

50 Pence



July 2019

The Trident




The Parish Magazine of



Serving Hanwell and Beyond

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ST. THOMAS THE APOSTLE
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CHURCH OF ENGLAND

WE DO HOPE THAT YOU WILL FEEL WELCOME TO COME TO OUR SERVICES

SUNDAY

8.00 AM SAID EUCHARIST (BOOK OF COMMON PRAYER SERVICE)
10.00 AM SUNDAY SCHOOL (TERM TIME & NOT 2ND SUNDAY OF THE MONTH)
10.00 AM PARISH EUCHARIST
6.30 PM EVENING PRAYER (BCP)
CHORAL EVENSONG FOR SPECIAL FESTIVALS (PLEASE SEE NOTICEBOARD FOR DETAILS)

WEEKDAY CELEBRATIONS OF HOLY COMMUNION

TUESDAY 12 NOON
WEDNESDAY 2PM

MORNING PRAYER

7.30 AM MONDAY TO FRIDAY (8.00 A.M SATURDAY)

EVENING PRAYER

DAILY 5.00 PM (EXCEPT SATURDAY AND SUNDAY)

PEOPLE OF ALL FAITHS, OR NO FAITH AT ALL, ARE WELCOME AT ANY OF OUR SERVICES. THOSE WHO ARE FULL MEMBERS OF THEIR OWN CHRISTIAN CONGREGATIONS ARE WELCOME TO RECEIVE HOLY COMMUNION IN ST. THOMAS'.

REGULAR MEETINGS

MONDAY	12.30 PM	HANWELL HOMELESS CONCERN
	4.45 PM	RAINBOW GUIDES
	6.00 PM	BROWNIES
TUESDAY	5.30 PM	BEAVERS
	6.30 PM	CUBS
WEDNESDAY		
	10.30AM	MOTHER AND BABY/TODDLER GROUP
THURSDAY	7.00 PM	GUIDES
FRIDAY	10.30 - 12 NOON	'POP-IN'
	7.00 PM	SCOUTS (AT 'THE WARREN' TRUMPERS WAY)
	7.00 PM	CHOIR

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From our Vicar

Dear Friends

As we know 3rd July is the Feast Day of our patron, St Thomas. What is not so well known is that it is also the feast of St Phocas. St Phocas is not the patron saint of opticians or lens makers (geddit!), but rather patron saint of gardeners. He came from the city of Sinope on the southern shore of the Black Sea. Having a small garden, he lived modestly. He sold what he grew, and supported himself on the proceeds. He helped the needy and paid for the housing for the homeless. His piety had a great influence on other people, including his non-Christian neighbours who deferred to him in many matters. Under his influence many were converted to the Christian Faith. According to Asterius of Amasea (c400AD), the governor of the district, aware that Saint Phocas was spreading Christian teachings, gave orders to find and kill him. The saint himself accidentally came upon those sent after him, and without revealing his name, he received them courteously, fed them and prepared a place for them to spend the night. Bizarre as it may seem, that night he went into the garden, and prepared a grave and a place for his own burial! He even made arrangements for all his possessions to be distributed to the poor after his death. In the morning Saint Phocas declared to the strangers that he was the one they were searching for, and told them to fulfil the duty entrusted to them. The visitors were distressed by this revelation, and felt honour-bound to spare Saint Phocas. However, and even more bizarrely, he would not hear of it, bared his throat, and head and neck soon parted company. They buried St Phocas in 303AD in the grave that he himself had prepared in the garden. The place of his burial later became the site of a church. **The somewhat incredulous nature of Phocas' death seems as legendary as our own patron's death at spear-point on 3rd July 72AD at Chennai, South India.** It is course easy to dismiss such stories, but on these legends churches were born and found faith that was grounded in their locality and experience. These churches could embrace the stories because they too knew what it was to live under the imminent threat of sword and spear. We live in chaotic times and it is tempting to look for neat, off-the-shelf solutions to problems, but sometimes we just have to be faithful in the messiness of life. Adopting that position is scary and more precarious, yet it **offers a more authentic way of being. Christianity does not just 'magic' away** problems, but rather engages with the reality of it; sometimes to a painful end. We do this because we know that that is not the last word, but rather a difficult labour to a more hopeful birth.

Christianity adopts the hope of a new heaven and a new earth, and does **so believing it to be a 'redemption' of what is already there. It is** metaphorically creating a beautiful garden out of a wasteland. It is not **simply 'out with the old, in with the new'.**

Phocas knew this, consciously or unconsciously, as he tilled his small garden. May we know that as we pray for our country and our world.

