



Holy Trinity Times Easter 2024

Go quickly, and tell his disciples that he is risen from the dead.

Matthew 28.7

Holy Trinity Church, Maisons Laffitte.
Donation 3 Euros

Who Does What

Chaplain	Rev'd. Charlotte Sullivan 06 83 08 59 67
Curate	Rev'd. Vivian Sockett
Reader	Richard Medcalf
Youth Worker	Joy Van Staalduinen

Church Wardens	Christine Salisbury David Bean
Church Council Secretary	Didier Trufanow
Chaplaincy Assistant	Jenni Gibson

Activity	Contact person
Address List	Jenni Gibson
Book Stall	Sarah Masset
Buildings/ Grounds	Adrian Parr
Charitable Giving	Hesry Marshall
Choir	Rachel Meuriot
Coffee Rota	tinyurl.com/ TeaCoffeeHTCML
Ecumenical Group	Christine Salisbury
Electoral Roll	Elizabeth Bean
Flower Rota	Fiona Dabas
Guiding	Christine Salisbury
Intercessions	Elizabeth Bean
Lesson Readers	Elizabeth Bean
Little Fishes	office@html.com Coffee morning every Tuesday at 9.30 am for pre-school children.
Organist	Joan Bauman

Activity	Contact person
Planned Giving	Robert Manterfield
Safeguarding	Alice Auperin
Scouting	contact@maisons- laffitte-scouts.fr
Sidesmen	Patrick Gautier- Lynham
Sunday Groups	LJ Desmeulles
Treasurer	Bob Hughes
Trinity English School (TES)	trinityenglishml @gmail.com
Trinity Times	Nancy Huguet
Web Site	office@html.com
Youth Group	Joy Van Staalduinen & Johanna Devlin
Bible Study	
For women: Monday evening	Jenni Gibson
Tuesday a.m.	Nancy Huguet
Wednesday evening by Zoom	8.00 pm: Bible study 9.15 pm: Compline.

Chaplain's Corner



Dear friends,

Throughout Lent, our sermon theme has been on the spiritual disciplines or spiritual practices. We have covered confession, submission, worship, meditation, and prayer. If you missed any of these they are on our Youtube channel: <https://www.youtube.com/@holytrinitychurchml/videos>

My journey of discovery into the spiritual disciplines began about 12 years ago, when I joined a dispersed monastic community called the Aiden and Hilda community. An ecumenical body of people who draw inspiration from the lives of the Celtic saints. This community encourages its members to adopt a rule of life, also known as a sacred rhythm.

The primary purpose of a rule of life is to provide a framework, a trellis if you like, that helps you to create habits and routines that support you. A rule of life typically includes a combination of spiritual disciplines, physical practices, and relational priorities. If you are interested in finding out more this is a great website, full of testimonies and resources: <https://ruleoflife.com/>

I must confess, there are some spiritual practices that I find easier than others. I have, however, learned through time, practice, and the whisper of the Holy Spirit, that spiritual practices lead to freedom. Freedom in the sense that they create more free time, rather than being a burden. They help to release you from negative self-talk and they promote a greater sense of well-being, both physical and spiritual.

One of the most transformative disciplines for me has been the practice of prayer. In the stillness of the morning or the quiet of the evening, prayer is simply a lifeline, one which sustains and anchors me amid a world of uncertainty. The Monday and Wednesday night Bible study groups have been following a book on prayer which has led to several of you wanting to go deeper into this spiritual practice. You will have seen in the newsletter that we are having a 24-hour prayer vigil on Holy Saturday. This is a powerful way for us to come together as a community, to connect with God so that His vision for love and justice can be carried out through us. We will continue to use the “crèche room” after the vigil as a prayerful space. A place where you can find peace and creative ways in which to connect with God.

Before closing, I would like to mention “Vegan Lent”. My thanks to Nigel Bartram and Caroline Varley for recommending this initiative. I was so inspired by the information offered by Nigel and Caroline that I adopted this way of eating after one of our planning meetings. I have experienced so many benefits that I am now committed to continuing it after Lent is over.

I hope through Lent and through this article we have inspired you on a journey into the spiritual disciplines. If you would like to know more or would like some help in crafting a rule of life for yourself please do not hesitate to contact Vivian or me.

Rev'd. Charlotte Sullivan



Vision Day

A rainy Saturday morning in early March. The coffee is brewed, pastries are out and everything looks enticing on HTC's check tablecloths. Cosy and tasty, indeed, but this isn't just to savour and keep us warm, it's fuel for the Council work day.

