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The Online Link St. John's Hillingdon



No. 137 Sun Sunday 4th - Saturday 17th February 2024
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>

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UB8 3QP. www.stjohnshillingdon.org.uk

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Rick Williams Phone 01895 232 888
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Safeguarding Officer: Richard Bell

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Tomorrow, 2nd February is the Feast of the Presentation of Jesus in the Temple forty days after his birth. You can read the story of the Presentation in the Temple in Luke 2: 22 – 40. In our house it is the day when I take down our stable figures and put them away until next December (I like to keep the stable up so that the Wise Men are on display between Epiphany and

Candlemas!). The other name for today is Candlemas, and it marks the midpoint of winter – halfway between the shortest day and the Spring equinox in mid March. In the past people would take candles to their local church to have them blessed; it was also when the candles to be used in church throughout the year were blessed. Traditionally, all the candles would be made of beeswax. The wax was to show the purity of Jesus; the wick represented His soul and the flame represented His divinity as well as Jesus bringing light into the darkness of the world.

There are differing traditions for Candlemas around the world – if you are in France, Belgium, Italy or parts of Switzerland, you could expect to be served crepes or pancakes today; in Luxembourg, children go from house to house carrying lanterns and wishing the residents health and happiness. They sing them traditional songs and receive sweets in return (a little like our tradition of Carol Singing!); in Mexico it is a public holiday with people eating a traditional tamales (a traditional Mexican dish made with a corn based dough mixture that is filled with various meats or beans and cheese).

Like some other Christian festivals, Candlemas draws some of its elements from Paganism and may people would light candles to scare away evil spirits. People also believe that Candlemas predicted the weather for the rest of the winter – giving rise to this little rhyme:-

*“When Candlemas Day is bright with sun;
Then Winter’s power has just begun –
But when Candlemas Day is dark with rain
Then Winter’s power is on the wane!”*

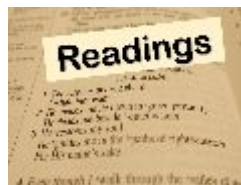
Or this short snappy little saying : “If Candlemas be fair and clear; There'll be two winters in the year.” I am rather hoping that one doesn't prove to be correct!

There is also a tradition that any Christmas decorations which were not taken down by Twelfth Night should have been left until today and then taken down and packed away.

One fact I didn't know is that snowdrops are known as “Candlemas Bells” because they often bloom early in the year around the time of Candlemas. According to one legend, an angel helped these Candlemas bells to bloom and gave them as a sign of hope to Eve, who wept in despair over the cold and death that had entered the world. Many Christians still see snowdrops as a symbol of Jesus being the hope for the world. I shall view snowdrops differently now!

One of the many traditions around Candlemas is that people place lit candles in their windows at home to remind them of Jesus as the light of the world, so I will be putting one in our window tomorrow evening and might even flip a pancake or two to celebrate this reminder of Jesus being born to bring light and redemption to us all. **Carol**

Let us light a candle in the darkness, in the face of death a sign of life; as a sign of hope where all seemed hopeless, as a sign of peace in place of strife. AMEN



Readings for Sunday 4th February 2024

Theme: Take the High Road- Baptise

Reading: Romans 6:1-11

- 6 What shall we say, then? Shall we go on sinning, so that grace may increase?
- 2 By no means! We died to sin; how can we live in it any longer?
- 3 Or don't you know that all of us who were baptised into Christ Jesus were baptised into his death?
- 4 We were therefore buried with him through baptism into death in order that, just as Christ was raised from the dead through the glory of the Father, we too may live a new life.
- 5 If we have been united with him like this in his death, we will certainly also be united with him in his resurrection.
- 6 For we know that our old self was crucified with him so that the body of sin might be done away with, that we should no longer be slaves to sin—
- 7 because anyone who has died has been freed from sin.
- 8 Now if we died with Christ, we believe that we will also live with him.
- 9 For we know that since Christ was raised from the dead, he cannot die again; death no longer has mastery over him.
- 10 The death he died, he died to sin once for all; but the life he lives, he lives to God.
- 11 In the same way, count yourselves dead to sin but alive to God in Christ Jesus.

