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February 2026

The Trident



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OUR CHURCH IS OPEN TO ALL FOR
Sunday Parish Mass 10am
Evening Prayer Sunday 6.30pm
Said Mass Tuesday at Noon



Post Communion Prayer
for Ash Wednesday

Almighty God, You have given your only Son to be for us both a sacrifice for sin and also an example of godly life: give us grace that we may always most thankfully receive these his inestimable gifts, and also daily endeavour to follow the blessed steps of his most holy life.
Through Jesus Christ our Lord
Amen

Collect for Ash Wednesday

Holy God, our lives are laid open before you: rescue us from the chaos of sin and through the death of your Son, bring us healing and make us whole in Jesus Christ our Lord.
Amen

Copy Dates

Copy date for March will be Sunday 8th February
Copy date for April will be Sunday 8th March
Copy date for May will be Sunday 12th April

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 Rev Julia

Dear friends,

On Saturday 17th January over thirty members of our church community came together to reflect on the church life at St Thomas' looking at: what we value, what is going well, and where we sensed God calling

us to grow. I'm very grateful for the way everyone contributed and engaged with the event.

The Scripture verse we used in our opening prayer was Matthew 5:14-16: *You are the light of the world. A city built on a hill cannot be hidden. No one lights a lamp and puts it under a basket, but on a lampstand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven.*

So, to begin with we focussed on where the 'light' was, and what we had to celebrate. This included our worship, music and liturgy which were highlighted as strengths and offering a space for reverence, stillness and prayer. The weekly activities were also appreciated such as the regular Bible studies, the mid-week Mass, and the youth and toddler group. So were our community outreach projects such as the: Night Shelter, Eco Church, panto, Christmas fair, art exhibitions, and regular film nights.

At the same time, some priorities for the future emerged. Many people expressed a desire to strengthen our ministry of pastoral care not only for those attending the church but also for the housebound or those facing difficulties. There was also a strong wish to deepen our engagement with children, young people and families, helping them to feel welcomed and more involved. The refurbishment of the church hall was also a key priority as was improving our communication systems including social media. All of this will help us to further shine the light of faith in the parish of Hanwell. If you feel you can help with any of these areas then do let me know.

Above all, our vision remained clear: to be a welcoming, prayerful and generous church, rooted in tradition while open to change, attentive to our local context, and committed to growing together in faith, love and service. As we look ahead, please continue to pray for St Thomas' and encourage each other on our journey as we take the next steps in shining the light of faith in Hanwell.

Prayers and blessings,

Rev Julia



Parish News

2026 started with the performances of our pantomime, Aladdin. It was a wonderful show and the hall was packed with enthusiastic audiences. Thanks to everyone who worked so hard to put the show on to the cast and crew and particular to our director, Caroline, our choreographer, Anna and our stage manager, Clare.

On January 17th, we held our Vision and Values Day in the hall. Over 30 members of the congregation came along. The day was facilitated by Alison Duncanson and we divided into groups for discussions. The walls were filled with flip chart papers and sticky notes and we ended with lunch and more informal discussion. All the information and ideas will now need to be collated. Thank you to all who attended and contributed ideas.

As we write this, we are looking forward to the Ceilidh on January 24th. The event is sold out and should be a lot of fun.

Our next celebration will be that of Candlemas on Feb 1st and then Lent begins on Ash Wednesday February 18th.

Five good reasons to eat Greek yoghurt

Real live Greek yoghurt is seriously good for you. Its protein and live bacteria have been linked to stronger muscles, boosted gut microbiome, and better heart, bone and brain health.

Greek yoghurt is high in protein, with up to 10g of protein per 100g. That's about double the protein of low-fat yogurt or Greek-style yogurts. What's more, it is a 'complete' source of protein, with all nine of the essential amino acids that our bodies can't make by themselves.

Greek yoghurt boosts your gut health. Its natural probiotics encourage a wider array of beneficial bugs to live in your gut. That means less inflammation, and probably fewer cancer-causing chemicals.

Greek yoghurt contains the minerals potassium and magnesium, which can help to both support and regulate blood pressure.

14th February - The Two Valentines

If you dig into the history of Valentine's Day, you discover it has a complicated past. There seems to have been two Valentines: Valentine of Terni and Valentine of Rome. But there was only one road involved: the Via Flaminia, or Flaminian Way.

