

50 Pence



June 2014

# The Trident



  
**ST THOMAS THE APOSTLE**  
BOSTON ROAD, HANWELL, W7 2AD

The Parish Magazine of  
**Serving Hanwell and Beyond**

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CHURCH OF ENGLAND

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

SUNDAY

- 8.00 AM HOLY COMMUNION (BOOK OF COMMON PRAYER SERVICE)
- 10.00 AM SUNDAY SCHOOL (TERM TIME AND NOT 2ND SUNDAY OF THE MONTH)
- 10.00 AM PARISH COMMUNION
- 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
- LAST WEDNESDAY OF EACH MONTH 7.30PM

MORNING PRAYER

8.00 AM MONDAY TO FRIDAY (9.30 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'S.

REGULAR MEETINGS

MONDAY	12.30 PM	HANWELL HOMELESS CONCERN
	4.45 PM	RAINBOW GUIDES
	6.00 PM	BROWNIES
TUESDAY	5.30 PM	BEAVERS
	6.30PM	CUBS
WEDNESDAY		11.00AM - 12.30PM
	10.30AM	MOTHER AND BABY/TODDLER GROUP
	7.30PM	STUDY GROUP & COMPLINE (FIRST WED OF EACH MONTH)
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

Did you know that 14<sup>th</sup> May was a good time to buy a lottery ticket? This is because that day is the day when the Church celebrates St Matthias, the man who replaced Judas Iscariot as the 12<sup>th</sup> Apostle by the drawing of lots. As this is the June Magazine

you may well wonder what use this propitious piece of ecclesiastical info is.

**Well you could pop a note into next year's diary or reflect on the timely nature of the feast, falling, as it does, a couple of weeks after the APCM. I would encourage us to reflect on the latter, not only because St Matthias' odds (2 to 1) were rather more favourable than the Lotto draw (13,983,815 to 1), but because it reminds us that unlikely yet transforming things happen to the Church.**

In the account in the Acts of the Apostles Matthias, was chosen over Joseph called Barsabbus (also known as Justus) after the drawing of lots. This method would (rightly) appal most people now. Surely prayer, fasting, carefully checking CVs, interviews, and presentations are far more sensible, and indeed they are. Yet the action of the 11 apostles reveals a profound trust in a God who is Lord over everything. This trust was not however, escapist, after all it was the death of someone chosen that precipitated this selection process. The apostles were attempting to place God in control of a situation that felt a million miles away from being controlled. In so doing they empathise with the experience of us all, **who oscillate between the reassuring knowledge of God's providence and heart-breaking chaos.** Their faithful, perhaps naive, method in choosing Matthias may have restated divine control, but it was no guarantee of a pain-free future (one legend has Matthias being stoned and then beheaded).

I hasten at this point to reassure that similar fate does NOT await our new PCC members. The PCC are now entering another year in the life of St **Thomas', but also beginning a new phase in seeing our Mission Action Plan** come to fruition. The new members, whether they know it or not, will have a key role in seeing this work of God in our corner of the vineyard happen. Probably (definitely?) they will feel modestly ill-equipped like Matthias before them. Yet, like Matthias before them, they do not work alone. The PCC is a team of differing gifts, and it is part of a gifted worshipping community. This means that **together we are God's pilgrim and missionary people, sharing in the work of the apostles.**

So may the prayers of Matthias and Thomas go with us as we serve him.

Your friend and priest

Fr. Robert



## Parish News

The end of April meant the APCM which was a positive review of last year, but also a reminder of where we need to be going. As in previous years

**we said 'goodbye' for this season to some key**

people, and welcomed others. I would like to extend our thanks to Davina who stood down as Stewardship Secretary, and our Deanery Synod Reps: Bev Bowles-Bevan and Nigel Brooks. Rachel Jones also stepped down from the PCC. All these individuals have served this parish in these roles incredibly faithfully and we are immensely grateful for their faithful service. We have two new PCC lay reps (Chloe Mason and Sam Mitchell-Innes), and our Deanery Synod reps are Nicholas Robinson and Sophie Schuil-Brewer. Please pray for all those who serve this parish in various and important ways.

In May we had our May Fair which raised £600 towards the Diocesan Lent Charity (see report on page 7), and we also took part in the annual Christian Aid Week. What was most encouraging was that we had more volunteers this year than ever before. Thank you all so much for making such a difference to the wider church and world.

On 21<sup>st</sup> June the Hanwell Carnival takes place. This year the theme is **'Musical Hanwell'**. As well as the usual activities this year will also include a **special Choir festival in St Thomas' Church**. Our choir along with others in the area will remind visitors of, and celebrate the musical heritage of Hanwell and Ealing. My hope is that this event will also remind and celebrate the work of this parish Church. Please come along and support this event. May/June is a season of feast days. In them we have Ascension, Visitation of the BVM, Pentecost, Trinity and Corpus Christi, and SS Peter and Paul.

