

ST. MARTIN'S MONTHLY

July 2019

50p



St Martin's Church, Hale Gardens, London W3 9SQ

(Registered charity no. 1132976)

www.stmartinswestacton.co.uk

Email: stmartins@stmartinswestacton.com

SSM Assistant Priest The Rev'd Brandy Pearson
(c/o Parish Office)

Permission to Officiate The Rev'd Robert Pearson

Commissioned Lay Minister to Japanese Anglican Church UK

Mrs Yuki Johnson (07572 324107)

yukifunakawa@btinternet.com

Parish Administrator (weekdays: 9.30am – 1.30pm)

Parish Office, rear of Church Hall,
Hale Gardens, W3 9SQ
020 8992 2333

Reader Dr Margaret Jones (020 8997 1418)

Reader Emeritus Mrs Lynne Armstrong (020 8992 8341)

Commissioned Lay Minister Mrs Jacqueline Nicholls (c/o Parish Office)

Churchwardens Mrs Liza Ambridge (020 8992 3029)
Mr John Wilson

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 15th July.

The August magazine will be on sale by 27th July.

Note from Jackie

Goodbye

Adieu, Auf Wiedersehen, Arrivederci, Adios, Do Svidan'ya,
Ja Mata Ne, Shalom

Whatever way you say it, Goodbye, is one of the hardest things to say because it denotes the end of something. In this case the ending of something very special to me. So, as the song says, 'let's start at the very beginning'.

I had attended Acton Green Methodist Church from 1970 to its closure in 1995. At the end we only had 5 parishioners so it had to be. Derek and I ran the Church. In our time there we had done every job. Derek had been with the Church from the age of 3. It was hard to end it. Derek decided to take a year out and then go to Acton Hill. I could not do that so needed a Church to go to. I already had links with St Martin's through Twyford, our 3 children went there, and through the choir as I came to Choir practice. So, it was a 'no brainer'.

I was determined NOT to do any job in the Church. I needed breathing space. Ok, so this did not last long. I am so bad at saying 'No'.

I will always be one of the '3 Witches' as long as I live. We always had fun.

A big 'Thank you' to Liza and Lynne.

So, I have been with the Church a long time. But 'the time has come' the walrus said.

It is time to actually, and finally, move to Selsey. We have lived there for more than two years and it would be nice to decorate our home. We still have boxes to clear.

Thank you to everyone in St Martin's. You are all my friends and I will not forget anyone. My time with the Choir and the Junior Church has been tremendous. Being on the PCC, often challenging, but I hope I did my bit.

I have really enjoyed being a Lay Minister and I thank the Church for allowing me to have the opportunity. I will miss the Church Life.

I do not have a Church in Selsey yet, although I know where I will go. I will NOT do any jobs in my new Church. I will try being a BOS. Bum on a Seat.

My Love and my Best Wishes for the future will remain with you always.

Jackie Nichols

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William Wilberforce

1759 - 1833

On 30th July, the Church of England celebrates the slavery abolitionist, William Wilberforce.

Born in Hull, Yorkshire, William's family had earned its wealth through the Baltic Trade. Whilst studying at Cambridge, William befriended the future prime minister, William Pitt the Younger and decided on a career in politics rather than going into the family business.

In 1780, aged only twenty-one he was elected MP for Hull and by twenty-four represented the whole of Yorkshire. Sufficiently wealthy, William Wilberforce did not have to align with any particular faction and he adopted an independent stance, arguing for the causes he genuinely believed in. Becoming an evangelical Christian, William used his position in politics to serve God. A generous man, who donated to many charities, William was intelligent and very sociable, enjoying good conversation and the company of others.

In his late twenties, William began to emerge as the leader of the parliamentary campaign for the abolition of

the slave trade. On 28th October 1787, William wrote in his journal that 'God Almighty has set before me two great objects, the suppression of the slave trade and the reformation of manners'.

Over the course of eighteen years, William repeatedly introduced anti-slavery motions in parliament. Where possible, the campaigners endeavoured to improve conditions for slaves, such as regulating the number transported on slave ships. William attempted to answer his opponents' economical concerns but always made clear it was a fundamental issue of morality and justice. Yet always more evidence was needed to persuade parliament.

William worked relentlessly, gathering material and building support. In 1792 a bill was passed for the gradual abolition, but with no clear timeline any further progress was met with indefinite delay. Despite his great frustration with the British political system, William's commitment never wavered. At the same time, he campaigned for social reform in Britain.

William did not marry until he was thirty-eight and went on to have five children. He was a devoted and loving father who made time for his family despite his hectic political career. William also found time for private prayer and daily Bible readings, in his quest for holiness. Finally, in 1807, the Slave Trade Abolition Bill was passed. However, this did not free those who were already enslaved, it was not until 1833 that an act was passed giving freedom to all slaves in the British empire. William lived just long enough to see this act passed, and was buried near to William Pitt the Younger, in Westminster Abbey.

