

Trinity Quarterly

Issue No 13: March – May 2026



Diary for March			
Sunday	1st	10.30 am	Morning Worship led by Kate Dickinson
Sunday	8th	10.30 am 12.00 noon	Open Church led by Gill Hughes KFC Christian Aid Frugal lunch Parish Centre
Sunday	15th	10.30 am	Mothering Sunday led by Steve Mason With Holy Communion
Saturday	21st	10.00 am	KFC Coffee Morning at St Martin's Parish Centre
Sunday	22nd	10.30 am	Cafe Style led by Mel Mitchell and Team
Saturday	28th	10.00 am	Trinity Open church coffee morning
Sunday	29th	10.45 am	Stevenage URC led by Revd Jim Dalglish NO Service at Trinity Church
Diary for April			
Thursday	2nd	6.30 pm	Maundy Thursday at Stevenage URC led by Revd Jonathan Hyde
Friday	3rd	10.00 am	Good Friday Service led by Becky Washington
Sunday	5th	8.00 am	Easter Breakfast Service with HC led by Kate Dickinson
Sunday	5th	10.30 am	Easter Worship with HC led by Kate Dickinson
Sunday	12th	10.30 am	Morning Worship led by Revd John Whittle
Saturday	18th	10.00 am	KFC Coffee Morning at St Martin's Parish Centre
Sunday	19th	10.30 am	Morning Worship led by Revd Stan Chatikobo
Sunday	26th	10.30 am	Morning Worship led by Jennifer Rogers
Diary for May			
Sunday	3rd	10.30 am	Morning Worship led by Revd Stan Chatikobo
Sunday	10th	10.30 am	Open Church led by Rosie Berry
Saturday	16th	10.00 am	KFC Coffee Morning at St Martin's Parish Centre
Sunday	17th	10.30 am	Morning Worship led by Revd Stan Chatikobo with Holy Communion
Sunday	24th	10.30 am	Pentecost Worship led by Jackie Hall
Sunday	31st	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

The Team and I wish you all a happy and healthy spring. Many have had winter colds and have taken some time to recover, so continue to eat well and rest. In March we look forward to some warmer weather and a chance to spend longer outside. One of my memories of early March is of sitting outside drinking tea with my week old daughter, her sister and their grandparents enjoying the sunshine.

I think I can say that our Carol Service in December was excellent and well attended. It was so good to see visitors and our younger folk so please come again. Perhaps we will find a way to welcome folk moving into new homes locally (I notice work has now started on a new estate in Woolmer Green).

At this time we are thinking of our students who are preparing for their exams and looking to achieve places in University, employment or new schools or just do well in their studies. When problems turn up perhaps remind yourselves of a hymn 'God is working his purpose out'.

We greatly appreciate it when our young people attend our services and events. We love to hear your news, plans for the future, any events you have enjoyed or are looking forward to. A few messages or even just a short comment from you, can, if you agree, be included in Trinity Quarterly. Our team are always looking for ways to improve Trinity Quarterly so please let us know if you would like anything different.

Please send articles for the June edition as soon as possible and before 1st May.

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

FROM REVD STAN - PRAYER FOR PEOPLE IN DESPAIR

Gracious God, there are times when we find ourselves in the wilderness of doubt and despair.

We look at our lives, at the world, even at you, and we are overwhelmed by a sense of hopelessness, by questions as to why you do not act to establish your kingdom or respond to us in our time of need.

Help us at such moments, when all seems dark, to put our faith in you, trusting that your light will finally shine again.

Inspire us with the knowledge that, time and again, it has been in the wilderness experiences of people's lives that you have been supremely at work - challenging, deepening and strengthening their faith, equipping them for new adventures, and opening the way to a richer experience of your love.

In that assurance, grant peace to the warring nations where lives are lost daily, where hope is diminishing, where courage to survive has been lost and where justice is no longer respected.

Lord may you be the pillar of strength and grant endurance for your people to continue trusting you in providing the answers to prayer.

Give us confidence to remain trusting in your care for the hungry and the homeless, hoping in your provision for the next meal and to know that one day we shall celebrate and forget the times of despair, singing, "It is well with my soul". We pray through Christ the giver of faith everlasting. Amen

Partly adapted from - SELECTED PRAYERS FOR PUBLIC WORSHIP by NICK FAWCETT. 2003. Pg 142. Kevin

FAMILY NEWS

CONTRIBUTION FROM GILL HUGHES

As in any family, the recent months have held both joy and sadness for the fellowship of Trinity. It is always good to share in seeing and experiencing the positive steps that friends make in life. Recently those included for us learning of Chloe and Dan announcing their engagement, the safe arrival of Gill's new grandchild in America, Stephen's plans for a post graduate opportunity of a year in Japan, Grace embarking on a new post in a hospital in Harare. Others have begun new jobs, or are seeking the right openings to do so, or working hard to secure qualifications to begin further study. We wish them all well as lives move forward.

Of course, we share concerns and anxieties and continue to support each other in whatever ways we are able, not least in the public and private prayers we offer, seeking comfort, reassurance, healing and peace wherever we sense the need. We include all who are recently bereaved, or recovering from hospital treatment, experiencing any sort of disruption to their life, or with concerns for their family and close friends. Sometimes the peace and quiet of our church is a good place to just be still and know that God is amongst us all.

Over recent weeks we have begun trying occasional "Open House" drop in space at Trinity on a Saturday (10 – 12). Very unstructured and informal, with a warm dry welcoming place for *anyone* to drop in and find a hot drink and friendship (new or old) to share chat, maybe get a small job done together, hang out and get to know each other better. No commitment to join. No big setting up, catering or clearing up. Simple sharing of conversation without an agenda, attendance list, apologies for absence or a fee to pay! The next planned date is Saturday 28th March... drop in if you feel like it.

Gill

MEMBER CONTRIBUTIONS

CONTRIBUTION FROM SANDRA ROBEY – THE BIG BOOK

For years I wanted things and things,
security and diamond rings,
recognition, admiration
(I'm only human) and salvation;
to know 'the secret'. Till I found
'the secret' was the thorns that crowned;
that the Kingdom is not hidden,
truth can never be forbidden.
And now and then in morning mist
I am sighted, held and kissed,
the Big Book breaks, the sunlight warms
with cutting rain, dark cleansing storms,
the crow caws hard, the newborn cries;
sweet love is born when my love dies.
God's life dissolves, there's just the lamb,
the silence in the self I am.