**Please do observe these feasts as they not only bring colour to the Church's Calendar, but also help us to reflect on our own discipleship.**

The Feast Day which immediately follows is our own Patronal. As well as a Solemn Patronal Festival Mass on the Sunday there will be a special 80<sup>th</sup>

**Garden Party and evening BBQ. Last year's Garden Party and BBQ were a tremendous success and it would be great to replicate and even exceed it this anniversary year.** I will be looking for volunteers so if you can help please speak to me.

Please do take note of the events happening in the next few weeks, and join the celebrations!

Fr. Robert



## Prayer for the month of June

O Lord our God, who sent your Holy Spirit to abide with your church for ever.

Renew the same spirit within us that our hearts may be cleansed from evil things, and the fruits of love and goodness may abound in our lives: to the glory of our saviour Jesus Christ.

Amen



## From the Editors

June will hopefully see some better weather. It also sees Hanwell Carnival and a musical afternoon hosted by St Thomas's.

*Jul + Sue*

Copy date for the July Trident will be Sunday June 8th

NB - due to holiday commitments, the magazine will be pasted on copy date (June 8th)

Copy date for the August Trident will be Sunday July 13th

Copy date for the September Trident will be Sunday Aug 10th

### Baby/Toddler

#### Group

**St Thomas' Hall**

from

10.30am until

11.45am.

All are welcome.

Free.

*A prayer of St Columba:*

Christ With Us

My dearest Lord,  
Be Thou a bright flame before me,  
Be Thou a guiding star above me,  
Be Thou a smooth path beneath me,  
Be Thou a kindly shepherd behind me,  
Today and evermore.

Read more about  
St Colomba on page 11





## St Thomas's Fun Run 2104

Holding this kind of event for a second time is always a gamble. Will the novelty have worn off? Will we get enough

volunteers? Will the weather hold out? These are the worries that haunted me in the small hours during the last few weeks. However, I should have slept easy, because in the end, we had 80 runners and walkers, a host of lovely helpers and with the power of prayer, the rain stayed away.

**By 1.45pm, the car park of St Thomas's Church was filled with excited runners waiting to go, so after a quick briefing about the course and the time-keeping (this time with a megaphone), our participants set off down towards the vicarage. The whistle blew and they were off - back up the road toward the park, ably directed by Natalie and then Sheila. Once into the park, Gill saw them heading around towards Rosemary, who sent them, via Chris and Julie, towards the playing fields. Caroline and John made sure they didn't disappear down Southdown Avenue or into the woods and Jono from his perch on the deer statue kept them on the straight and narrow towards Tom, who stood between the path and the canal. Keith sent them back up a challenging little hill towards Alan (and Poppy the dog). Then it was back into the park, directed by Tilly and Andrew round to Christine and then to Sue. The runners then had to go round the bandstand and Frances and Nicole were there to make sure this went smoothly. Finally back to Sarah, who sent our runners back to Gill who sorted the 5K's from the 2.5K's out and sent them off for a second lap or out of the park towards the finish.**

And so it was that less than an hour later, all 80 hot, tired but happy runners and walkers had returned to St Thomas's for water, squash, bananas (not jelly babies, and we hear you – we'll make sure we have some for next year!!) and a well-earned medal.

As well as our lovely marshalls, there are a host of people at race HQ who worked tirelessly to run this event. Davina, our resident first aider was there in case of any mishaps; Sarah and Jerry did a sterling job of the time-keeping and Caroline made sure all the lists were updated as runners returned. Sarah C and her bike made sure all the marshalls were in the right place and then let them know when the race had finished and Andrew took some great photos – **they're on the St Thomas's website** – just go to **galleries and click 'web'**. **A huge thank you to Sarah Holroyd** – acquirer of vast quantities of bananas, time-keeper, administrator, refreshment

organizer and the rest.

Finally thanks to everyone who took part whether you walked or ran, you helped to raise **£400** for St Thomas's Church. **Will we hold another one? I rather think that St Thomas's Fun Run is going to be an annual event now and with a little tweaking around the edges, we'll make it even better next time, so watch out for details in future issues of The Trident.**

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## Hymns help reduce anxiety

Listening to hymns can make older people less anxious about death, according to a recent study. Listening to religious music can also increase life satisfaction, self-esteem and a sense of control over your life.

