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March 2026

# The Trident



The Parish Magazine of



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OUR CHURCH IS OPEN TO ALL FOR  
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A Collect for the 1st Sunday of Lent

Almighty God, whose Son Jesus Christ fasted forty days in the wilderness, and was tempted as we are, yet without sin: give us grace to discipline ourselves in obedience to your Spirit; and, as you know our weakness, so may we know your power to save; through Jesus Christ your Son our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever.  
Amen

A Collect for the Palm Sunday

Almighty and everlasting God, who in your tender love towards the human race sent your Son our Saviour Jesus Christ to take upon him our flesh and to suffer death upon the cross:  
grant that we may follow the example of his patience and humility, and also be made partakers of his resurrection; through Jesus Christ your Son our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever.  
Amen

**Copy Dates**

Copy date for April will be Sunday 8th March

Copy date for May will be Sunday 12th April

Copy date for June will be Sunday 10th May



## From Rev Julia

Dear all,

As we enter the season of Lent, we are invited once again into a time of reflection, repentance, and renewal. In a way these forty days of Lent can be seen as a gift - a gracious space in which God gently calls us back to himself.

In Matthew's Gospel, Jesus speaks of prayer, fasting, and almsgiving — not as public displays of religion, but as quiet, faithful practices of the heart. Lent is not about grand gestures; it is about drawing nearer to God in sincerity and trust.

Like Jesus in the wilderness, we too can step into a place of simplicity. We may give up something we enjoy, take up a new discipline of prayer, or commit ourselves more intentionally to serving those in need. Yet the purpose of all these things is not self-improvement alone — it is transformation. Lent prepares us not merely for remembrance, but for resurrection.

In this season, we walk the way of the cross, knowing that it leads to Easter joy. The journey may feel searching and even uncomfortable at times, but it is marked by hope. We do not travel it alone. We walk together as a parish family, supported by worship, fellowship, and shared prayer.

I encourage you to make space this Lent:

- Space for silence in a noisy world.
- Space for generosity in a culture of excess.
- Space for forgiveness where there has been hurt.

Space for God to work within you.

May this holy season deepen your faith, steady your hope, and widen your love. And when Easter morning dawns, may we greet it with hearts renewed and ready to rejoice.

Yours in Christ,

Rev. Julia

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Adverts in this magazine are not necessarily endorsed by the Church, the Vicar, the editors or the PCC.



# Coming up at St Thomas'



## St Thomas' Hanwell Fun Run – 19 April

Get your trainers ready! St Thomas' is delighted to host our annual Fun Run on Sunday 19 April (registration from 1.30pm), and we'd love you to be part of it. Whether you're an experienced runner, a casual jogger, or prefer a gentle walk, there's something for everyone with 2.5 km and 5 km routes to choose from.

The Fun Run is always a joyful community event, bringing together people of all ages to enjoy fresh air, friendly company, and a shared sense of purpose. All proceeds will go towards the renovation of our church hall, helping to ensure it remains a welcoming and usable space for years to come.

We're also looking for volunteers to help on the day — from marshalling and registration to cheering people on. We truly couldn't do it without you!



## Church Eco Group Update – Spring is Sprouting!

As we journey through Lent, we'd love to know how your Green Lent challenges are going. Have you noticed any small changes making a difference at home or in your routines? Please keep adding your "promise pebbles" in church – they're a lovely, visible reminder that our shared commitment to caring for the planet is growing week by week.

Spring is definitely in the air, and we're getting ready for some busy eco activity. Please keep bringing in plant pots to church and/or planting seeds and cuttings at home for our Plant Sale in May – every pot helps. A quick reminder too to buy your Fair Trade Easter eggs by 8 March, so that our Easter celebrations reflect justice and care for producers as well as joy.

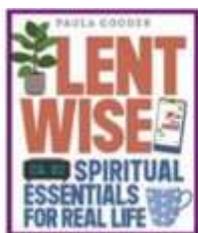
There's lots coming up, and we'd love as many people involved as possible:

The Big Plastic Count (9–15 March): count your plastic for one week and help highlight how much we use – and where we can cut back.

Back Garden Clean-Up (14 March, 10am–2pm): come along and lend a hand.

Family Litter Pick (22 March, 11.30am): part of the Great British Spring Clean – a great way to care for our local area together.

Please also keep bringing in your bread bags for recycling, and do join us for the next Eco Group meeting on 19 March at 7pm – everyone is very welcome. Thank you for all the ways, big and small, that you're helping St Thomas' care for our planet!



