



St Martin's West Acton Parish Magazine 50p



Winter 2023/2024

St Martin's Church, Hale Gardens, London, 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 and photos for the next season's magazine should be
sent to the editor (email: pjgrayson@hotmail.com)
Please title the email "magazine item"



ST MARTIN'S
WEST ACTON
LOVING, THRIVING, WELCOMING

Dear all,

A warm welcome to the St Martin's winter Magazine. Just as the weather gets colder and we turn the heating up, we can feel some consolation and warmth from the love that Christmas can bring into our lives.

For me winter is a season of reflection, a time when the world around us seems to be hushed - if just a little. There is a quiet beauty about winter. It invites us to look within, much like the bare branches stripped of their foliage. It reminds us to 'let go' of the things that burden us and make space for new growth.

It is also a time when we can think about the message of Christmas. The story of the birth of Jesus, a humble yet extraordinary event, which has in it those themes of hope, love, and the transformative nature of God's grace. But, of course before this we have the 'waiting' time of advent where past, future and present come together as we anticipate the arrival of the Christ child.

The joy of Christmas brings light to the dark days of winter, it also moves us to be grateful for the blessings we have in our lives, for our homes, our families and friends and also to be mindful of those in need. Let us open our hearts to the whispers of God and ask for his guidance through the darkness of winter.

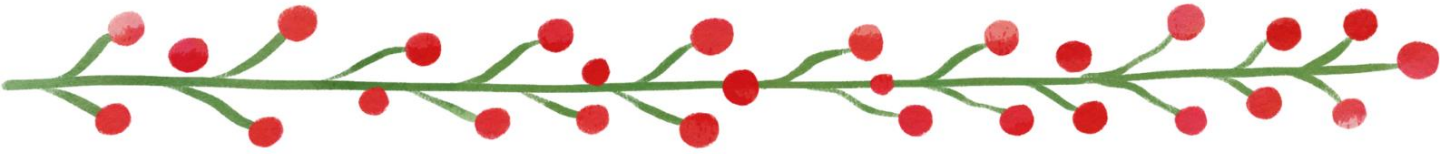
Blessings

Wishing you a reflective advent, a joyful Christmas and a hopeful new year.

Blessings

Julia Palmer.

CHRISTMAS AT ST MARTIN'S WEST ACTON



Sunday 3rd December

8am Holy Communion Service (BCP)

10am Christingle All Age Service



Sunday 10th December

10am Holy Communion with Godly Play

Sunday 17th December

10am Holy Communion with Nativity

3pm Japanese Church Service

6:30pm Carol Service

Sunday 24th December - Christmas Eve

10am Holy Communion with Junior Church

4pm Crib Service

11:30pm Midnight Mass



Monday 25th December - Christmas Day

8am Holy Communion (BCP)

10am Family Communion Christmas Service

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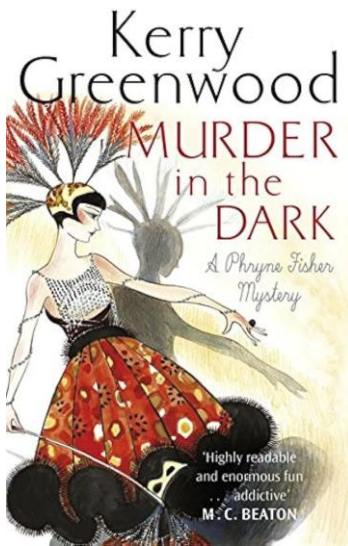
Winter Reading List

Winter is the perfect time to get cosy under a blanket and read a new book, check out some of our winter book recommendations below!

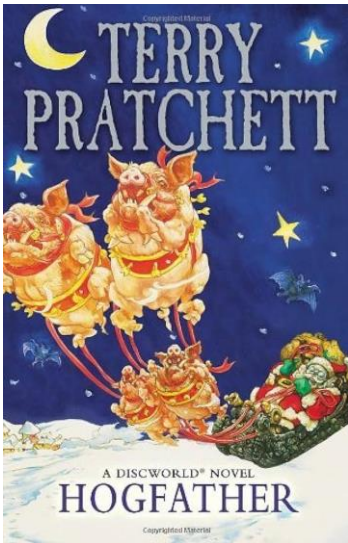
If you've got book recommendations for the Springtime issue email the editor at pjgrayson@hotmail.com, we'd love to know what you're reading!

