

Trinity Quarterly

Issue No 14 : June – August 2026



Diary for June			
Sunday	7th	10.30 am	Morning Worship led by Revd Stan Chatikobo
Sunday	14th	10.30 am	Café Style led by Mel Mitchell and Team
Saturday	20th	10.00 am	KFC Coffee Morning at St Martin's Parish Centre
Sunday	21st	10.30 am	Father's Day Service led by Jackie Hall with Holy Communion
Sunday	28th	10.30 am	Morning Worship led by Kate Dickinson
Diary for July			
Sunday	5th	10.30 am	Morning Worship led by Christine Warren
Sunday	12th	10.30 am	Morning Worship led by Revd Dr. George Watt Followed by Church BBQ
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 With Holy Communion
Sunday	26th	10.30 am	Open Church led by Gill Hughes
Diary for August			
Sunday	2nd	10.30 am	Open Church led by Becky Washington
Saturday	8th	5.00 pm	International Meal hosted by Trinity
Sunday	9th	10.30 am	Morning Worship led by Kate Dickinson With Holy Communion
Saturday	15th	10.00 am	KFC Coffee Morning at St Martin's Parish Centre
Sunday	16th	10.30 am	Team Worship led by Camilla Straughn
Sunday	23rd	10.30 am	Morning Worship led by Steve Mason
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

Welcome to the Summer Edition of Trinity Quarterly. On behalf of the team and our readers we thank those of you who have contributed articles for this edition. We know that revision and exams have been a priority for younger readers and hope you are well rewarded. Our readers are delighted to read articles from everyone especially about events you have attended or your future plans.

The election process has now been reached to appoint Church Officers, Trustees and Serving Elders for Trinity Church. On behalf of our members and others who attend or are connected with Trinity I extend thanks for all the time and effort given to the process. I know that much discussion has taken place and many hours taken. Best wishes go to all those who will take on new or continued roles in the church.

We welcome back those who over the last few months have taken time to recover from various ailments. Summer is here and we hope renewed optimism for the future.

Rosemary Rudkin, on behalf of the team – Camilla, Maureen, Rosemary and Tricia

FROM REVD STAN

THE PERSPECTIVE OF CHURCH GROWTH

INTRODUCTION

It had been noted that in the UK (and perhaps world over) that there is a significant increase in Church attendance as from 2018, where an increase of 8-12% has been realised. In 2024 was dramatic increase of young people 18-34 years with young men's attendance rising by 14%. A notable increase in Bible sales and weekly Bible reading has also been realised as from 2018. Would this be regarded as Church growth? However, Church Growth could be defined as: 'the multiplication of members in the church, making the members to be kingdom focussed, renewal in discipleship, renewal in faith and the deepening of togetherness or regeneration'.

WHAT THE CHURCH SHOULD UNLEARN IN DISCIPLESHIP

It is true that today is not yesterday. The way the Gospel is propagated has changed over the years, and the way of ministry has also evolved. We are now in the new era which also calls for new ways of discipleship. Indeed, the church has to learn to be more participatory in worship rather than being consumers. Furthermore, there is a need to review the way of traditional catechism (such as singing the Apostles Creed without explanation). There is a need to improve the traditional church language of what salvation means to a homeless and hungry child. How best can Christ and Heaven be explained in a traumatized community?

In the era of free education and access to higher education the church would rather not declare answers for salvation but rather discover the answers together with those sitting in the pews. Leaders should undo the mentality of, "this is how we do things here" or "this is how we do church here". Ordinarily, the instinct of the church was to fix who teaches and who listens and learns. It is important that the church should unlearn doing things by the book but allow people to discern together. The church should unlearn the notion that God is found in the church building but rather out there in and around the community.

Therefore, there is a need to understand that discipleship is not expecting people to be like us but rather helping people to be more like Jesus. The Church's identity should be viewed in a dual perspective; as an earthly community (nation), and also as God's Kingdom emphasizing the teaching of the true Kingdom. Given the challenges facing our communities and the world over today, we should preach love in the face of hatred. The church should

always engage with men and women who are disenfranchised. Church members should be equipped to offer and communicate a different way of being a Christian, developing a conversation that brings hope and community togetherness to the hopeless and the lonely. The church must never lose the message of being prophetic, making us a relevant body that responds to the real issues. When the relevance of the Church is evident and acceptable the body of Christ will grow.

Reverend Stan

FAMILY NEWS

CONTRIBUTION FROM GILL HUGHES

Remembering Hans Meister (29/9/1936 – 24/3/2026)

I don't think anyone in our current fellowship can give a first-hand account of the early years of Hans Meister in the community of Knebworth and the membership of the church in Park Lane (then a Congregational Church). Together with Valerie, his membership dated from 1962.

Hans had a fascinating life in the nearly 90 years he lived. He documented some of his early history in Switzerland in Trinity Quarterly a year or two ago. Christian faith was a profound part of his life, and many of us have known the ways in which he has lived that out over many decades through the development of ecumenical growth of the Knebworth Family of Churches, and through the joining of URC and Methodist fellowships to form Trinity Church 30 years ago.

