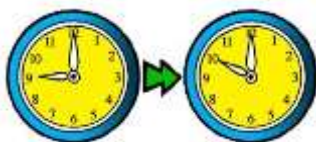


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March 2023

The Trident



The Parish Magazine of



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Evening Prayer Sunday 6.30pm
Said Mass Tuesday at Noon
Said Mass on Wednesday at 2pm

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A Prayer for Lent

Dear Father in Heaven

In this month, when Lent begins, we remember Jesus' experience in the wilderness. The world today can seem like a wilderness. So many difficult, incomprehensible things going on. It is tempting to turn away in horror or denial, tempting to look out for ourselves, tempting to take the easy path, to pay attention to whatever the culture dangles before our eyes.

Lord, please help us. We need your word to guide us. We need your Holy Spirit to fill and strengthen us. Help us to give our attention and our worship only to you. Lead us not into temptation. But deliver us from evil.

Thank you, Father, for Jesus, who by his death and resurrection, opens the way to you. Help us to renew our trust in him and through him, to walk with you every day. In Jesus' name,
Amen.

Copy Dates!

Copy date for April will be Sunday 12th March

Copy date for May will be Sunday 16th April

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.

Adverts in this magazine are not necessarily endorsed by the Church, the Vicar, the editors or the PCC.



Parish News

The ceilidh on January 28th was a wonderful event with around 70 people dancing the night away. Thank you to Annabel, David, Sue, Roger and Cara for all the work they put into the event. A good amount of money was raised for the Trussell

Trust.

Annabel, Fade and Steve are working hard on the parish profile which will inform candidates who apply to be our new vicar, all about St Thomas'.

St Thomas' family events - for your diary

Date	What's happening?
19 th March	Mothering Sunday (and cake sale)
9 th April	Easter Sunday – Easter Egg Hunt in the Church Garden after the service 
30 th April	Family Service
21 st May	Eco Sunday Family Service
18 th June	Family Service – Father's Day
2 nd July	Patronal Festival
16 th July	Family service
17 th September	 Harvest Festival Family Service
15 th October	Family Service celebrating St Luke
12 th November	Remembrance Sunday Family Service



World Water Day is 22nd March

We take clean water for granted. After all, when did you last turn on the tap and expect filthy water to come out?

But sadly, bad water is still a daily reality for billions of people. The United Nations wants to help them by ensuring that everyone can access clean water by 2030. It is part of the so-called '2030 Agenda for Sustainable Development', and it is an enormous challenge.

Meanwhile, this year each one of us can do at least something to help on 22nd March. A donation to Water Aid will help provide safe water to marginalised communities worldwide. Simply go to: www.wateraid.org/uk

Treebilee

With huge thanks again to all those who donated, we are pleased to announce that the Sunday School "James Grieve" apple tree (and some raspberries!) have now been planted in the church garden. Please do try to pop in next time you come to Church! You can also find our tree, alongside all the other Queen's Green Canopy (QGC) trees, on the official QGC interactive map! The next step is to bury our Time Capsule and put up the plaque, both of which we hope to do in the Spring.



Forget the London Marathon, **St Thomas' Fun Run is back!**

We're pleased to announce that the St Thomas' Fun Run will be back on 23rd April! Please do come and join us for the run which will be starting at 2pm. A

perfect opportunity to run either 2.5k or 5k - especially if you haven't quite had a chance to get in shape for the London Marathon! Places cost £5 each and there's a limited number, so please let us know if you'd like to take part or put the date in your diaries to cheer the runners on (tea and cake available afterwards!). Plus, we really need marshalls so please let us know if you'd be able to help out.

Contact: thomas.funrun@yahoo.com

Remembering Sir Christopher Wren

It was 300 years ago, on 8th March 1723, that English architect Sir Christopher Wren died at the age of 90. Best known for designing St Paul's Cathedral, he was also a ground-breaking anatomist, astronomer and physicist.

A founder of the Royal Society, Wren served as its president from 1680 to 1682 and was highly regarded by such eminent scientists as Isaac Newton and Blaise Pascal. But it is as an architect that he is best known: beside St Paul's, regarded as his masterpiece and completed in 1710, he directed the rebuilding of 52 churches after the Great Fire of London in 1666 – though he did not work alone, heading a team of creative minds that included Nicholas Hawksmoor.