As part of the church's Vision & Strategy process, Council members have set aside two Saturdays to first define Holy Trinity's Vision until 2030 and then to work out a Strategy for how to concretely plan steps towards fulfilling it.

That might sound like business-speak, but the day was imbued with God's Spirit from beginning to end. The week before, nearly a dozen people committed to covering the day in prayer, signing up for 30-minute slots. We are convinced that this made all the difference.

As the 18 of us sat in a circle in Trinity Hall, Charlotte opened our time together with a Lectio Divina devotional on Psalm 100. It has been rare for Council to meet in-person since Covid – only one other occasion since Charlotte's arrival – and it was important to centre ourselves around the Word, and listening to the Holy Spirit.

Our hope for this Saturday was to agree on a draft statement on Vision. Holy Trinity has written about Vision over the years for various Diocese in Europe documents and so, in some ways, this wasn't a novel exercise. But no single statement had ever been agreed upon as encapsulating the church's Vision for a coming period of time and in this sense, there was a slightly daunting, stepping-into-the-unknown aspect to the exercise.

In addition, much has changed in the world, even in the past five years, and so the first thing we did was take time to complete a timeline of changes in the Holy Trinity context over the past 100 years. There have been an amazing number of changes! It's almost as if Holy Trinity has had six or seven lives already since the original grant from Frank Jay Gould.

Our real focus was how the context had evolved since the 1980s. This led us to define what that meant for the current English-speaking population around us. The church Survey, which an incredible 91 of us completed in November, confirmed that we are increasingly long-term, multi-lingual, multi-national and multi-denominational with most adults in some form of local work (rather than expat or diplomatic contracts).

We are also citizens of a virtual universe, with all of its hyper-diversity and continued connectedness with our friends and families 'back home'. Further, there are many other providers in the area of English-speaking networks, and so we concluded that Holy Trinity's only real differentiating factor was, unsurprisingly, the message of Jesus!

After lunch and once revived from time *à table* and recentred on God through a moment of Taizé song, we went into groups to see if we could reach consensus on a statement. In what felt like a miracle close to the day, we had arrived at a draft of a single sentence which we were all happy with. A final version will be officially voted on by Council at the 18 March meeting and then shared with everyone during the April AGM.

So stay tuned for more... especially as this is only the groundwork for our next Strategy meeting on 4 May when we will move forward on making concrete plans. Please do keep praying and sharing with us your thoughts and ideas for the future of Holy Trinity.

V.S.



Holy Trinity Church by Emma Parr

Katrin shares with us a message of hope for Easter

Good News!

I haven't watched the evening news in years. There came a time when I just couldn't stand the endless tragedy any longer, so I switched off the television and hid my head in the proverbial sand instead. And yet, bad news has an uncanny way of reaching even the most reluctant of ears. Another natural disaster, another mass shooting, another scandal ... we all hear about it, regardless of the notification settings on our smartphones. I've often wondered why we can't have a newspaper that only shares good news. *Because it would be too short to merit publishing*, a cynical little voice in my head says.

We don't need to follow the news to sense that the world is not doing well. Wars and rumours of wars; nation rising against nation; famines, earthquakes, wickedness, apostasy ... it is little wonder that anxiety, once considered a mental disorder, has become so ubiquitous that feeling anxious all the time now simply means you're human. Yet despite our dismay at the darkness and chaos besieging God's good creation, we must resist the temptation to throw up our hands in despair. Why? Because we who follow Jesus are called to be ambassadors of hope, to be bearers of the very Light which the darkness has not overcome and cannot comprehend (John 1:5).

The great drama of existence may appear at times to be a tragedy, but the same can be said of Good Friday. Let us take heart, then, for the divine playwright has given away the finale: *this does not end in death, but in life*. Yes, it's dark out there; yes, all creation is groaning; yes, sorrow and suffering weigh heavily upon us. But Christ is risen – and that changes everything. In the words of musician Phil Wickham, 'When all I see are the ashes, You see the beauty. When all I see is a cross, God, You see the empty tomb' (*Battle Belongs*). The Truth at the very heart of reality is not one of mourning but of rejoicing, not one of defeat but of victory. That yawning, gaping, ravenous void threatening to swallow up every ounce of goodness in this world? It has been defanged, dethroned, disempowered by the crucified and resurrected Lord of Glory. The verdict has been rendered: *love wins*.