Hans's interests and work provided a rich and varied platform for his engagement with people of all ages and seemingly without boundaries of any sort. Everyone knew him! He had colleagues from his work in the pharmaceutical industry, those he played sport with (be it table tennis, tennis, bowls), those he sang with especially in the Stevenage Male Voice Choir, those he played bridge with, those he met as he walked the dog (Bobby was perhaps the most popular dog in Knebworth back in the 1980s), those he met at church, and those he knew through Valerie's time teaching in the village school. Hans always played an active role in the groups he belonged to, and I hope that in the months ahead we will find appropriate ways in Trinity to remember Hans together and pay tribute to the legacy he leaves by the ways he lived and shared his deep faith within and beyond our fellowship. In our church he served in many ways including as an Elder, a member of the pastoral care team, in children's and youth work, in Bible study faith groups, and especially in any building of ways to work together with the other local churches. Together Hans and Valerie managed the Hall Hiring in Trinity for many years. He served as representative to councils of the URC and always took an interest in the wider picture of faith issues. I know that many will have memories they want to share with others.

Being unexpectedly widowed 17 years ago brought a massive change to Hans's life, but his profound belief and positive attitude to challenges in life supported him in picking up the responsibility for continuing care and support of their young grandchildren, especially Georgia and Leanne who were regularly in the kitchen learning cooking skills from Val. This was perhaps where Hans embraced his own dormant desire to be creative with cooking, and many have shared the results of that through Swiss specialities he baked.

For many years now he has left a gap in our congregation, but since living in Wymondley Care Home he never lost his interest and desire to be as involved as he could be in the life of the church. No effort or expense was spared by Hans in his attempts to get to any occasion he could and be present in worship with us (and of course at the legendary St Vincent de Paul Christmas lunches in our premises). Until his health prevented it in his final few months, Hans carried on his faith sharing in the community of the care home, and regularly led services he planned there, and shared in any that were brought by Christian groups from local fellowships. It was clear from conversations with staff there that he never

stopped living out the kindness and generosity to others embedded in his belief in Christ's message, and his trust and belief in the life beyond.

Much was shared over cuppa and cake in Trinity after his funeral at Harwood Park. Heidi and Peter, his brother Alfred and his grandchildren Ryan, Aislinn, Leanne and Georgia were relaxed in the place where their Dad and Mum (brother or their grandparents), had spent so much of their life with a major part of the many activities Hans and Val were so fully involved in. It was a joy to see them celebrating some of their memories of the family times they had through events within our walls.

May we know that Hans now rests in peace, and may we give thanks for his life and share together our memories of how he touched our lives, individually and as a fellowship.

Gill

MEMBER CONTRIBUTIONS

PRAYER FROM TRICIA

Lord, bless everyone reading this. Bring peace to their hearts, strength to their souls, and hope to every situation they face. Let joy replace worry. In Jesus' name Amen.

CONTRIBUTION FROM CHRIS OYETUNDE

THE TRUTH

We live in a time where truth seems subjective. It seems more important not to believe in a truth, but rather that we each have our own brand of 'truth'. We live in a time when you can 'do whatever you want, so long as it doesn't offend anyone' (which sounds contradictory to me).

At Trinity we recently read some of my favourite verses from John's gospel, the account of the empty tomb and how the disciples reacted. The Easter story always reinforces how amazing the gospel is, I believe the accounts written to be true. Two of my favourite verses from John are:

John 20 verse 31 – but these are written that you may believe that Jesus is the Messiah, the Son of God, and that by believing you may have life in His name.

And

John 21 verse 25 – Jesus did many other things as well. If every one of them were written down, I suppose that even the whole world would not have room for the books that would be written.

We don't know everything that Jesus said or did, but we know enough. What we do know are amazing accounts of people being healed, the dead being raised to life, multitudes being fed from five loaves and two fish, storms being calmed at his command and the blind able to see. Jesus doesn't talk about doing what we want, He talks about doing what is right and what His father says.

Sometimes the events of this world can be and feel overwhelming, I find great comfort in the words Jesus spoke and I hope we all turn to Him for comfort knowing He has walked in our shoes and He cares for us.

Chris

CONTRIBUTION FROM SANDRA ROBEY

KINDNESS

I was in M&S recently ... just popping in for a few things on a gift card I had been given! The lady behind me had lots of shopping and I asked if she needed any help.

Her response?

"I cannot believe there are people like you still about in this world. I should be helping you. Thank you for your kindness."

I admitted being from the generation that was brought up to help folk and we chatted about life in general. How things have changed and not all for the best. Just as I was having my goods checked through, the said lady presented me a bunch of red tulips...oh it made my heart zing! I was on cloud nine for the rest of the day, after what had been a trying week!

"For being kind" she said. I almost curtsied! It was a brief moment in time, and has remained with me. That small act of kindness was huge where I found myself...

I can hear my dear Mum saying to me, **"do as you would be done by"**... she had lots of these sayings which framed my upbringing. They were instilled in me. I am sure it was the same for you?

Kindness in any form helps to heal both the giver and the receiver. None of us know what is going on in the hearts of strangers we meet. I think on the Hebrew quote 13:2

"Do not forget to show hospitality to strangers, for by doing so, some people have shown hospitality to angels without knowing it."

I leave that thought with you.

The name of the angel I met? - **Joanne, the tulip giver...**

May this story encourage us all to pass on a kindness, however small.

