

50 pence



June 2026

The Trident



The Parish Magazine of

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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



A Prayer for Corpus Christi

"Lord Jesus Christ,

you gave us the Eucharist as a memorial of your suffering and death.

May our worship of this sacrament of your body and blood help us to experience the fruits of your redemption and strengthen us to share in your life.

You live and reign with the Father and the Holy Spirit, one God, forever and ever.

Amen."

Copy Dates

Copy date for July will be Sunday 14th June

Copy date for August will be Sunday 12th July

Copy date for September will be Sunday 9th August

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 Nilesh, our new curate

My arrival as curate at St Thomas' from July is the culmination of a vocational journey that has been lengthy and varied! Of my many reflections along the way, it's the discovery, shaping, humility and abundance of God's grace that is quick to recount. I'm excited and honoured to be serving God in the good news of Jesus Christ with you, in the ministry, worship and in the church's presence in the community.

My Christian faith was rooted out of a Baptist church in my late teens. There was some friction early on, mostly with myself, to come away from my family's Hindu faith and working out cultural differences. My many years at the Baptist church were significant, both in my personal faith and experiencing God's love within a church community. Many warm, fond and meaningful times there. I met my wife, Waveney, at the church and married there.

From circumstance, we moved to being in a CofE church, The Clubhouse, that was based from a community centre in central London. In this time there was the encounter and embrace of Anglican belief and practice. A diversity of Christian thought and creatively doing the mission of the Kingdom of God.

Following the birth of my first daughter, with a second daughter and son to come, we moved to Ealing and have been involved in two churches since. The last 20 plus years have been at St Nicholas Church in Perivale. Understandably I will miss St Nicholas and the people there. I experienced God's call and felt profoundly the impact of people and leaders. Christ's presence, love and compassion in my struggles. And in that has come my vocation to ministry and I look forward to being able to serve at St Thomas' and together discover more of God and continue to be the good news of Jesus Christ.

Best
Nilesh

‘A joy and privilege to be received by the Pope’, says Archbishop of Canterbury

The Archbishop of Canterbury has praised the Pope for speaking out against injustice and about hope; has commended working together for the common good; and has endorsed the strengthening power of common witness, in an address after a recent private meeting at the Apostolic Palace in the Vatican.

She prayed with Pope Leo and said: “It is a joy and a privilege to be received by you, together with this delegation from Lambeth Palace.”

She said: “Your Holiness, you have spoken powerfully about the many injustices in our world today, but you have spoken even more powerfully about hope. The world needed this message at this time — thank you. It reminded us that, despite our sufferings, people long for life in all its fullness, and countless people are working each day for this vision of the common good.”

She continued: “May we continue to work together in that hope, trusting that the one who has begun this good work among us will bring it to completion. Please be assured of a warm welcome for the Church of England should you honour the United Kingdom with a visit.”

World Environment Day, observed annually on June 5th, is the United Nations’ principal vehicle for encouraging global awareness and action for the environment. Since its inception, it has grown into a massive global platform where individuals, communities, and governments collaborate to advocate for sustainable practices and combat pressing ecological crises.

The primary goal of World Environment Day is to inspire people to become proactive agents of environmental change. Each year, the event centres around a specific theme that targets critical issues such as biodiversity loss, plastic pollution, or climate action. It serves as a vital reminder that our daily choices profoundly impact the planet. From participating in local tree-planting and clean-up drives to reducing single-use plastics, World Environment Day encourages small, actionable steps that collectively ensure a cleaner, healthier, and more sustainable future for generations to come.



Feed the birds – but thoughtfully

If you enjoy feeding the birds, you are not alone. Up to 60% of all households in the UK regularly feed their wild birds, according to surveys from UK Pet Food. It all adds up to an estimated £250 million in sales annually, with roughly 150,000 tonnes of seed being sold.

When feeding wild birds, here are five mistakes to avoid:

Not keeping the feeders clean. This can spread disease. The RSPB advises cleaning bird feeders once a week with a mild soap such as washing-up liquid. Do it outside, using brushes that you keep for this job alone.

Leaving too much food out. It attracts rodents. Instead, the RSPB advises that little and often is best. But keep an eye on those feeders and keep them topped up. When birds are nest-building and raising broods, they need a lot of energy. Feed peanuts in a rigid mesh feeder, so that large piece of nut cannot choke baby birds. Avoid putting out fat in hot weather – it can go rancid.

Feeding bread. This can lead to malnutrition. Bread is high in carbohydrates, while garden birds require a protein-rich and high-calorie diet. A chick with a stomach full of bread can freeze to death overnight. Ideally, feed a combination of mealworms, seeds, sunflower hearts, dried fruit, peanuts and fat.

Forgetting to provide water. Birds need to drink and bathe daily, especially in hot weather. Change the water every day and keep the basin clean.

Putting feeders in the wrong place. Place your feeders near to shrubs, trees and bushes, to provide cover. Blackbirds and robins are ground feeders, whereas tits and sparrows prefer to feed from hanging stations. Using an array of feeders will attract a wide range of birds.

