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January 2021

The Trident



The Parish Magazine of



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Sunday Parish Mass 10am
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Sunday 7.30pm
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Masses: Tues (Public) & **Wed** (Private)
at Noon
Morning Prayer (Private Mon-Thurs) **8am**
Night Prayer (Private Mon-Thurs) **7pm**

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All the information here is correct at the time of going to press, but as you know, the situation we find ourselves in changes on a daily basis, so if you need any further **help** or **you're not sure whether the church is open**, you can email us at st.thomas.office@btinternet.com



From our Vicar

Dear Friends

“My prayer for you, whatever life is throwing at you, is that Christ becomes present to you.”

That was the penultimate sentence from January 2020's Vicar's Letter. Little did I know; well, little did anyone know! Conversation, news and life last January was entirely dominated by *Brexit*. The idea that, from March, we would not hear about it again until mid-December would have seemed impossible, unless, that is **you managed to cobble together £190k hopped Richard Branson's *Virgin Galactic* space plane and somehow got lost in the Moon's Duty-Free Shop.** Yet, COVID transformed the year.

January begins with the celebration of the Feast of the Epiphany, very **much the Eastern Church's Christmas. January, in the eastern tradition,** continues its theme of Epiphany culminating in the Feast of the Presentation of Christ in the Temple. This feast is commonly called Candlemas because of the lighting of candles at Mass. Thus, reminding **those gathered of the words of the Temple priest Simeon, “A light to reveal you to the nations”.** This last 'epiphany', Christ showing himself to the world, is the final reminder that, *whatever life is throwing at you,...* ***Christ becomes present***.

Of course, last January I had no idea what life would throw at me, my **family and the people of St Thomas' – Zoom was a song by the Fat Larry's Band** I danced to at school discos, and *Microsoft Teams* would have simply sounded like a terrible Team Building Away Day with Bill Gates. But **now...**

However, there was little to be flippant about, lives were lost, businesses ruined and churches emptied. It would have been (is?) quite legitimate to **ask where Christ's presence was?**

Christianity has had many problems over the centuries, to put it mildly. However, one of its problems has NOT been denying reality, and this month of January reminds us of that. This month tells us that Christianity is a faith that is born in a child out of wedlock, miles from home, and who then becomes a refugee in order to escape genocide. This is not cosy images of cribs, bucolic shepherds and lowing cattle, this is God present in a world that is crying out in pain.

In answer to my rhetorical question last year, I imagine your year was as **bad as everybody's, but God was still there as he was 2000 years ago.** The light that reveals him to the nations was still seen in glimpses of compassion, love and imagination.

Christianity also reminds us that pain and death do not have the last word, and thanks to the amazing work of scientists that theological truth is born out in the vaccines that are set to say, “COVID will not have the last word.” Hence my prayer this year, is as it was last year, ‘whatever life is throwing at you’, may Christ become present to you

Your friend and priest

Fr. Robert



Parish News

Christmas was physically very different this year, but spiritually the same. The same hope was celebrated, albeit with a little less song. Keith, the organists and the choir have, as they have done for months, done an amazing job marking the season. On behalf of everyone I want to say a huge thank you.

A highlight has been the CD that Keith and the choir put together at Christmas - there are copies available. Also, I wish to thank Sue and her team for managing the seating over these key services. We have, rightly, prided ourselves on keeping people as safe as possible, and this has been demanding, so all these efforts are greatly appreciated.

In December I got COVID (again!) so had to self-isolate. Thankfully the physical impact was not anywhere near as bad as it was in March. Alas, Sarah and Ben suffered much more. Thank you for your prayers and also to the priests who stood in for me: Fr. Adam, Mtr. Sophie and Mtr.

Bryony. Thanks also to Stephen Brooks who took the ‘liturgical slack’, and covered Evening Prayer!

As a church we now have a Digit Collection Plate and integrated donations web-link (<https://portal.mydona.com/assets/webPay/index.php?cid=190>). This system also allows you to Gift Aid the donation, so if you **don’t give through the Parish Giving Scheme yet, you may want to avail** yourself of this wonderful facility.

