

25p

June 2016

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HARTSHILL

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Email: rupenkhunti@yahoo.com

The London Marathon



On Sunday April 24th 2016 I ran the Virgin Money London Marathon in 5 hours, 20 minutes and 07 seconds. I had watched the London marathon for many years on the television. I wouldn't say it was compulsive viewing but if it was on TV I would often find myself watching it and being moved by the stories of those who were running. The Elite athletes are, of course, amazing and how they can cover 26.2 miles in just over 2 hours will always astound me.

But it was the other runners who used to move me to tears as they told, whoever it was interviewing them, why they were running and who it was that they were running to support or remember. It was after seeing the race in 2015 that I made my mind up to enter the 2016 race. I entered the ballot to try and get a place in the race but also applied to the Multiple Sclerosis Trust for a 'charity place'. The ballot closed in early May and successful (and unsuccessful) people would be notified in October.

It was easy choosing a charity to apply to as my daughter Charlotte had been diagnosed with MS in December 2013 and I wanted to help raise money as a way of showing my support and love for her. So I embarked on a training programme. Having never run any distance, apart from the school cross country run some 40+ years earlier, I was a little apprehensive to say the least. What if I couldn't do it, what if I got injured or my knees simply couldn't cope with all the pounding? These were all thoughts I put to the back of my mind, 'I'll cross that bridge when I come to it' I told myself. So I downloaded an app from the NHS called 'Couch to 5K' and made a start.

The app coached me through it's 9 week programme of running, starting in week 1 with a 5 minute warm up walk, followed by 1 minute of gentle jogging, followed by more walking etc. I was so surprised, it felt great, just to be out-doors in the fresh air, and the small amount of running was not a problem at all. Gradually over the next few weeks the time spent walking was reduced and the running time increased. My wife Carol was also doing the same programme so we would set off together and finish back at the start together. Without realising it I was slowly becoming a runner and even found myself going out to run in the rain! Eventually after 9 weeks of 3 sessions a week, I was able to run for 30 minutes non-stop and was covering a distance of around 5 kilometres each time. Once I reached week 9 of 'couch to 5k' I simply kept repeating the final week's training schedule running 3 times for half an hour.

There were some great side effects too and I had lost over one and a half stones in weight and felt generally more active and energised. In early October I received a letter from the marathon organisers saying unfortunately I had been unsuccessful in the ballot. However, I was also contacted by the MS Trust the same week, saying I had qualified for a Gold Bond place with them. There were some conditions to accepting the place and I had to commit to raising £1750.00. So I signed the form, sent the £100 entry fee and that was that, I was entered to run the London Marathon Arrrrrgggghhhh!!!!!

I started reading about marathon training and how it would be necessary to slowly increase the length of my training runs and build up my stamina. I also created a sponsorship website with Virgin Money Giving and planned a couple of fundraising events, a cake sale at work and a quiz night at Griff and Coton sports club. The generosity of people was fantastic and work colleagues, family, friends and of course the congregation of Holy Trinity all helped me raise the money I needed to secure my Gold Bond place.

I continued the training and was running longer and longer distances, especially at weekends. It wasn't long before the big day arrived. Trying to remember all the advice (start slowly, save some energy for later), the tips

from fellow charity runners, the magazine articles on 'how to run the perfect marathon', I stood on the start line in Greenwich Park, London. The conditions were good, nice and cool but dry. The race went well and the crowds were fantastic, cheering everyone along. The atmosphere around Cutty Sark was unbelievable and I will never forget the feeling and emotion as I ran over Tower Bridge. I was, however, bemused to see all the spectators in hats and coats some wearing scarves and gloves and there was me in my vest and shorts! I managed to run non-stop for 18 miles before my legs started to stiffen and I slowed to a walk.

I kept moving forward and was passed by a man with a verse of scripture on the back of his T-Shirt. It said "test me, Lord, and try me, examine my heart and my mind". It was Psalm 26, verse 2. The words struck a cord with me and the prayers of everyone back home seemed to lift me and I was able to run for a few more miles; almost there. I ran past the cheering party from the MS Trust at 'mile 25' put my head down and jogged to the finish line. I had done it, I can't begin to describe the emotions immediately after crossing the line. My legs ached, I was exhausted, but at the same time elated and relieved. I found Carol and we hugged and cried in the middle of thousands of other people, London was very crowded!

