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October 2020

The Trident



The Parish Magazine of


ST THOMAS THE APOSTLE
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CHURCH OF ENGLAND

Our church is now open for the following services.



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Sunday Parish Mass 10am
Children's Church 4pm
Sunday 7.30pm
Said Mass Tuesday at Noon
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Sunday Parish Mass 10am (Public)
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



A shot of sacrament, anyone?

Dear Friends

This month I have found myself involved in conversations I would never have imagined having. This seems to be part of the legacy of COVID19. This **month's conversation has taken me right back to my childhood. As a boy of seven I was sent, along with my older brother, to the local Anglican Church. My father would drop us off and then go to "his church". "Our church", even though my father was fiercely Church of England was "too high". "His church" was in fact the local URC. Very occasionally we would visit "his church", which celebrated, Holy Communion in, what seemed to my young eyes, a very bizarre way. The distinguishing feature to those young eyes was the appearance of a little tray containing thimbles of Ribena and cubes of white sliced bread. The experience had long-since been placed in the depository of old ecclesiastical memories. So imagine my surprise when after a Tuesday Mass a couple of people enquired about individual communion cups.**

Individual communion cups? I gave my theological rationale as to why I felt, and the Church of England has felt since its inception, that the only ideal **vessel for the wine is a 'common cup', and we all left happy. Within hours I found myself embroiled in a *Twitter* discussion on the matter, which given I don't really do *Twitter*, was equally surprising. What inflamed my ire was the phrase 'it's a churchmanship thing' whether or not individual communion cups (or 'shot-glasses' as others pejoratively say) are used. I immediately replied it was not a *churchmanship* i.e. Evangelical or Anglo-Catholic issue, but a *denominational* issue; individual Holy Communion cups have never been a part of Anglicanism cf. the Book of Common Prayer which explicitly refers to "a/the Cup". The reason why this is the case is:**

- Holy Communion is corporate, a chalice or even two + chalices point to a shared common experience. Individual Holy Communion cups are exactly that, *individual*, thus symbolically saying it is 'my Holy Communion' not 'ours', so a 'common cup' is inclusive not exclusive.
 - It is Biblical and liturgical: Jesus is said to have taken, 'the cup' and shared it.
-

Outside of Anglican concerns, other denominations have struggled with individual glasses too. Denominations which adopted them for reasons of **'hygiene' (the impetus behind the emergence of this debate today)** found that practically and symbolically their use was saying and reinforcing something deeply unchristian. A Methodist report in the late 19th century noticed that these individual/shot glasses were being used by white people to avoid having to share a cup with their black sisters and brothers. Also, even in the 1980s at the height of the AIDS crisis it was reported that the hygiene argument in favour of shot glasses was in fact thinly disguised homophobia.

I am not for a moment suggesting these are the motives behind the current re-emergence of this topic, but I am saying that the power of the symbol should not be downplayed. People sat on *their* chair, eating *their* bread and drinking *their* wine seems a million miles away from the heavenly banquet to which Holy Communion points in a small way.

We are living in unprecedented times in the Church in terms of navigating our liturgical practices with the desire to keep safe, so anything will feel like an unhappy compromise, including receiving Holy Communion in one kind only. However shot glasses are not the answer, and are arguably more problematic theologically and practically (the cleaning of them is a hygiene issue in itself!).

Individual wafers and a common cup have always seemed to me to be the ideal symbol of Holy Communion; as my communion with God and my communion with my sisters and brothers. However, until we are able to celebrate like that, with that small foretasting of the heavenly banquet, we continue to approach the altar together, with hands outstretched praying: **'Lord I am not worthy to come, but only say the word and I shall be healed'**.

Your friend and priest
Fr. Robert

Honey, honey!

If your Granny gave you honey when you had a cold, she was right.

Research published in The British Medical Journal has found that honey **(especially 'raw' honey)** is especially good for treating upper respiratory tract infections such as the common cold.

