

# ST. MARTIN'S MONTHLY

February 2014

50p



**Presentation of Christ in the Temple**  
**Church of Our Lady, Mechelen, Belgium**

# **St Martin's Church, Hale Gardens, Acton W3 9SQ**

(Registered charity no. 1132976)

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The Vicar is available for consultation and enquiries by appointment.  
Please ring the Parish Office.

Articles for the next month's magazine should be sent to  
Clive Davis (email: [clive.a.g.davis@btinternet.com](mailto:clive.a.g.davis@btinternet.com))

**They should reach the Editor by 9<sup>th</sup> February.**

The March magazine will be on sale by 23<sup>rd</sup> February.

## Come Candlemas ...

When I was young (a very long time ago now) Candlemas was unknown or at best confined to an obscure liturgical corner as the old Book of Common Prayer's 'Purification of St Mary' and as a legal quarter day in Scotland. Nowadays, **Candlemas** has enjoyed something of a revival commemorating the purification of the Virgin Mary and more especially the presentation of the infant Jesus in the Temple. This of course reminds us very clearly of the Jewish antecedents out of which our Christian Faith grew. As a festival it was ordered by Emperor Justinian in the year 542 in thanks for deliverance from plague it was first celebrated in the Hagia Sophia in Istanbul.

Even now many of you will scarcely have heard of it but the festival is always on the 2<sup>nd</sup> February and is generally marked on the nearest Sunday, which this year co-incides with the day itself – Sunday 2<sup>nd</sup> February.

Since the liturgical reforms of the Second Vatican Council this traditional title of the feast has been suppressed in favour of the 'Presentation of the Lord' with references to candles and the purification of Mary de-emphasised in favour of the prophecy of Simeon. This prophecy of Simeon and that of Anna who also appears in the story can be read in the Gospel of Luke chapter 2 verses 22-40, where Simeon gives thanks in the words of what is known as the *Nunc Dimittis* for having seen the Messiah before he dies and Anna (who is described as being of a great age at 84) praises God and spreads the good news.

However, these liturgical changes have touched the Church of England in its own particular way, not least St Martin's (which is unusual in London for being 'Church of England' and neither 'high' nor 'low' church – something we pride ourselves in) so lots of candles are the order of the day – originally beeswax candles were given to the faithful to take home (hence the name of the feast). However, in these straightened economic times, we'll give you modern petroleum wax ones to light at the service ... and then return.

We also happen to have a baptism on that day to remind us that the

Epiphany season after Christmas itself also contains the Feast of the Baptism of the Lord. So by having a christening as well this year at our main Candlemas service we are encompassing both ideas, of commitment and of future potential.

Incidentally, Candlemas also sees the final removal of the crib scene and the final, final end of the Christmas Season.

*"Down with the rosemary, and so  
Down with the bays and mistletoe;  
Down with the holly, ivy, all,  
Wherewith ye dress'd the Christmas Hall"*

- Robert Herrick (1591 – 1634), "Ceremony upon Candlemas Eve"

So lastly, after that rather convoluted liturgical introduction what can we make of it today not last in our rather cynical modern age? Anna the prophetess shall have the last word as portrayed in the Gospel of Luke chapter 2 v 38 where she is recorded as having: 'Spoke of the child to all who were looking for the redemption of Jerusalem.'

It means for us that in the person of Jesus, very much one of us, born and growing up as first a child and then later the man who will die for our sakes, we have the essence of the Christian faith that: 'God so loved the world', John 3 v 16 that, 'he gave his only son so whoever believes in him might ... be saved'. Surely that's better than anything else that the twenty-first century can offer.

After Candlemas we are now clearly heading in a direction that moves us onto Good Friday and Easter. Like life itself the journey is forward and like the light of a candle shining in the darkness guides Christ guides us towards himself as the 'light of the world'.

Looking forward with potential might also be said of a newly baptised child. In which case it's a good thing that the Feast of Candlemas has been revived, so come and celebrate with us on **Sunday 2<sup>nd</sup> February at the 10am Family Service.**

*Nicholas*

# Lent 2014

In the past we've 'done' Lent in just about every way possible, Archbishop's Lent Courses, distinguished guest speakers, screening the television series 'Rev', and so on.

This year is a little different, we're going to have a series of guest preachers at the 10am Parish Communion who will speak about the readings for the day and in particular about how they see Easter and what it means to them. After the service and over a nice cup of coffee the 'On Message' group will meet each Sunday for half an hour to discuss with the preacher what they have said and everybody is encouraged to come to this.

