

Just for Today

1. Just for today I will try to live through this day only, and not tackle my whole life's problem at once. I can do things for 12 hours that would appal me if I had to keep them up for a lifetime.
2. Just for today I will be happy. This assumes that what Abraham Lincoln said is true, that "most folks are about as happy as they make up their minds to be." Happiness is from within; it is not a matter of externals.
3. Just for today I will try to adjust myself to what is, and not try to adjust everything to my own desires. I will take my luck as it comes, and fit myself to it.
4. Just for today I will take care of my body. I will exercise it, care for it, nourish it, not abuse or neglect it, so that it will be a perfect machine for my bidding.
5. Just for today I will try to strengthen my mind. I will learn something useful. I will not be a mental loafer. I will read something that requires effort, thought, and concentration.
6. Just for today I will exercise my soul in three ways: I will do somebody a good turn and not get found out; I will do at least two things I don't want to do, as William James suggests, just for exercise.
7. Just for today I will be agreeable. I will look as well as I can, dress as becomingly as possible, talk low, act courteously, be liberal with praise, criticize not at all, nor find fault with anything — and not try to regulate or improve anyone.

Services at Trinity during May

Sunday 4 May	9:15am	Early Church led by Jo Baker
	10:30am	Morning Worship led by Rev Claudia Lupi
	6:00pm	Evening Worship by zoom led by Peter Baker
Tuesday 6 May	10:00am	Midweek service led by Ken Harris
Sunday 11 May	9:15am	Early Church led by Catherine Roots
	10:30am	Morning Worship led by Richard Armingher
	6:00pm	Evening Worship by zoom led by Rev Seung-wook Jung
Tuesday 13 May	10:00am	Midweek service with Holy Communion led by Rev Seung-wook Jung
Sunday 18 May 	10:30am	Morning Worship with Holy Communion and retiring collection led by Rev Seung-wook Jung
	4:00pm	Messy Church led by Tania Stanford
	6:00pm	Evening Worship by zoom led by Rev Joanne Sherwood
Tuesday 20 May	10:00am	Midweek service led by Chris Lowe
Sunday 25 May	9:15am	Early Church led by Rev Seung-wook Jung
	10:30am	Morning Worship Local Arrangement led by Ann Guy
	6:00pm	Evening Worship by zoom led by Rev Nigel Bibbings
Tuesday 27 May	10:00am	Midweek service led by Fiona Arscott-Smith

Pastoral News

Welcome...

We were delighted to welcome Jenny Powell to membership at Trinity on Easter Sunday.

Thank you..

Vera Watts would like to say a big *Thank You* to everyone for the cards and greetings she received over Easter.

Donna Keen

We have been asked to remember in our prayers the family of Donna Keen who has died. Some members may remember Donna who lived nearby and attended Trinity a number of years ago.

Trinity News

Annual Church Meeting 18th May.

The next Annual Church Meeting will be held immediately after the 10.30 service on Sunday 18th May.

Please would all church committees and groups send me a report of last year's activities by Sunday 11th May so that they can be displayed in the anteroom prior to the meeting.

Many thanks,
Marina

Can you help?

A warm welcome is an important aspect of our services. At each 10.30 service we have two stewards who support the lead Steward to prepare the church for service and greet people at the door. We need people to join this team. Please don't wait to be asked - speak to Anne Gray or any steward for more information.

How well do you know your Bible?

Are there times when you don't quite understand something but you are either embarrassed or not sure who to ask? Our zoom Bible Study sessions every other Wednesday may be just what you need.

We are a group of encouraging and friendly people who want to understand and learn more together about the Bible and the impact it has on our lives. We welcome you to join us at one of our two sessions every other Wednesday (2pm or 8pm) on zoom for approx. an hour ending with a hymn.

For more information contact.

Rev Seung-wook Jung, Roger Owers, Peter Baker or Catherine Roots

Thursday at Trinity

Knit and Natter - a small group who meet fortnightly at the Church to knit, sew and chat. They will meet in the Anteroom during the warmer months. Meetings during May are Thursday 1, 15 and 29 May at 2:15pm – 4pm.

Games Fellowship - board games, puzzles and a chat in the Chatteris Suite. Meetings during May are Thursday 8 and 22 May at 2:00pm- 4.30pm.

Activities are £2 per session, including a cup of tea! If you would like more information please contact us on 01525 37190 or email ttprojectoffice@gmail.com

Charity of the month— Christian Aid

Our Charity of the month for May will be Christian Aid <https://www.christianaid.org.uk/>.



A retiring collection for Christian Aid will be taken after the 10.30 service on May 18th.

Easter celebration

Nearly fifty people attended the Easter Celebration at Trinity on 24 April—thank you to all who contributed to making it such a joyous occasion.



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8. Just for today I will have a program. I will write down what I expect to do every hour. I may not follow it all exactly, but I will have it. It will eliminate two pests: hurry and indecision.

