count? There are more than you think...



Please send articles for the December edition as soon as possible and before 1st November

Rosemary, on behalf of the Editorial Team: Camilla, Maureen, Tricia and Rosemary

MESSAGE FROM REVD STAN

PRAYER FOR PEACE

Peace is a word widely used by many people and is currently needed in the burning world. Prayers for peace are offered by many religious institutions to invoke God's action. Apparently, various attempts are given as solutions to the world's challenges. However, it must be understood that peace is a gift of Yahweh whereby Gideon's altar (Jgs 6:21) had a title 'Yahweh Shalom' which means Yahweh is Peace. This means that God is the only one who grants peace as a gift to humanity.

Prayer

Lord in work and play, war and peace, come among us in these times of unknowing, be present in our future as you journeyed with us in the past.

Come into our daily living as we read the newspapers and watch the news, realising the trouble the world is going through, the homelessness, poverty, hunger, sickness and death.

May we lift to you all these problems that awaken us at night after we finally fall asleep, those that hang around the back of our minds, things that distract us from our conversation, those that keep us tense and cause our blood pressure to go high.

Remind us Lord that wars end, wounds heal, enemies become friends. Give us a memory, a memory of your presence amid overwhelming tribulations.

We have no words but tears, tears fill our mouths and sobs rack our souls, tears wash our days, filling the corners of our eyes, blurring our vision. To whom can we turn to, only you, that's all, only you can grant us your **PEACE**. Now and always we pray.

AMEN.

FAMILY NEWS

TRIBUTE TO HILARY DYSTER FROM GILL HUGHES

Hilary and Richard have been at the heart of Christian witness in the Knebworth community since their arrival to live here with their two young daughters in the early 1980s. In those days it was as part of the Methodist Church in New Close, where Hilary was soon involved as a pianist and Sunday School teacher, and much more grew alongside those roles. In 1996 when the partnership between Knebworth URC and New Close formed Trinity Church she continued to offer those gifts along with so many others, especially in the ministry of care for others through visiting, and opening her home for Bible Study groups and for a weekly "Meeting Point" reaching out to whoever was available for fellowship and chat on a Thursday morning. Hilary wore no denominational labels and was always committed to working together locally and more widely to live out the courage of her convictions.

The recent service of Thanksgiving for Hilary's life reflected so much of how her faith was integrated into her daily life, and how many people's lives (of all ages) she had connected with in meaningful and lasting ways wherever she lived. It was the informal, welcoming gathering that Hilary had courageously and positively mapped out with her family in the last weeks she spent so comfortably at Knebworth Care Home. Much of her time there was in conversations with family and friends and writing more letters than most of us manage in a lifetime. Trinity Church was bursting at the seams with people from so many corners of Hilary's life, and messages from many more, as Rev Stan and Hilary's brother-in-law led us through prayers, tributes, quiet reflection and singing from two worship spaces. All the music was chosen by Hilary including some played on our organ by her niece. We learned more of her early years and of her family life from all the generations.

As we continue to process the grief we are experiencing in our church fellowship we hold in prayer Richard, Steph and Malcolm, Ruth and Nathan, Miriam, Joshua, Esther, Axy and Hannah, Hilary's sister Liz and her husband Trevor. We give thanks for them and other family members for all they shared with us of Hilary's family life.

Gill

CONTRIBUTION SENT FROM STEPHANIE AND RUTH, HILARY'S DAUGHTERS, TAKEN FROM THEIR REFLECTIONS AT THE SERVICE ON 2ND AUGUST

Mum was always happiest outside. She loved gardening, enjoying making the garden a lovely place to spend time in, as well as growing fruit and veg. She loved wildlife, particularly wild flowers, birds and butterflies, and being in beautiful countryside, particularly by the sea. She enjoyed walking - as children, our weekends usually included a countryside walk, and on holiday, much of our exploring was done on foot, with Mum pointing out trees, birds and flowers along the way. Walks and picnic lunches took place whatever the weather! She took part in a number of sponsored walks for Christian Aid, the highlight being a 50km walk on the day that Ruth and Nathan got engaged!

At our home there was always a lovely smell in the kitchen. We ate healthy, home cooked food every day, always with a pudding. Mostly for Dad, for whom a meal was never complete without pudding. There was always cake, not one, but a selection, including her famous Victoria Sponge, whose rise was second to none, something I have never been able to replicate. As with all things, when you complemented Mum about her cake she was very humble and matter of fact.

One of Mum's most difficult tasks was caring for Dad as his dementia progressed. During this time her relationships with friends and family, her garden and her faith were lifelines to her. But the way in which Dad lovingly trusted and depended on her, and was able to continue living at home for so long, showed just how well she coped. Dad can't be with us today, but if he was able to, we know he would want to say how much he appreciated the way she loved, supported and encouraged him throughout their marriage.

