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August 2026

The Trident



The Parish Magazine of



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

The Pilgrim's Aiding



God be with thee in every pass,
Jesus be with thee on every hill,
Spirit be with thee on every stream,
Headland and ridge and lawn;

Each sea and land, each moor and meadow,
Each lying down, each rising up,
In the trough of the waves, on the crest of the billows,
Each step of the journey thou goest.

Copy Dates

Copy date for September will be Sunday 9th August
Copy date for October will be Sunday 13th September
Copy date for November will be Sunday 4th October

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

Dear Friends,

August is often a time for holidays, family gatherings, and enjoying the company of friends. The long summer days are still with us, although they are beginning to shorten, and many people take the opportunity to rest and recharge before the routines

of autumn begin again.

In John's Gospel, Jesus says: *"I have come that they may have life, and have it to the full"* (John 10:10). At St Thomas', we seek to live out that promise as we continue to be guided by our vision: to grow deeper in faith, welcome all, and share Christ's love with our community.

Whether you are a regular member of our congregation, new to the area, or simply curious about church life, you will find a warm welcome at St Thomas'. We believe that everyone has a place here, and we are always delighted to meet new people.

Throughout August, our regular Sunday worship continues, and we have several opportunities to gather and enjoy fellowship together. On 1st August, our popular Pictures by the Park film night returns with a screening of *Billy Elliot*. This uplifting and heart-warming film promises an enjoyable evening for all, so do come along and bring a friend. We also have our Over 50s Lunch on 5th August. Full details of these events can be found on our website.

As summer draws to a close, we look forward to the return of many of our regular activities in September, including our choirs, Junior Church, youth group, Bible study groups, and other church activities. These groups offer opportunities for worship, friendship, learning and service, and new members are always welcome.

We are also looking for volunteers to support our Eco Group, which helps us care for God's creation through practical environmental projects and initiatives. In addition, work continues on the renovation of our church hall, and any help, expertise, or support would be greatly appreciated.

As we look ahead to the coming months, we pray that God will continue to bless our church and our wider community. We invite you to join us as together we grow in faith, welcome all, and share Christ's love with those around us.

With every blessing,

Rev Julia



August: Making the Most of Summer Together

August is a wonderful time to slow the pace a little, enjoy longer days, and appreciate the many blessings around us. Whether you're staying close to home or heading away for a break, we hope you'll find time to enjoy all that summer has to offer.

Thank you so much to everyone who has already told us about their views on the back garden revamp! But we'd like more ideas! Are there ways we could use the garden for community events, children's activities, prayer, or simply to make it even more inviting? Please do share your suggestions—we'd love this to be a space shaped by the whole church family.

A (second!) huge thank you also goes to everyone who continues to bring in their clean bread bags for recycling as part of our Bread Bag Blitz. Your support makes a real difference, helping to reduce waste while supporting our environmental commitments. Every bag brought in is another small step towards caring for the world.

We are incredibly fortunate in Ealing to have such wonderful green spaces on our doorstep, and summer is the perfect time to explore them. If you haven't yet visited Paradise Fields, why not take a walk and see the resident beavers? Their return is a fascinating example of nature flourishing and offers a wonderful opportunity to see wildlife in action close to home. Check out the Ealing Wildlife Group's calendar of activities!

Elthorne Park is a great place to enjoy the summer, with tennis courts, an outdoor gym, playgrounds, open green spaces for picnics and games, and scenic walking routes that connect to Elthorne Waterside, the Grand Union Canal and Brent River Park. Visitors can also stop at the Aces Café for refreshments, explore local wildlife, or take a short walk to nearby attractions such as Hanwell Zoo. Another local gem is Boston Manor Park, where there's plenty happening throughout the summer. From family-friendly activities and outdoor events to peaceful walks through the park

and gardens, there's something for all ages to enjoy. It's a great reminder of the rich natural and community resources we have nearby.

As we enjoy these summer weeks, may we all take time to pause, reconnect with nature, spend time with family and friends, and give thanks for the beauty that surrounds us. We look forward to seeing you in church over the coming weeks!

150 years on, Mothers' Union is a "powerhouse" - Archbishop of Canterbury

The Mother's Union is celebrating its 150th anniversary. At a recent service in St Paul's Cathedral, the Archbishop of Canterbury said she had seen first-hand the profound impact of its work in communities around the world, "in family life, healthcare, education, social projects — challenging poverty, injustice and violence. . . In fact, I often say, if I need something doing, ask the Mothers' Union to do it."

