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St. John's Church,  
Royal Lane, Uxbridge UB8 3QP  
[www.stjohnshillingdon.org.uk](http://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](mailto:stjohnshillingdon@gmail.com)

Text/Phone 07972 618584

### **Vicar: Alan Bradford**

Email [abradford@hotmail.co.uk](mailto:abradford@hotmail.co.uk)

Emergencies Text/Phone: 07847672599



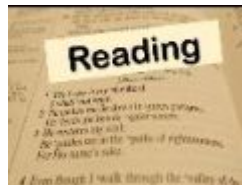
Thank you for those of you who have been praying for me that conversations might develop as a result of me being out and about and running in Coney Green. I have had a good few conversations now and I'm really excited and encouraged by this. Some of these are now progressing beyond the polite conversation level and starting to go deeper. I also recently paid a visit to Dowding Park and the green spaces around St. Andrew's Park to map out a new running course, and I was able to chat with a couple who regularly sit on a seat near the old firing range there. I look forward to the possibility of chatting further with the couple. Please continue to pray for these opportunities and encounters, and do pray for yourself that God will provide you with new opportunities to chat with others, and perhaps to bring any connections you already have to a deeper level.

I have been feeling increasingly convicted about my contribution to the state of the planet in terms of the use of plastic. One of the things I have done recently is to go back to using a bar of soap! I asked someone recently, who has not been using anything out of a plastic bottle in the shower, what they use for their hair and I was surprised to hear that they use the bar of soap for their hair

also! After finding this a bit surprising I thought I would give this a go too. I have since been using the bar for body and hair. I was surprised at how much the soap on the hair lathered. I couldn't run my fingers through my hair as smoothly as when I used shampoo, but I can't notice the difference afterwards compared with using shampoo. So it's a bar of soap only for me from now on – I just need to be careful it doesn't come in a plastic wrapper. Why not give this a trial for a week or two and see how you get on?

**May I encourage you to continue in a consistent manner to read through the Book of Acts as we go through our teaching series. If you have let this drop, or need to start reading, please pick things up from chapter 16 Onwards. If you don't have a readable Bible at hand and need one please let me know.** There are also resources on our website. If you apply our studies and teaching to your life, God will make a considerable difference in and through your life, and in the lives of others, as we continue to live a life of faith in loving, growing and sharing.

Keep praying!  
In God's grace,  
**Alan**



### **Acts 16: 1-15**

16 Paul came to Derbe and then to Lystra, where a disciple named Timothy lived, whose mother was Jewish and a believer but whose father was a Greek. 2 The believers at Lystra and Iconium spoke well of him. 3 Paul wanted to take him along on the journey, so he circumcised him because of the Jews who lived in that area, for they all knew that his father was a Greek. 4 As they travelled from town to town, they delivered the decisions reached by the apostles and elders in Jerusalem for the people to obey. 5 So the churches were strengthened in the faith and grew daily in numbers.

6 Paul and his companions travelled throughout the region of Phrygia and Galatia, having been kept by the Holy Spirit from preaching the word in the province of Asia. 7 When they came to the border of Mysia, they tried to enter Bithynia, but the Spirit of Jesus would not allow them to. 8 So they passed by Mysia and went down to Troas. 9 During the night Paul had a vision of a man of Macedonia standing and begging him, "Come over to Macedonia and help us." 10 After Paul had seen the vision, we got ready at once to leave for Macedonia, concluding that God had called us to preach the gospel to them.

11 From Troas we put out to sea and sailed straight for Samothrace, and the next day we went on to Neapolis. 12 From there we travelled to Philippi, a Roman colony and the leading city of that district of Macedonia. And we stayed there several days. 13 On the Sabbath we went outside the city gate to the river, where we expected to find a place of prayer. We sat down and began to speak to the women who had gathered there.

14 One of those listening was a woman from the city of Thyatira named Lydia, a dealer in purple cloth. She was a worshiper of God. The Lord opened her heart to respond to Paul's message.

15 When she and the members of her household were baptized, she invited us to her home. "If you consider me a believer in the Lord," she said, "come and stay at my house." And she persuaded us.



