



Parish Newsletter



November 2016

WHATEVER YOU DO, IN WORD OR DEED, DO ALL IN THE NAME OF THE LORD JESUS.

IN THIS ISSUE

Letter from the Vicar

by Fr David

We have just had the third anniversary of the launching of the Bishop of London's initiative Capital Vision 2020. It seeks to encourage us all to be **confident** in speaking and living the Gospel of Jesus Christ; **compassionate** in serving our communities with the love of God the Father and **creative** in reaching new people and places with the Good News in the power of the Spirit.

I wonder if another word that could have been used is courageous. The place of the Gospel in the twenty first century is being challenged in every corner of life. I don't want to bleat on here about Winter Festivals and Christ-less Easters. My thoughts are more linked to how we are encouraged by the Good News of Jesus to do that which is perhaps outside our comfort zone. To be prepared to stand out in our community, whether it be in the

work place or the home environment, as a Christian. It does take courage to be a Christian today. Views of us can change in an instant and expectations can suddenly be foisted upon us once we are clear we are Christians; it can be difficult. But there is another side to the coin. I am constantly encouraged by stories of Christians being sought out for prayer and support by friends, neighbours and colleagues who have no one else to turn to. Who seek the comfort and succor of God through our ministrations, our prayers.

CV2020 encourages us to be ambassadors for Christ following on from St Paul's injunction (2 Corinthians 5.20). I would hope, through our baptismal promise, this is already writ upon our hearts. That all may know we are Christians by our courage and our compassion.

December Newsletter Copy Date:
Sunday 13th November 2016



Ealing Half Marathon at St Peters

Another exciting day of water and laughter

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Ealing Churches Night Shelter

A couple of volunteers give us their view of supporting ECWNS

Ealing Half Marathon

by Fr David

For the fourth year St Peter's took part in the Ealing Half Marathon. An amazing venture that has blossomed into one of the most popular, award winning, events in London. Many participants not only come from all over London they even travel from far as far away as Kenya. The event certainly puts Ealing on the map.

For weeks, preparations are made to ensure the most positive community experience. Signs go up, notes are dropped through front doors and stuck under windscreen wipers. Whilst time is taken letting the local residents know the Half Marathon is happening energy too is expelled getting volunteers.

Even more roads were closed as the race expanded to a 7,000 capacity, on the UKA measured course weaving its way through Ealing, runners were kept well hydrated by five unique water stations, the first of which was at St Peters.



With spectators lining the route, the athletes were cheered on by an approx 30,000 strong crowd. The first man home in 65:40 was Christopher Cheruiyot with Teresiah Omosa for the women in 76:31. Runners came back to Lammas Park to power through the final kilometre with supporters cheering on either side of the pathways making for a spectacular finish, claiming their exclusive medal.

From 6.45am on the day St Peter's hosts to 50+ volunteers who have come to either act as road marshals or help distribute water to thirsty runners.

Coffee is served and sandwiches offered as a light breakfast before going out onto the streets. Once the marshals have been given their orders the water station team gather

to set up tables and unpack pallets of water, cracking open bottles and waiting in anticipation of thousands of runners rushing past.

And when it does happen it is all over in a flash...well almost. The first runner was past us and off into the distance within 10 minutes of the starting gun sounding. The first set of runners weren't interested in our offers of drink. Soon however, crowds of runners pass and are keen for refreshment.

Then it was over and the rubbish had to be collected up. Thousands of bottles strewn Mount Park Road. Everything was gathered up and tidied away, by the time we finished you'd never have known what happened.



Harvest Festival Weekend ~ Pets and Donation to Certitude

by Fr David

setting up. The threat of wet weather initially put a bit of a dampener on the day but people proved to be more than resilient, maintaining a steady stream throughout the day. Guides and Brownies pulled out the stops and filled their corner. Cakes sold out by lunch and the handcrafts were brilliant. If you didn't manage to get there you missed out sadly. The day had such a fab buzz with loads of lovely new faces.

Sunday was even busier. Pebbles was packed and the toddlers

had fun celebrating harvest. At the Parish Mass the Guides made a brilliant show, sharing in the readings and the prayers. It was lovely welcoming so many people. To crown the day off the Pet Service was enjoyed by 25 humans and 10 animals (oh and 3 cuddly toys!). The Harvest Fayre raised £1500 for the work of Certitude and the Harvest Mass gathered a good collection of food for the Ealing Food Bank. Don't forget St Peter's is a regular collection point for the Food Bank throughout the year.



Harvest proved to be a very busy weekend. Saturday, early morning saw the hall open and stall holders

EALING CHURCHES WINTER NIGHTSHELTER

Homelessness

Being without a roof is the most debilitating condition. You become voiceless and invisible. Then you can be lost forever.

prayer

Prayer for the homeless and cold

God of compassion,
your love for humanity was revealed in Jesus,
whose earthly life began in the poverty of a stable
and ended in the pain and isolation of the cross:
we hold before you those who are homeless
and cold
especially in this bitter weather.
Draw near and comfort them in spirit
and bless those who work to provide them
with shelter, food and friendship.
We ask this in Jesus' name.
Amen.

ECO-Church

After a presentation at Deanery Chapter by Dr Ruth Valerio, the ARocha Theologian, Fr Michael has been encouraged to explore what it means to be an eco-church. Watch this space as he discovers what it means to be a church in the 21st Century



Ealing Churches Winter Night Shelter 2016

by Lou and Adam Grimley

We both did an evening at last year's Night Shelter – along with many others at St Peter's - and found it hugely rewarding. For a few nights, our church is transformed into a dormitory for around 14 guests, and a team of volunteers serve them a meal and make them welcome. It's a simple but powerful example of Christian faith translated into action on the street of Ealing.



