

50 pence



April 2026

# The Trident



The Parish Magazine of

**ST THOMAS THE APOSTLE**  
BOSTON ROAD, HANWELL, W7 2AD

**Serving Hanwell and Beyond for over 90 Years**



[Facebook.com/StThomasHanwell](https://www.facebook.com/StThomasHanwell)



[Instagram.com/StThomasHanwell](https://www.instagram.com/StThomasHanwell)

Registered Charity no: 1130519

St Thomas the Apostle  
Church of England

Boston Road, Hanwell

**For more information**

Email: [StThomasHanwell@gmail.com](mailto:StThomasHanwell@gmail.com)

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



## A Prayer for Easter

Thank you for Jesus; for His life and death, but most of all for His resurrection, which makes all things new and possible.

Thank you for the reality that He defeated death by His work on the Cross and offers life forever with Him to all who believe in Him and receive Him into their lives as Lord and Saviour. Thank you for that incomprehensible but very real resurrection peace that we can know even in our darkest times by the presence of your Holy Spirit in us.

In joy and thankfulness, we praise and honour you this Eastertime.  
In Jesus' name. Amen.

### **Copy Dates**

Copy date for May will be Sunday 12th April

Copy date for June will be Sunday 10th May

Copy date for July will be Sunday 14th June

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.

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



## From Rev Julia

Dear friends,

As the days get longer and the weather begins to warm up, we are reminded that spring is a time of renewal and growth. The emerging flowers and blossom signals that the world is coming alive with new beginnings, and we are invited to join this

celebration of life and hope.

For Christians, spring is a particularly meaningful season as we prepare to celebrate Easter, the ultimate symbol of renewal and rebirth. The resurrection of Jesus Christ telling us that even in the darkest of times, there is hope for new life and a bright future.

As we continue to navigate through the challenges of the world, of economic uncertainty and the threat of wars, it can be easy to lose sight of the beauty and wonder of the world around us. However, it is precisely in times like these that we need to hold on to our faith and trust in God's plan for us.

The poet and priest **George Herbert** beautifully captures the spirit of Easter in his poem *Easter Wings*, written nearly four hundred years ago:

Lord, who createdst man in wealth and store,  
Though foolishly he lost the same,  
Decaying more and more,  
Till he became  
Most poor:  
With thee  
O let me rise  
As larks, harmoniously,  
And sing this day thy victories:  
Then shall the fall further the flight in me.

My tender age in sorrow did begin:  
And still with sicknesses and shame  
Thou didst so punish sin,  
That I became  
Most thin.  
With thee

---

Let me combine,  
And feel this day thy victory:  
For, if I imp my wing on thine,  
Affliction shall advance the flight in me.

Herbert reminds us that even our weakness and sorrow can become the means by which we rise with Christ. Easter is not merely about a past event; it is about present transformation. The Resurrection calls us to renewed faith, deeper compassion, and joyful service.

As we look forward to the coming months, let us embrace the spirit of spring and the promise of new beginnings. May we find strength and hope in the message of Easter and may the beauty of God's creation inspire us to live with joy and purpose.

Yours in Christ

Rev. Julia

---



## 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!

---

# Easter at St Thomas'

Sunday March 29th

6:00pm

'A Passiontide Devotional' -

A meditation in Words & Music on The Passion of  
our Lord.

Please do come along.

Thursday 2nd April

Maundy Thursday

7pm: Mass of the Lord's Supper

Friday 3rd April

Good Friday

3pm: Liturgy of the Lord's Passion

Sunday 5th April

Easter Day

06.00: Sunrise Easter Vigil at the Bandstand

10.00: Parish Mass

## Your Easter chocolate can be good for you

It all began in ancient Peru over 5,000 years ago. They liked to sip cacao, the purest form of chocolate. It took many centuries to find its way to Europe, but when it did arrive, it was a big hit. Now, with sugar added, chocolate is one of the most popular treats we know. In the UK we munch our way through about 4.5kg of it, per person, per year.

Dark chocolate is soaring in popularity. If it is of good quality, it will have less sugar and more beneficial plant compounds such as polyphenols and flavanols, which can help protect your brain, your heart and your gut from inflammation, among other things.

---



## Springing into Eco Action this Easter!

How are you getting on with your Lent Green promises? Whether it's cutting waste, walking more, or spending time in nature, every small step matters. If it's been challenging, don't worry – the important thing is that we keep trying and encouraging one another.