So now I must, once again, say Thank You, Thank You to everyone who sponsored me, who prayed for me and who followed my progress on the day. Thanks for all the words of encouragement and a special Thank You to Carol who supported me through the training and kept me positive throughout. The last bit of sponsorship money is still coming in but with gift aid and the £4£ matched funding from Barclays I have raised around £4500. As for 2017, well, I have entered the ballot again, so, come October, if you see me pounding the country lanes around Hartshill, you will know I have been 'lucky' and won a place in next year's Virgin Money London Marathon!

Thanks everyone.

Nick

From the Registers in May

Weddings

29th May – Corey and Laura Miller

Baptisms

15th May – Matilda Brookes, Alexandra & Emily Smith and Frankie-Rose Miller

Funerals

6th May – David Sedgwick 20th May – Gordon Gibson 25th May – Colin Douglas



A BIG THANK YOU to all who got involved with the Coventry Pilgrimage. It was great fun walking with people from across the Diocese and beyond.

We were blessed to be both a receiving and sending church. This meant we got to welcome pilgrims on the Monday with warm hospitality -

so my thanks goes out to the cake makers and tea mashers on that day.

We were then a sending church on the Tuesday – and my thanks goes to all who walked with us – and especially those who did the preparation walk on the Sunday before to make sure we didn't get lost!!! – a huge thank you to you. And thanks too for the car drivers, worshippers, supporters and all who were involved and supported the event in such a variety of ways.

SERVICES AND SEASONAL DATES FOR YOUR DIARY

Date/Time & Service	Season / Theme	Readings to reflect on

June 2016

5 th June	2 nd after Trinity	
10am	Proper 5	Psalm 30
Holy Communion		
12 th June	3 rd after Trinity	
9.00am	Proper 6	Luke 7:36-43
Holy Communion		
19 th June	4 th after Trinity	Psalm 42 or
10am	Proper 7	Galatians 3:23-29
Holy Communion	(Father's day)	
26 th June	5 th after Trinity	
10.00am	Proper 8	Galatians 5:1, 13-18
All Age Service	[St. Peter]	

WHAT'S ON IN JUNE		
Thursday 2nd	7pm Singing Group in church	
Saturday 11th	2pm-4pm Summer Fayre	
Wednesday 15th	3.30pm Messy Church in the Community Centre 7.45pm Mothers' Union. Visit to Society of Friends	

Prayer group takes place in Church every Tuesday at 9.15am

Children' groups take place on 1st and 3rd Sundays during Holy Communion Trinity Tots in the Community Centre every Monday during term time at 1pm Over 50s group in the Community Centre every Wednesday at 1pm – 3pm



For Hartshill, Galley Common and area

Nothing new to report this month – as our next planning meeting is on Wednesday 22^{nd} June – but if you have any questions or ideas do let us know – especially as Holy Trinity are in 'the chair' this year.

And again our next event isn't for a while yet – but you can put it in your diary. It will be a Songs of Praise combined with Messy Church first – so fun for everyone. So save the date and join us if you can....

* Dates for the diary *

Sunday 17th July – St Peter's Galley Common

Messy Church 2.30-3.30pm (in the Hall)

& Songs of Praise 4pm (outside if dry in the church if wet!)

...for... "How good and pleasant it is when brothers and sisters live together in unity...for there the LORD bestows his blessing, even life forevermore." (Psalm 133)

Heather

Praying for our Parish in June

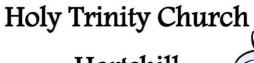
Be Still and know that I am God

- 1 We think of all who are housebound and their visitors
- We give thanks for the joy of worshipping together as our Singing Group meets tonight
- We think of all who attend house groups and enjoy fellowship together
- 4 We think of all couples preparing for weddings this summer
- 5 We pray for Attleborough, Arley and Ansley parishes as Clive and Peter retire today
- 6 For Clive and Peter, may they enjoy rest in their retirement
- 7 We give thanks for the joy of worshipping through song
- 8 We pray for all who work in schools, that they may make education a memorable experience
- 9 For the Community Centre as the management group meets today
- 10 For all who donate to, or volunteer at, the Foodbank
- 11 We think of everyone attending and working at our Summer Fayre today
- 12 We pray for all who are sick and ask for comfort in their suffering
- 13 For everyone who helps at and attends Messy Church that a fun time is had by all
- We pray for Heather, that she may have strength to carry out her ministry
- 15 For the work of the Mothers' Union in our Diocese and throughout the world

