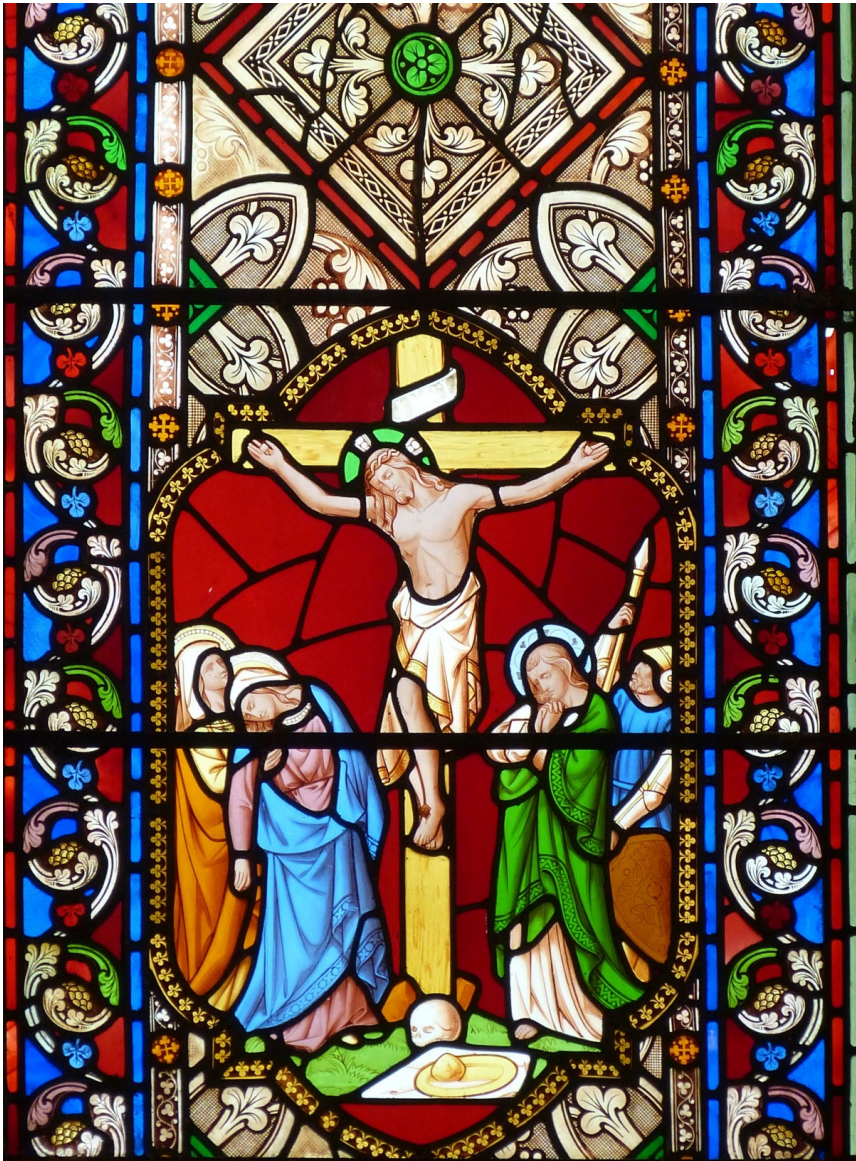


ST. MARTIN'S MONTHLY

April 2019

50p



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(c/o Parish Office)

Permission to Officiate The Rev'd Robert Pearson

Commissioned Lay Minister to Japanese Anglican Church UK

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Director of Music Mr Kenneth Bartram (c/o Parish Office)

Magazine Editor Lizzy Edgington

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
The Parish Office (email: stmartins@stmartinswestacton.com)
Please title the email "magazine item"

They should reach the Editor by 26th April.

The May magazine will be on sale by 4th May.

Note from Bryony

By the time this magazine is printed, we will be well into Spring – the season of new life.

Even as I write this in March, there are daffodils and crocuses giving me joy



in the gardens and parks, the magnolia trees around the church are almost in flower, and it was warm enough to eat my lunch outside one day during the mini heat-wave last week. By the time you read this, the clocks will also have gone forwards, giving us lighter evenings to enjoy after the darkness of winter.

But while we should rightly be celebrating the new life that we see everywhere in nature as part of God's creation, it is also at this time of year that we will soon be celebrating the ultimate in new life – the resurrection of Jesus Christ and what this means for us in terms of our new lives as Christians.