Jane Bradshaw and Elizabeth Newton lead the evenings at St Peter's, and it works well. Some of the volunteers sort out camp beds and bedding, while others are busy in the kitchen or on the door. There are clear rules: one guest appeared on the steps clearly the worse for wear, and was told that he couldn't come in, but that we would bring him some a chair and some food in the porch. Our stints were very good for our rather rusty Scrabble and card skills, and for meeting a wonderfully diverse range of people. Some guests are simply keen to eat

and turn in for the night, but many others were very happy to talk about how their latest job interview had gone, or that day's news.

We didn't stay the night - although some of the volunteers do – but as we left the church was quiet, and everyone was settling down. We went home acutely aware of how fortunate we are and hugely impressed by the hard work of Jane, Elizabeth and all those who run the Night Shelter at around 20 Ealing churches throughout the winter months. If you have a chance to volunteer, do.

Book Review -
H is for Hawk by
Helen Macdonald

Helen's father died. A significant figure in her life, his passing hit her hard. Maybe harder than she initially thought.

Helen had been interested in birds and falconry since her childhood. Her father had developed this interest in her and now, as she coped with his death Helen returned to this passion of her youth. Following the experience of past falconers Helen takes on a young Goshawk, not the easiest of birds to train, bred in Ireland. The book takes us through the training of the bird and the authors exploration of her self and her feelings, how she copes with grief and heals from within



Gardening Plot

~Top 10 tips from the RHS for November

1. Clear up fallen leaves - especially from lawns, ponds and beds
- 2 Raise containers onto pot feet to prevent waterlogging
- 3 Plant tulip bulbs for a spring display next year
- 4 Prune roses to prevent wind-rock
- 5 Plant out winter bedding
- 6 Cover brassicas with netting if pigeons are a problem
- 7 Insulate outdoor containers from frost - bubblewrap works well
- 8 Stop winter moth damage to fruit trees using grease bands around the trunks
- 9 Put out bird food to encourage winter birds into the garden

10 Use a seasonal bonfire - where this is allowed - to dispose of excess debris unfit for composting

Composting is often over looked or taken for granted in garden management. Yet a good compost can really help in encouraging growth and plant development, as well as soil quality. Ken Thompson in his excellent gardening book "An Ear to the Ground" makes the very valid point that not composting the organic material of your garden robs your garden of its most important nutrients. We can import all sorts of chemicals but it doesn't make sense if we take out what is already there by dumping our grass cuttings and leaf litter. The plants have already taken up the nutrients from your ground. It makes sense to put it back.

A good source of bulky organic material, free to us all, household and garden

waste is easy to collect and readily available. Of course this needs to decompose before we add it to the ground but this is easily done. I use two ways. The first is a combinations of composting bins in the garden. Here the day to day waste from gardening and domestic use can be processed. Bear in mind not to put cooked kitchen waste into the compost bins. This can attract vermin. A good composting container not only looks tidy (to a gardener anyway) it also speeds up decomposition by keeping it warm. The second is a wormery. Tiger worms break down kitchen waste in a controlled environment produce good quality compost and as a valuable side product, liquid fertilizer (known in our house as worm pee!). this is watered down (1/10 parts) in watering cans and used for indoor and outdoor plant feed.

Autumn Vegetable Soup with Cheesy Toast

- 1 leek, chopped quite small
- 2 carrot, chopped quite small
- 1 garlic clove, finely chopped
- 1 potato, chopped quite small
- 1 tbsp finely chopped fresh rosemary
- ½ tsp sugar
- 410g can chickpea, drained and rinsed
- 3 tbsp chopped fresh parsley
- 2 x 400g cans chopped Italian tomatoes
- 425ml/¾ pint vegetable stock



For the toasts

- 8 slices of baguette, cut on the diagonal
- 1 garlic clove, cut in half
- 50g edam, finely grated

Method

Put the vegetables into a large saucepan with the garlic, rosemary, stock and sugar. Season well, stir, bring to a simmer and cover. Cook gently for 15 minutes or until the vegetables are just tender.

Preheat the grill to high.

Whizz the tomatoes in a food processor or blender until smooth, then tip into the vegetables with the chickpeas and parsley. Gently heat through, stirring now and then.

For the toasts:

rub both sides of the bread with the garlic. Grill on one side until golden, turn the bread over, cover with edam and grill until it's bubbling. Serve at once with the piping hot soup.

From the BBC Food website

pilgrim

A COURSE FOR THE CHRISTIAN JOURNEY

For a second year we are running our Pilgrim Course. Designed for those who'd like to take some time to explore further the Christian faith, whether long term church members or new enquirers, this is a module course spread throughout the year. It is made up of four, six week modules we spread throughout the year, starting Monday 14th November, 7.45pm in the Church Hall.

Each module is based upon a central Christian tenant:

1. Turning to Christ: What do Christians believe (Nov-Dec 2016)
2. The Lord's Prayer: How Christians know and worship God (Jan-Feb 2016)
3. The Commandments: How Christians behave (March-April 2016)
4. The Beatitudes: What is the Christian vision for the world (May-June 2017)

The first module is also being run as part of our Advent Programme for 2016. You are welcome to come along as a taster and see if you'd like to complete the course. There will be further information coming out soon.