### **My Story- Winnie Chan**

Hello, my name is Winnie and I am from Hong Kong.

I decided to study Occupational Therapy in UK because I want to serve people who are in need and I wish to do something interesting in my future career. I am now a student at Brunel University, and I am going into my 2<sup>nd</sup> year in September!

When people hear of Occupational Therapy, you might often think: is it something like helping people to get a job? Well, No, we do not help people to get a job. In fact, Occupational Therapy is a healthcare profession which provides support to clients when they face with illness, injury, disability or challenging life events, where their roles, habits and routine may be disrupted. The role of an Occupational Therapist is to help people to do the everyday activities that they want to do and need to do, to enable them to live life to the fullest.

I am so happy to study Occupational Therapy as I think it is a profession that helps people in different aspects. I hope this will help you to know more about what Occupational Therapy is and what Occupational Therapists do.

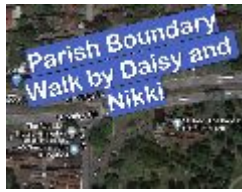
I have grown up in a Christian family. I have attended church services ever since I was in my mother's womb. Church life is always an important part of my life. And so, before I came to UK, I googled the churches around the university. After I arrived, I tried to search for a church that suits me most. At last, I found St. John's -The one that I would like to stay. St Johns is a loving and supportive community! Everyone is so nice, gentle and welcoming. The church is a place where you can escape from the busy week!

After joining St. John's for a while, I decided to join the choir (singers). I practice with them on Friday night and I enjoy singing with the choir! It is such a great opportunity to sing in church together to praise the Lord!

I look forward to growing in God with you all. *Winnie Chan*

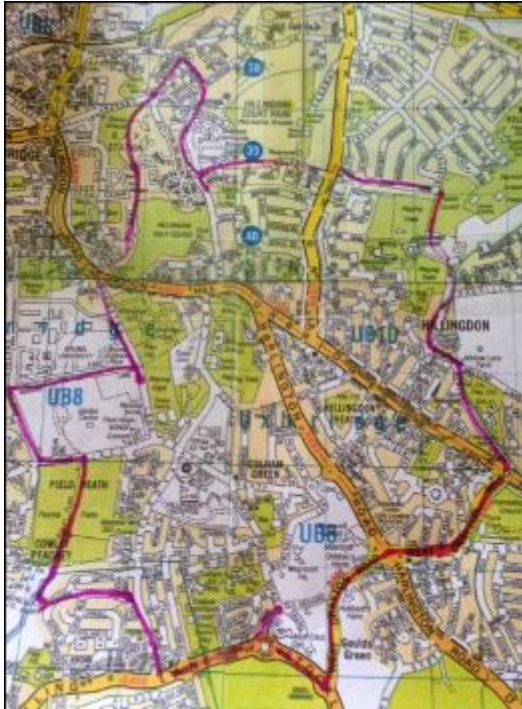


Winnie Chan.



### Parish Boundary Walk Saturday 5th September 2020

We woke up nice and early to get ready and make our lunch for our walk around the Parish Boundary which is approx. 7.5 miles.



**Parish Boundary** shown on the map in red.

Daisy thinks the outline looks like an elephant can you see it too?

Christine Bartlett had to adapt the walking route slightly as some of the parish boundary is on private land.

*On our walk Christine shared that St. John's boundary used to be so much bigger incorporating what is now the Parish of St. Matthew's Yiewsley. In the early part of the 19th century it was felt that the walk to the parish church was too far and the population was increasing. So it was decided that a new mission church capable of holding 280 people needed to be built for the district of Yiewsley. St. Matthew's was consecrated on the 6th July 1859 and staffed by curates from St. John's.*

*I believe St. Matthew's is St. John's daughter/sister church.*

We met with Brian and Christine, just before 10am, at Lowdell Close and was shortly joined by Brenda, Barbara, Sue and Peter.

It was so great to see everyone again in person, on such a beautiful day.

We set off from Lowdell Close back to Royal Lane and towards Falling lane, from there we walked round to Stilwell Roundabout then onwards to Merrimans Corner to meet up with Christine Rodrigues.