Love and prayers in the months ahead. *Sandra*



ARTICLE BY REVD JOHN WHITTLE

STATIONS AND CHURCHES

As I write this a railway station, which has been in the news for some days, is now reopening for some trains. I am, of course, thinking of Glasgow Central, which was closed when an adjacent building caught fire. Rev. John Cubie writing in a journal to which I subscribe, wrote about the similarities between churches and stations. He spoke of one church in Scotland, named Tollcross Central, referred to by its members as Central. It was this that set up a train of thought leading him to reflect on helpful parallels between the railway station and the church. What follows is based on his reflection.

A point of access to the way. There are rather some hazardous ways of getting on a train, sometimes seen in films, where the hero jumps onto the roof of a moving carriage, and then dives in via a window. Much safer to embark at a station! So the church is the normal point of entry for those who want to follow the way of Jesus. Of course, there are exceptions for example, an Anglican Priest recently on a radio programme, told of being a participant in the TV show 'The Gladiators'. She went on to join the army, and whilst serving in Afghanistan she was converted, and heard the call to ordination.

Most however begin the journey of faith in Christ via the imperfect church, often thanks to a warm welcome and gracious support. Few people would know how to begin without the church, just as they would not begin a train journey without a railway-station. So we are the point of access, such a pity if we prove to be unattractive, unwelcoming and cold, rather than open-hearted and outreaching.

A place of support. The railway station should be a place of help for the traveller, offering information, a waiting room and a refreshment buffet. One can also leave the heavy load at the left luggage office and many stations now offer extra support for disabled travellers, assisting them in getting to, and onto the right train.

The church should offer travel information for the Christian journey of faith, warning of hazards on the road by way of temptation, and challenges presented by life's disasters, offering also assurance of the strength of the fellow-traveller - the Risen Christ.

It should also offer food for the journey, by means of prayer, worship, and Christian fellowship.

A place to lay down any burden of guilt, unwanted baggage –'my chains fell off, my heart was free, I rose went forth and followed thee'. 'Cast your burden on the Lord, for He will sustain you'

A place of encounters. A place of arriving and departing, when loved ones are greeted and parted from. This is true of both station and church, with the latter offering hope of being reunited in the future with the departed - **'God be with you till we meet again; till we meet at Jesus' feet.'**

And the foundation of the church's being takes us back to that church named TOLLCROSS CENTRAL - for in that very name, we are reminded of the Cross, and all it stands for, which must be 'Central' to our Christian life as individuals and as a congregation.

'At the Cross! At the Cross! Where I first saw the light, and the burden of my sin rolled away, it was there by faith I received my sight and now I am happy all the day!'

John

ARTICLES FROM JACKIE HALL

METHODIST CIRCUIT GOOD FRIDAY WALK

Once again on Good Friday afternoon as some of you took a well earned snooze after the KFC Walk of Witness and a hot cross bun or two (I make no judgement) some of us i.e the Trinity walkers (the Halls and the Mitchells) headed for Central Church in Letchworth. We pulled on our walking boots or other footwear suitable for both town and country, we checked in promising to let Sue know when we got back, to ensure no walker got left behind, and also when you get back, she has a bowl of mini eggs waiting just as you check in. Then, after a quick comfort stop and a few words about keeping safe and following the route we joined in prayer and set off from Letchworth to Hitchin along streets but also country where the streets were mud tracks hence the need for sensible foot wear. We crossed fields, went up and down hills we saw beautiful flowers - please don't ask what they were as the identity seemed to vary according to who we asked, but they were very pretty. We crossed streams we were greeted and guided by stewards who did their very best to ensure we didn't get lost and followed the route as well thanks to the planners who made this year's walk, I think the most scenic one we have had for a while . We went down tracks and turned both left and right and eventually arrived at Hitchin where the lovely folk had put the kettle on and broken out the bikkies. As we discussed the route back to Letchworth, we read the instructions that said we must go to the top of Windmill Hill (it's quite steep) ...hmm ...now I live in WGC quite close to Knightsfield and I regularly go up and down a hill called the big dipper. It's well named so when I saw 'its quite steep' I laughed. My son Steven who I was walking with said did I know this particular hill - err no - then he laughed hmm... never a good sign, but as soon as I saw it I knew why - friends when you stand at the bottom of a hill and even when your head is tilted right back you can't see the top it counts as quite steep. We checked the route - could we go round it - -no the route quite clearly said go to the top, so we ran/ walked / puffed our way to the top. The view was magnificent! I was quite tempted to lie down and roll back to the bottom - it looked fun and only the thought of having to climb up again stopped me. Those walking with me weren't tempted. We continued up and down more gentle hills and even crossing the UK's first roundabout and yes I did stop for a photo but who besides me didn't know it was in Letchworth? We arrived back to sign in a little tired but content; it had been a lovely walk in the sunshine with friends, a cuppa half way round, a choc egg at the finish and another cuppa with refreshments - cake did anyone say cake ? Oh it was yummy, a perfect end to a great afternoon and the Trinity walkers raised £337.00 for the Garden Hospice and All We Can, so many thanks to everyone who enabled this to happen and all who sponsored us. At the time of going to press we don't know the final circuit total but will let you know when we do. And a final point, I won the cup – yes - THE CUP - The Ron Allsop Memorial Encouragement Cup which I get to keep for a year, so very slightly (a lot) chuffed.

