



People of faith, working together for harmony in Hounslow.

Thamesbank Credit Union

In times when household budgets are strained, a locally-owned and operated cooperative such as Thamesbank could be a useful solution for those looking to save, or to take out loans.

It is authorised and regulated by the Financial Conduct Authority and other relevant bodies.

It is owned and operated by its members for their benefit. Anyone living or working in the London Boroughs of Ealing, Hounslow, Richmond, Kingston, Wandsworth or Spelthorne can join.

Most years members have received a dividend on their savings. Last year it was 1%.

Readers may like to consult [this useful layperson's explainer](#) about credit unions.

For further details on this organisation and how to join, contact admin@thamesbank.org, or 020 8756 3865, or visit thamesbank.org.

West Middlesex Hospital chaplaincy training

Recruitment is underway for the next training course for Chaplaincy Visitors at the hospital. Those interested, from any faith or belief group, should contact Lynn West (lynn.west@chelwest.nhs.uk) for further details.

Every Thursday and Saturday

Free youth boxing classes in TW4

The Barry McGuigan Boxing Academy, in partnership with Places for People, is running free boxing classes for youth between 10 and 16 years of age, from 6pm on Thursdays and 11:30am on Saturdays, at the HUB Community Centre, 93 Salisbury Road, TW4 7NW.

Professional coaches will be on hand to help guide students. This is a great opportunity to have more energy in one's daily life, to sleep better, feel fitter, and make new friends.

A vital reminder that community-building doesn't merely have to be a sedentary, intellectual pursuit. How many friendships have martial arts forged between

people that would otherwise never have met each other?

Those wishing to register interest or make further enquiries should email info@thebmba.org or call 07988720175.

5 May - 4 Jun 2019

Ramadan and interfaith iftars

The Hounslow Friends of Faith (HFOF) Committee would like to extend its deepest appreciation, on behalf of all HFOF members, to the numerous mosques and Islamic Centres right across the Borough for welcoming neighbours of all faiths and backgrounds to break bread together.

No matter if they were long-established mosques and centres, or burgeoning communities such as in Isleworth nearer the beginning of their journey to establish a gathering place for their members, a sweet bond of trust and humanity was evident with each passing night and iftar of this holy month for Muslims.



Saturday 22 June 2019

HFOF Annual Walk of Peace and Friendship

A highlight of the year is the Annual Walk of Peace and Friendship between several places of worship in the borough. This year's pilgrimage saw a multifaith group of more than forty join the walk which included the World Zoroastrian Centre in Hanworth Road, Feltham, the Gurdwara Guru Nanak Nishkam Sewak in Martindale Road, Hounslow, the Islamic

Integration Centre in Staines Road, Hounslow, and St Mary's Church, Bedfont.

The Mayor of Hounslow, Councillor Tony Louki, attended the gathering at Zoroastrian House where Enwad Jimmy Madon and members of the local Zoroastrian community gave a warm welcome to the walkers who were privileged to observe the Zoroastrian sacred fire ceremony. The walkers were next greeted at the Guru Nanak Nishkam Sewak Gurdwara and, after a presentation outlining the Sikh ideals of service to all, shared a delicious vegetarian lunch in the langar.

Volunteers at the Islamic Integration Community Centre involved in organizing the impressive education programme there for all ages welcomed walkers next and gave them a guided tour of the purpose built prayer hall and other facilities at the centre and refreshments were served.

The walk concluded with a visit to St Mary's Church where the vicar, the Reverend Philip Smith, outlined the life and worship of the parish and its historic church. After a final blessing a group photograph was taken in front of the famous yew trees shaped like enormous peacocks which are such a prominent landmark.

Mrs Charanjit Ajitsingh, Chair of the Hounslow Friends of Faith thanked everyone who had contributed to such a memorable day celebrating the Borough of Hounslow as a flourishing multifaith community.

Follow [this link](#) to view online over 120 photos taken throughout the joyous multifaith occasion.