And so this Easter we will be remembering Jesus' death at both our all-age 'Messy Good Friday' service at 10am and at our 'Stations of the Cross' service at midday on Friday 19th April. We will then have our Easter Vigil at 8pm on Holy Saturday (20th April). This marks the end of the Lent and the end of the emptiness of Holy Saturday, and leads into celebration of Christ's resurrection, using dramatic symbolism of dark and light, and fire. In many church

traditions, the Easter Vigil is the most important service of the year, introducing the celebratory "Alleluia", a distinctive feature of church services during the subsequent Easter season. On Easter Sunday we will then celebrate again when we share together in the Eucharist that morning.

So, as we enjoy the warmth and light of Spring, and the new life that God's creation brings all around us, let us also prepare to truly celebrate Jesus' resurrection and our new life in Christ!

Bryony Dean Franklin



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Support and dignity

Editorial – Resolution number 4: Screen time and children

I am still going with my twelve resolutions, one for each month of 2019. For March I gave up sugar and chocolate which I've extended up until Lent. So far, so good. We have bought an Easter Egg from Bryony which not only tells the Good News of the Easter Story but is also Fair Trade and free of plastic packaging. I am looking longingly at it as I type... If you want one too, contact Bryony as she may have some left. They are only £3.99 and, I am reliably informed, yummy.

The resolution for April is less screen time, in particular for the children. I'm hoping that with the clocks going forward the children will 'sleep in' (wishful thinking) and we will not have to resort to CBeebies in the early hours. With more hours of daylight in the evening, I'm hoping to spend more time out and about in the garden. We are going to plant some bee-friendly plants and at some point, some sunflowers which are great fun as they grow so quickly! For myself I am trying to read more books in paper format and spend less time reading things on screen.



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Easter traditions:

The Easter Egg

The Easter egg symbolises the resurrection of Jesus Christ, the hard shell represents the sealed Tomb of Christ, and the cracking of the shell represents Jesus' resurrection from the dead.

Historically, Christians abstained from eating eggs and meat (luxuries) during Lent and celebrated Easter by eating them once more.

The tradition of painting Easter eggs is thought to have started with the Orthodox and Eastern Catholic Churches, where the eggs were painted or dyed red to represent the blood of Jesus Christ.

One tradition at St. Martin's has been to paint eggs and roll them outside in the grass. The rolling action

symbolises the rolling away of the rock from Jesus' tomb before his resurrection.

We commonly celebrate with chocolate eggs, but here are some non-chocolate traditions from around the globe:



In the town of Haux, France, they make a giant omelette with 4,500 eggs that feeds 1,000 people and is served in the town's main square. The story behind this is that when Napoleon and his army were in the south of France, they stopped in a small town and ate omelettes. Napoleon liked his so much that he ordered the townspeople to gather all their eggs and to make a giant omelette for his army the next day.



In Bermuda, the locals celebrate Good Friday by flying homemade kites, eating codfish cakes and hot cross buns. Allegedly the tradition began when a local teacher from the British Army found it difficult to explain Christ's ascension to Heaven during his regular Sunday school class. So, he made a kite that was shaped like a cross which he flew to demonstrate the Ascension.



In Germany, Easter eggs are displayed on trees and in the streets. Some of the designs are multi-coloured with thousands of eggs.

Hot Cross Buns



Another Easter tradition is the hot cross bun, typically eaten on Good Friday. Decorated with a cross for the crucifixion of Jesus, the spices symbolise the spices used to embalm him at burial. For those of you who enjoy baking, here is a recipe:

For the buns:

300ml full-fat milk – plus 2 tbsp extra

50g butter

500g strong bread flour

1 tsp salt

75g caster sugar

1 tbsp sunflower oil

7g fast-action yeast

1 egg, beaten

75g sultanas

50g mixed peel

Zest 1 orange

1 apple, peeled, cored and finely chopped

1 tsp ground cinnamon

For the cross:

75g plain flour, plus extra for dusting

For the glaze:

3 tbsp apricot jam

Method:

- 1) Bring the milk to the boil and remove from heat and add the butter. Leave to cool to hand temperature.
- 2) Place the bread flour, salt, caster sugar and yeast into a bowl, making a well in the centre.
- 3) Pour the warm milk and butter mixture into the flour mix and then add the beaten egg.
- 4) Mix well with a wooden spoon then bring together into a single ball of dough with your hands.
- 5) Lightly flour a clean surface and knead the dough for 5 minutes until it becomes elastic. Place the dough in a lightly oiled bowl and cover with oiled cling film. Leave to rise in a warm place for 1hr or until doubled in size. Test by pressing the dough, it should leave a dent.
- 6) With the dough in a bowl, add in all the fruit and cinnamon. Knead the fruit into the dough, making sure it is well distributed. Leave to rise for 1 hour or double in size – make sure you cover with oiled cling film so that the dough doesn't form a crust.