Her sermon on Ephesians had asked: "How do we sustain ourselves as we serve? How do we nourish our own spiritual, mental, and physical well-being, whilst we are tending to the needs of others?"

The answer, she suggested, lay in St Paul's words: "I pray that Christ may dwell in your hearts through faith, as you are being rooted and grounded in love. I pray that you may have the power to comprehend, with all the saints, what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge, so that you may be filled with all the fullness of God."

She continued. "May *you* know the depth of God's love in the grass-roots work that you do throughout the world. May *you* know the breadth of God's love as you strive to serve this global movement.

"You are salt to our world, in the ordinary, everyday ways you make such a difference to the people you serve, and in the fellowship that you offer to one another."

C of E apologises for historical adoption practices

The Church of England has recently apologised for its role in historical adoption practices, particularly in mother and baby homes.

The Archbishop of Canterbury, Sarah Mullally, said: “We are profoundly sorry for the pain, trauma and stigma experienced - and still carried - by many people because of historical adoption practices in homes affiliated to the Church of England.

“We have heard first-hand the accounts of mothers who were separated from their babies in circumstances where they had very few meaningful choices.

“We know that many women and girls were at times made to carry out menial and manual work as a form of ‘correction’. We also recognise where prejudice - including on the grounds of race and disability - shaped and defined experiences and outcomes.

“We are listening to the people affected. We are deeply ashamed that this happened to people in the care of Christian communities.

“These practices are in the past and must never happen again. We will not condone or repeat them. Our commitment now is to listen, to lament and to learn, to ensure that this leads to change.”

The Shell

Upon the sandy shore an empty shell,
Beyond the shell infinity of sea;
O Saviour, I am like that empty shell,
Thou are the Sea to me.

A sweeping wave rides up the shore,
and lo,
Each dim recess the coiled shell
within
Is searched, is filled, is filled to
overflow

National Allotment Week – 10th to 16th August

If you like allotments, then this week is for you.

It raises awareness of the very practical good that renting an allotment can do, in both providing space to grow your own food, but also in encouraging more connectedness with your immediate community.

This year the theme is 'Grow to Learn – Lifelong Lessons from the Allotment'. This highlights how time on the plot acts as a living classroom, teaching vital life skills such as resilience, patience, and creative problem-solving.

The National Allotment Society began in 1901, with the formation of the Agricultural Organisation Society. It grew rapidly, until by the time of WW2, from 1939 to 1945 there were 1.4 million plots supporting the 'Dig for Victory' campaign.

Nowadays there are about 330,000 allotment plots across the UK, managed by hundreds of different local councils and independent societies. The average rent is about £45 a year for a standard 5-pole plot (125 sq. metres).

If you want an allotment, you will have to wait. Demand for plots is currently at an all-time high, making the average wait 37 months. London is averaging 69 months, while in Islington, some people have been on the list for more than a decade.

The best crops for first-time allotmenters? You might want to try potatoes, onions, garlic, runner beans, courgettes, carrots, salad leaves, beetroot or strawberries.



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.



The Trident Needs You!

You may have read in the July magazine that we have made the decision to stop editing the parish magazine. The December 2026 edition will be our last.

We've been doing the job for 35 years - half our life-time! And we've had great fun. But our circumstances have changed now and so we need to hand it over to someone else.

If you think you could be that person (or more than one person), then our emails are on the back of the magazine or see us after church.

Jill and Sue

Christian Aid launches Ebola Emergency Appeal

Christian Aid has launched an Ebola Emergency Appeal, as the deadly disease continues its spread.

The World Health Organisation (WHO) has called the outbreak a public health emergency of international concern. There is no vaccine or specific treatment for the Bundibugyo strain of Ebola, which has a fatality rate of up to 50%.

Christian Aid says: "Prevention is the only way to stop it, and that depends on trusted local partners reaching communities first."

Decades of armed conflict in the DRC has left more than 27 million people in urgent need of food, around 65% of them without access to clean water, and most households do not have adequate sanitation.

Meanwhile, the DRC shares borders with nine countries, and the region has high cross-border population movement. Cases have already crossed into Uganda. Once Ebola spreads beyond containable hotspots, the response becomes far harder - and far costlier in lives.

Christian Aid's Ebola Emergency Appeal can be found at: <https://www.christianaid.org.uk/appeals/emergencies/ebola-emergency-appeal>

11th August

John Henry Newman, priest and Tractarian

John Henry Newman (1801 – 1890) was a highly influential 19th-century theologian, scholar and poet.

