

[View this email in your browser](#)

The Online Link St. John's Hillingdon



No. 143 Sun Sunday 5th May - Saturday 18th May 2024
Registered Charity 1128058

[Donate](#)

Use online giving here to catch up on your giving or to make a donation.

In this Issue!

[Anne's Blog](#)

[St. John's History](#)

[Readings](#)

[ECO News](#)

[Prayers](#)

[Notices](#)

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>

St. John's Church, Royal Lane, Uxbridge
UB8 3QP. www.stjohnshillingdon.org.uk

Church Administrator: Nikki Bell

Email stjohnshillingdon@gmail.com
Phone: 07972 618584

Vicar: Alan Bradford

Email: abradford@hotmail.co.uk
Emergencies Phone: 07847 672599

Church Wardens:

Rick Williams Phone: 01895 232 888
Roy Munday Phone: 07711 278498

Safeguarding Officer: Richard Bell

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



A few weeks ago, I read this:

'You are holding a cup of coffee when someone comes along and bumps into you or shakes your arm, making you spill your coffee everywhere.'

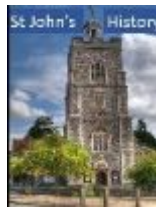
Why did you spill the coffee?

"Because someone bumped into me!"

But that's not the answer! You spilled the coffee because there was coffee in your cup. Had there been tea in the cup, you would have spilled tea. Whatever is inside the cup is what will spill out. Therefore, when life comes along and shakes you, whatever is inside you will come out. So we have to ask ourselves, "what's in my cup?" When life gets tough, what spills over? Life provides the cup, you choose how to fill it.'

As I thought about these words, I thought about the importance of how God fills us. Then, when we get bumped and as we go along in life, we will spill out some of God's love wherever we go. Ephesians 5:18 says about us being filled with the Holy Spirit. In the Greek text, the word for 'be filled' is in the continuous present tense, meaning to be 'continuously filled', so the verse means, 'Be continually filled with the fullness of the Holy Spirit.'

Let God continuously fill each one of us with the Holy Spirit, and let the Holy Spirit spill out of us wherever we go and as we encounter the bumps of life. Let's all spill a bit more of God's love in the world today ♡ Anne xx



We are continuing our tour of St. Johns after looking at our brasses we are now looking at the gravestones set into the floor at St John's.

On the floor by the entrance to back of the organ chamber there is a large black grave stone on the floor which is not in a very good condition and it's hard to read. Thankfully we have the transcript of the wording from the survey completed a few years ago by the Middlesex Family History Society.

The grave belongs to Henry Somner Sedley who was born in 1708 in Dinton Bucks and died on 7th July 1755 aged 47. Henry was actually born Henry Somner. He took the name Sedley because he inherited a large estate in Norfolk called Morley Hall from his mother Catherine Sedley's family. One of the conditions of the inheritance is that he took the Sedley name.

His wife Catherine (nee Weedon) is buried with him she was born in the early 1700's in Denham and she died in 1747. Henry and Catherine had 7 children

Ann- who died on 12th August 1732 Hillingdon

Edward - who died on 31st August 1741 Hillingdon

Thomas- who died on 4th September 1736 Hillingdon

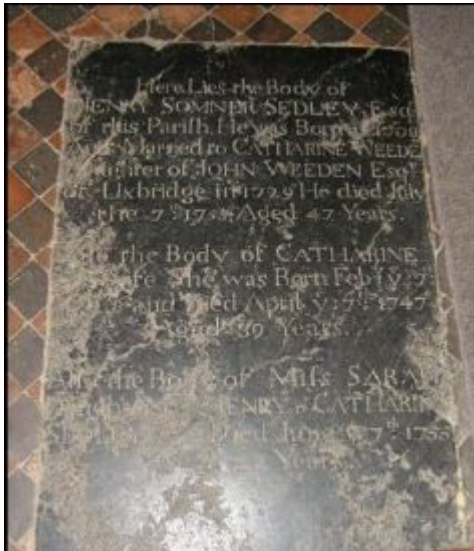
Catherine who was born in 1733 in Hillingdon and died in 1780 believed to have died in Dublin?