Murder in the Dark (2018)

By Kerry Greenwood



It's Christmas, and Phryne has an invitation to the Last Best party of 1928, a four-day extravaganza being held at Werribee Manor house and grounds by the Golden Twins, Isabella and Gerald Templar. She knew them in Paris, where they caused a sensation. Phryne is in two minds about going when she starts receiving anonymous threats warning her against attending. She promptly decides to accept the invitation - after all, no one tells Phryne what to do.

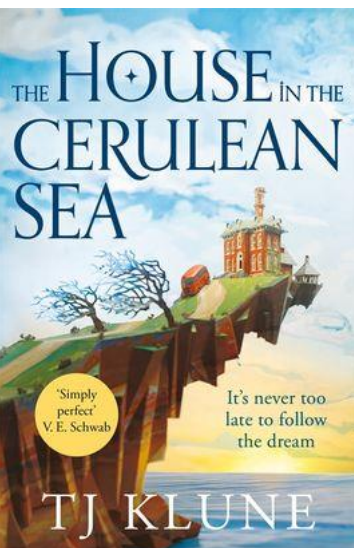


Hogfather (2013)

By Terry Pratchett, Recommended by Ren Balcombe

'Twas the night before Hogswatch and all through the house... something was missing.

Superstition makes things work in the Discworld and undermining it can have consequences. When Death realizes that belief in the Hogfather is dangerously low, he decides to take on the job. But it's just not right to find a seven-foot skeleton creeping down your chimney and trying to say 'ho, ho, ho'.

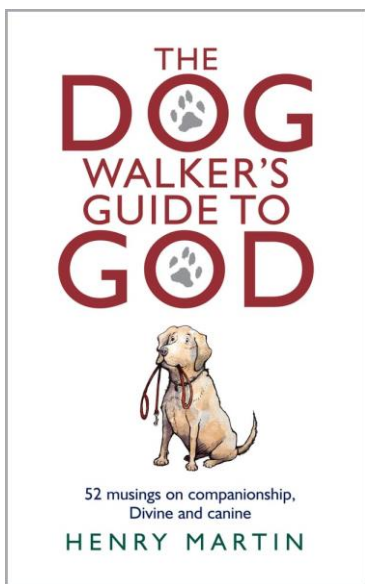


The House in the Cerulean Sea (2021)

By TJ Klune, Recommended by PJ Grayson

Linus Baker leads a quiet life. At forty, he has a tiny house with a devious cat and his beloved records for company. And at the Department in Charge of Magical Youth, he's spent many dull years monitoring their orphanages. Then one day, Linus is summoned by Extremely Upper Management and given a highly classified assignment. He must travel to an orphanage where six dangerous children reside - including the Antichrist.

At the orphanage, Linus must somehow determine if they could bring about the end of days. But their guardian, the charming and enigmatic Arthur Parnassus, will do anything to protect his wards. And, as Arthur and Linus grow ever closer, Linus must choose: his duty, or his dreams



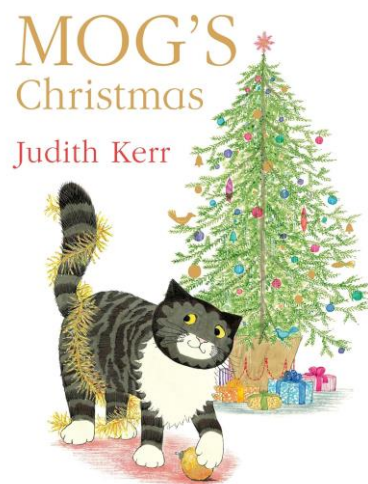
The Dog Walker's Guide to God (2023)

By Henry Martin

This little book contains 52 five-minute-reads to inspire dog walkers to ponder the mysteries of faith and the wonders of God. Each day, popular writer and artist, Henry Martin offers a simple reflection (accompanied by his own illustrations) to be read just before setting out and then chewed over while you and your dog walk together. Though primarily for dog walkers, Henry adds: 'This book could also work for those who are housebound and even those not lucky enough to have a dog in their lives: the themes are universal.'