Stuart Barrie

ARTICLES BY REVD JOHN WHITTLE

You all know the rhyme about Mary and her little lamb; well, let me tell you of Kirsten who wrote a letter to a weekly journal to which I subscribe, you may know the publication to which I refer! A question had been posed by a subscriber asking **'Which animals can recognize individual people?** Kirsten responded by writing about his pet lamb, which he had when he was a child on a New Zealand farm. He named it Gorgeous George! Of course, it grew up and joined the flock. Sometime later, Kirsten was walking down to the beach along with his sisters, when on the far-side of a riverbed a shepherd was leading a flock of sheep, when suddenly one of the sheep left the flock, and ran to Kirsten baaing away at him. It was Gorgeous George which refused to leave him, and so he left his sisters continuing down to the beach, and walked back home, and put his friend into a paddock where some black sheep which his mother had bought and from which she planned to spin wool. Gorgeous George lived out his days there, and often when returning from school Kristin would say hello to him, and from time to time led him to the shearing shed to get shorn.

Jesus' spoke of the Good Shepherd, whose sheep knew his voice and followed him. Do we like Gorgeous George recognize our Friend, who calls us to follow him?

I leave you with some words from Charles Wesley's hymn **'Thou Shepherd of Israel and mine'** (*one that failed to get into Singing the Faith*). it continues **'the joy and desire of my heart. For closer communion I pine, I long to reside where Thou art; The pasture I languish to find where all, who their Shepherd obey, are fed on Thy bosom reclined, and screened from the heat of the day.'**

John

HOW GREAT THOU ART!

This wonderfully evocative hymn began life as a poem entitled 'O Store Gud' (in English it translates as 'O Great God') written by Carl Boberg (aged 26) in 1885, he was a Baptist preacher at a time when the church had to operate underground due to persecution in Sweden, and his poem was used in this underground church. Boberg himself wrote this account of how he came to write the poem-

It was that time of year when everything seemed to be in its richest colouring; the birds were singing in trees and everywhere. It was very warm; a thunderstorm appeared on the horizon and soon there was thunder and lightning. We had to hurry to shelter, but the storm was soon over and the clear sky appeared. When I came home I opened my window toward the sea. There evidently had been a funeral and the bells were playing the tune of "When eternity's clock calls my saved soul to its Sabbath rest". That evening, I wrote the song, "O Store Gud".

He did not intend it to become a hymn, so a few years later, he was surprised to hear it being sung to an old Swedish melody. That, however, is not the end of the story, for a generation later it was to be reborn.

Plymouth Brethren missionaries Stuart Hine and his wife were working in Poland where they learned the Russian version of Carl's poem, and Stuart then created an English version and rearranged the Swedish melody, and so was born 'How Great Thou Art'. Stuart a was inspired to write the first three verses by his experience when working in the Carpathian mountains where he heard the mighty thunder echoing around him. As he travelled further he was struck by the beauty of the woods and forest glades and the singing of the birds.

The Hines had to leave Ukraine during the Holodomor, or Famine Genocide, perpetrated on Ukraine by Stalin during the winter of 1932–1933, and they also left Eastern Europe at the outbreak of the Second World War in 1939, returning to Britain, where they settled in Somerset. Hine continued his evangelistic ministry in Britain working among the displaced Polish refugee community where he met a man who told him an amazing story: he had been

separated from his wife at the very end of the war, and had not seen her since. At the time they were separated, his wife was a Christian, but he was not, but he had since been converted. His deep desire was to find his wife so they could at last share their faith together. But he told the Hines that he did not think he would ever see his wife on earth again. Instead he was longing for the day when they would meet in heaven, and could share in the Life Eternal there. These words again inspired Hine, and they became the basis for his fourth and final verse to 'How Great Thou Art': **"When Christ shall come with shout of acclamation to take me home, what joy shall fill my heart. Then shall I bow in humble adoration and there proclaim, My God How Great Thou Art!"**

John

ARTICLES FROM JACKIE HALL

CONCERT SURPRISE

One Saturday in December I attended a Christmas concert. I went as a proud grandparent to hear my Grandson sing as part of a choir and was minding my own business and finding a seat with a good view when a voice shattered my peace with the friendly? words 'what are you doing here?' Ok I thought I was attending a Christmas choir concert but the person in front of me wasn't my grandson or indeed any of my family, it was Mr Colin Stringer a person well known to Trinity folk and I thought a friend. I spun round to be greeted by another person demanding to know what I was doing there. I was a little confused by this point and had a moment of dread that I was in the wrong place, but no, the Children's choir and the Sing Community Choir were sharing a platform and both singing separately and together. What a treat we had and who knew Colin and Liz Stringer had such magnificent voices. The concert was wonderful with a real mix of music from 'No room' sung by the community choir and words and music by Ruth Morris Gray. The children came next with let it go then Colin sang a magnificent solo with Welcome a star. Other musical numbers quickly followed from traditional to modern but all really good. The audience joined in with 'Hark the herald angels sing' possibly to earn our interval refreshments, and both choirs finished the first half with 'Merry Christmas everyone'. During the interval I spoke to several other Trinity folk, so a real family evening and of course grandson was praised for his enthusiastic singing, thank you. Our tea and mince pie were free, double thank you.

The second half started with the adult choir singing Locus Iste by Anton Bruckner. More songs - A Winter's Tale, Good king Wenceslas, Christmas Children by Leslie Bricusse; the concert continued again with a mix of traditional and modern finishing with a good rousing We wish you a Merry Christmas. The choirs both young and adult were brilliant and it was a very enjoyable evening: we went from music written in 1582 to music bang up to date written by Kelly Clarkson and all points in between. From a 'What are you doing here' well, Trinity folk do crop up in the most unlikely of places to 'We wish you a merry Christmas', safe journey home to well done, wow what a night, all in a couple of music packed hours. As to what I was doing there - listening to great music sung by talented enthusiastic singers and musicians and having a lovely time thank you.

Jackie

SKY DIVE

I was asked to write this article to explain how or why I did a sky dive a week ahead of the bungee jump I wrote about last time. In fact, many folk missed the throwaway line near the end so didn't even realise that I did a skydive last September.

