

50 Pence



October 2019

The Trident



The Parish Magazine of



Serving Hanwell and Beyond

Registered Charity no: 1130519

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ST. THOMAS THE APOSTLE
BOSTON ROAD, HANWELL
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

FOR MORE INFORMATION LOG ONTO OUR WEBSITE:

WWW.THOMASHANWELL.ORG.UK

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



From our Vicar

Dear Friends

On the 19th September John Humphries said an emotional **farewell to colleagues of and listeners to Radio Four's Today**. Amidst the usual backslapping they kept referring to Mr **Humphries as the 'Rottweiler of the Radio'. Eventually, Justin**

Webb changed the breed to a Terrier; tenacious, relentless etc. Mr. Humphries, **however, said he was a "seeker of truth". That title was used against a background of news concerning social media and 'fake news', and the legitimacy and intention behind the Prime Minister proroguing (a word I don't think I ever used until a couple of months ago!) parliament, and allegations of manipulating the truth.**

Truth, and the desire for it, permeates every area of life. In one of my favourite *Rumpole of the Bailey* stories, '*Rumpole and the Genuine Article*', Rumpole quotes Keats:

"Beauty is truth, truth beauty, that is all ye know on earth, and all ye need to know."

Immediately, the judge, Guthrie Featherstone QC MP retorts, "Is it? I think the jury might like to see some evidence". Alas, given his penchant for quoting Latin, M' Lord doesn't have a grip on the Greeks, otherwise his Plato would have assured him that there is an indivisible link between truth and beauty, because beauty is a reflection of the divine and truth is divine.

Those of the Platonic school believed that only God could be complete truth, and they adopted the word *Logos* to reinforce the point. *Logos* is, of course, where we get the word *logic* from. *Logos* is also the word, perhaps strangely, **adopted at the beginning of St John's gospel for Jesus; "In the beginning was the word (*logos*), and the word (*logos*) was with God and the word (*logos*) was God".**

Thus, St John is saying, in Jesus there is complete logic, hence, Truth. What is **interesting about that use is that it is less concerned with 'factual evidence' (Guthrie Featherstone's desire) but rather offers a framework for understanding the nature of truth as coming from God and framing life.** So understanding truth is to look at Jesus. In Jesus we see love unto death, healing, forgiveness, reconciliation, new life and so on. This is not the pedantic quest for facts and figures, but the quest to change lives so they become more human and divine.

Hence, this quest may not provide neat, water-tight answers to Brexit or news postings on social media, but it will give a more authentic, truthful way of living. By living according to the truth contained in Jesus we can make a difference, and see the beauty that Keats and Plato believed in, that which reflects the divine.

Your friend and priest
Fr. Robert



Parish News

October beckons an exciting time in the life of St Thomas'. Panto rehearsals for da, da, da, da, da, dah... 'Snow White' are underway; 'Oh yes, they are!'

On 5th October we will hold our Caribbean and International night at 6pm with a showing of the film *Green Book* at 8pm which last year won 3 Oscars. Please check out further details in this Trident on how you can help out. Also in October (13th) we have Bishop Pete coming to confirm, presently, three adult candidates, Victoria, Nick and Shaun. Please remember them and him in your prayers.

Thank you to all who helped out on 22nd September with our Harvest Thanksgiving Eucharist especially to Mtr. Susy and the uniformed organisations!

On 14th September we had our big Church Tidy-up. A huge thank you to all those who came along and cleared so much stuff in and around the church. In particular, the old boiler room in the church is now in a position to be hopefully(!) re-ordered into a kitchen, so that the church and its garden can be used much more fully. Again, thanks to people who gave up their Saturday morning to begin to make this re-ordering possible.

We are sad to let you know of the death of Mr Ron Young. Some of you may remember him and his wife Mary who were both prominent and faithful members of the church for many years.

Ron and Mary lived in a flat at a local school. Mary was PCC secretary for many years and also was one of the founder members **of the Mother's Union at St Thomas' in the 1950s.**

They retired and moved to Grantham, Lincolnshire and then finally to a retirement home elsewhere in the county. Ron passed away on 6th July 2019.

Caribbean and International Night 5th October 6.00-11.00pm **St Thomas' Church Hall** **NEEDS YOUR HELP**



FOR:

- Raffle Prize Donations
- Setting up and decorating the Hall from 5pm
- Prize donations for the Raffle.
- A dish from your Heritage or repertoire ...
- Tickets available from Fr. Robert and others in advance or on the door.
- Volunteers, please see Angela Sinclair to sign up.