Mum's compassion, her interest in others and in the world around her continued until the very end of her life. She was a cheerful, affirming presence at her care home, and enjoyed the company of many friends and family members in her last weeks. The very recent celebrations of her 82nd birthday stand out in our memories.

TRIBUTE TO HILARY BY HER SISTER LIZ AT THE SERVICE OF THANKSGIVING

Hilary arrived in the world on 7th July 1943, during the war years. The local hospital in Otley was being used by the Army, so she was born in Wetherby, several miles away. Hilary was the second of three daughters to Tom and Alice Tyson; Olive was nine years older, and I arrived just 18 months after Hilary. We lived in Old Bramhope; a tiny hamlet poised on a ridge above the Wharfe Valley. Hence Hilary's hardiness, and her love of fresh air!! Our father Tom worked at the large Orphanage across the road, run by what was then National Children's Homes.

Many of Hilary's interests in adult life started early in childhood. Her love of music was encouraged at a young age by the gift of recorders one Christmas. Our neighbour, Dora, heard us producing screeching noises on these instruments, and promptly invited us to her home where she taught us both to play, first the recorder, and then the piano. At the school across the road, we were in a band, grandly termed the school orchestra. Hilary always liked to be "the driver", her term at an early age for the conductor.

In childhood, Hilary and I were almost inseparable. She was very much the caring, sensible older sister. So much of our time was spent outdoors, playing in the fields, the woodland and onto the moorland beyond that. Of the three daughters, Hilary was the one who imbibed the most of our Dad's love of gardening, and his knowledge and skill in that area of life, and of his keen interest in the natural world, particularly birds and plants.

It was a happy childhood. Although Hilary was sometimes fairly serious, she really did have fun. Only recently, she recalled one occasion when the two of us perched ourselves fairly perilously on the big hay wagon, as it bumped along behind the tractor down the stony lane adjacent to our home. She also remembered the look of concern on our mother's face when she saw us!

Looking back, I realise that materially we were not at all well off. But neither Mum nor Dad ever complained about lacking anything. Hilary maintained that attitude throughout her life, never craving material things, always thankful for what she had.

When she was 11, Hilary began her Secondary education at Prince Henry's Grammar School in Otley, initially doing the long journey on foot and by bus on her own, until I joined her two years later. When she was 14, we moved to a new home on the outskirts of Otley; quite a life-change in some ways. Hilary was hard-working and able, and at 18 she became the first person in our family to have a university education, spending the next three years as an undergraduate at Leeds University.

With her love and children and her interest in learning, it was no surprise when graduation was followed by teacher training. Her first teaching post was in a Bradford School. Her class numbered – wait for it – 46 children including three pairs of twins! And no teaching assistant! I'm sure she kept them all under control. Still, it was probably a relief when this was followed by some years teaching in the little village school in Menston, within walking distance of home. A few years later, she had a life-changing holiday. A walking holiday – what else could it be! – based in Barmouth. There she met Richard, and, as they say, the rest is history.

Hilary took a teaching post in Caterham, Surrey, and in October 1972 they were married in All Saints' Church, Otley. They settled first in Hurst Green, in Surrey, where Hilary helped in the Sunday school and with the flowers and music in the Methodist Church. In August 1973, they had the joy of welcoming Stephanie into the world, and were very proud, happy and conscientious parents. In 1979 the family was made complete with the arrival of Ruth. Then followed the move in 1981 to Knebworth, where of course they settled for over 40 years.



"Godliness with contentment is great gain", this was almost the last Bible verse that Hilary and I talked about. I've reflected since how aptly those words describe Hilary's whole attitude. She had a godly attitude to people and to life in general. She discovered that genuine contentment that is so rare and so precious. For over 80 years, she was a wonderful sister to me, and a very kind and true friend. I will miss her so much. But I am greatly comforted with the knowledge that she is now free from all pain and stress. She bore it all so patiently and so bravely. Now she is with the Lord whom she loved and served all her life.

MEMBER CONTRIBUTIONS

ARTICLE BY JACKIE HALL – SUMMER LANDSCAPES

On Saturday 28th June I attended a concert not in Trinity but next door in the village hall, so close enough and folk known to Trinity were involved, so I think it's ok to send in a report. I found out about it due to a poster in Knebworth Village that Steven saw and sent me a picture - query - why don't we advertise stuff that's local in Trinity Quarterly?