It was lovely to see the children planting and giving out seeds recently – a real sign of Spring hope. Huge thanks to Pauline for organising it. Although I am writing this before they happen, I wanted to say thank you, too, to everyone who helped with the garden clean-up and litter pick as part of the Great British Spring Clean! I am sure the Church grounds and Elthorne Park are looking much better as a result!

As Easter approaches, why not celebrate by spending time outdoors and noticing the signs of new life around us - Boston Manor Park has lots of great events on including Bat Walks, sessions about hedgehogs and harvest mice and volunteer gardening. Or travel a little further afield and visit our very own resident beavers (see separate article!) in Paradise Fields? Hopefully you'll also be able to enjoy your delicious Fair Trade Easter Egg (big thanks to Margaret!). And, don't forget the Fun Run on 19 April – a great chance to enjoy fresh air and community.

Looking ahead to May, the Eco Group will be keeping up its programme of events, including the Plant Sale on 16 May (thanks again to Pauline!). Finally - please keep on bringing those bread bags!

---

### In season in April

**Let's hope April brings us some warmer, drier weather!**

Asparagus, broccoli, Spring greens, cauliflower, cucumber, kale, lettuce, Jersey Royal new potatoes, purple sprouting broccoli, radishes, rocket, spring onions, watercress.



# Beaver-ing Away...

Did you know that beavers' teeth are orange? Not because they've been overdoing the carrots, but because their enamel contains iron, making them strong enough to fell trees and tough enough to withstand a lifetime of incisor-based DIY. This was the fascinating fact we learned as we set off to visit the splendid Ealing Beaver Project at Paradise Fields, Greenford, on one of their regular tours.

Our guide cheerfully led us into what can only be described as beaver heaven; a thriving wetland carved, shaped and enthusiastically remodelled by its industrious residents. Within minutes, we were staring at trees that had been expertly gnawed into dramatic shapes.

Then came the dams - real feats of ecological engineering. The guide explained how these structures slow the flow of water, reduce flooding, and create habitats for all manner of wildlife. In other words, the beavers are doing more for environmental management than most committee meetings ever achieve!

We also spotted their lodges — which look a little like floating compost heaps but are, in fact, snug family homes complete with underwater entrances. Finally, we came across a “beaver crossing.” A delightfully understated sign reminding humans that, for once, we are not the priority traffic!

What makes the whole visit so special is that this remarkable rewilding effort is happening right here in our borough. The project is a shining example of what community-led conservation can achieve — practical, hopeful, and on the day we went... slightly muddy.

If you're even remotely curious, do go. You can visit independently (with sturdy footwear and a spirit of adventure) or join one of the wonderfully informative tours. Keep an eye on Eventbrite for upcoming dates. And if you can't get there just yet, do watch Wild London, which features the Ealing Beaver Project and is a great introduction!

*Bess*

---

# Words of Comfort

## Reflections on William Tyndale from James Roberts

William Tyndale's translation of the New Testament was condemned and burned in the shadow of Old St Paul's. But this act did not extinguish the impact of his work, or his enduring legacy today.

Tyndale had a remarkable impact on the development of the English language. Although his translations were condemned in his lifetime, the tide swiftly changed following his death. As translation of scripture became not only tolerated but celebrated in the years which followed, Tyndale's work became foundational to future editions of the Bible. The King James Version (arguably the most famous English translation) is highly indebted to Tyndale. In fact, it's estimated that around 80% of the King James Version comes from Tyndale. If we consider the impact of the King James Version on the English language – not only in England, but throughout the world – then we can trace the profound impact of Tyndale's work well beyond his edition of the New Testament in 1526.

Tyndale's linguistic impact is not just a legacy for religious or theological language. He coined phrases which have entered our everyday language to this day; phrases such as 'from strength to strength', 'see the writing on the wall', 'fight the good fight', 'salt of the earth' and 'eat, drink and be merry'. And Tyndale's prose is beautiful to read too. It has a certain simplicity to it, with short sentences and uncomplicated vocabulary, yet it is underpinned by a masterful sense of rhythm and pace.

However, I have a feeling that Tyndale himself wouldn't be very concerned about this part of his legacy.

Tyndale's lasting impact (which I'm sure he would be proud of) is the accessibility of the Bible in people's native languages today.