Curates Corner

'No one is too small to make a difference' – Greta Thunberg

This unassuming little book was sitting on the counter in the bookshop, and, having heard a lot about Greta Thunberg in the news, I picked it up. Now this collection of speeches made at protests by this remarkable young woman in order to inspire others to think and act to care for the environment, is sitting on my beside table.

Over the past year or so I have been mulling over 'what could I do to make any kind of difference to the state of our planet?'. As a teenager I was vegetarian, part of the school 'Environmental club' and as a family we were in the local paper receiving our recycling box (when they were 'new'). Now, as a family, we do our recycling boxes and sort out crisp packets and Ella's kitchen pouches. But what more can I do?

One of the five marks of mission in the Anglican church is 'to safeguard the integrity of creation, and sustain and renew the life of the earth'. So I need to be looking after it. God loves the world, His creation, and the state of the world matters to Him. If we neglect, spoil, and don't look after the world, we aren't caring for something God loves. In Genesis 1:28 and 2:15 God clearly commands humankind to look after the environment.

To care for the world is a vast challenge, but as Thunberg says 'No one is too small to make a difference'. So over the past year I've started to make little changes: washable wipes, a bamboo toothbrush, shampoo bar, re-usable coffee cups and water bottles. None of them are huge changes, but I have to remind myself all our individual changes build up to make a difference.

What's your next small change to care for God's world?



O Lord our God, grant that our spirit may recognize your Spirit and your love, so that our lives cannot be swallowed up by passing concerns but are lifted to something higher. Help us hold fast to all the blessings you have allowed us to experience, the blessings you will certainly continue to give, even though

new battles and new troubles are all around us. Send a great light to shine among the many people whose task is to lead the way so that your kingdom may come. Send light so that your name may be honored through our human deeds and you may be known as life for all. Amen.

Good food for you

Eating plenty of fruit and vegetables slashes your risk of developing Type 2 diabetes by nearly a quarter, a recent study has found.

And adding whole grains, legumes and nuts also protects against diabetes, as they improve sensitivity to insulin (the hormone that controls blood sugar) and reduce weight gain.

A senior nutritionist at the Harvard T H Chan School said: “Overall the data highlighted the importance of adhering to plant-based diets to achieve or maintain good health.”

The findings were published in the journal JAMA Internal Medicine. They support evidence that diet is crucial in tackling diabetes, which now affects about four million in the UK.

St Thomas' Church
Caribbean and
International Night
5th October 6.00-11.00pm
St Thomas' Church Hall
Adults £7 & Pre-High School Children £3 BYOB



INCLUDING:
BLACK HISTORY MONTH GREEN BOOK

Caribbean & International Night Film
5th October
8pm
£5 **12**

A scene from the movie Green Book showing two men in a car.

www.thomasharwell.org.uk
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Active social life may help cut risk of dementia

If you can continue a healthy social life during middle age and onwards, you might be able to prevent the onset of dementia.

It has been found that people of 60 or over who see family and friends almost every day have a 12 per cent lower risk of developing the disease. According to the research done at University College London (UCL), frequent social contact builds cognitive reserve, or greater brain resilience, against the damage that occurs in neuro-degeneration.

As one scientist explains, “Dementia is a major global health challenge, with one million people expected to have the condition in the UK by 2021. But we also know that one in three cases are potentially preventable.”



From the Editors

Hope to see you at at the Caribbean and International Evening on October 5th.

Jul & Sue

Copy Dates!

Copy date for November will be Sunday 13th October
Copy date for December will be Sunday 3rd November
Copy date for January will be Sunday 8th December

**It takes more
courage to be
humble than it does
to be prideful**

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.

2019 Confirmation

Who's it for.

Those who are over 11 and have, or wish to be, baptised.



What is it?

Confirmation is the sacrament in which we are strengthened by the gift of the Holy Spirit, given by **the laying on of the Bishop's hands. This sacrament confirms the gifts received at baptism.**

This, then, is a decision made at a more mature age whereby the confirmation candidate can affirm those promises made at baptism.

Why do we have it?