Mog's Christmas (2022)

By Judith Kerr



The classic Christmas story of everyone's favourite family cat, Mog, complete with a stunning foiled cover for extra Christmas sparkle!

It's Christmas, and Mog's house is full of strange noises and peculiar smells. Everyone is busy hanging holly and blowing up balloons, and where is that tree going...?

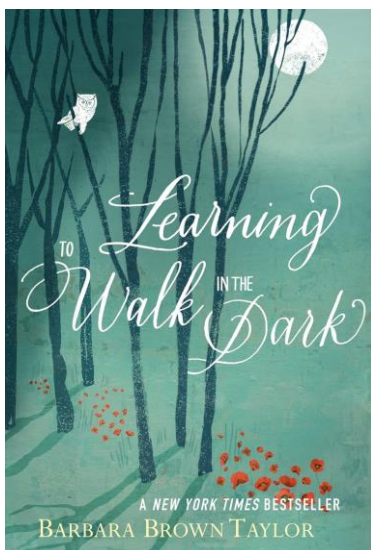
Mog is not happy. So she escapes to the roof, and there she stays...until, unexpectedly, she returns with a bump!

Happy Christmas, Mog!

Learning to Walk in the Dark (2014)

By Barbara Brown Taylor,

Taylor has become increasingly uncomfortable with our tendency to associate all that is good with lightness and all that is evil and dangerous with darkness. Doesn't God work in the nighttime as well? In *Learning to Walk in the Dark*, Taylor asks us to put aside our fears and anxieties and to explore all that God has to teach us "in the dark." She argues that we need to move away from our "solar spirituality" and ease our way into appreciating "lunar spirituality" (since, like the moon, our experience of the light waxes and wanes). Through darkness we find courage, we understand the world in new ways, and we feel God's presence around us, guiding us through things seen and unseen. Often, it is while we are in the dark that we grow the most.



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Christmas Gifts for the Women's Refuge

The residents and staff at the women's refuge have asked me to thank everyone for their harvest gifts of food and bed linen. The refuge houses twelve women and their children who stay for around six months; this gives them a chance to reorder their lives. The problems of domestic violence continue and the house is always full.

This Christmas we should like to make a collection of toiletries for the women. The refuge does get donations of toys from various sources and therefore would like us to concentrate on gifts for the women so that they can enjoy a few luxuries.

At St Martin's we have been making donations to the Women's Refuge for more than 20 years. We make up welcome packs for each new resident. These include 2 new towels, toiletries, tissues, tooth paste, new underpants, a notebook, etc , and these are always well received.

The refuge is run by Hestia and you can read more about the work of this charity at www.hestia.org.

Donations can be left at the back of the church.

Once again, thank you.

