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The Online Link St. John's Hillingdon



No. 43 Sun 17th - Sat 23rd January 2021
Registered Charity 1128058

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Your Sunday Service Link (10.30 am):

Click on the church image above from
Sunday 10am or on

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

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Email stjohnshillingdon@gmail.com

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Vicar: Alan Bradford

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St. John's Church,

Royal Lane, Uxbridge UB8 3QP

www.stjohnshillingdon.org.uk



As this hits the presses on January 14th you may wish to commiserate with me as I turn another year older this very day! Even though the New Year is only 2 weeks old (feels a lot longer than that to me!), birthdays make me think of new starts and intentions. Whatever time of year your birthday is, it's the start of your very own New Year. If, like me, all your New Year resolutions are

already as neglected and indeed unwelcome as that half-eaten box of mince pies left hanging around, then surely a birthday offers a new start. Yes, that's what I'll do- I'll use my birthday to recommit to achieving my goals, to be focused and intentional about my studies, to use my time wisely and effectively, to break the cycle of anxiety and procrastination that I so often feel trapped in. Not right now obviously, think I'll go and make yet another cup of coffee to wash down one of those mince pies!

If any of that resonates with you and you may be feeling wearied by your own failed resolutions then I do actually have some good news to share! Our God delights in new starts, new beginnings and seems to have a particular fondness for scooping up those whose souls are heavy with regret, anxiety, sorrow or guilt. We are offered a new start at every minute of every day and all we have to do is come to God in prayer and ask for help. In my daily bible readings I sense that God has been shouting to me that I am not alone, He offers a partnership for change if we seek it together. My reading today was based on the book of Lamentations, not generally used to uplift and encourage others as it was written with the destruction of Jerusalem in 586BC as its backdrop. However, there in the midst of people's despair is the promise of the faithfulness of God's love and provision for us. Unlike the mince pies, God's love never goes out of date and whatever our circumstances or emotions may tell us, this is the truth. I think I'll make a cup of coffee and ponder that instead!

We are focusing in on prayer over the next few weeks. Prayer is one of the ways in which God invites us into partnership with him. I think it's important to be real and honest in the way we pray and so that will inevitably look different for us as individuals. The first prayer I'm sharing is simply a few verses from Lamentations 3:19-25. The second is my own attempt at a lament! Perhaps you could try making up one of your own in the next few days.

Lamentations 3:19-25

I remember my affliction and my wandering, the bitterness and the gall.

I well remember them, and my soul is downcast within me.

Yet this I call to mind and therefore I have hope:

Because of the Lord's great love we are not consumed, for his compassions never fail.

They are new every morning; great is your faithfulness.

I say to myself, 'The Lord is my portion; therefore I will wait for him.'

The Lord is good to those whose hope is in him, to the one who seeks him.

My Lament

Lord, I sometimes feel as if I'm trapped in the same destructive cycle.

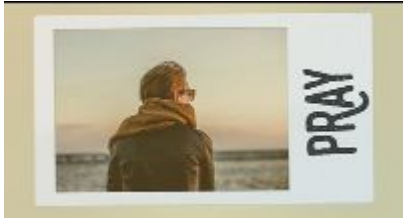
I'm full of plans and the determination to change and carry them out and then

A new day begins with the same anxiety and everything is on hold for yet another day.

Then I remember you and ask simply for help. Help me to change Lord whilst all the time knowing and accepting that you love me right this moment exactly as I am. Father God, thank you for never changing, for loving me and for always being there when I reach out. *Caroline*



**Loving, Growing, Sharing
with Jesus
to Transform Lives**



Transformation is a key part of what we are about and in our mission statement (above). We have made a difference and seen lives transformed as we have used our gifts in serving those around us in love

A most vital key part of transformation is prayer. In order to partner with God in his plans, we need to be in communication with him, so that we can be in his will and see greater love and transformation in others. We want to have His strength and direction rather than relying on our own strength and independent decisions, so we can flow in the purposes of God. As we pray we learn to discern the power of his love for others. As we pray we gain discernment and wisdom in our decision making and lives. As we pray, God changes our hearts and transforms us to be more like Jesus. I hope some of the hints and thoughts below will help you as you seek to go deeper in prayer!

16 Ways To Improve Your Prayer Life **Which numbers are most helpful for you?**

1. Just Start talking.

Just start talking to God. Then you are praying again! Don't let any false barriers hold you back. Just start talking! Good to speak to him with your voice as it's harder to focus when it is all in your head. Pray aloud.

2. Arrow Prayers

Engage in quick 'Arrow' (upwards) prayers to God that only take a moment - at any time and in any place No need to wait for a 'special' time.

3. Use the 'P R A Y' acronym

P – Pause what you are actively doing, and mentally pause, and stop/slow down. "Be still & know that I am God".

