

# ST HILDA'S ASHFORD



THE THIRD SUNDAY IN LENT  
2023

<https://www.facebook.com/StHildaAshford/>

# THE GATHERING

## Introit Hymn

Praise the Lord! ye heavens, adore him;

Praise him, angels, in the height;

Sun and moon, rejoice before him,

Praise him, all ye stars and light.

Praise the Lord! for he has spoken;

Worlds his mighty voice obeyed;

Laws which never shall be broken

For their guidance he has made.

Praise the Lord! for he is glorious;

Never shall his promise fail.

God has made his saints victorious.

Sin and death shall not prevail.

Praise the God of our salvation;

Hosts on high, his power proclaim.

Heaven and earth, and all creation,

Laud and magnify his name!

Worship, honour, glory, blessing,

Lord, we offer to thy name;

Young and old, thy praise expressing,

Join their Saviour to proclaim.

As the saints in heaven adore thee,

We would bow before thy throne;

As thine angels serve before thee,

So on earth thy will be done.

*[vv 1,2 Foundling Hospital Collection  
verse 3 Edward Osler]*

## **The Greeting**

In the name of the Father,  
and of the Son,  
and of the Holy Spirit.

**All Amen**

The Lord be with you

**All and also with you.**

*Words of welcome are said; we pray with Junior Church.*

## **Prayer of Preparation**

**All Almighty God,  
to whom all hearts are open,  
all desires known,  
and from whom no secrets are hidden:  
cleanse the thoughts of our hearts  
by the inspiration of your Holy Spirit,  
that we may perfectly love you,  
and worthily magnify your holy name;  
through Christ our Lord.  
Amen.**

## **Invitation to confession**

When the Lord comes, he will bring to light the things now hidden in darkness, and will disclose the purposes of the heart. Therefore, in the light of Christ let us confess our sins.

**All** Almighty God, our heavenly Father,  
we have sinned against you  
and against our neighbour  
in thought and word and deed,  
through negligence, through weakness,  
through our own deliberate fault.  
We are truly sorry and repent of all our sins.  
For the sake of your Son Jesus Christ,  
who died for us,  
forgive us all that is past  
and grant that we may serve you in newness of life  
to the glory of your name.  
**Amen.**

Almighty God,  
who forgives all who truly repent,  
have mercy upon you,  
pardon and deliver you from all your sins,  
confirm and strengthen you in all goodness,  
and keep you in life eternal;  
through Jesus Christ our Lord.

**All** Amen.

**The Collect** - *The Collect is said after a moment of silence*

Eternal God,  
give us insight  
to discern your will for us,  
to give up what harms us,  
and to seek the perfection we are promised  
in Jesus Christ our Lord.

**All** Amen

## THE LITURGY OF THE WORD

### Old Testament Reading – Exodus 17 vv 1 - 7

From the wilderness of Sin the whole congregation of the Israelites journeyed by stages, as the Lord commanded. They camped at Rephidim, but there was no water for the people to drink. The people quarrelled with Moses, and said, 'Give us water to drink.' Moses said to them, 'Why do you quarrel with me? Why do you test the Lord?' But the people thirsted there for water; and the people complained against Moses and said, 'Why did you bring us out of Egypt, to kill us and our children and livestock with thirst?' So Moses cried out to the Lord, 'What shall I do with this people? They are almost ready to stone me.' The Lord said to Moses, 'Go on ahead of the people, and take some of the elders of Israel with you; take in your hand the staff with which you struck the Nile, and go. I will be standing there in front of you on the rock at Horeb. Strike the rock, and water will come out of it, so that the people may drink.' Moses did so, in the sight of the elders of Israel. He called the place Massah and Meribah, because the Israelites quarrelled and tested the Lord, saying, 'Is the Lord among us or not?'

*At the end the reader may say*

This is the word of the Lord.

**All Thanks be to God.**

## **New Testament Reading** – Romans 5 vv 1 - 11

Therefore, since we are justified by faith, we have peace with God through our Lord Jesus Christ, through whom we have obtained access to this grace in which we stand; and we boast in our hope of sharing the glory of God. And not only that, but we also boast in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit that has been given to us.

For while we were still weak, at the right time Christ died for the ungodly. Indeed, rarely will anyone die for a righteous person—though perhaps for a good person someone might actually dare to die. But God proves his love for us in that while we still were sinners Christ died for us. Much more surely then, now that we have been justified by his blood, will we be saved through him from the wrath of God. For if while we were enemies, we were reconciled to God through the death of his Son, much more surely, having been reconciled, will we be saved by his life. But more than that, we even boast in God through our Lord Jesus Christ, through whom we have now received reconciliation.

*At the end the reader may say*

This is the word of the Lord.