Lent Course

Join us for our Lent course, exploring Paula Gooder's Lentwise. Wednesdays in the Lady Chapel in the afternoon or evening. All are welcome

25th February: **Compass** 2pm or 7pm

4th March : **Nourishment**. 2:30pm or 7pm

11th March: **Light** 2pm or 7pm

18th March: **Shelter** 2pm or 7pm

25th March : **Water** 2pm or 7pm

## **Update on St Thomas' Hall Renovation – January 2026**

St Thomas' Church Hall is a valued community asset with over 500 users per week. It was built in the 1960s and badly needs renovation. We aim to create a hall that is multi-functional, eco-friendly and more attractive. The ultimate aim is to expand its use within our local community.

The 'Save St Thomas' Hall' appeal was launched in January 2025.

The plans for renovation are led by a committee of five local people: Rev Julia Palmer (the vicar of St Thomas'); Rose Milne (local fundraiser); Ray Russell (local retired architect); Roger Grange and Annabel Crowe (members of St Thomas' Parochial Church Council – the governing body of the church). We also have an active fundraising group.

The plans have been informed by a local consultation of over 180 people in 2024.

### **Work to Date**

Last September, the first and most urgent phase of the work was completed – the replacement of the roof and gutters. This cost over £80,000, funded by existing hall reserves, legacies, local fundraising, a £20,000 loan from the Diocese of London, a £6,400 grant from the Benefact Trust and a generous donation of £1500 from Boston Manor Residents Association.

In December we had a full survey done of the building and immediate surroundings and appointed an architect. We are close to finalising the drawings for the Planning Application which will allow us to make the necessary changes to the exterior of the Hall. These will need to be agreed by the Parochial Church Council (PCC). We will then proceed with a planning application and once this is agreed, we will be in a better position to apply for larger grants.

The new drawings are not widely different from the initial proposal pinned to the back of the hall, but there are significant improvements in the detail. We believe these provide us with a design for a community hall that will be more attractive, multi-functional, more eco-friendly and will open up wider access to the community.

All being well, we aim to start phase two of the renovation after the summer. Phase Two is the development of the 'South Wing'. This involves converting the lounge into a room suitable for counselling and small groups,

with facilities to make hot drinks; creation of a covered lobby between the stage area and lounge; refurbishment of the side stage area and toilet. The 'South Wing' will be self-contained with a separate entrance.

## **Fundraising**

To date, local fundraising has raised over £31,000 since November 2024, thanks to the sterling efforts of the people of St Thomas' and friends in the wider community. Unfortunately we have not been successful so far in getting a substantial grant, but we will continue to apply.

We have a fundraising group that meets regularly. If you would like to help, please email [stthomashanwell@gmail.com](mailto:stthomashanwell@gmail.com) or phone 020 3302 1040.

We have also just launched the opportunity to buy a decorative tile for £50 in memory of a loved one. These will be displayed in the hall foyer. If you are interested in this, please contact us at the above email address or phone number.

You can support us via our JustGiving fundraising page: <https://www.justgiving.com/campaign/savestthomashall>



## **Future Plans**

Work can only commence when sufficient funds are available. We have divided the project into five phases (not necessarily in order of completion). Please see page 8 for this and for upcoming fundraising events.

We really appreciate all who work hard to fundraise, those who give and the hall users who have been supportive and patient during the works completed so far.

Annabel Crowe, on behalf of the Hall Renovation Committee 29.1.26

| Phase                                 | Description  | Status                              |
|---------------------------------------|--|-------------------------------------|
| 1                                     | Replacement of roof and gutters  | Completed<br>September<br>2025 ✓    |
| 2                                     | ‘South Wing’ Development - conversion of the lounge into a room suitable for counselling and small groups; creation of a covered lobby between the stage area and the lounge; refurbishment of the side stage area and toilet. The ‘South Wing’ will be self-contained with a separate entrance. | Planned for<br>end of 2026          |
| 3                                     | Renovation of the hall frontage, foyer, stairs, toilets, and upstairs rooms  | This will be the<br>costliest phase |
| 4                                     | Development of the ‘North Wing’ - new kitchen and café area, and additional toilet beside the stage.   | Planned                             |
| 5                                     | Interior decoration of the main hall   | Planned                             |
| <b>Other work under consideration</b> | Review of heating system, improvement of stage area, increased storage, & installation of solar panels   |                                     |

## In season in March

Although March is early spring, we can still have some cold snaps, alongside - if we're lucky - some spring-like days.



Apples, peppers, aubergines, beetroot, Brussel sprouts, savoy cabbage, carrots, cauliflower, celeriac, leeks, mushrooms, onions, parsnips, potatoes, forced rhubarb, swedes, purple sprouting broccoli.