Sarah's death is recorded as 13th June 1755 aged just 22 1 month before her father and is buried with Henry and his wife Catherine.

Parish registers from this time provide very little information other than a name, age and date of burial, no details of cause of death or even home address is given. We managed to get further information from a lady who emailed into the office as Henry was her 7th Great Grandfather. We know that from Henry's will that he owned land in Cowley, Hillingdon, Uxbridge and Ickenham, so possibly he was a farmer. Having been widowed in 1747, Henry married again in January 1749 to Elizabeth Clarke, a widow, and the ceremony took place at St Laurence Cowley.

Catherine his daughter married a well know Irish Lawyer John Ridge from Loughrea who was the Kings counsel. He was a friend of Sir Edmund Burke (and is mentioned many times in his writings) and Sir Joshua Reynolds. Catherine and John Ridge daughter Catherine Ridge (Henry's

grand-daughter) was painted by Reynolds a number of times (see below). This painting is in the National Portrait Gallery.



Reading for Sunday 5th May 2024

Theme: Victory! Title: "Life of Jesus"

Reading: Acts 1:1-11

- 1 In my former book, Theophilus, I wrote about all that Jesus began to do and to teach
- 2 until the day he was taken up to heaven, after giving instructions through the Holy Spirit to the apostles he had chosen.
- 3 After his suffering, he showed himself to these men and gave many convincing proofs that he was alive. He appeared to them over a period of forty days and spoke about the kingdom of God.
- 4 On one occasion, while he was eating with them, he gave them this command: "Do not leave Jerusalem, but wait for the gift my Father promised, which you have heard me speak about.
- 5 For John baptised with water, but in a few days you will be baptised with the Holy Spirit."
- 6 So when they met together, they asked him, "Lord, are you at this time going to restore the kingdom to Israel?"
- 7 He said to them: "It is not for you to know the times or dates the Father has set by his own authority.
- 8 But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth."
- 9 After he said this, he was taken up before their very eyes, and a cloud hid him from their sight.
- 10 They were looking intently up into the sky as he was going, when suddenly two men dressed in white stood beside them.
- 11 "Men of Galilee," they said, "why do you stand here looking into the sky? This same Jesus, who has been taken from you into heaven, will come back in the same way you have seen him go into heaven."

Question: *How does the Life of Jesus intersect with your life?*

Reading for Sunday 12th May 2024

Theme: Victory! AGM **Title:** "Let the Lord build the House"

Reading: Psalm 127:1-2

Psalm 127:1-2

- ¹ Unless the Lord builds the house,
those who build it labour in vain.
Unless the Lord guards the city,
the guard keeps watch in vain.
- ² It is in vain that you rise up early
and go late to rest,
eating the bread of anxious toil;
for he gives sleep to his beloved.

Question: *In what ways might have you laboured in vain in what you have built?*



Themes and Readings for May 2024

5th May Easter 6 **Theme:** Victory! **Title:** "Life of Jesus" **Reading:** Acts 1:1-11

Question: *How does the Life of Jesus intersect with your life?*

12th May Easter 7 **Theme:** Victory! **AGM Title:** "Let the Lord build the House" **Reading:** Psalm 127:1-2

Question: *In what ways might have you laboured in vain in what you have built?*

19th May Pentecost Sunday **Theme:** Victory! **Title** "Peace, Presence, Power from on High" **Reading:** Acts 2:1-21

Question: How can you learn to hear more clearly and consistently from the Holy Spirit?

26th May Trinity Sunday **Theme:** Victory! **Title:** "Receiving from the Trinity!" **Reading:** John 16:7-15

Question: What does a Trinitarian life look like?



Recent Earth connections at St Johns

Visit from Eco Audit

As mentioned in the previous link we had a visit from an Eco Auditor to assist in future developments at St Johns. Brenda and Chris attended on Wednesday alongside Alan, Roy, Rick, Nikki and our Quinquennial Architect Alex Veal.