The refrain which repeats throughout his writing is his desire to make Scripture accessible to everyone. This wasn't just for the public's general interest. Rather, it was to allow his readers to have a direct relationship with God. Scripture was a reminder of God's presence with all people, and Tyndale wanted to empower people with the comfort of this promise: 'Therefore let

us arm our souls with the comfort of the scriptures. How that God is ever ready at hand in time of need to help us,' he writes. As someone who faced extreme persecution, the words of scripture were his source of strength and truth in the face of trouble and danger.

As we reflect on Tyndale's legacy, 500 years since he dared to publish the New Testament, we might ask ourselves which words we hold to, where our comfort comes from, and which beliefs we are willing to risk everything for in order to defend them.

**Dr James Roberts** is Head of the St Paul's Cathedral Institute. James also serves as a Director of the Jerusalem and the Middle East Churches Association (JMECA) and is an Associate Tutor at the University of Winchester through Sarum College.

---

## All in the Month of April

It was:

75 years ago, on 17<sup>th</sup> April 1951 that the Peak District National Park was established. It was Britain's first National Park.

65 years ago, on 12<sup>th</sup> April 1961 that Soviet cosmonaut Yuri Gagarin became the first person in space and the first person to orbit the Earth.

50 years ago, on 3<sup>rd</sup> April 1976 that the UK won the 1976 Eurovision Song Contest with *Save Your Kisses for Me* by Brotherhood of Man.

50 years ago, on 7<sup>th</sup> April 1976 that politician John Stonehouse, who infamously had tried to fake his own death in 1974, resigned from the Labour Party, leaving the government in a minority. After his death in 1988 it was revealed that he had been a Czech spy since 1962.

40 years ago, on 11<sup>th</sup> April 1986 that Halley's Comet made its closest approach to Earth during its most recent visit. It will return to Earth's vicinity in 2061 and 2134.

25 years ago, on 7<sup>th</sup> April 2001 that NASA launched its Mars Odyssey spacecraft to search for evidence of water and volcanic activity on Mars. It found water and ice below the surface.

---

# Terracycle Recycling at St Thomas' Church

Raising money for church and Hall repairs



\* Pringles tubes with metal bottoms  
(not the plastic lids) Please crush if possible



\* Warburtons  
Plastic bread bags & bags from bread crumpets & rolls & wraps from any brand



\* Warburtons waxed bread bags



The Taylors of Harrogate tea & coffee programme has now closed so we can no longer recycle coffee & tea packaging

\*PLEASE NOTE: WE ARE NOT ABLE TO RECYCLE MEDICINE BLISTER PACKS\*  
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

Please do come along to the Passiontide Devotional on 29th March.

Jul & Sue



## 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.

### March Shopping List \*\*

Tinned vegetarian meals (chilli, bolognaise, curry etc), tinned custard and rice pudding, instant coffee, tinned fruit (pineapple is a favourite), tinned vegetables, UHT whole milk, honey and 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 Arthturs, Roy Arthurs, John Ball, Paul Ball, Caroline Baxter, The Brooks Family, Ivan Carter, Noel Chardon, Jenny Cornwall, Baljit Dhanda, Patrick Dennerly, Daphne Dorival, Leo & Estriana Douglas, Merfyn Edwards, Geraldine, Celia Griffith, Darren Hancock, Ian King, Jaxon Prentice, Nick Lunn, Jane Marland, Arda & Joe Metcalf, Dermot Molloy, Stuart Minty, Izzy Neale, Nicholas Robinson, Sarah, Julia Schumman, Gill Shaw, Keith & Sara Spillett, Colin Spooner, Leslie Stanton, John Tozer, Lynne Wilson and KrisWilson.

**Those recently departed:** especially: The Rt. Reverend Andrew Watson, Bishop of Guilford, John Brake, Agnes Cato & Geoffrey Waldron.

**A.CAIN**

FUNERAL SERVICES LTD  
1917-1992

*An independent family business with family values*

**Care, Compassion and Service**

Five generations of our family have been providing a caring and personal service since 1902.