Readings for Sunday 11th February 2024

Theme: Take the High Road- Share

Readings: Mark 1:29-39

- 29 As soon as they left the synagogue, they went with James and John to the home of Simon and Andrew.
- 30 Simon's mother-in-law was in bed with a fever, and they told Jesus about her.
- 31 So he went to her, took her hand and helped her up. The fever left her and she began to wait on them.
- 32 That evening after sunset the people brought to Jesus all the sick and demon-possessed.
- 33 The whole town gathered at the door,
- 34 and Jesus healed many who had various diseases. He also drove out many demons, but he would not let the demons speak because they knew who he was.

35 Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.
36 Simon and his companions went to look for him,
37 and when they found him, they exclaimed: "Everyone is looking for you!"
38 Jesus replied, "Let us go somewhere else—to the nearby villages—so that I can preach there also. That is why I have come."
39 So he travelled throughout Galilee, preaching in their synagogues and driving out demons.

Readings for Sunday 11th February 2024

Theme: Take the High Road- Share

Reading: Matthew 28:16-20

16 Then the eleven disciples went to Galilee, to the mountain where Jesus had told them to go.
17 When they saw him, they worshipped him; but some doubted.
18 Then Jesus came to them and said, "All authority in heaven and on earth has been given to me.
19 Therefore go and make disciples of all nations, baptising them in the name of the Father and of the Son and of the Holy Spirit,
20 and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age."



FEBRUARY Go green for Lent.

The weeks leading up to Easter are a time for self reflection, repentance and emulating Jesus' obedience to the Father.

Is there something you'd like to give up or take up during Lent that will enable you to reflect on God, contribute to our planet's well-being and enhance others' lives through sustainable, eco friendly living? Explore some of these changes at arocha.org.uk/go-greenfor-lent/

Ideas and inspiration for a Creation Care Focussed Lent.

Fasting has long been a Christian Spiritual Discipline practised and encouraged by Jesus to help his follower's emphasise the Kingdom of God in their lives over our earthly, physical, immediate and emotional wants and desires.

You could use Lent to as a time to fast from some of our excessive consumption of the creation's resources and appallingly high levels of waste of all kinds? Live lent, love life is a good strap line for this approach.

We can help to inspire others to commit to a personal discipline to reduce our carbon emissions and preserve the good life of God's good creation, while helping each of us develop greater self-control and simpler lifestyles. The following ideas suggest themselves for action, all of which will result in reducing greenhouse gas emissions into the atmosphere.

Reduce Carbon: Reduce your use of fossil fuels during Lent. Do an energy audit to measure your carbon footprint and design ways to reduce it.

Switch to a 100% renewable energy supplier if you haven't already.

Reduce your gas consumption at home by improving insulation, lowering the temperature by a few degrees, heating fewer areas in the house or shortening heating periods. Use less gas heated hot water.

Travel: Make fewer journeys by car; walk, cycle and use public transport when possible. Fly less and find other ways to travel on holidays.

Shop local to reduce the number of journeys and if possible buy homegrown food to reduce the journeys of the products.

A Plastic/Waste Fast: This is difficult as excessive plastic packaging is enmeshed in our society.

But we can make progress. There are products which reduce or eliminate plastic packaging. Eg. Shampoo and conditioner bars of soap. Refillable cleaning containers that enable you to refill your own containers with food items.

A Circular Economy: A different way of reducing the waste in our daily lives is by moving from a linear economy to a circular economy. We can do this in a small way by recycling goods we do not need, books, bicycles, fashion items, small electrical goods and so on. Find a repair café or look out for a local recycle and irepair event

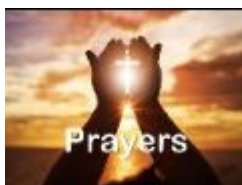


Taking part in The Big Plastic Count is really easy. Here's a reminder of what you need to do:

1. **Register:** Get your free counting pack (digital or via post) which includes everything you need to take part
2. **Get Counting:** Count all your plastic waste from 11-17 March
3. **Submit Results:** Submit your data via our website by 31 March
4. **Get Your Footprint:** Discover your plastic footprint and use the results to make a difference!

