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April 2022

# The Trident



The Parish Magazine of

  
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## A Prayer for Ukraine

Loving God,  
We pray for the people of Ukraine,  
for all those suffering or afraid,  
that you will be close to them and protect them.  
We pray for world leaders,

for compassion, strength and wisdom to guide their choices.  
We pray for the world that in this moment of crisis,  
we may reach out in solidarity to our brothers and sisters in need.  
May we walk in your ways so that peace and justice  
become a reality for the people of Ukraine  
and for all the world.  
Amen.

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.

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# From Father Robert

Dear Friends

The news has, quite rightly, been filled with the situation in Ukraine. The shock of the obvious injustice of the invasion is matched only by the admiration for the Ukrainians fighting for their homeland. In the midst of this encounter between two lands is an understanding of patriotism. This understanding was exemplified by the brave Russian news editor protesting during the news. She was fined and **dismissed by the courts as a 'hooligan' but praised by others as a true patriot.**

G. K. Chesterton once said,

**“My country, right or wrong,” is a thing that no patriot would think of saying except in a desperate case. It is like saying, “My mother, drunk or sober.”**

**At the heart of Chesterton’s quote is a deep connection between people and land, that is best called, love.** True love is not uncritical, but seeks that which is best and most life affirming in the beloved.

The season of Lent and Easter is a profound expression of that type of interconnected love, which seeks to make things whole. Mother Julian of Norwich summarises this profound and loving connection between Creator and the Created at this season, saying:

**‘Here I saw a great communion between Christ and ourselves, for when he was in pain, we were in pain. All creation capable of feeling pain suffered with him.’**

Thus, in a strange, but natural way, Christ shows his patriotism for the whole earth, and thus, by extension, its beloved people, you and me. That central theme of death and new life experienced in unity with the cross and empty tomb, gives us our hope. It reminds us that in Jesus there is one who suffers for his land, the earth, but ultimately brings healing and peace.

Our connection to Jesus, our Creator, should also give us hope as we continue to pray for and support the people of Ukraine, and all who speak up for peace and justice.

Can I encourage us all to look to supporting any efforts which demonstrate that divine love. Also, do continue to pray for Fr. Adam, as he and his family are caught up in these painful struggles.

Your friend and priest  
Fr Robert

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# HOLY WEEK & EASTER 2022

## OUR SERVICES

*From Monday to Thursday **Morning & Evening Prayer** (Common Worship) are observed at 8am & 6pm. On Good Friday Morning Prayer is 6am **NO** Evening Prayer. Holy Saturday **NO** Morning Prayer or Evening Prayer in Church*

Sunday 10<sup>th</sup> April ***Palm Sunday in the Lord's Passion Parish Mass 10am***  
**procession starts from Elthorne Park Bandstand**  
**6.30pm Evening Prayer**

**Monday of Holy Week 11<sup>th</sup> April 12 noon *Rosary and Mass***

**Tuesday of Holy Week 12<sup>th</sup> April 12 noon *Stations of the Cross & Mass***

**Wednesday of Holy Week 13<sup>th</sup> April 2pm *Mass* (pp. 252ff)**

**Maundy Thursday Evening 14<sup>th</sup> April**

**10.30am *Chrism Eucharist at St Paul's Cathedral***

**7.30 pm *Mass of the Lord's Supper & Watch until midnight***

**Good Friday 15<sup>th</sup> April**

**3 pm *Solemn Liturgy of the Lord's Passion inc. Holy Communion***

**Easter Day of the Lord's Resurrection 17<sup>th</sup> April**

**10am *Parish Mass & Baptism***

**6.30pm Evening Prayer**



## From Father Adam

My Dear Friends!

In 2004 I went to see Mel Gibson's film, "The Passion of Christ." It was reported in the newspapers as one of the most touching, powerful, heartfelt, shocking, inspiring, and riveting films ever made. There is no doubt that

crucifixion was most cruel and ghastly. The age was ruthless.

Unfortunately, the time we live in today also turned out to be incredibly brutal, shocking and suffering for millions. Today the world is once again in the darkness of Good Friday, this time in Ukraine. Christ is tortured, crucified, and killed there in the form of innocent children.

The war in Ukraine reminds us of the fragility of both our physical existence and our security. These days we experience many uncertainties that disturb our hearts. Throughout the centuries, a fierce struggle is taking place - life and death, light and darkness are fighting for the palm of victory. As Jesus' disciples, we know that the Resurrection goes through the Cross. We also know that the final victory belongs to Jesus Christ. It is the mystery of Easter.

