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The Fortnightly Online Link St. John's Hillingdon



No. 90 Sun 20th March - Sat 2nd April 2022
Registered Charity 1128058

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Your Sunday Service Link (10.30 am):

Click on the church image above to join our
10:30am service on zoom from Sunday
10am <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

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St. John's Church,

Royal Lane, Uxbridge UB8 3QP

www.stjohnshillingdon.org.uk



A lot has happened since I wrote my last blog in mid January. Starting with the nicer things – we

had the wonderful experience of the full immersion baptisms in St John's towards the end of January - a very uplifting and moving occasion. Restrictions imposed by Covid were loosened and life seemed to be returning to normal – including, of course, being able to enter via the front door of the church, and to decide for ourselves whether to wear face masks in church or not. Coffee and tea are also back on the agenda for after service refreshments. It seemed very much like a time of hope after the last two years. It was lovely seeing all the Spring flowers blooming – the daffodils, the crocuses, the earlier snowdrops, the primulas – all bursting with colour and the promising of better times ahead. Rick and I attended the Service of Welcome for our new Bishop of Willesden at the end of February, again an uplifting and service full of hope and promise. We also participated in the World Day of Prayer which was held on 4th March at North Hillingdon Baptist Church.

In addition to church related matters, Rick and I managed to visit the theatre in London four times seeing some very different shows – Hamilton, The Drifter's Girl, Magic Goes Wrong, and most recently The Goes Wrong Show. We also fitted in visits to the family, visited the cinema and ate out at restaurants. We know life is full of ups and downs, of meetings and partings, and in our case we had another two funerals to attend – my aunt died on January 23rd, having attained the age of 97; and the wife of one of Rick's oldest friends (they were at school together from an early age) sadly died after an operation. We held a small family funeral in Romsey on a cold and wet day in February for my aunt. In place of a eulogy members of the family shared their favourite memories of my aunt, and it was a lovely occasion. We all went out for lunch afterwards and raised our glasses to a life well lived by my aunt. At the end of that week we had the arrival of the gales, which wreaked havoc over most of the country. Needless to say, Rick was very relieved that the Church Cedar tree had been cut down before the gales arrived!

Since I last wrote, the Winter Olympics (the Winter Paralympics are finishing today as I write this) took place in Beijing (not without a lot of controversy) and the Olympic creed, which states "*the important thing in the Olympic Games is not so much to win but to take part, just as the important thing in life is not the victory but the struggle*" seemed to have become a little lost, although the motto of this year's games "Together for a Shared Future" promised hope of a world where nations worked together. Sadly a couple of weeks later that promise had vanished, with the invasion of Ukraine two weeks ago by Russia – something that seems so shocking and so unreal in 2022 that I feel quite stunned when I look at the footage on the News. It seems impossible that this is happening in a country not that far away from us, and the echoes of the invasion of Poland in 1939 cannot be overlooked. Never has there been a time in recent years when our prayers for another nation have been so necessary. Our hearts go out to the citizens of Ukraine who have lost their homes, their businesses, their loved ones, in the bombardment from the Russian forces. In all of this, and the horror of all we are seeing and reading, we can take comfort from words in the Bible:-

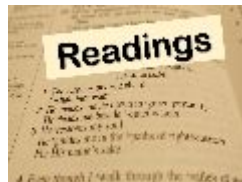
Psalm 9:9-10 – “The Lord is a refuge for the oppressed, a stronghold in times of trouble. Those who know your name trust in you, for you, Lord, have never forsaken those who seek you.”

Romans 8 : 38 – 39 – “For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.”

Philippians 4:6–7 – “Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”.

So in these times of crisis and darkness, let our faith burn brightly; as Teresa of Avila wrote many centuries ago:

“May today there be peace within. May you trust God that you are exactly where you are meant to be. May you not forget the infinite possibilities that are born of faith. May you use those gifts that you have received, and pass on the love that has been given to you. May you be content knowing you are a child of God. Let this presence settle into your bones, and allow your soul the freedom to sing, dance, praise and love. It is there for each and every one of us.” Carol Williams



Sunday 20th March

Bearing Fruit: Regular Prayer:

