

[View this email in your browser](#)



Registered Charity 1128058

Donate

Use online giving here to catch up on your giving or to make a donation.

In this Issue!

[Carol's Blog](#)

[Reading](#)

[My Story](#)

[Hillingdon Histories](#)

[Eco News](#)

[Eco Group Outdoor Service](#)

[News](#)

St. John's Church,
Royal Lane, Uxbridge UB8 3QP
www.stjohnshillingdon.org.uk

Your Sunday Service Link (10.30 am):

Click on the Loving, Growing sharing Image above from Sunday 10am or on

<https://us02web.zoom.us/j/89481452808>

Church Administrator: Nikki Bell

Email stjohnshillingdon@gmail.com

Text/Phone 07972 618584

Vicar: Alan Bradford

Email abradford@hotmail.co.uk

Emergencies Text/Phone: 07847672599



This last couple of weeks, after months of social inactivity, Rick and I have managed to get away and stay with friends near Canterbury, to go out for a meal with them one evening, to visit clothes shops with my friend Mary (albeit wearing masks), to go out for lunch for my birthday last Monday to our favourite local restaurant (with furloughed tables), to go down to the New Forest to visit my sister and family for the first time in seven months, and to go to see friends on Friday evening (and enjoy sitting outside under the sun umbrella whilst the rain fell). Life almost felt normal – or the “new normal” as we now view it.

It made me very aware of what has changed since March this year; and what we took for granted then – attending church, going to the cinema, the theatre, art galleries, exhibitions, visiting family and friends when we wanted to, rehearsing together as a choir - suddenly became the things we longed to be able to do again. Thanks to technology, of course, we have still been able to speak

to family and friends, to have on line services and to rehearse on Zoom with our choir, but in a different way. All this change to what we now consider normal made me think of the disciples and how their lives changed after Jesus' ascension. They still lived their lives but in a totally different way once the Holy Spirit came to them. Their lives became enriched and enhanced. So instead of looking at how awful the last few months have been, I have been concentrating on what we have gained – more time together, more time to read, or listen to music, to pray. We have seen more birds, bees and butterflies in our garden. The planes that used to fly overhead are now pointed out as a rare occurrence, but we still remember those clear blue skies with no vapour trails early into lockdown.

I think our time during the pandemic has given us a chance to really look at the world around us and to appreciate the gifts God has given us. Certainly sitting in our friends' garden a couple of weeks ago, around their fire pit, watching the stars appear one by one in the velvety blackness, made me feel very aware of God's presence and wonderful creation. I hope I will still appreciate all that beauty once our hectic lives are suddenly back on the agenda. *Carol Williams.*

A Prayer Written by Caroline Lee:

Thank you Lord for the gift of our senses, so that we may enjoy nature's gifts. From the first snowdrops of spring, through summer's glory to autumn's harvest of fruits, we thank you Lord. Help us, Lord, to draw strength from nature's continuing beauty so that we might be enriched and thereby able to enrich life for others.

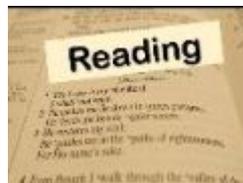
Our next outdoor service.

This Sunday 23rd August at 4pm in the Memorial Gardens.

Face masks will need to be worn. Please take along a seat. We will ensure social distancing at all times.

Sorry, no toilet facilities available.

The service will be lead by the Eco group. More information is in the Eco News below.



Acts 11: 19-26 & Acts 13:1-12

19 Now those who had been scattered by the persecution that broke out when Stephen was killed travelled as far as Phoenicia, Cyprus and Antioch, spreading the word only among Jews.

20 Some of them, however, men from Cyprus and Cyrene, went to Antioch and began to speak to Greeks also, telling them the good news about the Lord Jesus. 21 The Lord's hand was with them, and a great number of people believed and turned to the Lord.