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Editorial: Resolution 7: Social Media

During the month of June, my resolution was to address 'grumpiness', to take a step back and address any negative emotions and how they could be avoided. To do this I tried to find a bit of 'me-time', whether it was ten minutes or so in the evening or half an hour over the weekend. The rule was I couldn't get distracted by housework or odd jobs, I had to do something for myself.

A friend of mine recommended 'mindfulness' as a way technique a person can use to understand themselves better, to reconnect with their bodies and living in the present. The idea is that we can easily become caught up in our thoughts and not realise how these drive our emotions and behaviour. So, I adopted a meditation

exercise which is quite straightforward and I have written it out below, in case anyone feels like trying it.

Mindfulness is good for one's mental health; by being more in tune with yourself it can help you identify signs of anxiety or stress before they become overwhelming and allow you to deal with them more affectively. It has also been proven to help prevent depression.

July's resolution is 'Social Media' – to give up one social media platform this month and spend more time with people in person. I will let you know if I manage to give up my Instagram habit....

Meditation – 7 steps

- 1) Take a deep breath and relax, with your eyes open or closed.

Be aware of sounds around you coming and going, and let them be whatever they are. Keep taking and releasing slow, deep breaths.

- 2) Close your eyes and drop all your concerns now, like setting down a heavy bag.

After the meditation, you can pick them up again – if you want to. Realise that you are allowing yourself this time to move away from worldly worries.

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- 3) Now focus on your breath. Bring your whole awareness to the sensation of your breathing.

Don't try and control your breath, let it be whatever it is, flowing in and out of its own.

- 4) Start counting your breaths softly – count from one to ten, and then start over. If your mind wanders and you miss a number, start back at one.
- 5) Become more absorbed into your breathing, notice the volume, the speed, the warmth of your breath and the sound as it travels in and out.

Focus on your breath as it travels to your lungs and back out again.

- 6) Now, bring your attention to the presence of the thoughts that are moving through your mind, trying to pull your attention away from your breathing. Take notice of them, this is important.

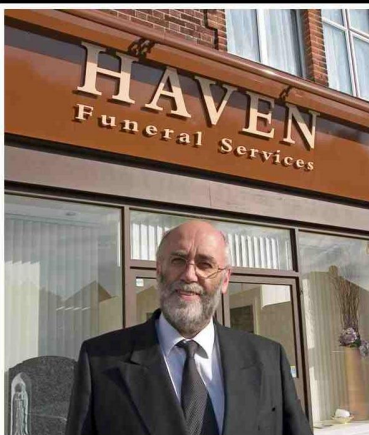
Let yourself be aware of these thoughts, feelings, wishes, plans, images and memories. Tell yourself 'I'm noticing my thoughts, yet I'm not getting carried away by them.' – Mindfulness is a process of awareness, not thinking.

Don't get caught up thinking about these things, every time you find yourself focusing on something return to counting your breaths.

7) Feel a growing sense of peacefulness within as you continue to focus on your breathing.

Notice how it feels to be caught up in your concerns and then how it feels to be aware of them, but to peacefully let it go.

Enjoy your peaceful state for as long as you wish, and when you are ready to bring it to a close, open your eyes, stretch out your hands and stand up.



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Pizza and Possibilities

- Are you 10-15 years old?
- Would you like to share your ideas about what St Martin's should be doing for your age group?
- Do you like pizza?

if so.... please come along to "Pizza and Possibilities" at St Martin's on **Sunday 14th July at 12noon** where we would like to hear your ideas. And eat pizza.

For more information or to sign up (if you haven't already), please email Bryony on bryonyfranklin@googlemail.com





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Puzzle section: Sudokus!

Moderate difficulty:

8			7		9			2
			6		8			
		9				8		
	3						7	
2	8		9		7		4	6
		8	1		4	2		
9			8		6			7
6		1				9		5

Very difficult:

	8		4		3		1	
2								9
1	3			2			7	6
				7				
6			8		4			3
				3				
8	7			1			9	4
3								7
	6		5		7		2	

Riddles

Can you answer these riddles about animals in the Bible?
Answers in the August magazine:

- 1) I named the animals, who am I?
- 2) I bit Paul on the hand, what animal am I?
- 3) Aaron carved a likeness of me from gold, what animal am I?
- 4) Jesus rode me into Jerusalem, what animal am I?
- 5) I am the leaf that the dove brought back to Noah in the ark. What leaf am I?

St Martin's, West Acton, London



The Parish of St Martin Hale Gardens, London W3 9SQ

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www.stmartinswestacton.co.uk
email: stmartins@stmartinswestacton.com

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 an All-Age or Parade Service.

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** in the Parish Room

11am: Informal Eucharist followed by the Coffee Club at 11.30am