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The Fortnightly Online Link St. John's Hillingdon



No. 92 Sun 17th- Sat 30th April 2022
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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

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St. John's Church,

Royal Lane, Uxbridge UB8 3QP

www.stjohnshillingdon.org.uk



In writing just before we reach the Easter weekend, I was left wondering what aspect of the whole Easter story to focus on. It doesn't feel right to rush through Holy Week, paying scant attention to

the last days Jesus spent with his disciples and all that he shared with them. Some of my favourite chapters of the New Testament are John 14-17, where Jesus talks to the disciples at the Last Supper, prays for them and amazingly prays for us too! Look up John 17:20, Jesus prays for you and me on the night before he dies! Later that same night he asks three of his friends to wait with him and keep him company in prayer in the garden of Gethsemane.

A few days ago I had the privilege of being sent on retreat by college to Launde Abbey in Leicestershire, a beautiful and peaceful place. This gave me a wonderful opportunity to spend some time in the presence of Jesus, keeping him company in prayer, and so I thought I would share some of my experiences with you. I wasn't tested beyond my limits by being on a silent retreat, as those that know me well enough would know how difficult that would be! There were a number of guided sessions in prayer as well as plenty of free time to walk in the beautiful grounds, be alone or share time with my fellow retreatants. There was a well stocked library(my own particular heavenly place) and a comfortable lounge overlooking the sheep grazing in the fields. The food was plentiful and delicious and I spent time with old friends and made new ones. I don't blame you if you stop reading at this point and think 'Well lucky old you Caroline, I was busy having a crazy time at work, feeling fed up at home, worrying about the kids, my parents, exams, my health worries...' I know, I do get it.

What I really wanted to share with you is how I connected to Jesus most deeply when I gave him my undivided attention in prayer and asked if I might keep him company. We can do that anywhere and at any time because of Easter; the risen Jesus is the first fruit of a new creation that through the Holy Spirit, we too are invited to be a part of. We are no longer confined to meeting with God in the temple, the church or even Launde Abbey! We can simply invite God to be with us, to accompany us, to listen to us and to share with us the things we need to know. On the last morning we had a passage read to us from John's gospel; Chapter 21:1-14 is the last of John's accounts of Jesus appearing to the disciples after the resurrection. It tells how the disciples had returned to the sea at Galilee, perhaps not knowing what to do next and deciding to go fishing at Peter's instigation. Five of the disciples present are named or identified but two are not. Jesus is waiting for them on the beach, cooking them breakfast, patiently waiting for his friends to recognize him and join him.

In a practice known as Lectio Divina, the passage was slowly read aloud three times and we were invited to place ourselves within the scene. I could really feel the sand under my feet, the gentle warmth of the early morning sun and I could hear the waves breaking on the beach. I knew that I was one of those unnamed disciples and as I realised that, a space opened up for me to join the circle. Without anything being said aloud, I knew I was totally welcomed and accepted among the disciples but more importantly by Jesus. I was aware that Jesus was next to me and he promised that he had much to say to me but first he had important business with Peter and needed to talk to him first! You can read on in the chapter to see what this was! This sense of Jesus promising to 'sort me out' but that I needed to wait and trust him for the 'when and how,' was very prominent throughout the retreat. If all that sounds maybe rather fanciful, I can only say that it felt extremely real and powerful and that I was left with the need to tell others that those two unnamed disciples are us. There is always a place, a gentle invitation for you and me to join the circle and let Jesus care for us. We may not literally get served fish and bread for breakfast this Easter, (a hot cross bun and coffee will do for me), but our risen saviour longs to spend time with us and meet our needs.

I took this photo in the grounds and this sculpture forms part of the Launde Abbey logo. It is part of a series of Stations of the Cross within the grounds and whilst I presume the outstretched arms represent the crucified Christ, I also see the welcoming arms of the risen Jesus. My prayer for you all this Easter is that you may encounter the risen Jesus in a way that best speaks to you and may you be blessed and comforted by knowing there is a place in the circle just for you. **Caroline**



<https://www.laundeabbey.org.uk/>



Sunday 17th April

Easter Day

Luke 24:1-12

24 On the first day of the week, very early in the morning, the women took the spices they had prepared and went to the tomb. 2 They found the stone rolled away from the tomb, 3 but when they entered, they did not find the body of the Lord Jesus.