The concert was called summer landscapes and certainly lived up to its name as it was a lovely summer's evening, involved the Knebworth Community Chorus and was conducted by Derek Harrison who is well known to many Trinity folk. The chorus started well with a quick burst of Rogers and Hammerstein - June is burstin' out all over, when I suddenly spotted a familiar face - one of Trinity's own, could it be? Yes, it was Mr Victor De Paula singing away; apparently, he's a regular with the Community Chorus who were all magnificent. The programme went on delightfully with traditional songs and a bit of Vaughn Williams, then a pause so they could rest their surely dry throats as we were entertained by a recital of a holiday memory by Dylan Thomas. It was so amusing you could picture yourself right there, then more songs from Mancini to Mozart literally, then an interval with refreshments and a chance to cool off a little, then back came Derek, Victor and the others for the second half.

We again had a variety of styles from American folk, Yeats, Gilbert and Sullivan to Dvorak with again another outing by Dylan Thomas. The delightful evening finished as they had started with Rogers and Hammerstein. The music was good, the playing was good, the conducting was good, and the singing melted all troubles away for a little while. It was an evening's entertainment that sent you home smiling and feeling good; a thoroughly enjoyable evening and I will certainly look out for more from them possibly near Christmas. If anyone sees any poster please let me know so I can get a ticket.

Jackie

(Editor's note – the KCC Christmas concert will be on Saturday 6th December)

ARTICLE BY REVD JOHN WHITTLE

DO WOMEN WRITE THE BEST HYMNS?

I leave that as a rhetorical question for you to debate! While I tell of the author of a well loved hymn which was sung at the late Hilary's Dyster's Thanksgiving Service held on the 2nd August 2025; chosen by her in part because it was her father's favourite hymn. It is a favourite of mine too which I have sung at a number of death beds, including that of my late wife. The hymn is **'In heavenly love abiding'** by Anna Waring, who was Welsh, having been born in Plas-y-Felin, Neath, to Quaker parents- Elijah and Dorothy, on 19th April 1823, being the third of seven children. Somewhat surprisingly she was baptized in the Church of England. Several of her family were writers of poetry and memoirs, and that was something Anna found she too had a talent for, writing hymns and secular songs and poems (including one about her cat!). Her first collection of hymns was printed in 1850 and was reprinted several times later including a final one produced following her death in 1911 which was enlarged to including previously unpublished works.

She seems to have been a highly intelligent lady who taught herself Hebrew so as to be able to read the Old Testament in its original language, *(I was taught Hebrew at college and I can say it is difficult!)* So I take my proverbial hat off to her!

Anna was a committed Christian who sought to serve her community, including becoming a supporter of the Discharged Prisoners' Aid Society. According to a friend, Mary S. Talbot, Waring "visited in the prisons of Bridewell, and at Horfield, Bristol, for many years". To one who spoke to her of the painfulness of such work she answered, 'It is like watching by a filthy

gutter to pick out a jewel here and there, as the foul stream flows by.” Anna was a shy lady given to fears which she overcame in order to visit prisons. Out of that personal characteristic we find the beloved hymn ‘In heavenly love abiding’ speaking of fears and roaring storms yet expressing the confidence she had in God’s presence amidst it all - **‘But God is round about me, and can I be dismayed’**

Anna died unmarried at her home in Clifton, Bristol on 10 May 1910. Her most commonly printed hymn **"Father, I know that all my life"** was sung at her funeral. Her burial service, at Arnos Vale Cemetery, was led by Canon Talbot, the husband of one of her nieces. I, for one, am thankful to God for her hymns, and especially **‘In heavenly love abiding’**, I hope you may read/sing it, and find inspiration, and comfort in her words, especially in times of loss and grief.

I leave you with verse 1 of -

**Father, I know that all my life is portioned
out for me
And the changes that are sure to come I
do not fear to see;
But I ask Thee for a present mind, intent
on pleasing Thee**



John Whittle

ARTICLE BY SANDRA ROBEY

FRIDGE MAGNETS! PLUS A GOOD SAMARITAN!

My final overseas holiday with my husband Ian was on a riverboat down the Douro in Portugal. Ian was pretty frail by then, so it was a journey of complete faith...One day the boat moored up to enable us to visit a hilltop village and chapel... I was anxious that if we did the climb, we might not get back to the boat.... Ian was **determined** to make it, so we set about walking slowly...leaving others to dash ahead. At times I tried to say.... *“That’s enough, let’s return”*...but Ian wanted to continue. He wasn’t having any of my protestations! I was silently praying with every step I took.

As we approached the Chapel itself he faltered on the steps... I suggested that we should go back...when a young American came along, asking me *if there was a problem here*. I tried to explain, then without further ado.. the American took one side of Ian, bade me to the other, and together we got Ian down the steps, landing almost at the chapel door. Ian was exhilarated. He had made it! I was indeed grateful too. We went inside the most beautiful sanctuary and lit our candles for others.

Already thinking about our return, most of the passengers had rushed out leaving us alone... we finished our prayers, went out into the bright sunlight, and there was **“said American”** waiting to help us back.... **Good Samaritan**, I thought. What a gift he had proven to be.... I visited a little shop up the hill and bought two magnets, a small plate with the name of the village inscribed on it.....