Born at East Knoyle in Wiltshire, Wren was the only surviving son of Christopher Wren the Elder, who became Dean of Windsor. He was a sickly child but lived a long life, despite his family being affected by the Civil Wars that broke out in 1642. He married twice, but both his wives died very early – one of smallpox and the other of tuberculosis. Although Wren lived 90 years, he was married for only nine of them, but had four children.

Two factors may have contributed to Wren's success as an architect: one was basic – his decision to move into that field because of the dearth of architects in the mid-17th century; the other was more dramatic – the Great Fire of London, which necessitated so much rebuilding in the city and gave him the opportunity to shine.

Robert Hooke, the scientist and architect who was a friend of Wren, said: "Since the time of Archimedes there scarce ever met in one man in so great perfection such a mechanical hand and so philosophical a mind."



The Leprosy Mission will no longer be collecting postage stamps, so please don't leave any more at the back of the church. Thank you.

In season in March

Forced rhubarb, purple sprouting broccoli, kale, chicory, onions, radishes, spring greens, cauliflower, lettuce, spinach, turnips, parsnips, potatoes, leeks, watercress.



25th March:

Lady Day or The Annunciation

This beautiful event (Luke 1:26-38) took place in Nazareth, when Mary is already betrothed to Joseph. The Archangel Gabriel comes to Mary, greets her as highly favoured, tells her not to be afraid, that she will bear a son Jesus, and that her elderly cousin Elizabeth is already pregnant (with John the Baptist).

The church calendar is never quite as neat as some would like it. To celebrate the Annunciation on 25th March does indeed place the conception of Jesus exactly nine months from His birth on 25th December, but the latter part of March almost inevitably falls during Lent. But the birth and death of Jesus are intrinsically linked - He was born to die, and thus fulfil God's purposes.

The Annunciation is a significant date in the Christian calendar - it is one of the most frequently depicted in Christian art. Gabriel's gracious strength and Mary's humble dignity have inspired many artists. Certainly, Mary's response to the angel has for centuries been an example of good faith in practice - humility, enquiry of God, and trusting acceptance in His will for her life.

The real secret to skimming a stone

Our parents taught us that when you want to skim a stone, use only ones that are circular, flat, smooth, and of medium weight.

But now scientists have discovered that this is not true. It seems that you do NOT need a perfect stone, in order to skim it successfully. In fact, even stones that are heavy, knobbly and a bit potato-like can be made to bounce across the water.

The research shows that while a flat stone is best for several short, neat skips, a larger rock can skim with fewer – but bigger – leaps.

According to Dr Ryan Palmer, a research associate at the University of Bristol, "the heavier a projectile is and the more curved it is, the deeper and longer the skimming interaction. That means you can get really exciting skims known as 'superelastic' bounces.

"Essentially, you throw it in at one height and it has a monstrous leap out of the water - which is both surprising and unexpected."

SIDESPERSONS

COMMON MISUNDERSTANDINGS ABOUT THEIR ROLE



PEOPLE WHO KEEP AN EYE ON THINGS
FROM THE SIDE AISLES



FRIENDS WHO ONLY ORDER CHIPS
AT A RESTAURANT



PERSONS MADE UP ONLY
OF SIDES



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*COME FOR TEA, COFFEE, BISCUITS AND A CHAT

*MEET YOUR FRIENDS AND MAKE NEW ONES!

*STAY FOR TEN MINUTES OR THE MORNING!



March

3rd - tea, coffee and cakes

10th - tea, coffee and cakes

17th - tea, coffee and cakes

24th - tea, coffee and cakes

31st - tea, coffee and cakes

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

Mission Giving at St Thomas' in 2022

End of Year Report

At St Thomas' we always set aside 10% of the total congregational giving received each year for the purpose of making charitable donations. The charities that we support include organisations that operate locally, or just in the UK, and those that operate internationally. We support charities that are concerned with relief and development work, as well as those with a specific focus on Christian mission and outreach. The normal amount donated to each organisation is £200, but in some cases this varies.