Before we knew it we were at our first stop coffee at the Carpenters Arms.

The first leg seemed to go so fast, even though we stopped along the way, Christine Bartlett was sharing fascinating historical facts. Sorry I will not be sharing any spoilers with you as we may do this again, (when it is safe to do so of course) or they could be shared on Hillingdon Histories. The weather was perfect walking weather and most importantly dry.

After coffee we continued our journey heading up Hewens Road following round to Mellow Lane West and on to Pole Hill Road, We went into a wooded area where Daisy thought she may bump into a bear perhaps going on a picnic? This part is a bit of a blur, I think the coffee was kicking in! I remember we walked for a while out of the wooded area to residential and commercial streets. Where we came across a model aeroplane shop which Daisy was fascinated by, they had so many planes in the window.

We carried on moving forward crossing long lane and heading towards Court Park. Once through it was time for Lunch in Christine and Brian's garden. We adhered to social distancing at all times sitting apart. Whilst we each opened our own homemade packed lunches. not sure much conversation took place....

After lunch our journey started on Vine Lane towards Honey Hill the parish boundary goes all the way to Hercies Road but we cut that part to cross over towards Dowding Park, crossing the River Pinn. This park was a delight as we moved around seeing parts of the Battle of Britain bunker and

the old RAF site, alongside some of the newer buildings of St Andrews park. Towards the end of this part we walked near Hillingdon Golf Course where there is a small stream at the back of the putting green, Brian assured me that none of the lost golf balls in the stream were his. Shortly we arrived at last stop Ice Cream!! at Churchills fish and chip shop, which was enjoyed by all!

Heading back we went via Brunel University it seemed like it was a ghost town normally a hive of activity with students it was eerily quiet. This will all change when the students are welcomed back in the coming weeks. Barbara was looking forward to welcoming the students back. It was lovely to walk through and we even caught a glimpse of the resident Heron.

Daisy and I left the group by Pield Heath playing fields as our lift had arrived. We could have walked on as we had such an amazing time we were very sad to leave, as we loved it so much. So a big THANK YOU to Christine for arranging such a lovely day with great friends. Count us in for the next time! *Nikki and Daisy.*

A few pictures of our walk are below.



### **Recycle, Re-use- Containers**

Reusing helps the planet, one less item to go to landfill or to add to the plastic waste and it also helps the huge amounts of items needing recycling.

Think about the packaging when you shop. Can the container be recycled or reused to store something in the kitchen or elsewhere in the home. A few shops now have schemes where you can bring your own containers to be refilled, mainly for dry goods.

We can ask or lobby stores to provide this service to help save packaging.

We can take our own containers when buying meat or fish. Things are changing with fewer plastic bags in use as we provide our own shopping bags . The reusable bag also has it drawbacks as they can take more energy to be made, so you do not need many and they can be reused many times. Coffee cups are now recyclable and more people bring their own cup. It can be harder when shopping online to reduce the amount of plastic. Cardboard boxes can be recycled but not the tape which often covers them, remove before disposing. Bubble wrap could be reused but if in a jiffy bag try to reuse the bag, polystyrene needs to go in general waste. *Christine Rodrigues*

### **Praying for the Planet**

Dear friends,

Thursday 17<sup>th</sup> September is the new moon, the day we particularly remember our beautiful planet in prayer, meditation, awareness or involvement, with love, hope and gratitude.

Noticing and absorbing the presence of a beautiful flower, a magnificent tree, a sunset, the deep peace in a forest, a spider's web caught with rain drops, a butterfly, our garden, are all ways that any of us can enlarge our inside space by focusing on an outside place. You could call them an altar, somewhere to stop and be aware that the world, and we, are bigger than we thought. The world of spirit doesn't just live in churches, it inflames the world around us and hovers at the edge of perception, waiting for us to notice.

What altar can you find today?

*Jane Upchurch*



### **Eco Service 23rd August**

The words from the Eco outdoor service, held on the 23rd August are now available on our website for those that were not able to be there or would like a copy..

### **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

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