According to some sources, Valetine of Terni was a third century bishop found "guilty" of having encouraged some young men to convert to Christianity. When the prefect of Rome heard of this, he was furious, and had Valentine of Terni arrested.

Valentine of Terni was then taken to Rome on the Flaminian Way, which was the road linking Rome and Terni. In Rome, Valentine of Terni was beheaded in 273. His remains were then taken back to Terni for burial. An 8th century basilica named after him is found on the Flaminian Way.

Valentine of Rome was a priest who was also martyred in the middle of the third century, this time under the authority of Claudius II. But Valentine of Rome's death may have occurred on the Flaminian Way, where another basilica, bearing his name, has also been found. This one was completed by Pope Theodosius about three centuries later.

The two stories have understandably become confused. Two Valentines, both martyred, in a time of persecution of Christians, and one Flaminian Way. Even Common Worship's choice of c.269 as the date of death is at best a guess.

One thing seems sure: our present-day custom of sending cards and flowers to declare our love has nothing to do with either Valentine. Instead, these may come from the poet John Donne in about 1632. He wrote a marriage song which includes religious commemoration of Valentine along with fertility symbolism. Even the pagan Lupercalia festival may have gone into the mix which flavours our current celebrations of the day.

Introducing Dame Sarah Mullally - the 106th Archbishop of Canterbury

The Rt Revd and Rt Hon Dame Sarah Mullally DBE officially became Archbishop of Canterbury on 28th January 2026, when she was legally confirmed at St Paul's Cathedral.

Most people know that she had been Bishop of London for several years, and that she is the first woman to ever become Archbishop of Canterbury. But what else do you know about her?

She was born in Woking in 1962, and is one of four children, with two sisters and one brother.

She attended Winston Churchill Comprehensive School and Woking Sixth Form College. She went on to South Bank Polytechnic and Heythrop College, University of London

She worked as a nurse in the National Health Service, which she has described as "an opportunity to reflect the love of God". She specialised as a cancer nurse and became a ward sister at Westminster Hospital, before being made Director of Nursing at Chelsea and Westminster Hospital.

In 1999, at the age of 37, she was appointed the Government's Chief Nursing Officer for England in the Department of Health. She was the youngest person ever to be appointed to the post. Bishop Sarah was made a Dame Commander of the British Empire in 2005 in recognition of her outstanding contribution to nursing.

She had become a Christian at the age of 16. While working as the Chief Nursing Officer for England, she discerned a call to ordination and entered training ministry at the South East Institute for Theological Education.

She was ordained in 2001 and served her curacy in St Saviour's Battersea Fields, initially as a self-supporting minister, before leaving her government post in 2004, which she has described at the time as "the biggest decision I have ever made".

In 2012 she was installed as Canon Treasurer at Salisbury Cathedral and three years later took the role as Suffragan Bishop of Crediton in the Diocese of Exeter, the fourth woman to become a Bishop in the Church of England. On 12th May 2018, Bishop Sarah was installed as the 133rd Bishop of London at

St Paul's Cathedral, the first woman to hold the role.

Bishop Sarah sits in the House of Lords as one of the Lords Spirituals, having been introduced on 24th May 2018. Her maiden speech paid tribute to the NHS on its 70th anniversary, telling the Lords: "I am the Bishop I am today because of that first vocation to nursing, and compassion and healing are constants at the heart of who I am."

She was sworn in as a member of the Privy Council in March 2018 and became Dean of Her Majesty's Chapels Royal in July 2019.

As Bishop of London, she led the Church of England's Living in Love and Faith process from 2020 to 2023. This included the formative stages of discernment and decision making which saw the introduction of the Prayers of Love and Faith for same-sex couples.

She has served on the Church's National Safeguarding Steering Group and is also Lead Bishop for Health and Social Care issues.

As a Lord Spiritual, she has drawn from both her pastoral experience and her background in nursing and healthcare and has played a key role in the ongoing debates on assisted dying.

This year, she chaired the Triennium Funding Working Group that developed the Church of England's three-year spending plan that led to significant investments in local churches and parish clergy.

Archbishop Sarah is married to Eamonn, an Irish-born IT and Enterprise Architect who enjoys beekeeping and volunteering as a London tourist guide.

The couple have two grown-up children, Liam and Grace.