- 24 Hour Service
- Funerals tailored to all budgets
- Direct Cremations available



38 Colindale Lane  
HAYES  
Middlesex UB3 3EP  
Tel: 020 8573 0664

81 Uxbridge Road  
HANWELL  
London W7 3ST  
Tel: 020 8567 5062

Email: [info@acainfuneralservices.co.uk](mailto:info@acainfuneralservices.co.uk)  
Web: [www.acainfuneralservices.co.uk](http://www.acainfuneralservices.co.uk)



**A.P.G. SERVICES**

**NEW ROOFS**

- \* SLATING \* VALLEYS
- \* LEADWORK \* GUTTERS
- \* REPOINTING \* TILING

**& ROOF REPAIRS**

**FREE ESTIMATES**

**mobile: 07880 713773**

**email:**

**ant.gellard@gmail.com**

POP-IN



\*POP- IN ON FRIDAYS\*

AT ST THOMAS' CHURCH HALL  
FROM 10.00AM 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!

**APRIL**

3rd - CLOSED ( Good Friday)

10th - Tea, coffee & cakes

17th - Tea, coffee & cakes

24th - Tea, coffee & cakes

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

**WASHING MACHINE  
DISHWASHER  
TUMBLE DRYER  
ELECTRIC COOKER  
REPAIRS**



Most makes repaired:  
Hoover Hotpoint Indesit Zanussi  
Whirlpool Creda Electra Servis etc....

For a Fast, Efficient  
& Friendly Service, please call

**Simon Lynch**

Electrical Engineer

**07958 554 947 (mobile)**



**New uses for old  
computers, laptops,  
phones & accessories**

I renovate old  
equipment, and then pass it on to  
people on benefits, in need, school  
kids and refugees.

All devices are securely erased to  
ensure absolute confidentiality.

Feedback from clients: [http://  
www.trashnothing.com/beta/  
stories/149/new-pcs-for-old](http://www.trashnothing.com/beta/stories/149/new-pcs-for-old)

Nicholas Robinson 07867 785 394  
[ndprobinson@gmail.com](mailto:ndprobinson@gmail.com)

## **Kincaid Landscapes**

**Aaron McCormack**

A family-run business est.1969

- \* DESIGN
- \* CONSTRUCTION
- \* MAINTENANCE
- \* CLEARANCE
- \* PRUNING
- \* TURFING
- \* PATIOS
- \* FENCING
- \* DECKING
- \* BRICKWORK

22 Ash Grove Ealing W5  
020 8579 6022  
07904 560501

## **HUMES GARAGE LTD**

Established over 50 years

**17-19 Humes Avenue  
W7 2LJ**

**Tel: 020 8567 4549**

**MOT Testing**

**Car Servicing & Repairs  
Body Repairs**

## Air Forces Memorial, Surrey

We first spotted the Air Forces Memorial completely by chance. We were on a long, very muddy walk around Runnymede, exploring the story of the Magna Carta, when we noticed a pale stone building perched on a hill above the Thames. Curiosity won, so we clambered up the slippery path - slipping, sliding and hoping our boots would survive — to see what it was.

At the top, we found the Air Forces Memorial, which honours more than 20,000 men and women of the RAF and Allied air forces who died in the Second World War with no known grave. It's peaceful, simple and full of quiet dignity. But the real surprise came as we wandered around. Something about the place felt curiously familiar - was it the calmness? the clean lines? Or the wooden door that looked almost identical to the doors at St Thomas'.

Soon we realised why: both buildings were designed by the same architect, Sir Edward Maufe. Once you know that, the connection is obvious and we kept spotting motifs and architectural flourishes which would look right at home in our very own Church. The memorial and St Thomas' may serve different purposes, but they definitely share a sense of calm and light and we're very pleased we stumbled across this place on a muddy walk and a curious climb up a hill. Runnymede and the story of the Magna Carta are also definitely worth a visit!

*Bess*





(JC - there will be Junior Church)

## March

**Sun 29th**                      **Palm Sunday**  
**Passiontide Devotional at 6pm**

## April

**Thurs 2nd**                      **Maundy Thursday - service at 7.00pm**  
**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**  
**Sun 26th**                      **4th Sunday of Easter - Mark the Evangelist**

## May

**Sun 3rd**                         **5th Sunday of Easter**  
**Sun 10th**                      **6th Sunday of Easter**  
**Thurs 14th**                    **Ascension Day**  
**Sun 17th**                      **Sunday after Ascension Day**  
**Sun 24th**                      **Pentecost**  
**Sun 31st**                      **Trinity Sunday**

## June

**Sun 7th**                         **1st of Trinity**  
**Sun 14th**                      **2nd of Trinity**  
**Sund 21st**                      **3rd of Trinity**



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!



