



October 2026

Joy for the Harvest



Teatime Church at the Harvest Supper Sunday 4th October at 12pm Westbury-on-Trym Northcote Scout Hut

Following the success of previous years, October's Teatime Church will once again be taking place at the church Harvest Supper event on Sunday 4th October. *This year, the event will be held at Westbury-on-Trym Northcote Scout Hut.* Teatime Church will gather from 12pm for a short activity then go into the main hall for a special, hot, two-course lunch at 12:30. Attendance at Teatime Church is free, but if you would like to stay on for lunch then tickets are £15 for adults, £2 for children (aged 5+). Colouring and activities will be available during the lunch for little ones.

If you would like tickets, please contact Jane on 07779 463 187 or Georgie on familyworker@westbury-parish-church.org.uk with your name/number of adults and children coming along/ages of children/any dietary requirements. Preferred payment is via BACs - please put Harvest as the reference: WOT Parish Church Social Committee; Sort code 60-23-23; Acc No. 72508949.

What is Harvest and what is a Harvest Festival?



Harvest is a festival celebrating when crops have been gathered from the fields and provides a great opportunity to learn more about them and celebrate their existence! The Harvest Festival is traditionally celebrated on the Sunday closest to the harvest moon, which is a full moon which happens closest to the autumn equinox. The name 'harvest' means autumn. The festival dates back hundreds of years to pagan times when people relied on crops for food, and farmers would give

thanks for a good harvest. It was important to them because it meant that they could store the food and eat well through the hard winter months.

The celebrations became popular again in Victorian times as a kind of 'thanksgiving' service, including prayers and church services. Now, we use it as a way to learn about how food gets from the farm to your fork and it's celebrated across religions at different times of the year around the world.

At church, we thank God for the harvest and collect food to give to people who are more in need of it than we are. Giving to others and doing kind deeds for others is a way of remembering God's command to love and care for each other. The Harvest Festival reminds Christians of all the good things that God has given us and how we should all support others who aren't so fortunate.

At Holy Trinity, harvest donations are shared between two charities, the **Community of the Sisters of the Church** and **Bristol North West Foodbank**. The Community of the Sisters of the Church do important work with the poor and homeless of Bristol. Donations are passed on to the most needy people who approach them for help. They also offer valuable advice to people and families. You can find out more about their work at: <https://bristol.sistersofthechurch.org/about-us>. Bristol North West Foodbank provides essential food and non-food items to families in need. Please visit <https://www.bristolnorthwestfoodbank.org.uk> for more details and what is most needed. The donation boxes are located at the back of church, all year round.

The whole idea of the Harvest Festival is about appreciating and thanking God for everything that he gives us, supporting others in the community, and exploring ways to help to look after our beautiful world. In the past, especially in the countryside, many people grew their own food to eat to live, so that's what they gave to others at harvest time – because they were giving thanks for a good harvest. But anything can be shared with others! Time, friendship, food, clothes, toys, work, donations to charity....what could you do for someone else – or to help the planet – over harvest time and beyond?

Click on the following link for a CBeebies video all about the Harvest Festival and links to other activities, such as a UK fruit and vegetable quiz <https://www.bbc.co.uk/cbeebies/watch/my-first-festivals-harvest>



When is the harvest?

Farmers plant their crops at various times throughout the year, depending on the growing patterns of each crop – some crops benefit from being in the frozen ground over winter, whilst others like to be planted in spring when there is less risk of frosts.

As a result, different foods are harvested at different times of the year. But in all cases, once harvested, the farmer wants to get their produce to markets and shops as fast as possible, so that when you eat it, it's nice and ripe!

Here's a short list to give you an idea of when your favourite foods are at their very best in the UK!

- **Apples** – the best time for picking apples is from October to January
- **Blackberries** – yum yum when fresh. You'll find them ready to pick and in shops in August and September
- **Brussel sprouts** – a treat with Christmas lunch, sprouts are in season between October and February
- **Lemons** – if you want a tasty lemon that's grown in this country, you have to wait until the end of December
- **Peas** – even though you can get them all year, this is only because they are frozen. Peas are actually only in season from May to November
- **Pumpkins** – suitably for their links with Halloween, pumpkins are in season from October until December
- **Strawberries** – you find British strawberries during the summer

Find out more about when different fruits and vegetables are in season at www.eattheseasons.co.uk!

With our list above, you may wonder why you can still buy lemons in July or apples in the spring. That's because a lot of different and out of season fruit and vegetables are grown in faraway countries and are shipped or flown to the UK.

