

50 Pence



March 2014

The Trident



The Parish Magazine of



Serving Hanwell and Beyond

Registered Charity no: 1130519

www.thomashanwell.org.uk



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 HOLY COMMUNION (BOOK OF COMMON PRAYER SERVICE)
 10.00 AM SUNDAY SCHOOL (TERM TIME AND NOT 2ND SUNDAY OF THE MONTH)
 10.00 AM PARISH COMMUNION
 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
LAST WEDNESDAY OF EACH MONTH 7.30PM

MORNING PRAYER

8.00 AM MONDAY TO FRIDAY (9.30 AM 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'S.

REGULAR MEETINGS

MONDAY	12.30 PM	HANWELL HOMELESS CONCERN
	4.45 PM	RAINBOW GUIDES
	6.00 PM	BROWNIES
TUESDAY	5.30 PM	BEAVERS
	6.30PM	CUBS
WEDNESDAY		11.00AM - 12.30PM
	10.30AM	MOTHER AND BABY/TODDLER GROUP
	7.30PM	STUDY GROUP & COMPLINE (FIRST WED OF EACH MONTH)
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

A couple of weeks ago, the Old Testament reading appointed for Morning Prayer was Leviticus 17. I have to say that whenever I see Leviticus as the appointed reading my heart usually sinks, and my stomach usually turns. Leviticus is not the most edifying piece of holy scripture, being the most gory rules and regulations ever written.

Leviticus 17 does not disappoint in this regard as it seems to be 16 verses of dire warnings surrounding the perils of eating black pudding. This assault on **a key component of a 'full English' is only lightened by the profundity of verse 11, 'For the life of a creature is in the blood, and I have given it to you to make atonement for yourselves on the altar; it is the blood that makes atonement for one's life.'**

As we enter the season of Lent we will be led on a pilgrimage that will confront us with blood that gives atonement, whether on the lips of Jesus at the Last supper or on his hands and feet on the cross.

Yet Lent is a reminder to avoid the temptations that confront you when **reading Leviticus, i.e. don't get hung up on the physical stuff, but rather what lies behind it.** During Lent it is easy to gaze at the passion of Jesus, and yet be blind to why he was doing it, and the impact of it for us as uniquely loved persons.

Another master of blood was William Harvey, physician to James I (or VI **for our Burns' Night attendees!**) and Charles I. **Harvey was the one who first described, in detail, the circulatory properties of the body and the significant role of the heart. This 'discovery' meant Harvey would later humbly marvel that he believed, 'that the movement of the heart was only to be comprehended by God'.**

Harvey's physical observation of the outcome of divine creativity also points us to, like Leviticus, the spirituality of Lent. The 'movement of the heart was only to be comprehended by God' is even more true when it comes to, what the saints called, the inner life. Lent is *the* time for an examination of our inner life, our true heart, the place where our treasure is. It is *the* season to pause and respond in life blood that has atoned us and look at the movement of our heart, and possibly change its direction.

As we do that we will be renewed and healed, so do make the most of the **services and devotions offered by St Thomas'. If you do, God will not only comprehend the movement of your heart, but also rejoice.**

Your priest and friend

Fr Robert



Parish News

While other parishes may have been celebrating Saul's conversion on the Damascus Road, we were celebrating **Rabbie Burns. On 25th January we had our first Burns'**

Night to raise money for the Organ Fund. The evening was an amazing **success, and you can read Amy Newlands' account of it on the website** (<http://thomashanwell.org.uk/news/entry/st-thomas-burns-night-raises-over-1200-for-organ-fund/>). The evening was tremendous fun, and £1280 was raised for the Organ Appeal Fund. Rather presumptuously, I am saying how **much I am looking forward to next year's celebration which clearly tapped** into the Caledonian vein of Hanwell as it was a sell-out. Thank you to Amy Newlands and friends for organising that evening in aid of our Organ Fund. Congratulations are also extended to our Scout group for another excellent Quiz Night and Fish Supper. Thank you to all who supported this event.