Gospel music, in particular, has a powerful ability to decrease anxiety about death. The study, published online in *The Gerontologist*, found that **“religion has been linked with desirable mental health outcomes among older adults. This study shows that listening to religious music may promote psychological well-being in later life.”**

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## Why throwing snails and slugs over the fence won't help you

**Throwing your snails and slugs over into your neighbour's garden is not only the ultimate breach of horticultural etiquette, it also probably doesn't work.** Although a recent poll by the Royal Horticultural Society found that more than one in five people admit to doing it, it seems that snails have a homing instinct within 30 feet of where they came from. So you are probably **throwing the same snails over the fence time after time....**

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## The simple pleasures of Ordinary Time

One great phrase of the Church of England, which is little-known but carries a **wealth of rich meaning, is “ordinary time.”** While the seasons of Christmas, Epiphany, Lent, Easter, Pentecost and Advent all have their fixtures and moments **for focus and concentration, the bulk of the summer months is ‘ordinary time’!** A very evocative phrase – nothing particularly to focus on or to celebrate.

Just because it is ordinary it does not mean it is not important or of no significance to how God wants us to use our lives. For most of us life is lived between high and low points: we look forward to something on the horizon or we are seeking to recover from something. So it should be no surprise that ordinary time is the **longest season in the Church calendar. Abraham Lincoln once said that: “God must love ordinary people because he made so many of them”!**

**Ordinary people, it seems to me, need ‘ordinary time’.** Sundays and week days in-between, to sense **God’s presence with us in the day-to-day** mundane, and ordinary comings and goings of life. He is there in the heights of resurrection joy and celebration. He is with us in the vulnerability and frailty of human weakness, modelled in the incarnation. He is with us in our efforts to discipline ourselves and be moulded by him (Lent) but he is also with us whenever we are conscious of life just being ordinary. When our eyes are opened to these things, we will see what an extraordinary God we have!

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## Get yourself in shape for summer

You have to spend energy to get energy. If you feel tired, take exercise. **Sounds crazy? It isn’t** – exercise increases your energy because it brings more oxygen into your body, and also increases your mental alertness. This all makes a brisk lunchtime walk perfect for combating those afternoon energy dips. Exercise may leave you physically tired, but that is far better than lethargy or mental burnout! Also, according to research, exercisers are less depressed and more optimistic, humorous and good-tempered than non-exercisers. **What’s not to like?!**

**Don’t worry about having to get super-fit** – it even seems that the feel-good factor is more likely to kick in following low- or moderate-intensity exercise.

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## June 9th

### Columba of Iona (c. 521 -97) – missionary to the UK

Last year (2013) marked the 1450<sup>th</sup> anniversary of the arrival of Christianity in the UK. It was brought by St Columba from Ireland to Iona – a tiny island off Mull, in the Western Highlands.

Columba was born in Donegal of the royal Ui Neill clan, and trained as a monk. He founded the monasteries of Derry (546), Durrow (c.556) and probably Kells. But in 565 Columba left Ireland with twelve companions for Iona, an island off southwest Scotland. Iona had been given to him for a monastery by the ruler of the Irish Dalriada.

Why would a monk in his mid-40s go into such voluntary exile? Various explanations include: voluntary exile for Christ, an attempt to help overseas compatriots in their struggle for survival, or even as some sort of punishment for his part in a row over a psalter in Ireland. Whatever the reason, Columba went to Iona and spent the rest of his life in Scotland, returning to Ireland only for occasional visits.

**Columba’s biographer, Adomnan, portrays him as a tall, striking figure of powerful build and impressive presence, who combined the skills of scholar, poet and ruler with a fearless commitment to God’s cause. Able, ardent, and sometimes harsh, Columba seems to have mellowed with age.**

As well as building his monastery on Iona, Columba also converted Brude, king of the Picts. Columba had great skill as a scribe, and an example of this can be seen in the Cathach of Columba, a late 6th century psalter in the Irish Academy, which is the oldest surviving example of Irish majuscule writing. In his later years Columba spent much time transcribing books.

**Columba’s death was apparently foreseen by his community, and even, it seems, sensed by his favourite horse.** He died in the church just before Matins, and it is a tribute to this man that his traditions were upheld by his followers for about a century, not least in the Synod of Whitby and in Irish monasteries on the continent of Europe.

## All in the month of JUNE

It was:

125 years ago:- on 8<sup>th</sup> June 1889 that Gerard Manley Hopkins, British poet and Jesuit priest, died. He was one of the leading Victorian poets.

100 years ago:- on 26<sup>th</sup> June 1914 that Laurie Lee, British poet, novelist and **screenwriter was born. He is best remembered for 'Cider with Rosie' – a memoir of his childhood.**

100 years ago:- on 28<sup>th</sup> June 1914 that Archduke Franz Ferdinand of Austria was assassinated, sparking a conflict between Austria-Hungary and Serbia that led to WW1.