Finally, we will be joined by the Archdeacon of Northolt, Catherine Pickford, on 28th February, please put the date in the diary.

Do have a blessed and holy Epiphany and 2021, and may the love of the Christ-child reveal himself to you and your loved ones.

Fr. Robert

100 years ago, on 28th January 1921, the Tomb of the Unknown Soldier was installed beneath the Arc de Triomphe in Paris. It honours those who died in WWI (and later also WWII) who were never identified.

20th Dec 11.15am Carol Singing Outdoors
20th Dec 6.30pm Christmas Concert
24th Dec 4pm Children's Nativity Service
24th Dec 11.30pm Midnight Mass
25th Dec 10am Christmas Day Eucharist
TICKET ONLY: stickets@me.com

Due to social distancing rules, the number of people we can seat in our church at the moment is much fewer than usual, so you will need to reserve your place for the Christmas concert, Midnight Mass and Christmas day services and your seats will be allocated for you.

Please contact Sue (sue.cunningham@mac.com/07850 889948)



A prayer for January

Dear Lord,

Here we are, nervously wobbling on the brink of this New Year. All our hopes, expectations, plans and possibilities for last year stolen by the relentless pandemic.

The landscape of our lives has been shaken and changed, Lord. Nothing is the same. Normality has been redefined. 2020 was a year like no other. How dare we move into the uncertainty of 2021? Lord, we dare - because of the one, wonderful certainty we do have - that You have been with us through it all. Thank you that You sent Jesus to save us, to offer us that bigger reality of life for all eternity - if we put our trust in Him, Jesus, who never changes.

You promise that You will never leave us or forsake us. We *will* be able to navigate the challenges that lie ahead, if we keep our eyes on Jesus, our compass; if we trust His Holy Spirit to lead us, however strange and unfamiliar the days of 2021 may be.

You are with us! Thank you, Lord of the years, that You know and love each one of us, and that we are safe in Your hands. We can go forward.

In Jesus' Name,

Amen.



Who Knew?

The famous singer Dusty Springfield was born in April 1939 in West Hampstead. She lived in High Wycombe until the early 50's and then moved to Ealing, where she attended St Anne's Convent School on Little Ealing Lane. She was raised in a music-loving family and in the 60's formed a trio with her brother Tom and a friend. In 1963, she

embarked on her solo career becoming famous for such hits as 'I Just Don't Know What to Do with Myself' and 'Wishin' and Hopin'



From the Editors

As we write this, London has just been moved to Tier 3 which is such a shame for many of our local businesses. Let's hope we have some better news soon. You may well be reading this before our Christmas services, so please remember to reserve your seats for the Christmas Concert, Midnight Mass and Christmas Morning. You can email or phone me (Sue) to do this. Details on the back of this magazine. Whatever the next few months bring, we'd like to wish you a healthy and happy New Year.

July + Sue

Copy Dates!

Copy date for February is on Sunday January 10th
Copy date for March is on Sunday February 14th

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.

My To Do List

- Count my Blessings
- **Let go of what I can't control**
- Practice Kindness
- Listen to my heart
- Be thankful for what I have
- Just Breathe



US presidents – young and old

A look back over the last 60 years, at 20-year intervals, reveals the following snapshot of the ages of various residents in the White House:

60 years ago, on 20th January 1961, John F Kennedy became the 35th President of the United States. The youngest to become president by election, Kennedy was only 43 years old at his inauguration.

40 years ago, on 20th January 1981, Ronald Reagan became 40th President of the United States. At 69 years of age at the time of his first inauguration, Reagan was the oldest first-term US president, a distinction he held until 2017, when Donald Trump was inaugurated at age 70.

20 years ago, on 20th January 2001, George W Bush was inaugurated as the 43rd President of the United States. He was 55 years old, almost the exact median age of US presidents on their inauguration day (which stands at 53 years and three months).

