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The Online Link St. John's Hillingdon



No. 55 Sun 11th - Sat 17th April 2021
Registered Charity 1128058

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Your Sunday Service Link (10.30 am):

Click on the church image above from
Sunday 10am or on

<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

Emergencies Text/Phone: 07847672599

St. John's Church,

Royal Lane, Uxbridge UB8 3QP

www.stjohnshillingdon.org.uk



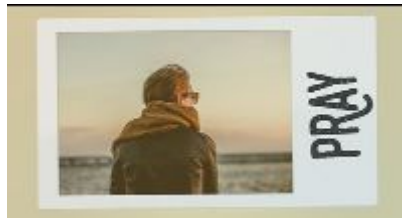
A Letter to God, 'Dear God'

There have been some good things that have come out of this terrible time of pandemic. One of those good things for me has been enjoying the company of church family who have been able to join us on a Wednesday morning where we have had a time of fun, sharing and praying together. (Do join us on any Wednesday at 10am using our usual Sunday link).

This Wednesday I shared a song that I stumbled across called 'Dear God'. The song is something to listen to rather than for congregational singing. It is written as addressed to God and then there is a reply 'Dear Child' from God. It is moving and makes you stop and think. You can listen to the song, and follow the lyrics, by [clicking here](#).

How about composing a similar 'letter' to God in your own journal?
Please do email me to let me know how the song affected you.

Keep praying,
Alan

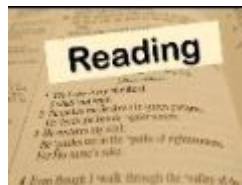


Our Baptism

Almighty God, our heavenly Father, as we celebrate again the rising of our Lord Jesus Christ from the grave, help us to remember that in our baptism we were united with him both in his death and in his resurrection; that enabled by your grace we may follow him in the way of holiness and be partakers of his victory, to the honour and glory of your name. **Amen.**

Emmaus

Risen Lord, who on the first Easter day drew near to you two disciples on the Emmaus road, and at evening stayed with them in the village home: be our unseen companion along the daily journey of our life, and at the ending of the day come and abide with us in our dwellings; for your love sake. **Amen.**



Reading

Mark 12:28-34

28 One of the teachers of the law came and heard them debating. Noticing that Jesus had given them a good answer, he asked him, "Of all the commandments, which is the most important?"

29 "The most important one," answered Jesus, "is this: 'Hear, O Israel: The Lord our God, the Lord is one.

30 Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.' 31 The second is this: 'Love your neighbour as yourself.' There is no commandment greater than these."

32 "Well said, teacher," the man replied. "You are right in saying that God is one and there is no other but him. 33 To love him with all your heart, with all your understanding and with all your strength, and to love your neighbour as yourself is more important than all burnt offerings and sacrifices."

34 When Jesus saw that he had answered wisely, he said to him, "You are not far from the kingdom of God." And from then on no one dared ask him any more questions.



Easter Flower Project

Thank you to everyone involved in the project. The knitted flowers have helped us to show love to our community. We have received so many wonderful messages, most wanted to share how the flowers had brightened their day. *Anne xx*



Nature prescriptions

Following on from last week, we may not live in an area like the Shetlands but we could use some of the ideas taken from the project and adapt them for our own urban environment to help us with our mental health and understanding of nature. Some ideas to help with being connected with nature:

- Find your “sit spot” – a favourite place in nature to rest and just be. Visit often and get to know the local wildlife. This could be in a local park or our own garden or sitting in a comfortable chair observing nature close to us through a window.
- Open your window and listen to the sound of rain.
- Smell the fragrance of blossoms and plants in your garden.
- Visit a place where you can be safely close to water, this could be the Lido or along the river Pinn.



Ruislip Lido in the Winter

- Look for the first star appearing in the night sky.
 - Get to know a city tree and notice how it changes through the seasons.
 - Notice three good things in nature. How do you feel as you bring these to mind?
 - Watch crows play or observe other birdlife nearby.
 - Follow the journey of a leaf floating downstream or in our case perhaps its movement on a windy day.
 - Discover a green space nearby that you've never been to before. Appreciate a cloud.
 - Walk barefoot in the grass. What do you feel underfoot? May have to take care with this one, check that there are no sharp objects underfoot. I have tried this in Hillingdon Court Park to feel more grounded with the earth when it was warm.
 - Volunteer at a community garden or clean up.
 - Listen out for the sounds in nature. How does your body respond as you listen?
 - Have lunch in a local park. Watch birds foraging for their lunch.
 - Head to your favourite hilltop and take in the sunrise or sunset over the city. There are a few high spots around, maybe not a hilltop! We could take in a view or a sunset. I often see a lovely sunset from my window at home.
 - Give nature a home in your garden. Maybe plant wildflowers for bees and butterflies.
- Visit rspb.org.uk for more ideas. Contact RSPB Scotland, 2 Lochside View, Edinburgh Park, Edinburgh EH12 9DH Tel: 0131 317 4100 Email: natureprescriptions@rspb.org.uk for information about the original project. **Christine Rodrigues**

And God said, "Let the land produce living creatures according to their kinds: the livestock, the creatures that move along the ground and the wild animals, each according to its kind..." **Genesis 1:24 NIV**

Praying for the Planet

Sunday April 11th is the new moon, the day we particularly remember our beautiful planet in prayer, meditation, awareness or involvement, with love, hope and gratitude.