For God so loved the world that He gave His only begotten Son. We may not feel it every day, we might struggle to accept it because we are simply so full of fear and doubt, but the truth is that we are in fact ransomed, redeemed, on a journey leading back to the shalom of the Garden. We are loved with a love so vast and so deep that we simply cannot grasp it.

On the night He was betrayed, Jesus prayed the High Priestly Prayer. It includes the following mind-bending sentences: 'My prayer is not for [my disciples] alone. I pray also for those who will believe in me through their message, that all of them may be one, Father, just as you are in me and I am in you. May they

also be in us so that the world may believe that you have sent me. I have given them the glory that you gave me, that they may be one as we are one – I in them and you in me – so that they may be brought to complete unity. Then the world will know that you sent me and have loved them even as you have loved me’ (John 17:20-23). Read that last line again, because it is astonishing. *You have loved them even as you have loved me.*

The Father loves *us* like He loves Jesus. The Father loves *you* like He loves Jesus. As Paul wrote, ‘Because of his great love for us, God, who is rich in mercy, made us alive with Christ even when we were dead in transgressions’ (Ephesians 2:4-5). The tomb really is empty. And not just Jesus’ tomb – *your* tomb, *my* tomb. And that is good news! It’s STUPENDOUSLY good news. It’s news far too good to keep to ourselves.

The late author and former Franciscan priest Brennan Manning once said, ‘Christianity is not primarily a moral code, or an ethic, or a philosophy of life. It’s a love affair. Jesus takes us to the Father, and they pour out the Holy Spirit upon us – not to be nicer people with better morals, but brand-new creations, prophets, lovers, human torches ignited with the flaming Spirit of the living God’. Sound incredible? Too good to be true? Because if you meditate on the breadth and length and height and depth of God’s love, the only possible conclusion is that it’s actually too good *not* to be true; our God is not the God of the dead but of the living (Matthew 22:32).

How, then, are we to face the darkness? Shall we cringe and cower, shield our eyes until it’s over, hide our lamp under a basket? Or shall we trust in God’s triumphant plan of redemption and in His fierce, wondrous love – and put our light on a lampstand so that it may give light to all who are in the house? Brothers and sisters in Christ, may we be filled with the very same effervescent joy as Jesus’ disciples on that first Easter morning, and may the glorious truth of the Good News sink into our bones, transforming our fear into the radical hope this world so desperately needs.

K.D.



Hesry explains the background to our beautiful new banner.

The Birth of a Lent Banner



You might ask yourself why we have different banners hanging behind the pulpit in church. Is there a certain logic to follow in the choice of these banners? Yes there is! They follow the liturgical colors according to the Anglican church calendar. It was a difficult task to follow the church calendar with our existing banners as we only had one purple banner (advent theme), and there are two periods in the church calendar that have purple as the liturgical color, advent and lent. So poor Charlotte had to go to advent in Lent!

We decided to put this right and create another purple banner with a Lent theme.

An invitation to join this project went out on the WhatsApp group at the beginning of February and eight people responded. Five people attended the first meeting and after a brief discussion we decided to design a “stained glass window” out of different shades of purple fabric and black ribbon. Everybody was challenged to provide two blocks of

at least 30 x 30cm in a stained glass effect in only two weeks. No specific instructions were provided.

Alice, Christine, Emma, Fiona, Jackie and Nancy stepped up to the challenge and delivered their blocks on February 14th.

All these different blocks then had to be put together in a meaningful way and the missing blocks created (we had 12 blocks but needed 21!)

Christine, whom one can always rely on in time of need, stepped up to the challenge and produced another five general blocks in record time!

Together with Nancy and Christine, lots of discussion, exchange of ideas, some vision, endless rearranging of the produced blocks and definitely some divine intervention, the “Heart” of the banner was created and it all came together! The message we tried to convey was:

From and within our busy, scattered, sometimes broken, but beautiful lives we continue on our path towards the foot of the cross, and towards the light from above.

We sincerely hope you will find your own message from this banner during Lent.

Thank you very much ladies, for your time, positive attitude, inspiration and beautiful creations. It was a privilege to work with you on this project and it is amazing how, even though we all have our own style - some work in straight lines, some curved, some scattered and some symmetrical - when put together it produces something beautiful. Thank you!

H.M.

Jeanne came across this poem about Judas in a collection written for Christian Worship, by Paul Canon Harris who broadcasts on BBC 2.

