



**St Thomas', Trowbridge and
St John's, West Ashton,
with Holy Trinity**

Monthly News September 2026



You will show me the way of life, granting me the joy of
your presence and the pleasures of living with you forever.

Psalm 16:11 NLT

Support in Life's Transitions & Our New Teaching Series *Unburdened*

September tends to carry a particular mood in our communities. The long days of summer begin to shorten, school bags are repacked, routines restart, and many of us feel that quiet mixture of anticipation and uncertainty that comes with change. Even if we're long past the school-gate years, this season has a way of reminding us that life is full of transitions — new beginnings, unexpected endings, shifting responsibilities, and chapters we didn't quite see coming.

Prayer for September

God of grace,
steady me in this season of change.
Lighten what feels heavy,
strengthen what feels fragile,
and remind me that I am held,
free, and unburdened in your love.
Amen.

For some, September feels energising: a fresh start, a chance to reset. For others, it can feel heavy, especially if you're stepping into something unknown or carrying pressures that aren't easily shared. At St Thomas', we want this month

to be a reminder that no one navigates these transitions alone. Church is meant to be a place where people can breathe, rest, and find companions for the journey — a community that helps carry one another's burdens with gentleness and grace, a church family together.

That's why our new teaching series, **Unburdened: Finding Freedom in a Pressured World**, feels so timely. We'll be exploring the book of Galatians, a letter written to people who were trying to



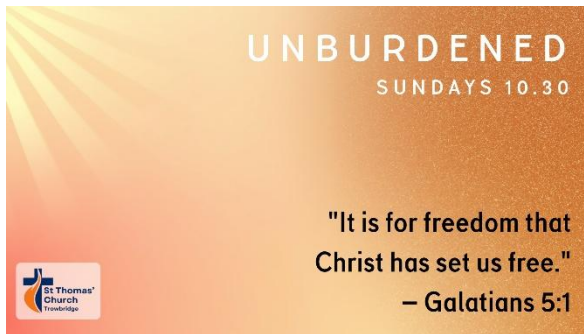
UNBURDENED

Finding Freedom in a Pressured World

What if real belonging didn't have to be earned?

A Sermon Series on Galatians
Sundays 10.30

manage change, expectation, and the pressure to prove themselves. In many ways, their world wasn't so different from ours. They were wrestling with identity, belonging, and what it meant to live freely when life felt demanding.



Throughout September and into the autumn, we'll be asking what real freedom looks like — not the kind that pretends everything is fine, but the kind that grows when we discover we don't have

to earn our worth or carry life on our own shoulders. Galatians offers a vision of grace that reshapes how we see ourselves and how we support one another. It invites us to lay down the burdens of comparison, performance, and self-reliance, and to step into a community built on welcome, dignity, and hope.

As we move into this new season, my prayer is that our community continues to be a place where people feel held, encouraged, and unburdened. Whether you're facing a major life transition or simply adjusting to the rhythm of

Reflection

What burden am I carrying that God might be inviting me to set down — and who could I gently support as they navigate their own transition?

September, may you find a space to breathe with us — and a reminder that God meets us not with pressure, but with freedom.

If there's a particular transition you'd like us to hold in prayer this month, please do reach out.

Every blessing,
Simon

St John's Update

Well, at last St John's water butt is overflowing - no more carrying water to keep it half full !

It has been a quiet month but attendance numbers, thankfully, has stayed stable for the two services held. Mid-month Gary C, local organ specialist, inspected the two manual organ which was built in 1892 by a Bath firm named Sweetland. Since the internal cleaning of the walls, the organ, even though it had been boxed in for safety, had a deep noise coming from one of the pipes and the organ blower box had a similar problem. Mr Cook with his expertise found the problem and rectified. He recommended that the organ be tuned in the autumn. September will see a PCC Meeting; a Wedding and preparation for Harvest Festival in early October and no doubt, the lawn mower will come out of its retirement (due to the non-growing hot weather).

St John's services for September will be :

Sunday, 6 September - Service of the Word

Sunday, 20th September - Holy Communion.

St John's wishes all pupils in new or old schools' good luck for the new term and all new students in Uni every best wish for their future studies.

"Whatever you have learned or received or heard from me, or seen in me - put it into practice; and the God of peace will be with you"
Philippians 4:9

The Month of September

Seventh month (Septem) of the Roman year - in Welsh called Medi, the month of reaping.