## **Lent 2014:**

- Shrove Tuesday, 4<sup>th</sup> March 6.00pm onwards: Pancake Party in The Vicarage, 25 Birch Grove
- Ash Wednesday 5<sup>th</sup> March (Lent begins)  
11am Informal Communion (at 25 Birch Grove)  
8pm Holy Communion in the church (with optional ashing)
- Sunday 9<sup>th</sup> March – 10am. Guest speaker: Danny Pegg, student and pre-ordinand
- Sunday 16<sup>th</sup> March – 10am. Speaker Dr. Margaret Jones, Reader at St Martin's
- Sunday 23<sup>rd</sup> March – 10am. Guest speaker Antonio de Garcia Fuerte, ordinand at Westcott House Theological College, Cambridge
- Sunday 30<sup>th</sup> March – 10am Mothering Sunday Family Service with Christening
- Sunday 6<sup>th</sup> April – 10am. Guest speaker, The Rev'd Mark Aldridge, Minister for the Oak Tree Anglican Fellowship
- Palm Sunday 13<sup>th</sup> April – 10am. Speaker, the Vicar

## Looking ahead.....

Sunday 30th March Mothering Sunday  
10am Family Service and Christening

Easter Day 20th April  
Don't forget decorated eggs for the annual competition  
after the main 10am service

Thursday 19th June 8pm  
The Vicar's '**Midsummer Madness Soirée** in the Vicarage  
and the Vicarage Gardens

Sunday 13th July 12noon – 3pm  
Summer Fair in the Church and Hall

Family service: Sunday 5th October  
10am Harvest Festival Family Service – followed by Harvest  
Lunch



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## Marriage of James Burton and Jennifer Challenor



James Burton and Jennifer Challenor were married in St Martin's on the afternoon Saturday 11th January.

James is the son of regular church member Jill Burton and used to sing in the choir many years ago before pursuing his career in music.



## The challenge of shoelaces

How old were you when you first tied your own shoelaces?

That happy achievement is probably lost in the mists of time, but it seems that nowadays as many as 45% of children aged 5 to 13 can't tie their own shoelaces.

Those are the same children of which 67% can work a DVD player. A recent study has found that youngsters can log onto the internet, play computer games, use an iPhone or iPad, with greater ease than they can make a cup of tea or read a physical map on paper.

63% have no idea of how to build a den in the garden, while 59% cannot climb a tree.

Ray Mears, the survival expert, despairs of them: "I can't believe our young people are so ill-equipped with practical skills."

## **The Presentation of Christ in the Temple/ Candlemas**

In bygone centuries, Christians said their last farewells to the Christmas season on Candlemas, 2 February. This is exactly 40 days after Christmas Day itself.

In New Testament times 40 days old was an important age for a baby boy: it was when they made their first 'public appearance'. Mary, like all good Jewish mothers, went to the Temple with Jesus, her first male child - to 'present him to the Lord'. At the same time, she, as a new mother, was 'purified'. Thus we have the Festival of the Presentation of Christ in the Temple.

So where does the Candlemas bit come in? Jesus is described in the New Testament as the Light of the World, and early Christians developed the tradition of lighting many candles in celebration of this day. The Church also fell into the custom of blessing the year's supply of candles for the church on this day - hence the name, Candlemas.

The story of how Candlemas began can be found in Luke 2:22-40. Simeon's great declaration of faith and recognition of who Jesus was is of course found in the Nunc Dimittis, which is embedded in the Office of Evening Prayer in the West. But in medieval times, the Nunc Dimittis was mostly used just on this day, during the distribution of candles before the Eucharist. Only gradually did it win a place in the daily prayer life of the Church.

Come and celebrate with us on **Sunday 2<sup>nd</sup> February at the 10am Family Service.**



Sunday 8th June, Whitsunday (Pentecost)  
**10am The Annual Confirmation Service**  
with the Bishop of Willesden

Would anyone who would like to be confirmed  
or be received into the Church of England?  
If so, please contact the Vicar.



## **Alcohol does NOT help you sleep**

A nightcap may make you sleepy at the beginning of the night, but the quality of your sleep will suffer. It seems that alcohol disrupts your sleep later in the night, and you get less rapid eye movement (REM) sleep, which makes you feel less rested when you wake up.

During REM sleep, which should last up to 25 per cent of the night, the brain becomes more active, performing the vital task of reorganising your memory. So a lack of REM can harm your concentration, motor skills and memory. The research was done at the London and Edinburgh Sleep Centres. Proverbs puts it this way: "Who has woe? Who has sorrow?...those who tarry long over wine..." (Prov. 23:29,30)



## **Why you should sing lullabies to your children**

It shouldn't work, but it does: singing lullabies to your children when they are in pain really does help them. So practise your rendition of Twinkle Twinkle Little Star and Hushabye Baby!