4 While they were wondering about this, suddenly two men in clothes that gleamed like lightning stood beside them. 5 In their fright the women bowed down with their faces to the ground, but the men said to them, "Why do you look for the living among the dead? 6 He is not here; he has risen! Remember how he told you, while he was still with you in Galilee:

7 'The Son of Man must be delivered into the hands of sinful men, be crucified and on the third day be raised again.' " 8 Then they remembered his words. 9 When they came back from the tomb, they told all these things to the Eleven and to all the others. 10 It was Mary Magdalene, Joanna, Mary the mother of James, and the others with them who told this to the apostles.

11 But they did not believe the women, because their words seemed to them like nonsense.

12 Peter, however, got up and ran to the tomb. Bending over, he saw the strips of linen lying by themselves, and he went away, wondering to himself what had happened.

Sunday 24th April

"Resurrection People"



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 - After a review on Wednesday 6th April We are trialling different ways for Holy Communion so that we can make full use of the church pews.

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.



Plants and their Uses

At this time of year everything is growing and springing into life in our gardens, parks and other green spaces. Many of the plants that we see and think of as weeds and a nuisance were once used or grown for a purpose or had a use. Discoveries are still being made of the importance of plants and the interconnectedness of the earth which includes us.

Here are some plants that you may spot locally in your garden, park or along the roadside when walking and for interest only some of their uses.

Comfrey - This plant has many medicinal uses. It can be used to make a tonic for your plants in the garden.

Hazel - The wood from this hedgerow plants was used to make hoops, sticks and fishing rods.

Stinging Nettle - This plant can help improve the soil as it adds nitrogen as well as other nutrients and can help our other plants that grow alongside it to flourish. The young leaves can be eaten as a vegetable.

Groundsel - Once grown as a food for animals. If composted it adds nutrients to the soil.

Coltsfoot - Used for coughs and bronchial complaints. The down on the back of the leaves was used in the past as tinder to create a spark. The fluffy seed heads are used by birds to line their nests.

Goosegrass - The seeds of this plant which along with the leaves stick to our clothing were once roasted as a substitute for coffee and were also pushed on pins in their green state to make a soft pinhead.

Hawthorn - The young leaves of the hedgerow plant can be eaten Jack -by-the-hedge - The leaves were once used in salads and as a sauce for fish.

Clover - Red Clover works as green manure to improve the soil as its roots store nitrogen. White clover can be grown to create a clover lawn.

Dandelion - If left to grow a Dandelion plant can be quite large and in the past the leaves and flowers were important ingredients. It is a source of copper and iron.

Eco Tip - Score your shopping. Impact Score Shopping is a helpful app (free on Apple and Android) that lets you scan a product's barcode to check its ethical and sustainability credentials. The app will suggest an alternative product if whatever you've scanned scores poorly and you can ask it to prioritise information about the environmental or ethical issues you feel the most strongly about. **Chris Rodrigues**

Each other

'Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves.' (Philippians 2:3)

'Sometimes you can't make it on your own'.

Bono had it right, apart from that first bit. We can take away the 'sometimes'. Our culture worships the individual. The self-made. The self-sufficient. Self-care. Do-it-yourself. Self-obsession. Cue an explosion of loneliness. No one is self-sufficient. You alone cannot entirely care for yourself. It's about time we embraced that fact, and surrendered to our interdependence. We are not simply individuals. We are part of this world; and this world is part of us. We need friendship. We need family. We need community. We need helping hands and shoulders to cry on. Without this – without relationality, unity, togetherness – we fall apart. We need each other. And each other needs you.

God who is one, make us one with you, one with creation, and one with each other. Help us to tear down the walls that divide us; to build bridges across the divides that separate us; to reach out in love and inclusion, always. In Jesus' name, Amen.

Gideon Heugh Gideon writes for Tearfund and is a poet and environmentalist.



Churchyard News

On Thursday 7th April at 4:30pm we were alerted to a substantial Spruce tree that had fallen in the churchyard. Alan promptly went to investigate and could see that the tree was resting on a Yew Tree on the east side of the Churchyard near to the Coney Green Boundary wall. See photos below.



As you can see the spruce fell in the middle of quite a few headstones and was right above the Cox family tomb! Some of you may have seen this on Sunday 10th April.

The team of tree surgeons attended on 12th April at around 8:45am to remove the Spruce.

Thankfully It was a mild warm day.

I asked the team to go gentle with the spruce as both myself and Mark Hamlin were extremely worried about what could happen to the Cox family tomb (which has a marble top) and the other historical headstones which lie in the trees path. The tree surgeon response was "There is nothing gentle about a chain saw!" but they promised to do their very best to limit the damage.