In our journey through Lent, we can see the brightness of the new dawn emerging. The violence of Good Friday was real, was unspeakable. But it is quite overshadowed by the Good News that Jesus overcame it all. God had broken into human history and raised Christ from the dead, offering the gift of forgiveness, hope, love and life. Jesus lives again and is invincible. More so than all the pain and cruelty that the world has ever known and will ever know. Therefore, we cannot allow this power of darkness to "steal" our joy and peace - those precious gifts of our risen Lord.

The season of Lent and Easter provides the reflective window to calm our restlessness, have completeness in ourselves, accept our circumstances, and believe that the lessons of Christ do make a difference in our lives. The eleventh chapter of Matthew's Gospel cites: "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest" (Matthew 11:28).

May the resurrected Christ be with us all this Easter and in the days ahead.

Blessings this Easter!

Fr Adam

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## A Prayer for April

O Lord God, our Father, You are the light that can never be put out; and now You give us a light that shall drive away all darkness. You are love without coldness, and you have given us such warmth in our hearts that we can love all when we meet. You are the love that defies death, and you have opened for us the way that leads to eternal life.

None of us is a great Christian; we are all humble and ordinary. But your grace is enough for us. Arouse in us that small degree of joy and thankfulness of which we are capable, to the timid faith which we can muster...to the wholeness of life which you have prepared for all of us through the death and resurrection of your Son. Do not allow any of us to remain apathetic or indifferent to the wondrous glory of Easter, but let the light of our risen Lord reach every corner of our dull hearts.

**We ask this in Jesus' name**

Amen

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## All in the month of April

It was:

90 years ago, on 23<sup>rd</sup> April 1932 that the Royal Shakespeare Theatre opened in Stratford-upon-Avon, replacing the one that burnt down in 1926.

75 years ago, on 1<sup>st</sup> April 1947 that the school leaving age in the UK was raised to 15.

65 years ago, on 24<sup>th</sup> April 1957 that the first episode of the British astronomy series *The Sky at Night* was broadcast on BBC TV. It became the **world's longest**-running TV series with the same presenter (Patrick Moore) until his death in December 2012. The series then continued with new presenters.

50 years ago, on 11<sup>th</sup> April 1972 that the first episode of the radio comedy **panel game show 'I'm Sorry I Haven't a Clue'** was broadcast on BBC Radio 4. It is still running.

30 years ago, on 27<sup>th</sup> April 1992 that Betty Boothroyd became the first female Speaker of the House of Commons.

25 years ago, on 13<sup>th</sup> April 1997 that the American golfer Tiger Woods, aged 21, became the youngest player to win the US Masters championship.

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# 14th April - Maundy Thursday

Maundy Thursday is the 5<sup>th</sup> **day of Holy Week**. **'Maundy' comes from the Latin word for command, 'mandare'**. On this day the Church looks back to **Jesus' command to His disciples that they should: "Love one another as I have loved you."**

On the evening of Maundy Thursday Jesus shared the Last Supper with His disciples, before going on to the Garden of Gethsemane and being arrested. It was the last evening He had with them before His crucifixion.

At the Last Supper Jesus shocked His disciples by washing their feet. He did this as an example, to demonstrate to them that they should serve others **with humility. We create this act of humility at St Thomas' at the service on Maundy Thursday.**

## Maundy Money

Every year the Queen distributes silver coins at a special service on Maundy Thursday. It is part of a tradition dating back many centuries, where the Royal Family took part in ceremonies washing the feet of poor people and giving gifts.

The Royal Maundy Service itself began in 1662, when Charles II gave out coins. The ones that the Queen gives out each year bear the portrait of Her Majesty designed for her coronation in 1953, even though the image on ordinary circulating coinage has since been changed four times.

According to the royal.uk website, the Queen decided early on in her reign that Maundy money should not just be distributed to the people of London. And so, for many years she has visited various cathedrals or abbeys to give gifts to local people. Recipients of Maundy money are nominated by their local dioceses for contributions to their local church and community.

During the service, the Queen distributes gifts according to the number of years she has lived: for example, when she turned 80 she distributed 80 pence worth of Maundy money to 80 men and 80 women in recognition of their contribution to their community and to the church.

Last year, in 2021, the service was cancelled because of Covid. Instead, the Maundy money was blessed at the Chapel Royal, St James's Palace, before being posted to recipients alongside a letter from The Queen.

