

50 Pence



June 2018

The Trident



The Parish Magazine of



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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)
	6.45 - 7.15 PM	JUNIOR CHOIR
	7.00 PM	CHOIR

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From our Vicar

Dear Friends

On 20th June 1957 Elvis released his first record to reach number one in the UK charts, *All Shook Up!* He would go on to have another 20 (including re-releases and re-mixes) number ones. Perhaps what is less well known is that another Elvis has his feast day in June, St Elvis of Pembrokeshire.

St Elvis was the illegitimate son of the King of Munster, who on hearing that **he had a got a slave girl in 'the family way' promptly ordered that young Elvis** be reduced to a *Hunk, a hunk of burning love*. However, the assassin placed him under the protection of a she-wolf (nothing like a *Hound Dog*) who raised him until some Britons adopted him, and later sent him to Rome. Despite this inauspicious start to life, young Elvis was not found *Crying in the Chapel*, but rather taking the good news to the people of Wales, and, famously, he baptised the future St David.

The incredible life of St Elvis continued on his return to Ireland where he momentarily turned hunt saboteur, and rescued an old she-wolf, who was, of course, his old step-mum. He was then whisked up in a ship to heaven and become the patron saint of Wolves (the animal, not the midlands football team).

It goes without saying that considerable pinches of salt need to be administered to the life of St Elvis, but at its heart there is someone quite profound. Despite setback after setback St Elvis was able to fulfil that which God had purposed for him.

We may find ourselves facing seemingly impossible odds, but we have two **important seasonal reminders of God's action. The first is that Jesus is** ascended in heaven, and there intercedes for us on earth. The second is that the Holy Spirit has come upon us to draw us, in love, to the presence of God.

Those two reminders are essential for our lives. Jesus lives in us through his Holy Spirit and also lives on in heaven preparing the way. Thus, life is placed **within both the immanence and eternity of God's love.** The crises that confronted St Elvis, and those that confront us are set within the same divine landscape. No matter what life throws at us, there is God in the **midst showing us a new eternity. This is not, 'if life gives you lemons...' or being Pollyanna-ish, it is simply turning to one who transforms life.**

During this Church season, and approaching summer months, take time to reflect, and see where God is at work in your life, the Church and the world. In doing so return to God, i.e. *Return to Sender*.

Your friend and priest

Fr. Robert



Parish News

The Film Night on the first Saturday of the month is set to be a key part of our mission as a Church, a way of serving the community. Fr. Robert will pick the films so would appreciate any suggestions. During this trial period we are looking at variety being the spice of life. That way we will discover what genre connects with the **community. So send an email, we can't promise to show it but we will consider it.**

As we are sure you are aware Susy is all set to be ordained a deacon on **30th June at 3pm at St Paul's Cathedral. This is an open service, although the 'best' seats are reserved for the ordinand's family and friends. More** details will follow. Also, as Susy mentioned in her interview she and Andrew are expecting their second child, so she will be going on maternity leave from 1st August. She is hoping to be back from 1st March. Please continue to remember her in your prayers.

In May the choir sang at the Tate Modern as part of an exhibition on community art in Ealing. Thank you to all who took part and supported this wonderful event.

Finally, our Patronal Festival takes place on the weekend of 7th and 8th July. More **details will follow in next month's Trident.**

Get on your bike!

It seems that cycling is great for keeping old age at bay, and it also rejuvenates the immune system.

A recent study has found that cyclists do better at preserving their muscle mass and strength with age, while maintaining stable levels of body fat and cholesterol. The study was done at the Institute of Inflammation and Ageing at the University of Birmingham.

Studies published in "Aging Cell"

Pollock et al (2018). 'Properties of the vastus lateralis muscle in relation to age and physiological function in master cyclists aged 55 – 79 years'.

Duggal et al (2018). 'Major features of Immunesenescence, including Thymic atrophy, are ameliorated by high levels of physical activity in adulthood.'

THE MOOR

It was like a church to me,
I entered it on soft foot,
Breath held like a cap in hand,
It was quiet.
What God was there made himself felt,
Not listened to, in clean colours
That brought a moistening of the eye,
In movement of the wind over grass.