R – Rejoice. Thank and praise God for his goodness and for all that is good in your life. Thank him for creation and for his many blessings. Maybe even sing a a worship song/hymn with a mobile, ipad or CD playing near you.

A – Ask. Pray (intercede) for others who need prayer. Pray for other nations. Pray for yourself. "Give us today our daily bread . . ."

Y – Yield. Show that God is the god (Lord) of your life. Give yourself over to him. Confess and make a commitment to follow God's promptings and his word. Give him the glory for the good things, and for helping you through trying times. "Thine is the kingdom, the power and the glory forever and ever"

4. Palms Up Palm together (clasp) Palms receiving

- Raise your palms upwards as you **Rejoice** and praise him
- Place your palms together (clasp hands) as you **Ask** (Intercede) for others – healing, provision, wisdom, love, salvation, discernment etc
- Place your palms together and open in a receiving posture as you **Yield** to God. Ask him to direct you (Jesus is Lord) and to speak to you so that you can receive and be obedient. Spend some time receiving God's presence.

5. You are too busy NOT to pray!

If you are really busy with activity and work, and in your mind, then you are too busy NOT to pray! You can use Arrow (immediate) prayers anytime while moving or journeying, or just for a moment during breaks. You can ask for peace and ask him to show you how you can be less manic. Putting God first will make you more aware of where you are being unnecessarily busy or

inefficient and he will give you wisdom and discernment to see how you can abide with him during even busy times. You'll likely get even more done this way too. Surprise yourself!

6. Regular Place, Regular Time

It's so helpful to build up a prayer habit in addition to 'arrow' prayers and when using P R A Y (see No. 2). Maybe you can have a room (or shed) or special place in your bedroom, or a corner in the living room?

7. Getting Intentional & Intimate.

Be really intentional about regularly praying from your heart and being real before God. Develop your intimate relationship with God in the power of the Holy Spirit.

8. Yes, No, Yes! Panto style!

This is: 1) Oh Yes I will pray 2) Oh no you won't 3) OH YES I Will – RIGHT NOW!

When you decide or plan to pray this is **Yes!** There will then be thoughts or inclinations or excuses not to pray saying **No** to you. eg. I'll do it later, I'm too busy, I'm not good enough. I feel too guilty etc.

You then power through by saying **YES I Will** again by intentionally, assertively and purposely saying **YES, I will pray now, YES** I can still pray even though I'm too busy. **YES**, I can pray, God knows me and what I'm like and I can always come to him. **YES** I can pray to God and he accepts me despite the fact that I feel guilty. etc.

These are examples of the assertive and power giving **YES! No YES!**

There is power in the fact that you are pre-prepared with **Yes - No- Yes**. You know that when you decide 'Yes' to pray, there will be some 'No' opposition to this but you can follow through by verbally saying 'Yes' and then praying. You power through any barriers or negatives that are thrown up to try to stop you being in communication with God in prayer.

9. Have the right image of God - God is Good!

We can have a subconscious, or even conscious, image of God that is distorted through our experiences and upbringing. God is actually a loving and caring Father who has an infinite love for you, and He wants to show you goodness and his favour.

God **ISN'T** distant and formal, an impression we have sometimes received through being in church and sitting in a pew in some churches and services!

God **ISN'T** a **legal God (Accountant God)** who keeps an account of what we do, and waits for us to make a mistake so that he can record it and mark us as losers.

God **ISN'T** a **Gotcha God** like a detective in disguise who is waiting for us to step out of line then he pounces upon us and says 'Gotcha'

God **ISN'T** a **Sitting Bull God** who relaxes in a detached, morally neutral and apathetic yoga-like posture, waiting for us to pay him homage.

God **ISN'T** the **Philosopher God**, an unmoved mover of the universe, distant and withdrawn, and too busy for us

God **ISN'T** the **Pharaoh God**, unpleasable and an unpleasant taskmaster who is always demanding more.

GOD IS totally accepting, full of grace, totally loving and caring. He wants to show you his favour and be the perfect father for you. He is waiting for you to come into his loving arms. He has infinite time to spend with you!

Bask in his love and these truths and let it draw you close to our loving father.

10. Pray with others

At times pray in a group or with another person or partner (given safety guidelines). Pray in a group in Zoom during church meetings! Be courageous!

11. Listening – Bible

Pray into your Bible reading and let God speak to you through the Bible as you open yourself up to him in prayer (Hands in receiving position!)

12. Yes, No, Wait! Be consistent & persistent

Prayer requests get answered in 3 ways: **Yes, No, and Wait**. For many of our prayers we have to wait to see the answer and in the meantime be persistent and consistent in praying in the same way for that particular prayer to be answered. Don't give up!