It all happened by accident and please don't tell me that you can't do a sky dive by accident because you can certainly get signed up for one that way; I know because I did. Here's what happened - A friend told me she had won a skydive at a charity auction and it was with the Red Devils I mean, come on, the army parachute team, wow! I was suitably impressed and said so and that she would love it. She did look a little doubtful at that but also possibly? excited? Then I said I'm jealous, then she said if it could be arranged, would I like to come along - err let me think about that for a microsecond - YES please! A few emails, a small donation to the charity she was supporting and I too was jumping with the Red Devils exciting or what? No please don't answer that. So, on the day I excitedly travelled to Netherdown army base hoping and praying the fog would lift. All checked in I waited and practised the landing position because none of us wanted to face plant as we hit the ground. We also practiced the dive position which is lying in a star position but with arms and legs raised (wonderful for strengthening your core), then having changed into our so cool red suits, harness on and double checked, we went up in a tiny plane. Up and up we climbed past 10,000 feet onwards and upwards, nerves kicking in a little at this point but also excitement, then a final check of all harness points. We went past 13000 feet - a last chance to back out .NO. In position and when I say you have to exit the plane face first and avoid the plane's wing and tail but on 321 GO you plummet really fast. Air is rushing past you, wow it's awesome down and down you go then suddenly a jerk, a pause in your downward journey and you are now more upright travelling a lot slower. it's so peaceful and quiet and the parachute unfolds, still going downwards as parachutes don't have brakes. Then my guide spun me round so I could enjoy the beautiful view - it was totally brilliant. All too soon the tap on the shoulder and time to land so legs up and down to a safe landing and I'm feeling elated. It was great fun and I really hope to do it again sometime. The next problem was when would be a good time to tell my family what I did - hmm - turned out it was a week later after my bungee jump.

If you get a chance I really do recommend you have a go. Its great fun.

Jackie



ARTICLE BY JACKIE HALL - CARD READER

A Card reader for church?

This discussion comes up from time to time so let's look into it more closely.

Do we want a card reader for the church?

It will cost us (prices do vary) approx. £40 plus 1.69% transaction fee for a hand-held card reader or if we want a desk top card reader it's £80 plus the same transaction fee. Someone will have to set it up and keep an eye on it. We would pay a transaction fee for every payment. The prices may change if we decide to go ahead.

Reliable Wi-Fi is useful otherwise it gets more complicated.

This information is from the most reliable and well-known card reader firms but card readers are very useful for taking payments on the day - simply tap and we have the money in our account.

It's quick, clean and efficient. It can be used for any and all payments we personally make to the church but can't be set up to take regular monthly payments.

Let's decide one way or another so we can stop bringing this topic up again and again.

So, Trinity, do you want a card reader in church or not? Please let me know.

Jackie

TRICIA ON CELEBRATIONS

THANKSGIVING SUNDAY

In 2025 we introduced the "Birthday Celebrations"

At the beginning of each month, after the church service we gathered in the large hall to celebrate the birthdays together with tea, cake, etc and to sing Happy Birthday giving the birthday person a small gift.

This year, we'd like to grow that tradition into a Thanksgiving Sunday.

It will be a time to give thanks for the many blessings and milestones that shape our lives. It's a chance to pause, to celebrate God's goodness, and to recognize the gifts we see in one another. All you have to do is let us know what you are celebrating and if you wish we are happy to read this out for you.

Thanksgiving Sunday will be about gratitude — gratitude for years lived, for relationships that endure, and for the shared journey we walk as a church family. Whether you're celebrating something personal or simply joining in the joy of others, everyone is part of the celebration. At the heart of Thanksgiving Sunday is a simple idea: we notice one another, we celebrate together, and we give thanks for all that we've been given. These celebrations aren't about cake — although we'll happily keep that part, they're about recognizing that we're walking through life together. We support each other in the hard seasons, and we celebrate each other in the joyful ones.

So, if you have something to celebrate, let us celebrate with you. And if you don't, you're still part of the cheering section - because one day it'll be your turn, and we'll be just as loud for you.

Let us continue building a church that celebrates generously, and walks forward together in thankfulness.

Tricia

ARTICLES FROM SANDRA ROBEY

Each of you should use whatever gift you have received to serve others; as faithful stewards of God's Grace in various forms. 1 Peter 4:10

Last Easter Sunday, I sat between the two services with time to read from a Church Bible, dedicated to Liz Stringer's Mum, time to sit, to reflect and to simply observe. There were delicious aromas coming from the kitchen, thanks to Steve and Jackie, who provided us with such a delicious breakfast. Becky was putting the finishing touches, with flowers to the cross, our centre piece, bedecked with spring flowers.

Those present were anticipating the good news that our Lord Jesus was indeed alive, following on from the sadness of Good Friday, a witness by Kathy and Rosie, then there was the carrying of the cross around Knebworth village, as Churches came to witness together.

Revd Stan challenged us with his Easter Sunday Sermon; we are truly blessed to have the Chatikobo Family with us. I felt such a sense of gratitude for Trinity Church, for all that is done to make everyone feel included, acknowledging that in many other parts of the world, fellow brother and sister Christians have to meet in secret, risking their very lives by simply possessing a Bible. We sang joyful hymns, the one from which I read was a hymn book, dedicated to dear Arthur Biggs. I thought of my dear friend Kay Stafford, who had been the catalyst that brought me to Trinity, then of other Friends who have gone to glory...RIP

How blessed are we to have our talented musicians playing so beautifully. I know of other Churches who struggle on this score and resort to CDs. We have live music... young people take part in worship, and give us hope that the future is bright. Thanks go to all those "I quietly observed" and to the many others who do much behind the scenes, weaving a tapestry of love. It is greatly appreciated, as we come together this Easter to witness and to honour the 1 Peter 4:10 quote...

'Each of you should use whatever gift you have received to serve others; as faithful stewards of God's Grace in various forms.'

On this day, we have seen it all.....

Everything dies.

Life dies. Death dies.

Everything is done.

Except love.

Only love is not done.

Only love will not die.

Everything is finished, except love.

Love bears all things,

believes all things,

hopes all things,

endures all things.

At some point everything will be done.

Except love.

Love is never done...

The ultimate act of hospitality was when Jesus Christ died for sinners to make everyone who believes a member of the household of God."

Alleluia.

Sandra Easter 2026

I can't picture God.

I have no clue to what she looks like;

just a sense of something there, to which I pray.

Christ I can imagine,
though not the pale-skinned Jesus of my childhood
feeding lambs; my Christ is quite different.

The Holy Spirit – Wild Goose, wind and wave.