As I mentioned last month, this year we are celebrating our 80th anniversary with a photo competition to produce a calendar at the end of the year. Pauline Britton is very kindly organizing this, so please send her your contributions. Also, Sophie Schuil-Brewer is organizing the **contributions for the St Thomas' Prayer Book. Please send her your favourite prayer and the reason why it's your favourite.**

Still on our 80th **do not forget our 'Shrove' Sunday Brunch on 2nd March when we'll be swapping pancakes for rolls, and biscuits for bacon. Three days later Lent begins with our Ash Wednesday Eucharist, and traditional ashing. The ash is made from last year's palm crosses so please bring in your palm crosses asap, thank you.**

My hope is that as many people as possible will take advantage of the 80th **anniversary Lent Studies 'St Thomas' Faith in Art'** based on our building and life together. Please fill in the availability sheet at the back of church.

There is exciting news on two areas of our Parish Mission Action Plan. David Jewell, Sophie and I have met to begin to explore how we can more **fully care for the people of the parish. Please read Sophie's article in this issue for more details.**

A group is also meeting to look at the Church Hall - how we can improve it, its use, and its contribution to the parish. Again watch this space.

Finally, the Junior section of the choir is continuing to flourish and grow and this had led to a robe shortage. We have bought some more cassocks, but they are expensive c£80 apiece. Let us pause and give thanks; there are **many parishes who would give their right arm for this 'problem'!** If you are able to make a donation towards the cost that would be immensely helpful. Thank you, as this is transforming young people now, and giving the church rich heritage for tomorrow.

Fr. Robert



From the Editors

The editors would like to add their thanks to Amy plus family & friends who organized the Burn's Supper. **We're looking forward to next year's one already. A plea from Sue** - please put the Fun Run date (27th April) in your diary or even better, email for an entry form.

Jill + Sue

Copy date for the April Trident will be Sunday March 9th

Copy date for the May Trident will be Sunday April 13th

Copy date for the June Trident will be Sunday May 11th

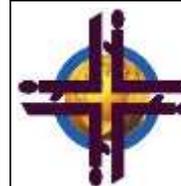
The opinions expressed in this magazine are those of the individual contributors and not necessarily those of the Church, the Vicar, the Editors or of the PCC. The editors reserve the right to edit items sent in for publication.

The photograph of Father Robert on page 3 is reproduced by kind permission of Stephen Brooks. www.stephenbrooksphotography.com

Don't just sit there, do something!

Half of all seven year olds do not manage even an hour of exercise a day, according to recent research. Instead, sedentary lifestyles have become the **norm for many, according to University College London's Institute of Child Health.**

Meanwhile, nearly a quarter of the population walks less than five miles a month, and nearly one in four adults rarely go for walks at all; 17 per cent of us never even venture more than 500 yards from our car! The research was done by the National Trust, who are encouraging people to get out and enjoy the magnificent scenery of Britain that can only be seen on foot.



The Women's World Day of Prayer will take place on Friday 7th March, 1.30pm at Kingsdown Methodist Church. This year our theme is "Streams in the Desert" as we pray for Egypt. Our speaker will be Rev Suva Catford.

Pastoral Care

I hope you'll have seen that one of St Thomas' Mission Action Plan's priorities is to establish a Pastoral Care Team. But, what is pastoral care? Well, I thought I'd have a Google and the fount of knowledge that is Wikipedia started with:

Pastoral care is an ancient model of emotional and spiritual support that can be found in many cultures and traditions. It has been described in our modern context as individual and corporate patience in which pastoral carers support people in their pain, loss and anxiety, and their triumphs, joys and victories.