Jackie



EASTER AT TRINITY

Good Friday and a very thought-provoking service led by Becky with no singing but readings, reflections, prayers and music that went right to our very souls. It demanded we ask ourselves difficult questions but reassured us that God was in charge and would stay with us on the difficult journey ahead. This was followed by a very well attended Knebworth Family of Churches Walk of Witness from St Thomas More Church, stopping at various points in the village whilst we listened to readings and sang hymns accompanied by Brian on his clarinet - thanks Brian. It helped a lot when we were trying to drown out the traffic and Graham was on road crossing duty complete with high-viz jacket to ensure we all got back safely -thanks Graham. We arrived back at Trinity to a lovely WARM cup of tea and despite a mishap with the toaster (it went bang and gave up) we enjoyed hot cross buns and good company. Thanks to everyone who organised the Good Friday Walk and to the wonderful folk that ensured we had refreshments when we got back.

On Easter day Kate led both services in a very upbeat but meaningful way. I've heard a lot of good feed-back from folk for the service at 1030 which I missed due to preaching for our friends at Stevenage URC. The first service of the day at Trinity was at 8am and started with lots of 'he is risen'. We were certainly in a happy optimistic mood after the sadness and seriousness of Good Friday. We enjoyed Communion together during a contemplative thoughtful service. Then a lovely breakfast cooked by Steven and myself - we had been at Trinity since 7 am putting up tables etc but everyone seemed to enjoy themselves chatting and eating and maybe even enjoying the chocolate eggs on the tables. It was good for my diet to see them quickly disappear so thank you friends.

Others were able to stay for another lovely service led by Kate and after lots of help with clearing and washing up I had to leave to go to Stevenage but as I said others were able to stay for the 10.30 service during which the Cross was decorated with flowers and very beautiful it looked.

Many thanks to everyone who helped in any way over the Easter period; Trinity is truly blessed to have such generous and willing folk to help everyone celebrate Easter in such a spiritually meaningful but social way.

Jackie

UK's LARGEST ZIP LINE

By the time you read this I will have been on the UK's largest zip line. People ask "Why?" I reply "Why not?"

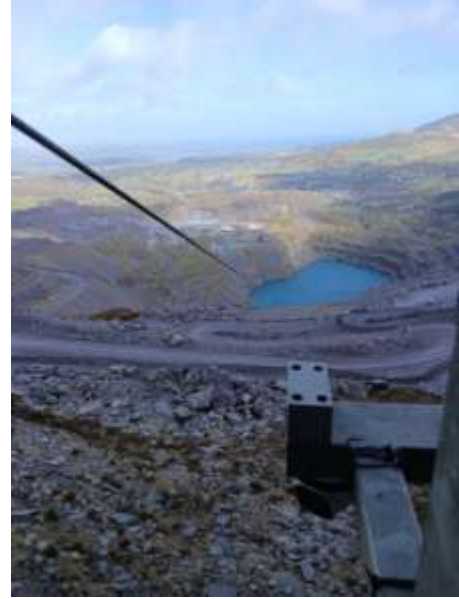
So what's it like? Firstly it's in Wales and runs over a working slate quarry and it's awesome!! Please don't worry it's very safe, well as safe as you can be hanging from a harness heading down a mountain head first at 100 miles an hour but it's great fun I promise.

When you arrive, you are given a wrist band with details of your weight and name, then a harness is put on you complete with a pocket for anything you do not want to lose i.e. a phone, if you drop it whilst flying it's lost forever. Once in your harness you are checked again, you do a little flight and are given the chance to back out.

You are taken up the mountain in an old army truck, by that time you realise just how high the mountain is but the scenery is spectacular. Again all the harnesses are checked and we were given a chance to back out. By this time all my nerves were gone and I was super excited. You lie face down on a bed while you are attached to the wire, another check then off you go hurtling downwards, it's awesome, exciting, yet strangely still and quiet. You go over a lake, it's so pretty and you see folk go-karting below. All too soon you are coming into land and it's over.

Would I do it again? Yes! In a heartbeat. I would say to anyone give it a go! And to anyone less mobile thinking 'I can't do that!', remember one of our group, who has very limited mobility, was able to do it and very much enjoyed it.

Jackie



TWO EVENTS YOU MAY WISH TO SPONSOR!

Having done one Race for Life in Welwyn Garden City last year I have received a discount code to do it again on 17th May. No sooner had I entered when I received another Race for Life discount code from Slimming World to take part in the Stevenage Race for Life on 5th July.

Because I'm an idiot or because it's a cause close to my heart I'm doing a Macmillan Mega Hike on 13th June. This will be just over 26 Miles.

Please pray that I complete all the challenges and that the weather is kind.

When any links to the 'Just Giving Pages' are sent out please consider if you are able to sponsor me but please don't worry if you can't. Just keep your fingers crossed for good but not too hot weather on those days.

Jackie

ARTICLE BY JOHN WHITTLE

WHAT IS A FRIEND?