Luke 11:1-12

11 One day Jesus was praying in a certain place. When he finished, one of his disciples said to him, “Lord, teach us to pray, just as John taught his disciples.” 2 He said to them, “When you pray, say: “ ‘Father, hallowed be your name, your kingdom come. 3 Give us each day our daily bread. 4 Forgive us our sins, for we also forgive everyone who sins against us. And lead us not into temptation.’ ” 5 Then he said to them, “Suppose one of you has a friend, and he goes to him at midnight and says, ‘Friend, lend me three loaves of bread, 6 because a friend of mine on a journey has come to me, and I have nothing to set before him.’ 7 “Then the one inside answers, ‘Don’t bother me. The door is already locked, and my children are with me in bed. I can’t get up and give you anything.’ 8 I tell you, though he will not get up and give him the bread because he is his friend, yet because of the man’s boldness he will get up and give him as much as he needs. 9 “So I say to you: Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. 10 For everyone who asks receives; he who seeks finds; and to him who knocks, the door will be opened. 11 “Which of you fathers, if your son asks for a fish, will give him a snake instead? 12 Or if he asks for an egg, will give him a scorpion?





British Summer Time Begins

Just a reminder that the clocks go forward 1 hour at 1am on Sunday 27th March.

Sunday 27th March

Mothering Sunday

Colossians 3:12-17

12 Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. 13 Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you. 14 And over all these virtues put on love, which binds them all together in perfect unity.

15 Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful. 16 Let the word of Christ dwell in you richly as you teach and admonish one another with all wisdom, and as you sing psalms, hymns and spiritual songs with gratitude in your hearts to God.

17 And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.



Sunday Preaching Themes for the Weeks Ahead.

20th March- Bearing Fruit: Regular Prayer. Luke 11:1-12

27th March- Mothering Sunday

3rd April- Spiritual Fruit Bearing. Galatians 5:16-25

10th April- Bearing Fruit: Keeping True North. Matthew 21: 1-11



St. John's Services Update

Following the recent Government announcement of relaxation of some of the Covid measures, St. John's PCC reviewed, discussed and decided:

Front Doors- We are now using the main front doors as the weather is getting better.

Face Masks - This is now a personal choice. For those that wish to wear your mask you may prefer to sit at the back in the last rows, to help you feel more comfortable around those singing without a mask. However, you are equally free to sit anywhere you would like.

We will still have face masks available for those that wish to take them. We ask that you continue to be mindful to others.

Space - The every other pew use will be reviewed at the end of March. It is easier to administer

the Communion using the space in between so this will continue for the time being.

Zoom- Will continue.

Testing prior to attending church- Not now needed however if you feel unwell then please stay home, you may wish to test if you have any of the coronavirus symptoms and connect via zoom.

Refreshments - This is now up and running. For this to continue we really need more people to sign up for volunteering please see Nikki or Alan if you can help in anyway.



Eco News Recycling Beauty Products

The topic this time is in response to a query. This area is rather confusing, I have selected a couple of articles from the internet and adapted them slightly. They vary and differ in the information given. It is probably best to do some local research according to where you buy your products and find out if there is a recycling scheme near you.

Please let us know if you know of other ways and places to recycle this packaging.

1 Mono-material recycling Here's a general rule of thumb for recycling beauty products: The less type of material that your package is made of, the more likely it is to be recyclable. When more material is used, the recycling process can be costly, time- and money-wise, for the separation process. And even if you try to do so yourself, cross-contaminated recyclables may not be accepted. If your product is made of one general material like glass, plastic, or cardboard, you can rinse it and put it into the recycling bin. In regards to plastic, it is always better to recycle a larger plastic container as it is most likely to be recycled. However, its best to stay away from plastic products in general as they are still huge pollutants. "The reality is that plastics can usually only be recycled 2-3 times before losing the qualities that make them usable, which means that transitioning to recycled plastic only removes plastic from landfills or polluting the earth by 1-2 cycles."

What can't be recycled: Small products can actually halt the recycling process and therefore aren't widely accepted at recycling plants. This means anything under 2 inches, think: all travel and portable beauty products. Additionally, products with dark packaging also cannot be recycled as they can't be identified by MRF machines.

Also unrecyclable: products that contain mirrors, magnets, makeup brushes, sheet masks and packets, and squeezable tubes.

As reference, here's a quick guide of non-recyclables: Hair Care: Shampoo caps, conditioner caps, hair gel tubes and caps, hair spray triggers, and hair paste caps Skin Care: Lip balm tubes and caps, soap dispensers and tubes, body wash caps, lotion dispensers and caps Cosmetics: Lipstick cases, lip gloss tubes, mascara tubes, eye shadow cases, bronzer cases, foundation packaging, powder cases, eyeliner cases, eyeliner pencils, eyeshadow tubes, concealer tubes, concealer sticks, and lip liner pencils Look into refillables The ideal goal is to use less packaging, hence producing less waste. Many brands offer refillable beauty products. This means that you will be reusing the packaging several times over its intended lifetime, thus keeping it away from the landfill.

