

50 Pence



May 2019

The Trident




The Parish Magazine of



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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

FOR MORE INFORMATION LOG ONTO OUR WEBSITE:

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PLEASE E-MAIL US AT st.thomas.office@btinternet.com



From our Vicar

Dear Friends

One of the great joys of Lent is the Lent Study Group. It is a time to explore our individual and shared faith. It never **ceases to amaze me how wonderfully God works in people's** lives.

This last Lent we explored the Creeds and all was going well until, foolishly as it happens, I attempted to explain the work of the Trinity in our lives by citing the French philosopher Jean-Luc Marion. Marion employs a philosophical approach **called, 'phenomenology', and he is responsible for the most impenetrable** sentence I have ever read. I promised the group that I would share, so here it is:

For the possible possibility of impossibility would hence imply that possibility cannot be limited to what sufficient reason ensures, hence possibility cannot be restricted to the actuality that produces the cause. (*The Visible and the Revealed*, 2008 p. 4)

Hum, answers on a postcard please!

However, in this month when Pentecost, Trinity and Corpus Christi are **celebrated maybe phenomenology has something to say. Phenomenology, 'goes back to the things themselves' (2008 p. 4). In other words the gifts we receive,** the love we share go back to their source i.e. God. In life when we receive a gift, the gift itself is more than an object received. It shows how another sees us, cares for us, understands us and so on. When we share love we go back to the divine love, the Holy Spirit. When we pray in the power of the Spirit in union with Christ, to the Father, we go back to the trinity, and we receive the Eucharist we go back to the crucified Christ. All these things and others that we do in our life together go back to God.

This understanding is key at this time, especially Pentecost when we receive the gift of the Holy Spirit. The Holy Spirit unites us to God, for he is God in us, and reveals the divine life to us. It is because of the Holy Spirit that the Eucharist we give thanks for at Corpus Christi makes Christ present. This celebration of the divine life made present in our midst shows us something beyond ourselves. We partake in a profound mystery which spans time and space. To quote Marion again, the gift of the Eucharist, **'... surpasses our attention, dazzles our gaze, and discourages our lucidity. The Eucharist anticipates what we will be, will see, will love'.** (*God Without Being*, 1995 p. 174).

Therefore, as we approach and experience Pentecost, Trinity and Corpus Christi **we approach and experience the joyful life of God who 'surpasses our attention',** and yet comes to us in intimate profound and loving ways. As we see that divine love **'played out' in our midst let us 'go back' to the 'thing itself'; God. Perhaps, then, dare I say it, experience the possibility of impossibility... sorry!**

Your friend and priest

Fr. Robert



Parish News

Once again we observed a full set of devotions for Lent, Holy Week and Easter. The Lent Studies were focused on the Creeds, their meaning and the implications of them for our Christian pilgrimage. A real highlight of the season was the

Vivaldi 'Gloria'. The augmented choir was in fine voice, and thanks go to them and our new Director of Music, Keith Spillett. Thank you to Nick Larson for being our accompanying organist, who also played some additional pieces by Bach.

Every three years the parish receives an Archdeacon's Visitation. He says this is not like an OFSTED, but... You will be pleased to note that his examination went very well and he was very pleased to see what we had in place. A massive thanks go to our wardens, Gill and Leanda for their work. He was also very pleased to see our outward missional focus, with the Film Nights, Fun Run and Panto; believe it or not, couple of months ago, he and the Bishop were in The Fox pub and overheard a conversation from the next table raving about St Thomas' Panto. They were both very proud of us!

As I write this we are preparing for the APCM so please remember us in your prayers and especially those who serve on the PCC and in other **areas of St Thomas'.**

Next month we celebrate our Patronal Festival (see page 6 for details).

This year we are very privileged in being able to welcome the Very Revd Dr. John Hall, the Dean of Westminster Abbey as our preacher. Please **come along and celebrate our patron saint's feast.**

Like many throughout the world, we were disturbed by the devastation caused by the Cyclone Idai. Therefore, as well as offering our prayerful support, we donated £200 via Christian Aid to relief work in the area. Finally, we were thrilled to receive a legacy from the late Patricia Hodges of over £180,000. This legacy will make a huge difference to us being able to sort out the impending work on our windows and brickwork, and so **ensure that the Christian witness and 'legacy' of this building is felt in our community for another 80 years.** Can I encourage you to note what a difference such legacies make to the life of a local church. We do not receive any help centrally, so such gifts are essential for our future. Hence, we give thanks for Patricia, *may she rest in peace, and rise in glory!*



Curates Corner

Watch out the Curate is about! I'm BAAAACCK!