Sealed

These two men had kissed before, he remembered their first embrace
The start of the journey that brought them now to this place.

He recalled the thrill of being chosen, trusted, drawn into his teacher's life,
One of the inner circle, fate intertwining divergent destinies.

He recognized mutual disappointment, glances shot through with sadness,
sentences left unfinished, hopes dashed, dreams paused.

He steeled himself in the gloom, tightened his cloak
Mind racing, stomach churning mouth dry
He stepped forward and kissed him.

Jesus said to him, “Judas is it with a kiss that you are betraying the Son of Man?”
Luke 22 v 48.

This poem seems to bring home Judas' responsibility in the events leading up to
Jesus' arrest.



Betrayal of Christ (Kiss of Judas) by Giotto (1305)

We were blessed to have Brigid (an amazingly active, friendly, and generous Northern Irish granny) come our way when she was staying with daughter in Maisons-Laffitte. She came faithfully to our Tuesday coffee mornings for almost three months! Brigid had previously stepped out of her comfort zone to go travelling alone in the southern hemisphere for nine months. We miss her dearly and hope you will enjoy reading about her travels. Until we meet again dear Brigid!

Brigid's trip to New Zealand



This is merely a personal reflection of my six weeks' travelling through both North and South Islands of New Zealand. I am labelled as a "slow traveller" and have used public transport throughout. I have therefore missed many significant places of interest mostly through inaccessibility of the public transport system and in some cases by choice! In my 70s, I felt zip-lining and whitewater rafting could be left to the younger and more adventurous. Queenstown is a very expensive city for accommodation so I gave that a miss and the furthest south I ventured on the east coast was Dunedin and Halidiki on the west. Due to floods, landslides and manpower issues relating to bus drivers, my original plan to circuit around the whole of the South Island was thwarted. My gain, however, was travelling on the Trans Alpine train through the mountains from Greymouth to Christchurch. "Wow", is the most fitting description. Definitely a journey from west to east that would be worth including in one's itinerary.

I just missed the Auckland floods by a day, though in Rotorua they caught up with me - sheets of rain lashing down relentlessly for two days. Being Irish, I went out in it and laughed my way through the Polynesian spas and five geysers, all outside with different temperatures, which was fun. I have learned from a number of NZers that floods are a recurring problem. I had noticed on the mountain slopes reject logs, not fulfilling the exact specifications for export. The floods wash these down the slopes, creating chaos in rivers as we saw in Auckland. This causes homelessness and sadly sometimes loss of lives. Apparently a green decision by the Labour Party was to leave the trunks there to disintegrate naturally! In Nelson, there are layers of family homes precariously balanced on mountain sides. The response to my question of landslides or earthquakes was in most cases a philosophical shrug and smile.

Christchurch was a city I fell in love with. They are respectfully recreating and rebuilding earthquake-proof buildings from the damaged city. Positioned alongside these building sites and cranes are modern works of art and magnificent painted murals to demonstrate the future and resilience of these stoic and delightful inhabitants. They have creatively rebuilt many facilities, including a magnificent four-storey library with a roof garden at the top that surveys the city. My favourite accommodation was the YHA in the centre, that was affordable and next to the Botanical gardens and Lumière cinema, a must-see for both. The smell of the roses still lingers. I had forgotten how roses smelt and will promise to seek out a smelling rose to plant on my return. The Quake

museum was powerful in that it relied on videos of individual accounts of where people were and the impact of the quake on them at the time.

Dunedin was another city I grew to love. Free from quakes for over 300 years. The Settlers museum was interesting. I learned that inter-marriage was very common from the 1850s when the first settlers arrived. There are now no 100% Māori descendants living. On the surface the Waitangi Treaty gives an impression of equality and tolerance. The Māori language is taught to all children in schools and TV commentators switch automatically between the two languages. The Māori are not one indigenous tribe, but come from different warring backgrounds from the Pacific Islands. In Auckland every three years, they have a “Haka” competition, which quickly dispelled my myth of only one Haka as presented in rugby internationals. Culturally the Māori have different lifestyles and behaviour. This can lead to frustrations. A teacher I stayed with was engaging a group of students in an intricate lecture of mechanics and was interrupted by a student suddenly breaking into song. (He had a beautiful voice, recounted the teacher). However, this was hugely disruptive, despite his peers going with it, and making no comment. When asked why, he responded, “I felt happy, Sir”. There is definitely an underclass in evidence on the streets, but the noise is usually filled with laughter and fun.