4th June

Corpus Christi, thanks for Holy Communion

The feast of Corpus Christi was proposed by Thomas Aquinas, focused on the Eucharist or Holy Communion. It celebrates the joy of sharing the Body and Blood of Christ with His presence in the Eucharist, and is usually celebrated on the Thursday after Trinity Sunday.

Today, most Protestant denominations don't acknowledge the festival, because of its association with the doctrine of the Real Presence. However, some Anglican churches do observe it, as the Thanksgiving for Holy Communion.

How do we understand the significance of the Eucharist or Holy Communion? Paul in 1 Corinthians 11: 23-32, points us in three directions.

A Past Commemoration:

The Eucharist *looks back* as we remember the Passover meal Jesus shared with His disciples (Luke 22:14–20). Jesus broke the bread and took the cup to signify that His atoning sacrifice on the Cross delivers us from the bondage of sin and death. As we remember His broken body and shed blood, it becomes personal: Christ died for *me*, suffered for *my* sins that *I* might live. It is truly a *eucharist*, a thanksgiving: '*Do this in remembrance of Me*' (1 Corinthians 11: 24,25).

A Present Communion:

The Eucharist speaks of the communion we enjoy with a living Christ, because our sins are forgiven. Paul encourages us to *look in* at the state of our hearts: '*Everyone ought to examine themselves before they eat of the bread and drink from the cup.*' (28). We should also *look around* acknowledging the communion we have with other believers. Holy Communion expresses our unity together: '*Because there is one loaf, we, who are many, are one body, for we all share the one loaf.*' (11:17). Paul is expressing his concerns here about the divisions in the Corinthian Church.

A Future Certainty:

The Eucharist is also a place where we *look forward* to Christ's return: '*For whenever you eat this bread and drink this cup, you proclaim the Lord's*

death until He comes.' (26). It declares that the reign of Christ has already begun, as we look forward to Jesus' return. He will unite earth and heaven under His rule and sin, death and Satan will finally be defeated.

So, when we next take Holy Communion, let's reflect on the past, present and future implications of what this meal means for us.



Our British bumblebees

Did you know we have about 270 kinds of bee in the UK, including 24 types of bumblebees? Here are just six of them:

Early Bumblebee: - Found throughout the UK. Rather small, with distinctive lemon-yellow bands on thorax and abdomen, and an orange tail. An important pollinator of our soft fruit.

Common Carder Bee: - One of our most common bees, and often still feeding in November. Fluffy, brown and orange, with sometimes darker bands on the abdomen.

Tree Bumblebee: - Found in England and Wales, and recently Southern Scotland. A fuzzy bee, with brown-orange hairs on its thorax, a black abdomen, and a white tail.

Red-tailed Bumblebee: - The female is very large, with a big red 'tail', while males are smaller.

Garden Bumblebee: - A scruffy-looking large bee, with a long tongue and face. It has yellow bands at the collar, rear of the thorax and at the first segment of the abdomen, and the tip of the tail is white.

Buff-tailed bumblebee: - The biggest of our bumblebees, with a yellow collar near the head and another on the abdomen. The queen has a buff-coloured 'tail', while the workers have white 'tails' and black hair on their faces.

Be kind to our bees. They are in steady decline across the UK.



Eco Group Update

Summer has arrived, bringing fresh energy, new growth, and a renewed sense of possibility—something we're excited to reflect in our work as an Eco Group.

First of all, a huge thank you to everyone who has continued to support our **Bread Bag Blitz**. Your enthusiasm and commitment have been incredible, and thanks to you, we have *almost reached our target of 2026 bread bags!* That's a fantastic achievement and a real testament to what we can accomplish together as a church community. So, what are we going to do now? The answer is - collect more! Yes, we want to get another 2,026 by the end of the year!!

As the seasons change, we're also turning our attention once again to the church back garden. This is an important part of our ongoing efforts to create a welcoming, sustainable, and environmentally friendly space for everyone to enjoy. We would really love to hear your ideas—how would you like to see the garden used? Whether it's for quiet reflection, community growing, wildlife support, or social gatherings, your thoughts will help shape what comes next.

Looking ahead, do save the date for **7 June**, when we will be holding a special environment-themed service. We're delighted that we'll be joined by a guest speaker, and the day will also include a voluntary activity as part of the **Great Help Out** and a cake sale in aid of an environmental charity. It's a wonderful opportunity to come together in worship and action.

Finally, this June why not join The Wildlife Trusts for 30 Days Wild — a month-long challenge encouraging everyone to do something positive for nature every day. Whether it's listening to birdsong, planting pollinator-friendly flowers, or taking a walk in a local green space, we'd love you to get involved and discover the joy of connecting with wildlife. Sign up online!

Thank you again for your ongoing support—we're excited for what this season will bring.

The Big Plastic Count & Our Bread Bag Blitz

Earlier this year, people across the UK (including at St Thomas's!) took part in the Big Plastic Count—one of the largest citizen science projects of its kind. The results give a striking picture of just how much plastic we use in our everyday lives.