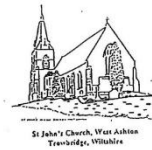
Michaelmas (29 September being a quarter day) has been for centuries past, the time for paying rent and hiring farm hands and servants. This is the season of "mists and mellow fruitfulness"; of hops; apples and the approaching harvest festivals.

The corn harvest has ended and fruit crops are ready to be picked. Corn dollies were made from the last sheaf of corn, to be planted in the first new furrow on Plough Monday in the following Spring.

“For everything there is a season and a time for every matter under heaven” Ecclesiastes 3:1

Wishing you all a quiet and peaceful Autumn.





St John's Church, West Ashton

Warmly Invites You To Their

HARVEST FESTIVAL SERVICE

On Sunday, 4 October - 10.30am

**"Thank the Lord for Harvest -
He provides you with plenty of food
And fills your heart with joy"**

Acts: 14:17b

**(If you would like to donate any tinned,
packet food or toiletries, this will be
given to Trowbridge Foodbank for
distribution to the needy).**

Thank you



UgandAid

Hi Everyone,

Pauline B and I are representatives for UgandAid at StThomas' and September and half of October are our Mission Focus months.

UgandAid is a very small charity which grew out of Altrincham Baptist Church near Manchester, it was set up to sponsor young people from poor families to attend the already well established college named Nile Vocational Institute (NVI) in Jinja Uganda. Each year the UgandAid leaders Christine Booth and Steve Edwards lead a mission trip to visit NVI and carry out a practical project but also to meet with all the students sponsored by the charity. I had the privilege of joining the team in February and we had a fantastic trip. We decorated a dormitory for 30 girls, met lots of students and joined our Ugandan friends in worshipping our Lord together. We also visited a project called CRO who support children who live on the street and an Orphanage.

The whole trip was wonderful but there were 3 particular high spots:

- Meeting the 1000th student who has been taken on by UgandAid, and meeting ex-students to learn a little about what a massive difference this makes to their whole families. Almost without exception each former student we met was supporting family members and/or other young people in need. So to imagine the impact on 1000 families was quite mind blowing.
- Meeting up with Mary Faith, the first student St Thomas' sponsored in 2013 and to see the wonderful, confident woman of God that she has grown into over that time. I also went to her home and met her husband Paul and 2 year old son called Elijah. They are a wonderful family but really need our prayers as Paul is not working at present and Mary Faith is expecting another baby.

- Meeting Pius who is St Thomas' present student. He is in year 3 of his Motor Mechanics course and is a lovely young man. He is doing really well in his course and would love to be able to support his grandmother who has brought him up and also his sister. Pius has a wonderful Christian faith and takes part in the worship services and bible studies held at NVI. Pius also needs our prayer as he has had an operation to repair a hernia and there have been some complications.

So as I said the UgandaAid focus months are September and half of October. On 13th September Steve Edwards and his wife Helen will be coming to St Thomas' and he will be taking the sermon and telling us a little more about the work of UgandaAid. We would love to send Steve and Helen back with a donation towards the wonderful work that UgandaAid do for these young people so we will be holding a cake sale after Church on 13th September and would be very grateful if people could donate cakes and/or join us at coffee time to buy some too.

Thank you to all our lovely St Thomas' family for all the amazing support for UgandaAid since 2013, I know it has made such a difference.

Blessings Jane Bullock

Messy Church

Messy Church sessions are aimed at families with children between the ages of 4 and 11 but younger children and older children and young people are more than welcome. The idea is to provide a relaxed environment where all ages can learn more about Christian faith, worship the Lord together and have fun. If you know families with children who may like to come along please contact the Church office to find out more. Our next session is on **October 10th at St Thomas' from 10.45 until 1pm**, we'll have crafts and activities in the Church hall, followed by a bible story, songs, prayers and an adult discussion time in Church finishing with a lunch together in the hall.

Finance Team

Lyndsey says, “Each time I write an update for the Monthly News I hear myself saying ‘No, it can’t be due so soon, where has the time gone?’”

So, at well past the halfway point of the year, what can we share with you?

You may know that, as a church, we tithe our income every year, dividing our outward giving between overseas and local missions/charities. Historically, we have donated at the end of each calendar year in one payment to each recipient. However, at the beginning of this year the PCC decided to change our outward giving to twice a year. We estimated what our income would be by the end of the year and divided our tithe by two. Payments were made in July, and the recipient missions/charities we have given to have been hugely appreciative of this move: we have been receiving some lovely thank yous! The second half of our outward giving will be paid in December.