If I may be able to indulge my view of the NZs, I have experienced nothing but kindness and a willingness to be helpful. Women tend to be very vocal and direct in manner. They are a practical people who meet any adversity with resilience and a “can-do” attitude. Concerns were expressed about the future of NZ being a free and equal society. Recently a Māori healthcare Trust has been established. The concerns were this could lead on to an apartheid system for the future.

NZ has many concerns - health service demands; shortage of doctors and nurses; problems with an aging population and not enough in the financial pot to meet pension expectations; raising the pension age, currently 65, is under review and meeting huge resistance; vagaries as a result of climate-warming with unprecedented flooding. In Omerau the little blue penguins will continue to march out of the seas in single file to their homes at dusk, leaving before dawn to spend a day fishing in the seas and the roses still have an aroma that pervades.



It goes without saying, I have really gained from this adventure and would encourage anyone to follow, but maybe to include the wilder activities that I circumvented!

B.R.



The smallest penguins in the world, in Omerau.

Former member of Holy Trinity Church, George Hart, tells us about his recent holiday

George's cruise on the Severn



Shortly after last Christmas, Christine and I were considering where we might go on holiday this year. One of the ideas I floated (please excuse the deliberate pun) was a cruise on the River Severn in the west of England. Of course, in the end, this proved impossible for us but later I decided to do it on my own, just to get away from home and cooking, etc. for a week. Happily, there was a place available for a single person on the cruise I wanted. It started from

Gloucester on a Monday morning and they had a reduced-price package at a local hotel, which I took.

On the Edward Elgar and having stowed my luggage in the tiny but comfortable cabin, I went up on deck, with the other 20 passengers and we headed off south along the ship canal towards the Severn estuary. However, because of the heat (about 30°) when we came to our fifth and last but one swing bridge it was stuck fast and the two waterways staff there were unable to move it. So back to Gloucester we went. This of course meant that the whole trip had to be rearranged with different days for the visits. However, we visited everything we expected except Gloucestershire's oldest pub and three sites at Upton-on-Severn which open only from Thursday to Sunday, the revision meaning that we came on the Wednesday. Because of this, I had a pint of the local brew, overlooking the river, and thus missed a map shop, with many old maps, that a more enterprising passenger found.

We visited a number of other places: Tewkesbury and its abbey, where I missed another map shop because I stayed for a BCP Communion Service; Witley Court near Worcester, a 17th century house that caught fire in 1937 – the shell is still standing and the fountain display has been restored to working order (every hour and not a patch on Versailles!); an RAF museum at the site of a wartime airfield where airborne radars developed at nearby Malvern were tested; Slimbridge Nature Reserve and the nearby Purton wrecks – barges run into the river bank to stop the canal banks falling into the Severn estuary; and (the highlight for me and others) Woodchester Mansion, a Victorian house which was never completed because of a lack of funds, and our excellent guide showed us how the building was being constructed when work stopped.

So was it worth it? Yes, very definitely so and I might well take a different cruise with them at a later date. And two things were superlative – the friendly crew of five and the food. The latter was truly excellent, with four-course dinners and different main courses for breakfast each day, after cereals and fruit.

As well as cruises in the Severn Vale, next year they will have a few starting in Paris: +44 (0)1452 410 411 / <https://river.englishholidaycruises.co.uk/>

G.H.

In February over 50 of us lapped up a delicious vegan lunch, lovingly prepared and served by Hesy and her team, to launch Holy Trinity vegan Lent. The idea was to meld a meaningful, personal Lantern sacrifice with something we can all do to help safeguard God's creation.

To illustrate the benefits of eating no, or much less, meat and animal products, the diners were set a quiz (see pp. 22—24). Far from there being any reported case of indigestion, the dishes elicited many favourable comments.

Please do try some of the recipes (see pages 19-21). As you'll find out from the quiz, you'll not only be benefiting the planet but yourself in mind, body and wallet.

<https://htcml.com/vegan-lent/>

Why Vegan?

1. It can be as simple as you like to prepare, tastes delicious and is no hair-shirt!

If you haven't tried eating vegan before we'll show you how.

If you've tried vegan dishes and didn't like them, we're confident our recipes will really tickle your taste buds.