Local relief and development charities that we supported in 2022 were Ealing Street Pastors, Ealing Food Bank, and Hanwell Neighbourly Care. We also contributed to organisations that provide support more widely in the UK for destitute and marginalised people: St Mungo's and Five Talents. On an international level, we supported the Leprosy Mission, and the Red Cross. We also keep money in reserve for appeals by the Disasters Emergency Committee, and during 2022 responded to appeals for relief of the war-ravaged people of Ukraine, and the flooding disaster in Pakistan.

International development organisations that we supported were Feed the Minds, Ethiopaid, Well Found, and Self Help Africa. As a separate exercise from our 10% fund donations, we organised a special collection for Christian Aid Week.

Organisations with a focus on Christian outreach that received our support were USPG (United Society Partners in the Gospel), Wycliffe Bible Translators, the Mothers Union, the Mission Aviation Fellowship, and the Mission to Seafarers. We also made a donation to A Rocha, a charity committed to equipping Christians and churches to care for the environment.

Apart from larger charities that may be well known, we are always interested to learn about smaller charities, especially those operating in West London. Please pass any thoughts and ideas to Sarah Holroyd, Mission Committee Chair, or myself (contact details on the last page of The Trident).

Steve Purcell, Churchwarden

How long should you sleep when you are over 50?
The amount of sleep you get each night can have a huge impact on your health.

A recent study has found that middle-aged people need at least seven hours a night. This reduces their risk of developing various serious health conditions including cancer, diabetes, and arthritis.

This contrasts with the effect of having only five hours of sleep a night. People over 50 who slept for five hours were found to be 30 per cent more likely to have chronic diseases, including depression, liver disease, stroke, heart disease, diabetes, cancer and Parkinson's. The researchers were based at University College London (UCL).

A prayer for March

Throughout this month, O Lord, empower and draw me to Thyself. Cause me to find joy in Your service and to seek first Thy kingdom every day. May I be planted in Thy Word, and be connected to Thy Love through the Holy Spirit's revelation, in Jesus name.

Amen



St David's Day

Remembering a monk of long ago

On 1st March – St David's Day

A preacher who was greatly revered

Who lived his life in a simple way.

He was made the Patron Saint of Wales

Daffodils on that day abound,

Leeks are an option, but flowers preferred,

And Welsh cakes in many a kitchen are found.

"Always be joyful and keep the faith"

A message St David continues to give

"And remember to do the little things"

A profound but simple way to live.

Terracycle is back

Some of the waste streams are back but what we can collect is very specific. All the items have to be sorted by type before they are sent to Terracycle, so please keep items separate

What we now collect:

Pringles Tubes

Please recycle the plastic lids yourself but put the tube with the metal base in the box. **Remember they don't want the plastic lid!**

Bread

We can collect bags from bread and crumpets and similar This is sponsored by Warburtons but they will take ANY make of bread, rolls, and wraps.

Coffee

We can take ground coffee bags, and coffee bean bags. This is Sponsored by Taylors of Harrogate but they will take any make of COFFEE

Please see posters on the collecting point in St Thomas' car park or look on the Terracycle website.

Terracycle collections

Please note that only bags that come from bread or rolls can be included in the Terracycle parcels. Just recently we have had other items hidden in the bread bags and that means that our parcels have been rejected and we do not get any money for them . All other plastics like vegetable bags, Ice cream and sweet wrappers and crisp packets can be recycled at your supermarket.

thank you



From the Editors

It's lovely to see some crocuses and snowdrops and even a few daffodils. Could spring be around the corner?

Julia & Sue



From the Ealing Foodbank

Thank you for continuing to support the foodbank.
There are several shops locally that have collection points and they're all listed on the foodbank website.

There are other ways in which you can help.

- You can continue to leave your donations in the boxes left in our church porch. However there will be some delay in transferring it to the Foodbank warehouse.
- Another alternative is to give cash or cheque (payable to Foodbank Trussell Trust) to Nicole who will pass it on regularly.

