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July 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



A Prayer for St Thomas'

Saint Thomas,

Your grief for Jesus was such that it would not let you believe he had risen unless you actually saw him and touched his wounds. But your love for Jesus was equally great and it led you to give up your life for him. Pray for us that we may grieve for our sins which were the cause of Christ's sufferings. Help us to spend ourselves in his service and so earn the title of "blessed" which Jesus applied to those who would believe in him without seeing him.
Amen.

Copy Dates

Copy date for August will be Sunday 12th July

Copy date for September will be Sunday 9th August

Copy date for October will be Sunday 13th September

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 our Vicar

Growing in Faith with St Thomas

July is a month that often brings a change of pace. Schools and colleges break for the summer, families take holidays, gardens flourish, and we spend more time enjoying the longer days. Amidst this season of growth and renewal, the Church invites us to

remember our patron saint, St Thomas the Apostle, whose feast day falls on 3rd July.

St Thomas is often remembered for his doubts following the resurrection of Jesus. When the other disciples told him that they had seen the risen Lord, Thomas struggled to believe. He wanted to see the evidence for himself. Yet his story does not end with doubt. When Jesus appeared to him and invited him to touch His wounds, Thomas responded with one of the most profound declarations of faith found in the Gospels: *"My Lord and my God!"* (John 20:28).

For many of us, Thomas is a reassuring companion on our journey of faith. He reminds us that questions and uncertainties need not separate us from God. In fact, our faith often grows stronger when we bring our doubts honestly before Him. Thomas' journey shows that sincere questioning can lead to a deeper and more personal encounter with Christ.

According to Christian tradition, Thomas carried the Gospel far beyond the Holy Land, travelling as far as India, where he established Christian communities whose faith continues to thrive to this day. He is also associated with the building of churches, which is why he is often depicted holding a builder's square. As a result, he is honoured as the patron saint of India, as well as of architects, builders, and those involved in construction. As we celebrate the feast of our patron saint, may we be encouraged by his example to continue growing in faith, trusting that God can work through our questions as well as our convictions.

We will celebrate the Feast of St Thomas at St Thomas the Apostle Church on **Sunday 5th July**. The service is a Family Parish Mass and begins at **10.00am** and will be followed by a **bring-and-share lunch**. Everyone is warmly invited to join us for this special occasion.

With every blessing,

Rev Julia



More goings-on at the PCC

The Parochial Church Council (PCC) met on the evening of Tuesday 2nd June. This was our first meeting following the Annual Church Meeting (APCM) on Sunday 10th May. Here is a brief summary of some of the discussion and the decisions that were taken.

PCC Officers

Being the start of a new PCC term, we re-appointed the following people to serve in key posts on the committee: Annabel Crowe agreed to serve as Lay Vice Chair; Sue Cunningham as PCC Secretary; Robert Pearce as Treasurer; Alison Baxendale as Electoral Roll Officer; Fade Solanke-Mitterer as Church Safeguarding Officer; Kirsten Allen as Children's Champion. Stephen Brooks was co-opted onto the committee in his capacity as Parish and Liturgical Administrator, and Meg Coleman and Will Howson were also co-opted. As a handy reminder of who's who, the editors of the Trident will continue to publish a list of all these responsibilities, together with contact details, on the back page of every issue.

Gill Shaw, who stepped down from the committee at the APCM, was thanked by the PCC for her years of sterling service as committee member and Hall Manager.

Mission and Outreach

In support of our ongoing vision to grow the Church, the committee reviewed and discussed the following ongoing programme of events:

- *Church Family*: Regular socials on the first Saturday of each month — films and other events. Regular meeting of over 50's Lunch Club on the first Wednesday of each month.
- *Spirituality*: Adult education on Saturday mornings, the first being on 6th June led by Leslie Pringle.

Community: a Choir Club has started, with 5 children joining the main choir rehearsal after 30 minutes of fun music. We will also have a pitch at Hanwell Carnival on 20th June. Thomas' Tots held every Wednesday

morning during term-time.

Some of the experienced people who take part in the annual Pantomime are standing down, and we are looking to recruit new people to take on a variety of roles — behind-the-scenes and on-stage. The next performance is planned for January 2027.

Young People: Rowland will be leaving us at the end of July. Amongst other things, she has organised monthly socials which have proved to be popular. Going forward, Nilesch and Revd Julia will oversee the young people.

Church Hall usage

Stephen reported that we now have a vacancy on Friday evenings for use of the Hall by community groups. Ideally this would be a regular weekly booking, but we are happy to accept one-off events in the meantime.

Hall Renovation Update

A decision from Ealing Borough is awaited regarding our planning application to make changes to the building. It is hoped that redevelopment of the lounge area and provision of a new side entrance will be able to start in October. It has been confirmed that work on the lounge area can take place whilst normal usage of the main hall continues.