2. This is one of the most important things we can do to help protect our planet, God's creation, from the ravages of climate change and over-exploitation of natural resources

The UN's Intergovernmental Panel on Climate Change (THE experts) has singled out meat-eating as one of THE most important reasons why CO₂ emissions are rising rapidly causing global warming. This is already causing immense damage through huge fires, unprecedentedly damaging storms, life wrecking floods, rising sea levels and searing temperatures devastating crops leading to starvation and mass migration.

The damage stands to get much, much worse unless urgent action is taken. Many people feel, quite incorrectly, that anything they do won't make a jot of difference. The combined effect of our individual actions could be immense.

Shouldn't we be doing all we can to safeguard God's creation?

3. There are important health benefits in a vegan diet

Scientific studies prove benefits in reducing weight, blood pressure, cholesterol levels and the chances of developing type 2 diabetes.

4. Meat and fish production causes immense cruelty

Satisfying our collective desire for and consumption of poultry, meat, dairy products and fish has meant that 94% of animals raised for foodstuffs are on factory farms.



If going permanently vegan overnight is too much to swallow...

then why not start by eating vegan once a week, vegetarian another day and progress from there? Meat certainly needs to be considered as an occasional choice.

Perhaps you'll find it impossible to give up cheese or cow's milk completely, in which case settle on vegetarian for part of the week. However, whilst a vegetarian diet is distinctly less damaging to the planet than one which incorporates meat and meat products, the vegan life-style is better for our planet.

You may not realise it, but you're probably part vegan already!

N.B.

Richard Medcalf tells us about a recent service at Holy Trinity.

Richard's Renewal as Reader

On the 10th of March, you may have seen that I was re-licenced as a Reader in The Church of England during the service. It's a Church of England administrative formality and so in case you weren't quite sure what was going on, here's the lowdown:



Readers, also known as Licenced Lay Ministers (LLMs), are trained (but not ordained) theologians licensed by the bishop on a rolling five-year basis to preach, exercise pastoral ministry, and lead services.

Having slowed down my preaching over the last couple of years, for various personal reasons, hopefully you've noticed me picking up the pace again in recent months!

It is a privilege to serve you all at Holy Trinity.

R.M.



Carrot soup

You will need either a hand-held blender or food processor, grater and large saucepan.

Ingredients

1 onion sliced finely
4-5 large carrots sliced finely
about 3cm fresh ginger grated
1tbs finely chopped coriander
1 litre mix of vegetable stock and almond or coconut milk
(adjust quantity as needed)
cooking oil.

Preparation

1. Sweat the onion and ginger in the saucepan.
2. Add the carrots and stock and bring to just below boiling.
3. Simmer for at least 20 minutes. NOTE the carrots take a long time to cook so periodically prod them with a sharp knife to test whether cooked. Season to taste.
4. When the carrots are cooked remove the saucepan from the heat, and either use a handheld blender to liquidize the carrots, onion, and ginger, or pour into a blender and blitz.
5. Either put the soup in a large bowl as above or serve into individual bowls. Either way, decorate with chopped coriander.

Serves 4



Chilli con tofu

Ingredients

200g smoked tofu minced in food processor
2 medium onions sliced and chopped
2 cloves garlic chopped
1 medium pepper chopped
1x400g can tomatoes
1x400g can kidney beans
1 tsp chilli powder or 1tsb chilli sauce
1tbsp Worcestershire sauce
2 tbsp brown sugar

Preparation

1. Gently fry onions and pepper.
2. Meanwhile, mix chilli sauce or powder, Worcestershire sauce and brown sauce in a bowl.
3. Add tofu and continue to fry until mixture has browned.
4. Add tomatoes and beans.
5. Add chilli powder or chill sauce mix.
6. Simmer gently for 1 hour, season and adjust chilli content to taste.

Serve with green salad, and rice (why not wild rice?), baked potatoes, or tradi grains.

Serves 4



Fruit Crumble

As you'll see, the recipe below is for the topping. Use whatever fruit (or mix of) you fancy.

You will need an oven proof dish.

Ingredients

80g of rolled oats
75ml (or 3 tbs) olive oil
50g (or 5 tbs) brown sugar
2tbsb maple syrup

Preparation

Put sugar, maple syrup, and olive oil in a bowl.

Mix well with your hands or a spoon.

Spoon over your pre-cooked fruit and put in an oven pre-heated to 180°C and cook for about 25 minutes until it's browned on top.

Serve with Vegan custard (Alpro, or made from Bird's custard powder with plant based milk), but if you can't find either, vanilla flavoured plant based yoghurt.