- 7) Divide the dough into 15 even pieces and roll each one into a smooth ball on a lightly floured surface.
- 8) Line a baking tray with parchment paper and place the buns leaving room for each to expand. Cover with a clean tea towel and leave for 1 hr.
- 9) Heat the oven to 220C/200C fan/gas 7.
- 10) Mix 75g plain flour with 5 tbsp water to make the paste for the cross – adding the water 1 tbsp at a time, stop before it gets too running. It should be a thick paste. Put the paste into a piping bag and draw the crosses onto each bun.
- 11) Bake for 20 minutes on middle shelf until golden brown.
- 12) Gently heat the apricot jam so that it melts and then sieve. Whilst it is still warm, brush over each bun and then leave to cool.



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Japanese Anglican Church (UK)

On 11th March, 2011 at 2.46pm (local time) a 9.1 magnitude earthquake struck 231 miles northeast of Tokyo at a depth of 15.2 miles. The force caused a tsunami with 30-foot waves that damage a number of nuclear reactors in the area. It is the largest earthquake to have ever hit Japan.

On 10th March, 2019, more than 250 from the Japanese-Anglican community joined together to add a petal to the memorial tree at the Church of St. Margaret, Westminster Abbey, marking the 8th anniversary of the disaster.

Also in attendance were Mr. Mitsuyama, the chairperson of the Fukushima Association in London and Mr. Okada, the Minister Plenipotentiary, Embassy of Japan. Mr Okada has visited the areas affected by the 2011 disaster to update himself as to their current situation before travelling to London. Those who attended the service met people who lost their loved one(s) and who have a connection with Tohoku (the northeast region of Japan most adversely affected) and everyone shared their thoughts and tears with one another.

During the opening hours (14.30-16.30), Rev. Dick Johnson read prayers every twenty minutes.

This year a journalist attended the memorial and conducted interviews with those present. Subsequently the event has appeared in several Japanese newspapers

and websites. I have received appreciations from Japanese Anglican bishops, priests and friends. I am very glad to see they have found encouragement through this event and our prayers.

Please find time to read the message below from Tohoku.

Yuki Johnson

Photos of the memorial vigil
taken by official
photographer Shu Tomioka



Still only 8 years after ... a reflection on the need to remember

By Masahiro Watabe, Disaster support team, Tohoku Diocese, Anglican Church in Japan

2543 – the number, as reported by the Kahoku Shinpo newspaper 11th Jan 2019, of those who are still missing since The Great Eastern Japan Earthquake and Tsunami 2011. I had thought, 'we won't be able to find any more as eight years have already passed.' But in December 2018 about 100 pieces of human remains were found on the coast at Kesen-numa, Miyagi Prefecture and, after DNA tests, some have been returned to the families. When I heard this, I was sorry that my thoughts had turned away from those missing people, that their presence had started to fade and I resolved not to give up hope.

Since the disaster until now, as a member of the support team run by the Anglican Diocese of Tohoku, I have regularly driven a minibus in Yuriage, Natori City in Miyagi to help people with their shopping and have helped run the Wednesday Café - a kind of community café held at two places in Shinchi town further south in Fukushima prefecture. As we have driven I have heard honest voices from victims of the disaster. Mostly the talk is of news of friends, wondering about those who had died, those who have moved far away and the fate of those who had once lived together before the disaster.

Another common topic is the differences between those who have moved from temporary housing, put up as emergency housing after the disaster, to new public housing schemes and those who haven't yet been able to make the move. I have heard complaints from those who could not move about the administration of this relocation programme. We travel together in the same bus - those who have different experiences - but the differences don't disturb their relationships. There is a willingness to accept each person's experience and, in a friendly manner, share news about their lives and local concerns.