## Upcoming Fundraising Events for 2026 for starters

\*(All at St Thomas' Church Hall)\*

|                                 |                               |
|---------------------------------|-------------------------------|
| Sale of memorial tiles          | Ongoing                       |
| Table Sale                      | Sat 21st March 10am - 12 noon |
| Fun Run                         | Sun 19th April                |
| Plant Sale                      | Sat 16th May 10am - 12 noon   |
| Blues Café (Keith's Band)       | Sat 16th May 8pm              |
| For One Night Only (Local Band) | Sat 26th September 8pm        |
| Gala Pictures by the Park       | Oct/Nov - date TBC            |
| St Thomas' Quiz                 | November - date TBC           |

## St Thomas' 50+ Fellowship Bring and Share

We met on Wednesday 4th February 2026 and enjoyed sharing the various dishes. Afterwards we did a quiz organised by Ivan and co.

Our Free Will Peppercorn Project raised £135 which we will donate to the church hall restoration fund.

Thank you to Davina for counting all those coins.

There is always room for more people. So, if you are free on the first Wednesday of each month, why not join us in the church hall from 12:30-2pm. You can bring the children, at the moment our youngest attendee is aged approximately three.

So come along and see if it's your cup of tea (smile).  
'It is better to be a part of, than apart from'. Anon

Eileen

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# Terracycle Recycling at St Thomas' Church

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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

Please see page 5 for information about our Lent course.

July 4<sup>th</sup> 2014



## 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 \*\*(February list unavailable)

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, Baljit & Sarah Dhanda, 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, Leslie Pringle, Nicholas Robinson, Sarah, Gill Shaw, Keith & Sara Spillet, Colin Spooner, Leslie Stanton, John Tozer, Lynne Wilson and Anthony Wilson.

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## **POP-IN**



**\*POP- IN ON FRIDAYS\***

**AT ST THOMAS' CHURCH HALL  
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- \*COME FOR TEA, COFFEE, BISCUITS AND A CHAT**
- \*MEET YOUR FRIENDS AND MAKE NEW ONES!**
- \*STAY FOR TEN MINUTES OR THE MORNING!**

## **MARCH**

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

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

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1st March - **St David's Day** - but why the leeks?  
It's St David's Day and it's time for the Welsh to proudly wear a leek or daffodil.

Shakespeare refers to the custom in Henry V, Act 5 Sc.1, where Gower berates Pistol for mocking at "an ancient tradition begun upon an honourable respect and worn as a memorable trophy of predeceased valour."

According to some sources, the wearing of leeks may be based on a legend that Welsh archers fought bravely at the Battle of Crecy in a field of leeks and, as a reminder of their bravery and loyalty, the Welsh began to wear a leek in their caps every St David's Day. The legend, true or not, could be a source of the 'honourable respect' which the Welsh had for their valorous archers.

We do know that David - or Dafydd - of Pembrokeshire was a monk and bishop of the 6th century. In the 12th century he was made patron of Wales, and he has the honour of being the only Welsh saint to be canonised and culted in the Western Church. Tradition has it that he was austere with himself, and generous with others - living on water and vegetables (leeks, perhaps?!) and devoting himself to works of mercy. He was much loved.

In art, St David is usually depicted in Episcopal vestments, standing on a mound with a dove at his shoulder, in memory of his share at an important Synod for the Welsh Church, the Synod of Brevi.



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!





(JC - there will be Junior Church)

## February

**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**

**Passiontide Devotional - readings and music on our journey to the Cross**

## April

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

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

**Sun 5th**                                      **Easter Day**

## Earth Hour 2026 – a time to turn off your lights

The Earth Hour 2026 takes place on Saturday 28<sup>th</sup> March, when at 8.30pm in their local time millions of people worldwide will turn off their non-essential lights for one hour.

Organised by the World Wildlife Fund (WWF), the 20<sup>th</sup> anniversary of this global initiative will aim to raise awareness of the earth's climate crisis, and to encourage environmental action through sustainable, actionable lifestyle changes.

The first Earth Hour was held in Sydney, Australia, on 31<sup>st</sup> March 2007, and has since become a global movement. The 2025/26 theme, 'Giving an Hour for Earth,' is encouraging people to adapt sustainable habits in their daily lives.

And while our lights are off for an hour, Earth Hour will encourage us to spend the time in nature, or stargazing, or engaging in environmental, educational, or sustainable activities.

More info at: <https://www.earthhour.org>

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