This month, on 20th January 2021, Joe Biden will be inaugurated as the 46th President of the United States. He is 78, which makes him the oldest-ever person to become president. (He turned 78 on 20th November 2020.)

However, it's worth noting that according to Article II of the U.S.

Constitution, the president must be a natural-born citizen of the United States, be at least 35 years old, and have been a resident of the United States for 14 years.

125 years ago, on 28th January 1896, Walter Arnold of Kent became the first person in the world to be convicted of speeding. The speed limit was 2 mph and a person carrying a red flag had to walk in front of the vehicle. But Arnold drove at 8 mph without a flag bearer. He was chased by a policeman on a bicycle, arrested, and fined one shilling.

Bishop of London 1901-1939

Arthur Winnington-Ingram

Arthur Foley Winnington-Ingram was born in the rectory at Stanford-on-Teme, Worcestershire, in 1858. He was the fourth son of Edward Winnington-Ingram, the rector of Stanford, and his wife Louisa, the daughter of Henry Pepys, Bishop of Worcester. He was educated at Marlborough College and Keble College, Oxford, and graduated with 2nd class honours in **Literae Humaniores ('Greats') in 1881. Studying the classics and entering the priesthood were common in the Winnington-Ingram family. Arthur's** younger brother Edward and nephew Arthur were both priests who became Archdeacons of Hereford, and another nephew was Reginald Pepys Winnington-Ingram, a scholar of Greek Tragedy and Professor of Greek at **King's College, London.**

After graduating, Winnington-Ingram held a number of different posts between 1881 and 1897. He was a private tutor in Europe for a few years, then returned to England to Shrewsbury as a curate. He was private chaplain to the Bishop of Lichfield for a spell, and then head of Oxford House Settlement in Bethnal Green. **This 'settlement' was founded by Keble College in London's East End in 1884.** It was to be a home for graduates, tutors and those intending to enter the Church. They could learn at first hand about the problems of disadvantage, and provide practical support for the local community. **Most importantly, its purpose was to promote "the preparation of character for the reception of the religion of Christ."** There were various activities laid on, including boys' clubs, a 'talk and smoke' club for working men, and Sunday afternoon Bible lectures.

In 1897 Winnington-Ingram was raised to the episcopate as the second suffragan Bishop of Stepney, then 4 years later, following the death of Mandell Creighton, he was nominated to the See of London. He was a very successful preacher, and a leader in social work in the East End of London. As an administrator, though, he was judged inefficient, and this was exacerbated by his lengthy tenure.

With the arrival of WW1, Winnington-Ingram threw himself into supporting the war effort. **He saw the war as a "great crusade to defend the weak against the strong".** He accepted uncritically stories of German atrocities, and at one time Herbert Asquith, the Prime Minister at the outbreak of the war, criticised his language as **"jingoism of the shallowest kind."** He spoke of

recruitment drives, and later in the war encouraged his younger clergy to consider enlisting as combatants. He was chaplain from 1901 to the London Rifle Brigade and the London Royal Naval Volunteers. He visited troops on the Western Front and at Salonika, and also the Grand Fleet at Rosyth and Scapa Flow. He was mentioned in Despatches for his war work, and was awarded the Grand Cross of the Order of the Redeemer (Greece).

Winnington-Ingram resigned as Bishop of London on 1st September 1939, at the age of 81. In 1946 he was taken ill while playing golf and died a few days later. **His remains are buried at St Paul's Cathedral.** He never married, although he was briefly engaged to Lady Ulrica Duncombe, a friend of Queen Alexandra.

The Australian sculptor Theodora Cowan created a portrait bust of Winnington-Ingram, which **'took pride of place' in her one-woman show at London's Grafton Galleries.** He was also caricatured by Spy (Leslie Ward) in Vanity Fair in May 1901. **Vanity Fair was subtitled "A weekly show of political, social and literary wares."** A full-page colour lithograph of a contemporary celebrity or dignitary appeared in most issues, and it is for these caricatures that Vanity Fair is best known, then and today. More than 2000 of these images appeared, and they are considered the chief cultural legacy of the magazine, forming a pictorial record of the period.

