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The Fortnightly Online Link St. John's Hillingdon



No. 100! Sun 24th July- Sat 6th August 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/8948145
2808](https://us02web.zoom.us/j/89481452808)

Church Administrator: Nikki Bell

Email stjohnshillingdon@gmail.com
Text/Phone 07972 618584

Vicar: Alan Bradford on Study Leave from
1st August -31st October.

Church Wardens:

Rick Williams Phone 01895 232 888
Roy Munday Text/Phone 07711 278478

Safeguarding Officer: Richard Bell

Email: info@shieldsmore.co.uk
Text/Phone: 07934 871538

St. John's Church,

Royal Lane, Uxbridge UB8 3QP
www.stjohnshillingdon.org.uk



When I wrote my last Blog, we were shortly to go off on holiday to the lovely island of Cyprus. It is

now a month since we returned home and, as is the way with holidays, it seems more like several months since we were there - rather than just one. We had a wonderfully relaxing time and it reminded me how important it is to sometimes just step off the treadmill of our busy day to day lives. We know from the Gospels that Jesus himself would take “time out” and I think it is very important that we do all take time to “recharge our batteries” Of course you don’t need to go away to foreign climes to do this – finding a quiet spot in a park or a wood can be just as effective and allow you some space and peace – and more importantly time to appreciate the beauty God created for us, and allow us to reconnect with him. As a side note the temperatures here for the coming week will be higher than we experienced when we were on holiday! Oh for the use of the lovely pool we had there.....

Along with a large proportion of the nation, I have been watching the tennis from Wimbledon over the last couple of weeks and enjoying the very different matches which have been shown. One thing that stood out was the determination of the players not to give up – even when they were one or two sets down, and in some instances coming through to win after losing the first two sets. It provided a wonderful example of resilience in what can seem a hopeless situation. I was talking to my best friend recently and she mentioned “The Weaver’s Poem” by American minister, composer, and prolific hymn writer. Grant Colfax Tullar– I thought I would include it for those who don’t know it. It reinforces that whatever is happening in our lives, God has a plan for us – one that we can’t see, but one which as a loving father, he works on throughout our lives. So when we are struggling with life, or our faith, or wondering why our life is not straight forward, or why we are suffering, we need to remember that God is with us, working away in the background. As it says in the poem – “He Knows, He Loves, He Cares”. Sometimes it is easy to forget just how much he does love each of us.

“My life is but a weaving between my God and me.
I cannot choose the colours He weaveth steadily.
Of’ times He weaveth sorrow; and I in foolish pride
Forget He sees the upper and I the underside.

Not ’til the loom is silent and the shuttles cease to fly
Will God unroll the canvas and reveal the reason why
The dark threads are as needful in the weaver’s skilful hand
As the threads of gold and silver in the pattern He has planned

He knows, He loves, He cares; Nothing this truth can dim.
He gives the very best to those who leave the choice to Him.”

Carol Williams



Sunday 24th July

Praying

Luke 11: 1-13

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?

13 If you then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give the Holy Spirit to those who ask him!"

Sunday 31st July

Letting Go

Luke 12:13-21

13 Someone in the crowd said to him, "Teacher, tell my brother to divide the inheritance with me."

14 Jesus replied, "Man, who appointed me a judge or an arbiter between you?"

15 Then he said to them, "Watch out! Be on your guard against all kinds of greed; a man's life does not consist in the abundance of his possessions."

16 And he told them this parable: "The ground of a certain rich man produced a good crop. 17 He thought to himself, 'What shall I do? I have no place to store my crops.'

18 "Then he said, 'This is what I'll do. I will tear down my barns and build bigger ones, and there I will store all my grain and my goods.

19 And I'll say to myself, "You have plenty of good things laid up for many years. Take life easy; eat, drink and be merry." '

20 "But God said to him, 'You fool! This very night your life will be demanded from you. Then who will get what you have prepared for yourself?'

21 "This is how it will be with anyone who stores up things for himself but is not rich towards God."



Readings and Themes for the coming weeks:

24th July- Praying- Luke 11:1-13

31st July - Letting Go!- Luke 12:13-21

7th August - Watchfulness- Luke 12: 32-40

14th August- Not Peace but Division Interpreting the Times- Luke 12:49-56

21st August- Jesus Heals a Crippled Woman on the Sabbath- Luke 13:10-17

28th August- Jesus at Pharisee's House- Luke 14:1 & 7-14



St. John's information

Rev'd Alan Bradford is taking Study Leave 'Sabbatical' from 1st August -31st October 2022 and will not be available during this time. Should you need any support or help your first point of contact would be:

Nikki the Church administrator who you can contact on Text/Phone 07972 618584 Email: stjohnshillingdon@gmail.com.