We would also like to say a big thank you to those who have switched from ‘giving on the plate’ to bank transfer. This saves us a considerable amount of time and is much appreciated. We would like to remind you that Gift Aid makes a big difference to our finances, so if you are a taxpayer and give to St Thomas’ please do fill out a form. Gift Aid Declaration Forms are available on a Sunday next to the card reader or ask Esther to email you one.

Considerations for the future . . . In the autumn we will be starting to look at the new regulations coming out from the Charity Commission which come into force at the end of the year and will affect how we present our Annual Report. Lyndsey is hopeful for some training from the Diocese on this.

Yours in Christ

Lyndsey and Esther

treasurer@stthomastrowbridge.org



Decorating the Church Hall

It's twenty years or so since the Church Hall was last decorated and it's looking a bit tired. The PCC have decided to have a new floor laid in the Hall, so before that happens, it seems the right time to spruce up the interior with a coat of paint.

It would be great to have a working party to do this, although we'd need to use the half term holiday when the Hall isn't heavily used. So, I'm proposing the work to be done on **Thursday 22nd, Friday 23rd, Saturday 24th October**. We may need to use the **Monday 26th October** depending how much is accomplished by then.

If you feel you can spare a couple of hours on any of those days, let **John C** know. The more people, the easier and quicker it can be. It's a great opportunity for fun and fellowship while at the same time making our rooms look more inviting!

More details in a few weeks.



Please can you send your articles for the Monthly News as soon as possible.

Deadline for **October Monthly News** is **22 September**

Kadugli Newsletter and Prayer Diary

“Please do not grow tired of praying for Sudan” (Archbishop Ezekiel)

Answers to Prayer.

Last month we asked for prayer about a number of topics, and we have received some feedback.

- Bishop Hassan gives heartfelt thanks to God for taking care of the church in the harsh conditions in which they live in the Nuba Mountains.
- After his attack of malaria, he is now fine.
- He also thanks God, that his son Jesse arrived safely in Uganda.

As an emergency last month we asked for prayer that God would protect El Obeid and the refugees who have fled there. The main news channels have little to say about this except that there is fighting in the area. We may take comfort from the fact that if there were widespread violence against the refugees, it would be mentioned in the News, but we need to continue praying.

News Across Sudan.

The war continues, and there are many reports of the use of drones by both sides. They are not used exclusively on military targets. Indeed the commonest news reports are of the targeting of civilian locations. The international community protests, but little progress is achieved to either stop the flow of arms or to bring about talks for a peace settlement.

We have reported before on the drastic shortages of food. When he was in England last November, Archbishop Ezekiel spoke of people so short of food they were eating leaves and grass, and sometimes children collected dangerous leaves and were poisoned.

Now a different substitute for proper food is being reported: Ambaz. Ambaz is the residue left after pressing groundnuts, sesame seeds or sunflower seeds for oil; it is normally squeezed into pellets and used as animal feed. Eating ambaz as a primary meal causes severe malnutrition, digestive illness in children, and potential long-term organ damage if the feed contains stored toxins. Its use has been reported to the West and South of El Obeid. One town mentioned in connection with the consumption of Ambaz appears to be in Kadugli diocese. No wonder Bishop Hassan asks us to pray for the supply of food.

Last month we mentioned that the main road from Khartoum to Kadugli, an important highway for communication and trade, had been captured by the SAF. This may have been true north of El Obeid, but later reports indicate that the stretch south from El Obeid towards Kadugli is the subject of fierce fighting, so food and medicine are not to be expected on that route.

Kadugli.

We still don't have a detailed up-to-date report on conditions in Kadugli. Recently Rev. Ibrahim Musa Mitshi reported that "The situation in Kadugli the capital city of South Kordofan/ Nuba Mountain is calm these days, though the road between El Obeid and Kadugli is cut off." A month ago Bishop Hassan said "the humanitarian situation in Sudan; every day gets worse." He is reticent about the details, but the tone of his communications suggests this situation continues to deteriorate. In addition, the fact he has recently had malaria points to the need for medicines and medical aid. Bishop Hassan's statement that the humanitarian situation is getting worse is not necessarily inconsistent with Ibrahim's statement that things are calm in Kadugli; there may be less violence in Kadugli but supplies of food and medicines are not reaching there, though refugees are!

Refugees have been coming to the Nuba Mountains from other parts of Sudan. Across Sudan as a whole, 85% of the population is moslem, and this figure is reflected in the refugee community.

