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The Online Link St. John's Hillingdon



No. 32 Sun 25th - Sat 31st October 2020
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In this Issue!

[Alan's Blog](#)

[Reading](#)

[My Story](#)

[ECO News](#)

[Hillingdon Histories](#)

[Operation Christmas Child](#)

[Notices](#)

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



How Clearing the Churchyard is like Decluttering!

As most of you know, five years back the Churchyard and part of the Memorial Gardens were very overgrown indeed. They had been that way for many years. You couldn't see the open spaces and explore the grounds in the churchyard; there wasn't access due to all the brambles, undergrowth and hidden rubbish that was there. Now there is space to walk around and enjoy what was previously hidden.

This transformation did not happen overnight. There has been a lot of regular and consistent

attention and effort, mostly every Monday, and this continues today. It has taken a few years to bring things to the current standard, and it is wonderful to see continuing improvements.

There are some ways in which clearing the churchyard gardens is like decluttering a room!

Imagine a room full, or nearly full, of stuff that needs sorting and organising. The room is in a bad state with papers, boxes, clothes, books, and other items all over the place. Maybe there is trash and rubbish sacks in there too. You can't see the carpet as the floor is completely covered. You can't see the wood from the trees! Psychologically this gets to you, or it did to begin with. Now you try to ignore it or justify it, or close the door and pretend it isn't there, or deny that there is a job that needs doing. It will get done! Well, perhaps sometime - but not now!

As the team started to clear the churchyard there would have been some earlier 'wins' in the first few weeks as areas that were 'relatively easily' to clear (he says!) got seen to. Specific areas of brambles and undergrowth were cut down and taken out. Space was created. The parallel with the cluttered room is the quicker wins gained by piling similar items such as papers together, by putting clothes into ONE pile or by sliding things such as boxes together to reveal more of the carpet. Space is created. This initial stage in both projects gives rise to areas that bring 'floor' space and deliver encouragement with some sense of achievement. The mowing of lower undergrowth, weeds and grasses can start to begin and the 'hoovering' of an area of the carpet that was covered over can also begin. In this way these areas are 'claimed' back. At this point I think it has been an easier job in the room than in the garden. Progress!

This early creation of claimed-back space makes the more detailed work that is needed more evident and, in both cases, there is now a greater awareness of the current state of affairs and the lie of the land. For the gardens, a next stage is cutting things down a further level by more cutting, picking up many years' worth of litter and collecting pieces of gravestones together. For the room it's time to begin sorting and clearing away unwanted items, putting papers into the recycling and starting to get things organised.

Working with others on the room or the garden project provides encouragement, motivation and an extra pair of hands. It's good to have an extra pair of hands and also an end point in mind for the completion of the clean-up works, where thereafter things can then enter the regular maintenance stage. The vision, the goal in mind, is good to have before you, and even to write down. This is especially so for decluttering. The chances of success are increased substantially if the vision is written down. For both projects, but especially for the decluttering, having someone to help, encourage or even be accountable to will help counter the distractions and disillusionment that inevitably come along, which can easily lead to giving up.

Given a choice of the two projects, I would personally prefer the gardening to cleaning up a badly cluttered room. The decluttering will be tougher mentally with so many more decisions to be made as there is a greater variety of items and also places that they need to get to. There's also so many likely points for distraction to stall the project; coming across things that bring back nice or painful memories, deciding whether to donate this clothes item to charity, realising a filing system is needed, deciding what to take to the tip or pass on. It also seems so much easier to do a project for another person than when you are dealing with your own belongings.

A first pass through the items in a cluttered room can bring relatively quick rewards, or wins, but then it gets so much harder. A two or three 'pass through' strategy is a good one as you end up with less items to deal with each time. You get some quick rewards with early wins. The greater focus, decision making, and the forming of organisational systems is then left till later on, when you have seen some rewards, and when you have less items to decide upon. As the space appears you can better see what needs to be moved, rooted out or replanted to another part of the garden or to another room in the house. In either case you are able to hone in to what needs to be done next, in greater detail.

The transformation of the gardens around the church has meant weekly workers who have been consistent in their efforts. In a similar way this 'regular and often' approach for a room can be one of the real keys to success; not attempting too much, too soon and too quickly. Speaking from experience (!), many have attempted to sort a room all out in one go and have had to give up feeling tired and discouraged. Things get worse before they get better! The size of the task is easily underestimated, VERY easily underestimated. An hour or two every week at a regular time

will counter against dismay and build patience. Yes, it will take a long time, but you will get there in the end. A tipping point (excuse the pun!) will eventually be reached where you know you are on the other side of the hurdle, or the mountain, and you know you have cracked it! This can bring a great feeling of accomplishment, a psychological uplift and for some, even inner healing.