**All Thanks be to God.**

## **Gospel Reading – John 4 vv 5 - 42**

Praise to you, O Christ, King of eternal glory.  
The Lord is a great God,  
O that today you would listen to his voice.  
Harden not your hearts.

**All Praise to you, O Christ, King of eternal glory.**

Hear the Gospel of our Lord Jesus Christ according to John.

**All Glory to you, O Lord.**

So he came to a Samaritan city called Sychar, near the plot of ground that Jacob had given to his son Joseph. Jacob's well was there, and Jesus, tired out by his journey, was sitting by the well. It was about noon.

A Samaritan woman came to draw water, and Jesus said to her, 'Give me a drink'. (His disciples had gone to the city to buy food.) The Samaritan woman said to him, 'How is it that you, a Jew, ask a drink of me, a woman of Samaria?' (Jews do not share things in common with Samaritans.) Jesus answered her, 'If you knew the gift of God, and who it is that is saying to you, "Give me a drink", you would have asked him, and he would have given you living water.' The woman said to him, 'Sir, you have no bucket, and the well is deep. Where do you get that living water? Are you greater than our ancestor Jacob, who gave us the well, and with his sons and his flocks drank from it?' Jesus said to her, 'Everyone who drinks of this water will be thirsty again, but those who drink of the water that I will give them will never be thirsty. The water that I will give will become in them a spring of water gushing up to eternal life.' The woman said to him, 'Sir, give me this water, so that I may never be thirsty or have to keep coming here to draw water.'

Jesus said to her, 'Go, call your husband, and come back.' The woman answered him, 'I have no husband.' Jesus said to her, 'You are right in saying, "I have no husband"; for you have had five husbands, and the one you have now is not your husband. What you have said is true!' The woman said to him, 'Sir, I see that you are a prophet. Our ancestors worshipped on this mountain, but you say that the place where people must worship is in Jerusalem.' Jesus said to her, 'Woman, believe me, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. You worship what you do not know; we worship what we know, for salvation is from the Jews. But the hour is coming, and is now here, when the true worshippers will worship the Father in spirit and truth, for the Father seeks such as these to worship him. God is spirit, and those who worship him must worship in spirit and truth.' The woman said to him, 'I know that Messiah is coming' (who is called Christ). 'When he comes, he will proclaim all things to us.' Jesus said to her, 'I am he, the one who is speaking to you.'

Just then his disciples came. They were astonished that he was speaking with a woman, but no one said, 'What do you want?' or, 'Why are you speaking with her?' Then the woman left her water-jar and went back to the city. She said to the people, 'Come and see a man who told me everything I have ever done! He cannot be the Messiah, can he?' They left the city and were on their way to him.

Meanwhile the disciples were urging him, 'Rabbi, eat something.' But he said to them, 'I have food to eat that you do not know about.' So the disciples said to one another, 'Surely no one has brought him something to eat?' Jesus said to them, 'My food is to do the will of him who sent me and to complete his work. Do you not say, "Four



months more, then comes the harvest”? But I tell you, look around you, and see how the fields are ripe for harvesting. The reaper is already receiving wages and is gathering fruit for eternal life, so that sower and reaper may rejoice together. For here the saying holds true, “One sows and another reaps.” I sent you to reap that for which you did not labour. Others have laboured, and you have entered into their labour.’

Many Samaritans from that city believed in him because of the woman’s testimony, ‘He told me everything I have ever done.’ So when the Samaritans came to him, they asked him to stay with them; and he stayed there for two days. And many more believed because of his word. They said to the woman, ‘It is no longer because of what you said that we believe, for we have heard for ourselves, and we know that this is truly the Saviour of the world.’

This is the Gospel of the Lord.

**All Praise to you, O Christ.**

## **The Sermon – *We sit***

## **The Creed – *We stand***

Let us declare our faith in God, Father, Son and Holy Spirit.

**All We believe in one God,  
the Father, the Almighty,  
maker of heaven and earth,  
of all that is, seen and unseen.**

**We believe in one Lord, Jesus Christ,  
the only Son of God,  
eternally begotten of the Father,  
God from God, Light from Light,  
true God from true God,  
begotten, not made,  
of one Being with the Father;  
through him all things were made.  
For us and for our salvation he came down from heaven,  
was incarnate from the Holy Spirit and the Virgin Mary  
and was made man.  
For our sake he was crucified under Pontius Pilate;  
he suffered death and was buried.**

**On the third day he rose again  
in accordance with the Scriptures;  
he ascended into heaven  
and is seated at the right hand of the Father.  
He will come again in glory  
to judge the living and the dead,  
and his kingdom will have no end.**

**We believe in the Holy Spirit,  
the Lord, the giver of life,  
who proceeds from the Father and the Son,  
who with the Father and the Son  
is worshipped and glorified,  
who has spoken through the prophets.**

**We believe in one holy catholic and apostolic Church.  
We acknowledge one baptism for the forgiveness of sins.  
We look for the resurrection of the dead,  
and the life of the world to come.**

**Amen**

## **Prayers of Intercession**

We pray to the Lord for courage to give up other things  
and to give ourselves to him this Lent.