Margaret Jones

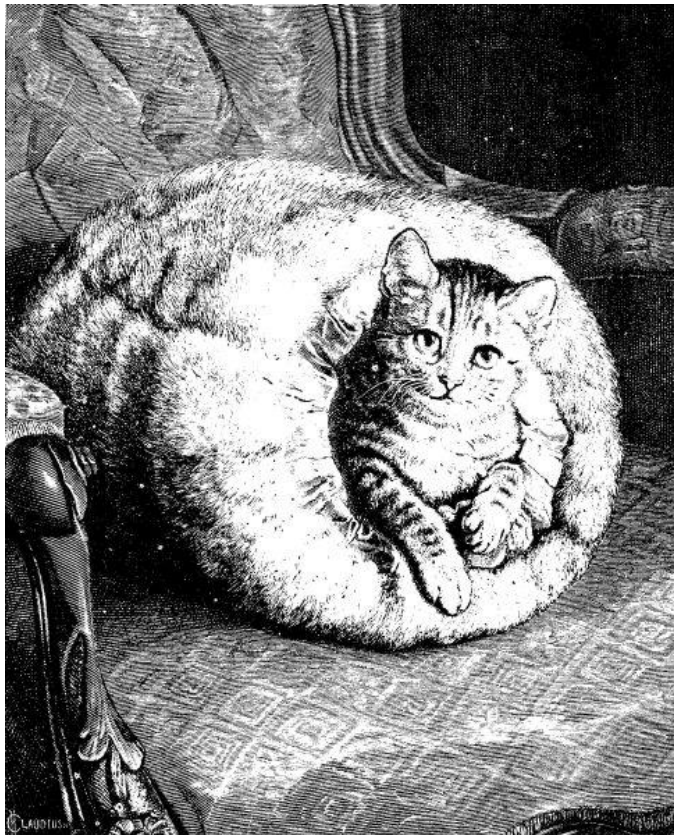


Winter Quarters
From *Harper's Young People*
January 1882
Author Unknown

Look at me here in my mistress's muff;
My proper name is Vanity Puff;
My striped coat is, of course, very fair,
But silver-fox has a stylish air.

The muff, you see, is jolly and warm,
And suits a cat that's afraid of storm.
Snow is a nuisance, and cold I hate;
It suits me exactly to sit in state

On a damask chair with a robe silk-lined,
And comfort take with an easy mind,
While I feel myself an aristocrat,
And not a commonplace household cat.



This is an image of the etching that featured alongside the poem back in 1882!

How You Can Help this Winter

Here are some other ways you can support those in need this winter.

Coat Distribution Friday 8th December at Ealing Soup Kitchen

Angela Loundes and the volunteers at Ealing Soup kitchen are distributing over 100 coats to those who are vulnerable and homeless on **Friday 8th December**. If you have an old coat or jacket that you wish to donate for the cause, please get in touch at ealingsoupkitchen@outlook.com or signpost those who may be in need to:

Ealing Soup Kitchen
The Crypt, St John's Church
Ealing, W13 9LA



Ealing Churches Winter Night Shelter

A network of churches across the borough supporting those who have been referred through various homeless charities. Support is needed in the form of items, money, volunteering and prayer. Information available on ecwns.org.uk or by contacting office@ecwns.org.uk



Streetlink

StreetLink is a referral service that can be used by anyone who wants to help someone sleeping rough. If you want to help someone you've seen sleeping rough, but don't know what to do, StreetLink is a simple way to take action. Send an alert on their **website**, **app** or **email**, providing the exact location of where you have seen someone sleeping.

thestreetlink.org.uk enquiries@thestreetlink.org.uk





Acton Homeless Concern

St Martin's supports Emmaus House in Acton, a service which provides hot meals, clothing, access to healthcare, showers and haircuts as well as valuable contact time to clients who need their help. Their website below has information on how you can get involved to help their work

www.actonhomelessconcern.org/what-you-can-do.html



Freedom From Torture

A charity that provides specialist psychological therapy to help asylum seekers and refugees who have survived torture recover and rebuild their lives in the UK. They also provide training for professionals working with torture survivors, as well as campaigning for change both in the UK and across the world. Their website offers the chance to buy therapy sessions, winter clothes and more for survivors.

shop.freedomfromtorture.org/

Albert Kennedy Trust



LGBTQ+ young people are at a much higher risk of homelessness, and will face greater challenges while homeless than those who aren't LGBTQ+. akt helps extremely vulnerable LGBTQ+ youth who are either homeless or at risk of homelessness. Over the past few years, they have seen a 112% increase in young people looking for support directly after the winter holiday period. Donations help pay for ID, emergency accommodation and other things to help support vulnerable youth.

www.akt.org.uk/donate/

ST MARTIN'S WEST ACTON CHRISTMAS FAIR

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A Wake-up Call

When I moved to Suffolk some 20 years ago, new life, new church, I have a vivid recollection of attending a presentation by the charity Water Aid. It was graphic and memorable, and I was moved to commit giving a monthly gift of £25.