Singing lullabies calms children's heart rates and pain perception more than leaving them alone or even reading to them, according to research at Great Ormond Street Hospital. Prof Tim Griffiths, a neurologist, explained it this way to the BBC: "There's an ancient part of the brain in the limbic system which is responsible for the emotional responses to music.... What I think is happening here is that the emotional part of the brain is being stimulated by music."



## **Feeling rough?**

Not feeling great today? You are not alone: it seems that most of us only feel 100 per cent fit and healthy for about 61 days a year. The remaining 304 days we struggle with a variety of ills, from colds and sore throats to viruses and ear infections to cricked necks, heartburn and backache. The research by Spire Bristol Hospital, also found that most of us feel run-down on at least two days every week. Monday at 11.35am is the worst time of the week for feeling ill and Saturday lunchtime is the healthiest point in the week.

**News of John Clark...**

We were saddened to hear that John Clark had a serious fall in Sri Lanka during his family’s Christmas holidays.

John broke four ribs and one pierced his lung which resulted in some worrying times for his family and a period in intensive care in Sri Lanka.

We hope that by the time you read this, he’ll be back home and well on the way to full recovery, but in the meantime lots of love and prayers for him, Chantal his wife and his daughters Adele and Sabrina.

Nicholas



**Notice seen outside a church...**

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## **Think happy thoughts – and help your immune system**

A stressed mind can put your body at risk. If you constantly think about negative things, and dwell on stressful events in your life, you could weaken your immune system and make yourself more susceptible to illness.

A recent study has found that simply thinking about negative events, even if they are only imagined, can increase the levels of inflammation in your body. This inflammation, associated with the body's response to trauma and infection, can weaken the immune system and has been linked to a number of conditions such as heart disease, cancer and dementia.

St Paul urged a better way of coping with the threats in our lives: "Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God." (Phill. 4:6)



## **Some Puns for the Educated Mind....**

I stayed up all night to see where the sun went,  
and then it dawned on me.

This girl said she recognized me from the vegetarian club,  
but I'd never met herbivore.

When chemists die, apparently they barium.

I'm reading a book about anti-gravity. I just can't put it down.

I did a theatrical performance about puns. It was a play on words.

I didn't like my beard at first. Then it grew on me.

Did you hear about the cross-eyed teacher who lost her job  
because she couldn't control her pupils?

## **Pilgrim – new discipleship course for all**

A new Christian discipleship course for church congregations and groups of all traditions has just been published - the first time ever that a national course has been commissioned by the House of Bishops of the Church of England.

Aiming to offer “participation, not persuasion”, *Pilgrim: A Course for the Christian Journey* is a part of the Church of England’s focus on spiritual and numerical growth.

The core authors are the Bishops of Chelmsford, Sheffield and Stockport, (Stephen Cottrell, Steven Croft, Robert Atwell) and Dr Paula Gooder, writer and lecturer in New Testament studies. Assuming little or no knowledge of the Christian faith, *Pilgrim* can be used at any point on the journey of discipleship and by every tradition in the CofE. The course is personally endorsed by both archbishops.

The Bishop of Chelmsford, Stephen Cottrell, explains: “For most people today becoming a Christian is like a journey. We therefore need resources that will help turn fellow travellers and interested enquirers into pilgrims. This is what *Pilgrim* sets out to do. Like other courses it deals with the basics of the Christian faith.

“Unlike other courses, it includes discipleship and is deeply rooted in a long tradition of catechesis and nurture. Drawing on a rich spiritual heritage, *Pilgrim* encourages you to think and pray; to be an apostle as well as a disciple. We hope that it is a refreshing blend of old and new will enable many more parishes to develop a ministry of evangelism and nurture.”

*Pilgrim* is published by Church House Publishing.  
Details: [www.pilgrimcourse.org/](http://www.pilgrimcourse.org/)



### **From your Christmas Crackers.....**

What do you call Santa’s helpers? - Subordinate Clauses.

What do you get when you cross a snowman with a vampire? - Frostbite.

## **February 17<sup>th</sup> - Janani Luwum, Archbishop of Uganda, martyr, 1977**

The Most Reverend Janani Luwum was the sitting Archbishop of Uganda, Rwanda and Burundi and Boga Zaire when 35 years ago this month he was murdered by the dictator Idi Amin. At the time the Church in Uganda was on the verge of centennial celebrations of its birth through the seed of the early Ugandan martyrs, and so Luwum became the first martyr of the second century of Christianity in Uganda. A statue of him stands in Westminster Abbey London.