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# 3<sup>rd</sup> April – the Boat Race



At the beginning of the month, on April 3<sup>rd</sup>, we have one of the world's oldest and most famous amateur sporting events: The Boat Race.

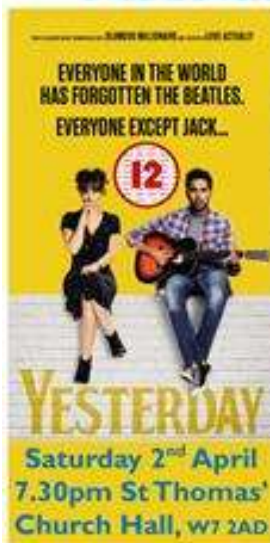
First raced in 1829 by crews from Oxford and Cambridge Universities, it is considered the epitome of amateur sport, and each year attracts more than 250,000 spectators to the banks of the Thames, as well as many millions more on television.

The Boat Race is raced along what is called the Championship Course, which is over 4.25 miles of tidal Thames in West London, between Putney and Mortlake. This year will see the 167<sup>th</sup> **Men's Boat Race** and the 76<sup>th</sup> **Women's Boat Race**.

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## Pictures by the Park

EYE & SNACKS ADULTS £5 Children (W/A under 12) £2





# Get going this Spring!

One thing you need to put at the top of your list this Spring is to simply MOVE.

Whether you like gardening, cycling, jogging, walking or any other activity, make certain that you do some of it every day.

As Prof James Goodwin, of the Brain Health Network in London explains, **“Only 25 per cent of our ageing – both physical and mental – is determined by our DNA. The other 75 per cent is lifestyle and our environment, over which we have a lot of choice.”**

He goes to explain that aerobic exercise indirectly stimulates the brain, and thus rejuvenates it. **“Prolonged daily sitting down is the enemy of brain health.”**

Prof Goodwin also advises people to develop a healthy routine and stick to it. **“Constantly varying bedtimes, drinking and eating excesses, and irregular habits are bad for you.”**



## St Thomas' Fun Run

**Back at last!**

**Sunday 24th April 2022**

**2pm**

**5k or 2.5k**

**Come and join us for a walk, jog or run  
around the park and playing fields.**

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**For more details or to enter, please email Sue  
[sue.cunningham@mac.com](mailto:sue.cunningham@mac.com) or phone 07850 889948**

# A TIME TO Talk

When a friend calls to me from the road  
 And slows his horse to a meaning walk,  
 I don't stand still and look around  
 On all the hills I haven't hoed,  
 And shout from where I am, "What is it?"  
 No, not as there is a time to talk,  
 I thrust my hoe in the mellow ground,  
 Blade-end up and five feet tall,  
 And plod: I go up to the stone wall  
 For a friendly visit.

Robert Frost

The English are not  
*very spiritual people, so  
 they invented cricket to  
 give them some idea of  
 eternity.*

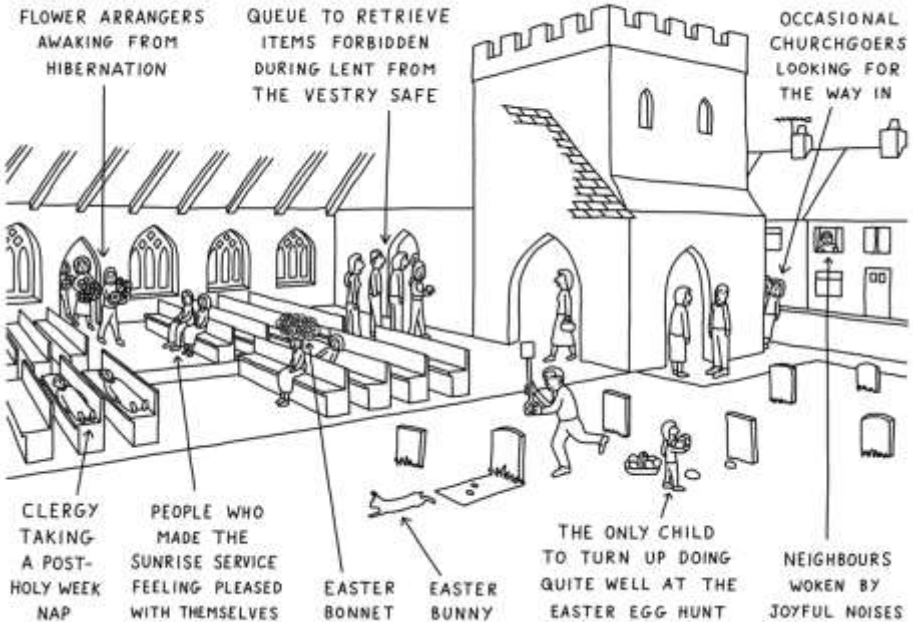
George Bernard Shaw

## Advice to gardeners:

The easiest way to tell the  
 difference between young  
 plants and weeds is to pull  
 up everything. If they come  
 up again, they're weeds.