Fig. Cast. Rodrigo.

When we arrived back at the boat, I gave the *token gift* to our **Samaritan Friend**, telling him that I would always remember his kindness and the empathy he had shown in our situation, please would he accept a token of our gratitude. *And please, not to get too excited, as it was a SIMPLE token of thankfulness.*

I put the other magnet on my fridge door when we got home and to this day, often relive that special shared moment as I open and close the fridge door. The kindness. The way, the **Samaritan** slowed down to meet our special needs. He gave Ian, the opportunity to realise his ambition, when it might have been easier for us to have simply stayed on the boat... I think of the story of the **Good Samaritan**, and wonder who might have been a Samaritan when you felt knocked by life... I hope you have been blessed?

*The term "**Good Samaritan**" refers to someone who, without obligation or expectation of reward, helps a stranger in need, often in an emergency/difficult situation.
Another answer to prayer.... Another stored memory.*

Good Samaritan prayers....

Compassion: Recognizing and feeling empathy for the suffering of others.

Mercy: Showing kindness and forgiveness, especially to those who are vulnerable or marginalized.

Love of Neighbour: Extending love and care to all people, regardless of background or status.

Action: Moving beyond prayer to tangible acts of service and support.

Humility: Acknowledging our own limitations and need for God's grace in order to love others effectively.

Sandra R

GREETINGS FROM WALKERN AND SANDON!



We continue as a small, yet faithful congregation, welcoming also visitors from other churches and traditions within our LEP of Benington and Walkern. We have settled into a rhythm of services which includes Sunday Worship, Communion and Julian Prayer, which is a contemplative service based on the teachings of Lady Julian of Norwich. However, we have been reviewing this cycle to look at ways of attracting others; in God's good time we pray this will happen.

We hold a weekly Café Church – coffee and fellowship followed by a "Thought for the Day", and once a month we have mid-week Communion, following different LEP traditions. On the second Saturday in the summer months the Church is open for "Quiet Space"

The building is also used as a community venue, especially by Walkern Elderberries, our village Seniors group. They meet twice monthly, once for coffee and a chat with an activity or speaker and once for a cooked lunch.

Meanwhile, inspired by our friends at Cardington, we are beginning to look at Eco-Church and how we can begin to work towards a Bronze award; having looked at the website and dabbled with CoPilot (AI) there are many ideas out there which can be used, some quick wins and others more long term. We shall keep you updated with our progress.

Earlier this year we were very sad to record the death of our former Minister and dear friend, Revd John Walker, aged 98. We held his Memorial Service in May and were very pleased to welcome so many people whose lives he had touched.

Best wishes from Steve and Olga

ARTICLE BY VICTORIA CHATIKOBO

TRINITY BIRTHDAYS

Time flies by so fast. It's hard to believe that it's been 8 months of celebrating birthdays each month at Trinity. We started this idea cautiously, not wanting to introduce new changes too quickly but also with the hope that the congregation would be open to the idea. It has been a wonderful journey of members coming forth each month wishing to be added to the month's birthday list. This year's gifts are a framed photo of the celebrants, and I am glad to say that many members have been willing to participate in this. For those not willing to have their photos taken, we had the idea to give them a photo of the church which many have been glad to receive. We have also enjoyed singing our signature birthday song every month and it has been a joy seeing everyone sing along with us.

We'd like to extend gratitude to everyone who accepted this idea with an open heart, for the significance it holds for many of our members who may not have anyone to celebrate their special day with. We look forward to the rest of the celebrations this year, hoping that next year will be even better!

Blessings in Christ, *Victoria.*



ARTICLE BY CAMILLA STRAUGHN

INTERNATIONAL SUPPER

On Saturday 16th August, members of our congregation and from the wider community all gathered together for our first ever International Supper Evening at Trinity Church. Our church hall was transformed into a vibrant celebration of food, culture, and community.

The idea was simple but powerful: church members volunteered to prepare various dishes, some from their home countries, creating a buffet that spanned continents. From jerk chicken and jollof rice to fragrant curries and flavourful stews, there was ample food available for all. It was an opportunity not only to taste new foods but also to share stories, traditions, and the love that went into each recipe.

The turnout exceeded expectations. Families, friends, and first-time visitors filled the hall, eager to sample dishes and connect with one another. It was a great opportunity to socialise, with laughter and conversation.

As the evening came to a close, it was clear that this International Supper Evening was more than just a dinner - it was a celebration of diversity, unity, and God's gift of community. We are grateful to everyone who cooked, served, and attended, making the evening a success. And judging by the smiles and conversations that lingered long after the tables were cleared, this may well become a cherished tradition for years to come.

