



17 August 2022

Dear Friends,

“Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest.”

Matthew 11.28

When the going gets tough, it can be vital to know that you have a safe space, to which you can retire. It is bad enough to feel overwhelmed; but to feel overwhelmed without knowing that there is a place in which you will find rest, can be too much. So, I was delighted to visit Oakleaf Enterprise recently, a charity that provides support for those with mental health difficulties. They offer a range of support, from helping people back into employment, to counselling, to learning IT skills. One of their recent ventures is to provide ‘Safe Haven’. This is a drop-in place, on Walnut Tree Close, which is available for anyone, 1800 – 2300, 365 days a year. No need for a referral; no questions asked. If you call in, you will receive a safe, calm and friendly welcome, and meet wise people who will listen, care and guide. A member of Oakleaf will be visiting Holy Trinity on a Sunday in October to tell us more.

Perhaps we owe it to ourselves, during the summer months, to remind ourselves where we can find a few safe havens. This can be awarding ourselves permission and time to enjoy music or reading, or the delight in doing nothing. It can involve reconnecting with friends, when there is nothing urgent to talk about – but ensuring that strong friendships are there, as/when they are particularly needed. I imagine that each of us knows what our safe spaces are – but making sure that we are familiar with going there is important. At Oakleaf, I was especially impressed that no referrals are needed; no judgement is made as to whether you deserve this, or whether you are ill enough to merit it. Just turn up, spend time in safety, and then depart stronger. A haven is a place close to heaven.

- Robert

WORSHIP SUNDAY 21st August 2022

HOLY TRINITY

10am Summer Worship - Sermon by Ben Cahill-Nicholls

ST MARY'S

8am BCP Holy Communion - Led by Robert Cotton

10.30am Morning Worship - Sermon Corinne Jones

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**Coffee
&
Cake
at
St. Mary's**

***Thursday 25 August
10.30 – 12 noon***

**Remembering
Ukraine**

A chance to meet up with friends

Everyone welcome



What's On at Holy Trinity & St Mary's

Please do check out the What's On for an up to date list of services, activities and events that take place in Holy Trinity, St Mary's and the Trinity Centre.

You will also find dates of when the office will be closed over the summer.

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Please make sure we have your current contact details.

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