Well that sounds a pretty comprehensive answer but does it fully cover **what we do as a church. I started the Pastoral Assistant's Course last September and our first session looked at what pastoral care was (always good to start a course knowing what it's about!). We spoke about being Christ to others, reaching out in a spiritual way, caring for those who can't come to church. The definition I liked most was: aspiring to give love and care in the name and way of Christ, following His example. What I have seen and experienced at St Thomas's is a care that we have for each other, the chat after church over a coffee, or even in the church if you don't get as far as the hall. It's calling in on someone who hasn't been feeling well or has been stuck in the house. It's people asking each other "how are you?" and then stopping to listen to the answer whether that be a piece of great news or it be that it's been a tough week. I know that after I heard the negative answer from the Bishops Advisory Panel last summer the pastoral care I received from so many people was amazing, the kind and supportive words that I heard from people were so significant to me and made me understand so much more what a pastoral place St Thomas's can be.**

Having thought about what pastoral care is the next question might be; why **do we do pastoral care? I suppose the initial answer might be; well, it's obvious, that's what Christians do. And as a community we look after one another, it seems a basic human characteristic. But, as the definition above mentioned, being pastoral is about being Christ to one another. The Bible has many references to our Lord being our shepherd, a shepherd who tends His flock and cares for His sheep. There is the parable of the Good Samaritan (Luke 10:25-37), does this not encourage us all to provide pastoral care to all those that we come into contact with? In Matthew's Gospel (25:37-40) we hear:**

"Then the righteous will answer him, 'Lord, when was it that we saw you hungry and gave you food, or thirsty and gave you something to drink? And when was it that we saw you a stranger and welcomed you, or naked and gave you clothing? And when was it that we saw you sick or in prison and visited you?' And the king will answer them, 'Truly I tell you, just as you did it to one of the least of these who are members of my family, you did it to me.'"

So our calling as Christians is to work with Christ in caring for his flock, we do not replace Christ but merely assist Him and we care for those around us seeing Christ in each of them.

What does this mean for St Thomas's? We do have pastoral care already; we look after one another, Father Robert and others go and visit those who are unwell, stuck at home for whatever reason or are in hospital. But, in identifying this as one of our priorities the PCC saw this was something we could build on by establishing a Pastoral Care Team to work with Father Robert, to help us all to know what to do if we think someone is in need and to support us as a congregation in providing care to those in the family of our church.

If you or someone you know of would like a visit or even a phone call or is due to go to hospital please let Father Robert, me (Sophie Schuil-Brewer, sophie.s-b@hotmail.co.uk) or David Jewell know. Alternatively, we will be putting a box at the back of the church so you can slip in a name and details. **And if you think you'd like to be involved with the Pastoral Care Team or** would just like more information please do ask us.



Prayer for the month of March

O Lord Jesus Christ, you taught your disciples to pray, to do good deeds and to fast cheerfully, without hypocrisy or ostentation; help us to use this season of Lent sincerely for your service, so that we may pray more, do more and discipline ourselves for your sake. We ask this through Jesus Christ our Lord

Amen

Recollections of Times Past

Having read the fascinating recollections of times past from a centenarian of Boston Manor (February Trident) I cast my mind back to my childhood in this area as from the 1940's. Children attending Oaklands School wore green berets bearing a badge with the letters ORS (Oaklands Road School) as it was formerly known. Where the nursery now stands was a laundry,* and further along, a parade of shops that comprised a butcher, greengrocer, grocer, cobbler, chemist, mattress repairer/maker and later an ironmonger's and hairdresser. With few cars in residential streets mothers had no fear of their children being involved in an accident and generally escorted them to school for a few weeks only, having started at the age of five. Nursery provision was unavailable at this time. Most mothers stayed at home whilst their children were of primary school age and, with only one income, had to **find ways of "making do". Clothing was darned and mended and only discarded when totally threadbare.** I recall my father growing runner beans, blackcurrants, rhubarb and mint (used to flavour the water potatoes were boiled in). We were fortunate to have a roll top bath but, as I recall, four schoolfriends were from very large families (thirteen/fourteen children) one family of whom had a small hip bath placed in front of the fire each week for the children to be bathed in turn.

