



**TNV news flash**

Articles and contributions for the Easter edition of TNV should be submitted by 8th March to [TNV@trinitywoking.org](mailto:TNV@trinitywoking.org)  
Let's make this a bumper edition!  
*Jean Normington*

**Message from Rev Sam Funnell**

Dear Friends,

As I write it's School half term – space for children and young people to NOT have to try and think about schoolwork, on-line learning and keeping focused when there are a million other things they'd rather be doing all around them. Hopefully there's also a bit of rest for weary parents trying to juggle home working and home schooling – perhaps especially trying in Lockdown 3 and when it's just snowed, or the sun's finally come out!

It's also a week when the staff and leadership team are preparing for an Away Day. We've been trying to do this since I arrived and every time, we got something planned with a retreat centre, Covid-19 had other plans! So, now we're on Zoom but we will get a bit of 'time out' – together and most importantly, with God – to do some listening and some planning for where we see God leading us as a church.

Over the last year so many holidays, retreats, rest days and opportunities for general and easy relaxation have been lost – that I wonder if we'll need to re-learn the art of proper rest and relaxation, enjoying the quiet moments in a busy day or week – because they are different to the busy bits but are also what enable us to sustain all that busyness.

I've just discovered that my mobile phone offers me a number of meditation sessions (7 days of calm, 7 days for managing stress, Mindfulness etc.) and I'm aiming to have a go at some of these – just need to find the time to fit them in! Of course, the danger of all of our DOING is that we forget that we are made as human BEINGS.

I've sometimes heard of people being encouraged to take '5-minute holidays' or a '15 minute retreat' – the idea is that you cultivate the practice of 'being' and withdrawing to a happy, peaceful place in your mind, so that you can retreat there for a few restful and refreshing moments whenever you need to. I like the idea; I'm just not every good at doing it!

Perhaps our times of prayer, or daily devotions, or 'quiet time with God' can be our brief time away from it all – spending just that little bit more time in reading our bible and seeing what God wants to reveal to us through the passage, imagining ourselves present in the story or even re-writing the text in our own language, painting the images it creates or carrying a word from it in our minds for the day – all of these things build up our life of faith, give us rest in God's presence and restore our souls.

*Jesus said, "I came that you might have life and have it to the full" – John 10:10*

So, rest up, refresh yourselves, restore your heart and then BE!

*Sam*

## A Word in Season 46 – From the Mountain Top

***Moses set out with his assistant Joshua, and Moses went up into the mountain of God (Exodus 24:13)***

***God said to Elijah, 'Go and stand on the mountain before the Lord' (1 Kings 19:11)***

***Jesus went up the mountain and sat down there with his disciples (John 6:3)***

***Jesus took with him Peter, James and John, and went up the mountain to pray (Luke 9:28 all ref NRSVA)***

It never ceases to amaze me how many times we find references to God – Father, Son and Spirit, on a mountain. On Sunday we shared the experience of Peter, James and John seeing Jesus transfigured and what it meant to them. Although I suffer from vertigo I do love mountains and taking a good walk, often off the smooth well-kept tourist paths, and up into the hills. As a child I always visualised mountains with snow on, but I discovered my error when I visited Switzerland for the first time in September 1971. Until then the furthest I had ever been off mainland Britain was the Isle of Wight. That September journey was a real discovery for me - from a ferry crossing from Dover to Calais and a night journey in a Couchette across France, into Switzerland at Basel, and then an early, misty, morning journey along the Aare valley to Bern. Once in the open country you could see the Jura mountains, but no snow, then in the far distance another range but no snow. I was disappointed! Christine met me at Bern station and one of the first questions I asked her, when she wanted to know how the journey went, was, "Where was the snow?" She laughed and said it's only September! She explained that the snow line moved, sometimes daily, according to the weather and the only mountains covered in snow in the Summer were the high peaks of the Alps and we couldn't see them. During those few days I did get the opportunity to go up a mountain, the Niesen above the lake of Thun. A real mountain at 2304m (7559 feet). It is my favourite mountain and we have visited it many times with family and friends.