<https://ealing.foodbank.org.uk/give-help/donate-food/>

** please remember that our magazine is produced a month in advance, so we publish the shopping list available to us at the time of going to press, So it's a good idea to check the most recent list on the website (see above) or Twitter: @EalingFoodbank or Instagram: ealingfoodbank

THE FEBRUARY SHOPPING LIST **


Savoury crackers, rice (500g - 1kg), tinned fish, tinned meat, UHT milk - whole or semi-skimmed, long life fruit juice & squash, instant coffee & drinking chocolate, tinned fruit & vegetables, ketchup & mayonnaise, chick peas & kidney beans shaving gear - foam 7 razors.

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

Please pray for:

Those who are housebound or in need - Mtr Sheenagh Burrell, Mtr Anna, Merfyn Edwards, June, Nigel Brooks, Peter Gilbert, Norman Dorival, Hazel Middleton, Terence Ball, Julia Schumann, Steve Purcell and John Tozer.

Our churchwardens, Fade and Steve, Annabel and the PCC as they navigate us through the interregnum.



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Saturday	10am - 8pm
Sunday	CLOSED

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It was:

300 years ago, on 8th March 1723 that Sir Christopher Wren, English architect, died. Best known for designing St Paul's Cathedral.

125 years ago, on 16th March 1898 that Aubrey Beardsley, British illustrator, died. His black ink drawings, influenced by Japanese woodcuts, contributed to the development of Art Nouveau.

100 years ago, on 4th March 1923 that Patrick Moore, the amateur astronomer, TV presenter, writer and musician was born. Best known for presenting the TV astronomy show *The Sky at Night* for over 50 years. (Died 2012)

70 years ago, on 19th March 1953 that the Academy Awards ceremony (the Oscars) were televised for the first time.

Also 70 years ago, on 26th March 1953 that Dr Jonas Salk announced that he had completed the first small-scale test of a polio vaccine. Larger tests began in February 1954, and mass vaccinations began in April 1955.

65 years ago, on 2nd March 1958 that the first land crossing of Antarctica was completed by the Commonwealth Trans-Antarctic Expedition, led by Vivian Fuchs. The team of 12 men travelled 2,158 miles from Shackleton Base to Scott Base (via the South Pole) in 99 days, using six vehicles.

50 years ago, on 8th March 1973 that the citizens of Northern Ireland voted in a referendum to remain within the United Kingdom. That same day the IRA carried out its first bombing in Britain since WWII, planting car bombs in London. One person died, 200 were injured.

40 years ago, in March 1983 that Donald Maclean and Anthony Blunt, died. Both were British-born Soviet spies and members of the Cambridge Spy Ring.

25 years ago, on 16th March 1998 that Rwanda began mass trials for the country's 1994 genocide. There were 125,000 suspects for 500,000 murders.

20 years ago, on 12th March 2003 that the World Health Organisation issued a global alert about a severe form of pneumonia (now known as Severe Acute Respiratory Syndrome – SARS) that was affecting people in China, Hong Kong and Vietnam.

Diary Dates

February



Wed 22nd

Ash Wednesday - Mass at 7:30pm

Sun 26th

1st of Lent

March

Sun 5th

2nd of Lent

Sun 12th

3rd of Lent

Sun 19th

4th of Lent - Mothering Sunday

Sun 26th

5th of Lent - Passiontide begins

April

Sun 2nd

Palm Sunday

Thurs 6th

Maundy Thursday

Mass of The Lord's Supper at 7.30pm

Fri 7th

Good Friday - Solemn Liturgy at 3pm

Sun 9th

Easter Day

Sun 16th

2nd of Easter

Sun 23rd

3rd of Easter

Sun 30th

4th of Easter

May

Sun 7th

5th of Easter

The logo for DailyHOPE. It features a large, stylized black telephone handset icon on the left. To the right of the handset, the number '0800 804 8044' is displayed in white text on a green rectangular background. Below the number, the word 'Daily' is written in a black serif font, and 'HOPE' is written in a bold, green, sans-serif font. A thin black line curves under the word 'Daily'. Below the entire logo, the text 'A free phone line of hymns, reflections and prayers' is written in a black serif font.

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