Your friend and priest
Fr. Robert



Parish News

At the end of June we celebrate our patronal festival. There are some ways you can help, particularly:

Fizz Donations. As is our custom we toast our Patron Saint **in the Garden after Mass, so we need donations of fizz, be it Sainsbury's Prosecco or Krug NV.**

Gazebo Borrowing and Setting Up. On Saturday from 9am we will be **preparing the Vicarage Garden for the weekend's events. We need** volunteers to help put out chairs, tables, etc. We also need to borrow gazebos. If are able to lend us one please let Fr. Robert know.

This year we are very privileged to have the Very Revd Dr John Hall Dean of Westminster Abbey as our preacher, so please do come along.

Also, that weekend Mtr. Sophie Schuil-Brewer, one time of this parish! will **be ordained a priest. The service is at St Martin's Kensal Rise at 7pm on 28th June.** Please remember her in your prayers.

We are looking at having a Saturday tidy-up, and, as we know, **'many hands make light work'.** Please speak to either Leanda or Gill if you can spare a couple of hours one Saturday. Day TBC.

Finally, Keith our Director of Music is appealing for new singers. The choir are a great bunch of people, and we would love more people to be **involved in this key area of our life. You may want to sing at 'one-offs', or every Sunday, or when we have our special Choral Evensongs (Pentecost's was very special!).** Whatever, or whenever you can commit, please speak **to Keith or one of the other choir members and you don't have to be able to read music.** I promise you will love it.



Curates Corner

Thy Kingdom Come

Back in 2016 the Archbishops of Canterbury and York issued an invitation to the Church of England to pray for people to come to know Jesus over the eleven days between Ascension

and Pentecost. This included a small number of 'beacon' events in UK

cathedrals. Fast forward 3 years and no one could have predicted just how widely this initiative would spread. This year over 65 different denominations in 114 countries around the world took part in prayer events.

This year in London the beacon event had a change of venue from St Paul's cathedral to Trafalgar Square. It was estimated somewhere between 7000 - 10,000 people came to the event to take part in worship lead by Matt Redman and Lou Fellingham, hear bishop Sarah and Archbishop Justin speak, and countless others lead time of prayer. To say this was an incredible event would be an understatement!

My own participation was through Prayer Spaces in Schools, for which I am the London networker. We set up a variety of creative prayer activities suitable for all ages to help people engage with God. Over 500 people came through our marquee to pray. One of my passions is to see entire families praying together across the generations for change in our nation, and it was such a privilege to have been part of this years event.

Looking forwards to 2020 I wonder how we might engage as a church with Thy Kingdom Come, and gather our whole church family across the generations to pray for our local community here in Hanwell and our country.

Mother Susy



A prayer for July

Forgive us, Lord, that as we grow to maturity, our faith is blighted with doubts, withered with worry, tainted with sophistication. We pray that you will make us like children again in faith – not childish, but childlike in the simplicity of a faith that is willing to trust you even though we cannot see what tomorrow will bring. Amen

Confessions of an Oyster 60+ user

Yes, since reaching my 60th birthday last year and, increasingly since my retirement and move to Brentford, I find that am addicted to using this little photocard. One day I even clocked up 7 bus hits and I have been to the very edges of the zone (Tadworth & Coulsden South) and beyond in my search for great walks and places of interest.

I thought that Trident readers might enjoy a few of my suggestions for some easy local walking – just pop on comfortable shoes, pack a waterproof and bottle of water and head out the door!

First off a walk from Syon Park to Petersham Nurseries, that is easy to get to from Hanwell and is just over 3 miles of easy walking. Take the E8 and get off 2 stops after the bus turns right at Brentford (Brent Lea). The E2 will take you as far as Commerce Road, from which it is a short walk along the High Street away from Brentford. The more energetic could start off with the pleasant stroll down the Grand Union canal towpath – this takes around 35-40 minutes **if you access it by walking downhill from “Bambi”**.

Enter Syon Park via the pedestrian gate and walk south through the park. Turn left at the end of the drive and there is a pleasant walk along the Thames side towards Richmond through Isleworth. It is now possible to stay beside the river for all but a brief stretch just south of Isleworth, which makes this walk a lot more rewarding than it used to be. In around 35 minutes (unless you stop at one of the Isleworth pubs), you will be at Richmond Lock.

At this point, you can cross the river to the Richmond (towpath) side or continue on the Twickenham side and cross at Richmond Bridge. Continue along the towpath for about 10 minutes past various smart eateries and through Buccleugh Gardens until an obvious cross path is reached. At this point the river bends away to the right but there is also a path opposite which cuts across Petersham Meadows. Take this path and after less than ½ mile the path ends and you will need to turn right along a track to the Petersham Nurseries for a well-deserved coffee break. How to describe this place? Well it is a sprawling site which seems to have an eclectic collection of plants and home/ garden ephemera, including a Sedan Chair, scattered around café seating areas and a smart restaurant.