This question has been on my mind since the full extent of the friendships of Epstein and Andrew, Fergie and Mandelson were exposed with the publishing of the so called Epstein Files. Why? Because is not the essence of friendship, loyalty, and support through thick and thin? But look how the friends of Epstein have been condemned for sticking by him, even when he has been in prison for sex-trafficking. How many rich and famous people, who accepted his largesse, now wish to deny any connexions with him; this reminds you of Peter, one of the inner circle of Jesus' friends, but when Jesus is being tried, and condemned to death, Peter denies Him, saying- "**I don't know the man**".

The writer of Proverbs states: '**a friend loves at all times**'(17v.17) and in the next chapter(18v24) '**Some friends play at friendship but a true friend sticks closer than one's next of kin.**'

So friends of sinners (and who of us is without sin?) are faced with a dilemma – to remain faithful or to desert. The Christian asks what - '**What would Jesus do**'? His example was to be a friend of publicans and sinners, to talk with them and eat with them. Men who had robbed and committed many a sin, so Jesus is called '**the friend of sinners**'. On the Cross he offers the assurance of a place in Paradise for one of the criminals dying alongside him. He prays for forgiveness for those who sent him to, and nailed him to the Cross.

I wonder what you think? If a friend ended up in prison would you visit them, or cut them off completely? Love the sinner but hate their sins! *....continued overleaf*

In an interview following his release from Robin Island, Nelson Mandela, speaking about life in that prison, told the interviewer that the prisoners used to sing hymns and their favourite was this one-

**There's not a Friend like the lowly Jesus:
No, not one! No, not one!
None else could heal all our souls' diseases:
No, not one! No, not one!
Jesus knows all about our struggles;
He will guide 'til the day is done:
There's not a Friend like the lowly Jesus:
No, not one! No, not one!**

Addendum: Many hymn writers often reflect their own experiences in their compositions. The blind Fanny Crosby looked forward to seeing Jesus face to face; John Newton spoke of "a wretch like me". Johnson Oatman, the composer, was a Methodist Minister but could not get an appointment because he was regarded as a poor preacher, and though a good singer, he was compared unfavourably with his father, who was one of the best in the State. That sense of rejection increased his desire for the friendship of Jesus; hence this hymn, and, in fact, he went on to write four or five gospel songs per week! His best known is '**Count your blessings**' the first verse of which is:

**'When upon life's billows you are tempest-tossed,
When you are discouraged, thinking all is lost,
Count your many blessings, name them one by one,
And it will surprise you what the Lord has done.'**

John

ASHWELL CHURCH NEWS

WHY NOT COME AND EXPLORE OUR PRETTY VILLAGE AND THEN JOIN US FOR A
SUMMER AFTERNOON TEA

This is an invitation to friends in the North Herts Group to come and enjoy an afternoon cuppa (not forgetting cake!) at Ashwell any Saturday during June & July 2.30 – 4.30pm. Our teas are provided by some of our hall user groups as well as church members but all of them are ample and delicious!

So you are all welcome - we would love to see you!
Best wishes, Chris

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GREETINGS FROM WALKERN AND SANDON!



Over the last year we have been working on the Eco Church award scheme, run by A Rocha UK, which encourages Churches to care for God's creation in all aspects of Church life – worship and teaching, buildings and energy, land and nature, community and global engagement, and lifestyle. We are delighted to advise that we have now achieved the Bronze award and have already met several targets towards Silver.

We are pleased to welcome three friends who were received into full membership at the Communion Service on 22nd February. The commitment of Paul, Nick and Julie to our fellowship is greatly appreciated.

On 5th March we again hosted the annual (Women's) World Day of Prayer which this year had been prepared by women from Nigeria. The Church was decorated with many African artefacts and the Service proved to be very meaningful and thought-provoking. Members from the LEP Churches took part and afterwards enjoyed fellowship and refreshments.

On Maundy Thursday our morning Communion Celebration was led by Revd Jim Dalgleish and in the evening we hosted the Maundy Thursday Supper and Reflection for the Benington and Walkern LEP.

Olga joined others from Trinity in meeting the Synod Children & Youth Development Officer, Lorraine, after a service in March. Now that we have welcomed Stan back after his convalescence, we are planning a visit to the Church from Walkern School and will explore means of developing our vision for young people.

Our dear friend John Walker, who passed away last year, had a lifetime affection for the Old Burial Ground in Redhill so we have installed a bench and a stone with inscriptions as a lasting memorial for him. These were dedicated by Revd Tony Ruffell on 4th May and we were delighted that around 35 friends and family from near and far joined in walking to Redhill from Roe Green in Sandon. We started close to where John had lived and where his family kept the shop and bakery in Sandon, then came back for fellowship and refreshments. It was really interesting to hear so many people's memories of John – not least of his cooking prowess! It would have been his 100th birthday on 2nd May and as he had led many walks this seemed a fitting way to remember him – he is sadly missed.

Olga & Steve

PRAYER FROM TRICIA

Guide my feet in every season,
Hold my hand through every storm,
Let Your love be my foundation,
And Your light my spirits form.

TRINITY SPIRITUAL DEVELOPMENT

ARTICLE FROM KATE DICKINSON AND MEL MITCHELL

Away Day

On the 21st February we came together at Trinity to look a bit deeper at what true worship means. We opened with a short service looking at Psalm 95:1-7 and the nature of who God is and asking God to help us bring glory to him through the day.