- We pray for doctors and nurses, give them strength and wisdom to help the suffering
- 17 We pray for safety on the roads for all drivers
- 18 We think of all who have lost a loved one, that they will know God is with them in their daily lives
- 19 We pray for looked after children and their carers
- 20 We think of those in financial difficulties or in danger of losing their job
- 21 For the Diocesan Synod meeting today
- 22 For The Churches Together meeting today
- We give thanks for long evenings and warm weather that we may appreciate God's creation
- 24 We give thanks for our Readers as they preach God's word
- 25 For the Armed Forces, keep them safe in their duties
- We pray for everyone affected by natural disasters in the world, may they rebuild their lives with God's guidance
- 27 For all who work in hospitality to make our leisure time enjoyable
- 28 We pray for our churchwardens in their responsible roles for our church
- 29 We give thanks to God for our families and friends
- 30 We say thank you for musicians and the joy of music in our lives

If you want to know how to pray for the wider diocese - then use this link to get the Diocesan Prayer Diary which goes online each month

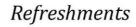
http://www.dioceseofcoventry.org/resources/PrayerDiary



Hartshill

Summer Fayre

Saturday 11th June 2.00 –4.00pm



Crafts

Games

Raffle

Tombola

Cake stall











All are welcome

Our dates for the next few months are:

Come along for fun, crafts, food and a little mess!!!

The next few sessions are based on friends of Jesus...

June 15th - Levi July 20th – John the Baptist

August 17th – Summer Fun! All at the usual time of 3.30pm – 5.30pm

*** At Hartshill Community Centre ***
(next to Holy Trinity Church, Church Road)

<u>Children must be accompanied by an adult.</u> Cost? <u>Free</u> – but donations are welcomed.

Invite your friends too & hope to see you there!



YOUTH WITH A MISSION (YWAM)

Youth With A Mission is a worldwide movement of Christians from many cultures, age groups and Christian traditions dedicated to serving Jesus throughout the world. It began in 1960 when the main focus was to get youth involved in missions. Although they still focus on youth, they also involve people aged 9 - 90!

They have a staff of over 18,000 and work in over 180 countries in more than 1,100 locations. The staff come from over 130 countries and include diverse nations such as Indonesia, Nepal, Mozambique and Colombia.

The heart of YWAM is to worship God, to serve God's global purposes and to champion young people. YWAM's many ministries come under three main categories - evangelism, training and mercy ministries. They run training programmes which aim to better equip Christians to grow in their relationships with God and to serve others around the world in various ways, such as agriculture, health care, business development and biblical counselling. Their introductory 5 month course "Discipleship Training School" is offered in many nations and languages. YWAM also starts churches in places where there may be no church at all. In evangelism they also reach people through music, performing arts and sports.

Their mercy ministry teams operate relief and development programmes in over 100 countries, working among people living in desperate circumstances.

Here in Nuneaton, YWAM is very active at The King's Lodge up on the A5. It houses a lively international community living together like a big family, loving and worshiping God together as they study and grow in their relationship with God. Sounds exciting doesn't it?

