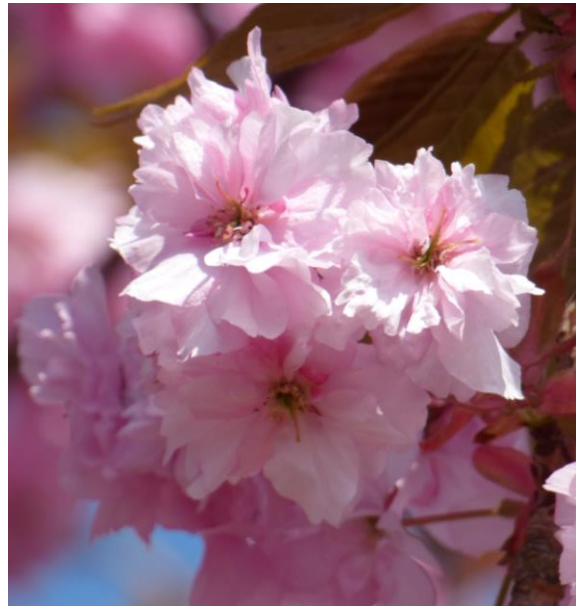


St Martin's West Acton Parish Magazine

50p



Spring 2024

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

(Registered charity no. 1132976)
www.stmartinswestacton.co.uk
stmartins@stmartinswestacton.com

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Magazine Editor & Cover Photos	PJ Grayson

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 friends,

It is my joy to write this article for the St Martin's Easter/Spring magazine. This time of year reminds us of hope, even though there is much darkness around us. We are all aware of the crises in our world, the events in Gaza, the ongoing war in the Ukraine, the injustices and poverty in our own communities but Easter reminds us always to be hopeful.

On the morning of the first Easter, in the garden, Mary Magdalene was the first to see that Jesus' tomb was empty and the stone had been removed. The resurrection happened in the quiet and the darkness of the tomb. Bishop Sarah in her Easter message quotes Dr Selina Stone from the book 'Tarry Awhile' who comments on this darkness and writes:

'God receives an offering and makes a covenant with Abram in the dark (Genesis 15:12-21). It is in the dark that Jacob wrestles with God and receives a blessing (Genesis 28:10-22). It is at night that Rahab negotiates safety for her whole family and earns her place in the genealogy of Jesus by hiding the spies (Joshua 2). Darkness represents deliverance for the children of Israel, separating them from the Egyptians who pursued them (Joshua 24:7). Deep darkness is one of the marks of God's presence, the place from which God's voice comes forth (Deuteronomy 4:11; 5:22-3). Darkness is the place and space of encounter with God.'

This reminds us that God is at work in the darkness. His power and presence can transform and heal. God works for good in all things, It's just that we can't see it in the darkness. So, be reassured that even in the hardest situations in our world and in each of our lives, we can hold the hope of Easter and together with Mary we can know the reality of resurrection in the darkness.

This is my final article for the magazine as I will be moving on. It has been a privilege serving as the priest here and I leave with the reminder to always carry the hope of the resurrection in your own hearts and minds. Pray for me as I pray for you.

Blessings,
Rev Julia Palmer

Opportunities to get involved at St Martins

Sidespeople

Welcoming people and bringing up bread and wine for communion

Magazine Editor

More info later in this issue!

Flower Arranging

Providing refreshments

After the 10am service

Churchwardens

Helping with day to day running of the church, sometimes reporting to the bishops office

Leading prayers

In our Sunday service

Junior church leaders

Helping lead our popular junior church



The Spring is a Cat

Lee Jang Hee (1924)

On a cat's fur soft as pollen,
Vivid scent of spring dwells.
On a cat's eyes round as golden bells,
Fanatic flame of spring streams.
On a cat's lips closed serenely,
Roam, cosy drowse of spring.
On a cat's whiskers stretched sharply,
Gambol, verdure vigor of spring.



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Ealing Community Champions

By PJ Grayson



Could you be a Community Champion? 2 years ago I was approached by somebody at Ealing Council to help advise their community engagement team on LGBTQIA+ inclusion.

Part of this was joining the Community Champions programme, which has given me the opportunity to raise awareness of some things that I'm really passionate about with local government as well as find out what is happening across the borough in other communities, faith organisations and charities. It's also opened up my access to training and projects, including Mental Health First Aider training.