13. Writing down: Prayer Journal

Use a notebook as a prayer journal to write down your prayers and answers to your prayers. Then in months and years ahead, you will be able to look back and see and be amazed at how God has answered your prayers. (Otherwise, we forget how He has blessed us) Also, write down in your journal what God is saying to you at the moment and your thoughts on your Bible readings.

14. Use Objects, Places, Circumstances

Examples: When in the shower thank God for his provision of water and ask him to fill you afresh with his Holy Spirit. In the toilet thank God for your facilities and pray for areas of the world in poverty and without facilities. When you see the wonder of nature on a walk, praise God! Pray in good circumstances as well as when things are hard. Be creative!

15. Get Married! A Wedding

Being in a relationship with God is a bit like being married(!) - in the best possible sense and way!! Our earthly weddings don't always work out but with God you can enter into the perfect partnership – you enter into an agreement (covenant) where you play your part (even though you are imperfect) and God plays his perfect part in the relationship. A wedding relationship begins with vows. Below are some vows (a prayer) that you could get on your knees and pray from the heart. Use this to start or renew your relationship!

“Father God, thank you that you love me.

Lord Jesus, thank you for dying on the cross for me.

I confess to you now all my sins and every way I have offended you.

I am sorry for everything I have done, said or thought that offended you. (name some out loud if that helps)

Please forgive me. (Pause).

Thank you, and I accept by faith your total forgiveness of me.

I ask you to live inside me by your Holy Spirit.(pause to receive).

Holy Spirit I invite you to be my guide and my comforter.

I accept you Lord Jesus as my Saviour and my Lord.

I will follow you for the rest of my life.

Thank you for the free gift of salvation. Amen”

16. Pray Father, Son AND Holy Spirit!

Pray to each member of the family of The Trinity. Address each one with different prayers.

**Which numbers are most helpful for you?
What Prayer helps/hints do you have? Please email these in!**



We look forward to welcoming Archdeacon Catherine, our new Archdeacon, as our guest speaker for 'Pray' this Sunday 17th January at 10.30 am

Our Sunday 'P R A Y' Teaching Series

17th Jan Pray SO THAT God's Kingdom Comes

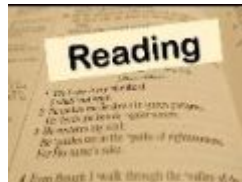
24th Jan Pray SO THAT you may be strengthened with power

31st Jan Pray SO THAT you have unity

7th Feb Pray SO THAT you have discernment

14th Feb Pray SO THAT you may share your faith

It is suggested that you use a notebook as a prayer journal and for making notes on the teaching.



Matthew 6:5-14

5 "And when you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by others. Truly I tell you, they have received their reward in full.

6 But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you. 7 And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words.

8 Do not be like them, for your Father knows what you need before you ask him. 9 "This, then, is how you should pray: " 'Our Father in heaven, hallowed be your name, 10 your kingdom come, your will be done, on earth as it is in heaven. 11 Give us today our daily bread. 12 And forgive us our debts, as we also have forgiven our debtors.

13 And lead us not into temptation, but deliver us from the evil one.' 14 For if you forgive other people when they sin against you, your heavenly Father will also forgive you.



Eco news and caring for creation which includes ourselves.

During the pandemic we have all been faced with the knowledge of how fragile our lives are and how the way that we have been living may have caused the problems we now experience. We have the positive news of a vaccine which brings hope. During this time we have found comfort in prayer and meetings on zoom. We may also have needed to find ways of coping and practical help. I have found walking each day has helped with both my mental and physical health. I can observe nature, noticing changes, it provides a space to think, meditate and pray . I have also been taking part in a group exercise class each week on zoom with Melinda Glenister a Feldenkrais practitioner. Feldenkrais is a body focused movement where you become aware of the whole body, practicing movement without strain or stretching. Not only does it free up the body it improves awareness and relaxes the mind. You may have your own activity which has helped you. You may like to share what has helped you with everyone.

Lord Jesus, the earth is yours and you have commanded the winds and the sea; help us to leave behind our consumer demand for plastics and move towards behaviours that are environmentally

healthy; help us to follow your lead in caring for the world you love. Amen.

Rt Revd David Urquhart Bishop of Birmingham

The **RSPB** Big Garden Birdwatch will take place on **29-31 January**

Spend some time counting the birds. This can be in your garden, outside space or park.

Details can be found on the RSPB website

www.rspb.org.uk

The survey has helped to identify the decline and the recovery of our favourite bird species. *Christine Rodrigues.*



New for 2021! A Tour around the Church Monuments.

Last week we started a tour of the monuments inside St John's. This week our tour continues so please imagine you are in church, you pass the font and turn left. You then turn left again and go up the steps into the Prayer Chapel.