Winnington-Ingram is commemorated in some street names in Hampstead Garden Suburb: The Bishops Avenue, Winnington Road and Ingram Avenue, and also the Bishop Winnington-Ingram Primary School in Ruislip.

500 years ago, on 3rd January 1521, German Protestant reformer Martin Luther was excommunicated from the Roman Catholic Church by Pope Leo X after he refused to recant his writings. A few weeks later, on 23rd January, the Diet of Worms was called by the Holy Roman Empire and ran until 25th May. This imperial assembly culminated in the Edict of the Diet of Worms, which branded Martin Luther as a heretic, and banned his writings.

Railways and the Church have their critics, but both are the best ways of getting a man to his ultimate destination.
Rev W Awdry - author of Thomas the Tank Engine 1911-97.

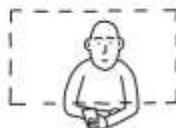
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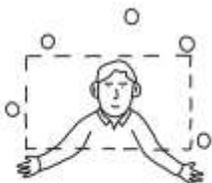
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Doing housework can help you live longer

If you spend half an hour a day tidying the house, going up and down your stairs, and doing household chores, you are reducing the risk of an early death.

So says recent guidance from the World Health Organisation, as it urges people to maintain regular moderate exercise on a daily basis, of up to at least 150 minutes a week. It also recommends vigorous exercise of at least 75 minutes a week.

The WHO recommendation was published in the British Journal of Sports Medicine, and is part of the new global guidelines on physical activity.

WHO also warned that those who stay sedentary for 10 or more hours **on a regular basis will have a “significantly heightened risk of death.”**

13th Jan: Hilary, Bishop of Poitiers

Heroes are not always men or women of action. Sometimes the fight for right over wrong can be even more powerful when done through words and argument.

Hilary was such a champion of the Christian faith. Born into a wealthy pagan family in Poitiers in 315, he first became an orator of Neo-Platonism. Here he learned how to think and argue, but soon he lost confidence in paganism. By 350, Hilary converted to Christianity.

Already well known and loved in Poitiers, Hilary was made bishop only three years later. His oratorical skills in defence of Christianity were badly needed: it was a time when the Western Church was under severe attack. The heresy of Arianism, which denied that Jesus was divine, was spreading everywhere. Hilary became the outspoken champion of biblical orthodoxy, defending it at both the Synod of Bitterae in 356 and the Council of Seleucia in 359. Although briefly exiled to Phrygia in Asia Minor by the **Emperor for his stand, Hilary continued to defend Jesus' divinity, and was praised by both Augustine and Jerome as 'the illustrious teacher of the churches'.**

When Hilary returned from exile to Gaul, there was great rejoicing. He continued to write many doctrinal and historical works. He also became the first known writer of hymns in the Western Church, stressing Trinitarian themes and the unique relationship of Christ to the Father.

There are three churches dedicated to Hilary in England. His feast day begins the Hilary Term at the Law Courts and at the universities of Oxford and Dublin.



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The central store at St Mellitus Church, is open between 10:00 and 16:00 on Wednesdays to take donations, please contact the foodbank on 07769 759 756 or email info@ealing.foodbank.org.uk for details.

There are collection points at many local churches and supermarkets. Full details are on the Foodbank website.

** please remember that our magazine is produced in December for January so while we publish the most up to date list at the time of going **to press, there may be a different list for January. For this reason, it's** always best to check the current list on the Foodbank website or twitter. <https://ealing.foodbank.org.uk/give-help/donate-food/>
Twitter: @EalingFoodbank.

THE DECEMBER SHOPPING LIST **

Savoury biscuits & crackers, long life fruit juice & squash, ready made custard - tins or cartons, tomato ketchup, peanut butter, honey & jam, vegetarian chilli & curry, cooking oil - 200ml or 500ml sizes please, shower gel, hair shampoo & handwash, laundry products - powder, liquid, tablets (small sizes please)

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

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