

50 Pence



February 2019

The Trident




The Parish Magazine of



Serving Hanwell and Beyond

Registered Charity no: 1130519

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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

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From our Vicar

Dear Friends

At the end of this month (27th) the Church of England **remembers, arguably, it's most influential parish priest, George Herbert.** Herbert would have, in a prosaic way, called himself a parson. Yet, despite the bucolic quaintness of his self-**understanding his influence lives on, and on, and on... So much so that 10** years ago a book by Justin Lewis-Anthony entitled *If you meet George Herbert on the Road, Kill Him*, flew off the bookshop shelves, and onto the shelves of clergy and would-be clergy everywhere. **Actually, the book isn't anything like as radical as its provocative title suggests, "evolution, not revolution", as the fictional Tony Hayers described his vision for the BBC in *I'm Alan Partridge, to which the clumsy and desperate Alan replies, "...that's me, because I evolve, but don't, er, revolve"*.**

Returning to George Herbert and his proposed demise at the hands of Lewis-Anthony **the main complaint is that Herbert's ministry hangs like a sword over every priest's head. Herbert visiting his parishioners on foot or horseback, instructing the laity in the Catechism and then returning home for a meal prepared by staff before embarking on writing poetry seems a million miles away from life in 21st century London. Herbert's rhythm of life is easy to scoff at as an anachronism, yet he still has a hold on us. Why? Herbert's legacy is not his 'Rule of Life', but rather his poetry and hymns.** Whenever we sing, *The King of Love my Shepherd is* or *Let all the World in Every Corner Sing*, but not, I suspect, *Philosophers have Measured Mountains*, we are reminded of his gift to the Church to simply communicate the majesty of God. However, it is his poetry which speaks most profoundly to me, and especially, *Love bade me welcome: yet my soul drew back, Guilty of dust and sin*, and its wonderful second verse:

A guest, I answer'd, worthy to be here;
Love said, you shall be he.
I the unkind, ungrateful? Ah my dear,
I cannot look on thee.
Love took my hand, and smiling did reply,
Who made the eyes but I?

For these words alone I thank Herbert, and will rejoice on 27th. He is maybe an ecclesiastical millstone, but his words remove the heaviness of our burdens. Perhaps, as we approach Lent next month these words may form part of our devotion, because Love has bade us all welcome.

Your friend and priest
Fr. Robert



Parish News

At Christmas we said ‘Goodbye’ to Ed our Director of Music, and we are now in the process of advertising for a new one.

However, we are blessed in having Keith Spillett to *hold the fort* or ‘baton’. Keith has kindly offered to help us, and bring his considerable experience and expertise during our musical interregnum. Please pray that God will guide us and a new Director.

St Thomas’ Church Panto, Cinderella, was a great success and too many people to mention deserve praise, or *summa cum laude* as the Beauty Therapists might say! The young people were extraordinarily good, but I would like to record our deep gratitude to Caroline Lumb, Anna Barber and Sue Cunningham for making it all possible. The atmosphere and final shows were truly joyous, so a HUGE THANK YOU!

During late January and into February the windows in the Lady Chapel are being repaired and where necessary replaced. This is technically a very skilled job which involves working with the architect and other professionals to ensure the work perfectly corresponds to the original **vision of Edward Maufe St Thomas’ designer/architect. During this period** we will have to be flexible in our locations for services normally held in the Lady Chapel, so please bear with us. Once completed the windows in the Lady Chapel should be good for another 80 years! However, it will also give the architect a complete analysis and technical specification for the other windows in the church which need attention. This will be a huge project so watch this space for updates.

The other big project is, of course, our Church Hall. Sue Grange has done an amazing job identifying possible grants and people who have been able to advise. We are now reaching a stage where we need to convene a small job with relevant expertise to begin the process of moving the Hall to the next stage. If you are aware of anyone, or perhaps even yourself(!?), who might be able to contribute please speak to Fr Robert or Sue Grange. Finally, the PCC had an away day at the end of January where we looked **particularly at the second part of our ‘motto’ ‘Serving Hanwell and Beyond’.** There will be more details to follow which will impact our Mission Action Plan (MAP).