Archbishop Sarah has continued her interest in the health service having been a non-executive director at the Royal Marsden NHS Foundation Trust then at Salisbury NHS Foundation Hospital.

She is Chair of Christian Aid.

She has spoken openly about her dyslexia, describing her difficulties with writing and reading.

In her spare time, she loves cooking, walking and pottery.



February Eco News

How are you getting on with your Green Promises? If you made one, we hope you're finding ways to keep it — and if you haven't yet made one, there's still plenty of time to start! And don't worry if you've not managed everything you hoped to - as we move through February, it's a great time to take practical, seasonal eco-actions that benefit our local environment.

This month, you might think about supporting wildlife as they prepare for spring — keeping bird feeders topped up, putting out fresh water, and letting gardens stay a little wild rather than tidying too early. Also look out for National Nest Box Week (14-21 February).

As mentioned in January, the Eco Group is making plastic recycling a major focus this year: join our Bread Bag Blitz — we're aiming to collect and recycle 2,000 bread bags to keep them out of landfill. Look out for more info coming soon.

We're also keen to highlight some local wildlife events and opportunities, including some here at St Thomas'.

Wednesday 18 February onwards – Celebrate Lent by committing to taking one, small sustainable action each day (see “Go Green(er) for Lent”).

Friday 20 February - join Ealing Wildlife Group for a free family guided walk around the Ealing Beaver Project site at Paradise Fields, Greenford.

13 – 19 March – Great British Clean Up – look out for opportunities to join a local litter pick, perhaps with LAGER or join our St Thomas' litter pick!

Saturday 14 March (TBC) – St Thomas's Big Garden Clean up – aiming to tidy up the back garden and make it more wildlife friendly!

If you'd like to do more, please consider joining the Eco Group or connecting with the Ealing Wildlife Group — new faces and fresh ideas are always welcome, and there's so much we can achieve together. Let's make 2026 our greenest year yet!

People are coming to faith amidst the 'darkness' **of crises around the world**

So says several Church of England bishops. They believe that increasing numbers of people have been turning to the Christian faith.

The Bishop of Rochester, Jonathan Gibbs said: “Something is going on. Or rather, God Himself seems to be up to something – way beyond what we as Christians have been doing to share the message of the gospel with the people around us.

“Humanly speaking, I believe this is happening because people have begun to realise that the things in which they had placed their hopes – things like ever-increasing prosperity or the ability of science and technology to solve all our problems – have started to crumble in the face of economic crises, global pandemics and climate change.”

The Bishop of Gloucester, Rachel Treweek said: “As I have listened to the voices of children, young people and adults across this diocese; the voices in Westminster, and indeed in prisons; I believe there is a yearning for certainty amid the turbulence, anxiety and uncertainty, and the endless messaging of crises.”

The Bishop of Chichester, Martin Warner, speaks of joyful celebrations of baptisms and confirmations in his Diocese and new congregation members at Chichester Cathedral.

“A new generation attending Chichester Cathedral have shifted the atmosphere,” he said. “Buggies now take their place alongside the Zimmer frames, to the delight of everyone.”

In season in February

This month can feel as though winter has gone on long enough, so cheer yourself up with home-made root vegetable soups and stews.



Apples, Beetroot, Brussels Sprouts, Carrots, Celeriac, Chicory, Jerusalem Artichokes, Kale, Leeks, Mushrooms, Onions, Parsnips, Pears, Purple Sprouting Broccoli, Red Cabbage, Salsify, Savoy Cabbage, Spring Greens, Spring Onions, Squash, Swedes, and White Cabbage.

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ABLE TO RECYCLE MEDICINE
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These can be taken to Boots or
Superdrug for recycling.

For more details see Terracycle website
<https://www.terracycle.com/en-GB>



The Leprosy Mission are no longer collecting postage stamps, but the good news is that USPG are collecting them, so please carry on leaving them in the box at the back of the church.



From the Editors

Dates for your diary are listed inside the back cover of this magazine and also in the parish news.

July & Aug



From the Ealing Foodbank

Thank you for continuing to support the foodbank. There are several local shops and supermarkets that have collection points and they're all listed on the Foodbank

website: <https://ealing.foodbank.org.uk/give-help/>

There are other ways in which you can help.

If unable to drop-off at a local collection point, you can leave food donations in the green box in our church porch. However, there may be some delay in transfer to the Foodbank warehouse.