If you are unable to contact Nikki and your query is urgent or in case of an emergency please contact the Churchwardens:

Rick Williams Phone 01895 232888.

Roy Munday Text/phone 07711 278478.

We are continuing to follow the government guidelines regarding Covid measures:

Face Masks: This is now a personal choice. For those that wish to wear their masks or use ones provided you may prefer to sit in the back rows of church to help you feel more comfortable around those singing without a mask. However, you are welcome to sit anywhere of your choosing. We ask that you continue to be mindful of others.

Communion: This will continue to be served at the back of church.

Testing prior to attending church: This is not now needed however, we do ask that if you feel unwell with any of the key symptoms then please stay at home.

Volunteering at St. John's

We are always looking for volunteers at St John's if you would like to help out, please speak to Nikki. We are currently looking for people to help out on Sunday refreshments and welcoming. If you are unable to help on a Sunday could you spare some time during the week to help with cleaning. No matter how small even 30 mins can make a huge difference.



Save water

A good time to think again about our water usage as we experience some hot weather. More water is used in the South East region than almost anywhere else in the UK. Water is a precious resource and we all need to work together to make sure there's enough water for each other and the environment, now and in the future.

Here are some simple changes that could help save water.

Turn off the taps - Don't let your water consumption run out of control. Save 6 litres of water a minute by turning off your tap while you brush your teeth.

Fix leaky taps too – and stop what could be 60 litres of water going straight down the drain every week.

Save water whilst washing-up - Did you know using a dishwasher uses less water than washing by hand? Sometimes, your dishwasher needs a helping hand, so to keep your dishes even more sparkly, give the filters and seals a quick clean to make sure your dishwasher stays fresh.

Shower less - Every minute you spend in a power shower uses up to 17 litres of water . Set a timer on your phone to keep your showers short, sweet and water-saving. Switching to an efficient shower head will allow you to lather up in less water, which means you'll save water and cut your

bills.

Save clothes to wash - Washing a full machine load of clothes uses less water and energy than 2 half-loads . This means lower bills as well.

Reduce food waste - It takes a lot of water to produce our cereal, fruit and other food. More than half of the 7 million tonnes of food and drink UK households bin every year could be eaten. Wasting less food could save you £540 a year . Get some handy advice from Love Food Hate Waste , or get inspired by high-tech solutions to food waste from around the world.

In the garden -Water outdoor plants in the early morning or at the end of the day to stop water immediately evaporating in sunlight and heat.

Water the soil so that the liquid goes straight to the roots, where it's needed.

In a heatwave, animals need water too. Instead of watering your lawn, leave out a water-filled container, like a casserole dish, for birds to drink from and wash. Thirsty bees and other insects will need a saucer or bowl with water and stones in it.

Installing water butts saves up to 5,000 litres of water a year . And your plants will thank you for rainwater rather than treated tap water. You can also cut water use by 33% by watering plants manually instead of using automatic sprinklers.

Car washing - If you wash your car with a bucket and sponge, re-use the water afterwards by pouring the bucket out on the garden and flower beds. Alternatively, you could try a waterless car wash solution and microfibre cloth.

Eco Church

As some of you will know we were awarded a Silver Eco Church award from Arocha in 2019. To ensure that we maintain this award the Eco group have been working hard in the following areas:

- Worship and Teaching
- Management of church buildings
- Management of church land
- Community and global engagement
- lifestyle

The Eco group are there to guide us and be part of the implementation but overall it is all our responsibilities to care for God's Earth which he has entrusted to us.

- In February 2022 the Eco Group presented the PCC with St. John's Environmental Policy. Which has been on the notice board and website for several months. I know some of you might not have had the chance to see this so I have added a link below to the website and a PDF copy for you to view.

[St John's Environmental Policy](#)

[St. John's Environmental Policy \(PDF\)](#)

If you have any questions or would like to join the Eco group please speak to Nikki, Chris or Brenda.



Thinking

We are all coming and going
Stopping and starting
Hoping and coping
Sharing and caring
Shopping and cooking
Eating and drinking
Chatting and laughing

Walking and running
Knitting and sewing
Reading and writing
Loving and kissing
Sleeping and dreaming
Remembering, forgetting.
It's never ending!