Looking to your left, you will see a large, austere monument to William Tatton (1659-1736) and his granddaughter Elizabeth Flower (1741-1813). Both were buried at St John's but only Elizabeth is in the nearby vault. William was buried in the churchyard but the exact whereabouts are unknown. Caroline Flower (Elizabeth's niece) who dedicated the monument, clearly felt that both her ancestors were worthy of a memorial.

William Tatton was a trusted associate of John Churchill, 1st Duke of Marlborough throughout the War of the Spanish Succession, and in April 1704 the Duke appointed him Colonel of the Horse Guards. In August 1704 he led the advance party for the Duke's bold dash to the River Danube, which led to the crushing defeat of the French and Bavarian forces at the Battle of Blenheim. After this victory, Tatton was made Colonel of a Foot Regiment, a post he held until 1708.

After the war, the Army was involved in suppressing the Jacobite Rebellion of 1715, when William Tatton was responsible for bringing convicted rebels to London to be imprisoned. From 1725-1736 he was the Governor of Gravesend and Tilbury Fort, a Tudor fortification protecting the River Thames.

Regarding his grand-daughter, Elizabeth Flower, I haven't been able to find out much about her. She lived in London but in her will she stated that she wished to be buried at St John's near her grandfather, even though he died before she was born. The dedication on her memorial describes "the suavity of her disposition, her mild and gentle manners, which preserved uninterrupted the friendships of her early years". She sounds a very lovely lady.

Surprisingly, Tilbury Fort is still standing and is managed by English Heritage. I'm adding it to my list of places to visit post COVID! *Christine Bartlett*



William Tatton Monument



William Tatton



The Foodbank is in need of:

Tinned Products only: Meat(all types), Fish, Vegetables, Fruit and Puddings.

Jars: Jam, Pasta Sauces, Curries and other sauces.

500g-1kg Bags of: Granulated Sugar, Pasta, Rice and noodles.

Packets of: Potato Mash, Biscuits, Christmas cakes, Sweets, Crisps, Heathy Bars and snacks.

Bottles/Cartons of: Long life Milk, Fruit Juice and squash.

You can drop your donations to:

Participating local Supermarkets:

1. Sainsburys York Road Uxbridge UB8 1QW
2. Sainsburys Lombardy Retail Park Coldharbour Lane Hayes. UB3 3EX.
3. Sainsburys Long Dr, South Ruislip, Ruislip HA4 0HQ.
4. Tesco Bulls Bridge Industrial Estate Hayes UB25LN
5. Tesco Extra Glencoe Rd, Hayes UB4 9SQ
6. Waitrose 52 Green Ln, Northwood HA6 2XB

Current Participating Churches with donation boxes.

St Martin's Church Eastcote Rd, Ruislip HA4 8DG. Monday to Sunday 09-00 to 16-00 hrs

Or Alternatively

Delivery to: Hillingdon Foodbank Warehouse Address:
30 Oxford Road. UB9 4DQ.

NOTICES

How to join the Sunday service from your landline/mobile (without Internet)

- Dial **020 3481 5237** or **020 3051 2874**.
- Enter meeting ID Code **894 8145 2808** then the # key
- You will be asked to enter your participants' ID. Ignore this, and just press # key
- There is no password. If you are asked for one, then just press the # key.

The Children's Society Home Coin Boxes.

Please hang on to your collecting boxes for the time being. The Children's Society do not want us to be placed at unnecessary risk by handling boxes, counting coins and taking trips to the bank. If you are a box holder, you will be contacted when we are able to collect your box.

HAVE YOU THOUGHT about helping charities by sending them your used stamps. Look online for a list of those who participate. or see below message:

The Bible Society.

The Bible Society are collecting used postage stamps to raise funds. Please send stamps to Bible Society, Stamp Appeal, Post Room, Stonehill Green, Westlea, Swindon SN5 7DG – thank you!
Christine Bartlett

CHURCHES, households, schools, and businesses in the UK are being invited to take part in a new “bin-twinning” campaign to support [waste-collection projects](#) in Haiti, [Pakistan](#), and [Uganda](#).

It was launched this month by the Christian charity [Tearfund](#), which also founded the “toilet-twinning” campaign to improve sanitation in developing countries. Participants are being asked to donate £45 towards the projects, in exchange for a “bin twin” sticker for their bin.

“As Christians, we’re called to be good stewards of God’s creation; so reducing our waste footprint should be part of our response, especially as so much UK plastic ends up abroad. We hope twinning their bin and seeing the Bin Twinning sticker will help people become more mindful of how much waste they generate, as they support innovative start-ups tackling the waste crisis overseas.”

**NHS COVID Vaccine Scam**

Several reports have been circulating of people being contacted by fraudsters offering the COVID-19 vaccine. Please [click here](#) for more information.

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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