Janani Luwum was greatly loved in Uganda. He was by all accounts an exceptional leader with a great personal godliness, a holistic vision, pastoral compassion and evangelistic fervour. Janani was born in 1922 at Mucwini in the Kitgum District of Uganda. He spent his childhood and early youth herding goats. Given an opportunity to attend a local school, he learned quickly, and was soon a teacher himself.

Janani Luwum was converted to Christianity on 1 January 1948, started at theological college in Buwalasi the following year, became a deacon in 1955 and was ordained a priest in 1956. He served in the upper Nile Diocese of Uganda and the diocese of Mbale, and was consecrated Bishop of Northern Uganda in 1969 and Archbishop of Uganda in 1974, three years after Idi Amin came to power in a military coup. His death was mourned by millions in East Africa.



### **Some More Puns for the Educated Mind....**

They told me I had type-A blood, but it was a Type-O.

I changed my iPod's name to Titanic. It's syncing now.

Jokes about German sausages are the wurst.

I know a guy who's addicted to brake fluid,  
but he says he can stop any time.

## Saying goodbye to Christmas....



Taken at the staff Christmas party at the Acton Care Centre where the vicar is chaplain.



### **Want to live longer? Eat nuts.**

This sounds unlikely, but is true: eating an ounce of nuts each day may reduce your risk of dying from a variety of illnesses, ranging from heart disease to cancer. People who eat nuts tend also to be slimmer, are less likely to smoke, and are more likely to have healthy habits such as exercising, taking vitamin supplements and eating fruit and vegetables. The research was based on a study of nearly 120,000 men and women in the USA. It found that as little as a handful of nuts a day are linked to a 20 per cent lower likelihood of dying from any cause in the following three decades. Nuts contain unsaturated fatty acids, high-quality protein, fibre, vitamins, minerals, and phytochemicals. Researchers were not able to determine which types of nuts are the healthiest, but that peanuts, which are in fact a type of bean, have a similar effect on health as the walnuts, hazelnuts, cashews, almonds, Brazil nuts, pecans and pistachios.



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## Church boosts digital presence with new app

The Church of England has released a new app to help more people to follow Sunday services using their mobile devices. ***Sunday Worship*** (a new app for iPad/iPhone) presents the full Bible readings for the main Sunday service, together with the Collect & post Communion prayers for the week in a simple and elegant way, using the award-winning Common Worship design.

This follows two other apps published to support congregations in their devotional lives: For those seeking a daily pattern of Bible reading, prayer and inspiration, ***Reflections for Daily Prayer*** is also now available on the Google Play Store for Android devices, after seeing over 50,000 downloads since its launch for iPad/iPhone.

The ***Lectionary*** - a key tool for clergy and worship leaders, providing them with the Bible readings for every service and full details of feast days and other information - is also now available as an iPad/iPhone app, Kindle ebook or as a printed booklet.

The apps have been developed by Church House Publishing (Official Publisher of the Church of England) with Aimer Media, a Brighton-based developer that has developed acclaimed apps for a number of other religious publishers among many others. Thomas Allain-Chapman, Publishing Manager for Church House Publishing comments: "The new digital resources we are offering this year will, I hope, make this new Church year just a little bit easier for clergy and parishes. Sunday Worship is designed to make it simple for anyone to find out what's coming up in church this Sunday, to prepare well for taking part in worship and perhaps also revisit the Bible readings and prayers during the rest of the week, too."

All three Church House Publishing/Aimer Media iPad/iPhone apps - ***Sunday Worship***, ***The Common Worship Lectionary*** and ***Reflections for Daily Prayer*** - are all available now on iTunes and details can be found at: <http://www.chpublishing.co.uk/features/our-apps>

***Reflections for Daily Prayer*** is also available from Google Play Store for Android devices.



## **Bishops welcome Participant Observers to first meeting**

The House of Bishops of the Church of England recently welcomed eight women as participant observers to its meetings. The welcome followed the election of the eight senior women clergy from regions across the country.

Last February (2013) the House decided that until such time as there are six female members of the House, following the admission of women to the episcopate, a number of senior women clergy should be given the right to attend and speak at meetings of the House as participant observers. The necessary change to the House's Standing Orders were made in May.