But angels – those I do know something of;
not the dolly ones, with papery wings and painted faces
balancing on tops of Christmas trees,
or even Fra Angelico's gentle agent –
though he comes closer.

No, but the man who shared my bereavement story
on a train, the asylum seeker who showed me life
beyond myself, the young woman
who opened a wider world to me,
teaching me empathy,
and warm eyes above a mask.

They are but messengers, interpreters,
not gods, but those of spirit
conveying the best of all we can receive
when least expected:
the love of God.

Jill Rhodes

Walking through Advent... a challenge,

Prayer contribution from Tricia

Loving God,

Thank you for the turning of the seasons
and for the promise of new life in every fresh beginning.

As spring unfolds,
open our eyes to beauty,
our hearts to hope,
and our hands to generosity.

Help us to step into these months with lightness,
to let go of what has weighed us down,
and to welcome what brings growth and joy.

May we bloom where we are planted.

Amen.

ARTICLE BY JOHN WHITTLE

Bread from heaven (Adapted from Rev. John P Cubie in the **Expository Times**)

Bread comes in many different formats, indeed we are faced with overwhelming varieties on the shelves of the supermarket-white, brown, black, French, Vienna, wholemeal, low-calorie, rye and pumpernickel, sour bread and so on. All of which come in all shapes and sizes.

This reminds me of the variety of folk that make up the life of the church. Black and white a reminder that the Gospel is colour blind, for though Paul writes of being in Christ no Jew or Gentile, slave or free etc. he makes no reference to colour. Indeed, the early church soon expanded to many nations from Egypt to Italy, to North Africa to France and beyond. The Gospel was proclaimed without distinction among races.

In Richmond Virginia the capital of the old Confederation, just following the American Civil War, on one Sunday a black man walked into a fashionable Episcopal Church at the beginning of the Holy Communion. When his turn came to communicate, he walked down the aisle, and knelt at the altar rail. A shocked silence swept through the congregation – whereupon a distinguished looking white worshipper came forward, and knelt beside the black man. The white man was General Robert E Lee, a Confederacy hero; at that moment he rose above the cause he had fought for into Christian greatness, and evidenced the words of the Book of Revelation – **“All nations shall come and worship before Thee”**.

In Scotland there is a further range of bread, known as **Plain and Pan**, and in some parts of that land these labels denote class. The Pan-loaf was used by ordinary people to refer to the Upper Class-Upper Crust!

Bread of the Gospel - one should say is both pan and plain, because the Gospel is for people whatever their social class, from prince to pauper! Yet, at first in the Early Church there were not many top-class among its ranks, so St. Paul writes to the Corinthians- **‘Where is the one who is wise? Where is the scribe? Where is the debater of this age? Has not God made foolish the wisdom of the world?’**

Just as the bakery caters for many tastes and needs, so the Gospel is beyond all diversity of temperaments, offering sustenance and hope for all – **‘For all my Lord was crucified, for all, for all my Saviour died.’** (words from a well-known hymn-writer! 358 StF).

A minister once asked some folk why they had decided to join the church, one man replied he was rejoicing at the birth of a son after years of waiting. This had made him so grateful, and aware of his new responsibilities, that he wanted to live a fully Christian life for the boy’s sake, as much as for his own. Another man had been looking forward to getting married, when two weeks prior to the day, his fiancée died - he was coming to find solace in the comfort of the Christian fellowship, and the support of the Gospel. The minister put it this way – **“One came with cup filled, and running over- the other with his empty chalice.”**

The Gospel is sliced bread to the simple, and cottage loaf to the homeless, and refugees, providing spiritual shelter, and security. But, more fulfilling than any earthly bread is **the One who came from heaven and declared ‘I am the Bread of Life. Whoever eats of this bread will live for ever’ John 6 v.51.**

John

CONTRIBUTION FROM SANDRA ROBEY - IONIAN THOUGHT FOR THE DAY

You delight our senses:

the rainbow’s playful light, the vibrant colour of spring flowers;
the tang of the salt-sea air and the smell of freshly baked bread;
the taste of strawberries and raspberries and vanilla ice cream;
the sound of children laughing, of church bells and Bach;
the reflex grip of a tiny baby and the familiar embrace of a friend ...
And it leaves us lost for words ...

ASHWELL CHURCH NEWS

FRIDAY 6TH MARCH - ASHWELL'S WORLD DAY OF PRAYER SERVICE AT THE URC
(time to be decided)

SATURDAY 14TH MARCH – LENT LUNCH – FROM 12 NOON – 1.30PM

Lots of tasty soups, served with a variety of breads, followed by delicious puddings and unlimited tea or coffee.

Suggested donations in region of £8 per head. To be given to charity. (but we haven't decided which one yet!)

FRIDAY 3RD APRIL – GOOD FRIDAY WALK OF WITNESS

For churches in Ashwell. Starting at St Mary's Parish Church at 10am, finishing at the URC with coffee and Hot Cross Buns.

EASTER SUNDAY SERVICE AT 10.45AM

To be led by Revd Stan Chatikobo and including Communion

SUNDAY 10TH MAY – ASHWELL 'AT HOME' 12 NOON – 5PM

Village open day – lots of gardens, Morris Men, museum activities, village tours, handbell ringers, Tudor dancing, lunches & teas in loads of places etc. URC is always open (sometimes with organ recital.)

[Programmes not on sale yet – but proceeds are for churches, museum and school]

Ashwell United Reformed Church, High Street, Ashwell, SG7 5NL

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GREETINGS FROM WALKERN AND SANDON!



Many of you may have wondered how we came to be linked with Sandon, so here is a brief explanation. A small Chapel was opened for worship at Redhill within the Parish of Sandon in 1720, so was a very early site for Nonconformist worship. When that finally closed in the middle of last century membership and responsibilities transferred to the newer Chapel at Roe Green in Sandon and later when that closed everything transferred to Walkern.

John Walker was Lay Preacher in both Sandon and Walkern so he was the direct link. He was given permission by the then Bishop of St Albans to conduct Nonconformist worship once a month in the Parish Church, and we still maintain good relations with All Saints Sandon.

continued overleaf...



Our Church entered a tree in the Christmas Tree Festival run by St Mary's Walkern and we titled it "Peace for Christmas". Thanks to the wonderful efforts of Grace and Victoria, we won the prize in the adult category. The prizes are determined by votes from those attending the event so that was doubly pleasing. Also, people were invited to add their own prayers and it was very encouraging to realise how many took advantage of this.