After coffee, have a potter around Petersham which is a village of historic interest. You can catch the 65 bus back towards Ealing Broadway from here if you do not want to walk back.

Being up towards the east end of Brentford, I am a convert to the delights of the 65 bus. I have easy access up to Ealing, can change onto the tube at South

Ealing or pop over Kew Bridge to Kew Gardens. If you are heading south from Hanwell, it only takes 5 minutes to walk along Brentford High Street from the end of the 195 route, or a couple more minutes from the Albany Road E8/E2 stop, to the Watermans 65 bus stop. If you are able to invest in Kew Gardens membership, the gardens have delights for every season and I have already seen the different bits of the Chihuly glass 3 times! You can also take a partner or family friend as your guest each visit.

I have also got a couple of favourite ways to access Richmond Park for walks without taking the car. A pleasant way to get to the Isabella Plantation is to take the 65 down through Richmond & past Petersham to get off at the Ham Gate Avenue stop. There is a peaceful, attractive path that runs parallel to the Ham Gate Avenue. Once in the park, carry on in the same direction up a path that again runs parallel to the road. Note that this is a bit uphill at the end and it is shared with cyclists. At the crossroads, again carry on but cross the road to walk and after a few minutes you will see an obvious diagonal path towards the plantation. Total distance is just over 1 mile. The Plantation has been stunning during the spring but I am sure that the Heather Garden and Bog Garden will provide interest through the year.

The Plantation has some eco toilets but no refreshments, however it is about 1 mile up to the Pembroke Lodge for a full range of refreshments and great views from the terrace area. The gardens there are also lovely and a walk **northwards towards the Richmond Gate will take you past King Henry's mound**. Here there are more great views over the Thames to the west.

The Mound hosts the famous protected view of St Paul's cathedral with a handy telescope. There was much concern lately about potential developments in the City and cranes blocking the view but the biggest issue right now is leaves on a rogue branch of a nearby tree obscuring the main attraction.

From this point it is not too far up to the Richmond Gate and a chance to see the delights of Richmond Hill. Admire the mansions to your right and the views to your left. Then either stroll down through the lovely Terrace Gardens (perhaps via the Hollyhocks café) to catch the 65 bus from the Robin Hill stop. Alternatively you could keep wandering down the hill into Richmond itself for some retail therapy before catching the bus from the centre of town.

If you like walking, why not check out the Capital Ring. There are 15 sections, all accessible by public transport within the Oyster zone, with lengths from 4 – 9 miles. The routes, with maps, can be downloaded from the internet and there are 2 sections of the route starting from Osterley Lock - south to Richmond or north to Greenford.



Christingle

After helping to run the Christingle service for many years I would like to step down and let someone else take up the mantle. I can give a simple guide to explain what it entails and obviously will be around to give advice. Basically it involves sourcing the large oranges (normally from Waitrose)

and obtaining vouchers for some free refreshments from Morrisons and Sainsburys. I can give a template for all the letters, which should be sent out at the end of October because lots of Churches etc are doing the same! It is best done by 2 people as a service sheet needs to be produced too.

Here's hoping that someone will come forward.

Many thanks.

Charlotte Carotenuto (contact details on the back of this magazine).
or Sue Grange (sue@grangefamily.co.uk)

From the editors: Please can someone or two volunteer for this. The Christingle service is one of the loveliest for the children at Christmas and **it's a great way of starting new friendships.**



Guides at Camp

In May the Guides spent a long weekend at camp. Our theme was **“Explorers”** and we did activities connected with some famous explorers and also learnt to be explorers ourselves.

Each Patrol cooked their own meal over an open fire on Saturday evening, while the rest of the weekend we shared out the chores and all worked together.

We played games and were challenged to a series of activities which included crossing shark-infested waters, finding your way in the dark and eating chocolate covered insects (yes really! you can buy such things!)

Playing parachute games was one of the highlights, as was our evening campfire **around the fire with, of course, the obligatory s'mores.**

The challenges and activities enabled the Guides to achieve their Camp Skills Builder Level 4. They did very well and our pots and pans were clean and sparkly when we packed up!

Opinions expressed in this magazine are those of the individual contributors and not necessarily those of the Church, the Vicar, the editors or the PCC.