Honey has anti-microbial and anti-inflammatory properties. These do better at soothing your cough and sniffles than any of the over-the-counter remedies. In fact, sufferers who were given honey suffered their symptoms for up to two days LESS than those who did not use honey.



Parish News

As we approach and enter October, can I first draw your attention to the revised weekly pattern of worship. This pattern is now more akin to the pre-COVID pattern and seems to be working well. We continue to face constant challenges, as rules and advice is changed on an almost weekly basis. I am now inclined to avoid **mentioning in the 'Parish News' any fresh bits of COVID advice as, by the end of the month, it seems like 'old news'.** Thank you for your continued support and prayers. I am very grateful to all those who support me, particularly on Sundays.

One important thing that has been clarified is the provision for allowing the **APCM (the church's AGM) to take place whilst in lock-down. "Enforced restricted numbers for non-worship activities, and isolation". Thus, we will have an APCM on Tuesday 27th October 8pm either on ZOOM and in-person, or ZOOM only.** Further details will be out very soon, but please keep the date in the diary.

In September Ordinations were held in the Diocese, and I had the privilege of leading the retreat and preaching at the Ordination Services(!). This was an honour for me and this parish, and I felt very proud seeing our parish *in print* in the Mass Book. Do pray for all new priests and deacons navigating their vocation in very strange times.

The Hall is now open in a limited capacity, as COVID restrictions dictate. Thank you to Gill Shaw for her amazing efforts in getting the Hall ready and coping with all the (sometimes conflicting) demands.

Finally, a reminder that next month on 29th November the Archdeacon of Northolt, Catherine Pickford, will be coming to preach. This is wonderful as it will be the first time our new Advent Set from a legacy from Ammini Burman will be used. As we speak Shaun Latif-Shaikh is sewing away. Please continue to pray for one another, serve one-another, and bless one **another, we have a special community here in St Thomas'!**

Fr. Robert

CARER NEEDED

Monday to Saturday

6.30 - 7:00pm £8.50 a call

Working with another carer, the male patient is elderly, bed-ridden, with multiple sclerosis; he is catheterised, blind and has a fractured back.

We need someone with a Manual Handling Certificate or experience of moving elderly adults with brittle bones.

Please call Cara - 07985 593 147 or Linda - 0208 840 0038

Litter Virus

A face mask is a helpful thing –

It traps those nasty germs!

An extra message I must bring

In these poetic terms:

When you've finished with your mask

A bin is simply found

So drop it in – an easy task!

Don't leave it on the ground!

There is huge concern over the environmental toll of throwaway plastic masks.

Using a reusable mask will help prevent thousands of tonnes of contaminated waste and plastic packaging, and still provide protection during the pandemic,

Plastic single-use masks end up as litter that animals can become entangled in or as debris in the oceans, potentially being ingested by wildlife and harming or even killing them.

In the seas they degrade into tiny pieces or microplastics which can contaminate the environment and food chains, Greenpeace has said.

The environmental group pointed to a study by University College London that calculated if every person in the UK wore a disposable mask a day for a year, it would create 66,000 tonnes of contaminated waste and 55,000 tonnes of plastic packaging.

Professor Mark Miodownik from University College London said: “For general public use, reusable fabric masks are effective and far preferable to single-use plastic masks.

They reduce the environmental and health risks associated with the disposal of 66,000 tonnes of contaminated plastic waste that will be produced if everyone in the UK starts wearing single-use plastic masks.”

Louise Edge, senior campaigner at Greenpeace, said: “Throwaway masks are the latest plastic menace to be found strewn across parks and pavements.

They find their way into our waterways, clogging up our rivers and seas **and degrading into harmful microplastics”.**

Remembering Elizabeth Fry, prison reformer

The prison reformer and philanthropist Elizabeth Fry died 175 years ago, on 12th October 1845. She was widely admired during her lifetime and after, and was depicted on the British £5 note between 2001 and 2016.

She was born into the family of a wealthy Quaker banker, John Gurney, in Norwich in 1760. She rededicated her life to Christ at the age of 18 and devoted herself to helping the downtrodden. This she continued to do after her marriage to London merchant Joseph Fry, and while giving birth to 11 children.