The Week of Prayer for Christian Unity is marked every year in our LEP of Benington & Walkern. We hosted mid-week Communion on Thursday morning, led by Stan and on Saturday morning we all again enjoyed The Big Breakfast in the Parish Hall in Benington. We all enjoyed a wonderful cooked breakfast and afterwards heard a very inspiring talk by the Bishop of St Albans.

Following on from our last contribution we thought it would be good to explain Julian Prayer in more detail.

Julian Prayer is a contemplative, quiet form of Christian prayer inspired by **Julian of Norwich**, a 14th-century English mystic; and it centres on stillness, trust, and resting in the love of God rather than speaking many words. It's a **gentle posture of the heart which seeks** insights into God's compassion, safety, and oneness with us.

The Purpose of Julian Prayer -

Rest in God's love

Julian's famous assurance "All shall be well" isn't a slogan but a spiritual stance. The prayer invites you to sit in that truth until it becomes lived experience.

Let go of fear

Julian believed fear distorts our sense of God. This prayer gently loosens fear's grip and replaces it with confidence in God's goodness.

Oneness with God

Julian uses the word "**oneing**" to describe the deep union between God and the soul. Julian Prayer cultivates this sense of shared life.

Attend to God with simplicity

There's no striving. No complex structure. Just:

- Stillness
- Awareness
- Trust
- Love

Hold the world before God

Julian's cell had a window to the street so she could listen and pray for others. Julian Prayer often includes a quiet intercession shaped by compassion rather than anxiety.

What do we do at Walkern?

We gather every 2nd Sunday at 3pm in the Chapel in the High Street Walkern.

Sitting in a semi-circle we read a meditational passage and keep a period of about 20 minutes silence (easier than you think) and everyone has a copy of the meditation to help focus on the words.

In the twenty minutes it's about reading through the passage and focusing on words which resonate, which speak to us, and ponder them to allow God to speak through those words.

After 20 minutes the passage is read again, followed by the Lord's Prayer and the Grace

If you are interested in joining us you will be most welcome.

Best wishes from Steve and Olga

TRINITY SPIRITUAL DEVELOPMENT

ARTICLE FROM MEL MITCHELL - FAITH AND DEVELOPMENT

Our 'True Worship' away day will have happened by the time this goes to print so hopefully you will see some of the results of it around church.

Bible for All.

Our next planned session for Bible for all will be on Sun 24th May and 14th June. The May date is Pentecost and a picnic event is being organised by St Martins. It falls at the end of Thy Kingdom Come 2026 (the 10 day Church of England event that encourages us to pray for others to find faith) so we might turn that into a prayer walk round the village to the picnic. If anyone has any thoughts on this please let me know.

Usually during our sessions after the service we look at different passages together and have an informal conversation about it using some great resources.

Worship planning

Our next worship planning group meeting will have met on 28th Feb. We have invited Neil Thorogood to preach at Trinity during next year. Please let any of the group know if you have any worship styles or ideas you would like us to discuss for Trinity and we can discuss it at the following meeting.

Singing/musical group.

We are aiming to keep building on our music group at Trinity. Please join us if you would like to at rehearsals. We will be learning some new songs/hymns and perhaps adding some harmony and percussion to the ones we already know. We will have practised some at the away day.

continued overleaf..

Village festival

This year we are hoping to have a stall at the village festival on Sat 20th June. Please let me know if you have any ideas on how we can do this. The feedback from the last 2 events is that there haven't been enough interactive things to do there, so perhaps we can have activities and Bibles on hand or a prayer box. It would be great to be present at this community event.

Our current Mission statement.

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.

Thank you,

Mel

ARTICLE FROM KATE DICKINSON

ONE TRUTH YOUTH

On Saturday 7th of January I had the pleasure of hosting, with the support of Chloe Oyetunde, five members of One Truth. Although not as many people as hoped, a lot of noise from chatter and laughter was still created.

Chloe had brought along some motivational postcards which the group coloured whilst catching up on each other's news. The takeaway of choice was Domino's and the sound level dipped slightly whilst copious amounts of pizza and assorted sides were consumed followed by ice cream. The evening ended with a couple of rounds of Uno Flip which brought out our competitive natures especially among siblings!

It is always a pleasure hosting these get-togethers, not only seeing everyone chat and reconnect but being able to witness these young people bloom into adulthood. It is hoped to hold another get together at Easter but with work commitments and family commitments it is difficult to get members together. However, Chloe does a great job of running the WhatsApp group and keeping the members in touch with each other wherever they are in the country. Some members of One Truth are more active in the group than others but please could you continue to keep them all in your prayers.

- Chloe O who has recently become engaged to Dan
- Corletta discerning her next steps following completion of her Master's degree
- Libby working at Hitchin Girls' School as a Learning Support Assistant
- Andy working at Starbucks whilst considering their next steps
- Stephen in his final year at York University hoping to spend time in Japan later in the year, teaching English

- Kacey in her final year at York University
- Lucy in her second year at Kent University studying Modern Languages and planning for her year abroad starting in September
- Franklin in his first year at Sheffield University studying Aerospace Engineering
- Sophie in her final A level year planning to study Primary Teaching at University
- Millie in her final A level year at Hitchin Girls' School
- Chloe in her GCSE year at Hitchin Girls School



From left to right: Chloe, Sophie, Lucy, Chloe, Corletta, Franklin *Photo and article by Kate*

KNEBWORTH PARISH NEWS ARTICLES

ARTICLE FOR THE FEBRUARY ISSUE BY REBECCA WASHINGTON

For what will you be remembered? Having been to a few and planned a funeral recently listening to all the memories got me thinking what would be said at my funeral? She had a love of animals, could cook well, loved to travel? But it also got me thinking who would still be talking about me say 10 years after I am gone? One hundred years? One thousand years? I don't think I have made that big of an impact to be talked about not like Jesus. We are coming up to Lent on the 18th of February with Ash Wednesday and it's been nearly 2000 years since he spent 40 days and nights in the wilderness, nearly 2000 years since he died for us. In his short time, he made a huge impact on the world around him, so much so it was written down and we can read the New Testament translated into over 1,500 languages still today. We can remember Jesus' life through his parables, his many miracles, his teachings, Christians around the world still talk about Jesus, still remember his love, his life after 2000 years. Most of us won't make that kind of impact on the world to be remembered for that long, but God will remember us, he remembers us all, he calls us by our name, for we have followed his teachings, we have followed the path he laid for us, we are loved by him. So let us remember this Lent all the Christians in the village, in Hertfordshire, in the United Kingdom, in the world as we journey together this Lent to share the stories of our Faith once again.