Wednesday 26 June 2019

Dhamma Talk: Embodying stillness — finding peace of mind in the midst of stressful circumstances

Bhikkhu Bodhi gave a remarkable talk on mindfulness at the London Buddhist Vihara and spoke brilliantly with not a word wasted and without notes for an hour and a half with 30 mins answering questions.

With his immense learning and knowledge of the Buddhist Dhamma and deep spirituality, he described how shaping and transforming the mind has real consequences for the benefit of one's self and others.

Quoting freely from the Dhammapada in both Pali and English, he is a highly-regarded scholar and ordained monk. He was born in 1944 into a Jewish American family and has spent a lifetime immersed in

Theravada Buddhism in various Asian countries and has lectured and written widely — some of his talks are on YouTube. He also stresses the ethical dimension to mindfulness, and the need to engage with society.

The London Buddhist Vihara is in the Avenue at Turnham Green just up from St Michael and All Angels Church with which they have a close friendship. The Venerable Seelawimala welcomed everyone to the lecture which attracted about two hundred people, including about a dozen monks and nuns, filling the main sermon hall and an overflow into the adjacent hall using CCTV. Bhikkhu offered attendees virtually a whole course on mindfulness in one evening.

3-5 July 2019

London School of Philosophy Summer School 2019

The theme for this year's summer school is "Philosophical Questions: What? How? Why?".

This three-day event in Holborn seeks to provide the inquiring mind with a philosophical feast of answers provoked by questions of definition, causation and purpose.

For adults with an interest and enthusiasm for the subject. No prior study of philosophy required. Students should have good written and oral English and be willing to participate in discussion.

Follow [this link](#) for further event and registration details.

3 July, 4 August 2019

Summer Tonic: Brahma Kumaris open day

These free daytime events are being hosted at the Brahma Kumaris centre for self-development on Bath Road.

There will be workshop sessions on positive thinking, anger management, meditation, self-esteem, and more, such as books on sale, face-painting for children, and course information.

For further details, see these [two flyers](#).

Wednesday 10 July 2019

Cambridge Central Mosque visit

All are invited to join the group arranged by the Rev. Dr John Parry, Director of the London Interfaith Centre at St Anne's and St Andrew's Brondesbury, for a guided visit to the new Central Mosque in Cambridge.

Travel time is an hour by train and relatively cheap day tickets can be booked online.

Dr Asgar Rajput is also involved in arrangements, in particular to meet Imam Sayeed. It appears the canteen will be closed on the visit day, but there are a number of suitable places to eat in the locality.

There is a train from Kings Cross at 10.12am. We shall meet at 9.55am by Sir Nigel Gresley's statue in the station forecourt. There is no fixed return time for the group.

Please contact Rev. Dr. Parry (parry.john12@gmail.com) if you wish to attend so the mosque can be informed of numbers ahead of time.

Saturday 20 July 2019

Joint Services Open Day at Bedfont Lakes

This annual event will take place on Brentford Road, Feltham, TW14 8BF, from 12 noon to 5pm. It is being organised by servicemen and women from the Metropolitan Police, London Fire Brigade, NHS Hounslow, British Transport Police, London Ambulance Service, in addition to staff from Hounslow Borough.



Wednesday 24 July 2019

Hounslow Friends of Faith Annual General Meeting

Gathering at the stylish new home of Hounslow Borough staff — Hounslow House — 50 members and supporters reflected on the achievements, challenges, and lessons learnt from another year in our home Borough.

The keynote speaker and highlight of the evening was the talk given by Maqsood Ahmed OBE, from the organisation [Muslim Hands](#). Maqsood guided us through a journey of Islamic concepts such as humility and neighbourliness, highlighting the interfaith nature inherent in them with inspirational fables from the Islamic tradition.

There is an Urdu news clip recording of the event [available on YouTube](#). Photos taken by the HFOF Committee on the day are [available to view](#) as well.



Saturday 13 July 2019

One Life 2019 concert

The London Humanist Choir and special guests present 'One Life', the annual evening of music, comedy and all-around joyful celebration. It's the most anticipated concert of the year by the UK's foremost atheist, humanist, and secular choir, directed by Laurel Neighbour. The special guests this year are Ahir Shah, Steve Cross and Bec Hill, and the event is co-hosted in Holborn by the Conway Hall Ethical Society.