Fr. Robert

Father David Birt

I am saddened to inform you of the passing, into His Glory just before Christmas, of Father David Birt.

A long-term friend to many at St. Thomas' his "friends" sermons were always a delight.

Father David came late to the priesthood and spent forty three years as a technologist in the Central Research Laboratory of Electric and Musical Industries (EMI) at Hayes.

Father David was made deacon in 1986, and after a residential course at St **Stephen's House, Oxford, was ordained Priest in 1987. He served as a non-stipendiary Priest at Christ the Saviour, Ealing for over thirty years.**

Father David had a lifelong interest in horology, with a particular interest in the history and development of turret clocks. His home in Hanwell had a **unique domestic 'master and slave' clock system where the main clock in the hallway synchronised all of the other clocks in the house and the large one over the front door.** He also saved the bells on the former Waterglade Shopping Centre in Ealing. These were converted to a carillon and now reside in the atrium of Christ the Saviour school.

He also served for many years on the Diocesan Advisory Committees of both London and Oxford as the clocks advisor and was chairman of the Council for the Care of Churches clocks committee. His legacy will live on with the many churches that took his advice on the restoration of their clocks.

A warm and gentle man and a good priest, he will be sadly missed. Reunited with his beloved Margaret, may he Rest In Peace.

Nigel Brooks



A Prayer for February

Lord our God, our loving Father, we thank you for all that our hearts and spirits are allowed to receive from you. We thank you for the community you give us, strengthening us to face life even through toil, struggle, and privation. Grant that your powers flow out to give us strength and courage. May we see and recognize you in your deeds ever more clearly. Do not let us faint or grow weary, no matter what we have to suffer. Grant that your Spirit may penetrate us ever more deeply to bring peace to us and those around us, and finally to bring blessing for all peoples of the earth.

Amen.



New programme for Girlguiding

We are all coming to terms with a big change in the programme for members of Girlguiding. For the first time groups of all ages, from Rainbows to Rangers are following the same programme. It is based on 6

themes : Know Myself, Express Myself, Be Well, Have Adventures, Take Action & Skills for my Future.

Within each theme there are 6 levels of Skills Builder challenges that build on each other year on year. Rainbows work at Level 1 or Level 2, Brownies can do Level 2 or 3, Guides are challenged at Levels 3, 4 or 5 while Rangers work at Level 5 or 6. The levels depend on the ability and interests of each child.

There are also a whole new set of Interest Badges to reflect the challenges and interests of 21st Century girls. Here are just a few examples:

Rainbows – Healthy Mind, Recycling, Nature and Construction.

Brownies can choose Mindfulness, Aviation, Speaking Out and Inventing (amongst others)

Guides can do Media Critic, Geocaching, Vlogging or Fixing.

Rangers have a wide choice including Entrepreneur, Digital Design, Morals & Values and Travel

The badges link to the themes and Skills Builders and, together with other Unit Meeting Activities, go towards the Theme award (of which there are 6 available). If a child achieves all 6 Theme Awards and an extra challenge they can earn a Gold Award at their level ie Rainbow Gold or Brownie Gold etc. These awards will be very special and not many girls will get them, so we will certainly be celebrating when someone manages to achieve one.

We are all excited about the activities and the challenges ahead. We will keep you informed of the progress of our girls.

Bev

What the Bird Said Early in the Year

I heard in Addison's Walk a bird sing clear
This year the summer will come true. This year. This year.

'Winds will not strip the blossom from the apple trees
This year, nor want of rain destroy the peas.

'This year time's nature will no more defeat you,
Nor all the promised moments in their passing cheat you.

This time they will not lead you round and back
To Autumn, one year older, by the well-worn track.

'This year, this year, as all these flowers foretell,
We shall escape the circle and undo the spell.

'Often deceived, yet open once again your heart,
Quick, quick, quick, quick! - the gates are drawn apart.'

C S LEWIS

Eat your way out of depression

What you eat affects how you think. So says a recent international study, which has found evidence that a Mediterranean diet can cut the risk of depression - by reducing inflammation in the body.