Becky

ARTICLE FOR THE MARCH ISSUE OF KNEBORTH PARISH NEWS BY JACKIE HALL

Music truly is a gift from God. It can calm the soul, excite, stimulate, make us laugh, express love. It can release energy it can link us in harmony with others, bridge generations. We can share music with others even if we don't understand each other's language. It can be religious, secular, funny, serious or somewhere in between. It's calorie free and diet friendly. I've never heard of anyone being allergic to music though we may have preferences as to genre or artist or we may have a wide range of taste. Music can evoke memories in all of us even those affected by illness.

Music can deepen faith with its pure beauty but also get us dancing around the kitchen. I know we are supposed to rock around the clock but as my clock is on the wall that would present certain difficulties. Music can open up conversations with others and can lead to lots of great things happening concerts to attend and enjoy. Some sing in choirs not for glory but for the joy it brings. Others prefer to just sing in the shower or the car, but everyone enjoys music of some sort. Some of us have favourite hymns not only because we enjoy singing them but because they bring back memories of loved ones who also loved that particular hymn. It doesn't matter if we are experts, very knowledgeable, can play a musical instrument or if we can't read music and simply know what we like! We can all enjoy music in some form or other. Thanks be to God for his wonderful gift.

Jackie

CONTRIBUTION FROM KATHY COLE



On Saturday 14 February about 20 ladies got together for a craft day at Trinity. There were 4 crafts to try, felting, book folding, flower arranging and card making. People were able to try crafts they hadn't attempted before with help from experienced crafters.

Together with lots of chat, coffee tea and cake, plus a light lunch, a good time was had by all.

I must say a huge thank you to all who helped set up, run the groups, donated cakes, dealt with the money and cleared up at the end, a very fruitful day!

Kathy.

KNEBWORTH FAMILY OF CHURCHES, INCORPORATING CHRISTIAN AID



The KFC steering committee meeting met in January and had a positive meeting. A morning prayer session for the Week of Prayer for Christian Unity was held at Trinity on Friday 23rd and was well attended with people from the other churches.

Revd Charles has invited the other churches in Knebworth to join St. Martin's in their **Lent Course on Wednesday evenings** from 8 to 9pm for 5 weeks starting on 25th February. There will be a 15 min video with an interview by Paula Gooder of former Archbishop Rowan Williams, based on his book 'Discovering Christianity', followed by a discussion to be facilitated by leaders from the different churches. There is a new theme each week; just turn up for the sessions you can make. Contact Maureen for more details.

The Good Friday walk will start at St. Thomas More at 11/11.15 am and ends at Trinity for refreshments and the traditional hot cross buns.

A picnic on the green is planned for **Pentecost Sunday afternoon, 24th May**. People are invited to bring their own sandwiches/snacks, and the different churches are being asked for people to bring cakes to be shared. If it rains we will move into the Parish centre.

Please don't forget to support the **food bank collection** (green box in entrance hall), which is taken on Mondays to the Lamex Stadium for distribution by the **Feed up Warm up** Charity.

The dates for KFC coffee mornings are on the front page of this issue.

The Eden Consort will be presenting 'Advent Voices' at Trinity on Sunday November 29th, and all KFC churches are invited.

Graham Fothergill has stepped down as secretary after giving many years of support and commitment. He will however continue for the time being to organise the Remembrance Sunday commemoration in old Knebworth. A big thank you to Graham.



COME AND HEAR OF THE WORK OF CHRISTIAN AID IN KENYA

There will be a Christian Aid frugal lunch at St. Martin's Parish Centre on 8th March from midday. There will also be a video and talk on the situation in Kenya.



Soups, roll, cheese, biscuits and drinks will be provided but we hope for donations for the Kenya appeal.

The Christian aid committee will also be organising the collection in Knebworth during the Christian Aid week from 10th to 16th May.

Maureen

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 Gift Aid adds 25 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.

March



The Living Room premises are at The Glebe in Stevenage and the organisation helps young people with addiction problems. For a number of years now they have provided a day care service for adults receiving about 200 referrals each year. Thanks to a grant from the Hertfordshire Community Foundation the service has been extended to 13 to 17 year-olds.

The Living Room helps young people addicted to, or at risk of becoming addicted to, alcohol, street drugs such as cannabis and cocaine, or prescribed drugs such as sleeping pills. The Living Room hopes its success will inspire other organisations to invest in its work.

[Shaped by Lived-Experience: Our new Change Pathway](#)

We have recently updated our Theory of Change, a simple way of illustrating the journey our clients take through treatment at The Living Room.

Keep yourself posted on the latest news and events at The Living Room with **Shout Out!**, our monthly newsletter. Subscribe today. <https://www.livingroomherts.org/>

April



World Mission Fund

Our Easter offering and charity of the month for April this year is The Methodist Church World Mission Fund. This fund supports programs which are currently administered through Global Relationships.

See more at: <https://www.methodist.org.uk/about/support-the-church/give/about-our-funds/world-mission-fund/>

May Christian Aid



Christian Aid is the official relief and development agency of 41 Christian churches in the United Kingdom and Ireland, and works to support sustainable development, eradicate poverty, support civil society and provide disaster relief in South America, the Caribbean, Africa and Asia.

Christian Aid also organises the UK's largest door-to-door collection, Christian Aid Week, which takes place in May each year.

Christian Aid Statement: 'Our values are rooted in our Christian belief and are based on our understanding of relational theology, which asserts that human beings are called to have a special relationship with God and in turn to have a particular relationship with one another. Everything we do is in response to God's gift to the world, of his son Jesus Christ.

<https://www.christianaid.org.uk>

DATES OF SOCIAL EVENTS

28th March - Open church coffee morning at 10am

12th July - Annual Church BBQ

We look forward to seeing you at the above events

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:



21st March, 18th April, 16th May

EASTER BREAKFAST 5TH APRIL

EVERYONE WELCOME to break their fast at TRINITY after the 8am service led by Kate, so at 8.30 everyone is invited to join us for the traditional Easter breakfast. There will be the usual healthy eats of fruit, cereal and yoghurt, and the more substantial eggs, bacon, sausage, hash browns, mushrooms and beans. For the undecided there will be croissants and toast and of course, lots of tea and coffee and maybe a chocolate egg or two. You can pick and mix to your hearts content and even go back for seconds or even thirds. We make no judgement on Easter day.