Camilla



Photos by Maureen Bodden

CONTRIBUTION FROM FRANKLIN STRAUGHN

MY RESULTS DAY EXPERIENCE

A-levels is a tough journey for everyone. After years of revision, hard work, and perseverance, one email feels like it carries the weight of the world.

Waking up on Results Day, I was filled with nervous excitement. It was a long, anxious wait until 8am to get my results and to see if I had gotten into my firm university choice. Then, the email came, and I was ecstatic with my results, 3 A*s and 1 A. I rushed downstairs to tell my mum, dad and Corletta the good news. In that moment, I felt a rush of relief, and joy that words can hardly capture.

Going into school later that day, it was wonderful to see and talk to my classmates and teachers again. I think that every milestone is worth celebrating. I am so grateful to God for receiving such success in my academic journey, and pray He remains with us all as we progress into the different chapters of our lives. For me, the next chapter starts with Aerospace Engineering at The University of Sheffield. I will see where my career takes me in the future.

Franklin

ARTICLE FROM SUE BURRELL

FEED UP, WARM UP

What is Feed Up Warm Up?

Their website says.

“What we do is provide a safe, welcoming space, one evening a week, where guests can pop by to enjoy a hot meal and a chat, hear some live music, and find practical and emotional help.

Feed Up Warm Up is not a traditional food bank or homeless shelter. we also do homeless outreach, sending teams into our community to offer support where it is needed most, right across Hertfordshire.”

Many times, over the past few years we have all walked by the black plastic box lurking in the righthand corner of the entrance hall at Trinity Church, we might even have put a few items into it but where do these items go from there?

A small team of three people from Trinity Church empty this box on a Monday at 4.30pm and transport the items to the North Stand at the Lamex Stadium (Stevenage football ground). Here the items are very warmly welcomed and sorted ready for distribution later in the evening, and a big thank you is given by the people who help run this scheme.

Outside there is a queue of people of all ages waiting to be admitted at 5pm for a hot meal provided by the Feed Up Warm Up team. The food is prepared off the premises transported to the Lamex Stadium. The number of meals needed varies each week and this obviously makes catering a bit tricky. A quick dash to Asda for top-up supplies is not unheard of. Numbers vary but I believe they have catered for as many as 90 on a few occasions.

After everyone has eaten there is time to chat, hear some live music and find practical and emotional help.

At the end of the evening the donations brought into the Lamex Stadium earlier in the evening are handed out to each person for them to take away.

As you can imagine your donations of food and money (“a quick dash to Asda” doesn’t come cheap) are very much appreciated and needed and if you feel you would like to support the Feed Up Warm Up team in any way please go to their website and follow the links:

<https://feedupwarmup.co.uk/>

Many thanks for your time in reading this article.

Sue

ARTICLE FROM LUCY MITCHELL

TAIZÉ 2025

I have just got back from Taizé and this year there were lots of highlights-

Catching up with the Norwich group that I went with last year and enjoying playing card games with them.

The sunrise as we arrived. Re-uniting with international friends from last Taizé, especially over meals and evening drinks at Oyak.

Walking in the gorgeous French countryside and capturing some of it on camera.

Watching the women's Euros matches hiding from the rain and huddled over a phone screen for the final.

Listening to brother Matthew (the Prior) speak and answer questions at Bible study.

Getting sorbet and other local produce from the farm shop.

Singing with hundreds of people from all over the world at the 3 daily services and open mic.

Visiting the exhibition detailing the plants grown at Taizé and their purposes.

The candlelit services.

Playing Taizé twister etc!

My favourite Taizé tradition is that we write notes to each other in our songbooks next to the chants we liked the most. I will treasure them forever.

I would recommend Taizé to all young people (18-35) who love to worship through song, silence and community. The ultimate best thing about the Taizé experience is the people!

Lucy

TRINITY SPIRITUAL DEVELOPMENT

ARTICLE FROM MEL MITCHELL

FAITH AND DEVELOPMENT

Bible for All.

Our next planned session for Bible for all will be on Sunday 19th Oct.

During our sessions we look at different passages together after the service in an informal interactive way using some great resources. We have put some notes up from a couple of sessions on the noticeboard in the large hall next to the coffee hatch. On the 20th of July we looked at the life of Edith Cavell and how she lived a life of faith and service. We discussed Luke 22:7-27 and those we look up to who have lived a similarly inspiring life in their commitment. Please join us next time if you can.

Worship planning

Our next worship planning group meeting will be 30th of August at 2pm. Please let any of the group know if you have any worship styles or ideas you would like us to discuss for Trinity.

Singing/musical group.

We are aiming to keep building on our music group at Trinity. Please join us if you would like to on some Sundays when Victor is around after the service for 20-30 minutes. We will be learning some new songs/hymns and perhaps adding some harmony and percussion to the ones we already know.