This poem was sent in by Judith Cook. It's by Mary Emery, an English lady of 90 years young living in Grenoble- full of nostalgia for her childhood in England during the war.



Please include in your prayers;

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

For Joyce Marshall

Please continue to pray for Joyce her faith is strong and she is asking for your prayers for her, for her husband Hughie and the family at this time.

For Carol Toombs

Please hold Carol in your thoughts and prayers.

For the Baptism of Lily on 31st July.

For those having their Banns read at St. John's and preparing for their Wedding days: Peter & Elisabeth and Bola & Sheila



Pray with Tearfund for the UK Government

'The God who loves us... is willing to give us hope and to use us to bring hope.' [Rev Les Isaac](#) speaking at the UK Parliamentary Prayer Breakfast earlier this month

The past week has been a turbulent one for the UK Government. After a wave of resignations from more than 50 MPs and Boris Johnson's announcement that he would step down, you might be wondering: *What happens now?*

One thing's for sure: the climate crisis isn't going anywhere. Millions of people in poverty are still relying on the UK and other governments to [deliver on climate finance promises](#). This interruption in our politics will possibly delay action on these urgent issues, or push them further down the agenda.

But in Hebrews 6:19 God reminds us we have hope: 'We have this hope as an anchor for the soul, firm and secure.' He is our anchor in times of uncertainty and change.

I encourage you to turn to our anchor and pray – on your own, or with friends or your small group. Please pray:

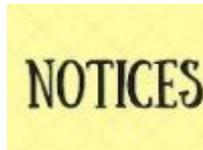
- for peace and unity amid uncertainty
- for wisdom for our political leaders, that they will be guided by God and act with integrity
- for the UK Government to be a force for good, that they will respond to those most affected by the climate crisis and make decisions that care for, not harm, God's creation
- that climate finance promises will be fulfilled
- that those living in poverty will have access to the finance and solutions they need to help them respond to the climate crisis

What else can I do?

You can still take action and speak out for those on the frontlines of the climate crisis. Why not write to your MP to remind them the climate crisis hasn't gone away?

And if you haven't already done so, please sign and share our petition calling on the UK Government to influence other wealthy nations to deliver the \$100 billion of climate finance they promised from 2020. We will be handing this petition to the new prime minister in the run-up to COP27 in November, so there's still time to make a difference by adding your voice.

[Sign the petition](#)



Colne Valley Festival Fortnight

The Colne Valley Festival Fortnight is a full programme of events and activities for everyone to enjoy across the whole Colne Valley Regional Park. Sunday 24th to Saturday 6th August 2022.

From Batchworth to Staines, Langlely to Uxbridge, we are partnering with volunteer groups, organisations and charities to offer you a variety of Guided Walks, activities for Children and Families, Open Days at Iver Environment Centre, Hillingdon Narrowboats and Harmondsworth Great Barn And Two Save Our Rivers Eco Fun Days in Denham Country Park.

So come one, come all and get ready to explore, enjoy and discover the Colne Valley Park! Book now to avoid disappointment! <https://www.colnevalleypark.org.uk/festival-fortnight/> to access the link.



For the latest edition (July-August) of The Hillingdon People Magazine please [Click Here](#)



Free Self Defence classes are being offered at Simply Gym Uxbridge from 10:30-12:00 on Saturdays. To book a place email richard.ross@simplygym.net listing the date you wish to attend.

The dates available are:

Saturday 9th July, 13th August, 3rd September, 8th October, 12th November and 10th December.



St Paul's Cathedral and Westminster Abbey Passes.

Just a gentle reminder that we do have free passes for St. Pauls Cathedral and Westminster Abbey if you are interested in attending please see Nikki.



Looking Ahead....

Sunday 24th 10:30am Service in Church.

6pm Church Hire Stardust Band.

Monday - 9:30am Churchyard Clearing,
Private Prayer. 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- 9am Nikki Office, 9:30am Church
hire, 12noon Jazz.

Friday - 9am Private Prayer, 11am Jazz

Saturday - 11am- 4pm Music Tuition-
Grundon Room.

Sunday 31st - 10:30am Service & Baptism,

6pm Church Hire Stardust Band.

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

Tuesday - 9:15am 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, 12:30 Jazz.

Friday - 9:15am Private Prayer 11am Jazz.

Saturday - 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

STANDING ORDER

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

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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