She was a minister of the Society of Friends from 1811 and travelled in England and Europe inspecting prisons and writing reports that were highly **influential, transforming gaols from “pits of indecency and brutality” to more orderly places with a new interest in reform.** She was admired by both Queen Victoria and Florence Nightingale.

Early on she made frequent visits to Newgate Prison in London, suggesting radical improvements that were adopted both there and in other prisons. She read the Bible to inmates and gave Bibles away, combining social work with proclamation of the Gospel in a way that inspired future generations. Her insights also led to the Prison Reform Act of 1823.



Bishop of London William Wand 1945 - 1955

John William Charles Wand was born in 1885 in Grantham, Lincolnshire, to Arthur Wand, a butcher, and his wife Elizabeth. His father was a staunch Calvinist, but his mother brought him up in the Church of England. He was **educated at The King's School, Grantham, then at St Edmund's Hall, Oxford**, where he gained a first class honours degree in theology. He prepared for ordination at Bishop Jacob Hostel, Newcastle upon Tyne, then served curacies at Benwell and Lancaster.

In 1911 Wand married Amy Wiggins, then three years later was appointed vicar-choral of the Diocese of Salisbury. On the outbreak of WWI he enlisted as a military chaplain, and reached Gallipoli in July 1915. He was chaplain to the 2nd Australian Hospital, and after being invalided home with paratyphoid fever, served in France. After being demobilised in March 1919, **he was made perpetual curate of St Mark's, Salisbury, where St Clair Donaldson** was bishop. 8 years later Bishop St Clair Donaldson nominated Wand as a candidate for the see of Brisbane as archbishop.

Wand's arrival in Queensland was immediately clouded by the death of his only son, Paul, in a climbing accident near Chamonix-Mont-Blanc. He also had a difficult reception from those who would have preferred a local dignitary as their new archbishop. He attempted to eradicate slackness, but this made him appear authoritarian. He was sturdy in appearance, shy and gracious, but was nevertheless seen as aloof and an intellectual snob, even though this belied his natural humour and quick wit. He decided to move **St Francis's Theological College from Nundah to the Bishopsbourne property**, which was initially an unpopular move, but his relations with its students **won him their respect and affection, and its proximity to the archbishop's home improved standards of training.**

As a member of the University of Queensland senate, Wand worked to promote biblical studies, and helped create the first university theological faculty in Australia. He wrote weekly for the Courier-Mail, translated the New Testament epistles, and gave the Moorhouse lectures in Melbourne in 1936. He consecrated the cathedral of St Peter and St Paul, Dogura, New Guinea, at the end of October 1939. The date was continually altered owing to the start of war, and its isolated position. The cathedral was built on a battle site; it held 800 with a further 500 standing outside at the

consecration. During 1940 Wand made a lecture tour of the USA. He argued in support of a new constitution for the Church.

During WWII, when Brisbane resembled a garrison town, Wand and his **wife worked for the Soldiers, Sailors and Airmen's Help Society**. His 1942 address to the Royal Society of St George defended the British war effort **and was published in the pamphlet "Has Britain Let Us Down?"** It prompted questions in the Federal parliament, and attracted the attention of British politicians such as Winston Churchill. In early 1943 Wand was offered the see of Bath and Wells, and left Brisbane in July.

Two years later he was translated to London, where post-war difficulties, including rebuilding the shattered city churches, challenged Wand and revealed his administrative gifts. After resigning his see in 1955 he was **appointed a minor canon and later Canon Treasurer at St Paul's Cathedral**, where he stayed until 1969. He also edited the Church Quarterly Review. He was a facile historian, and wrote 45 books, including History of the Modern Church (1930), History of the Early Church (1937) and an autobiography, The Changeful Page (1965). He died in Lingfield, Surrey in 1977, and his obituary in the Church Times paid tribute to his scholarship, administrative genius and unsentimental piety. With the Bishop of Fulham, Basil Batty, he supported the early ecumenical movement. He was the first chairman of the Executive Body of the British Council of Churches, attending the 1948 foundation of the World Council of Churches in Amsterdam.