Admission is free, but donations are welcome - and there will be a raffle of some fantastic prizes to help raise funds. There will be a fully-licensed cash bar and the venue is fully accessible.

Follow [this link](#) for further event details.

24, 31 July, 7 August 2019

Community Roots — interfaith gardening

At the Islamic Integration Centre on Staines Road, young people from different faiths will be coming together for 3 days to create a community garden for everyone to enjoy.

The dates have been altered from those previously advertised.

Follow [this link](#) for further details.

24-28 July 2019

Davos, Switzerland yoga meditation retreat

The Hanuman Hindu Temple in Brentford in collaboration with their sister organisation in Europe have organised a retreat in Davos, Switzerland.

Davos is a very famous and beautiful place used by many renowned artists to de-stress and revitalise the mind.

For further programme details, visit sgsdavos2019.com and dattayogacenter.org

Thursday 25 July 2019

myCMC Awareness Day in Hounslow

Coordinate My Care (CMC) is an NHS service that records individuals' care plans and helps one to start thinking about advance care planning and preferences.

The myCMC care plan is then shared, electronically, with all the medical professionals who will be involved with one's care.

For further information please visit <https://www.coordinatemycare.co.uk/for-patients/>.

In connection with this, there is an Awareness Day at Age UK Hounslow to which all individuals, carers and families that live and support others with long term health conditions such as Dementia and Alzheimer's disease would find most useful to attend.

Follow [this link](#) for further details and event booking.

Thursday 25 July 2019

“Mind the dogma” talk by Dan Barker

Dan Barker is the Co-President of [Freedom From Religion Foundation](#), one of the largest humanist organizations in the USA campaigning for secularism and freethought, with more than 31,000 individual members and hundreds of legal successes in favour of the separation of State and Church since its foundation year in 1976. Before this he had been an evangelical preacher

Dan is also a pianist, a composer and the author of many books on atheism and freethought, including one that is included in Book Authority's "100 Best Philosophy Books of All Time".

Chair of the event will be Gary McLelland, Chief Executive of Humanists International.

Follow [this link](#) for further event details.



Saturday 27 July 2019

Ancestor's Trail guided group walk

The Ancestor's Trail is an annual not-for-profit event, based on Richard Dawkins' book 'The Ancestor's Tale'.

This year's Ancestor's Trail will take place in Epping Forest and the Lee Valley Country Park. The trails are of varying length (from 3 to 12 miles), ranging from longer, more challenging hikes to shorter, easier wheelchair-friendly flat-terrain walks. Walkers will be met at specified times at each starting location and guided by marshals on a journey to explore back to the origins of life itself.

Most trails begin from train or tube stations and all end near Cheshunt railway station with easy connection to central London.

Follow [this link](#) for further event and booking details.

Tuesday 30 July 2019

Interfaith tea ceremony

The [World Congress of Faiths](#) invites its members, friends, and supporters of interfaith relations to participate in a tea ceremony hosted by the central [London Fo Guang Shan Buddhist Temple](#). This event has been organised again by popular demand; those who took part last time found it 'fascinating' and 'inspiring'.

It will take place on 30 July from approximately 3:30pm-4:30pm. It is free to attend. Booking is essential, contact jenny@worldfaiths.org for registration and further event details.



Now until 31 August 2019

Conway Hall & Ubele Initiative: Not Just A Refugee

In celebration of Refugee Week 2019, this free exhibition by Adiam Yemane seeks to offer inspiring stories of newcomers who entered the UK claiming asylum or as refugees and who have worked hard to fulfil their potential, often succeeding against the odds.

Follow [this link](#) for further event details.



Sunday 11 August 2019

Pub lunch, croquet, and pub quiz day in Ealing

In early August every year, Central London Humanists and West London Humanists hold a joint day of leisure in the sun playing croquet, preceded by a pub lunch, and followed by a pub quiz in the evening. All are welcome.

