

A Community enriched by Christian faith, worship and values.

HOLY TRINITY CHURCH, COOKHAM

IN THE BENEFICE OF THE

COOKHAMS

SERVING AT THE HEART

OF THE COMMUNITY

19th June 2022

First Sunday after Trinity

With thanks to our Girls' Choir for singing today



Intercessions

Thank you to Michael Johnson who is leading our intercessions and doing our first reading for us today.



Singing Success

Congratulations to Claudia and Elsie, two of the youngest members of our Girls' Choir (both 8 years old), who have each passed ABRSM Grade 2 Singing Performance with Merit. Entered as members of our choir, we are delighted that they have this first singing examination achievement under their belts (or should that be cassocks?).



Love One Another On YouTube now!

A lovely online offering from our Girls' Choir. With beautiful music and readings from the Revd Helen. Available now on our YouTube Channel Cookham Churches. Don't forget to give it a thumbs up!



Please pray for those who are ill...

John McNeil, Eileen Seal, Brenda Harris, Linda Luxon, Sylvia James, Doug Webber, Mike Springate

Please pray for those that have died...

Jeanne Turner RIP, Jill Watmough RIP, Gerry Knight RIP, Jill Hartley RIP



4th @ 4 Family Service

Sunday 26th June

St John the Baptist Church Cookham Dean

Come and help us celebrate our Patronal Festival with our 4th@4 Family Service celebrating the life of St John the Baptist. 4.00pm followed by a special afternoon tea with 'bubbles' for the grown-ups.

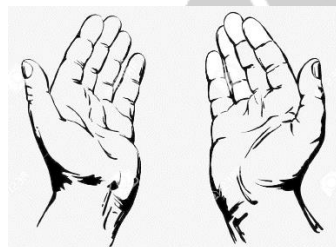
All welcome!



Love, Sex and Sewerage Wednesday 22 June 2.30pm HTC Parish Centre

We are delighted to welcome the renowned and unforgettable Ted Harris to our 22nd of June meeting this year. The expectations are high for an afternoon filled with good will and laughter, do come along and join us.

The Ladies Group meet from April to October on the 4th Wednesday of the month at 2:30 in Holy Trinity Parish centre, you will notice this is a change as we have decided not to meet in the winter months. We have also dropped the annual subscription this year, the meeting cost remains at £3:00, visitors are always welcome.



Stilling:

Remembering that we are human beings and not human doings

Stilling is a powerful practice. In our busy world we often forget the ancient wisdom that we are human beings not human doings. For this practice you sit still, notice your breathing and gently call to mind good things received, difficult burdens carried or things you long for. This helps you become more grateful,

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humbler and more purposeful. It is also a beautiful and profound way to pray, and Christians have been doing it for most of their history.



1. Place

Find a comfortable chair, and maybe a cushion, in a place where you will be undisturbed for 10 minutes. Bring a rug or blanket if you like.

2. Posture

Sit back in the chair, upright and alert but at ease. You could support your back with the cushion and wrap the rug around you. Put your feet flat on the floor if possible. Check your neck and shoulders – are they relaxed?

3. Presence

Breathe in slowly, counting to three: 1... 2... 3. Visualise or feel what you hope to receive from this time. Then breathe out slowly counting to three: 1... 2... 3. Let go of anything that feels heavy or difficult about today. It's often helpful to close your eyes.

4. Palms up – thank you

Turn the palms of your hands upwards. Call to mind good things from the past day, weekend, week, the good things placed into your hands. Christians believe that God creates all good things in our world. You can thank God for those good things: 'Thank you God for...'

5. Palms down – sorry/sorrow

Imagine you are dropping or letting go of something; it might feel heavy, sad, tiring, burdensome or shameful. It might be something you've done, or something that was done to you. You might want to say sorry, or say sorry to God: 'God, I feel sorry/sad about _____ help me to let go.'

6. Palms up – please

Imagine someone is placing something good into your hands. What do you long for deep inside? It might be for yourself or for others. Ask God for this: 'Please God _____'

7. Pray

Psalm 46 says: 'Be still and know that I am God'. As you finish, say these words to yourself a couple of times as you slowly breathe in and out

www.oxford.anglican.org/come-and-see

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Pew News Contributions

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