The problem the team faced was the tree was resting on the Yew tree which was under quite a bit of pressure. With every section cut this could have placed the Yew under more pressure resulting in the branches of the Yew giving way and the Spruce to drop. The Spruce was also still being held up at an angle by half of the trunk which in the centre was rotten (The main reason the tree may not have coped under the high winds of Thursday!) although the outer exterior of the tree was in quite good condition, there was a possibility that this could have snapped and the spruce to roll causing anything in its path to be crushed. At this point myself and Mark decided to leave the team to it.

I popped out occasionally to serve tea and see how things were progressing. One time I popped out the team were at a crucial point when everything could go wrong! I very promptly came back inside and hoped when I returned that all would be well.

I have to say the team were brilliant and kept their promise. When I went out near the end of the work about 11:30am, I was AMAZED to see that the Cox family tomb was intact and all the headstones and tombs untouched it was like it never happened. Rick popped along near the end of the work and was equally surprised.

We needed to loose a few branches of the Yew tree which was inevitable as these had been damaged due to the weight of the Spruce. The Yew tree really did save the day!

All in all a great job by a great team of tree surgeons and a massive sigh of relief from your administrator! See photos below of work in progress and the finish. *Nikki*





Please include in your prayers;

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

O Lord our 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.

At a time of despair.

Restless with grief and fear,

the abandoned turn to you:

in every hour of trial,

good Lord deliver us,

O God most holy, God most strong,

whose wisdom is the cross of Christ.

Amen.

NOTICES

Questions of life and faith

Saturday 16th April is the last informal gathering for our questions of life and faith Lent series.

The topic is Loneliness and Solitude all are welcome to attend.

Time: 10am till 11:30am in the Grundon Room . There will be refreshments and possibly cake.

We would like to Thank Lucy for leading this and thank all those that have attended or helped in anyway.



Alpha Course March/April 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 from 30th March-May 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.



HOLY WEEK & EASTER

Palm Sunday – 10th April

9am, 10:30am, 12:30pm

Maundy Thursday – 14th April

The Last Supper Experience

in your own home [info sheet available]

The Watch

light a candle and keep The Watch in your home or garden

Good Friday – 15th April

pray for local churches, homes and businesses

Journey to the Cross

2pm reflections around the Cross in the Memorial Garden
(weather permitting, otherwise in church)

Easter Day – Sunday 17th April

9am & 10:30am

www.stjohnshillingdon.org.uk



Easter Flower Project

Thank you to everyone who has taken part in this project again. We have received so many beautiful creations. We will be placing all of the creations onto the hedges at the front of St John's

and along the Lime tree pathway to Coney Green on **Saturday 16th April at 12:30pm** all are welcome to join us. The more people we have the better. Last year it only took 45 mins to put them all up.



You may by now have already received your polling cards for the Local Elections on **Thursday 5th May 2022**. I received mine on 6th April. If you live locally to the Church you would also have seen that St John's is your nearest Polling Station! We are delighted to be working with Hillingdon Council once again to help the local community. Some of you may remember that many years ago the church hall was used before it was sold.



Our Annual General Meeting (AGM) and Annual Parochial Church Meeting (APCM) will be taking place at 10:30am on **22nd May 2022** this year. At this meeting we will be electing 2 Churchwarden's, 3 representatives to the Deanery Synod and 12 members for the PCC. If you are interested in standing please speak to Alan or Nikki. Application forms are available at the back of Church.

The Annual report will be sent out and printed a few weeks prior to the meeting.

The Electoral roll is now up on the notice board please check that you name is on the document and report any errors to Nikki. We also have pink application forms for the Electoral roll at the back of Church for those that wish to join.



The ever-popular Stardust Big Band has started using St John's Church as their regular practice venue every Sunday evening and they have offered to do a concert for us in aid of church funds. Tickets will be available on the door for £10 each.

Sunday 22nd May 2022 6pm at St. John's Hillingdon
Concert by Stardust Big Band in aid of Church funds.
Tickets £10 on the door.

Please tell your friends, neighbours, work-colleagues, etc. as the more people we can encourage to come along the more that will be raised for the on-going ministry of our church.

To give you a flavour of their music the attached link will take you to a very clever composite video of the band performing together (virtually) during the Covid pandemic lockdowns!

[\(20+\) Facebook](#)

If you are able, please print out this poster [click here](#) and display it somewhere.



Looking Ahead....

Sunday 17th April - Easter Day 9am Service, 10:30am Service.

Monday - 9:30am Churchyard Clearing, 12noon Jazz 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. 7:15pm Alpha Course

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

Friday - 12noon Jazz.

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

Sunday 24th - 9am,10:30am, 12noon Services.

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, 7:15pm Alpha Course.

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

Friday - 12noon 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

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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