Almost **225,000 people from over 77,000 households** took part, counting every piece of plastic they threw away in just one week. Together, they recorded **over 4.6 million pieces of plastic waste**.

When scaled up across the whole country, the findings are sobering. UK households are estimated to throw away **1.7 billion pieces of plastic packaging every week—that's around 90 billion pieces every year**.

What's even more concerning is what happens next.

- **58% of this plastic is incinerated (burned)**
- Only **17% is actually recycled**
- Around **14% is exported abroad**
- And **11% ends up in landfill**

Much of this waste comes from everyday items—especially food packaging like snack wrappers and fruit and vegetable packaging, which were among the most common items counted.

These findings highlight a key issue: even when we try to recycle, a large proportion of plastic—particularly *soft plastics like bread bags*—is difficult to process and often ends up being burned or discarded.

That's where our **Bread Bag Blitz** at St Thomas's fits in. By collecting bread bags together, we are taking practical action on exactly the kind of plastic identified in the Big Plastic Count. It's a simple but powerful way to reduce waste, raise awareness, and be part of a wider movement for change.

As we approach our target of 2026 bags, it's encouraging to know that our local effort is making a real contribution in response to a national challenge. Please keep up the good work!



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.

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>

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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.

May Shopping List **

Tinned sardines & mackerel, tinned vegetarian meals (chilli, bolognaise, curry etc). tinned fruit, tinned custard, breakfast cereals, tinned vegetables.

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: John Ball, Paul Ball, Caroline Baxter, The Brooks Family, Ivan Carter, Noel Chardon, Jenny Cornwall, Patrick Dennerly, Leo & Estriana Douglas, Merfyn Edwards, Andrew Everard, Geraldine, Celia Griffith, Tim Hall, Darren Hancock, Valerie Hobbs, Alison Johns, Ian King, Jaxon Prentice, Nick Lunn, Jane Marland, Arda & Joe Metcalf, Dermot Molloy, Stuart Minty, Cynthia Noel, Nicholas Robinson, Sarah, Julia Schumman, Gill Shaw, Keith & Sara Spillett, Colin Spooner and Kris Wilson

Those recently departed: Daphne Dorival, Hamdi & Ibrahim, Margaret Raine, David Leech and Margaret Clarke

Those recently married: Geraint Jones & Gabrielle Brockis

Those preparing for confirmation: Ben & Toby Howson, Leo Hewlett, Oliver Allen

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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!**

JUNE

5th - Tea, coffee & cakes

12th - Tea, coffee & cakes

19th - Tea, coffee & cakes

26th - Tea, coffee & cakes

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

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Does your child like to sing? We'd love to have them join our
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29 May; 5, 12, 19, 26 June.

Contact stthomashanwelle@gmail.com for more details.

Fridays, 6:30 to 7:15 pm
St Thomas' Church, W7 2AD

RSCM
The British Music Education Trust

Study Morning

The Problem of Pain

with Leslie Pringle

Join us for a discussion on the problem of suffering and pain in our lives.

6 June
in the Hall

9.45am: tea and coffee
10am to 12pm: discussion
12pm: lunch



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

THE BALLAD OF WALLIS ISLAND



Pictures by the Park

Join us for a film night, in aid of St Thomas' Hall Renovation Project! Free nibbles provided. BYOB. Admission £5 (PG-15).

Saturday 6th June 2026

7:15 pm for 7:30 pm start

St Thomas' Church Hall, Hanwell, W7 2AD

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

All in the month of JUNE

It was:

250 years ago, on 11 June 1776 that the Second Continental Congress appointed John Adams, Benjamin Franklin, Thomas Jefferson, Robert R Livingston and Roger Sherman to create the first draft of the Declaration of Independence.

100 years ago, on 1st June 1926 that the American film actress and model Marilyn Monroe was born. Remembered for Gentlemen Prefer Blondes, The Seven Year Itch, and Some Like it Hot, among others. Died 1962.

80 years ago, on 8th June 1946 that the London Victory Celebrations following WW2 took place. Allied forces paraded through London, cheered by crowds that stretched from Buckingham Palace to Regent's Park. Countrywide, an estimated 12 million people joined in various celebrations.

50 years ago, during July & August, the 1976 British Isles heat wave took place. One of the hottest and driest summers on record, it dried up rivers & evaporated reservoirs. Domestic water supplies were rationed, & public standpipes were installed in some areas. September & October both saw very heavy rainfall.



(JC - there will be Junior Church)

May

Sun 31st **Trinity Sunday**

June

Sun 7th **1st of Trinity Family Mass for Environment Sunday in the vicarage garden**

Sun 14th **2nd of Trinity (St Barnabas)**

Sun 21st **3rd of Trinity**

Sun 28th **4th of Trinity**

July

Sun 5th **5th of Trinity Patronal Festal Mass for St Thomas'**

Sun 12th **6th of Trinity (Sea Sunday)**

Sun 19th **7th of Trinity**

Sun 26th **8th of Trinity**

August

2nd **9th of Trinity**

9th **10th of Trinity**

16th **11th of Trinity**

23rd **12th of Trinity**

30th **13th 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!



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