My late mother had a friend living in Seward Road whose son, when aged about three, was told as he was a big boy he should, perhaps, throw his dummy to the cows over in the orchard, now Manton Avenue. Houses were constructed here in the 1930's and first sold for £900. A resident, now deceased, told me his father paid an extra pound to have light in the lavatory, separate from the bathroom alongside. Another friend of my mother moved away as a child and returned, many years later, with her young sons, to see where "mummy used to play". That once open space had become Claygate and Wyndham Roads. The remaining piece of green land must surely now be the playground of Fielding School (opened following closure of Lammas Junior School in Cranmer Avenue).

My friends and I bought lovely sticky buns, for two old pennies, in a baker's shop on the corner of Midhurst and Salisbury Roads which later became a launderette. On Saturday mornings I went to Parker's bakery (now Santander) on the Uxbridge Road to buy a crusty loaf (an errand for my mother). This cost five and a half old pennies, or sixpence if sliced. The queues were long and Mrs Parker would move people along..... And the next six, please.

There were several collections each day from pillar boxes, with postmen

delivering to houses three times a day. Many is the time the postman greeted we children on our way home from school, sack on his back, wearing grey uniform and a peaked hat.

*Having no washing machine for several years after marrying I availed myself of the services of the laundry. Bedlinen was delivered beautifully pressed. It is puzzling how I managed to afford this luxury but with no tumble dryer it was difficult to dry large sheets, especially when raining.

Times move on, today Saturday 8 February being a very sad one as the newsagent in Oaklands Road closes its doors for the last time. We are encouraged not to smoke, to eat fewer sweets and people can read newspapers on-line. More and more supermarkets, although offering cheaper prices, have sadly caused the closure of shopping parades in our residential streets. I can **hear my father now, saying "there goes the muffin man". This person walked the streets on Saturday evenings announcing his presence by ringing a bell.** I do not however remember sampling his fayre. Time now for tea, quickly boiled in an electric kettle. The camaraderie between housewives sweeping their paths and dusting the doorknocker is, mainly, but a distant memory. How times have changed.

Valerie Grose



Boston Manor - many years ago

St Thomas's Fun Run



Sunday 27th April at 2pm

5k or 2.5k

Join us for a jog around Elthorne Park.

£5 entry fee.

Suitable for all ages and abilities.

Please email suez.cunningham@btopenworld.com

For an entry form.

The Big Brownie Birthday

In January 20 Brownies set off for a "Funtastic" weekend at Butlins in Bognor Regis.. There were over 3000 Brownies there from all over London and the South East. This was to be our first "Big Brownie Birthday" Adventure.

We arrived at about 8pm on the Friday night and found our rooms in the Wave Hotel. The rooms were great. Each bunk bed had its own TV ! - although we didn't have much time to watch it as we were so busy with fun activities. After settling in we had some hot chocolate and snuggled down for our first night.

Breakfast was great in the morning and for our first activity we went to see a pantomime called Aladdin. It was in one of the theatres and we all thought it was really funny. Next we did some exploring round the site and looked in at the shops. We all wanted to buy souvenirs to take home. We had time to do some of the suggestions in the Butlins booklet that we were given in our goody bags.

After lunch it was our turn to go swimming. The pool was exciting with slides, a wave machine and fountains and waterfalls. This was one of our favourite places. Later that afternoon we spent about an hour in the Skyline