22 News of this reached the church in Jerusalem, and they sent Barnabas to Antioch. 23 When he arrived and saw what the grace of God had done, he was glad and encouraged them all to remain true to the Lord with all their hearts.

24 He was a good man, full of the Holy Spirit and faith, and a great number of people were brought to the Lord. 25 Then Barnabas went to Tarsus to look for Saul,

26 and when he found him, he brought him to Antioch. So for a whole year Barnabas and Saul met with the church and taught great numbers of people. The disciples were called Christians first at Antioch.

1 Now in the church at Antioch there were prophets and teachers: Barnabas, Simeon called Niger, Lucius of Cyrene, Manaen (who had been brought up with Herod the tetrarch) and Saul.

2 While they were worshiping the Lord and fasting, the Holy Spirit said, "Set apart for me Barnabas and Saul for the work to which I have called them." 3 So after they had fasted and prayed, they placed their hands on them and sent them off.

4 The two of them, sent on their way by the Holy Spirit, went down to Seleucia and sailed from there to Cyprus. 5 When they arrived at Salamis, they proclaimed the word of God in the Jewish synagogues. John was with them as their helper.

6 They travelled through the whole island until they came to Paphos. There they met a Jewish sorcerer and false prophet named Bar-Jesus, 7 who was an attendant of the proconsul, Sergius Paulus. The proconsul, an intelligent man, sent for Barnabas and Saul because he wanted to hear the word of God.

8 But Elymas the sorcerer (for that is what his name means) opposed them and tried to turn the proconsul from the faith. 9 Then Saul, who was also called Paul, filled with the Holy Spirit, looked straight at Elymas and said,

10 "You are a child of the devil and an enemy of everything that is right! You are full of all kinds of deceit and trickery. Will you never stop perverting the right ways of the Lord?"

11 Now the hand of the Lord is against you. You are going to be blind for a time, not even able to see the light of the sun." Immediately mist and darkness came over him, and he groped about, seeking someone to lead him by the hand.

12 When the proconsul saw what had happened, he believed, for he was amazed at the teaching about the Lord.



My Story- Lesley Heyes

When I was asked to write about myself I was rather hesitant and didn't quite know whether to or not, and my husband didn't exactly help, by telling me to make sure I missed all the 'juicy bits out'.

Well the answer to that is there are definitely no juicy bits, but here goes...

I was born and brought up in Blackpool and lived there until I was married, a staggering 49 years ago. As I was actually born in Blackpool I was always told I was a true sandgrowner, not sure where that word came from, but I gather being a seaside town a lot of people moved there and couldn't claim to be true Blackpool born. I attended St. Catherine's Catholic School for girls, which was very unusual as when I entered the 3rd year (year 9 now) we actually moved to a brand newly built school. Again unusual now, it was a small school and only had 300 pupils. The school was on the outskirts of Blackpool surrounded by countryside and the last time I was there I saw that the school had gone and it was now a new housing estate. (a bit of a pattern will start to develop here).

I lived very close to the beach in an area known as South Shore and virtually grew up on the beach. I think I just went home when I was hungry, but that was quite normal for children then, to just be outside all the time and if possible always on the beach.

After school I attended Blackpool Technical College for 2 years taking a secretarial course which included Pitman's Shorthand, which stood me in good stead all through my working life. Bosses would sometimes say they didn't really know how to dictate, and usually wrote out letters, but would then start and never really stopped, so it was a good job I loved shorthand!