If you any further thoughts, insights or questions relating to this blog, please do drop me an email.

In God's love,

Alan

Key Workers

Please pray for those who work on the front line at this time of increasing coronavirus cases.

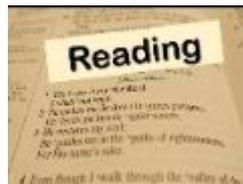
Niger and other countries

Fake news is a big issue in several countries, like Niger. While some say coronavirus is a Western invention against Islam, others say it is Allah's punishment against those who have left Islam.

Amid these rumours Christians have reported increased harassment. Pray that disinformation will be replaced with facts and for greater awareness about the virus.

Sudan

Praise God that, after 30 years of Islamist rule, Sudan has outlined reforms including scrapping the apostasy law, under which those leaving Islam are sentenced to death, and banning public flogging. "This is an answer to years of fervent prayer by Christians around the world," says an Open Doors spokesperson.

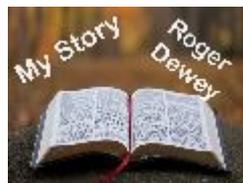


Acts 20: 7-12

7 On the first day of the week we came together to break bread. Paul spoke to the people and, because he intended to leave the next day, kept on talking until midnight. 8 There were many lamps in the upstairs room where we were meeting. 9 Seated in a window was a young man named Eutychus, who was sinking into a deep sleep as Paul talked on and on. When he was sound asleep, he fell to the ground from the third story and was picked up dead. 10 Paul went down, threw himself on the young man and put his arms around him. "Don't be alarmed," he said. "He's alive!"

11 Then he went upstairs again and broke bread and ate. After talking until daylight, he left.

12 The people took the young man home alive and were greatly comforted.



My Story; Roger Dewey

I was born in Bedford Park, Acton Green. Mum, Dad, my sister and I lived in part of an old house. I attended primary school in Acton and Sunday school at St. Alban's, Acton Green. We moved to Chiswick Park and then Heston. My secondary school was in Cranford on land now part of Heathrow.

On leaving school I worked for Heston and Isleworth Borough Council Town Clerk's Dept., then London Borough of Hounslow Education and Health. I studied at colleges for several

qualifications.

I applied for a job in Hillingdon Council Health and Welfare intending to stay a couple of years. It turned out to be where I'd stay through various promotions and reorganisations. My work included procurement, health and safety / emergency planning. When I retired in 2007 I was a middle manager in Adult Social Care, Health & Housing.

I met Jenny through adult education classes I "taught" in Chiswick & Richmond – bird watching. This involved outdoor visits. I've had a lifelong interest in wildlife. We married in 1975 at St. Laurence, Cowley and we've lived in Cowley ever since and now have 4 grown up sons. I was Churchwarden at St. Laurence for several years. Jenny has mentioned in her piece how we eventually came to St. John's. We feel it's the church for us!

We've enjoyed many European short holidays and love to go to Norfolk and Suffolk for the lovely coast and it's wildlife.

In retirement I have volunteered on committees at Hillingdon Hospital and have a keen interest as a patient representative in the rebuilding of the hospital. We've tended an allotment with help from our oldest son.

I get out birding locally whenever I can, especially in the Colne Valley. That means carrying binoculars, playing around with a camera and telephoto lens and, sometimes telescope and tripod! I'm a firm believer in the health benefits of being outdoors. *Roger Dewey*



Roger and Jenny in Uppsala Sweden



Roger, at Pagham Harbour Sussex.



A few ideas for a zero waste lifestyle:

1. Have your milk delivered in returnable bottles.
2. In the kitchen use natural bristle wooden or bamboo brushes for cleaning.
3. Reuse containers to store dry goods and food.
4. Use waxed wraps to keep food fresh in the fridge.
5. Use paper or reusable bags.
6. Refill old containers, find a local dry goods store.
7. Use a tote bag for shopping.
8. Take a keep cup with you for coffee.
9. Knit or crochet cotton dishcloths.
10. Buy fruit and veg loose

Update from The Eco Action Group Meeting October 19th 2020

I attended another meeting of the Eco Action Group to further discuss the Willesden Area Plan for Parishes to raise the issue of creation care and encourage take up of the Eco church awards.

Following on from this, an inset day for clergy will take place on November 12th. There will be speakers and working groups to cover various topics. I will be taking part to represent our Eco Group, and lead a group to discuss the process of becoming an Eco church. One idea from the meeting is to encourage more involvement and suggest a role as Eco champion for each parish or church in the diocese. This is something we could support and assist in the process of becoming an Eco church. It is hoped to increase the take up with a target to begin of 75% registration.