Born in London in 1801, the son of a banker, Newman had an evangelical conversion when he was just 15. He went on to Oxford in 1817, and in time became Fellow and then a tutor at Oriel College. Here he began the shift from evangelical Anglicanism to a more High Church understanding of the Christian faith. In 1826 he was ordained and became Vicar of St Mary's Oxford.

In the years that followed, Newman became a key leader in the Oxford Movement, whose aim was to renew the C of E by reviving ancient Catholic beliefs and traditions. He pioneered *Tracts of the Times*, writing three of the first four himself. He came to exalt the Church Fathers as on the same level as Scripture, believing that the Anglican Church was mistaken to insist on Scripture as the sole authority. Church and tradition, he felt, played an equal part.

Whereas other leaders of the Oxford Movement always remained Anglicans, by the time that *Tract Ninety* was published, Newman was losing faith in the C of E. In 1842 he retired from Oxford, left St Mary's in 1843.

In 1845 he was received into the Roman Catholic Church, and in Rome he was ordained priest and entered the Congregation of the Oratory. Returning to England, he established an Oratory near Birmingham and lived there most of the remainder of his life.

In 1854 he founded the Catholic University of Ireland (University College Dublin). In 1877 Pope Leo XIII made him a cardinal.

In addition to all this theological work, John Henry Newman loved poetry. He wrote many hymns, the most famous of which include: 'Firmly I Believe and Truly', 'Lead, Kindly Light' and 'Praise to the Holiest in the Height'. He also authored dozens of books. He died on 11th August 1890.

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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.

July Shopping List **

Tinned fruit & custard, tinned sardines & mackerel, breakfast cereals, tinned tomatoes and pasta sauce, instant coffee, tinned vegetarian meals (chilli, bolognaise, curry etc).

Thank you, but the foodbank has plenty of pasta, baked beans and soup 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, Amy Dobbin, Patrick Dennerly, Leo & Estriana Douglas, Merfyn Edwards, Andrew Everard, Geraldine, David Gilbert, Celia Griffith, Darren Hancock, Alison Johns, Ian King, Jaxon Prentice, Nick Lunn, Jane Marland, Arda & Joe Metcalf, Dermot Molloy, Stuart Minty, Marion Newlands, Cynthia Noel, Christine Oxford, Nicholas Robinson, Sarah, Julia Schumman, Carie Schurr, Gill Shaw, Keith & Sara Spillett, Colin Spooner, Linda Williams and Kris Wilson

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

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FRIDAY 11TH SEPTEMBER**

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

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It was:

250 years ago, on 2nd August 1776 that the formal signing of the US Declaration of Independence took place.

175 years ago, on 12th August 1851 that the American inventor Isaac Singer was granted a US Patent for his sewing machine. Since then, well over 100 million various models of Singer sewing machines have been sold worldwide.

150 years ago, from 13th to 17th August 1876 that the German composer Richard Wagner's complete Ring cycle (Der Ring des Nibelungen) was performed for the first time, over four nights, at the Bayreuth Festspielhaus.

125 years ago, on 4th August 1901 that Louis Armstrong, American jazz trumpeter and singer, was born.

50 years ago, on 7th August 1976 that NASA's Viking 2 spacecraft went into orbit around Mars. In two years it orbited Mars about 700 times and sent back 16,000 images.

40 years ago, on 9th August 1986 that the rock band Queen performed its final live concert at Knebworth Park before the death of singer Freddie Mercury.

40 years ago, on 31st August 1986 that Henry Moore, British sculptor, died. His monumental, semi-abstract bronze sculptures are displayed in public spaces around the world.



From the Editors

We hope you all have a lovely summer. Please note that we are standing down as editors for The Trident at the end of the year. If no-one volunteers to take over, then the December 2026 magazine will be the last one.

Jul & Sue



July

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

Sun 30th

13th of Trinity

September

Sun 6th

14th of Trinity 'Back to School' Sunday

Sun 13th

15th of Trinity

Sun 20th

16th of Trinity - Confirmation Service

Sat 26th

Fund raiser - 'For One Night Only' 8pm

Sun 27th

17th of Trinity

October

Sun 4th

18th of Trinity

Sun 11th

19th of Trinity

Sat 17th

Harvest Ceilidh

Sun 18th

20th of Trinity

Sun 25th

21st 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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