When I was 19 I met Peter (Pete) who became my husband. A very different life was then planned for me. Pete was in the Marines and first of all it was (to use an old fashioned word), a courtship by post. Mobile phones and anything online hadn't been invented, so it was each day eagerly awaiting the postman. I just remember the postal strike in the late 1960s which went on for so long and as Pete was in Norway for 3 months, any form of contact was impossible. When

the strike finally finished our postman had all my letters elasticated together, and yes there were so many. When he gave me them I just remember him laughing and saying, yes he still loves you. The joy and relief of getting those letters was wonderful. In July 1971 (2 days before my 21st) we were married and 3 days later we travelled up to Dundee as Pete was due back on the Wednesday in Arbroath where the Marines were stationed. We rented a place in Dundee and I got a job and loved it there, except for one thing. I was always on my own, as Pete was either doing mountain training, unarmed combat displays around Scotland or the dreaded tour of Ireland, which happened in the October. I think it's sometimes easy to forget just how bad it was back in the 70s. The poor people there suffered so much and for me it literally was a case of watching the news every night and praying that no marines would be mentioned as being injured or killed. I don't think I have ever prayed as much as I did then, I would be watching the news, just praying over and over. My goodness God had a lot to listen to from me during that time, but also thank God, he answered by prayers and kept my husband safe. That time was made easier as I had got to know another Marine's wife and she moved in with me and we also had brilliant next door neighbours who really looked after us. It was a difficult time though and when Pete managed to get a draft to C&C Fleet in Northwood it was wonderful. I joined him and we moved into (what was) RAF Stanmore. I just need to explain if there are any naval establishments around and the service houses nearby are for the RAF, the navy can use some of them. I worked at a dental company in Harrow which has now become part of their shopping centre. I said earlier that a pattern would develop and RAF Stanmore is no more and now again, a housing estate. Whilst in Stanmore I became pregnant with our first daughter and in 1974 we moved down to Portsmouth and lived there for 2 years. Lisa was born in the October and the hospital where she was born (St. Mary's) was amazing and for a first time Mum with no family around I couldn't have had any better care. In August 1976 (the hottest summer) we moved to Uxbridge and had a house on RAF Uxbridge which as we all know is now, yes another housing estate. I said a pattern was developing! Then in June 1977 our second daughter (Janine) was born. Life then was just busy with the children and the following year I started a part time job at the telephone exchange in Uxbridge working 6-10pm 4 nights a week.

Since the girls were born life was fairly uneventful, just the normal happenings of family life, but then 2 very scary things happened.

One night I had just arrived on duty at the telephone exchange and I took an emergency call regarding what was possibly a stolen car. When you took an emergency call you had to stay on the line in case you were needed for information, and I was only half listening as it was nothing worrying. Then I heard – I thought I had better let you know in case it is connected with the bomb that has just gone off on the RAF camp. I almost fell off my chair and realised that about half an hour after I left it had happened. It was then a frantic time to check my family were all right, as I didn't know where it had exploded. The camp went into lock down and I knew I wouldn't be able to get in, so I had to stay at work and, I own up, every time a journalist came on the line (for a transfer charge call, remember those), I listened in. The only problem was they kept saying there was a second bomb (not true) and they couldn't find it. When it was time to go home Pete knew I would have problems, so he came out to meet me at the gate and had to confirm who I was and thank goodness I was allowed in. The next morning I had to explain to a 5 year old what had happened as the girls had both gone to bed believing there had been a very loud crash of thunder. Well done Daddy for story-telling. Arriving at school was different, everyone came rushing to us, including the teacher to check we were OK and again, after so much praying we were all OK and no-one on camp had been hurt or worse.

I had always felt safe on camp and enjoyed living there, but after that I couldn't wait to leave. When Pete left the Marines we moved to our house in Hillingdon and the girls moved schools to St. Bernadette's. One day in March I went to pick them up at 4pm and noticed fire engines on Long Lane and the nearer I got to school I realised that was where they were. The children were all in the playground and mostly crying and shivering. The fire had started in the cloakroom which

was half up the stairs and moved to the end classroom on the upstairs corridor. The children from that room were all out on a school trip and Lisa's class was in the next room. By the time they had to evacuate, the corridor was thick black smoke and I didn't find out till the next day that she had been the last child out of the school. She was in such shock it took till the next day to explain, she knew some chairs had been left out on the corridor and she was scared of falling over them, so walked slowly trying to feel her way. God definitely looked after everyone that day and the Mass the next day was very emotional. Oak Farm and Ryefield Schools were very good and took all the children in whilst St. Bernadette's was repaired. It was so lovely when we all got back to our school though and Lisa managed to say good bye to everyone before leaving for summer holidays and then onto senior school.