The aim is to upgrade and create a welcoming space at St. Johns that everyone in the community can use.

On Tuesday 16th and Wednesday 17th April Eco Auditors from 3 Acorns visited St. John's, to provide us with help to see what action we can take now to reduce St. John's carbon footprint and help the PCC with future decisions to make during the refreshing and rebuilding of St. John's.

We hope to be able to share information with you on this audit and report on what actions the PCC have taken in our strive to become net zero by 2030.

Eco Church

St Johns is an Eco Church We achieved a Silver award in 2018 **Eco Church-What does it mean?**

Eco Church began as an A Rocha UK project in 2016 in partnership with others, offering an environmental award scheme for churches in the UK, the vision through Eco Church is to create a vast network of churches across England and Wales as local centres of creation care in the community – shining beacons of hope for a brighter environmental future.

Today, Eco Church is spreading around the world as different A Rocha national organisations and their partners find ways to engage churches in creation care.

How does Eco Church work?

As Eco Church spreads around the world, it is taking different forms and sometimes different names in varying contexts. However, at the heart of Eco Church is a unique online survey about how they are caring for God's earth in different areas of their life and work. The answers a church provides earn points towards an Eco Church Award – the more your church does, the more points you get!

The survey covers all areas of church life:

- Worship and Teaching
- Management of Church Buildings (if applicable)
- Management of Church Land (if applicable)
- Community and Global Engagement
- Lifestyle

There are three levels of Eco Church Award – Bronze, Silver and Gold. The next step for St Johns would be to attain a Gold which may prove a challenge in certain areas but worth aiming for.

Earth Day It is marked in over 192 countries on April 22nd each year. Its dedicated theme is Planet vs Plastics We had a visit from Bishop Lusa on Earth Day. Bishop Lusa's focus for pilgrimages in 2023-24 is around the Ambitions and Priorities of the 2030 Vision. He recently cycled to 4 food banks hosted by Willesden churches, and then walked from Southall to Hounslow with clergy on the theme of Creative growth and new worshipping communities. .

What did you do for Earth Day?

Earth Day can be any day

We are here living on Earth everyday of our lives What can we do?

Reuse plastic bags, a plastic bag can take over 100 years to decompose, or use cloth bags when shopping.

Use a reusable bottle for drinks and take a reusable cup when buying coffee.

At home check out multipurpose green cleaning products. Make your own. There are many books with recipes for safe cleaning and online of course. Baking powder and Lemons can be used in many ways.

Many dry foods in the kitchen cupboard can be bought in bulk or as refills which save on visits to the supermarket and costs. Use refills for products such as shampoo or try the bars now available.

In the garden and at home, have a go at growing salad crops or micro greens which do not take up a lot of space and are full of vitamins. Chris Rodrigues

Spring Walks with Chris Rodrigues



Last year Chris led two local walks taking a look at local wild flowers and trees. This year Chris has planned 2 short walks for May.

Please sign up on sheet at back of the church with your name and contact number if you would like to come along.

May 5th at 2.30 -Looking at wild flowers in Coney Green and the church grounds

May 11th at 10.30 -A walk to the Grove - a local nature reserve

Meet at St John's weather permitting



Access Audit

On the 1st December 2023 St. John's were visited by an auditor to look at how accessible the church is for all individuals. We received the report in March 2024.

Rick and Roy have been working hard on the report to try and implement as many changes as possible. Thank you to Ken Hogg and Ray Pearce for also assisting and helping with some areas. You may have noticed some of the changes we now have in place and hope to implement many more to make St. John's accessible to all. If you would like to know more please speak to Roy, Rick or Nikki



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 Beryl Rowles, Bill & Linda White, Gervase Craven, Joyce & Hughie Marshall.

For Jay and April (Father Ken's Son and Daughter in Law) who have just welcomed their son Edward born on Thursday 25th.

For all students taking exams at this time.

For Jack and Maisie who are both busy preparing for their wedding with us on 8th June 2024.