There were no prayers said. But stillness
Of the heart's passions - that was praise
Enough; and the mind's cession
Of its kingdom. I walked on,
Simple and poor, while the air crumbled
And broke on me generously as bread.

R S THOMAS

The Sunday School teacher was describing how Lot's wife looked back and turned into a pillar of salt, when little Jacob interrupted. "My mummy looked back once, while she was driving," he announced triumphantly, "and she turned into a telephone box!"



A Prayer for June

Heavenly Father,
Thank you for loving us. So many people feel lonely and isolated and unloved today. In a culture that values *I* above all things, help us to look beyond our iPhones and iPads and *selfies*. Help us to see with your eyes, to love with your heart; to reach out to the lost and lonely and marginalised with your compassion. Help us to reflect your Kingdom values and, by the way we live, enable your love to be experienced by all who so need you.
In Jesus name, Amen.

Final Greetings from Cambridge...

I am writing this with less than eight weeks until my Ordination as Deacon in **St Paul's Cathedral on 30th June at 3pm**. Reflecting back on my time at **theological college I am struck by the number of "experiences" that have happened in less than two years.**

On arriving at college in September 2016 I experienced the sensation of returning to full time education after nearly 20 years of working. I had to matriculate (join) a Cambridge University College and in doing so purchase an academic gown, attend a ceremony where I shook hands with the **College's Master and sign to join Cambridge University for life. I have** relished the experience of being a student again and having the privilege to attend fascinating lectures and spend time reading theology. Rather less joyfully last summer I sat exams, again for the first time after nearly 20 years; an experience that I was very glad to have achieved and come out of not too badly. I feel slightly less worried about my exams this year but will be very glad when my last one on 6th June is finished!

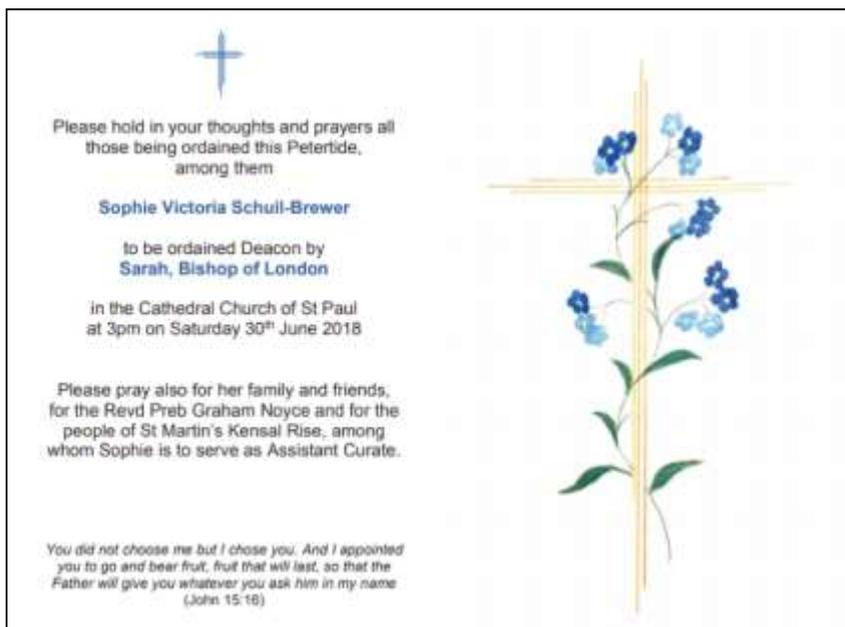
During my training I have experienced the privilege of being on placement **with Queens' College Chapel; learning to appreciate the exquisitely beautiful** choral music of Evensong and experiencing a little of the life of a Cambridge college. Another experience pushing me out of my comfort zone was to lead Choral Evensong. Following this I have generously been given singing **lessons through Queens' College and so I will be leading again later in May;** hopefully with an improvement in my singing!