So to bring you up to speed on the past 9 months: I have been hugely blessed by our amazing NHS. My baby arrived early and the care I had was fab. I finished writing my MA dissertation and graduated from St Mellitus College – I first went there 10 years ago to start an undergraduate Certificate in Contextual Theology.

With both my babies, I have taken this as an opportunity to work on my prayer life. My maternity leave was perfectly finished off by a fabulous trip to Spring Harvest, a Christian Conference held at Butlins. This year the focus was prayer and we were reminded that prayer is UNLIMITED. We **can pray anywhere, anyway, anyhow. We don't have to use eloquent** phrases or have a sorted out theology. Prayer is relational so it involves us speaking to God but also listening. Listening to God can take practice. Pete Greig, the Founder of the 24-7 prayer movement and Author of some great books, shared an acronym to help us in our times of prayer.

Pause, Rejoice, Ask, Yield

We need to (P) stop and breath; (R) praise God for who he is and what he has done for us; (A) ask him for what we need and for the world; (Y) we **need to listen to what God has to say and say 'yes' to God in our listening.**

If you want to work on your own prayer life, why not try following this **pattern. I've started using this new free app called 'Inner Room' which helps** you to prayer and is available on the App store and Android store.

'Jesus said, when you pray go into your inner room ... and pray to your Father' Matthew 6:6

Let's pray!

Mtr Susy



A Prayer for Ascension Day

O Almighty God, whose blessed Son our Saviour Jesus Christ ascended far above all heavens that he might fill all things: Mercifully give us faith to perceive that, according to his promise, he abides with his Church on earth, even to the end of the ages; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, in glory everlasting.

Amen

Patronal Festival Weekend

Saturday 29th June

6pm Parish BBQ

**8.30pm Film in the
Vicarage Garden**



Sunday 30th June

10am Patronal Festival Mass

Preacher:

**Very Revd. Dr John Hall,
Dean of Westminster
Abbey followed by drinks in
the Vicarage Garden.**

**12-2pm Picnic in the
Garden**



The courage to be myself eludes me,
A shadow of what might be I remain,
And all the while in other lives I see
The wholeness that I lack and can't attain.

The freedom to be myself eludes me,
For freedom itself does not liberate;
To be free to serve is the key to love
That can make of life a meaningful state.

The challenge of loving faith includes me,
I hear this call and can never stay out,
For love without faith is but sentiment
And faith is the courage to live in doubt.

E.M., - A nun of Burnham Abbey

Come and Sing the Vivaldi Gloria

with The Ascension Community Choir at Church of the Ascension,
Hanger Hill, Beaufort Road, Ealing, W5 3EB
on Saturday 1st June.

Come to the open rehearsal of the Gloria and a few other pieces at 5pm
and then join in the performance at 8pm.

A great opportunity for those of us who sung on Passion Sunday to revisit
this wonderful piece of music, or if you missed it and/or would like to
learn it.

**Please wear concert blacks ready for the performance. If you'd like more
details, please contact Lee on lee.c.dewsnap@btinternet.com**



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).





From the Editors

We hope you all had a wonderful Easter. As we write this, the weather forecast is good. Christmas is a long time away, but please do talk to Charlotte about taking over the Christingle **organisation. It's not an onerous job** - I know as I did it myself for quite a few years.

July & Sue

Copy Dates!

Copy date for June will be Sunday 12th May
Copy date for July will be Sunday 9th June
Copy date for August will be Sunday 14th July

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.

Roger Bannister & the four-minute mile

The first person to run a mile in under four minutes was Roger Bannister, who did it 65 years ago, on 6th May 1954, at the Iffley Road track in Oxford. His time was 3:59.4 – the announcement drowned out by wild applause from **the crowd after announcer Norris McWhirter said the word “three”**.

Bannister was born in 1929: his father was a Methodist and his mother a Unitarian Sunday school teacher.

His world record lasted for only a few weeks, but because he was the first to achieve what many had thought impossible, he remains a household name. He himself always believed his successful 40-year career practising medicine – he was a neurologist – was a far greater achievement.