Knebworth Village Festival

We had hoped to have a stall at the village festival again like last year but I was unable to commit to this in the end. We hope to next year. We heard from the event that there wasn't much to do at the festival so if you have any activity ideas for next year, please let me know. I would like to arrange another 'away day' next year when we take time out of our busy lives for a few hours and look at a Bible theme and spend some time together in worship and prayer. If you have any ideas for this or would like to help with planning, please let me know.

Mission statement and Trinity action ideas.

If anybody has any new ideas on how we can put our mission statement and vision for this year into action, please discuss them with each other and share them. Thank you, Mel

We worship the living God by:

- sharing God's love by continuing to welcome all and by participating in and supporting community events including The Youth Project.

- building on the sense of belonging, using God given gifts and nurturing the future growth of our church across all age groups and encouraging participation in all aspects of its life.

We seek to deepen our faith and become devoted followers of Jesus Christ through prayer and worship, developing our music and our understanding of Scripture, and to be a church that cares for God's creation in all our activities.

Mel

KNEBWORTH PARISH NEWS ARTICLES

ARTICLE FOR THE AUGUST ISSUE OF THE PARISH NEWS BY JOHN WHITTLE

TO SPEAK OR NOT TO SPEAK

The world is full of speakers, some of whom take to social media to enlarge their audience. We know how easy it is to say the wrong word, often uttered in anger, or out of frustration. It seems even easier to press **send**, and so dispatch a word that will hurt those who receive it. Often the recipients are sports women, politicians especially women and others who are in the public eye. Sadly, much of the content of messages are incredibly cruel and hurtful. I wonder which is easier to control - one's hand or one's mouth? Of course, the words originate in neither mouth nor hand, but in our thoughts and prejudices.

I wonder if we can learn a lesson from the cranes that inhabit the Taurus mountains in southern Turkey. For, I understand, they tend to cackle as they fly, and that noise attracts the attention of eagles who just love a nice crane for lunch or supper! The experienced cranes have learned to avoid that fate by filling their mouths with stones, prior to take off, and this inhibits their tendency to cackle. Wise birds!

The writer of Proverbs has several things to say about the mouth/lips, for example: **'A fool's mouth is his destruction, and his lips are the snare of his soul' (18v7)** And again- **'he who guards his mouth preserves his life, but he who opens wide his lips shall have destruction' (13v3)**. James, in his epistle, likens the tongue to a fire, being a small thing, which, like a match, can set a forest ablaze. And he claims that humans have tamed every kind of animal, but none has been able to tame the tongue! (see James 3 v.1f)

Friendships can be ruined by a careless word or tweet! Recall the effects of one woman's tweet calling on folk to burn hostels housing asylum seekers, following the terrible events in Southport last year. Alas, there is one man I wish was like the wise crane, and put stones in his mouth or boxing gloves on his hands! I leave you to guess who I might have in mind!

If only we could all guard our speech like the cranes! (yes, me included!).

I leave you with a verse from an Anonymous writer, and one from a hymn by F. R Havergal:

'Lord, help me watch the words I say	<i>'Take my voice and let me sing</i>
<i>And keep them few and sweet.</i>	<i>Always only for my King</i>
For I don't know from day to day	<i>Take my lips and let them be</i>
Which ones I'll have to eat!	<i>Filled with messages from Thee'</i>

John

ARTICLE FOR THE SEPTEMBER ISSUE OF THE PARISH NEWS BY REVD STAN

PRAYER FOR PEACE TO THE WORLD

Lord God, we have lost our childlike trust, lost the promise of your garden, lost our way to your Holy Mountain.

Come to us with your vision of hope. Our sight is clouded by the smoke of bombs and silenced by sirens. We have nowhere to go but to our knees.

Hear now the yearning of our souls as we silently pray for peace. We pray for our loved ones who fight in the air, on the waters, across the sand.

We remember for those affected by homelessness, poverty, hunger, sickness and death.

We pray for our world leaders who direct war and negotiate peace. We pray for ourselves, caught in a dilemma as peacemakers who hate evil and support justice, yet resist the option of war.

And because Jesus commands us to love our enemies even though it is difficult to, we pray for our enemies.

Lord, hear our prayers for the vision of a peaceable kingdom. May that old stump of Jesse's tree bring forth a new shoot, a new hope and a new future.

Mighty and everlasting God, bring peace, justice to our world and everlasting hope to your people now and always.

AMEN

Revd Stan

Adapted from *Praying the Season* by Sylvia Casberg, (2012). Sunny Fields Publishing, pgs 207 and 217.