NOTICES



Cleaning St John's

The next big clean will take place on 4th May 2024 at 9:30am all cleaning supplies will be provided.

If you would like to help but are unable to attend on 4th 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)



This year our Annual General Meeting & Annual Parochial Church Meeting (AGM/APCM) will take place on **Sunday 12th May 2024 at 10:30am** in church.

The Annual Reports along with the Annual Financial Report was sent out via email on 1st May 2024. There are also printed copies at the back of church.

The Financial Report will also be made available on 12th May 2024.

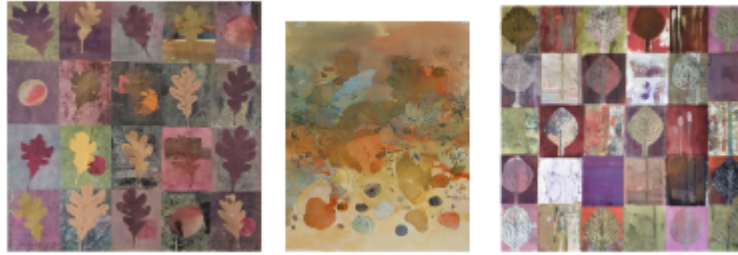
This is a chance for us to look back at 2023 and look forward to 2024 along with the election of Churchwardens, PCC Members. **Application Forms for all the roles will be available at the back of church.** If you have never been on the PCC before and have questions please speak to Nikki, Rick or Roy.

Please [CLICK HERE](#) for the Minutes of the last AGM/APCM which was held on 21st May 2024

Please [CLICK HERE](#) for the Agenda

All are invited to attend the AGM/APCM but only those on the Electoral Roll can vote. The Electoral Roll is now being revised by Nikki (The Electoral Roll officer) until 26th April 2024 after this date the Electoral Roll will be placed on the notice board prior to the meeting on 12th May 2024. If you have been worshipping with us for more than 6 months, not sure if you have been added or live locally please let Nikki know or fill in a pink Electoral Roll Form at the back of church.

Art at St Johns



I wanted to share some of my art work with you all using the screen in the tea area.

I am a mixed media artist working with a variety of materials including paint, inks, dyes and fabric, sometimes in 3-D, on canvas, prints or paper and card constructions.

My ideas and inspiration may come from observing the natural world, coastal landscape, trees and birdlife and from other interests.

I studied at Chelsea School of Art and have exhibited over the years both solo and with other artists at Brunel, Southlands, the Cow Byre and Compass Theatre.

I've run various workshops and taught Abstract painting and Botanical Drawing with Adult Education.

Do contact me if you have any questions about my art practice or are interested in art techniques and materials. Chris Rodrigues



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*



Looking Ahead....

Sunday 5th 10:30am Service. 2:30pm Wild flower Walk with Chris.

Monday - 9:30am Churchyard Clearing, 12noon Jazz, Private Prayer, 7pm Mandolin Monday, 8pm Bellringing Practice.

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

Wednesday - 9:15am Nikki office, 10am WE Group, 12noon Words and Music, 1pm Knitting.

Thursday - 9:15am Nikki Office, 12noon Jazz

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

Saturday - 11:30am Music Tuition- Grundon Room. 10:30am Walk to The Grove Nature Reserve with Chris.

Sunday 12th - 10:30am Service and AGM/APCM

Monday - 9:30am Churchyard Clearing, Private Prayer, 7pm Mandolin Monday Hire, 8pm Bellringing Practice.

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

Wednesday - 9:15am Nikki Office, 10am WE Group, 12noon Words & Music Service, 1pm Knitting.

Thursday - 9:15am Nikki Office, 12noon Jazz

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

Saturday - 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

STANDING ORDER

Set up a Standing Order with your bank or building society using these details:
Barclays Bank, 142 High St,
Uxbridge, UB8 1JX

Uxbridge
UB8 3QP

Sort Code: 208916
Account No: 20465615

[Click here](#) for pdf file of this edition

Copyright © 2024 St. John's Church, All rights reserved.

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe from this list](#).

