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October 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 Harvest

Dear Lord,

As we give thanks for the harvest and pray for the farmers who have struggled through the summer's drought and heatwaves, we also give thanks and pray for those who work to share the good news of Your kingdom, to bring in Your harvest of people who are searching for You.



May we, who know You, join those workers and share the good news that Jesus brings. So many people are lost and without hope or direction. Help us to reach out to them, maybe with an invitation, or simply a smile, or an act of kindness. May they see Your love reflected in us and turn to You.

May they put their trust in Jesus, who alone is the answer to all life's great questions. Lord, may we be workers in the harvest field where You have placed us, for Your glory.

In Jesus' name.

Amen.

Copy Dates

Copy date for November will be Sunday 11th October

Copy date for December will be Sunday 8th November

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.

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From our Vicar

Caring for God's Creation

Dear friends,

October is a wonderful month to pause and give thanks for the beauty and abundance of God's creation. The changing colours of the leaves, the fruits of the harvest, the cooler days and the richness of the

natural world around us all remind us that creation is a gift to be treasured.

This year, our Harvest celebrations at St Thomas' will be on **Sunday 4**

October at 10am, we will celebrate our Harvest Service together with a **Pet Blessing Service**, as we mark **St Francis' Day**. St Francis of Assisi is perhaps best known for his deep love of creation and his recognition that all creatures are part of God's wonderful creation. He called the sun, moon, earth and animals his brothers and sisters and encouraged Christians to live simply and gratefully.

You are very welcome to bring your pets along to the service to receive a blessing. If your pet is not able to come, you can bring a photograph or simply bring them in your heart and prayers. We will also be collecting food for the Foodbank, so please bring a donation if you are able.

As a church, we are continuing to think about caring for creation through our **Eco Church** work. We have received our Bronze Award and are now working towards Silver. There are many small things we can do as individuals and as a church community to reduce waste, use resources wisely and care for the environment. We are also planning to develop a community garden at the back of the church. If you would like to become more involved, please get in touch with me.

I am also reminded of these words from the poet Gerard Manley Hopkins:

The world is charged with the grandeur of God.

It will flame out, like shining from shook foil;

It gathers to a greatness, like the ooze of oil

Crushed.

Hopkins reminds us that God's presence and glory are woven through the world around us. So, as we celebrate Harvest and St Francis this month, let us give thanks for all that God has made, remember those who do not have enough, and consider how we can play our part in caring for our common home.

With blessings and prayers,

Rev Julia Palmer



Back at the beginning of Summer, Dora from Blueprint for All, came to tell us about the charity and the work they do. Below is a transcript of what she said.

Good morning all,
Thank you so much for having me.

My name is Dora and I am here today on behalf of Blueprint for All, one of the charities you selected to support last year. I am here, quite simply, to say thank you.

We are so incredibly grateful to each and every one of our donors. We feel truly touched by the commitment our community groups demonstrate in their support of young, systemically vulnerable people as they begin their careers, and find their place in our communities. At a time when many young people feel pushed to breaking point by the cost of living, an increasingly competitive job market, and the growing pressure of exams and expectations, it means a great deal to pause, and recognise that opportunity can still be shared, and that community support can still be nurtured.

Your generosity has always helped us go further.

We feel extremely proud of what we achieved in 2025. Over the past year, we reached more than 10,000 young people through a combination of in-person programmes and digital support. We delivered 39 employability skills workshops across industries from the built environment, financial services, sustainability and entrepreneurship, alongside our sixth-form programme supporting young people taking their first steps towards employment.

We expanded our reach beyond major cities, delivering programmes across the UK, with one in five participants joining us from outside London. And, because access to opportunity increasingly depends on access to technology, your support enabled us to distribute 80 laptops to young people facing digital poverty, a simple tool that can transform a young person's ability to learn, connect, and succeed.

We worked closely with schools, supporting 250 students, mostly at school leaving age, as they prepared for their next steps. I'm especially proud to share that 99% of participants on our Transitions to Employment programme moved into higher education, employment, or training within

six months of completing the programme.