You can do this as an individual, Family, Group or organisation!

[REGISTER NOW](#)



Please include in your prayers;

For all those Living in fear, suffering, injured, bereaved, displaced, caught up in tragedy and disaster around the world.

For those that are in need The family and friends of the late Kate Weller, Ken Hogg, Beryl Rowles, Marigold Marsh, Bill White, Gervase Craven, Joyce & Hughie Marshall.

For those being Baptised On Sunday 4th Feb Erika, Elnaz, Kambod, Haniyeh, Yashar, Mohammadali and Maryam. Please hold them in your prayers.

Kate Weller's ashes will be interred in the Garden of Remembrance on Sunday 4th February at 12:30pm.





EASTER PROJECT

It's time to get creative!

If you are able to crochet, knit or sew, please help by making some flowers, butterflies, bumble bees, etc for our Easter Project.

The handmade items will be put along the footpath for the local community at Easter, but we need to start making and getting creative now. Thank you.

For more information, please see Anne



Black Park

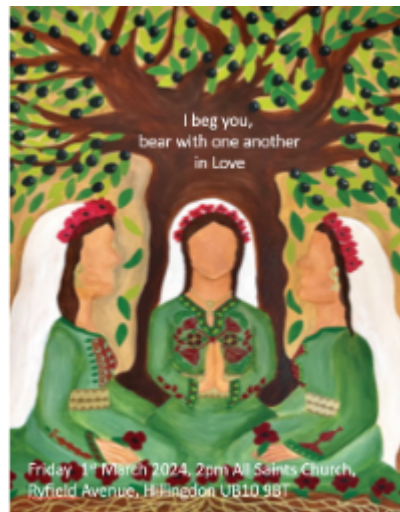
Film walks are back this half term on Saturday 10th and 17th Feb. So if you are looking for something to do with the children this half term why not take a look [Here](#). It is essential to book your slot through eventbrite. The fee is around £5-£6 per person for an 1hour and 30mins. Pinewood Studios sits adjacent to Black park and since the studios first opened in the 1930's film crews have used the park for filming these include Harry Potter, James Bond, Marvel, Jurassic park, Star Wars and many more.

Black Park Country Park. Black Park Road. Wexham SL3 6DS



LENT COURSE

Join us for our Lent Course
'The Cross - the Greatest Hope of All'
on **21st February, 28th February, 6th March, 13th March, 20th March** at **7:30pm** on
Wednesday evenings in church



World Day of Prayer 2024

This year the service has been prepared by an ecumenical group of Christian women from Palestine, the land in which Jesus was born, ministered and died, where the Christian faith began and is rooted.

Friday 1st March 2024

The service for our area will be held at:
2pm- All Saints Church, Ryefield Avenue, Hillingdon. UB10 9BT.

Our representative for St John's is Carol Williams.



Uxbridge Church Men's Group meet Thursday evenings in The Good Yarn Uxbridge at 8:30pm. On the Third Thursday of February (15th) the group will be meeting a little closer to St. John's at The Red Lion, Hillingdon from 8:30pm. Please see Adrian for more details.



For the next few weeks we need your support. Please could we ask you to add one or two extra non perishable items to your weekly shop.

We will have a plastic box available as you come into church for you to drop off your donations.

Items we are asking for are:

Canned/tinned goods

Jars of cooking sauces

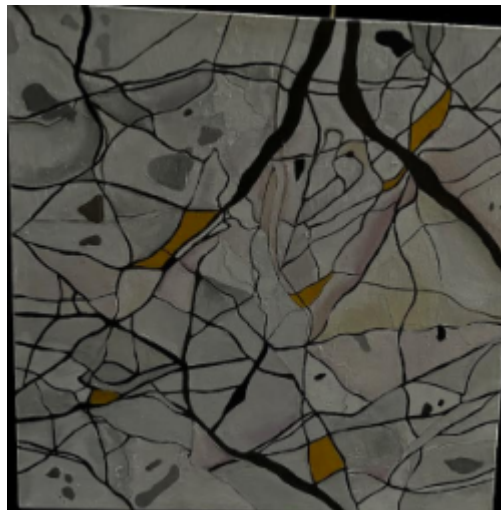
Pasta

Rice

long life milk, juice

biscuits etc

Thank you very much any support you can give will be greatly appreciated.