The study, conducted at University College London, found that people who ate plenty of fruit, vegetables, nuts, fish and plant-based foods, had a 33 per cent smaller chance of getting depression as compared with others who had diets high in saturated fat, sugar and processed food. As one doctor said: 'There is compelling evidence to show that there is a relationship between the quality of your diet and your mental health.'

Christmas Quiz 2018 - the answers!

1. Goldilocks
2. Fawn
3. Jimmy White
4. The Blues
5. Pink Panther
6. Yellow Submarine
7. Snow White
8. Blue Movies
9. Tangerine
10. Buffalo Bill
11. The Blue Boy
12. Greenmantle
13. Black Sea
14. Blackpool
15. Heliotrope
16. Yellow Wagtail
17. The Buff
18. Thomas Gray
19. All Blacks
20. Tan
21. Red Admiral
22. Maroon
23. Cochineal
24. White Christmas
25. Earl Grey
26. Blue Peter
27. A Clockwork Orange
28. The Yellow Rose of Texas
29. Blue Danube
30. Little Red Riding Hood
31. Silverstone
32. Green Fingers
33. Gold
34. Burnt Sienna
35. Miss Scarlet
36. Green Goddess
37. Marigold
38. Quicksilver
39. Golden Hind
40. Graham Greene
41. Little Grey Rabbit
42. White Hart Lane
43. Khaki
44. Ochre
45. Scarlet Pimpernel
46. Black Magic
47. The Red Arrows
48. Cabbage White
49. Red Letter Day
50. Golden Wedding
51. Greensleeves
52. Allan Pinkerton
53. Red Herring
54. Father Brown
55. Forever Amber
56. Violet Elizabeth Bott
57. Barwick Green
58. Yellow Earl
59. Olive Branch
60. Journey Down a Rainbow
61. The Blues Brothers
62. White Elephant
63. Charlie Brown
64. Sienna Miller
65. James Brown
66. Whitebait
67. Betty White
68. Whoopi Goldberg
69. Christopher Plummer
70. Phil Silvers
71. Shirley Temple Black
72. Red Dwarf
73. Cilla Black
74. Eddie Redmayne
75. White Van Man

We have to apologise for a couple of mistakes in our quiz.

33.....should have read 'can be found in ore - or in heraldry.

29.... Should have read '..a sad European flower found in several countries.

However, we hope you enjoyed having a go and a special thank you to Angela Sinclair, Pauline Harrison, Canon Derek Carpenter, Liz Thornborrow, Jack & Bess Hulme and John Browning, who sent us their entries and well done to Jane Marlow and family with all correct answers.

27 February -

Gabriel Possenti: the enjoyment of romance

If you have been hurt in your search for romantic love, Gabriel Possenti (1838-62) may be a good saint for you. Because Possenti, born to the governor of Assisi, began by having it all. He grew up doing the mid-19th century equivalent of eBay, nightclubs, cinema and online dating, only in those days it was done by having a tailor who made you an exquisite wardrobe, and going often to the dances and the theatre with as many young ladies as he could possibly find. Gabriel loved romance; he loved women: his friends **called him Il Damerino (the ladies' man).**

But the beautiful young ladies were not there for him when Gabriel fell gravely ill. Lying alone in bed Gabriel turned to the only One who could still be found. He prayed that if God would heal him, he would devote his life to him. Sure enough, Gabriel got well. But - he forgot God, and returned to his insatiable search for romantic love.

Gabriel fell ill again, and again the doctors despaired of his life. Again, he prayed, again he was healed, again he returned to his women.

But then one night, when he had joined a sacred procession of the miraculous ikon of Spoleto, something suddenly happened to Gabriel Possenti. He was suddenly overcome by a sense of the presence of God, and the love of God. It was a love he had never dreamed of, and far better than anything he had found with his many women. That night Gabriel decided to forsake the search for the perfect romance, and return to the Lover of his soul.

He joined the Passionist monastery at Morrovalle in 1856, and although his new life was very austere, Possenti was now full of joy that depended on no one but God, and so could never be taken away from him. Sadly, he died young of tuberculosis – at only 24, but his sunny personality and love for God were so outstanding that he became patron of youth. Immense numbers of pilgrims have visited his shrine down the years

Dedication of Father David Caton

St Thomas' Church, 4th November 2018

With kind permission of the vicar, Father Robert Chapman – the skilled needlework of Caroline Baxter and Pauline Britton, and the administrative work of Angela Sinclair.