Beyond our direct delivery, we continued to champion systemic change in 2025. In November last year, we published our revised Life Chances report, calling on policymakers, educators, and employers to address the structural inequalities that continue to shape too many young lives. Real progress happens when individual opportunity and wider reform move together, and your support allows us to contribute to both. I have brought with me some copies of our abridged Life Chances report with me today, which you are more than welcome to take and share.

Some of the findings from this report remind us why this work matters so much.

41% of the young people we spoke to said they had abandoned their original career aspirations in the past year in search of more stable work, yet 38% of those still struggled to find it. Over $\frac{3}{4}$ reported taking on additional work alongside their studies or jobs just to maintain financial stability, often at the expense of their mental and physical health. And at least a third said financial stress was the most consistent challenge to their wellbeing.

The message is clear: financial stability is not only about meeting basic needs. When young people lack stability, they lose the time and space to be aspirational; to imagine what they want for their future and to be given the time and the opportunity to work towards it.

I'd like to end with a story from one of our young people. One of our Building Futures Alumni, Oscar, joined a work experience placement through Blueprint for All some years ago. Reflecting on his first day, he said "I was really, really scared. I lacked confidence, but I was really motivated to go in and get the experience." When speaking of us, and the impact of the programme he told us, "It wasn't just the bursary, it was the confidence that it gave me to feel like the charity believed in me, in my potential, gave me that confidence to think, 'I can actually do this.' If it wasn't for Blueprint for All, I would never have become an architect, that is a fact."

His journey started with one day of work. Helped by your generosity, we were able to contribute the equivalent of 10 first days of work, 10 opportunities for that first foot in the door.

On behalf of those young people whose lives you support through us, I know they would want me to share the biggest thank you.



St Thomas'

Quiz night

Saturday November 14th

7pm for a prompt 7.30pm start

Come as a team or we can put you in a team

£20 adults; £15 children under 14

Fish and chip supper included but please bring your own drinks, glasses and nibbles.

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Or speak to Sarah or
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The Terracycle Recycling at St Thomas' Church has now finished.

USPG⁺

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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.

Panto - Oh no it isn't

After much consideration and discussion, we've decided not to put on a pantomime in January 2027. This is partly because we hope part of the work on the hall renovation will be starting soon and partly because we don't have enough people resources. We hope to have panto in the future though and we're going to have a talent evening on January 16th.



News from The Eco Group

Garden Survey Results – Thank You!

A huge thank you to everyone who took part in our garden survey and shared such thoughtful ideas. Your votes and suggestions have given us a really helpful picture of what our church community hopes to see in the St Thomas' garden.

The strongest message was clear: we want a space that's rich in nature, welcoming to wildlife, and somewhere people of all ages can enjoy being outdoors together. The most popular idea by far was a **pond** (14 votes), followed by **fruit trees** and **wild flowers** (9 votes each). A **vegetable patch** also scored highly, showing real enthusiasm for growing food and learning new skills.

There was steady support for features that make the garden more usable and inviting, including a **path**, **bench**, and **fire pit**. Meanwhile, some of the more adventurous suggestions – from hammocks to monkey bars, chickens, and even a hot air balloon – brought plenty of smiles, even if they didn't receive votes this time.

Overall, the results point towards a garden shaped around **nature, biodiversity, food growing, and simple places to sit, explore and enjoy the space together.**

Thank you again to everyone who contributed. We'll share an update on next steps very soon as we begin turning these ideas into a plan for the garden's future.

Welcoming Autumn - Don't Doubt, Do!

As summer draws to a close and we welcome the first signs of autumn, the Eco Group has plenty to look back on and plenty to look forward to.

A big thank you to Margaret for organising our **Fairtrade tasting session**, which gave us a chance to discover some of the many Fairtrade products available and to reflect on how our everyday choices can make a real difference to farmers and communities around the world.

Now our thoughts turn to **Harvest Festival**, when we celebrate the earth and give thanks for the food we have, while remembering those who do not have enough. Harvest is also a timely opportunity to reflect on where our food comes from, how it is produced and the impact our choices have on our precious planet.

A quote displayed at **Kew Gardens** seems particularly appropriate:

“We have not inherited the Earth from our parents, we have borrowed it from our children.”