For example, during spring you'll see lots of fruits from Southern Hemisphere countries, like apples from South Africa, where for them it's autumn.

This way we can all buy the food that we want when we want.

However, being patient and waiting for food to come into season locally is actually the better thing!

There are a number of reasons why it's good to eat more local, seasonal food:

- It reduces the energy (and CO2 emissions) needed to grow and transport the food we eat
- It helps support the local economy
- We reconnect with nature's cycles and the passing of time
- Most importantly, seasonal food is fresher and so tends to be tastier and more nutritious!

So if you want to support your local farmers and enjoy seasonal food, keep an eye out for a Red Tractor or British Flag, as these are used to mark out food grown locally <https://redtractor.org.uk/about/>

And when you're in shops with your parents, look out for the 'grown by us' fruit and vegetables, which identifies food grown by UK farms. To see where your food comes from, you could also visit a local farm!



Below are some ideas for children of small (but powerful) steps to help to care for the Earth ...

Reduce

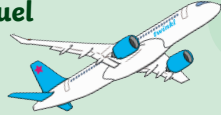
electricity



water



fuel



energy



single use items



waste



twinkl

Reuse

furniture



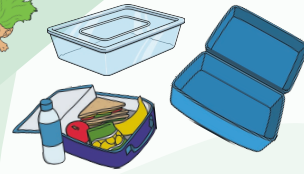
books



toys



containers



dishes



bags



twinkl

Recycle

plastic



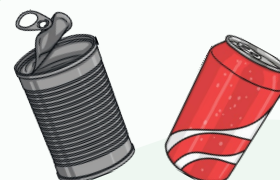
paper



glass



metal



compost scraps



batteries



twinkl

Our monthly prayer

Lord,
Thank you for the flowers and
thank you for the trees
Thank you for my special
friends and all the fun they
bring.

Thank you for the food I eat
and thank you for my drink
But most of all I thank you for
the way you love me.

Amen.

(a modern prayer of thanks to God
from www.lords-prayer-words.com)



Community information

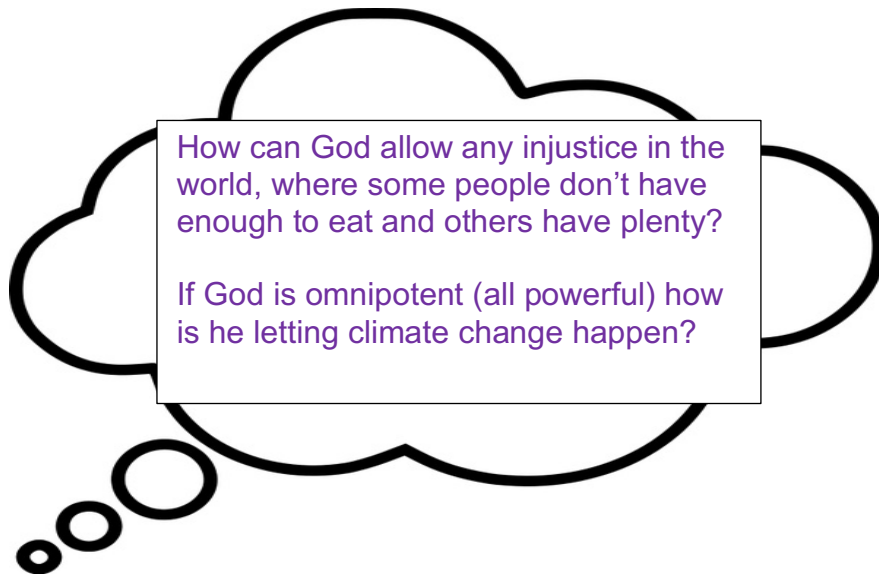
Toddlers Together: Our parent and toddler group



Toddlers Together, run by volunteers from Holy Trinity Church and Westbury-on-Trym Methodist Church, is a parent-and-toddler group for the community. It takes place every Thursday during term time from 10am to 11.15am at Westbury-on-Trym Methodist Church Hall, BS9 3AA. All are very welcome! Details can be found on our website <https://www.westbury-parish-church.org.uk/toddler-group/>. This term runs until 22nd October.

Westbury-on-Trym Methodist Church is also running a **Messy Church** event on 29th October from 10:30 – 12:30, with the theme of God's Weirdest Animals! Please email Marion to reserve your place messy@wotmethodist.org.uk.

Some questions for the whole family to think about at home...please do come to Teatime Church with any questions that you have.