The church recognises this, and wishes to reach out to these people and tell them the truth about Jesus, and they are raising up evangelists to do this. The Kadugli Diocesan Communications Officer, Rev. Ibrahim Musa Mitshi, covers this in his recent message:

“As a result of this war. Right now thousands of IDPS (Internally Displaced People) fled from war areas to liberated area which is controlled by the SPLA/N which recently joined with RSF. And this is what led assistant bishop Hassan to come to Nuba Mountains region and we are now working together and I have been talking to him about his health two days ago and he's recovering from Malaria.

Now the Nuba Mountains region has become the playground (promising area) for ministry because 85% of these IDPS who fled as result of war are Muslims, and it's our role and responsibilities to carry out the great commission as the Church by sharing the Gospel with these Muslims and the good news about Christ to them, and give them the message of hope that's found only in Jesus the Saviour.

That's why our appeal for help is over our field ministry experience challenges; it is about what we need to carry out our mission work by using this chance to save the life and souls of these people, to point these Muslims to Christ, using many ways to reach them, such as football league which the Evangelism Office has come up with it to attract the youth attention in order to sharing the message of Christ using sports, not only through football but we have other ways to reach them.”



See, the Nuba Mountains!

Bishop Hassan has asked us to pray for:

- peace and stability in Sudan.
- those displaced in harsh circumstances, especially children.
- the church and its mission in the midst of these very difficult circumstances, and also prayers for the training of ministers during these days, the 27th and 29th of August 2026*, in pastoral service and church organisation.
- sicknesses and human situations.

*This request for the training of ministers was received just before the courses started and was circulated immediately. Thank you for your prayers.

Education continues, despite the difficulties and lack of funding. We should like to be able to contribute to the children's schooling, but food and medicine are higher priorities, and while we send money to Kadugli, its allocation is best decided locally. Despite this, the support for ministers to evangelise among moslem refugees merits special consideration, and we shall be making a special donation for this.

Across Bradford Deanery there has been a continuous warm and generous response to this need; thank you all. We remaking a special donation to support evangelism, but we should like to make this a regular donation. The church in Kadugli is intensely grateful for our support, both financial and in prayer. Please continue to give via your church if you can, or directly. The account details are:

Bank: Lloyds Bank Trowbridge

Name of Account: Bradford Deanery

Sort Code: 30-98-75

Account No: 00710285

Reference: Kadugli. (N.B. This is important)

Please also consider ways of raising funds for Kadugli. **Could the churches of Bradford Deanery, for example, hold special events during the lead up to Christmas?** Let us join with our brothers and sisters in Kadugli in prayer.

Prayer Diary

“Please do not grow tired of praying for Sudan” (Archbishop Ezekiel)

Please pray:

- Give thanks to God for taking care of the people of Kadugli in the harsh conditions in which they live in the Nuba Mountains.
- Give thanks too for Bishop Hassan’s health, and for his son’s safe arrival in Uganda.
- For peace and stability in Sudan.
- for those displaced in harsh circumstances, especially children.
- for the church and its mission in the midst of these very difficult circumstances, and also prayers for the training of ministers during these days, in pastoral service, evangelism and church organisation. Pray too for outreach towards moslem refugees.
- for those suffering from sicknesses and other human situations.



We are looking forward to welcoming to you to Morning Break in St Thomas’ Church rooms on **Fridays 10:30am-12:00pm March to November** to enjoy a friendly chat, share stories, quizzes and plenty of laughs with a **FREE** cup of tea, coffee and cake, also **11.00am-1.00pm November** to March enjoy a **FREE** delicious bowl of soup and roll with biscuits, tea and coffee in a relaxed and friendly surroundings.



We look forward to welcoming you to Tom's Shed **on Wednesdays in St Thomas' Church Hall 9:30am-12.00pm**. Friendship starts here with a welcoming community for men aged 50+, offering conversation and new interests. Why not drop in? There's no membership commitment and no pressure to take part. Come along for a chat, enjoy a cup of tea and meet friendly people in a relaxed atmosphere. A suggested donation of £3.00 helps to cover costs and keeps Tom's Shed running for everyone.



We look forward to welcoming you to the Women's Shed at **Holy Trinity Church (the church on the roundabout) on Wednesdays 10:00am-12:30pm**. As always, a warm welcome awaits you to catch up with old friends and new, £3.00 per sessions including refreshments. Come along and enjoy a chilled-out Wednesday morning with other women, share or learn a new skill, or just enjoy a cuppa and a chat. No need to book – just turn up. Every week you will find areas set up for art, knitting and crochet, a sewing machine, textiles, a table with mindfulness colouring books. Some weeks we offer additional crafts, such as air-dried modelling clay, and we have some new projects planned for 2026.