The Niesen, which became known in our family as our 'House Mountain'. Most alpine towns have one!

We took the train up and the views were spectacular, it was so peaceful. I could understand how mountains appeared so many times in the Bible as being significant places to:

***'Be still and know that I am God'! (Psalm 46:10 NRSVA)***

We sat with an iced coffee and just looked at the beauty and magnificence and experienced the silence. To further the experience, we decided to walk down the escarpment and through the pine trees with a different view at every corner, and then into the Alpine pastures with the buzzing of the insects and gentle clanging of the cowbells. It was so uplifting and restorative. The second verse of, *'How great thou art'* bring back those memories:

*'When through the woods and forest glades I wander and hear the birds sing sweetly in the trees; when I look down from lofty mountain grandeur, and hear the brook and feel the gentle breeze:*

*Then sings my soul, my Saviour God, to thee: how great thou art! How great thou art'. (H&P 82v2)*

But as Elijah and Moses found it isn't always like that. I've visited many mountains since then across the Swiss, French and Italian Alps but the great object lesson occurred in the week after our wedding in August 1974, when we took a week to visit different parts of Switzerland culminating in a weekend in Lugano. That beautiful, romantic, moonlit cruise around Lake Lugano and the coloured fountains has left indelible memories. However, alongside that are the memories of our planned walk along the Alpine ridge from the summit of Schynige Platte (2100m 6889feet) to Grindelwald First (2167m 7109 feet) a six-hour demanding hike. We left for Wilderswil at 6.00am to catch the first train to the top. Halfway there the cloud came down and it began to rain. When we got to the station Christine and her brother Heinz decided it may be too difficult to do the walk, due to the weather. He suggested we take the train up to the top, have a coffee and a cake, wander to the Alpine Garden and then come down. I was disappointed but accepted their advice.

As we came out of a tunnel two thirds of the way up it was stunning! A clear, blue sky, with small fluffy clouds and superb views of the Eiger, Moench and Jungfrau. Talk about spectacular! We had our coffee and Heinz checked with the weather station and

they said that it would be ok until about 6.00pm. We decided there was ample time to safely complete the walk. We were fully kitted out with warm jumpers, walking boots, sticks, flasks of coffee and water bottles. In places the track was rough and rugged. We stopped about halfway for a picnic lunch. As we packed up Heinz spoke to Christine and she explained that we were going to stay for a few minutes as they didn't like the look of a small cloud coming towards us. I was puzzled and then ...



... as if from nowhere the cloud came rolling in and in seconds I could barely see my feet stretched out before me. It suddenly turned cold and damp and for me scary. I could hear people laughing and joking and complaining about the cold. I asked why they were walking, and we weren't, and Christine told me to wait and see.

The cloud drifted off in about 20 minutes, then we walked down to the path and stopped. Christine told me to look down and there was the edge of the path, a couple of paces of rough rocky soil and a sheer drop going down. She explained that many of the walkers (known as 'sandalen touristen' in Swiss German – meaning sandal tourists!) were in sandals, shorts and tee-shirts and had no idea of what was so close to them or how the weather could suddenly change. How often do we step out to serve God without being properly prepared ignoring the presence of the Holy Spirit.

At the moment our lives are a bit like that walk. Suddenly, from nowhere, the cold, clingy mist of Covid 19 has surrounded us. We are largely helpless, worried, afraid and unlike the twenty minute cloud, Covid has not gone away. There are little gaps in the mist with some light, like vaccinations, but we are a long way from the mist clearing completely.

I could appreciate the position of Moses and Elijah on their own, as the thick mist came down, and surrounded them! Then God spoke to them with words of encouragement, purpose and hope. Today in the mist of Covid 19 God, Father, Son and Spirit are with us, sharing words of comfort, encouragement and challenge. As I had my guides on the mountain in the mist Jesus came to show us the way to go through the mist of Covid, with the Holy Spirit to accompany us all the way. We are continually surrounded by God's eternal love.