Please click on the following link if you would like to donate to Westbury on Trym PCC to support the work and mission of Holy Trinity Church, Westbury-on-Trym. Thank you
<https://www.parishgiving.org.uk/donors/find-your-parish/westbury-on-trym-holy-trinity-bristol/>

From Georgie and the Teatime Church Team
familyworker@westbury-parish-church.org.uk



HOLY TRINITY
WESTBURY ON TRYM - BRISTOL

TEATIME CHURCH DATES 2026



Teatime Church is our monthly Sunday Service for children and families. It is a very relaxed service with a range of crafts, toys, LEGO corner, baby area, interactive songs, story and prayer. This is followed by supper for all the children and refreshments for the adults. There is plenty of opportunity to move around the church and make some noise whilst learning about God's love for everyone. All are very welcome!

Teatime Church is held at the back of Holy Trinity Church in Westbury-on-Trym from 4 - 5:15pm but you are welcome to join us during any part of the service.

Please visit our website for more details about specific services.

The dates for 2026 are:

11th January
15th February
8th March
3rd April: Good Friday Crafts
17th May
21st June
12th July
27th September
4th October: At the Harvest Festival
15th November
6th December

<https://www.westbury-parish-church.org.uk/teatime-church/>

Email Georgie at familyworker@westbury-parish-church.org.uk

Volunteers needed for our work with children and families



All of our children's services and events have started the new year with great success and we are always looking for volunteers to support us with our work in this area. We always need volunteers to help us with the following:

Monthly Teatime Church Service (helping with crafts or with supper)

Toddlers Together (helping with crafts or in the kitchen)

Open the Book (a storytelling project where Bible stories are shared in school assemblies in a fun, interactive and memorable way)

Barton Camp Annual Trip

For all volunteer roles in the church it is a PCC requirement that new volunteers go through a safe recruitment process. The safe recruitment process ensures that everyone is properly equipped to carry out their role. As well as safeguarding children and vulnerable adults, it helps to protect both the volunteer and the church. The process involves reading and signing a Volunteer Role Description, undergoing a DBS check and undertaking Safeguarding Training. Church Leaders will be able to guide you through this process if support is needed.

We are also looking for members of the 10am congregation to attend Baptism Services. The Baptism Supporters will make promises on behalf of the church congregation and hand out the special Baptism Bears. Baptisms take place roughly once a month on Sundays, starting at 12.15pm.

Please email Georgie in the first instance if you would like more information about volunteering at our children's services or groups or becoming a Baptism Supporter familyworker@westbury-parish-church.org.uk



Do you love to sing?

JOIN OUR JUNIOR CHOIR

Develop singing and performance skills

Free musical training following the *Voice for Life* scheme of skills, including sight-singing, music theory, reading music and vocal tuition

Modern and traditional songs

Enjoy music and making friendships

Free to attend

No singing experience necessary

Led by professional musicians who are fully DBS-checked

To register, please contact Georgie at:
familyworker@westbury-parish-church.org.uk

Starting 28th September 2026

For girls and boys aged 7+ (Y3 to Y8 +/-)

Held at Holy Trinity Church, BS9 3EQ

Mondays at 4:45 to 5:30pm with a break for refreshments

Term time only

<https://www.westbury-parish-church.org.uk/choirs/>



The poster features a watercolor illustration of autumn-themed elements. At the top left, there are branches with leaves in shades of red, orange, and purple. To the right is a large, pale yellow pumpkin. On the left side, there are green leaves. On the right side, there is another large yellow pumpkin. At the bottom left is a green pumpkin, and at the bottom right is a yellow pumpkin with a branch of small red berries. The text is arranged in the center, with the location at the top and the date and price below the main title.

Northcote Scout Hall: Great Brockeridge: W-o-T

HARVEST 2 COURSE LUNCH

4TH OCTOBER 2026
12.30PM

£15 adults/£5 children(over 2)

As we celebrate Harvest
Festival, join us for a 2 course
Parish Lunch

Tickets from the Social
Committee or contact
Jane: 07779 463 187



*Christmas Wreath making workshop with NAFAS
floral demonstrator, Jenny York,*

**Saturday
5th
December
10am to 12.30pm
Held in The College,
College Road Westbury-
on-Trym BS9 3EJ**

Tickets £48

includes wreath, all
materials; foliage, ribbons
etc and Christmas
refreshments

(bring along your own
secateurs, gloves &
enthusiasm)

**Tickets and more
information available
from the Social
Committee or contact:
Jane: 07779 463 187**

*Limited places available, so
book early*