Spring is here at last, and more welcome than usual this year as we start leaving behind the winter of lockdown. Our planet has been damaged by our activities and neglect but still the spring sings in all its colours, lifting spirits, bringing hope for us and hope for it. We need to change our patterns that are causing so many problems, but we need to be undergirded by hope, hope and the reminder of beauty that awaits.

Violets

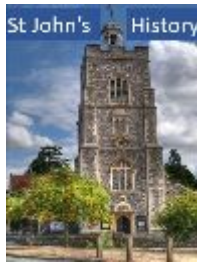
The sun shines, I come. I sit in the gentle air, in the waiting warmth, in the bowl of blue and am welcomed into spring. Spring, and holiday. It is still and timeless like memories of summer. The birdsong is all encompassing, no longer in the background it fills centre stage with murmuring, cooing, and sharp, sweet trilling. The trees are opening their arms to the sun and you can sense the surge in them as buds are fed ready to burst with green. They are swelling from the grey bark like remembered dreams, ready but not rushing.

It is the daffodils that cheer the heart, even when the sun is slow to show. How wonderful that the first colours of spring are the colours of sun, so bright against the lawn, just-mown for the season. Daffodils, celandines and primroses, and yellow mahonia blossom, just opening to release its scent.

But there is more. Scattered through my garden are wild violets, dark purple hiding from first sight, and white and mauve too, the only flower in the rainbow. There is something thrilling about noticing the presence of something I haven't planted, like a gift, like angels visiting unawares. We take it for granted that weeds blow in, but here is a bounty of beauty I didn't expect.

It's so easy to notice the weeds along our way, and they will always be there. But scattered between in cushions of colour are violets – nature's gift. **Jane Upchurch**

Note from Alan: Violets! Come and have a look at the lovely violets in the Memorial Gardens!



A Tour around the Church Monuments.

Very high up on the wall in the Toddler Corner is the memorial stone of little Christopher Ingilby who was only 7 weeks and 3 days old when he sadly died in 1712. At this time, two thirds of all children, rich and poor, died by their 5th birthday. The memorial stone is a square panel with a carved dove carrying a branch and an angelic head. Christopher is buried outside in the churchyard near the large cedar tree.

Christopher was the son of Sir John Ingilby and his wife Mary (nee Johnson) whose ancestral home was Ripley Castle, near Harrogate, one of the great historic houses of England which was the family home for over 700 years. When I was researching the Ingilby family for this article, my curiosity got the better of me and on impulse I whizzed off a quick email to Ripley Castle. Imagine my surprise when I received a reply about an hour later from the present Lord Ingilby! He very kindly provided photographs of the portraits of Christopher's parents, as well as a family tree spanning centuries. He also says that history doesn't relate why the family were in Hillingdon but he thinks that there must have been some connection for him to have been buried just outside the church there, rather than brought back to Ripley. Lord Ingilby promises to visit St John's one day and I have assured him of a warm welcome! **Christine Bartlett**



Christopher Ingilby Memorial.



Sir John Ingilby



Mary Ingilby



AGM/APCM

Our Annual General meeting will be taking place next Sunday via zoom on 18th April 2021 at 10:30am during our Sunday service. This is where we reflect on last year, look at visions for this year and appoint our Churchwardens and members of the PCC. If you would like to find out more about joining the PCC please email or call Nikki.

[Click Here for the 18th April 2021 AGM/APCM Agenda](#)

[Click Here for the AGM/APCM Minutes from 18th October 2021](#)

NOTICES

Building News

We will soon be having two similar upgrades to the telecommunications systems in the tower. The first will be for Vodafone upgrades, followed later by O2 upgrades. The work will mean some scaffolding in the entrance area within the church. *Alan Bradford*



Fill a Bag for the Foodbank.

The Foodbank is feeling the strain in providing food to the residents of the Borough and are appealing for help. They have launched a new campaign and are asking when you shop could you add an extra item to your basket no matter how small, this will help fill a foodbag for one of the 500 families that the foodbank support.

Food poverty is not a one off event it is ongoing every day of the year.

The Foodbank is in need of:

Tinned Products only: Meat(all types), Fish, Vegetables, Fruit and Puddings. Jars: Jam, Pasta Sauces, Curries and other sauces.

500g-1kg Bags of: Granulated Sugar, Pasta, Rice and noodles. Packets of: Potato Mash, Biscuits, Christmas cakes, Sweets, Crisps, Heathy Bars and snacks. Bottles/Cartons of:

Long life Milk, Fruit Juice and squash.

You can drop your donations to: Participating local Supermarkets:

1. Sainsburys York Road Uxbridge UB8 1QW
2. Sainsburys Lombardy Retail Park Coldharbour Lane Hayes. UB3 3EX.
3. Sainsburys Long Dr, South Ruislip, Ruislip HA4 0HQ.
4. Tesco Bulls Bridge Industrial Estate Hayes UB25LN
5. Tesco Extra Glencoe Rd, Hayes UB4 9SQ
6. Waitrose 52 Green Ln, Northwood HA6 2XB

Alternatively Delivery to Hillingdon Foodbank Warehouse Foodbank Warehouse Address: 30 Oxford Road UB9 4DQ.

Thank you from the Hillingdon Foodbank Team.

Hillingdon People Magazine

Please [Click Here](#) for the latest edition (March/April2021) of the Hillingdon People Magazine

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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