Our first session was looking in groups at questions about Bible passages related to the theme. We have included these discussion sheets in this TQ so if you weren't able to make the day you can still see them.

We shared a soup lunch together and followed it with various activities around church. Victor led a music workshop teaching us about harmonies and how valuable it is to have strong singers leading the melody. He touched on some technical aspects of the music which the musicians are more likely to be able to do if there are strong singers, and asked for prayer for such singers to lead our music to enable us to enrich our worship further. We practiced a couple of the songs for the closing service and a lively one we hope to do more often- 'I'm not just here to use up air'.

Hopefully you have been able to see the results of the craft session led by the Oyetundes. The board in the entrance is covered in the wonderful people and butterflies made to represent some of our congregation who worship and have worshipped at our church over the years. The pieces for making more people are there; if you haven't yet made yours and would like to, please do. We are gathered under the cross showing why we offer our true worship.

The hall was filled with opportunities to do various craft activities or enjoy some quiet space. Jean helped a group create some beautiful flower displays that we put on the dais for our closing service and stayed there for Sunday's service, enriching our true worship further.

We closed the day sharing some of what we had been doing, looking at Romans 12:1-2 and learning some of the Makaton signs for Sing Hosanna, which originated as a Hebrew cry for salvation and a recognition of Christ as Saviour, asking him to come and renew. We ended on Psalm 95:1-7, where we had begun.

We are very grateful to all those who contributed to the day and to everyone who came. It was a real team effort and was made so worthwhile by everyone's commitment to the day and desire to continue bringing true worship to God at Trinity. Thank you.

Mel and Kate

These were the bible study questions used based on Romans chapter 12: 1, 2 (NIV):

'Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.'

- Please share with the group what worship means to you. Discuss with one another what may be new to you about this topic and what you have learnt in the last few months or years.
- This passage states that we ought to offer our bodies "as living sacrifices". What do you understand that to mean?
- What does verse 2 of the passage add to your understanding of true worship?
- What do you think is the difference between attending worship and living in worship?
- How does your regular fellowship with other believers help you worship God with new and fresh eagerness?
- When is it hardest for you to concentrate on worshipping God?

- Have you found ways that help you remain focussed on God?
- How can worshipping Jesus transform the lives of people around us? Have you seen any of that kind of change in the people with whom you have had contact?
- In John chapter 4 verse 23 we read: “A time is coming and has now come when the true worshippers will worship the Father in spirit and truth, for they are the kind of worshippers the Father seeks” How does God seek you, drawing you to worship Him?



Emma, Gill, Alan and Chloe



At the end of the day

NOTE FROM MEL MITCHELL

Bible for All - Our next planned session for Bible for All is the 14th June Usually during our sessions after the service we look at different passages together and have an informal conversation about it using some great resources. All are welcome.

The Worship Planning group will meet on 27th June at 2pm. Contact Mel, Revd Stan or others involved in worship leading if you have ideas to put forward.

Mel

PRAYER FROM TRICIA

A brand-new day has just begun.
 A time to pray, a time to praise,
 And thank the Lord for all our days.
 Cast all your heavy cares away,
 And trust in Him to guide the way.
 For in His mercy, pure and deep,
 Our quiet souls He longs to keep.

KNEBWORTH PARISH NEWS ARTICLES

ARTICLE FOR THE MAY ISSUE BY REBECCA WASHINGTON

May brings a couple of significant days in the Christian life: Ascension Day, Thursday 14th May and Pentecost, Sunday 24th May.

Two hymns come to mind for these days – ‘All Heaven declares’, and, ‘As the deer pants for the water’.

‘As the deer pants for the water’ was a favourite of my Mum’s, I find the following lines have supported me through challenging times recently:

You alone are my Strength, my Shield
To You alone may my spirit yield
You alone are my heart's desire
And I long to worship Thee.
With the other hymn my heart sings these words:
All heaven declares,
The glory of the risen Lord.
Who can compare
With the beauty of the Lord?
Forever He will be
The Lamb upon the throne.
I gladly bow the knee
And worship Him alone.

During the hard times recently music has been my go-to for comfort and strength; certain hymns I will always cry through but some I want to shout out and declare my faith for all to hear. As a dog walker I am out about and I have music playing quietly in headphones whilst walking and in the car; the dogs do give me funny looks when I sing out loud, maybe not always in tune, but I love to sing, and whether the lyrics make me cry or smile it’s always going to be a good emotional release and it is my way of worshiping the Lord every day. So as we approach these two days - Ascension Day, when Jesus ascended to heaven to take his place next to the Father, and Pentecost, when he sent the Holy spirit to be with us. As we walk in our faith journey let us all find a way to show the world that we stand with all Christians around the world in a united journey as Jesus’ disciples.

Rebecca

ARTICLE FOR THE JUNE ISSUE BY MAUREEN BODDEN

We are now officially in summer, and June is a glorious and busy month. The FIFA World Cup kicks off, and if that is not your cup of tea, there is Wimbledon, or if not, Ascot. If not that, then maybe your local fete or strawberry cream tea will do. The summer solstice, the longest day in terms of daylight, is on June 21st, although Midsummer is the 24th, an oddity probably due to the variations in the Julian and Gregorian calendars. The Gregorian calendar, now the most widely used, was introduced in 1582 by Pope Gregory X111 to correct inaccuracies in the Roman Julian Calendar. This was introduced by Julius Caesar in about 45BC, but with too many leap years in it, so that it accumulated extra days over the centuries.