- ✠ Valuable link between bishop and parishes.
- ✠ **As a 'sign' we're not joining a local club but universal church.**
- ✠ **It 'stirs' up the gift of the Spirit within for service in God's Church and World.**
- ✠ **Solemn act of commitment and renewal of baptism's vows and grace.**

Once confirmed you will be able to receive Holy Communion at the Eucharist, as the Confirmation course will cover the role of the Eucharist in our Christian lives.



How are we prepared?

Preparation is important, and Fr. Robert will make 'classes' available. There will be 4-5 sessions in September and October, and these will explore our Christian faith, and what it means for **us in today's world.**

The Confirmation Service will be Sunday 13th October, **10am at St Thomas's Church.**

If you have any questions please call Fr. Robert (3302 1040) or Mtr. Susy (07522 189 826).

What we fear doing most is usually
what we most need to do.

The origin of the phrase—A Purple Patch

A purple patch means a run of success or good luck, especially for a sports player or team.

It is also sometimes called a purple passage or purple prose. This was originally a figurative reference to florid literary passages, and was added to a text for dramatic effect. The prose is so extravagant, ornate or flowery that it breaks the flow and draws excessive attention to itself. It is the literary equivalent of adding a patch of purple material to an otherwise undecorated garment.

In literature, purple combines the calm stability of blue with the fierce energy of red. It is particularly associated with royalty and nobility. Queen Elizabeth I forbade anyone except close members of the royal family to wear **it. Purple's elite status stems from the rarity and cost of the dye originally** used to produce it. In addition, it is associated with luxury, power and ambition, and represents meanings of wealth, extravagance, creativity, wisdom, dignity, grandeur, devotion, peace, pride, mystery, independence and magic.

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

SOMETHING TO LOVE

Lord on high,
Lord above
Please give us something
That we can love.
Our love grows longer,
Our hearts grow stronger;
Can we live, any longer?

O give us a car,
Or maybe a cow,
A lion, an ox,
Or even a plough:
Something to love,
Not full of anger,
Something that we can
Protect from danger.

T CHURCH

St Thomas' Recycling

Not all plastics are the same

The terracycle collections are going well and we have now raised over £2000 as well as saving several hundred kilos of waste from going to landfill.

BUT this programme works because only certain types of waste can be collected.

The waste collection is sponsored by different manufacturers who only use specific plastics. It is therefore essential that only the types of plastic specified on the list opposite are collected.

In our enthusiasm some people have been putting the wrong wrappers in the boxes.

So to clarify:

CRISPS PACKETS crisps are made of potato and are fried or baked.

BISCUIT WRAPPERS biscuits can either have cheese put on them or dunked in tea.

Unfortunately I can not collect sweet wrappers, filter coffee bags, cheese packets, or peanut and pop corn packets.

If a box is contaminated with the wrong items, the whole consignment is rejected and we do not get the money.

The good news is

We have been promoted to a HUB AND SPOKE collector for crisp packets so we are more widely advertised on the terracycle website, but it does mean I now have to collect 8kg of crisp packets before I can send them off.

Keep up the good work
Pauline

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)

Baby/Toddler Group

St Thomas' Hall

*On Wednesdays from
10.30am until 11.45am.*

All are welcome.

Free.

Terracycle recycling for Organ Fund

We are still collecting

Tassimo pods & silver bags

Biscuit wrappers

Ella's kitchen baby food pouches

& lids

Pet food pouches

Waste not accepted

- Cans & Plastic bottles
- Cardboard packaging
- Paper packaging
- Hard plastic packaging

Find out more at www.terracycle.co.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:

Instant coffee & drinking chocolate, tinned vegetables & fruit, long life sponge puddings, cook/in pasta sauce - jars, milk - dried & UHT, peanut butter & jam, savoury & sweet biscuits, noodles - all types, ready made custard - tinned, toothbrushes & toothpaste, nappies - size 5 & 6

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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Friday	10am - 8pm
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Diary Dates



SEPTEMBER

22nd Sun Harvest Festival 10am

OCTOBER

5th Sat Churches Together in Hanwell **prayers at St Thomas' Church** 10-11
Caribbean and International Evening. 6pm

NOVEMBER

2nd Sat Churches Together in Hanwell prayers at St **Christopher's Church** 10-11

DECEMBER

7th Sat **Churches Together in Hanwell prayers at St Mary's church** 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!

October

4th - tea, coffee and cakes
11th - tea, coffee and cakes
18th - tea, coffee and cakes
25th - tea, coffee and cakes

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

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