A kneeler was made and dedicated in memory of Father David Caton, vicar of **St Thomas' from 1975 to 1984. Also dedicated on the same day was one to Irene Lumsden: this was donated by her son, Andrew Lumsden. Father David's kneeler was donated by loyal friends of the late vicar and his family.**

Father David did some extraordinary things whilst at St Thomas', like worshipping in the round (ie setting up the altar in the middle of the church). He also thought the acoustics was better at the back of the church (I agree with that!). He started a monthly Prayer and Praise evening, organised regular visits to other churches for Evensong, and encouraged home groups for Bible study. He once stated that the post of Archbishop of Canterbury should be open to the world-wide Anglican Communion (ie **equal opportunity**). **His version of Maundy Thursday's feet washing was to wash Caroline Baxter's feet, saying she represented 'the twelve disciples'. He blessed our pets on St Francis' Day (smile), cats and dogs, goldfish, birds etc. He didn't mind people bringing their dogs.**

Father David with his wife Gwyneth organised some fabulous Parish outings; they also started the pantomime, the Caribbean Evening, and the **Asian ladies' meetings on Thursdays, all of which are still going strong.**

Among his various ways of fund-raising for the church, was the popular **'going for a song' auction. This was an event whereby church members would donate an item, which would be auctioned to the highest bidder, over a glass of wine with cheese and nibbles in the church hall.**

In 1984 he planned and carried out an outstanding celebration for **St Thomas' fiftieth anniversary. All in all a meaningful legacy.**

It was good to have Father David's daughter and grand-daughter worshipping with us. Also well done to Caroline Baxter for coming all that way to be with us. It was rather generous of Bobby on Southdown Avenue to invite so many of us to her home afterwards for refreshments. Thank you very much, Bobby!

Eileen Sinclair

With Apologies from the editors = this should have been in our January magazine.

Why you should not keep your curtains closed

In dark rooms, 12 per cent of bacteria can reproduce; in rooms exposed to sunlight, only 6.8 per cent can reproduce. Remember that when you consider your household dust and the effect that simply opening your curtains can make.

Researchers at the University of Oregon point out that we spend most of our time indoors, 'where exposure to dust particles that carry a variety of bacteria, including pathogens that can make us sick, is unavoidable.' But we can do something - let the sun stream in. The study found that it helps to kill the human skin-derived bacteria in our homes.

As one doctor put it: 'Our study supports a century-old folk wisdom that daylight has the potential to clean – or, as we now know, to kill microbes on dust particles.'



From the Editors

It's hard to imagine in the depths of a chilly January, but we are turning our thoughts to our annual Fun Run. Whether the event can go ahead or not will depend entirely on how much Ealing Council are going to charge us to 'borrow' the park and I have a nasty feeling that this will be out of our reach this year. However, we will keep you posted, and for now, please keep April 28th free.

July & Sun



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, tinned fruit, tinned vegetables (inc tomatoes), dried milk, instant potato (eg smash), ketchup, brown sauce, toilet rolls, nappies (size 4 & 5), deodorant, shaving foam & razors.

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/>

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Copy date for March will be
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Sunday 14th April
Copy date for June will be
Sunday 12th May.

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Diary Dates

FEBRUARY



2nd Sat

Churches Together in Hanwell
prayers at St Thomas' Church 10-1

3rd Sun

Candlemas

10th Sun

4th before Lent

17th Sun

3rd before Lent

24th Sun

2nd before Lent

MARCH

2nd Sat

Churches Together in Hanwell
prayers at St Christopher's Church, Hanwell 10-1

3rd Sun

Sunday before Lent

6th Wed

Ash Wednesday

10th Sun

1st in Lent

17th Sun

2nd in Lent

19th Tues

PCC 8pm

24th Sun

3rd in Lent

31st Sun

Mothering Sunday

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February



1st - tea, coffee and cakes

8th - tea, coffee and cakes

15th - tea, coffee and cakes

22nd - tea, coffee and cakes

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



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