New Inspecting Architect

The PCC needs to appoint a new Architect to carry out regular 5-yearly inspections of the church building, on behalf of the Diocese. Our previous long-serving architect was John Scott, who has now retired. It was decided that Steve will lead this process on behalf of the PCC, with Revd Julia, Pauline, and one other person with experience of building work acting as the interviewing committee.

Worship

It was decided to go ahead with the purchase of new live-streaming equipment so that church services will be accessible via our website. Previous live-streaming ceased when the complex computer software failed to function correctly.

Steve Purcell, Churchwarden.



An unsung faith charity – celebrating 150 years of service

On 10th June of this year at St Paul's Cathedral, The Mothers' Union, a Church of England Christian charity, celebrated 150 years of caring for families worldwide. They have been a guide and a voice for the marginalised, the vulnerable and all victims. The Mother's Union have over four million members in 84 countries.

The Mothers' Union was founded by Mary Sumner, a vicar's wife, in 1876. She saw the need for women to have a role in society (not just as wives and mothers), but to have a sense of purpose, of belonging, of caring, of hope and working together to carry out Christ's message of love and discipleship. So Mary invited the women in the parish of Old Alresford, Hampshire, to a meeting at the rectory, to discuss her vision. And the rest – as they say – is history.

It was an honour to be a part of this celebration, seeing the global members of every colour and language. But then that's the beauty of The Mothers' Union. It welcomes everyone. Its motto is 'Join us, Join in'.

The needs of the disabled were taken into consideration, so that all could be at this wonderful celebration.

The celebrant was The Archbishop of Canterbury – the most Revd and Rt Hon Dame Sarah Mullally. In her sermon, she paid tribute to The Mothers' Union of which she is a member.

We owe this awesome celebration to Mary Sumner who trusted in God, and saw her vision come to fruition.

Mary Sumner is remembered by the church on 9th August. She is buried at Winchester Cathedral in Hampshire.

For future details on The Mother's Union and Mary Sumner, go to Mothers' Union, Mary Sumner House, 24 Tufton Street, SW1P 3RB or go to www.mothersunion.org

Eileen



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.

Archbishop of Canterbury calls to 'make strangers neighbours' amid rising hostility

Responding to the recent King's Speech, the Archbishop of Canterbury, Sarah Mullally, has spoken about the importance of hope at a time of rising hate crime, intimidation and hostility.

"The work of integration has never been more urgent. We have witnessed a deeply concerning deterioration in intercommunity relations. I therefore welcome the commitment in the Gracious Speech to do more to protect the Jewish communities following the recent appalling attacks and in doing so I wish to assure both Jewish and Muslim communities of my support as they face the unacceptable rise in hate crime, intimidation and hostility.

"The Church of England has long held that the right of all people to practise their faith without fear must be protected.

"We have also seen religious identity misused to intimidate and divide. Let us be clear: the commandment of Jesus Christ is to love your neighbour as yourself, to love without exception and to seek the flourishing of all.

"We must address the pressures facing people and communities today while ensuring that systems for new arrivals are fair. We must undertake the harder task of bringing communities together - of making strangers neighbours - and ensuring that all who reside here have both the opportunity and the responsibility to contribute to our shared life."



Holiday soothies

For dealing with motion sickness, ginger capsules are your new friend. Available from any health store, they do a wonderful job in calming upset tummies.

For fever or frayed tempers, take some camomile tea bags with you. Camomile tea doesn't just calm your nerves; cooled down, the tea also soothes sunburn.

For banning mosquitoes & insomnia, take some essential oil of lavender. Mosquitoes hate the smell, so if you put a few drops around your pillow at night, you can help keep them at bay – and help yourself drift off to sleep.



Eco News from St Thomas' Creation, Community & Looking Ahead

June began with our great Creation Sunday Family Service on 7 June. Thank you to everyone who took part. It was a reminder that caring for creation is not a side project but part of our worship and our life together. But... now on to action – we've three things we'd like you to help with over the next weeks and months...

Plastic Free July

Be part of history this July! Join thousands making a pledge in a world record attempt for "The Most People Refusing Single-Use Plastic in One Day". On 1 July 2026, choose one plastic item to refuse, from takeaway cups to plastic bottles or packaged produce, and make a pledge as an individual or with friends, family, classmates, colleagues, or your community. More information at: [Plastic Free July – Be Part of the Plastic Pollution Solution](#)

Bread Bags: Let's Reach 2,026 by Christmas

Our Bread Bag Blitz continues to be one of the simplest and most effective ways we can reduce waste. Thanks to your steady stream of donations, we've already diverted over 2,000 bags from landfill. Now we're setting ourselves a bold new challenge: another 2,026 bread bags by Christmas. Please keep those bags coming — every one counts. Pop them in the collection box at the front of church whenever you're passing.