# PARISH DIRECTORY



<u>VICAR</u>	REV JULIA PALMER	<a href="mailto:StThomasHanwell@gmail.com">StThomasHanwell@gmail.com</a> (quiet day - Thursday)	
<u>CHURCHWARDENS</u>	STEVE PURCELL	<a href="mailto:stevepurcell@btinternet.com">stevepurcell@btinternet.com</a>	07958 731735
	FADE SOLANKE-MITTERER	<a href="mailto:fade.sm@gmail.com">fade.sm@gmail.com</a>	
<u>PARISH OFFICE &amp; HALL BOOKINGS (Tuesday to Thursday 11am-4pm)</u>			
	STEPHEN BROOKS	<a href="mailto:StThomasHanwell@gmail.com">StThomasHanwell@gmail.com</a>	07933 895761
<u>PCC SECRETARY</u>	SUE CUNNINGHAM	<a href="mailto:sue.cunningham@mac.com">sue.cunningham@mac.com</a>	07850 889948
<u>TREASURER</u>	ROBERT PEARCE	<a href="mailto:robert.pearce85@yahoo.co.uk">robert.pearce85@yahoo.co.uk</a>	
<u>STEWARDSHIP SEC</u>	SHEILA BURT	<a href="mailto:sheilamburt@talktalk.net">sheilamburt@talktalk.net</a>	07940 642343
<u>ELECTORAL ROLL</u>	ALISON BAXENDALE	<a href="mailto:alison@thebaxis.com">alison@thebaxis.com</a>	07879 446892
<u>SENIOR SIDESMAN</u>	PAULINE BRITTON	<a href="mailto:paulinesbritton@hotmail.com">paulinesbritton@hotmail.com</a>	0203 091 1177
<u>SACRISTAN</u>	ANDREW LUMSDEN	<a href="mailto:andrew.n.lumsden@btinternet.com">andrew.n.lumsden@btinternet.com</a>	8567 9991
<u>DIRECTOR OF MUSIC</u>	ROGER GRANGE	<a href="mailto:rgrange66@gmail.com">rgrange66@gmail.com</a>	
<u>CHARITABLE GIVING COMMITTEE</u>	SARAH HOLROYD	c/o <a href="mailto:StThomasHanwell@gmail.com">StThomasHanwell@gmail.com</a>	
<u>JUNIOR CHURCH</u>	KIRSTEN ALLEN & BESS HULME	<a href="mailto:StThomasHanwell@gmail.com">c/o StThomasHanwell@gmail.com</a>	
<u>RAINBOWS</u>	MARION NEWLANDS	<a href="mailto:firsthanwellrainbows@hotmail.com">firsthanwellrainbows@hotmail.com</a>	
<u>BROWNIES</u>	PAULINE BRITTON	<a href="mailto:paulinesbritton@hotmail.com">paulinesbritton@hotmail.com</a>	0203 091 1177
<u>GUIDES</u>	CLAIRE O'NEILL	<a href="mailto:eighthhanwellguides@hotmail.com">eighthhanwellguides@hotmail.com</a>	
<u>GROUP SCOUT LEADER</u>	ADRIAN WALKER	<a href="mailto:gsl@7thhanwellscouts.org.uk">gsl@7thhanwellscouts.org.uk</a>	07769 181670
<u>BEAVERS/CUBS/SCOUTS</u>	ADRIAN WALKER	<a href="mailto:gsl@7thhanwellscouts.org.uk">gsl@7thhanwellscouts.org.uk</a>	07769 181670
<u>SAFEGUARDING OFFICER</u>	FADE SOLANKE-MITTERR	<a href="mailto:StThomasHanwell@gmail.com">c/o StThomasHanwell@gmail.com</a> 07726 781347	
<u>CHILDRENS CHAMPION</u>	KIRSTEN ALLEN	<a href="mailto:StThomasHanwell@gmail.com">c/o StThomasHanwell@gmail.com</a>	
<u>TRIDENT EDITORS</u>	JILL ASHCROFT	24 ERLESMERE GARDENS W13 9TY <a href="mailto:ashcroft.erlesmere@gmail.com">ashcroft.erlesmere@gmail.com</a>	
	SUE CUNNINGHAM	26 KENT AVENUE W13 8BH <a href="mailto:sue.cunningham@mac.com">sue.cunningham@mac.com</a>	07850 889948