2 From Cosmopolitan How to reduce waste when disposing of beauty products. The company Maybelline has introduced a recycling programme in the UK. After discovering that 42% of makeup wearers had no idea how to recycle their products, Maybelline is rolling out a brand new scheme across 1,000 Tesco, Superdrug, Boots and Sainsburys stores. All you need to do is take the makeup you no longer want and drop it into one of the recycling bins and they accept any and every brand, not just their own. They have partnered with Terracycle who will collect the bins, separate the products by polymer type, clean and turn them into plastic pellets to be used by manufacturers for a whole variety of products. The scheme is part of an initiative to ensure that by

2025 all of their plastic packaging is either recyclable, refillable, rechargeable, or compostable. This is a list of what can and cannot be put in the bins.

DO BRING • Compacts and palettes • Mascaras (including the wand and tube) • Retractable, or plastic liners and liquid liners • Lip products including lip gloss and lipstick tubes • Plastic tubes and bottles such as foundation and concealer.

DON'T BRING • Glass bottles and cardboard packaging - these should already be including in your curb-side recycling schemes • Makeup brushes and nail polish isn't being accepted yet • Neither are aerosols, but it is possible to recycle these in most parts of the UK • **PLASTIC BOTTLES AND TUBES** These can be recycled at home, but only if you have thoroughly cleaned them and removed any product residue. If your plastic bottle comes with a pump, your local council will not be able to recycle it, so you must remove it. All labels should also be removed.

• **GLASS** Again, as long as it's cleaned and the necessary labels and pumps are removed, these should be collected by your local council. • **PALETTES, MASCARA, LIPSTICKS, COMPACTS** Do not make the mistake of throwing these on your recycling bin at home, only Terracycle can properly re-use these items. **Chris Rodrigues**



I have recently discovered another refill shop called "The Refill Pantry" which is in Berkhamsted. 41 Lower Kings Road, Berkhamsted. HP4 2AB Tel:01442 873998
Opening Times: Monday - Saturday 10am-5pm Sunday CLOSED

How it works:

Weigh: Take along your clean, empty containers to refill with products. weigh your container.

Fill: Choose from a huge range of products.

Weigh: Take your filled container back to the scales. The price you pay is for the contents of your container only.

Then simply **Pay**.

For more information please visit: www.therefillpantry.co.uk **Chris Rodrigues**



Please include in your prayers;

The ongoing situation in the Ukraine. For all those in fear, suffering, injured, bereaved, displaced.

Sylvia's recovery following her recent operation.

Niven, (Alan's Dad) Margaret, (Alan's Mum) .

Alan, his sisters Jan and Alison and the Bradford family.

Pray for the people of Ukraine Seeking Refuge

Almighty and merciful God,

Whose Son became a refugee and had no place to call his own;

look with mercy on those who today are fleeing from danger,
homeless and hungry.

Bless those who work to bring them relief;

inspire generosity and compassion in all our hearts;

and guide the nations of the world towards that
day when all will rejoice in your kingdom of
justice and peace;
through Jesus Christ our Lord.
Amen

O Lord God,
Your son Jesus Christ suffered and died for us.
in his resurrection he restores life and peace in all creation.
Comfort we pray, all victims of intolerance
and those oppressed by their fellow humans.
Remember in your kingdom those who have died.
Lead the oppressors towards compassion
and give hope to the suffering.
Through the same Jesus Christ our Lord.
Amen.