Serves 4



Holy Trinity Vegan Lunch Quiz

(Answers on page 27)

Question 1

A 2018 UN report estimated the reduction in meat consumption needed to keep global temperatures to below +2°C above preindustrial levels, was it:

1. 15% 2. 25% 3. 50% 4. 75% 5. 90% 6. 100%

Question 2

The same report calculated the % increase in plant-based foodstuffs required to make up for the reduction in meat consumption was it:

1. Double 2. Treble 3. Fourfold 4. Fivefold 5. Tenfold

Question 3

To feed a Vegan 2,000 calories a day needs about 4.4 square metres of land.

How much do you think is needed to feed somebody on a low meat diet:

1. About 6 sq. metres 2. 8 sq. metres 3. 10 sq. metres 4. 12 sq. metres

and on a high meat diet:

1. About 10 sq. m 2. 12 sq. m 3. 14 sq. m 4. 16 sq. m
5. 18sq m 6. 20 sq. m

Question 4

To produce food for a vegan eating 2,000 calories a day you need about 410 litres.

How much do you think is needed to feed somebody on a low meat diet:

1. About 400 litres 2. 500 l 3. 600 l 4. 700 l 5. 800 l 6. 900 l

And on a high meat diet:

1. About 600 litres 2. 700 l 3. 800 l 4. 900 l 5. 1,000 l 6. 1,100 l

Question 5

How much grain does it take to produce 1kg of beef, is it:

1. About 5kg 2. 10kg 3. 15kg 4. 20kg 5. 25kg 6. 30kg

Question 6 (a)

How much water does it take to produce 1kg of beef, is it:

1. About 500 litres 2. 5,000 l 3. 15,000 l 4. 20,000 l 5. 25,000 l
6. 30,000 l

Question 6 (b)

How much water is needed to produce 1 beefburger (all stages from farm to fork), is it:

- About 30 litres 2. 100 l 3. 5000 l 4. 1,000 l 5. 2,000 l 6. 3,000 l

I was so gobsmacked when I saw this in a vegan YouTube video (link below) that I was sceptical thinking it may be much exaggerated, so I Googled other sources and found all were in broad agreement.:

<https://www.youtube.com/watch?v=-Kg7BGKcR8c>

Question 7

If all the grain used as animal feed were fed to humans, how many extra humans could be fed on top of today's 8.1 billion:

1. About 500 million
2. 1 billion
3. 2 billion
4. 3 billion
5. 4 billion
6. 5 billion

Question 8

Animal husbandry is responsible for what % of total greenhouse gas emissions, is it:

1. About 5%
2. 10%
3. 15%
4. 20%
5. 25%
6. 30%

Question 9

Methane is a very potent greenhouse gas, 28 times more powerful than CO₂ at trapping heat,. What proportion of total global emissions come from cattle and other livestock, is it:

1. About 10%
2. 20%
3. 30%
4. 40%
5. 50%
6. 60%

Question 10

It takes 28 litres of water to make 1 litre of soy milk. How much does it take to make 1 litre of cow's milk, is it:

1. About 50 litres
2. 100 l
3. 200 l
4. 400 l
5. 600 l
6. 800 l

Question 11

In France, annual milk production per cow has more than doubled over 50 years to how much on average, per cow, per day during lactation:

1. About 2 litres
2. 10 l
3. 15 l
4. 20 l
5. 25 l
6. 30 l

Question 12

To convert litres of milk to weight, one multiplies by just under 1, so, from your answer to 11, how much does the average cow have to lug around in her udder during lactation (the equivalent of how many 1 kg bags of flour)?

Question 13

Approximately what percentage of male calves in a dairy herd are shot at birth, or reared for low-grade beef or veal (living 16-18 weeks in cramped indoor pens designed to restrict their movement)?

Question 14

List as many possible health benefits as you can which a vegan diet gives over an average meat diet.

The policy of this magazine is to publish articles of interest provided they are neither illegal nor immoral. The content of the magazine does not necessarily reflect the opinion of the editorial committee.

*An update on recent buildings and grounds work
from our Buildings and Grounds Co-ordinator, Adrian Parr*

After a series of minor internal maintenance works and *bricolage* over recent months, we were recently obliged to engage a professional contractor to try to definitively fix the longstanding leak in the roof of the church entrance porch, to install roof ventilation tiles in the church building (Sanctuary), and to repair the Vicarage chimney.

