

Weekly Newsletter

Sunday 10th May 2020

Fifth Sunday of Easter (A) Psalter Week 1

The Parish of the Holy Trinity,
Stroud Green



with
Holy Innocents, Hornsey



Seeking to know and serve God and our local community



Do not let your hearts be troubled....

In the scriptures the heart does not simply have a biological significance, it has symbolic meaning. The heart is the innermost core of our being, it is the root of our existence, the place where we are most ourselves. There is deep within each one of us a desire to give our hearts; we believe that in that way we shall find true peace and fulfilment. But many are hampered by not knowing what it is they truly desire. God finds us by his word and leads us on the pilgrimage back to himself - the maker of our own hearts - back to true life in the Son. What does Christ teach us? It is himself as 'the way, the truth and the life'.

The pursuit of what is false leads to much disturbance and disappointment. In today's gospel reading Jesus says, 'do not let your hearts be troubled'. The word John uses for 'troubled' appears elsewhere in the gospel in connection with the turbulence of water as in the disturbance at the pool of Bethesda. In the other gospels it is connected with the storm on the sea and the disciples' reaction to Jesus walking on the water. In order to learn the way of the Lord we have to ask him to help us let storms and the turbulent waters of our own anxieties subside.

One of the Desert Fathers was teaching an apprentice monk about prayer and the surrender of the heart. He took a bowl of water in which sand had settled. When he shook the bowl the sand was agitated, and the water became cloudy. When he set it down and the water was still the sand sank to the bottom. It did not disappear but was submerged in the calm. Not letting our hearts be troubled does not mean that our cares and anxieties disappear, but that they are covered by the waters of calm confidence in Jesus our true heart's desire.

Christian Aid Week 10th to 16th May

We normally support Christian Aid each year through envelopes at church which are returned through the collection plate. Obviously this cannot happen this year. The coronavirus is bad enough here, but the effects are far worse in some of the developing countries which Christian Aid supports. In a year when they are unable to do street collections, please consider giving something to this very important charity directly.

You can go online to <https://www.christianaid.org.uk/appeals/key-appeals/christian-aid-week> or for details on how to pay money directly into their bank account please call 020 7523 2226. To donate by telephone call 020 7523 2269. Cheques can be sent to Christian Aid, 35-41 Lower Marsh, London SE1 7RL.

No internet? - Daily Hope Telephone Service

The lockdown has resulted in most churches live streaming or using the internet Zoom video conferencing program for services and study groups. However, an organisation called Daily Hope is offering music, prayers and reflections as well as full worship services at the end of a telephone line. The line - which is available 24 hours a day on 0800 804 8044 - has been set up particularly with those unable to join online church services during the period of restrictions in mind, and is recommended by at least one member of Holy Trinity.

Tuesday Easter Groups at 8.00 pm

A small number of people joined the group last Tuesday which was a brief, but very worthwhile, exploration of the life of the early church in the Acts of the Apostles. We discussed the characteristics of the early church and the incredible level of commitment of those first Christians, together with the lessons they can teach us as Christians today. This Tuesday we will look at two short passages chosen from Acts 6:1 to 9:31 and focus on two important figures in the early church, Stephen and Saul (Paul). You may want to read the section of Acts before the meeting to get a general sense of the context of what we will be discussing. You will need to email Fr. Patrick for a Zoom meeting ID and password if you do not already have it.

Sunday Zoom Service at 11.30 am - Readings, Prayers followed by a chance to catch up

To take part you will need to have downloaded the *Zoom* App from the internet onto your computer or smart phone, and to open it and click 'Join meeting' at 11.30 am. You will also need to have the meeting codes and passwords available from Fr. Patrick at the phone number or email below.

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