The Brownies visit Perivale Woods

Did you know that Perivale Woods is the largest area of natural woodland in SE England? It is right on our doorstep and yet many people do not know of its existence! The Brownies spent a day there over half term learning about the woodland environment and the plants and animals that live there.

We were met by Nicola Goddard who works for the Selborne Society that looks after the wood. She is Mum to a Rainbow & a Brownie. She talked to us and we learned a lot of interesting things.

Our first session was pond dipping and we were amazed to be able to find all sorts of little creatures including pond skaters, whirligig beetles, water boatmen, bloodworms and tadpoles and froglets at various stages of

development. We also saw a huge adult frog that was as big as an adult's fist! We did drawings of the life cycle of a frog on wooden discs which would make a nice pendant.

The next exciting activity saw us using pooters to catch small spiders, beetles and other insects that we shook off the hedges.

After lunch we had a sensory walk through the woods feeling, smelling, looking, and listening to lots of different things – we were told not to try tasting anything. We also saw how a special bug home was being made using logs which will rot away and also learnt about coppicing as a way of managing the woods.

We then did some searching and identifying leaves and trees and working out how old some of the trees are. We then made a flag with some special natural ink made from oak galls.

We managed to complete the challenges for us to be able to earn 2 special **badges called “paw prints” which are all about nature. We all had a really fun time.**



From the Editors

July starts the holiday season and we've got some great ideas for walks from Caroline. Check out pages 6 and 7

July & Sun

Copy Dates!

Copy date for August will be Sunday 14th July

Copy date for September will be Sunday 11th August

Copy date for October will be Sunday 15th September

St Thomas' Recycling

For some time now we have been recycling items that are normally difficult to recycle. We do this through a company called Terracycle.

We collect the items and send them off to the recycling centre who then give us money in exchange.

So far we have raised nearly £2.000

There are collection boxes in the hall and the church

Please keep the different programme items separate as they must be sent to different places

Tassimo

What you can recycle in this programme



Other collections are

Ellas kitchen

Biscuits wrappers

Pet food pouches

Crisp packet

Find out more at www.terracycle.co.uk

Have dog, will walk!

If you own a dog, you won't be surprised to learn you are far more likely to go out walking than your neighbour who doesn't have a dog. (Especially on rainy winter days!)

Now the University of Liverpool has found that 87.3 per cent of us who own dogs exercise for 150 minutes a week, compared with 62.7 of us without dogs. Overall, dog owners are four times more likely to achieve the NHS weekly recommendations for exercise.

New uses for old computers

I renovate old PCs, and then pass them on to charities and other good causes.

All hard discs are securely erased to ensure absolute confidentiality.

I prefer to refurbish PCs with flat LCD screens and at least Windows 7 but can operate with some older machines.

Please contact me for further details / collection

Nicholas Robinson
(07867 785 394)



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Are you a willing cook?

We are setting up a group of people who would be willing to cook for others in our church family and community, when they are going through those times when cooking a meal can be an effort. It may be a single person, a couple or a family.

If you are interested in being involved in Willing Cooks, please email mothersusy@stthomashanwell.org.uk



Please continue to give by providing any of these items in one of the green Foodbank collection boxes situated inside the church porches. Thank you

The revised list of items needed:

Tinned meat & fish, tinned soup, tinned fruit, long life fruit juice & squash (1 litre), rice - 0.5kg/1kg, jam & peanut butter, tinned custard & rice pudding, potatoes - instant & tinned, tinned kidney beans & chick peas, shaving foam & razors, nappies-size 3.

Thank you but the foodbank has plenty of baked beans at the moment.

NB as our magazine is put together in advance, it's best to check the up to date list which can always be found at <https://ealing.foodbank.org.uk/give-help/donate-food/>

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Sunday	CLOSED



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Diary Dates



JUNE

Sat 29th – Sun 30th Patronal Festival Weekend



JULY

6th Sat: Churches Together in Hanwell
prayers at St. Mellitus church 10-11
23rd Tues PCC meeting 8pm

AUGUST

3rd: Sat Churches Together in Hanwell
prayers at Our Lady & St. Joseph
(church or convent - TBC)
10-11

*Baby/Toddler
Group
St Thomas' Hall
On Wednesdays from
10.30am until
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Free.*

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POP- IN ON FRIDAYS
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CHAT 
*MEET YOUR FRIENDS AND MAKE NEW ONES!
*STAY FOR TEN MINUTES OR THE MORNING!

July
5th - tea, coffee and cakes
12th - tea, coffee and cakes
19th - tea, coffee and cakes
26th - tea, coffee and cakes

The POP-IN is run by the Hanwell Neighbourly Care Scheme.

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