Croquet can be regarded as a cross between golf, snooker, and chess. The Club members will be on hand to provide coaching, so no problem if you have never played before. Snacks, drinks, and coaching for beginners, will be provided at no additional cost.

Follow [this link](#) for further event details.

16 September 2019

Conference: 12 Days to Save the Planet

The South East England Faiths Forum (SEEFF) Annual Conference on an environmental conservation theme. The timings will be 10.30am - 3.30pm at the University of Surrey, Stag Hill, Guildford, GU2 7XH.

All are welcome open to everyone of any faith or none. The Registration fee will be £10.00 inclusive of refreshment breaks and a vegetarian lunch.

Visit [this website](#) for further details.

Best wishes to all those who will be observing special days of significance at this time of year, including :

9 July 2019

Martyrdom of the Báb

Ali Mohammed was executed in 1850 by Persian political and religious powers. Observed by Bahá'ís through abstaining from commerce and work.

11 July 2019

St Benedict Day

Catholic Christian recognition of the father of the Benedictine Order. It was the first Order of the Western Church Monastic tradition and lived by the Benedictine Rule.

13-15 July 2019

Obon (Ulambana)

Japanese Buddhist festival to honor deceased ancestors. Involves lighting of bonfires, traditional meals, paper lanterns, folk dances.

15 July 2019

Feast Day of St Vladimir the Great

The Roman Catholic Church, the Anglican Communion, Lutheranism, and Eastern Orthodoxy celebrate the feast of St. Vladimir the Great. He was born about 958 and died on July 15, 1015.

16 July 2019

Asalha Puja Day

Also known as Dhamma Day, is a Thevara Buddhist festival celebrating the Buddha's first sermon following his enlightenment.

1 August 2019

Lammas

Christian first fruits celebration observed by placing bread baked from first harvest on the altar. From the Celtic Christian tradition.

Fast in Honor of Holy Mother of Jesus

Orthodox Christian 14-day fasting period in preparation for the celebration of the Great Feast of the Dormition of the Virgin Mary.

6 August 2019

Transfiguration of the Lord

Christian commemoration of the experience on Mt Tabor when Jesus' physical appearance became brilliant as his connection with traditional Jewish holy figures became evident to the disciples.

10 August 2019

Tish'a B'av

A Jewish day of fasting in remembrance of the destruction of the Temple of Solomon in 586 B.C.E. and

70 C.E.

Waqf al-Arafa

Islamic observance day during Hajj when pilgrims pray for forgiveness and mercy.

11-15 August 2019

Eid al-Adha

Islamic Ritual of Sacrifice. The day after Arafat, the most important day in Hajj ritual. A three-day festival recalling Abraham's willingness to sacrifice his son in obedience to Allah.

15 August 2019

Assumption of Blessed Virgin Mary

Roman Catholic Christian observance commemorating the belief that the Blessed Virgin Mary was assumed body and soul into heaven at the end of her earthly life.

Dormition of the Theotokos

Orthodox Christian commemoration of the death (dormition, or falling asleep) and burial of the Virgin Mary.

23 August 2019

Krishna Janmashtami

Hindu celebration of the birthday of Krishna. Nightlong prayers are held in the Temples. A two-day observance.

29 August 2019

Martyrdom of St John the Baptist

Christian observance to remember the beheading of St John who challenged the moral life of King Herod.

We provide hyperlinks to the relevant organisation/event web page in each case wherever possible, please check these for full details before attending/RSVPing to an event listed in this newsletter. This is especially important for respecting food, dress, and behaviour codes that differ between faith and belief traditions and between premises. Thank you for your consideration.

The deadline for contributions to this two-monthly newsletter must reach the Editor by the 25th of the previous month. For instance, submissions for inclusion in the March - April newsletter must be received by 25 February. Deepest thanks and appreciation are extended to all volunteers and contributors of all backgrounds and beliefs in Hounslow and beyond, without whose tireless help the production of this newsletter to serve our community would not be possible.

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