During the later years of work, one place I worked was at the head office of Sutcliffe Catering (probably bought out by now) and I worked for the Purchasing Director. They had an office in Scotland and one day we received a phone call from them to say there had been a shooting incident at a primary school where some of their children attended. This turned out to be the dreadful shooting in Dunblane. I just remember all of us in shock and feeling like we should do something, but no idea what. I was thankful of my faith and just silently prayed. The next few days were very sombre and the news was the worst kind.

Another of my places of work was at the head office of David Lloyd Leisure when they were at Heston which I thoroughly enjoyed. A service quality initiative was launched and it was my boss who was in charge of that and we travelled round the country giving presentations to the staff from various clubs. Sorting all the paperwork and organising that was quite demanding, but I loved it. David Lloyd Leisure also owned another company called Curzons Gyms who operated in central London usually in the basements of various office blocks. I moved there to work for their MD but knew that Whitbread who owned the company would be moving the head office from Heston and possibly selling Curzons. Both of these happened, but the sale of Curzons took longer than expected, due to the awful event that happened, namely 9-11. I can so clearly remember that day, I took a call from the manager of one of our clubs that was in an office of an American company and they had been talking to their colleagues in New York who were asking for help until all the lines went dead. The staff had gone down to the gym and were all sat in tears and I was trying to help our young manager who didn't quite know what to do, except keep everyone together. That really affected some of our staff as so many knew people who either had friends or even family who died in New York. Afterwards London was a strange place, travelling in seemed strange and so much business was on hold, including any large type sales. Eventually the company was sold and I was made redundant and took a short time out.

My last job was at a secondary school in Hounslow, which was very different to always working in the corporate world, but I did enjoy it, once I got used to so many different things. Once of which was the school bell going off after each lesson, very strange, but after 9 years I was well and truly used to it. I retired from there when I was 62 and never regretted it. I was lucky to always work but felt it was time to move on and do what I want to do.

Our girls are now married and Janine has 3 children and Lisa has 2 children, the second just 6 weeks old and I just love being a Grandma and feel blessed to have a lovely family. We were all together in July for my 70th and it was just heaven, the weather was great and finally we could all meet up in Janine's garden.

During some time I just slipped away from going to Mass, not really sure why, but just felt the community wasn't important and possible (right or wrong) quite insular. One day I felt the need to belong again and phoned St. John's and spoke to Cath who explained the 'Come & Go' service way. I arrived one Easter Sunday and was welcomed immediately and as they say, the rest is history. I was the PCC secretary for a while and am now on the Tea/Coffee rota and feel St. John's is the place I want to be.

I met Caroline and joined her house group, but shortly after joining I had to finish due to helping with childcare, and had re-joined but then as we all know Covid struck, but she has been brilliant trying to keep it going online.

Two recent memories are at the last "Carols for All" service, one helping Nikki with serving the hot chocolate and who would have thought Baileys go so well with it. Plus all the adults joining the children to decorate their hot chocolate with marshmallows, etc. Also Alan asking me to light all the candles on the windowsills. I was just given a lit taper and you have no idea how scared I was, I was praying I wouldn't burn the church down. The windowsills are so high up and trying to reach them was pretty scary, but thankfully I managed and no firemen were required!!



Celebrating my 70th Birthday in July. The picture was taken by our chauffeur.



The Grandchildren enjoying a picnic in our garden.



Our Granddaughter Florence taken on the day she was born.



St John's Road Coal Tax boundary post no.66

When I was walking with Mummy, I found this post near where we live on St John's Road. I asked her what it was? but she did not know. We tried to search online but could not find anything. Mummy asked Christine and she was able to let us know that it was a Coal Tax boundary post.