It is encouraging to see examples of people working together to care for the natural world right here in our local community. **Ealing Wildlife Group** continues to do wonderful work, including the transformation of the Costons Lane site into a thriving wildlife sanctuary, with wildflower meadows, ponds, hedgerows and woodland. There is also the exciting news of **two new beaver kits at Paradise Fields!** Their work is a wonderful reminder of what can be achieved when communities come together to protect and restore the natural world.

As we move into autumn, we wanted to let you know that there are several screenings of **The People’s Emergency Briefing** taking place in Ealing. The film brings together expert evidence about what the climate and nature crisis means for the UK, including our food supply, health, economy and national security, while also highlighting positive ways forward. It grew out of a major briefing involving more than 1,200 UK leaders and decision-makers in Westminster last year.

There is much to be thankful for, but also much we can do. As we celebrate Harvest and enjoy the beauty of autumn around us, we hope the season will inspire us to care even more deeply for God’s creation, both locally and across the world.

Turning Up the Heat: Why Our Energy Choices Matter

This summer has provided powerful reminders of why action on climate change matters. The Met Office's latest *State of the UK Climate* report, published in July 2026, concludes that the climate of the twentieth century is now effectively gone. The data shows that 2025 was the warmest year on record for the UK, with the decade 2016–2025 being 1.33°C warmer than 1961–1990, making weather that was once considered extreme increasingly become the new normal. The report highlights rising temperatures, more frequent heat extremes, accelerating sea-level rise and changing weather patterns across the UK.

Alongside this, many of us have watched with concern as devastating wildfires have swept across parts of Europe, affecting communities, wildlife and livelihoods. These events remind us that climate change is not a challenge for future generations alone, it is affecting lives today. They also highlight the importance of local action, with communities, organisations and individuals all having a role to play.

These themes were central to discussions at our recent Eco Group meeting. We reviewed the findings from our latest Energy Footprint Report for St Thomas' Hanwell and considered how we can continue reducing our impact on the environment (with big thanks to Steve Purcell!). The report shows that our church and hall together produced **10.6 tonnes of CO₂ emissions in 2025**, a small improvement on **11.0 tonnes in 2024**. Around **75% of these emissions come from gas used for heating**, with the remaining 25% from electricity.

To put this into context, **10.6 tonnes of CO₂ is roughly equivalent to driving a typical petrol car around 40,000 miles** – more than one and a half times around the Earth's circumference. The church building accounts for approximately **5.2 tonnes** of emissions and the Church Hall approximately **5.5 tonnes**, showing that both buildings contribute a similar share of our overall footprint. The report also highlights some positive progress. Around half to three-quarters of the church's lighting has been converted to LED, while all lighting in the Church Hall is now LED. At the same time, both buildings still rely on mains gas for heating and neither currently uses a green energy tariff, giving us clear opportunities to reduce emissions further in the years ahead. The Eco Group discussed a range of options to improve energy efficiency and explore longer-term steps towards lower-carbon heating and energy use.

Bess

The logo for A.C. AIN Funeral Services Ltd is presented on a dark purple rectangular background. At the top, the name 'A.C. AIN' is written in a large, white, serif font. Below this, a thin white horizontal line separates the name from the text 'FUNERAL SERVICES LTD', which is in a smaller, white, serif font. Underneath that, 'EST 1902' is written in the same white serif font. The address '81 Uxbridge Road, Hanwell W7 3ST' and the telephone number 'Tel: 0208 567 5062' are listed in a white serif font. The website 'www.acainfuneralservices.co.uk' is shown in a white sans-serif font. At the bottom, the phrase 'An independent family business' is written in a white serif font. On the right side of the logo, there are two circular emblems. The top one is a gold-colored seal with 'OVER 120 YEARS' in the center and 'OF SERVICE' around the perimeter. The bottom one is a blue and white seal with 'SAIF' in large letters, and 'INDEPENDENT', 'ACCREDITED', and 'FUNERAL SERVICE' in smaller text below it.

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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.

September Shopping List **

Vegetarian mains and tinned meals (eg macaroni cheese, curry), tinned fruit, tinned sardines and other fish, peanut butter, crackers and biscuits.