It's no secret that I'm leaving St Martin's this summer and it'd be great if somebody would like to carry on this fantastic work.

From the Ealing Council Website:

“Community champions are volunteers who live or work in Ealing and want to make a positive difference to the health and wellbeing of people in their community.

Acting as a link between the council and their community, champions share reliable health and wellbeing information with friends and family and their community of social networks. Those who have close and trusted relationships with residents, are best placed to share this information. Community champions also signpost people to relevant support and health services. They empower people to make their own informed decisions about health and wellbeing and help stop misinformation.

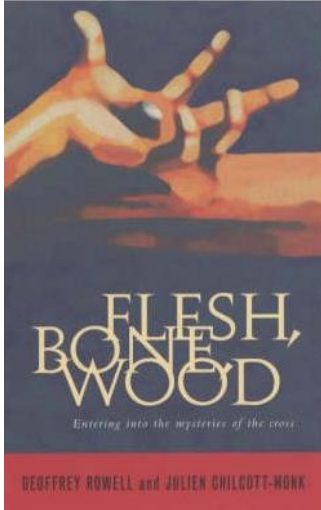
Community champions also help us to understand what the health and wellbeing priorities are in local communities, by feeding back what is working well, and what improvements are needed.”

You can find out more on the Ealing Council Website or get in touch with PJ

Spring Reading List

Looking for your next Lent book? How about a point of view you hadn't considered before? This is the place!

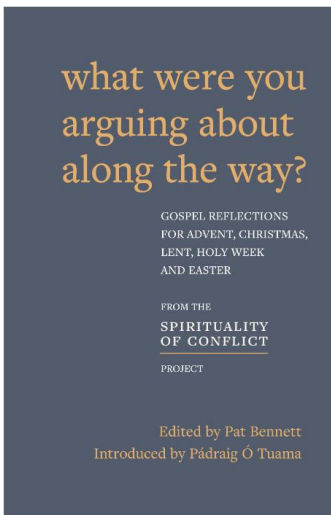
If you've got book recommendations for the summer issue email the editor at pjgrayson@hotmail.com, we'd love to know what you're reading!



Flesh, Bone, Wood: Entering into the Mysteries of the Cross (2001)

By Julien Chilcott-Monk and Geoffrey Rowell

A moving devotional companion, evoking the sights and sounds that surrounded Jesus in the last days of his life. The dramatic narrative style invites us to participate imaginatively in the unfolding events. Arranged as daily readings throughout Lent.



What Were You Arguing About Along The Way? (2021)

By Pádraig Ó Tuama and Pat Bennett

Created by Pádraig Ó Tuama five years ago, the Spirituality of Conflict website is one of the most exciting and vibrant online lectionary resources. Approaching conflict in its various forms - personal, social, global - through the lens of the gospels, conflict, it explores the conflicted nature of Jesus' world and how people navigated routes through it. It enables the scriptures to speak to the conflicts in our lives and reveals how they can have positive as well as negative outcomes.

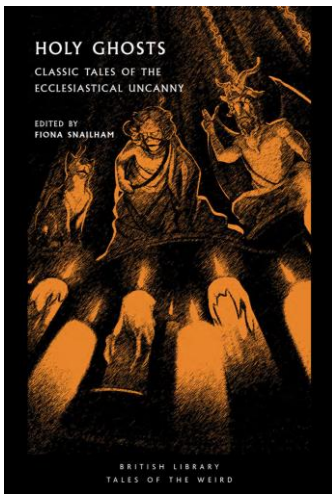
THE 2024 LENT BOOK



Lent with the Beloved Disciple (2024)

By Michael Marshall

The 2024 Bloomsbury Lent Book invites you on a six-week journey in the company of the 'beloved disciple' as found in the narrative of the Gospel of St John. As the only disciple to have stayed close to Jesus at every stage from the Last Supper to the Crucifixion at Calvary, this eagle-eyed eyewitness intentionally records certain subtle details and signs which, when perceived with the eyes of faith, indicate a deeper and far lasting significance.



Holy Ghosts: Classic Tales of the Ecclesiastical Uncanny (2023)

By Fiona Snailham (editor)

Churches and other sacred sites have inspired writers of the weird and uncanny for centuries as spaces in which death and the afterlife are within touching distance – where ghosts, demons and possessed effigies remain to haunt the living. Through eleven stories published between 1851 and 1935, this new anthology revives a throng of undying spirits from a host of unsung and classic authors including Elizabeth Gaskell, M. R. James, John Wyndham, and Edith Wharton.