Anon

# THE EASTER SERVICE



CartoonChurch.com

# Alphege – the archbishop taken captive by Danes

Alphege is the saint for anyone who refuses to let others suffer on their behalf. His saints day is celebrated on April 19th.

His is a tale of courage and self-sacrifice, with some details that are still poignant, even down 1000 years of history.

Alphege began like many other leading churchmen of his time; born of a noble family, with a good education, he decided to become a monk.

Alphege joined the Benedictine Abbey at Deerhurst in Gloucestershire, and then became a hermit at Bath, before becoming Abbot of Bath. From there, he was appointed to be Bishop of Winchester, where he was loved for his frugal lifestyle and great generosity towards others.

In 954 King Ethelred the Unready sent Alphege as a peace envoy to the Danes, seeking some relief from the constant Viking raids against England.

Alphege secured a time of peace, and in 1006 was made the 29<sup>th</sup> Archbishop of Canterbury.

But the Viking raids increased again, until the south of England was largely overrun. In 1012 they surrounded Canterbury, and with the help of a treacherous archdeacon, Elfmaer, captured and imprisoned Alphege. A vast sum was demanded by his captors, so much that it would have ruined the people of Canterbury. And so Alphege refused to be ransomed.

This infuriated the Danes, who wanted the gold of Canterbury, not the Archbishop. After seven months of ill-treating him, one night they got very drunk and began pelting him with ox-bones from their feast, until in a frenzy they hacked him to death with an axe.

Alphege was mourned as a national hero and venerated as a martyr: he had given his life in order to protect his people from harm.

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## Terracycle News

This is to remind you that we will no longer be collecting wrappings etc for the terracycle campaign. Once the container outside the hall has been **removed, please don't leave carrier bags. They won't be recycled and likely** as not will go into general waste. Thank you to everyone who has **supported the scheme over the many years that it's been running and a** massive thank you to Pauline who has co-ordinated the whole thing.

---

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Copy Dates!

Copy date for May will be Sunday 10th April  
Copy date for June will be Sunday 8th May



## From the Ealing Foodbank

Thank you for continuing to support the foodbank.  
There are a variety of ways in which you can help.

- If you go to your local supermarket leave your donations there. Most have a Foodbank box on their premises
- If you order online it is possible to click the right button to make a donation for the Foodbank
- If neither option is available to you then you can continue to leave your donations in the boxes left in the church porches. But 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.

Ealing Foodbank has partnered with a food charity called Bankuet, which offers you another way to get donated food to them. More details can be found on the foodbank website, where you can also find the most up to date shopping list.

<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 MARCH SHOPPING LIST \*\*

UHT milk (semi-skimmed or whole), Long life fruit juice & squash, tinned fish, kidney beans & chickpeas, tomatoes/cook-in sauce, savoury biscuits/crackers, tinned fruit/vegetables, jam & peanut butter, cooking oil, drinking chocolate, laundry products - smaller packs, nappies (sizes 4,5 and 6)

Thank you, but the foodbank has plenty of: meat & meat main meals, baked beans and pasta at the moment.



## From the Editors

We hope to see you at our services over Easter and later in the month at the Fun Run on 24th April

*July 4 Sun*

# PARISH DIRECTORY



<u>VICAR</u>	REV. DR. ROBERT CHAPMAN		
<u>INTERIM PRIEST</u>	REV. DR. ADAM DOBRZYNSKI	<a href="mailto:fatheradam@thomashanwell.org.uk">fatheradam@thomashanwell.org.uk</a>	
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<u>TRIDENT EDITORS</u>	JILL ASHCROFT	24 ERLESMERE GARDENS W13 9TY <a href="mailto:jill.ashcroft@erlesmere.com">jill.ashcroft@erlesmere.com</a>	
	SUE CUNNINGHAM	26 KENT AVENUE W13 8BH <a href="mailto:sue.cunningham@mac.com">sue.cunningham@mac.com</a>	07850 889948