To contact them for further information telephone 024 76348128 or to read stories about their work or study courses go online to www.thekingslodge.com

Lynda Kelly

Sharon's Recipe - Strawberry Cake

Ingredients Cake

4oz margarine at room temperature

4oz castor sugar

2 large eggs

1 oz Strawberry milkshake powder

4oz self-raising Flour – sieved

Ingredients Filling and Topping

2 tbsp strawberry jam

6oz of salted butter at room temperature

6oz icing sugar

2 oz Strawberry milkshake powder

20 ml approx. milk

Optional - up to 8 tiny ball decorations and sprinkles

Method

- 1. Preheat oven to gas mark 4/180 degrees C/ 350 degrees F. Grease and line 2x7in round sandwich cake tins
- 2. Beat together margarine and sugar until soft and fluffy in mixer is best
- 3. Add eggs very gradually beating to mix thoroughly
- 4. Add strawberry milkshake powder
- 5. Gradually blend in flour using figures of 8 movements with a metal spoon.
- 6. When thoroughly mixed, divide mixture between the sandwich tins
- 7. Bake for 20-25 minutes
- **8.** Leave to cool on wire rack

Method Filling

Beat butter until soft, add the icing sugar and strawberry milkshake powder and mix with a wooden spoon, add a little milk then beat in the mixer until light and fluffy, add more milk if required. Sandwich the cake together with half the filling and the strawberry Jam

Method Topping

Pipe the top of the cake with the remaining half of the filling mixture to form round "flower" shapes. Put a decorative ball in the centre of each and finish with sprinkles.

Events at St Peter's Galley Common

Rose Queen 8 Summer Fayre

Saturday 25th June 2016.

Rose Queen Crowning In St Peter's 1.45pm.

Summer Fayre opens In St Peter's Church Hall 2.00pm.

Bric a brac, displays, games, Home made crafts/cakes.

Refreshments & Raffle. Admission FREE

SUMMER CONCERT

The Songs of Rodgers & Hammerstein







Friday 8th July 2016

In St Peters Church, 7.30pm Start.
Admission Adults £4.00.
Children FREE.

Raffle. Refreshments provided

INCLUDES THE OPENING OF THE

St Peter's Art

Exhibition of beautiful arts and crafts created by groups and friends of St Peter's Church.

Heaven's Grocery Store

I was walking down life's highway a long time ago. One day, I saw a sign that said "Heaven's Grocery Store," As I got a little closer, the door came open wide, And when I came to myself, I was standing inside. I saw a host of ANGELS. They were standing everywhere. One handed me a basket and said, "My child shop with care." Everything a Christian needed was in the Grocery Store. And all you couldn't carry, you could come back the next day for more. First, I got some PATIENCE, LOVE was in the same row. Further, down was UNDERSTANDING. you need that wherever you go. I got a box or two of WISDOM, a bag or two of FAITH. I couldn't miss the HOLY GHOST for it was all over the place. I stopped to get some STRENGTH and COURAGE to help me run this race. By then, my basket was getting full, but I remembered some GRACE. I didn't forget SALVATION for SALVATION is free. So I tried to get enough of that to save both you and me. Then I started up to the counter to pay my grocery bill, For I thought I had everything to do my MASTER'S will. As I went up the aisle I saw PRAYER and just had to put it in, For I know when it's tough outside, I would run right into sin. PEACE and JOY were plentiful, they were on the last shelf. SONGS and PRAISES were hanging near so I helped myself. Then I said to the Angel, "Now, how much do I owe?" He just smiled and said, "Just take them wherever you go." Again I said, "How much do I really owe?" He smiled again and said, "MY CHILD, JESUS PAID YOUR BILL A LONG, LONG TIME AGO!"

HARTSHILL **SATURDAY** CHURCH 2ND JULY SAUSAGE SIZZLE (4th Year) TIME: New for 2016 - 3 PM Free -Pony Rides "Sausage Sampling" Games:-Batter a Sausage, Sausage Can Shy, Sausage 'Wanging':-) plus more REFRESHMENTS REFRESHMENTS BY -TEA AND COFFEE

Wordsearch

In honour of the Queen's 90th Birthday Celebrations, this month we are basing the Wordsearch on words found in the national anthem of the United Kingdom: 'God Save the Queen'. The anthem dates back to London in September 1745, and first appeared as 'God Save the King' during a time of political tension. Both the words and tune are anonymous, but about 140 composers, including Beethoven, Haydn and Brahms, have used the tune in their compositions.

God save our gracious Queen! Long live our noble Queen! God save the Queen!

Send her victorious, Happy & glorious, Long to reign over us, God save the Queen.

Thy choicest gifts in store On her be pleased to pour, Long may she reign. May she defend our laws, And ever give us cause,

To sing with heart and voice, God save the Queen.