90 years ago:- on 8<sup>th</sup> June 1924 that George Mallory, British mountaineer, disappeared on Mount Everest. His body was found in 1999.

70 years ago:- on 6<sup>th</sup> June 1944 that D-Day took place with the Normandy landings. More than 150,000 Allied troops landed on the beaches of Normandy at the start of the Battle of Normandy.

65 years ago:- on 8<sup>th</sup> **June 1949 that George Orwell's novel 'Nineteen Eighty-Four' was published.**

50 years ago:- on 12<sup>th</sup> June 1964 that Nelson Mandela and seven other leaders of the African National Congress were sentenced to life imprisonment for acts of sabotage designed to end apartheid. (Mandela was released in 1990.)

20 years ago:- on 7<sup>th</sup> June 1994 that Dennis Potter, British TV dramatist and **screenwriter died. (Best remembered for 'The Singing Detective', 'Lipstick on your Collar' and 'Gorky Park')**



## Recycling for the Church Organ

This venture has really taken off and we have now reached a total of £300. Thank you to everyone who is putting their items in the box in church and on the hall landing.

In answer to some questions:

It can be any make of sweet biscuits wrapper not just McVities

The yoghurt pots and drinks must be the Actimel /Shape /Danone brand

I am especially short of Baby wipe wrappers

They have increased the minimum amount I need to send off . If anyone has contact with a nursery or baby minder, please can you ask them to save their packets, and put them in the collection box .

The church is open during daylight hours and the box is in the front porch. The hall is open most evenings and the box is just inside the door, on the stairs

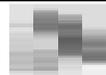


Thanks, Pauline

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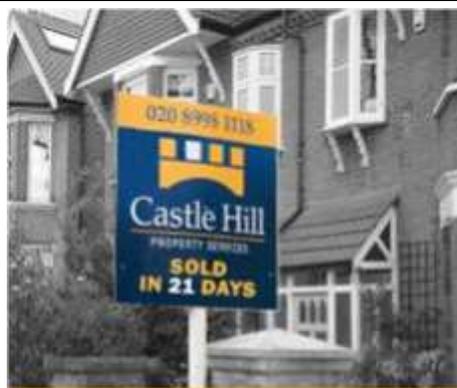
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We can only accept smaller items that can be collected in a car, not furniture. No jumble, clothing or broken items please. For local collection phone David Clarke on **07952 011543** to arrange a timed evening or weekend visit. E-mail David at [dclarke@nds.com](mailto:dclarke@nds.com). If bringing items to the church, please arrange with David Jewell or Michael Mappin to take them from you.

## Diary Dates



### MAY

25th Sun 6th Sunday of Easter  
29th Thurs Ascension Day

### JUNE

1st Sun Sunday after Ascension Day  
8th Sun Pentecost  
15th Sun Trinity Sunday  
21st Sat Hanwell Carnival featuring a special choir  
**festival in St Thomas's Church.**

22nd Sun 1st Sunday after Trinity  
28th Sat **Sara and Paul's Wedding.**  
29th Sun 2nd Sunday after Trinity

### JULY

5th Sat Garden Party and BBQ  
6th Sun 3rd Sunday after Trinity  
13th Sun 4th Sunday after Trinity

## St Thomas 2015 Calendar

As a reminder of the fun we are having in our 80<sup>th</sup> Year I am planning on selling a 2015 calendar with photos of the church and some of its events

I am asking for people to send photos to me, and a small team of people will choose ones to go on the calendar

To ensure we get the best deal from the calendar company we really need the photos in by the end of July.

**If you have a "real photograph" contact me and I will arrange to have it scanned**

So cameras at the ready!

Please email your photos to  
[paulinesbritton@hotmail.com](mailto:paulinesbritton@hotmail.com)

The small print;

There will be no payment made for your photo

Please ensure there is no copyright on your photos

If your picture includes people make sure you have their permission to be photographed and put on the calendar.

### POP-IN

\*POP- IN ON FRIDAYS\*

AT ST THOMAS'S CHURCH HALL  
FROM 10.30AM TO 12 NOON

\*COME FOR TEA, COFFEE, BISCUITS AND A CHAT

\*MEET YOUR FRIENDS AND MAKE NEW ONES!

\*STAY FOR TEN MINUTES OR THE MORNING!

### June

6th - tea, coffee and cakes

13th - tea, coffee and cakes

20th - tea, coffee and cakes

27th - tea, coffee and cakes

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

# PARISH DIRECTORY



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