Two further placements during my time at college have provided excellent pastoral and practical experience. My time on a social context placement with a hospice in Cambridge was truly inspiring, it was such a positive place in which to undertake my placement. I felt so privileged by the time I spent with patients and their loved ones. I came away with immense respect for the professionalism and care that I saw in all the staff and volunteers at the hospice. Then over last summer I had an excellent opportunity to spend several weeks with two churches in Manchester. It was a very practical time; helping with toddler groups, leading services and preaching. **The churches were very different to St Thomas' but I was very grateful for the experience, especially given that the churches in Manchester had the same welcoming atmosphere as St Thomas' and I felt very much at home there.** My second year has been one of consolidation; reflecting on what I have **been taught and my experiences. As an "experienced" returner this year I** could help those Ordinands coming for their first time and through mentoring others see what I have learnt; theologically, pastorally, and liturgically.

In January this year I experienced ordering clergy clothing; buying blouses and tops with collars in which I could wear a dog collar. Trying one on for the first time and seeing myself in the mirror in a dog collar was quite something. It is a strange mix of feeling ready, or as ready as I will ever be, being very excited to put into practice everything I have been learning but also having a real sense of trepidation. The promises I will commit to when I am ordained Deacon are really rather daunting but I must remember that I will not be doing any of this on my own.

One of the traditions that some Ordinands follow is to produce Ember cards to be given to people asking for their prayers. At the bottom of my **card (copied below)** I added a verse from the Gospel of John: *“You did not choose me but I chose you. And I appointed you to go and bear fruit, fruit that will last, so that the Father will give you whatever you ask him in my name.”* (John 15:16) This is a piece of scripture that helps me when I am feeling rather daunted by the prospect of ordination. I am not doing this alone; it is God who chooses and it is only through God that I can respond to my call. I do feel truly blessed that I am standing at the entrance to this next stage in my life. I have many who have supported me on my journey; I am especially grateful for the support and prayers I have received from all at St Thomas’. **Without such love and care I would not have been able to respond to God’s call on my life.**

Many blessings, Sophie





From Gill Shaw, Beaver Scout leader at 7th Hanwell (St Thomas)

I have been a Beaver leader since 2001, when myself & Caroline Lumb jointly reopened the colony. All 3 of my sons have been involved in Scouting and have had many great experiences & opportunities as a result.

Over the intervening years after Caroline moved on to run our Scouts, I have been fortunate to have had several parents who have stepped up to be assistant leaders for a while. Lots of young people doing their Duke of Edinburgh community service have also been a great help at meetings over the years. For the past four years, I have been running the colony on my own with a parent rota to provide the 2nd adult needed at each meeting. At our meetings we do crafts, cooking, games and outdoor activities and are able to participate in District organised events such as sleepovers, parties and other events.

After a lot of thought, I decided last year that I would step down from running the colony in July. I have thoroughly enjoyed my time at Beavers and it is a great blessing to have been involved with young people who have such joy & enthusiasm for life. There are always moments each week which make me smile and feel good even when occasionally I do need to sit down and have a large glass of wine when I get home!

The great news is that Tim Veldman has volunteered to take over the leadership of Beavers in September. Tim has 3 sons, 2 of whom are in Cubs and Beavers at St Thomas. These things always work better if there is a small team of leaders and regular helpers to share the work & pool ideas.

Tim would love to hear from you if you are able to help in any way.

There is huge potential to get involved in a wide range of activities for our Beavers. There is also good training, support, fun, friendship & opportunities for all adults who are involved in Scouting.

You will become part of the 7th Hanwell family together with our thriving Cubs and Scouts and being part of this group of friendly and supportive people has been a wonderful experience.

Thank you.

Tim's contact details : veldmantim@hotmail.com



News from the Guides

Over the past few months the Guides have been busy with a variety of different activities.

We held a sleepover at the church hall with a film showing Paddington 2. The girls celebrated Earth Hour by turning off all the lights for the evening and doing activities in the dark.

We have all taken part in a Girlguiding initiative called Future Girl. This involved discussing the issues that girls and young women feel play a significant part in their lives. The subjects that the girls are concerned about include gender stereotypes, bullying, equal opportunities, the environment, recycling and climate change, facilities for the disabled and freedom of speech amongst others. The Guides had some very strong held views and expressed themselves well. This is a national initiative and the information gathered will be fed back to the Government.