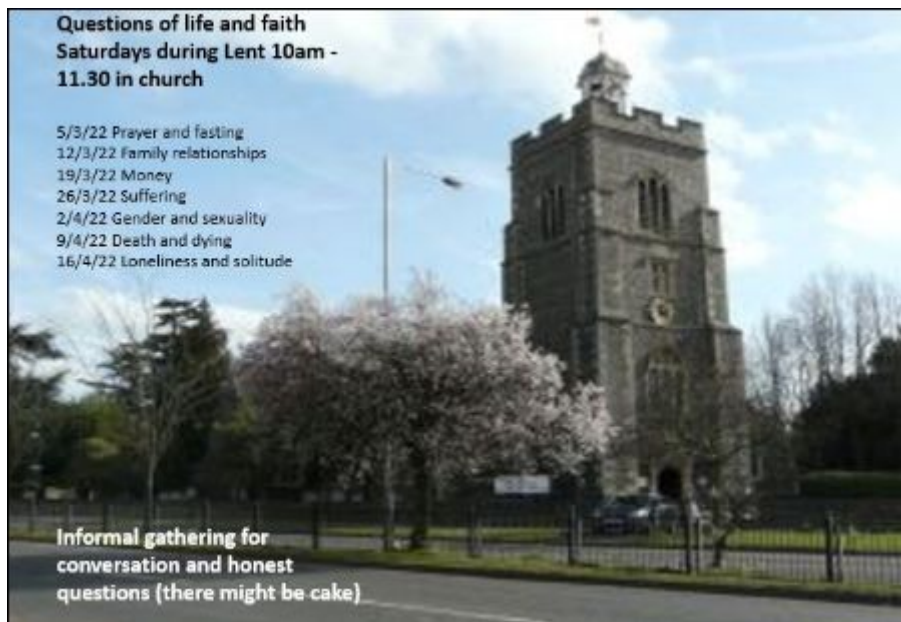
Red Nose Day- Comic Relief.

On Friday 18th March we will be supporting Red Nose Day for Comic Relief with a Children's Dance-a-thon event. If you would like to sponsor a child per dance (not that many songs) or a total amount, please let Alan or Nikki know. Starting time is after school from 3:30pm



On the 23rd March, take time to connect, supporting the millions of people who are grieving, and remembering the family, friends, neighbours and colleagues we've lost during the pandemic.

There are lots of ways to take part, from joining the minute's silence at 12noon or catch an inspiring online talk. Find out more [Here](#)



Alpha Course New Start date Wednesday 30th March 2022 7:15 for a 7:30pm start

Alpha is an exciting opportunity to come together as a group and discuss all things faith, life and what is the meaning of it all!

This will be an 8-week course with the opportunity for confirmation at the end. running every Wednesday 7:15pm for a 7:30pm start.

It is perfect for everyone, from someone who knows their Bible word for word to those that want to explore. You do not need to know anything to come along.

Alpha is a great place to start and explore whilst making new connections with others who have questions just like you!

There will also be refreshments and snacks available.



Easter Flower Project

It's time to start **knitting, crocheting, sewing** again!

After the successful community response to our Easter Flower Project last year, we are hoping to

make more **flowers** and **butterflies** to put out along the footpath for our local community again this Easter



Looking Ahead....

Sunday 20th March - 9am Service, 10:30am Service. 10:30am Elevate Kings Kids. John Locke Academy, Bader way. UB10 0FW

Monday - 9:30am Churchyard Clearing, Private Prayer. 10:30am Tree Planting, 8pm Bellringing Practice, 8pm Mandolin Monday.

Tuesday- 9am Private Prayer, 12noon Jazz, 7:30pm Accordion Band.

Wednesday - 9:15am Nikki Office, 12noon Words and Music, 1pm Knitting Group.

Thursday- 9:15am Nikki Office, 9:30am Church Hire, 10:30am Funeral, 12noon Jazz.

Friday - 10:30am Let's Go, 12noon Jazz.

Saturday - 10:30am- Lent Questions of Life and Faith, 11am- 4pm Music Tuition- Grundon Room.

Sunday 27th - 9am,10:30am, 12noon Services.

Monday - 8am Filming outside church 9:30am Churchyard Clearing, Private Prayer, 8pm Bellringing Practice, 8pm Mandolin Monday.

Tuesday - 9:15am Private Prayer, 10am Hillingdon Primary school Year 1-2 visits, 12noon Jazz, 7:30pm Accordion Band.

Wednesday - 9:15am Nikki Office. 10am Hillingdon Primary school Year 3-4 visits, 12noon Words and Music, 1pm Knitting Group, 7:15pm Alpha Course.

Thursday - 9:15am Nikki Office, 9:30am Church Hire,10am Hillingdon Primary school Year 5-6 visits, 12noon Jazz.

Friday - 10:30am Let's Go 12noon Jazz.

Saturday - 10:30am Lent- Questions of Life and Faith,11am -4pm Music Tuition- Grundon Room.

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.

CHEQUES

Payable to:
Hillingdon Parochial Church Council

STANDING ORDER

Set up a Standing Order with your bank or building society using these details:

St. John's Church
Royal Lane
Uxbridge
UB8 3QP

Barclays Bank, 142 High St,
Uxbridge, UB8 1JX
Sort Code: 208916
Account No: 20465615

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