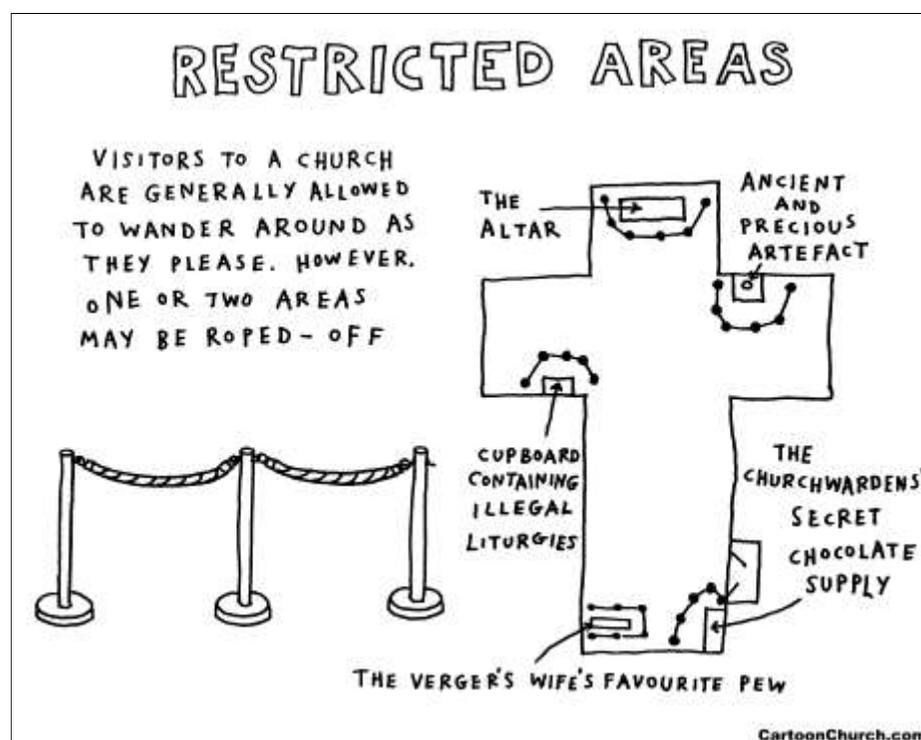
Pavilion where we could choose from loads of different things to do. There was a Snakes & Ladders type play area and craft things to make. We enjoyed decorating a cupcake - and then eating it ! Some of us got to do some dancing too.

In the evening (after our meal) we watched a show about some time travelling Brownies who showed us how Brownies began and some of the things they used to do. It made us think about what Brownies might be like in the future.

Sunday morning was bright and sunny and we went to the beach. There were challenges to do and a sort of treasure hunt. After that it was our turn on the fairground. The rides were good but we had to queue up for our turn.

At lunch on Sunday we had a piece of a giant Birthday Cake. After lunch it was time to go back to our rooms and get packed ready to go home. It really was a "Funtastic" weekend. We all wanted to stay for at least one more day.

Now we are looking forward to our next Big Brownie Birthday Adventure.



The Volunteer Link Scheme

Reaching out to lonely and isolated housebound people.

If you have an hour or two to spare each week, perhaps you could offer support to someone lonely and vulnerable? The Volunteer Link Scheme, which is based in Boundary House, by Boston Manor station, needs more volunteers to befriend housebound people.

What does a befriender do?

A volunteer will visit a client once a week, giving emotional and social support to an isolated person who is resident within the Borough of Ealing and is over the age of 19.

Who needs help?

Clients are housebound elderly or disabled people. They tend to be people who live alone, have few visitors, and feel socially isolated. They are referred **by social services, health agencies, neighbours, GP's, voluntary organisations,** family, or are self-referred.

What qualities do volunteers need?

Volunteers need to be able to make a regular weekly commitment. They should have a caring and sensitive manner, and good communication skills. In return, there is ongoing support, advice and training from the Volunteer Link Scheme. There is an initial Induction and training session, and regular support meetings. The work is very satisfying.

What clients say...

“When my volunteer first came, I couldn't walk at all following a stroke. He has given me back a lot of confidence – given me back a life, in a sense. I'm unable to go out on my own, so he's a godsend.”

“Life is better because I don't feel so lonely.”

“The volunteer we have is superb. The time he spends chatting with my husband, or taking him out in his wheelchair, allows me to do something of my own. In our situation, the volunteer is a lifesaver.”

What volunteers say...

“Looking at another person's difficulties has made me forget my own. It makes me feel part of the community. Although I am not paid, I feel wealthy.”