The early May bank holiday saw us camping at the Brambles Campsite in Greenford. Our theme was Suffragettes and we had great fun with a Wide Game, crafts and a huge campfire. Of course we got soaked playing water games. This was a relief due to the hot weather. The girls learned many camp skills – particularly enjoying cooking their own meal over the fire.
Bev



From the Editors

Lots of good things to read this month - please keep your news and articles coming in.

July 2014

Copy Dates!

Copy date for July will be Sunday 10th June
Copy date for August will be Sunday 8th July
Copy date for September will be Sunday 12th August



Who really goes to a food bank?

Even Theresa May stumbled awkwardly when asked about it during the election campaign, **saying they were used by people for “complex reasons”.**

But what are the reasons? And who are the people depending on food handouts? Are they struggling families in need of help? Or are food banks magnets for scroungers? Are they mostly being used by local people or by migrants?

A major study from researchers at Oxford University and Kings College London has tried to get beyond the stereotypes and look at those using the network of food banks.

In the most basic terms, these are people with many overlapping forms of **“destitution”**. **They have been missing meals, often for days at a time**, going without heating and electricity. One in five have slept rough in recent months. They are at the lowest end of the low income spectrum, with an average income below £320 per month, described as living in **“extreme financial vulnerability”**. **These are usually people of working age**, middle aged rather than young or old, mostly living in rented accommodation. About five out of six are without a job and depending on benefits. Food bank users are often single adults or lone parents. Social isolation and the lack of friends, play a part, as well as threadbare finances. Ill health is a very common feature, with some households including someone with a disability or mental health problems. Debts and a long trail of repayments are often dragging them down. 87% are born in the UK. 3.7% are seeking asylum.

These are people on the margins in many ways but low income and severe food insecurity are not necessarily the tipping point. There is often something else. This can be a rise in rent, energy or the cost of food. Or it could be a delay in benefit or fewer working hours.

So please continue to donate, weekly if you can, an item of basic food. All **items left in St Thomas’ food bins are regularly delivered to the Foodbank** warehouse in West London to be distributed to those in need.

Thank you for your contribution.



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

The revised list of items needed:

Noodles, tinned vegetables & fruit, Instant/dried potatoes, dried milk,
UHT milk, sweet & savoury biscuits, cook-in/pasta sauce, toilet rolls.

An up to date list can always be found at <https://ealing.foodbank.org.uk/give-help/donate-food/>

Thank you!

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Diary Dates



MAY

27th Sun

Trinity Sunday

JUNE

2nd Sat

Churches together in Hanwell meeting at
North Hanwell Baptist Church 10.00 - 11.00

JULY

7th Sat

Churches together in Hanwell meeting at
St Christopher's Church 10.00 - 11.00

St Thomas' Patronal Festival weekend.

AUGUST

4th Sat

Churches together in Hanwell meeting at
St Mary's Church 10.00 - 11.00

POP-IN

POP- IN ON FRIDAYS

AT ST THOMAS' 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

1st - tea, coffee and cakes

8th - tea, coffee and cakes

22nd - tea, coffee and cakes

29th - tea, coffee and cakes

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

PARISH DIRECTORY



VICAR

REV. DR. ROBERT CHAPMAN

ST.THOMAS' VICARAGE 182 BOSTON ROAD W7 2AD 3302 1040
fatherrobert@thomashanwell.org.uk

CHURCHWARDENS

LEANDA HOMER leandahomer66@hotmail.com 07801 277086
GILL SHAW gillshaw36@aol.com 8567 0999

PARISH OFFICE

PCC SECRETARY

JESS NELSON

TREASURER

SHEILA BURT sheilamburt@talktalk.net 8579 3950

st.thomas.office@btinternet.com

STEWARDSHIP SEC

SHEILA BURT sheilamburt@talktalk.net 8579 3950

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GILL SHAW gillshaw36@aol.com 8567 0999

SAFEGUARDING OFFICER

CHARLOTTE CAROTENUTO ccaroten@gmail.com 8567 7128

CHILDRENS CHAMPION

TRIDENT EDITORS

JILL ASHCROFT 24 ERLESMERE GARDENS W13 9TY

jill.ashcroft@erlesmere.com

SUE CUNNINGHAM

26 KENT AVENUE W13 8BH

07850 889948

sue.cunningham@mac.com