I receive regular mailings from the charity, and when I check my monthly bank statement feel quite comfortable and a bit smug, that I am doing my bit. However, recently, I did a check on inflation figures over the period since I made the commitment, and find that

The British pound has lost 50% of its value since 2002*

The stark reality is that my monthly gift is only buying half the goods and services it did 20 years ago. That gives me no cause for complacency – far from it. I was embarrassed and deflated and have now done something about it!

So, may I ask each of you reading this to think back to when you made the last change to your standing order to St Martin's and consider whether it is offering the level of contribution to the Church's upkeep that you intended when it was new?

Kathy Oliver
Stewardship Secretary



*Bank of England Inflation calculator available at www.bankofengland.co.uk/monetary-policy/inflation/inflation-calculator



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Carol of the Bells

"Carol of the Bells" is a remix of the Ukrainian song called "Shchedryk"

"Carol of the Bells" is a popular Christmas carol which is based on the Ukrainian song called "Shchedryk" (Ukrainian: Щедрик). The "Carol of the Bells" uses the original melody from "Shchedryk", written by the Ukrainian composer Mykola Leontovych more than 100 years ago - in 1914.

Groups of men and women or children in traditional embroidered dress sing it in Ukraine on the eve of the New Year (by Julian calendar - i.e. on January 13th). The purpose of giving, like carols, is to glorify the master of the house and his family, to wish all the best in a year coming.



The song's journey onto the world's stage and its transformation into an Christmas classic is a tale of musical inspiration, nationalism, and political violence. had been assassinated by the Cheka (the USSR secret police) just over a year before the song's premiere in New York. The premier took place at Carnegie Hall on October 5, 1922, for a performance that the New York Tribune dubbed "a marvel of technical skill." Onstage was the Ukrainian National Chorus conducted by Alexander Koshetz.

Now the song is popular all over the world.

Olena Humeniuk



Hark how the bells,
sweet silver bells,
all seem to say,
throw cares away
Christmas is here,
bringing good cheer,
to young and old,
meek and the bold,
Ding dong ding dong
that is their song
with joyful ring
all caroling

One seems to hear
words of good cheer
from everywhere
filling the air

Oh how they pound,
raising the sound,
o'er hill and dale,
telling their tale,
Gaily they ring
while people sing
songs of good cheer,

Christmas is here,
Merry, merry, merry, merry
Christmas,
Merry, merry, merry, merry
Christmas,

On on they send,
on without end,
their joyful tone
to every home
Ding dong ding dong!



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Honey Soy Sprouts

Prep: 20 mins

Cook: 10 mins

Ingredients

3 tablespoons of honey

2 tablespoons of soy sauce

1 tablespoon of vegetable oil

Ginger to taste

1 garlic clove, sliced

400g shredded or chopped brussels sprouts

1 teaspoon of sesame oil

1 teaspoon of rice wine*



Step 1

Stir the honey and the soy together in a small bowl. Set aside.

Step 2

Heat the oil in a frying pan and fry the ginger and garlic for 1 min. Add the shredded sprouts and stir-fry for 1-2 mins until wilted. Pour in the rice wine, then the honey sauce. Toss everything together.

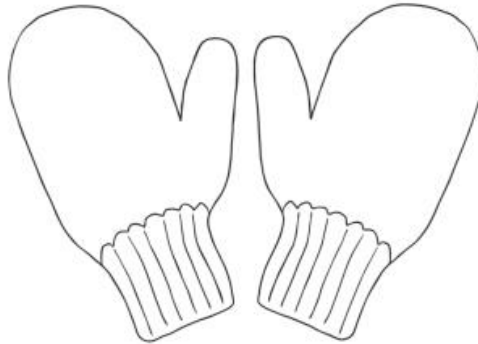
Season, drizzle with the sesame oil, scatter with sesame seeds and serve.

*Don't have rice wine? You can use dry white wine, stock, dry sherry or apple juice



Christmas Spot the Difference

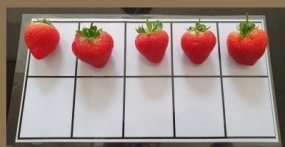
Can you spot the 8 differences in these pictures?