KNEBWORTH FAMILY OF CHURCHES, INCORPORATING CHRISTIAN AID



There have not been any joint events organised since Easter, but we are pleased to see that our churches welcome one another at social events. We were glad to be joined at our recent International Supper by members of St. Thomas More and St. Martin's, and the Passion for Christ Church.

The Remembrance Sunday Commemoration Service at the War Memorial in Old Knebworth will be held on the 9th November at 12.30pm.



Tribute by John Whittle to Hilary Dyster's Contribution to the work of the Knebworth Christian Aid Committee.

Much was said at Hilary's Thanksgiving Service about the many ways in which she contributed to the life of the Knebworth Community and that of Trinity in particular. However, I want to highlight her 40 years of working for Christian Aid, for she was a founder member of KCAC and was its Minutes Secretary. This is revealed in three exercise books containing the Minutes of the KCAC meetings, written in beautifully clear writing, commencing on the 24th October 1983, and ending in 2011, when I began to record the minutes, and circulate them via email.

Hilary was still a member, and frequently acted as hostess to our meetings at her home, where, of course, we were served tea, cake and her home-made biscuits.

She always took part in the Christian Aid Sponsored Walks, and Christian Aid Services, sometimes providing the music. In the annual Christian Aid Week, she and Richard delivered, and then collected, the envelopes. They continued to deliver these when we changed the system, asking people to return their envelopes to the Post Office, or to the Coop. Hilary took the collecting buckets out, and collected them back; then we counted money at her house (with, yes tea etc.).

At the big October Coffee Morning Hilary had a stall with cakes and preserves adding to the money raised that day for Christian Aid. So it was so fitting that in her memory friends and family have raised **£635** for the work of Christian Aid.

John Whittle

MISSION AND CHARITY NEWS

These are the charities we are supporting at Trinity in the next 3 months. You can help through our charity offerings at services, coffee money donations, or directly if you can't make it to church. Don't forget that GiftAid adds 20 pence to every pound you give. If you pay UK tax, just give your name and address on the envelope, or ask Alan or Maureen.

September



Please bring along non-perishable food and toiletry items to the Harvest Festival service on 5th October. Haven First very much appreciate these donations, as well as the monetary collection we make over the month.

The Haven plays an important part in supporting vulnerable people in the local community who do not have the privilege of a home to which they can return each evening.

October



Commitment for Life is the United Reformed Church's global justice programme. They support the work of Christian Aid.

Commitment for Life is a way in which local congregations are enabled to participate in actions for justice around the world.

Commitment for Life belongs to every congregation. Many choose to support a region in the world through prayer, learning, advocacy, and action for justice.

Our partners are Christian Aid and Global Justice Now. Our four partner regions are Bangladesh, Zimbabwe, Israel and the Occupied Palestinian Territories, and Central America (Honduras, El Salvador, Nicaragua and Guatemala).

Commitment for Life means Life-Giving Faith, Defiant Hope & Generous Love

November



All We Can is a pioneering international development, relief and advocacy organisation that believes in the power of partnership. It has its roots in the British Methodist Church and is inspired by Christian principles to focus on those in greatest need. The charity works through partnerships to end the cycle of suffering caused by poverty, inequality and injustice, and was supported by Hilary Dyster. We hope to have a bumper collection in her memory.

The charity works through partnerships to end the cycle of suffering caused by poverty, inequality and injustice: 'We support and strengthen local partners – organisations, churches and emerging initiatives that share our vision and values – to implement effective and sustainable solutions for people living in some of the world's poorest and least served communities. We respond to humanitarian crises with emergency support and help communities to be better prepared for disaster.'

DATES FROM THE SOCIAL COMMITTEE (and KFC coffee mornings)

5th October - Bring and share Harvest Lunch after service

7th December - Gift Service followed by **Fellowship Christmas Lunch, all are Welcome**

21st December - Candlelit Carol Service at 3pm followed by **Mince Pies** etc

We look forward to seeing you at the above events

All Welcome at the Knebworth Family of Churches Monthly Coffee Mornings.

We look forward to seeing you at St Martin's Parish Centre on the following **Saturdays** between 10.00am and 12.00 noon:



20th September

18th October

15th November

RECIPE CORNER

RECIPES FROM TRICIA

CARROT, CUCUMBER AND LEMON DRINK

Good for your Kidneys and skin

You will need:-

1 Carrot sliced

Half a Cucumber sliced

Juice of 2 lemons

2 tablespoons of Honey – optional



Method: -

Squeeze the juice from the lemons over the sliced carrot add the cucumber and blend till smooth. Add honey if you wish - Enjoy.

SPARKING CIDER CUP

You will need:

1 Orange

1 Lemon

1 Apple

Sparkling Chilled Cider – 1 Litre 1.3/4 pints

Lemonade Chilled – 1 Litre 1.3/4 pints

Apple juice Chilled - 600ml 1pint

Fresh mint sprigs, to serve (Optional)



Method; -

1} – Slice all the fruit into a large bowl.