Elections for the eight senior women clergy were held in autumn of this year and the following were elected:

East Midlands - Ven Christine Wilson, Archdeacon of Chesterfield;

West Midlands - Revd Preb. Dr Jane Tillier, Preb of Lichfield Cathedral;

East Anglia - Ven Annette Cooper, Archdeacon of Colchester;

South and Central - Ven Joanne Grenfell, Archdeacon of Portsdown;

South East region - Ven Rachel Treweek, Archdeacon of Hackney;

South West region - Ven Nicola Sullivan, Archdeacon of Wells;

North East Very Revd Vivienne Faull, Dean of York;

North West - The Rev Libby Lane, Dean of Women in Ministry, Chester Diocese



## **Annual Parochial Meeting Sunday 27th April at 11.15am in the Church Hall.**

Elections for twelve PCC members  
four Deanery Synod Members,  
two Churchwardens and a representative Reader.

Please be there exercise your democratic right!

# Ealing Foodbank Report

At the end end of 2013, Ealing Foodbank has been open on 15 sessions - 10 in Acton and 5 in Greenford. 131 vouchers have been redeemed - ie there have been 131 clients - 110 at Acton and 21 at Greenford. A total of exactly 300 people have been fed - 175 adults and 125 children.


580 vouchers have been printed and given/sent to 38 voucher partners. The 131 vouchers that have been redeemed by clients were issued by 23 voucher partners. The remaining 15 voucher partners have either not yet issued any vouchers or their clients have not yet brought their voucher to us.

The following figures regarding weights of food are approximate because some data regarding transfers from HCC to Acton and Greenford is not yet 'in the system'. Total 'food out': 2,373 kg (from the warehouse & overflow warehouse to Acton and Greenford pantries). Not all of this has been given to clients yet. Total donated food: 12,518 kg (ie 12.5 tonnes). Food in stock: 10,145 kg



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### Inside stuff

- **Hanging things:** blinds, curtains, curtain rails, doors, pictures, mirrors, shelves, wallpaper, TV brackets
- **Fixing things:** toilet and cistern repairs, unblocking sinks/ drains, tap washer replacement, reseal shower tray, reseal kitchen drainer. Window repairs
- **New things:** replacement taps, showers, baths, extractor fans
- **Hiding things:** boxing in pipe work, pipes, wires and cables. Cupboards and storage. Painting and decorating
- **Making things:** flat pack furniture assembly, carpentry, kitchen fitting, bathroom fitting

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- Software & OS installs/ rebuilds
- Tuition
- Networks
- Backups/ Archiving

Call or text Phil on 077-88-66-1791

References available

We can thank God for all that has been accomplished

- for the energy and enthusiasm of so many volunteers
- for the goodwill of councillors, supermarket managers and staff, agencies, headteachers and school administrators, Rotary Clubs and other organisations
- for the storage facilities and goodwill of Hanwell Community Centre and St Mellitus PCC
- for the amazingly generous donations of food and money from the public, schools, churches, individuals
- for a sympathetic reporter at the Ealing Gazette and the 2 front-page articles
- for the faithful commitment of all the steering group members and Council of Reference
- for the tireless efforts of Hazel Vinson in setting up the registered company and pursuing charitable status
- for a coming together of church leaders and congregations to minister side by side to those in real need
- for the many benefits of belonging to Trussell Trust - for all who pray for Ealing Foodbank
- for the favour of God who has provided abundantly all that we have needed and for His guidance and protection, wonderfully opening up so many doors
- for the 131 clients to whom we've given food.

Thank you so much to you all for your interest, support and prayers. We aim to expand and press on - to open on further days in the week and to launch in Southall, Hanwell, Northolt and elsewhere as God shows us the way and reveals His perfect timing. If you have any comments, suggestions or questions, we would be pleased to hear from you.

With best wishes, on behalf of Ealing Foodbank, and every blessing to you for 2014

**Chris Sutton**

**Ealing Foodbank Steering Group chair**

[www.ealing.foodbank.org.uk](http://www.ealing.foodbank.org.uk)

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Seeded by Trussell Trust

# **The Parish of St Martin Hale Gardens, Acton W3 9SQ**

(Registered charity no. 1132976)

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## **Usual Sunday Services**

8am: Holy Communion

10am: Parish Communion

6.30pm: Evensong

Our Junior Church meets in the Church Hall at 10am except when there is a Family Service.

The next non-Eucharistic Family Service will be held on Sunday February 2<sup>nd</sup>.

## **Japanese Anglican Church UK**

meets every third Sunday of the month:

(except July, August and December)

3pm Bible Study and Evening Worship in Japanese

Every **Wednesday** at 25 Birch Grove, W3

11am: Informal Eucharist

Followed at 11.30am by the Coffee Club

The cover picture shows the Presentation of Christ in the Temple.

It is a facade relief from the Church of Our Lady De Dyle, Mechelen in Belgium.