Last year a shop at Yuriage selling Kamaboko (a type of cured surimi) which was damaged in the disaster, was assessed as not being 'a memorial building of the disaster' and was dismantled. Others have been saved as a permanent memorial and reminder. I have asked those I have met about this preservation of damaged buildings. A younger person said, 'it won't be necessary to keep those damaged buildings', whilst an older person said, 'I am glad we can keep it as a memory.' One sees this as unnecessary, a reminder of bitter memories. The other feels sorry to lose a landmark near the house where she used to live. It made me realise that the earthquake and tsunami stole not only people and things but also memories.

Starting in June 2018, as part of the work of the support team, I began to organise guided tours of the disaster area. To Yuriage, Arahama in Sendai City and to Nobiru Higashi-Matsuyama, as well as to Minami-Sanryku town, Onagawa, Ishinomaki City further south in Fukushima Prefecture in August, and later in November to Shinci in Fukushima and Iwanuma City in Miyagi. This was for those who don't have transport, even though they want to visit, and those who can't visit alone. Those who came along joined in with the prayers and listened to stories from those who experienced the disaster. They knew they wouldn't be able to understand many things if they didn't stand on the site where they had happened. I think no-one can understand unless you look with your own eyes and experience the atmosphere of those sites affected by the disaster. This year I am planning a tour to visit sites near the Fukushima Dai-Ichi Nuclear Plant where accidents have occurred since the disaster.

And what are my thoughts about all this? Victims are still talking about what happened like it was yesterday, even though eight years have passed since the Great Eastern Earthquake and Tsunami. I myself had traumatic experiences but I can't deny that I am beginning to forget as life becomes normal once again. As I am given opportunities to spend time with victims, I remind myself to listen more carefully and take every

opportunity to pass on their stories so that these voices are heard by others.

Masahiro Watabe, Support Team. Diocese of Tohoku, Anglican Church in Japan

Yuki Johnson, Lay Minister with the Japanese Anglican Church in London visited Mr Watabe in 2014. In conversation he shared his own story, which is summarised here.

At the time of the earthquake Watabe-san was working in his company's offices near the coast not far from Sendai City. He relates how he saw the tsunami engulfing and washing away his car. The second floor was 10 meters high, but he had to run to the third floor to be safe. He managed to contact his family by email, but only for a short while. A fire broke out in the neighbourhood, and the company boss told him and others to try to escape somewhere else as there was a risk the fire might spread to a nearby oil refinery. The water came up to his knees as he made his way to a neighbouring elementary school, but it was cold because there was no heating. So he decided to try to get home. While walking he met a friend who stopped and offered him a lift in his car, and then he took a bus which was miraculously still operating and finally walked another 10 km until he got home.

There are two particular memories that impressed on him the most and have remained in his mind. One is what it was like to be surrounded by an unusual silence before the earthquake. The other is that, the night after the disaster, the stars were abnormally beautiful.

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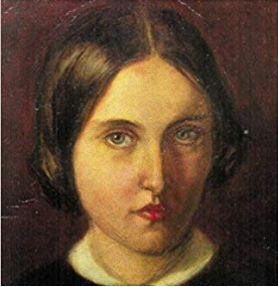
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Feast day: Christina Rossetti – 27th March



Born in London, on 5th December 1830, Christina was the youngest of four with two older brothers and a sister. Their father Gabriele was a poet and all four children were artistic pursuing careers in art, poetry and writing.

The family's fortunes took a down-turn and a young teenage Christina suffered a nervous breakdown. Depression would plague her for the rest of her life, but both Christina and her mother found comfort in religion which in turn heavily influenced Christina's poetry. In 1858, aged 18, she was published for the first time and her career grew steadily. In 1894 Christina died from breast cancer and is buried in Highgate Cemetery.

Remember By Christina Rossetti

Remember me when I am gone away,
Gone far away into the silent land;
When you can no more hold me by the hand,
Nor I half turn to go yet turning stay.
Remember me when no more day by day
You tell me of our future that you plann'd:
Only remember me; you understand
It will be late to counsel then or pray.
Yet if you should forget me for a while
And afterwards remember, do not grieve:
For if the darkness and corruption leave
A vestige of the thoughts that once I had,
Better by far you should forget and smile
Than that you should remember and be sad.

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Japanese Anglican Church UK

meets every third Sunday of the month:
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3pm Bible Study and Evening Worship in Japanese

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