God	Reign
Save	-
Gracious	Choicest
Queen	Gifts
	Store
Long	Pleased
Live	
Noble	Defend
Send	Laws
	Cause
Victorious	Heart
Happy	voice
Glorious	
	(see page 19
	for solution



Prayer of thanks for the Queen

Father, We thank you for our Queen, for her ninety years of life – and still counting! Thank you for her example of commitment and service; for her perseverance through sunshine and storm. Most of all thank you for the wisdom she has to know that her security and significance come from you alone. You are her Lord and King and Saviour – and you are ours. May we all, Sovereign or Subject, put our trust in you and walk more closely with you day by day, in thankfulness for Jesus Christ, who makes that relationship possible. Amen.

By Daphne Kitching



Church Flowers

26th For Jean & Don Gledhills' 65th Wedding Anniversary.

Thank you for your generous donations towards the flowers.

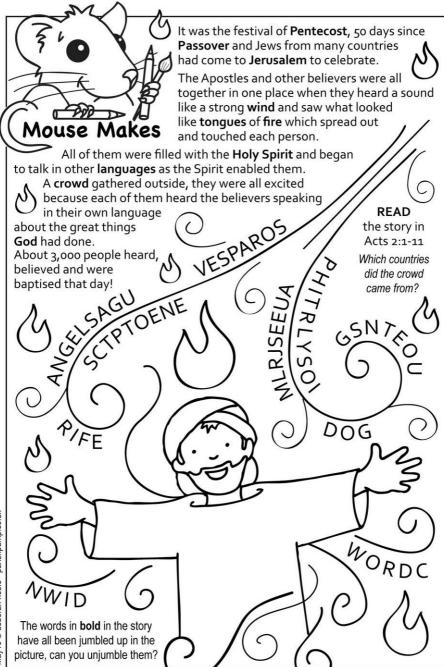
If you would like sponsor the altar flowers, perhaps to celebrate an event or remember a loved one, please see Jan in church or telephone her on 02476 395467.



Hartshill Community Library

Tuesday 10am to 2pm Wednesday 2pm to 4pm Thursday 2pm to 4pm (new times) Friday 10am to Midday Saturday 10am to Midday

The following sessions are also held in the library: Family History Group Mondays 1.30pm to 3.30pm Book Club first Tuesday of the month 10.30am



Our Mission

HOLY TRINITY CHURCH IS COMMITTED TO SHARING THE LOVE OF JESUS WITH ALL

Answers to wordsearch on page 16

OGFSCRGSIEN
DILUECIOVOE
ELBONHFEDEL
SUOIROTCIVO
ASLCHISENDN
ECEADCOQEGG
LSPRWELUISE
PPUGOSPESBS
YHEARTREVAS
EEERCRSNNIG

From the Editor

Thank you to all contributors to the magazine.

If anybody has anything they would like to share with readers of the magazine, please either write it down and give it to me or email it to me at susan.foster@bcs.org. I prefer articles in MS word with photos attached as jpegs, or alternatively pdfs.

The deadline for articles for the July edition is 19th June.

Who's Who?

Vicar	Revd. Heather Barnes	02476 392266
Curate	Revd. Michael Brandsma	01827 437292
Church Wardens	Mrs Carol Miles	02476 394339
	Mrs Sally Young	02476 397276
PCC Secretary	Mrs Sheila Hinds	02476 394683
Treasurer	Mrs Wendy Albrighton	02476 397183
Planned Giving	Mrs Wendy Albrighton	02476 397183
Mothers' Union	Mrs Susan Foster	02476 319943
Verger	Mr David Hodson	07773 992270
Weddings	Mr Nick Blamire-Brown	02476 395467
Flowers	Mrs Jan Blamire-Brown	02476 395467
Baptism	Revd. Heather Barnes	02476 392266
Community Centre Bookings	Mr John Randle	02476 392856
Sunday School	Mrs Ruth Kinderman	02476 395326
Magazine editor	Mrs Susan Foster	02476 319943

Church website: http://holytrinity.avexi.co.uk/

Facebook https://www.facebook.com/groups/holytrinityhartshill/