Eleanor Among the Saints (2024)

By Rachel Mann



A Poetry Book Society Recommendation Spring 2024. In her second collection, Mann wrestles with the questions and possibilities raised when trans identity, faith and the limits of myth and language intersect and are tested. *Eleanor Among the Saints* is a study in the queer joy found in counterfactuals and fantasy, shaped through the prism of the disputed story of Eleanor Rykener, a medieval trans woman, seamstress and sex worker.

A Jewish Book of Comfort of Comfort

EDITED BY CHARLES MIDDLEBURGH & ANDREW GOLDSTEIN



A Jewish Book of Comfort: Three Thousand Years of Wisdom and Experience (2014)

By Charles Middleburgh and Andrew Goldstein

Whether you are a person of faith or not, there are always times in every human life when we need to find comfort, to sustain us through times of anxiety, disappointment or pain, times of loss or bereavement. Throughout the millennia of Jewish history, from the Hebrew Bible to modern times, Jewish sages have written and spoken words of encouragement, reassurance and hope.

This anthology presents a wide selection of poems, psalms and meditations from all periods of the Jewish past and the present day that will provide food for thought, and words of comfort at difficult times of life. Themes included are illness, ageing, patience, loss, memory, grief, faith, immortality and much more. The wisdom in this book is deep and real, and is borne of centuries of suffering endured, faced, understood and overcome.

Springdoku!

Beginner

		2	1
2		4	
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Intermediate

3			6		5
		5		4	
	3				6
1					2
			2	6	
		4	5		

Advanced

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

Intermediate

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		E			C	B	
			G	H			A
D	C		B				I

Anagrams

MSOSBOL HCAHT DYSANU

OFDIADLF RTASEE RISP GN



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LGBT+ History Month

February this year was LGBT+ History Month. The 2024 theme celebrates LGBT+ peoples' contribution to the field of Medicine and Healthcare both historically and today.

At a time when the LGBT+ community is experiencing a rise in hate crime and hate instances we also encourage you to look 'Under the Scope' and listen to LGBT+ peoples' lived experiences from LGBT+ people.

source: lgbtplushistorymonth.co.uk

LGBT+ PEOPLE IN SCIENCE AND MEDICINE

<p>Alan Turing Mathematician, computer scientist, cryptanalyst</p>	<p>Sally Ride Astronaut and physicist</p>	<p>Magnus Hirschfeld Physician and sexologist</p>	<p>Leonardo da Vinci Scientist, engineer, inventor</p>
<p>George Washington Carver Botanist, inventor</p>	<p>Michael Dillon Physician</p>	<p>Ben Barres Neurobiologist</p>	<p>Angela Helen Clayton Physicist</p>
<p>Lynn Conway Computer scientist, electrical engineer</p>	<p>Cecil Belfield Clarke Physician</p>	<p>Neil Divine Astrophysicist</p>	<p>Ellen Kitch Childs Clinical Psychologist</p>
<p>James B Pollack Astrophysicist</p>	<p>Bruce Voeller Biologist</p>	<p>Richard Summerbell Mycologist</p>	<p>Flora Murray Physician medical pioneer</p>

LGBT+ SECRET CODES



Anne Lister's Cryporthand

Anne Lister, born 1791, was a wealthy landowner and adventurer from Yorkshire. Nearly 200 years before equal marriage was possible, in 1834, Anne took communion in church with partner Ann Walker, and thereafter considered themselves married, living together until Anne died.

Anne Lister kept a diary, where any mention of relationships with women was written in a secret code they called "cryporthand", created using numbers and symbols to represent letters of the alphabet.

Green Carnations

Oscar Wilde, born 1854, was a gay poet and playwright from Ireland. After asking friends to wear a green malmaison carnation on their lapels to his play *Lady Windermere's Fan* in 1892, a trend began.

Worn on the left lapel, the wearing of the green carnation became a coded symbol for men who were attracted to other men. The 1894 novel 'The Green Carnation' by Robert Hichens (whose main characters were loosely based on Wilde and his friends) detailed its meaning. Noel Coward included a song of the same name in his operetta *Bitter Sweet*, a secret reference to gay people.