2} - Add the cider, lemonade and apple juice.

SERVE AS COLD AS POSSIBLE AND ENJOY.

CONTRIBUTION FROM PETER BODDEN

HISTORY OF JERK CHICKEN, THE DISH THAT PETER COOKED FOR THE INTERNATIONAL SUPPER (see page 10)

Jerk chicken, a staple of Jamaican cuisine, boasts a rich history rooted in the blending of the indigenous Taíno and incoming African cultures. The Taíno people, local to the Caribbean long before the arrival of European colonisers, developed a method of slow-cooking meat over an open fire. After the arrival of enslaved Africans in Jamaica, who were forced to work on plantations, some, known as Maroons, escaped and formed communities in the Blue Mountains.

They often cooked jerk in underground pits as well as on open fires. These were covered with branches from bay leaf trees which, apart from adding flavour, helped to conceal their location from the authorities.

The varieties of jerk dish recipes are as numerous as the islands in the Caribbean! Traditionally, using Scotch Bonnet peppers, which may be too hot for many, try making it for yourself using Jalapenos and/or vary to taste any one of the many recipes available online.



Photo is of the traditional way of cooking Jerk chicken by the chef at Blue Harbour, a complex that was built by Noel Coward for his visiting guests. His private residence, Firefly, is on top of the hill overlooking Blue Harbour and has stunning views of the glorious Caribbean and, inland, towards the Blue Mountains.

FROM THE METHODIST NEWS

80 YEARS SINCE HIROSHIMA AND NAGASAKI BOMBS

This week sees the commemoration of 80 years since the atomic bombing of Hiroshima (6 August) and Nagasaki (9 August). Sheila Norris, Partnership Coordinator for Asia and the Pacific, shares this reflection and prayer:



The Cenotaph for the Victims of the Atomic Bomb in Hiroshima is inscribed with the words, Let all the souls here rest in peace, for we shall not repeat the evil."

The Methodist Church has consistently held the position that any use of nuclear weapons would be immoral and catastrophic, and that sustaining the threat of indiscriminate destruction is totally contrary to the peace to which Christ calls us.

And so, with the United Church of Christ in Japan, we pray for peace.

A prayer marking the passing of 80 years since the atomic bombings:

We, as children of God and children of peace, continue to pray for the coming of God's kingdom.

We pray that the domination by force of strong governments and peoples over weak ones will come to an end.

We pray for the breaking of the chains of hatred between governments and peoples.

We pray that every weak and desperate individual be granted courage and the power to live.

And we pray for an end, throughout all the earth, of the nuclear threat.

Amen.

DATES FROM URC THAMES NORTH SYNOD NEWSLETTER

Worship Leader Training on Tuesday 2 September 2025 at 19:30 to 21:30 via

Zoom training@urcthamesnorth.org.uk

Youth Mental Health First Aid 22 September –

1 October www.bit.ly/youth-mhfa

Light on Friday 26 September 2025 at Lumen 6:15-8:15pm. Book with Maggie

Hindley m@maggiehindley.com

Disability Awareness Sunday – 28 September 2025

Wild Goose Resource Group 3-5 October 2025 at St Albans

URC gilldotelliott@googlemail.com

Festival of Church Music in Coventry Cathedral on Saturday 11th October 2025

Annual Dr Williams Lecture on Wednesday 29 October, at Senate House, London University.

Leading Your Church into Growth (LYCiG) 24-26 November 2025 at the Hayes

Centre training@urcthamesnorth.org.uk

Meetings of Synod Dates/Venues -

18 October 2025 Venue: Lumen

21 March 2026 Venue: TBA

17 October 2026 Venue: TBA

ECUMENICAL CHURCH SERVICES IN THE LADY CHAPEL

A **Free Church** service is celebrated monthly on a **Wednesday** of each month at **11am** with our Free Church chaplain and other ministers, and with a congregation from all denominations.



THE CATHEDRAL AND
ABBEY CHURCH OF
SAINT ALBAN

September 17th

The Revd Daniel Yovan
Minister of Hatfield Road and
Marlborough Road Methodist Churches.

October 1st

The Reverend Stephen Heap
Baptist Minister involved in ecumenical work.

November 5th

Doral Hayes Principal Officer for Ecumenical Development and Relations,
Churches Together in England

Contact: The Rev'd Simon Carver simoncarver@btinternet.com

www.stalbanscathedral.org

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Please send articles for the December issue of Trinity Quarterly to a member of the Editorial Team by 1st November at the latest:

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Diary date!

**TRINITY CHURCH
HARVEST LUNCH**

SUNDAY 5TH OCTOBER

AFTER THE MORNING SERVICE