When the Gregorian calendar was introduced, 10 days were skipped in October that year, but it was adopted first by Catholic countries, and only later in Protestant countries. The new

calendar was more in line with the solar year, and ensured that the Spring Equinox would remain on 21st March, and that the new year started in January.

As the regions of Judea and Galilee were part of the Roman Empire when Jesus was born, the Julian calendar was in force there officially, but Jesus would have used the ancient Hebrew lunar-based calendar marking Jewish festivals.

Great Britain finally adopted the Gregorian calendar in 1752, skipping 11 days in September, although Scotland started using the 1st January as the start of the year in 1600. Confused? Surely they must have been! You will have to read up more if you are fascinated by this. Four countries that still use other calendars officially are Ethiopia, Nepal, Iran and Afghanistan.

We are fortunate in this part of the world to enjoy the beauty of the four seasons. As Christians we celebrate the wonders of God's creation throughout the year, even in the depths of winter and 'shorter' days.

In the Gospel of John, chapter 8, verse 12 Jesus declares, "I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life."

Maureen

ARTICLE FROM PETER BODDEN

TRINITY@30

Yes, the Local Ecumenical Partnership (LEP) that is Trinity as we know it today is 30 years old in 2026.

While it is a significant milestone in the history of our church, the number of events to mark the occasion is necessarily limited, primarily because there has been, and still is, a lot of administrative work bubbling away in the background, with a re-written constitution and re-drafted management structure. For further background information, refer to Item 7 in the Minutes of the church meeting of 19th April 2026 currently in circulation.

Please note the dates set out below, relatively modest in number, that have been scheduled to celebrate the past 30 years as well as our hope for the future.

Sunday 28th June – Church Meeting to be held after the morning service

Sunday 12th July – Morning Worship led by Revd Dr. George Watt, URC Moderator for Thames North, followed by our annual Summer BBQ

Saturday 8th August – International Meal – 5 pm – further details tba.

Saturday 12th December – "Four Advent Voices" a tableau of music and narrative to celebrate the festive season performed by The Eden Consort.

Saturday 13th February (2027!) – on the eve of Valentine's Day, a celebratory recital by Positif Chamber Choir directed by Jill Knight.

So, when appropriate, let's celebrate and do so together!

Peter

KNEBWORTH FAMILY OF CHURCHES, INCORPORATING CHRISTIAN AID



The Good Friday walk in Knebworth was well attended, starting at St. Thomas More and ending at Trinity for hot cross buns. See Jackie's Easter article on page 7.

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.

After its success last year, Trinity is hosting another 'International Meal' this summer on 8th August at 5pm. Please let Camilla Straughn know if you can bring a dish, main course or dessert or both! Help with setting up and clearing away will be appreciated.



The Christian Aid committee organised the collection in Knebworth during the Christian Aid week from 10th to 16th May, with red buckets for receiving gift envelopes placed in the Co-op and the Post Office, who have kindly helped with this for a few years now.

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.

June



Garden House Hospice Care provides free specialist palliative care for patients, families and carers, facing life-limiting illnesses from across North Hertfordshire, Stevenage and towns and villages in Central Bedfordshire and Cambridgeshire, serving a population of around 230,000 people.

<http://www.ghhospicecare.org.uk/support-us/donate> or call 01462 679540

July Anniversary Appeal - Trinity Disaster Response Fund

This fairly recent initiative is to build up a fund for the church to respond to disasters as they occur. We have sent money in the last 2 years to support the Christian Aid Appeal for the floods in Libya, and the Sudan crisis, to the persecuted Presbyterian Church in Myanmar, and to the Jamaican United Church for their Melissa appeal.

August Presbyterian Church of Zimbabwe Fund for Orphans

In 2025 we sent £400 pounds to the Presbyterian Church in Harare to help the group of orphan students in Harare that Stan and Victoria are in contact with. Here is a brief summarised update from Victoria about the orphan students we are supporting:

'It is amazing to see how much time has passed and how the boys have managed to learn to handle their own affairs. I am once again very thankful to Trinity family for the help and support you have given to them.
continued on next page...

Brandon Chinyanga finally completed his rehab that has changed his life for the better. **Nyasha Runodada** completed his degree in radio and television and obtained his driver's licence.

Wilderness Nyirenda is writing exams in his final year and hopes to take his driving test by the end of the year..

Millan Tasunungurwa has been doing **exceptionally** well and just completed his work experience. He returns in August to start his 4th year.

Brandon Muganhiri initially did not take his education seriously until he had to decide whether to drop from university or transform his life. He has now become a responsible person who lectures others on the consequences of not taking studies seriously.