A sign-up sheet will be put in the lobby closer to the day to help with our shopping but if you wake up peckish on Easter day, we promise there will be plenty.

Attendance at the early service welcomed but not compulsory .

We hope to see you at Breakfast on Easter day.

Jackie and Steve

RECIPE CORNER - RECIPES FROM TRICIA

As we move through Lent and into the joy of Easter, many of us enjoy baking something special to share with family and friends. While traditional Easter fruit loaves are always loved, this lighter spring fruit loaf is a lovely alternative – full of gentle sweetness, bright citrus, and simple ingredients you may already have at home



Spring Citrus and Apple Fruit Loaf

Ingredients

- 225g (8 oz) self-rising flour
- 100g (4 oz) soft brown sugar
- 100g (4 oz) mixed dried fruit (raisins, sultanas, cranberries)
- 1 small apple, peeled and finely grated
- Zest of 1 orange or lemon
- 1 tsp mixed spice or cinnamon
- 1 large egg
- 150ml (¼ pint) milk
- 50g (2 oz) melted butter or sunflower oil

method overleaf...

Method

1. Preheat the oven to 180°C (350°F / Gas Mark 4). Grease and line a 2 lb loaf tin.
2. In a large bowl, mix the flour, sugar, dried fruit, grated apple, zest and spice.
3. Beat the egg with the milk and melted butter, then stir into the dry ingredients to make a soft batter.
4. Spoon into the tin and smooth the top.
5. Bake for 45–55 minutes until golden and a skewer comes out clean.
6. Leave to cool in the tin for 10 minutes, then turn out onto a wire rack.

Delicious served plain, lightly buttered, or with a little honey. – Enjoy Tricia

FAT FREE FRUIT LOAF - For those wishing a healthier option

Ingredients

- A 900gm or 2lb loaf tin.
- 250gms Sultanas
- 250gms Currants
- 250gms Caster Sugar
- 375mls Cold tea
- 500gms self-rising Flour
- 1tsp Mixed spice
- 1 egg



Method

1. Place the dried fruit and sugar in a large bowl and pour over the tea, stir well and leave to soak overnight.
2. Set oven to 180c – 160-c for fan assisted – Gas 4
3. Beat egg well into the fruit and tea mixture. Sift in the dry ingredients and stir well. Put mixture into a loaf tin and bake for about 1 hour 10 mins until firm to touch and skewer comes out clean.
4. Remove from tin and allow to cool

I tend to cook the loaf for longer than it says, but as you know each oven is different. I find this loaf is better for being left for at least 24 hours before eating. I wrap it well in grease proof paper. It also keeps well in an airtight tin.

Tricia

MESSAGE FROM THE METHODIST NORTH HERTS CIRCUIT Stewards

As we move into a new year the Christmas celebrations seem a distant memory. Decorations and Christmas lights are packed away but the dark winter days are still with us. It has not been an easy introduction to 2026. There have been gales, snow and rain and a great deal of political uncertainty, both in this country and in the rest of the world. The Christmas message of the angels proclaiming glory to God and peace on earth seems a long way away from what is happening in our world today. Mary, Joseph and Jesus were forced to leave their home and seek shelter in another country.

The world of two thousand years ago sounds very much like our world in 2026 where displacement of people and the threat of wars impact people's security. However, the message of Christmas is one of hope, comfort and reassurance.

"In Him (Jesus) was life, and that life was the light of men. The light shines in the darkness, but the darkness has not understood it"

We need to try and hold on to that image of light as we move forward with our individual lives together with mission for our churches within the life of our circuit.

2025 was a year where the circuit had to make difficult decisions. The closing of 3 churches was painful. All our churches have had to face the realities of the effects of pandemic lockdown on finances, church communities, outreach and mission. But there is light. At Stotfold, although the premises have been sold, the new owner is providing space for the congregation to continue worshiping on Sundays. Baldock church has been sold to a Christian fellowship. We are expecting that there will be completion of the sale of Arlesey very soon and that also will be to a Christian fellowship. The Hitchin manse at Maytrees has been refurbished and the garden has had some attention. It is now ready to receive new tenants.

We have just appointed a part time Circuit Property Officer. Mandy Howard will share responsibility with the circuit property group for overseeing the circuit property management.

Over the last year 3 members of the circuit leadership team have stepped down. We would welcome any church member who has an interest in working with us to have a conversation with your minister or a member of the circuit team. In changing times it is so important that we look for fresh ways to sustain our circuit and our churches as we seek God's guidance in the way forward for the North Herts. Methodist Circuit.

DATES FROM URC THAMES NORTH SYNOD NEWS

Wise Words - Youth Assembly 2026 27 February to 2 March 2026. [Book here](#)

URC Youth Leaders Gathering 27 February-1 March 2026 at Highgate House, Northampton. [Register](#)

Godly Play UK Conference 2026 5-6 June 2026 at St Andrews Church, Rugby. Information and booking [here](#).

Limitless Festival 2026 on 5-9 August 2026 at Stafford Showground. mdoandrew@urcwestmidlands.org.uk or mdosally@urcwestmidlands.org.uk

Join JPIT on Iona from 17-23 October 2026. Bookings are now open. Find out more [here](#).

Meetings of Synod Dates/Venues -

21 March 2026 Venue: TBA

17 October 2026 Venue: TBA

Please note: Synod meetings are usually on the 3rd Saturday of March and October.

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

4th March The Reverend Mary Moody
Regional Minister, Central Baptist Association.

1st April The Reverend Kevin Walton
Canon Chancellor, St Albans Cathedral.

NB: this service will precede a service of burial of the ashes of the Revd Peter Hudson

6th May 2026
The Reverend Ian Green
Minister of Amersham Free Church.