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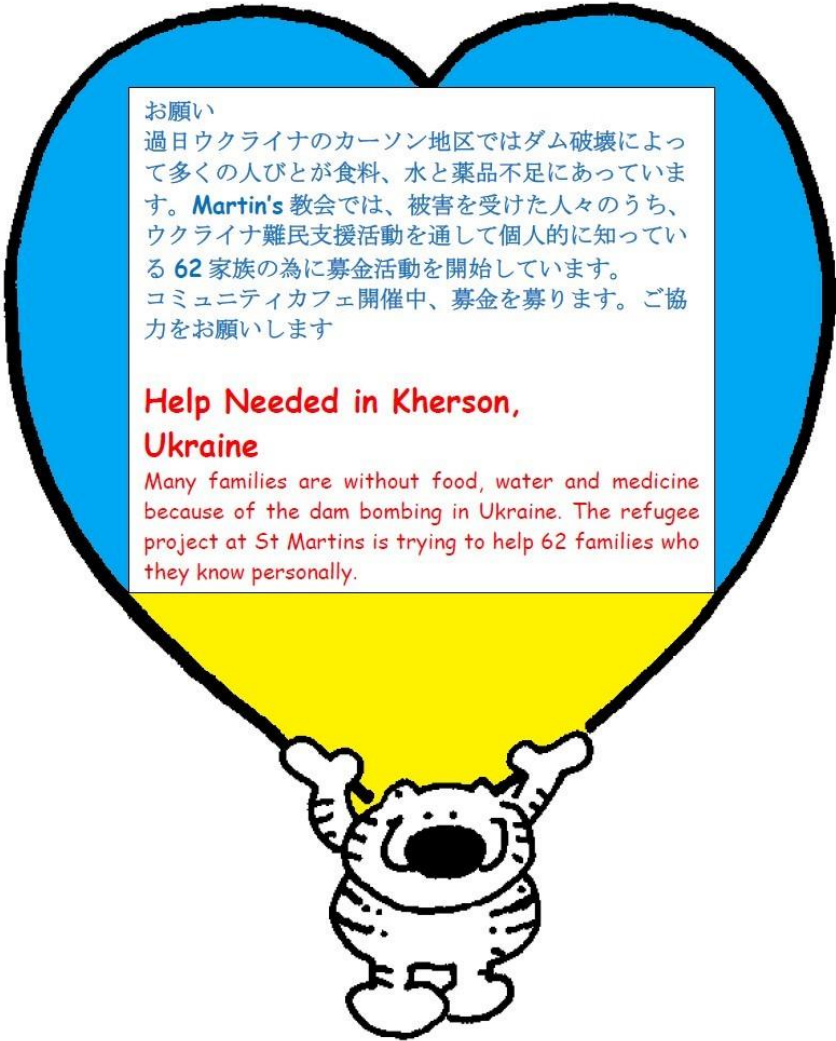
Monday 4 - 5pm, term-time only

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お願い
 過日ウクライナのカーソン地区ではダム破壊によって多くの人びとが食料、水と薬品不足にあっています。**Martin's** 教会では、被害を受けた人々のうち、ウクライナ難民支援活動を通して個人的に知っている **62** 家族の為に募金活動を開始しています。コミュニティカフェ開催中、募金を募ります。ご協力をお願いします

Help Needed in Kherson, Ukraine

Many families are without food, water and medicine because of the dam bombing in Ukraine. The refugee project at St Martins is trying to help 62 families who they know personally.

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ST MARTIN'S WEST ACTON

LOVING, THRIVING, WELCOMING

Be completely humble and gentle; be patient, bearing with one another in love.

Ephesians 4:2

Regular Services @ St Martin's

Communion Service every Sunday 10am with Junior Church
Book of Common Prayer Service first Sunday of every month 8am
All Age Service first Sunday of every month 10am
Weekday Communion Service Wednesdays 11am in parish room
Japanese Worship third Sunday of every month 3pm

Regular Events @ St Martin's

Junior Choir rehearsal 6pm every Monday
Adult Choir rehearsal 7pm every Monday
Stay & Play Toddler Group 10am every Tuesday
Japanese Community Café first Saturday
of every month 10am

How You Can Donate

You can make a one off donation by bank transfer to:
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