Back Garden Ideas: What do you want to see?

The Eco Group is gathering ideas for revamping the back garden into a space that's welcoming for people and wildlife alike. If you haven't yet shared your thoughts, there's still time. Drop a note in the Eco Group box, or speak to a member of the team. This is a garden for all of us, and we'd love your voice in the mix.

Looking Ahead: Autumn and Winter Plans

Fairtrade Fortnight — 21 September to 4 October

This year Fairtrade Fortnight leads us right up to Harvest. We'll be exploring how choosing Fairtrade supports farmers on the frontline of climate change.

Harvest Festival — Sunday 4 October

Harvest this year falls on World Animal Day, so we're planning something special – watch this space for more details!

Toilet Twinning — November

In November we'll be turning our attention to Toilet Twinning, helping to fund safe sanitation for communities around the world.

December — A Sustainable Christmas

As Advent approaches, we'll once again be encouraging a Sustainable Christmas: thoughtful gifts, low waste celebrations, and simple ways to keep the season joyful without costing the earth. Expect resources, ideas and a few surprises.

Thank You

Thank you for everything you do — the bags you bring, the ideas you share, the time you give, and the hope you carry. Together we're building a church community that cares for creation not just in words but in action.

Bess

All in the month of July

It was:

250 years ago, on 4th July 1776 that the US Declaration of Independence was adopted by the Second Continental Congress.

90 years ago, on 24th July 1936 that the speaking clock telephone service was launched in the UK.

60 years ago, on 30th July 1966 that the 1966 FIFA World Cup final took place. England beat Germany 4 – 2. English player Geoff Hurst became the first (and only) player to score a hat-trick in a World Cup final.

50 years ago, on 20th July 1976 that NASA's Viking 1 lander successfully landed on Mars, and sent back the first photographs from the surface of Mars.

10 years ago, on 26th July that Hillary Clinton became the first woman to be nominated for President of the USA by a major political party (Democrats). She lost to Donald Trump in the election that November.

Terracycle Recycling at St Thomas' Church

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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.

June Shopping List **

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

Thank you, but the foodbank has plenty of pasta and chick peas 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, Alison Johns, Ian King, Jaxon Prentice, Nick Lunn, Jane Marland, Arda & Joe Metcalf, Dermot Molloy, Stuart Minty, Marion Newlands, Cynthia Noel, Nicholas Robinson, Sarah, Julia Schumman, Carie Schurr, Gill Shaw, Keith & Sara Spillett, Colin Spooner and Kris Wilson

Those recently departed: Sally Spowart, Tim Hall

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

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***STAY FOR TEN MINUTES OR THE MORNING!**

JULY

3rd - Tea, coffee & cakes

10th - Tea, coffee & cakes

17th - Tea, coffee & cakes

THE POP-IN WILL NOW BE CLOSED UNTIL SEPTEMBER

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

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Sea Sunday - 12th July

Sea Sunday is the day each year when churches worldwide come together to pray for seafarers, and to support The Mission to Seafarers' frontline ministry to them.

Seafarers are essential to everyday life, yet many work unseen, facing long periods away from home, isolation, and often dangerous conditions. Sea Sunday offers an opportunity to pause, and give thanks for the men and women who keep our world moving.

The Mission to Seafarers works in ports across the world. In 2025 alone, it made over 48,000 ship visits, provided shore leave transport for more than 150,000 seafarers, and ran programmes on family support and suicide prevention.

These moments of care — a visit on board, practical help ashore, or someone to listen — can make a profound difference to seafarers far from home.

For Sea Sunday 2026, the theme is 'Harbours of Hope: The Church Alongside Seafarer', inspired by Matthew 25. This theme celebrates the local church as a place of welcome, refuge, and hope — a community offering both spiritual and practical safety to those who work at sea. It invites congregations to reflect on how they can stand alongside seafarers through prayer, hospitality, generosity, and justice.

There is a wide range of free downloadable resources on Sea Sunday, which can be found at: <https://www.missiontoseafarers.org>



From the Editors

We hope you're all managing in the heat. We're celebrating St Thomas' day on Sunday 5th July, so we hope you can join us at the 'Bring and Share' lunch.

Best wishes

July & Sue



(JC - there will be Junior Church)

June

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

Sun 2nd

9th of Trinity

Sun 9th

10th of Trinity

Sun 16th

11th of Trinity

Sun 23rd

12th of Trinity

Do you think we need a parish magazine?

We've been editing this magazine for 35 years and we've had a great time with it. But all good things must come to an end and due to changes in circumstances, we both feel that now is the time to hand it over to someone else to take it forward and update it.

We'll carry on producing it until the December magazine goes out in November, but that'll be all.

If you'd like to talk to one of us, then please come and see us after church or email one of us. Contact details are on the back page.



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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