Thank you, but the foodbank has plenty of pasta, baked beans and soup at the moment

The Foodbank are always grateful for Bags for Life which are used to pack parcels.

Please pray for:

Those who are housebound, sick or in need: Anthony, John Ball, Paul Ball, Caroline Baxter, Osa Boating, Nigel & Davina Brooks, Ivan Carter, Noel Chardon, Jenny Cornwall, Amy Dobbin, Leo & Estriana Douglas, Merfyn Edwards, Geraldine, Celia Griffith, Darren Hancock, Alison Johns, Ian King, Jaxon Prentice, Everard Lendor, 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 Linda Williams.

Those recently confirmed: Ben & Toby Howson, Leo Hewlett, Oliver Allen

Those who have recently died: Jeffrey Skull and Kevin Robson

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October Dates

Friday 2nd - tea, coffee and cake

Friday 9th - tea, coffee and cake

Friday 16th - tea, coffee and cake

Friday 23rd - tea, coffee and cake

Friday 30th - tea, coffee and cake

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Remembering St Francis of Assisi

Eight hundred years ago, on 3rd October 1226, St Francis of Assisi, the Italian friar, deacon and mystic, died. One of the most venerated religious figures in Christianity, he founded the Franciscan Order.

He died at the age of about 44 of severe illness, including eye disease, malaria and exhaustion, possibly following a 40-day fast. He was declared a saint by Pope Gregory IX two years later.

Francis' father was a wealthy silk merchant, Pietro di Bernardone dei Moriconi, and his mother a noblewoman from Provence. He was one of seven children – called Francesco by his father, who was an enthusiast for France. At first, he behaved as a typical son of a wealthy merchant, but several things changed his attitude – one of which was his capture and imprisonment for nearly a year after fighting in a war against Perugia.

He also had visions and underwent a change in character leading him to a strong commitment to help the poor – an attitude which led to estrangement from his father, whom he eventually renounced.

He aligned himself strongly with the poor, on one occasion begging with them at St Peter's Basilica in Rome. He also spent times in lonely places, seeking divine illumination, and was said to have received the stigmata during an angelic vision.

Often pictured wearing a plain brown habit tied with a rope of three knots, symbolising poverty, chastity and obedience, St Francis is one of the most honoured people in Christianity. He is a joint patron saint of Italy with Catherine of Siena, and in 2013 Archbishop Bergoglio of Argentina chose the papal name of Francis in his honour, becoming Pope Francis.

Many pilgrimage routes lead to the tomb of St Francis in Assisi, and he is honoured by many churches, including Lutherans and Anglicans.

Which milk do you buy?

Once upon a time there was just milk. Now our supermarket shelves are packed with dairy (whole, semi-skimmed, fat-free) and also plant-based alternatives: oat, almond, soya, coconut, and pea.

Which is the best? The amount of protein, sugars, fat and vitamins in each vary a great deal. Here are some facts to consider:

According to nutritionists, the best all-rounder is semi-skimmed cow's milk. This is because dairy milk contains all nine essential amino acids and has the most protein. If you are dairy-free, try fortified soya milk or pea drinks for reasonable levels of protein. As for the others, they vary in nutrients. Oat milk contains very little protein. Almond milk is low in calories, and has very little protein. Coconut & rice milks have hardly any protein at all.



September

Sat 26th	One Night Only 8pm (local band playing at St Thomas' in aid of the Hall Renovation Fund)
Sun 27th	17th of Trinity

October

Sun 4th	18th of Trinity - Harvest Festival
Sun 11th	19th of Trinity
Sat 17th	Harvest Ceilidh
Sun 18th	20th of Trinity
Sun 25th	Last Sunday of Trinity

November

Sun 1st	All Saints' Day
Sun 8th	3rd Sunday before Advent
Sat 14th	Quiz Night at St Thomas' (see info on P6)
Sun 15th	2nd Sunday before Advent
Sun 22nd	Sunday before Advent (Christ the King)
Sun 29th	1st of Advent

December

Sun 6th	2nd of Advent
Sun 13th	3rd of Advent



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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