I found out that these were put in place by the riverside in 1861, to mark the points that duty had to be paid on coal being transported to London. Coal was transported by river on narrow boats, it's hard to believe that the river (River Colne) that runs behind our house once had large boats, the river is very shallow. I asked one of our neighbours who has lived here for many years and

she said that it was much higher 60 years ago than it is now. Our house was built in the 1880's. All duty was paid to the City of London to fund public works, as local councils were not around then, that is why it has the shield on there. It looks so good for its age! There are about 210 of the posts still around today and this one is labelled as no.66. *Daisy Bell*

Well done Daisy. 10/10 for observation! There is so much history on our doorstep and it's lovely when people are intrigued by something they see and want to find out the answer. Keep looking all around and let The Online Link know if you find anything else. *Christine*



Coal Tax Post on St John's Road Uxbridge



"This is the day that the Lord has made, let us rejoice and be glad in it."

Greening our streets A view of the future!

The National Trust has come up with an idea to green the side streets in areas which have no access to a park or green space. They are calling for the streets to become 'street parks' to provide places for play, exercise and socialise. The idea is that they would improve people's lives and offer health benefits. 295 neighbourhoods have been identified with residents who live more than 800 metres from a public green space. According to an article in The Times in July, the Trust said these areas could have edible walkways with fruit trees and herb gardens, to bring nature and green spaces into everyone's lives. It's an ambitious plan to extend, create and connect the green infrastructure of towns and cities. They also called for a programme to upgrade parks as many lack basic facilities. Visits to parks and green spaces have increased and they have provided a lifeline in the recent crisis. This may be an ambitious plan and may never get off the ground but we need more big ideas to help green our environment and connect us all to plants and nature. We have many green spaces nearby in Hillingdon, Coney Green, our lovely churchyard, Hillingdon Court Park, The Grove, nature reserve, Gutteridge Woods, Hillingdon House Farm, Dowding Park, Stockley Park, Sutton Court open space and many more.

Walking With the nights drawing in and the light levels changing it is the time to wrap up and enjoy a walk during the day to benefit from the exercise and fresh air. Observe the colours of the leaves and shapes of the trees. Take time to step away from the busyness of daily life. There are many green spaces nearby, Denham Country Park, Langley Park or Hillingdon Court Park.



A Patch of Ground by *Christine Rodrigues*

Walking

With the nights drawing in and the light levels changing it is the time to wrap up and enjoy a walk during the day to benefit from the exercise and fresh air. Observe the colours of the leaves and shapes of the trees. Take time to step away from the busyness of daily life. There are many green spaces nearby, Denham Country Park, Langley Park or Hillingdon Court Park.



Sunday 23rd August 4pm - Eco Group Outdoor service

Theme: "the Earth and all that is in it is a gift from God."

Reading: Psalm 8

- 1 Lord, our Lord, how majestic is your name in all the earth! You have set your glory in the heavens.
- 2 Through the praise of children and infants you have established a stronghold against your enemies, to silence the foe and the avenger.
- 3 When I consider your heavens, the work of your fingers, the moon and the stars, which you have set in place,
- 4 what is mankind that you are mindful of them, human beings that you care for them?
- 5 You have made them a little lower than the angels and crowned them with glory and honour.
- 6 You made them rulers over the works of your hands; you put everything under their feet:
- 7 all flocks and herds, and the animals of the wild,
- 8 the birds in the sky, and the fish in the sea, all that swim the paths of the seas.
- 9 Lord, our Lord, how majestic is your name in all the earth!

Give Thanks for the World that God has given us.

Creation Care - our relationship with the Earth.

God created the earth as our home. The earth our world is in a time of crisis, the climate is changing, we have all experienced the changing weather patterns. The very hot days and nights, very high temperatures followed by heavy rain and storms bringing floods to many areas. There have been many problems experienced throughout the world caused by changes to the climate, many recorded in the daily news. People are losing their homes, going hungry, travelling across dangerous seas to find safety, forests are burning.