Who Knew? John Quincy Adams (1767 - 1848), was the 6th president of the US and lived in Ealing from 1815 to 1817. He was the son of John Adams, the 2nd president of **the US and lived in a house called 'Little Boston' on the corner of The Ride and Windmill Road on the border of Brentford**. If you want to know more, you can purchase a **book called 'An American President in Ealing**. The John Quincy Adams diaries 1815 - 1817 by the Little Ealing History Group. ISBN 9780992767907



When Oxford accepted women

A century ago, on 7th October 1920, Oxford University allowed women to become full members and study for full degrees for the first time, and the first 100 women were admitted.

Women had been attending lectures, taking examinations and gaining **honours since the 1870s. Four women's colleges were established in those years** – but no woman had been allowed to graduate and receive a degree although between 1904 and 1907 the so-called **“steamboat ladies” travelled** to the more liberal University of Dublin to graduate.

The 1920 decision was retrospective, and so at the first ceremony at which women were able to graduate more than 40 women did so. The first was Annie Rogers, who had achieved first class honours in Latin and Greek in 1877, and first class honours in Ancient History in 1879. She graduated on 26th October 1920.

Despite this leap forward, a quota limiting the number of female Oxford students to fewer than a quarter of the men was not removed until 1957, when the Warden of Wadham College, Sir Maurice Bowra, described it as **“foolish and finicky” and declared that women were a “civilising influence”**. Cambridge University did not give women equal status until 1947.

The Consumer's Prayer

God my creator

All that I have is yours.

Send me out to be salt and light in your marketplace,
Guide my purchasing today so each transaction does your will.

Hallow my footsteps, and guide my every meeting.

Bless me, mind, body and spirit,

So that I radiate your glory.

Bring closer to perfection all that is in me, so that I desire only you;

And lend me your grace and peace as I make life's choices.

Amen



A prayer for October

Heavenly Father,
We bring to you all those struggling with their mental health at the moment.

We pray:

For everyone who is smiling, when inside they're in pain.

For everyone who is saying they're fine, when inside they feel drained and empty.

For everyone struggling with fear and worry as the easing of the lockdown brings new anxieties.

Be with them in their suffering, as so much of their world has been stripped back and emptied.

When loved family and friends have been taken by illness, or made distant by lockdown, pour your healing balm into their pain and sadness.

May you walk with them besides still waters and speak to them in a still small voice.

May you heal them, and fill them, and bless them with your abundant love and fullness of life.

And may they know that they are loved by you for the beautiful unique person that they are, created in the image of their heavenly creator and loving Lord.

In the Name of the Father, the Son and the Holy Spirit,
Amen.



From the Editors

Welcome to the October Trident. As the evenings draw in, we **hope that you'll be able to keep your spirits up in these uncertain times.**

Julia & Sue

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.

Copy Dates!

Copy date for November is on Sunday October 11th.
Copy date for December is on Sunday November 8th
Copy date for January is on Sunday December 13th

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The central store is at St Mellitus Church, 1 Church Road, Hanwell W7. Open between 10:00 and 16:00 on Wednesdays. Please come round to the double green doors where volunteers will receive your donations.

You will need to bring food items in by yourself. You can always contact the foodbank on 07769 759 756 or email info@ealing.foodbank.org.uk

Please do not drop food in at our client centres. Some of the churches are now open and there are collection points at local supermarkets. Full details are on the Foodbank website.

THE SEPTEMBER SHOPPING LIST **

Biscuits - sweet and savoury, long life fruit juice and squash, tinned fruit & vegetables, tinned soup, vegetarian chilli, curry, pies (Fray Bentos), Ketchup & mayo, tinned fish, instant drinking chocolate, shower gel/hair shampoo, nappies - sizes 4,5 & 6

Thank you but the foodbank has plenty of pasta, meat and UHT milk at the moment.

**** please remember that our magazine is produced in Sept for Oct so it's the Sept list that we publish. 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.

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