He was knighted in 1975 and was Master of Pembroke College, Oxford, from 1985 to 1993. After his marriage to Swedish artist Moyra Elver Jacobsson in 1955 **he became friends with the Rector of All Souls', Langham Place, the Rev Dr John Stott**. He was baptised at All Souls: his sponsors were his two friends who had helped him to the four-minute mile – Chris Chataway and Chris Brasher.

One of his four children is the Rev Charlotte Bannister-Parker, an associate priest in Oxford.

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

Biscuit wrappers

What you can recycle in this programme



Please note that we accept only flexible plastic packaging and not cardboard packaging, as these can be recycled through local council recycling

Terracycle recycling

We are still collecting

Tassimo pods & silver bags

Pet food pouches

Ella's kitchen baby food pouches & lids

Crisp packets

Find out more at www.terraCycle.co.uk



21st May

Helena: Protector of the Holy Places

Helena should be the patron saint of all mothers who help their sons achieve great things.

Helena was born at Drepanum in Bithynia about 250. Although only a **stable-maid or innkeeper's daughter, she caught the eye and affections of a Roman general, Constantius Chlorus**, while he was stationed in Asia Minor on a military campaign. She bore him a son, Constantine, in about 272.

But Constantius was ambitious, and when he became co-emperor (Caesar) in the West in 292, he abandoned Helena in order to marry the stepdaughter of his patron. Helena and her son were sent to live in the court of Diocletian at Nicomedia, where Constantine grew up as a member of the inner circle.

Helena never remarried, and lived close to her son, who was devoted to her.

Then, in 306, Constantius died, and Constantine became Augustus of the Roman Empire. He brought his beloved mother to live at the imperial court. When Constantine became the first Christian emperor of Rome, Helena also became a Christian. She was devout, dressing modestly, and giving generously to churches, the poor, and to prisoners. But soon Constantine had other plans for her: they agreed that she would help him locate the relics of Judeo-Christian tradition in Palestine. To aid her, Constantine gave her the title Augusta Imperatrix, and unlimited access to the imperial treasury.

And so, from 326-28, even though she was very old, Helena explored the Holy Land on behalf of her son, the Emperor. She went to Bethlehem and founded the Church of the Nativity. She went to the Mount of Olives and founded the Church of Eleona. She went to Calvary and tore down a temple built to Venus over the tomb of Jesus. Constantine then ordered the building of the Church of the Holy Sepulchre. Helena also seems to have founded the chapel at St

Catherine's Monastery.

Helena died in 330 in the Holy Land, with Constantine at her side. He brought her body back to Constantinople and buried her in the imperial vault in the Church of the Apostles.

We owe to this special mother and son the preservation and honouring of the most famous sites of Christianity.

Constantine and Helena.
Mosaic in Saint Isaac's
Cathedral, Peterburg, Russia





Keep going!
“Sitting still kills.” This rather startling observation from a scientist at Queen’s

University Belfast follows research which found that couch potato lifestyles could be causing up to 70,000 deaths in the UK each year. More than 10 per cent of all deaths are due to sedentary living, which raises the risk of heart disease, diabetes and cancer. But as one doctor says, more exercise **“doesn’t have to mean major lifestyle changes - just build more activity into your everyday life. Stand on the bus, stand when you talk on the phone. Take regular short walks.”**



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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. Thank you

The revised list of items needed:

Tinned meat & fish, tinned soup, milk (UHT & dried), biscuits - sweet and savoury, tinned fruit & vegetables, tinned rice pudding & custard, instant coffee & teabags, long life juice & squash, cook-in/pasta sauce, nappies-sizes 4&5.

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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Saturday	10am - 6pm
Sunday	CLOSED



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Diary Dates



APRIL

28th Sun 2nd Sunday of Easter
APCM - 11:30
St Thomas' Fun Run 2pm

MAY

4th Sat Churches Together in Hanwell prayers at Hanwell
Methodist Church, Hanwell 10-11

5th Sun 3rd Sunday of Easter
12th Sun 4th Sunday of Easter
19th Sun 5th Sunday of Easter
26th Sun 6th Sunday of Easter
30th Thurs Ascension Day

*Baby/Toddler
Group*
St Thomas' Hall
*On Wednesdays from
10.30am until
11.45am.
All are welcome.
Free.*

JUNE

1st Sat Churches Together in Hanwell
prayers at South Hanwell
Baptist Church, Hanwell 10-11

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!

May

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.



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