Wildlife is struggling with increasing numbers of species becoming endangered. We may feel very helpless, what can we do? We can be aware of the crisis and learn about it by contacting organisations concerned about the environment. We can pray for the earth and creation, for action and guidance. If we are able, we can take action by lobbying MPs or by contacting our local council. We can engage in government and use our voice.

A local example in our area has been the amount of rubbish left in our parks. We could contact the council, help with a litter pick or start a new one. St Johns is now listed as an Eco resource church so we all have a responsibility to pray and notice and if possible act.

At home we can help by reducing our emissions. Changing to a green energy supplier. We could set a target to reduce the amount of energy we use. Our homes release a lot of energy, look at insulation, turn off anything when not being used. If we have achieved a change we could share it with our community, passing on the information would help us all to make necessary changes.

This could also be shared with other church communities as part of our role as an Eco church.

We can look at the way we travel. It is not easy to make changes living as we do in such a busy urban area. It is not easy to change habits and ways of travel, particularly when we are being careful because of covid. But we could begin to make adjustments, to travel slowly, think about the environmental impact of our journeys, how we are going to get from A to B. Bicycles have become popular but are not a suitable mode of transport for everyone.

Recycle, reuse and use less plastic.

This may be a situation where we could come together and help each other. The climate is changing and we need to adjust not just for ourselves but for the future of others.

Pray for the world, to share resources and for peace and justice for all.

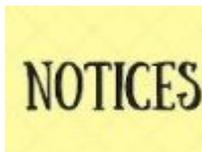
To value nature, the local environment and give thanks for where we live.

There is only one precious planet earth, God has asked us to be stewards of this earth.

Creation the sacred gift of God - A Prayer

Creator God, we see your hand in your creation; On the earth we see and feel your love and care for us; Your earth feeds us and clothes us. Lord forgive our greed and selfish use of your gifts.

May we learn to share the earth, to work it and to care for every part of it, So that all who live now and in the future may enjoy its Care for us. Amen



St John's Sports and Social Society.

Restarting on Monday 7th September. We play badminton and table tennis (1 court for each) at: Harlington School Sports Hall (UB3 1PB)
9 - 10 on Monday evenings

The club is primarily "social" rather than "competitive". We welcome players of all abilities. We are a small group of 8-10 players, approx. half men / ladies.

Due to Covid guidelines for clubs using the hall some maximum numbers have been set and anyone playing needs to be pre registered for track and trace purposes. If interested please contact Mark (via Nikki) so that we know you are coming. We offer "pay per session" for anyone wanting to have a try out or play on an adhoc basis, as well as ongoing membership. Mark Robson

Event

Would anyone be interested in joining Christine Bartlett for a walk of the parish boundary? It's approximately 7.5 miles and we can have a stop for a sandwich in a pub half way round. Please let Nikki know if interested. via Email: stjohnshillingdon@gmail.com or on 07972 618584 We can then fix up a day that suits.

Thank You and Cupola Grant Application

Thank you for all who have been generous in contributing towards our building costs and towards the works needed on the cupola. We have managed to submit our part 2 application for a grant for the cupola 21 days early! The grant is for £24,000 and we are contributing £6,000. This covers stabilisation and a timber survey to look towards its permanent repair. The deadline is the end of August and we should hear back if we are successful early in September, although we wanted to put ourselves in the position of possibly hearing back earlier from English Heritage! You never know!

CHEQUES

Payable to:
Hillingdon Parochial Church Council
St. John's Church
Royal Lane
Uxbridge
UB8 3QP

STANDING ORDER

Set up a Standing Order with your bank or building society using these details:
Barclays Bank, 142 High St,
Uxbridge, UB8 1JX
Sort Code: 208916
Account No: 20465615

[Click here](#) for pdf file of this edition

Copyright © 2020 St. John's Church, All rights reserved.

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe from this list](#).