The church's regular professional gardener and his team brought machinery to uproot the dead tree stumps next to the freestanding wall below the rose window. The men also felled and uprooted some trees along avenue Edouard VII, removed most of the unsightly old hedges and dug a long trench, to allow planting of a new hedge. They also transplanted a walnut tree which was creating an obstacle.

A professional nurseryman was paid to provide new shrubs.

A team of volunteers from church then fertilised the trench and planted the shrubs, realising a project that had been in gestation since 2018. This will give more colour, an improved aesthetic, more privacy and increased biodiversity along this side of our plot.

We have been blessed by abundant rains, and the transplanted shrubs are already showing new foliage.

A fuller report will hopefully appear in a future edition of Trinity Times.

A very big thank you to everyone who has helped with all this, including the hard physical work, horticultural advice and all the financial aspects.

A.P.



*Spring flowers at Holy Trinity
Photo by Adrian Parr*

Vegan Quiz Answers

Question 1: 90%

Question 2: Fourfold

Question 3: 8.3 m²

and on a high meat diet: Answer 16.8kg. It's estimated that by 2050 100% world's agricultural land will be given over to rearing livestock. Producing protein from beef takes up to 100 times more land than producing the same amount of protein from peas or soy. Pork is a little less intensive and chicken less still.

Question 4: 710 litres

and on a high meat diet: 890 litres

Question 5: 25kg

Question 6a: 15,000 litres

Question 6b: 3,000 litres

Question 7: 3.5 billion

Question 8: 20%

Question 9: 40%

Question 10: 628 litres

Question 11: about 29 litres

Question 12: 28 bags of flour

Question 13: 50%

Question 14:

Reduced chance of type 2 diabetes.

Reduced blood pressure and therefore less risk of heart disease, stroke and kidney failure.

Lower cholesterol and therefore reduced risk of narrowing of the arteries heart attacks and strokes.

Long-term weight loss. Vegan diet is more effective than calorie restrictive diets vegetarian and pescatarian diets.

Reduced risk of some cancers. WHO has classified processed meats including ham, bacon, salami and frankfurters as a Group 1 carcinogen i.e. known to cause cancer. Eating processed meat increases risk of bowel and stomach cancer. The WHO has classified red meat, coming from cows, pigs and sheep as Group 2a i.e. probably carcinogenic to humans.

A huge boost to the microbiome ('your 2nd brain') the trillions of microbes, such as bacteria, fungi, viruses, and their genes, that naturally live on our bodies and inside us.

Poor gut microbiomes linked to a range of gastro-intestinal problems such as IBS, a weakened immune system (about 80% of your immune-producing cells living in the intestines), type 2 diabetes and obesity.

Dates for your Diary

Sunday services:
9.15 am and 11.00 am

<https://html.com/>

Join us on the
2nd Sunday
of each month

FOR A BRING & SHARE

Sunday
LUNCH



Friday Night Supper

Last Friday of each month - 19:30-22:00

A time to connect, share stories, and build meaningful relationships. If you can, bring some food or drink to share. If not, just come as you are!

EVERYONE WELCOME!

15 avenue Carnot, Maisons-Laffitte
Message office@html.com
for more information



He is Risen

Easter at Holy Trinity Church

PALM SUNDAY, 24 MARCH

9:15 | HOLY COMMUNION
11:00 | ALL AGE HOLY COMMUNION

MAUNDY THURSDAY, 28 MARCH

19:00 | HOLY COMMUNION

GOOD FRIDAY, 29 MARCH

19:00 | SERVICE OF PRAYER & REFLECTION
20:00 | BRING & SHARE SUPPER

EASTER SATURDAY, 30 MARCH

8:30 | PRAYER VIGIL (tinyurl.com/EasterPrayer2024)
ending at 8:30 on Easter Sunday

EASTER SUNDAY, 31 MARCH

8:45 | MORNING VIGIL (with renewal of baptismal vows)
9:30 | EASTER BREAKFAST (tinyurl.com/EasterBreakfast24)
11:00 | ALL AGE CELEBRATION SERVICE

Holy Trinity Church Maisons-Laffitte
htcmf.com/Easter2024

EASTER SATURDAY TO EASTER SUNDAY

24h Prayer Vigil

Saturday 30th March from 8.30am
to 8.30am Sunday 31st March



tinyurl.com/EasterPrayer2024

The Trinity Times committee would like to thank Jane Drew for the beautiful cover design of this issue and welcome Katrin Dubreuil to the editorial team.