Please take a look at a new piece of Art that Chris Rodrigues has placed in the church by the coffee area. This piece is called:

'Mapping Winter'

Acrylic on canvas

Inspired from looking at the patterns on tree branches against a winter sky.

Nature provides an ever changing view.

A cycle of growth, preparing in winter for the new growth of spring.



Uxbridge Odeon is showing two Christian films in February

The Chosen - Season 4

episodes 1 to 2

is showing at **Uxbridge Odeon**
on **Thursday 1st February only**
at **7.50pm**

The Chosen is a major new drama series which has now reached the mid-point of Jesus' ministry.

"The best film about Jesus that I've ever seen" - Nicky Gumbel

Season 4 - episodes 3 to 5

will then be showing at cinemas on Thurs. 15th February only.

Season 4 - episodes 6 to 8

will be showing at cinemas on Thurs. 29th February.

For details and to book go to:

thechosentv.co.uk

Ordinary Angels (PG)

is opening in cinemas nationwide on **Friday 23rd February**.

For details and the trailer google:

ordinaryangels.movie

Cinema venues have still to be finalised for *Ordinary Angels* but it is likely to be opening very widely.

Please check your cinema website on Wed. 14th February.



Cleaning St John's

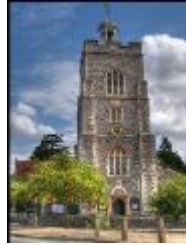
The next big clean will take place on 17th Feb at 9:30am all cleaning supplies will be provided.

If you would like to help but are unable to attend on 17th and have some free time during the week please contact Nikki

or use the laminate sheet in the kitchen to look at what area/s may need some attention (Please do record what area you clean so that others are aware)



Could you or do you know anyone who could help accomodate a family who are missionaries for 3-4 nights in March. They are travelling to Romania but stopping in England. The family consists of 2 parents and 2 children the oldest child being 6 years old. If you are able to help please email Nikki and she will get more details.



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. No matter how small even 30 mins can make a huge difference. We are especially looking for individuals to help with our refreshments on Sundays at St. John's.



St John's Prayer

Father God Almighty, we love you for your Majesty.

We are truly sorry for our thoughtless actions and deeds.

We ask for you to share your wisdom with us and grant us healing, peace and the ability to forgive, however hard it may be.

We promise to listen for you. We will sacrifice for others and accept your desire for us.

Thank you, God for the joy of your love. Amen



Nikki will be on annual leave and therefore not in the office on Wednesday 14th and 15th February. If you have an urgent request or query please contact Rick Williams (Church warden) on 01895 232 888 or Roy Munday (Church Warden) on 07711 278498.



Looking Ahead....

Sunday 4th- 10:30am Service, Full Immersion Baptisms, 12:30pm Kate Weller's internment into the Garden of Remembrance.

Monday - 9:30am Churchyard Clearing, 12 noon Jazz, Private Prayer, 8pm Bellringing Practice.

Tuesday - 9:15am Private Prayer, 7:30pm Accordion Band.

Wednesday - 9:15am Nikki Office, 10am Church Hire, 12noon Words and Music, 1pm Knitting 7:30pm Alpha Group.

Thursday - 9:15am Nikki Office, 12noon Jazz,
Friday - 9:15am Private Prayer, 10am Let's Go.
Saturday - 11:30am Music Tuition- Grundon Room.

Sunday 11th - 10:30am Service

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

Tuesday - 9:15am Private Prayer, 12noon Jazz, 7:30pm Accordion Band.

Wednesday - 9:15am, 10am Church Hire, 12noon Words & Music Service, 1pm Knitting, 7:30pm Ash Wednesday Service.

Thursday - 9:15am, 12noon Jazz.

Friday - 9:15am Private Prayer, 10am Let's Go, 12noon Jazz.

Saturday - 9:30am Church Cleaning, 11:30am 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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