My thoughts for this week as we await the Prime Minister's speech on Monday and pray there will be glimmers of light, getting stronger to start lifting the cloud of Covid, are:

*'When the road is rough and steep, fix your eyes upon Jesus. He alone has power to keep, fix yours upon Him;  
Jesus is our gracious friend, one on whom we can depend. He is faithful to the end, fix your eyes upon Him'.*  
(N J Clayton 96 Youth Praise)

*'Let the foe not prevail, Shepherd, hear our prayer! Our resources would fail, Shepherd hear our prayer?  
Order all our steps aright, carry us from height to height; yonder shines the light! Shepherd lead us there! Lead us safely there'.*  
(Albert Orsborn 641v3 SASB)

This week, I pray that God give us his light to guide us, his courage to support us, and his love to surround us.  
*Graham*

#### **Can you help? Volunteer readers needed**

Would you be able to join the rota to read the lesson on a Sunday morning? We'd appreciate your help, as the pool of volunteers is quite limited at the moment. One of our experienced readers would be pleased to give you some advice if you are unsure about reading on Zoom. Please contact David Emmerson if you are willing to help. *Thank you!*

#### **Forthcoming Woking People of Faith Events**

Ladies Coffee Morning - Tuesday 23<sup>rd</sup> February at 11am via Zoom

Virtual Tour of the Shah Jahan Mosque – Monday 8<sup>th</sup> March at 7pm via Zoom

Just email [trinitywoking@btinternet.com](mailto:trinitywoking@btinternet.com) for more details

## Valerie's Quiz Corner!

### ANSWER FROM LAST WEEK

1. Which Austrian city hosted the Winter Olympics in 1964 and 1976? *Innsbruck*
2. For which film did Frank Sinatra win an Oscar? *From here to Eternity*
3. Which country is the world's biggest producer of cheese? *USA*
4. What does an Ichthyologist study? *Fish*
5. Who did Margaret Thatcher replace as the leader of the U.K. Conservative party? *Edward (Ted) Heath*
6. In which ocean are the Maldives to be found? *Indian*
7. Which famous ship was found deserted in 1872? *Marie Celeste*
8. What is the bestselling soup in the U.K? *Tomato*
9. Which fish has a yellow-fin variety? *Tuna*
10. Grenadine is obtained from which fruit? *Pomegranate*
11. What is the chemical symbol of gold? *Au*
12. In which area of London did Jack the Ripper's murders take place in 1885? *Whitechapel*
13. From which country does Blue Mountain Coffee originate? *Jamaica*
14. In which African country is the Skeleton Coast? *Namibia*
15. Which company makes the sweets known as "Lovehearts"? *Swizzels*

### THIS WEEK'S CRANIAL WORKOUT IS:

1. In which country was the British athlete Mo Farah born?
2. With which colour do you associate the hotel chain "Premier Inn"?
3. Sauerkraut, a German dish is made by pickling which vegetable?
4. In which Spanish city is the Museo del Prado?
5. Where is the Grand National Steeplechase held?
6. Followers of which religion observe a strict fast from dawn til dusk during the month of Ramadan?
7. Which spiny shrub is also called furze or whin?
8. In which London street is the Cenotaph?
9. Which county contains the majority of the Peak District National Park?
10. What is a baby squirrel called?
11. Which King made himself head of the Church of England in 1531?
12. The cochlea, mallus and vestibular nerve are found in which organ of the body?
13. In which ocean does Mauritius lie?
14. What was Mendelssohn's nationality?
15. Who wrote "The Spy Who Came In from The Cold"?

### Do you need some help with your mental health, or some resources to help others?

Try Headspace on BBC website:

<https://www.bbc.co.uk/programmes/articles/YfRzhXDKSZQxFVn30TIXBj/your-mental-health-toolkit>

Allison Jackson



Methodist Church

Yesterday at 07:30 · 🌐



#Prayer of the day::

Give to us, O God, a heart transformed by grace and a life inspired by humility. Grant us fullness of faith, firmness of hope and fervency of love.

<http://ow.ly/wYtJ50DAHCR>