Violets

Violets and their colour became a special code used by lesbians and bisexual women. The symbolism of the flower derives from several fragments of poems by Sappho (an Ancient Greek woman who wrote love poems about other women) in which she describes a lover wearing garlands or a crown with violets.

In 1926, the play *La Prisonnière* by Édouard Bourdet used a bouquet of violets to signify lesbian love. When the play became subject to censorship, many Parisian lesbians wore violets to demonstrate solidarity with its lesbian subject matter.

Resources

www.stonewall.org.uk a charity who have created change over the last 30 years in both public attitude and government policies.

mermaidsuk.org.uk a charity that support transgender, non-binary and gender non-conforming children, young people and their families

www.onebodyonefaith.org.uk is a charity that enables LGBT+ Christians and allies to advocate for change within the Church

If you have any questions or want to know more, get in touch with PJ

Springdoku Solutions

3	4	2	1
2	1	4	3
1	2	3	4
4	3	1	2

3	4	1	6	2	5
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5	1	3	2	6	4
6	2	4	5	1	3

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

I	A	F	C	E	D	G	B	H
H	E	D	F	G	B	I	A	C
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E	G	H	D	C	I	A	F	B
F	I	A	H	B	G	D	C	E
C	D	B	E	F	A	H	I	G
A	H	E	I	D	C	B	G	F
B	F	I	G	H	E	C	D	A
D	C	G	B	A	F	E	H	I

Anagram Solutions

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Traditional Easter Simnel Cake Recipe

You Will Need:

250g dried fruit	100g ground almonds
1 orange, zested and juiced	1 teaspoon baking powder
500g marzipan	1 lemon, zested
250g butter	2 teaspoon mixed spice
200g light brown sugar	1 teaspoon vanilla extract
4 eggs, 1 beaten to glaze	100g glace cherries, halved
175g plain flour	3 tablespoons apricot jam

Prep: 30 mins Cook: 2 hrs Serves 12

Method:

Step 1

Put the mixed dried fruit in a bowl with the orange juice and zest and 2 tablespoons water. Cover and microwave for 2 mins, then leave to cool completely. Alternatively, heat gently in a pan, stirring now and then until the liquid has been absorbed and leave to cool.

Step 2

Heat oven to 150C/130C fan/gas 2. Roll out a third of the marzipan and use the base of a deep 20cm cake tin as a template to cut out a circle. Wrap any offcuts and the remaining two-thirds of marzipan and set aside for later. Butter and line the cake tin with a double layer of parchment.

Beat the butter and sugar together until creamy. Add 4 eggs, flour, almonds, baking powder, lemon zest, mixed spice and vanilla (all in one go) and mix until well combined. Mix in the cooled soaked dried fruit and fold in the cherries



Step 3

Scrape half the cake mixture into the tin. Top with the disc of marzipan, then the remaining cake mixture, and level the top with a spatula. Bake for 2 hrs. Check it's cooked by inserting a skewer to the centre of the cake, if any wet mixture clings to the skewer, return to the oven for another 10 mins, then check again. Cool in the tin for 15 mins, then turn out onto a wire rack and leave to cool completely.

Step 4

Brush the top of the cake with apricot jam. Roll out half of the remaining marzipan and use the base of the cake as a template to cut out another disc. Place it on top of the cake and crimp the edges, if you like. Roll the remaining marzipan into 11 equal-sized balls for the apostles. Brush the marzipan with beaten egg and arrange the apostles in a circle on top around the outside, and brush them with a little egg too. Put under a hot grill for a minute or two until just starting to caramelize – be very careful as the marzipan will burn easily.



Key Dates & Events Coming Up

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April 2024

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Magazine Editor Needed!!!

PJ Grayson

I'm in a weird position where because I do two jobs for St Martin's, I will have two endings. One of these will be at the end of July when I finish my role as Communications Manager. One of the things I do that will need taking over is the Parish Magazine – the summer issue will be my final one.

The magazine comes out quarterly and is usually between 20 and 32 pages but is largely a collaborative effort, with articles and recipes and anything else you can think of making up the content. I'm happy to do a full handover with whoever might like to take over for the autumn issue.

Also details below of my graduation ceremony, where I'd love to see everybody on the 2nd of July!





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
Japanese Community Café first Saturday
of every month 10am

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