9. Just for today I will have a quiet half-hour all by myself and relax. In this half-hour sometimes I will thank God, so as to get a better perspective of my life.

10. Just for today I will be unafraid, especially I will not be afraid to be happy, to enjoy what is beautiful, to love, and to believe that those I love, love me.

(Thanks to Alison Arnold)

Everyone is welcome to our services and activities—contact the Church Office for more details.

Tel: 01525 371905 ; tttprojectoffice@gmail.com

Circuit District and Connexional News

Circuit service on Dunstable Downs, planning meeting 21 May

Volunteers are needed to help with planning and organisation of the Circuit Open Air service on 13 July. If you would like to help please join the Downs Planning Zoom Meeting at 7.45pm on May 21st. This initial meeting will consider both logistics and worship - and then future meetings will split those two functions. So if you are interested in being involved in either, please join this meeting.

Thank you, Jenny

Zoom details:

Topic: Downs Planning Meeting

Time: May 21, 2025 07:45 PM London

Join Zoom Meeting

[https://zoom.us/j/99728819185?
pwd=UurpQqal8tEypabBcLDtTNFxrAsTXO.1](https://zoom.us/j/99728819185?pwd=UurpQqal8tEypabBcLDtTNFxrAsTXO.1)

Meeting ID: 997 2881 9185

Passcode: 447080

Let the Spirit flow.....

A creative retreat day with a Pentecost theme
25th June 10.30am-3.00pm at Eaton Bray Methodist Church

Cost: £20 Hot drinks provided, bring your own lunch

No particular artistic skills are needed, just a willingness to play! Art materials and equipment will be provided. Activities could include messy paint, collage, wet-felting, embroidery, origami, colouring

Facilitator/registrations Jenny Spouge -

jenny.spouge@methodist.org.uk



Dates for your diary

Wednesday 18 June 2:30-4:00pm—Wednesday Fellowship meets in the Chatteris Suite

Saturday 21 June 10am-11.30am Marie Curie coffee morning
(*This will be Trinity's Circuit Mission event*)

Saturday 28 June 10am Pastoral meeting for all Pastoral Friends and Links

Sunday 29 June 10.30am—Church Anniversary/Bring a Friend
(*who will you invite?*)

Sunday 13 July Circuit Open Air service on Dunstable Downs (no 9.15 or 10.30 service at Trinity)

Sunday 20 July 10.30am Pastoral Commissioning Service

Zoom links

Sunday Evening Worship

[https://zoom.us/j/94865623492?
pwd=RlozVHRhYnFrcEU1cUJjdHZxUDQzQT09](https://zoom.us/j/94865623492?pwd=RlozVHRhYnFrcEU1cUJjdHZxUDQzQT09)

By phone—0208 080 6591

Meeting ID: 948 6562 3492 Passcode: 494002

Wednesday Afternoon Bible Study 2pm

[https://zoom.us/j/92877340921?
pwd=Y2x3MUdTeFpWT0YvenUxMXZDNTArdz09](https://zoom.us/j/92877340921?pwd=Y2x3MUdTeFpWT0YvenUxMXZDNTArdz09)

By phone—0330 088 5830

Meeting ID: 928 7734 0921 Passcode: 869411

Wednesday Evening Bible Study 8pm

[https://zoom.us/j/97662553267?
pwd=ektDbjZ4VkVxdVNxUWp2cUxtb3dlUT09](https://zoom.us/j/97662553267?pwd=ektDbjZ4VkVxdVNxUWp2cUxtb3dlUT09)

By phone—0203 481 5237

Meeting ID: 976 6255 3267 Passcode: 873153

If you need help joining our Zoom services please contact Catherine Roots.

Prayer Diary

Please pray for....

- Those who are leading at Trinity and around the Circuit: Jo Baker, Rev Claudia Lupi, Peter Baker, Ken Harris, Catherine Roots, Richard Armiger, Rev Seung-wook Jung, Tania Stanford, Rev Joanne Sherwood, Chris Lowe, Ann Guy, Rev Nigel Bibbings, Fiona Arscott-Smith, Roger Owers
- All helping at the May Fayre stall and those who visit the stall
- All those in our congregation who are ill, in hospital or awaiting medical treatment and those who care for them.
- The Circuit Leadership team as they consider feedback from the Circuit Listening Day on April 26.
- All those who mourn, in particular the family of Donna Keen
- All who live on Hockliffe Street or North Street
- Teachers and pupils at Leighton Middle School
- All those in our Church Directory whose name begins with H

*The deadline for the next Trinity News is 12noon **Wednesday 14th May 2025**. Send contributions to : trinityweeklynews@gmail.com or the Anteroom letter rack attention Anne Gray.*

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<https://www.facebook.com/trinitymethodistleighton>

Registered Charity no.: 1151861

Bank details

Name of Account: Trinity Leighton

Sort Code: 08-92-99 Account No: 67239649