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

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

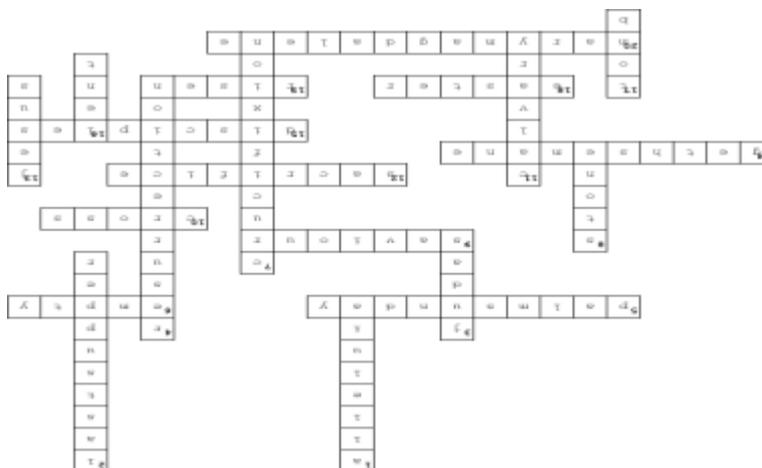
Maureen Bodden: maureen.haycock@gmail.com

Tricia Easdale: peasdale@aol.com

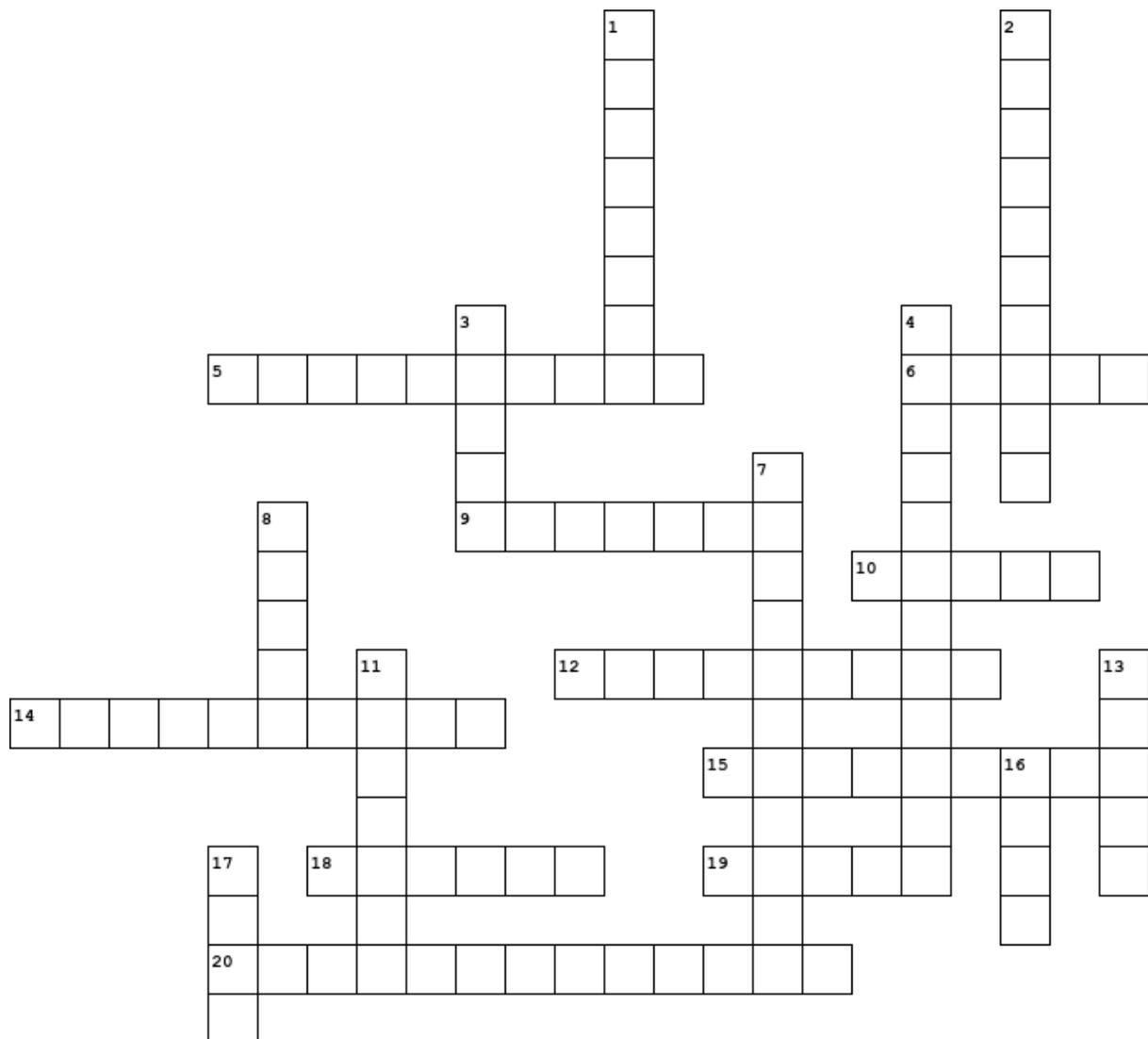
Camilla Straughn: camillastraughn@yahoo.co.uk

Rosemary Rudkin: rosemary@tonyrudkin.f9.co.uk

ANSWERS TO CROSSWORD (overleaf)



Easter Crossword – Contribution by Corletta Straughn



Across

5. The day Jesus entered Jerusalem before His death
6. What the tomb was found to be on Easter morning
9. The one who saves people from their sins
10. The wooden structure where Jesus was crucified
12. Giving of Christ's life for the sins of the world
14. Garden where Jesus prayed before His arrest
15. The followers of Jesus
18. What we celebrate because Jesus rose from the dead
19. Describes Jesus after He came back to life
20. One of the first people to see the risen Jesus

Down

1. A joyful word of praise celebrating the Resurrection
2. The final meal Jesus shared with His disciples
3. The disciple who betrayed Jesus for thirty pieces of silver
4. Rising from the dead on the third day
7. The death of Jesus on the cross
8. Rolled away from the entrance of the tomb
11. The hill where Jesus was crucified
13. Who rose from the dead
16. The 40-day period of preparation before Easter
17. Where Jesus' body was laid



Join us for a frugal lunch
in support of the
KENYAN APPEAL

Christian Aid Frugal Lunch for
THE KENYAN APPEAL

Sunday 8th March 2026, 12:00 for 12:30pm

at ST MARTIN'S PARISH CENTRE
Knebworth

**COME AND HEAR OF THE WORK OF
CHRISTIAN AID IN KENYA**



Soups, roll, cheese, biscuits and drinks
will be provided **FREE** but we hope for
donations for the Kenyan appeal.