These young men really appreciate your support in whatever way possible'. *Victoria*

DATES OF SOCIAL EVENTS

6th June - Open House at Trinity –drop in for coffee and chat from 10 am to 12 noon

12th July – Trinity's 30th Anniversary celebration Church BBQ after morning worship

8th August – International Meal 5pm, all welcome, volunteers to bring meals please! (register with Camilla)

We look forward to seeing you at the above events



All Welcome at the Knebworth Family of Churches Monthly Coffee Mornings

at St Martin's Parish Centre the following **Saturdays** between
10.00am and 12.00 noon: **20th June, 18th July, 15th August**

RECIPE CORNER

RECIPE FROM TRICIA

Sweet sticky spicy ribs. Serves 4 -6

Preparation time less than 30 mins

Cooking time 1 - 2 hours

Ingredients:

For poaching the ribs

1.5kg/3lb 4oz meaty rack of pork spareribs
water, to cover

1 onion chopped

2 garlic cloves, lightly crushed

½ tsp black peppercorns

1.10mg/4oz dark soy sauce



For the marinade

2 tbsp olive oil, 2 onions, roughly chopped

4 garlic cloves, crushed ½ tsp dried chilli flakes

2 red chillies, finely chopped

2 tsp fennel seeds, crushed

1.10g/4oz dark brown sugar

600g/1lb 5oz tomato ketchup

continued overleaf..

...Sweet sticky spicy ribs continued

Method

1. To poach the ribs, place the ribs into a large, wide saucepan or stockpot over a high heat. Cover with water and add the onion, garlic and peppercorns. Bring to the boil, then reduce the heat and simmer, covered, for one hour, or until the meat is tender.
2. 1 Preheat the oven to 180C/Gas4.
3. For the marinade, heat a deep-sided frying pan until hot, then add the olive oil, onions and garlic. Fry for 4-5 minutes, or until the onion has softened.
4. Add the chillies, chilli flakes, fennel seeds and brown sugar and cook for a further 1-2 minutes until the sugar has melted. Add the tomato ketchup and soy sauce. Bring to the boil, then reduce the heat and simmer for ten minutes, until thickened. Remove from the heat, allow to cool slightly then transfer to a food processor and blend to a smooth paste.
5. Remove the ribs from the poaching liquor and place onto a baking sheet. Spoon the marinade over the ribs, turning to make sure they are evenly coated. Place in the oven to roast for 15 minutes or until sticky and heated through.
6. Remove from the oven and slice the rack into equal ribs.
7. For the salad, place the red onion, tomatoes and parsley leaves into a bowl. Add the dressing and serve.
8. The amount of marinade will do for 2 recipes and it will freeze very well.

Tricia

METHODIST NEWS

Below is a reflection from a Palestinian Christian living near Bethlehem

"For nearly three days now, we've been living through the latest escalation in the Middle East, and the toll is already heavy. In Bethlehem, I find myself growing more anxious by the day, increasingly worried about our families, friends and loved ones. The uncertainty and distance make it even harder, knowing they are all facing their own risks while we try to cope with ours.

When Jesus was born in Bethlehem, he entered a world of uncertainty and danger. There was no room in the inn, and Mary and Joseph had to place him in a humble manger, finding shelter in whatever space they could. They were vigilant, protecting him from a world that felt unstable and often unwelcoming. That first night was not comfortable; it was a night of care, concern and awareness of fragility.

Today, we in Bethlehem live in a painfully similar reality. Night after night, emergency alarms wake us from broken sleep. Children cry in fear, parents rush to gather them and neighbours come together to find the safest place in the building – often in stairwells, because there are no proper shelters. We sleep in our clothes, ready to run at a moment's notice. The gates surrounding Bethlehem are closed by the Israel Defence Forces, limiting movement, and fear and anxiety press on every heart. Families who were already distressed before this escalation now bear an even heavier burden.

Like Mary and Joseph, we protect our children as best we can, sharing our limited spaces and resources, holding onto each other in moments of uncertainty. This reminds us that God is present even in these fearful times. Just as he watched over Jesus in Bethlehem, he

watches over every family living in alarm and distress today, sustaining them with courage and hope.

Holy God, we lift before you the lives of those lost in this war and the families who are living in fear of violence. We lament a world where our children cannot live lives of dignity, but instead are forced to grow up under occupation, in a constant state of fear and death. May your Spirit embolden all who resist this occupation with truth and courage. Help keep us steadfast in our faith that your justice will soon come to the land and its people."

Methodist News: <https://www.methodist.org.uk/about/sign-up-for-newsletters/>

DATES FROM URC THAMES NORTH SYNOD News

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 -

17 October 2026 Venue: TBA

For news from the URC go to [Home - United Reformed Church](#) where you can subscribe to 'Reform' , the URC news magazine.

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.

3rd June The Very Reverend Jo Kelly-Moore
Dean, St Albans Cathedral

1st July
The Revd Rosemary Fletcher Retired Methodist Minister

5th August
The Revd Michael Giles Retired Methodist Minister

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

www.stalbanscathedral.org



THE CATHEDRAL AND
ABBAY CHURCH OF
SAINT ALBAN

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

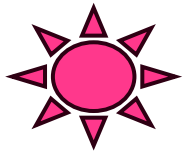
Maureen Bodden: maureen.haycock@gmail.com

Tricia Easdale: peasdale@aol.com

Camilla Straughn: camillastraughn@yahoo.co.uk

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

TRINITY CHURCH



COME AND
CELEBRATE OUR

30th



ANNIVERSARY



12TH JULY 2026

Following church service