“When I first visited my client was depressed and talked about nothing but the death of her husband and brother. But now we chat about other things and laugh together.”

“A welcome diversion from the responsibility of my day job.”

Want to know more about volunteering?

Please phone 020 8434 3635 for an informal chat, or email the Volunteer Link Scheme at befriending@volunteerlink.org.uk

The website is www.ealingfriend.org.uk

The Volunteer Link Scheme is a registered charity.

St Thomas 2015 Calendar

As a reminder of the fun we are having in our 80th Year I am planning on selling a 2015 calendar with photos of the church and some of its events

I am asking for people to send photos to me, and a small team of people will choose ones to go on the calendar

To ensure we get the best deal from the calendar company we really need the photos in by the end of July.

If you have a “real photograph “contact me and I will arrange to have it scanned

So cameras at the ready!

Please email your photos to
paulinesbritton@hotmail.com

The small print;

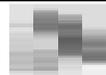
There will be no payment made for your photo

Please ensure there is no copyright on your photos

If your picture includes people make sure you have their permission to be photographed and put on the calendar.

Q: What cheese do you use to hide a horse

A: Mascarpone!!!



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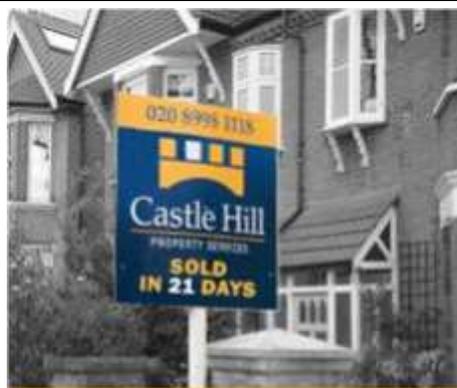
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Wanted: Donations of good quality household and personal items that you no longer want.

Items needed include: Unwanted heirlooms, antiques, paintings. Ornaments including china, brass and glassware. Jewellery, watches and clocks. Coins, banknotes, stamps and medals. Old games and toys like cars, trains and dolls. Musical instruments, cameras and Sports Memorabilia. Curios etc. All proceeds from their sales will go straight to the Organ Fund!

We can only accept smaller items that can be collected in a car, not furniture. No jumble, clothing or broken items please. For local collection phone David Clarke on **07952 011543** to arrange a timed evening or weekend visit. E-mail David at dclarke@nds.com. If bringing items to the church, please arrange with David Jewell or Michael Mappin to take them from you.

POP-IN

POP- IN ON FRIDAYS

**AT ST THOMAS'S 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!

March

7th - tea, coffee and cakes

14th - tea, coffee and cakes

21st - tea, coffee and cakes

28th - tea, coffee and cakes

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

Diary Dates



FEBRUARY

23rd Feb 2nd Sunday before Lent

MARCH

2nd Sun Sunday next before Lent
Tea and bacon rolls after 10am service.
5th Wed Ash Wednesday. Service at 7.30pm
9th Sun 1st Sunday of Lent
16th Sun 2nd Sunday of Lent
23rd Sun 3rd Sunday of Lent
25th Tues PCC 8pm
30th Sun Mothering Sunday

APRIL

6th Sun Passion Sunday
13th Sun Palm Sunday
17th Thurs Maundy Thursday
18th Fri Good Friday
20th Sun Easter Day
27th Sun 2nd Sunday of Easter
APCM 11.30am
St Thomas's Fun Run 2pm

MAY

4th Sun 3rd Sunday of Easter
11th Sun 4th Sunday of Easter
18th Sun 5th Sunday of Easter

Baby/Toddler Group

St Thomas' Hall

from

10.30am until

11.45am.

All are welcome.

Free.

Just before the funeral services, the undertaker came up to the very elderly widow and asked, "How old was your husband?" "98," she replied...
"Two years older than me"
"So you're 96," the undertaker commented...
She responded, "Hardly worth going home, is it?"

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