Christine Rodrigues



The Larches

Following last week's history article in which I mentioned The Larches (off Long Lane), I received an enquiry from an Online Link reader concerning the property known as The Larches, which the road was named after.

The property was owned by Lord Hillingdon but rented out. In the early 1920's when the Hillingdon Court estate was sold off, the picture below appeared in the sale details. By the time of the 1939 census over 100 houses had been built on the site.

Census returns are a wonderful resource for those interested in local history. The 1891 census tells us that the tenants of The Larches were Mr John Finnis Stilwell (a qualified doctor), his wife Katherine and their 3 children. Mr Stilwell at the time was the manager of the family owned Moorcroft Lunatic Asylum (Merrimans corner). The family lived in The Larches with their parlourmaid Ada Fuller, cook Annie Tinson, governess Marie Gill and Matilda Friend the housemaid.

By the time of the 1901 census, John Stilwell had inherited Moorcroft and the family had moved from The Larches to take up residence at Moorcroft. I will write more about John Stilwell in the near future. Meanwhile, The Larches just had 3 servants living in it on the night of the 1901 census.

In the 1911 census Frances Moore Cave, a 70 year old single lady of independent means, was living at The Larches with her cook Mary Edwards and 2 servants both called Emily Bartlett (no relation as far as I know!).

On the 1895 map of Hillingdon Village, The Larches had gardens running down to the Uxbridge Road and from the rear, would have had views overlooking acres of farm land all the way to A40. It's a bit different now! *Christine Bartlett.*



Samaritans Purse Operation Christmas Child

Thank you to everyone who has once again supported this amazing charity. We have had such a fantastic response. There is still time to pack a shoebox this can be done online via the link below or by contacting Nikki.

The Covid -19 global pandemic has disrupted everyday life for millions of people all around the world. Samaritans Purse have looked into ways in which they can modify their collection and processing, following strict government guidelines so that the process is safe and to ensure that boys and girls around the world know that they have not been forgotten during this time of fear and uncertainty.

If you would like to support this appeal please contact me via email on stjohnshillingdon@gmail.com or by phone on 07972 618584.

I am happy to drop and pick up boxes following government guidelines.

All completed boxes will need to be ready for collection by w/c 8th November at the latest.

You can also pack a shoebox online by giving a donation of £20 and Samaritans Purse will pack a shoebox for you, just click on this link for more information <https://shoebonline.samaritans-purse.org.uk/> *Nikki Bell*



NOTICES

Cupola on top of Church Tower

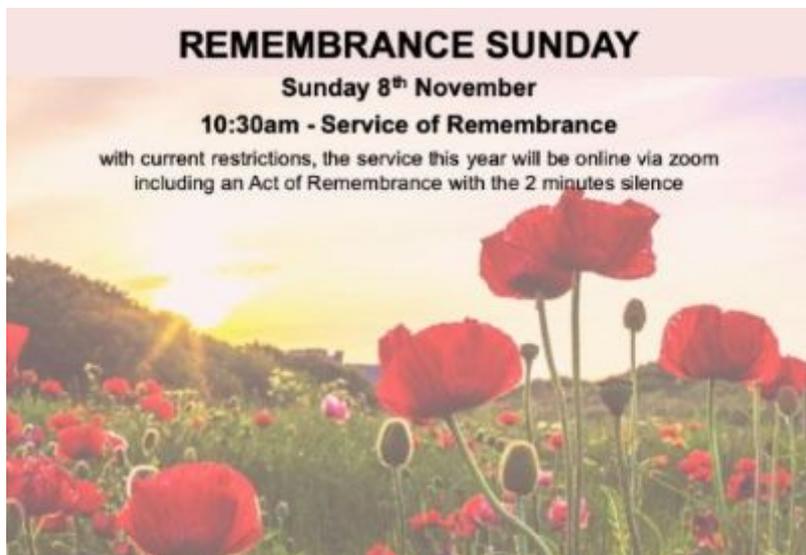
We have the money to stabilise the cupola and to undertake a full timber survey. Last week a site meeting took place with the contractors and the work is due to start on 9th November. All the work will last for up to a month, depending on the weather and other factors. We will keep you posted as the work proceeds and publicise a likely opening date for the church in due course. *Alan.*

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



POPPIES AVAILABLE

9:30-11:30am on Mondays 26th Oct & 2nd Nov from the Gardening Team in Church Garden

Collecting for our local Hillingdon Branch of the Royal British Legion

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