Monetary donations may be made through the Foodbank website, as above.

** please remember that our magazine is produced a month in advance - 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.

January Shopping List **

Tinned fish in oil, tinned chickpeas, Crackers & savoury biscuits, tinned fruit (pineapple is a favourite), tinned meat (chilli, meat curry, corned beef etc), pasta sauce, instant coffee, honey & peanut butter.

Thank you, but the foodbank has plenty of pasta and baked beans at the moment

Please pray for:

Those who are housebound, sick or in need: Andrea Arthurs, Roy Arthurs, John Ball, Paul Ball, Caroline Baxter, Ebenezer Blavo, John Brake & family, Nathaniel Brito-Ault, Nigel & Davina Brooks, Ivan Carter, Noel Chardon, Jenny Cornwall, Patrick Dennerly, Daphne Dorival, Leo & Estriana Douglas, Merfyn Edwards, Gillian Fontaine, Geraldine, Celia Griffith, Darren Hancock, Ian King, Jaxon Prentice, Nick Lunn, Arda & Joe Metcalf, Dermot Molloy, Stuart Minty, Nicholas Robinson, Sarah, Gill Shaw, Keith & Sara Spillett, Colin Spooner, Leslie Stanton, John Tozer, Lynne Wilson and Anthony Wilson.

Those recently departed: Viv & Betty Atkinson

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- *STAY FOR TEN MINUTES OR THE MORNING!

FEBRUARY

6th February - Tea, coffee & cakes
13th February - Tea, coffee & cakes
20th February - Tea, coffee & cakes
27th February - Tea, coffee & cakes

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

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Go Green(er) for Lent

How can we become better at caring for creation and improving our lives and the lives of others through healthy, eco-friendly and sustainable living?

Lent gives us the opportunity to take actions that bring a real benefit to nature and helps address climate change. Here are some simple, practical ways to live a Green Lent—one day at a time:

Week 1: Consume Less, Notice More

Start by paying attention to what you buy and throw away. Pause before making purchases and choose reusable items where possible. Reducing waste can be a powerful way to become more mindful of what you truly need.

Week 2: Eat More Sustainably

Try incorporating more plant-based meals into your week or choosing locally grown, seasonal foods. Even small shifts in diet can reduce environmental impact and encourage a closer relationship with where food comes from.

Week 3: Use Energy Wisely

Look for everyday opportunities to save energy—turning off lights, unplugging electronics, lowering heating, or walking or cycling instead of driving. These habits save resources and often save money, too.

Week 4: Value Water

Be conscious of water use. Shorter showers, full laundry loads, and fixing drips all help protect this essential resource. Taking time to appreciate clean water can also deepen awareness of how precious it is.

Week 5: Repair, Reuse, Restore

Before replacing something, see if it can be repaired, reused, or shared. Donate items you no longer need, repurpose materials, or try composting food scraps. These acts support a culture of care rather than waste.

Week 6: Support and Speak Up

Use this final week to look outward. Support environmental organizations, learn about local conservation projects, or advocate for policies that protect ecosystems and communities most affected by climate change.

A Green Lent isn't about doing everything perfectly. It's about intention, awareness, and progress. By dedicating this season to thoughtful choices, we can build habits that last well beyond Lent and benefit the planet!



(JC - there will be Junior Church)

January

Sun 25th **3rd after Epiphany**

February

Sun 1st **4th after Epiphany. Candlemas**

Sun 8th **2nd before Lent**

Sun 15th **Sunday before Lent**

Wed 18th **Ash Wednesday**

Sun 22nd **1st Sunday of Lent**

March

Sun 1st **2nd Sunday of Lent**

Sun 8th **3rd Sunday of Lent**

Sat 14th **Garden Clear-up (TBC)**

Sun 15th **4th Sunday of Lent - Mothering Sunday**

Sun 22nd **5th Sunday of Lent - Passion Sunday**

Litter pick after church

Sun 29th **Palm Sunday**

April

Thurs 2nd **Maundy Thursday - service at 6.30pm**

Fri 3rd **Good Friday - Service at 3pm**

Sun 5th **Easter Day**

Sun 12th **2nd Sunday of Easter**

Sun 19th **3rd Sunday of Easter - Fun Run at 2pm**



If you would like to donate to St Thomas', you can use this QR code to donate on your smart phone. We're always grateful, so thank you!



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