*The prayers end with the following:*

Merciful Father,

**All accept these prayers  
for the sake of your Son  
our Saviour Jesus Christ.  
Amen.**

## **THE LITURGY OF THE SACRAMENT**

### **The Peace – *We stand***

Since we are justified by faith,  
we have peace with God through our Lord Jesus Christ,  
who has given us access to his grace.

The peace of the Lord be always with you  
**All and also with you.**

Let us offer one another a sign of peace.

*All may exchange a sign of peace.*

## **Offertory Hymn**

*During this hymn a collection will be taken*

We love the place, O God,  
Wherein thine honour dwells;  
The joy of thine abode  
All earthly joy excels.

We love the house of prayer  
Wherein thy servants meet;  
And thou, O Lord, art there  
Thy chosen flock to greet.

We love the sacred font,  
For there the holy Dove  
To pour is ever wont  
His blessings from above.

We love thine altar, Lord;  
Oh, what on earth so dear!  
For there, in faith adored,  
We find thy presence near.

We love the word of life,  
The word that tells of peace,  
Of comfort in the strife,  
And joys that never cease.

We love to sing below  
For mercies freely given;  
But, O, we long to know  
The triumph song of heaven!

Lord Jesus, give us grace  
On earth to love thee more,  
In heaven to see thy face,  
And with thy saints adore.

*[William Bullock and H. W. Baker]*

*The table is prepared, and bread and wine are placed upon it.*

As this bread was scattered  
and then gathered and made one,  
so may your Church be gathered into your Kingdom.

**All** **Glory to you, O God, for ever.**

Wisdom has built her a house; she has mixed her wine;  
she has set her table.

**All** **Glory to you, O God, for ever.**

## **Eucharistic Prayer**

The Lord be with you

**All** **and also with you**

Lift up your hearts.

**All** **We lift them to the Lord.**

Let us give thanks to the Lord our God.

**All** **It is right to give thanks and praise.**

Father, we give you thanks and praise  
through your beloved Son Jesus Christ, your living Word,  
through whom you have created all things;  
who was sent by you in your great goodness to be our  
Saviour.

By the power of the Holy Spirit he took flesh;  
as your Son, born of the blessed Virgin,  
he lived on earth and went about among us;  
he opened wide his arms for us on the cross;  
he put an end to death by dying for us;  
and revealed the resurrection by rising to new life;  
so he fulfilled your will and won for you a holy people.

For in these forty days  
you lead us into the desert of repentance  
that through a pilgrimage of prayer and discipline  
we may grow in grace  
and learn to be your people once again.  
Through fasting, prayer and acts of service  
you bring us back to your generous heart.  
Through study of your holy word  
you open our eyes to your presence in the world  
and free our hands to welcome others  
into the radiant splendour of your love.

As we prepare to celebrate the Easter feast  
with joyful hearts and minds we bless you for your mercy  
and join with saints and angels for ever praising you and  
singing:

**All Holy, holy, holy Lord,  
God of power and might,  
heaven and earth are full of your glory.  
Hosanna in the highest.  
Blessed is he who comes in the name of the Lord.  
Hosanna in the highest.**

Lord, you are holy indeed, the source of all holiness;  
grant that by the power of your Holy Spirit,  
and according to your holy will,  
these gifts of bread and wine  
may be to us the body and blood of our Lord Jesus Christ.

Who, in the same night that he was betrayed,  
took bread and gave you thanks;  
he broke it and gave it to his disciples, saying:  
*Take, eat; this is my body which is given for you;  
do this in remembrance of me.*

In the same way, after supper  
he took the cup and gave you thanks;  
he gave it to them, saying:  
*Drink this, all of you;  
this is my blood of the new covenant,  
which is shed for you and for many for the forgiveness of sins.  
Do this, as often as you drink it, in remembrance of me.*

Great is the mystery of faith :

**All Christ has died:  
Christ is risen:  
Christ will come again.**

And so, Father, calling to mind his death on the cross,  
his perfect sacrifice made once for the sins of the whole  
world;  
rejoicing in his mighty resurrection and glorious ascension,  
and looking for his coming in glory,  
we celebrate this memorial of our redemption.

As we offer you this our sacrifice of praise and thanksgiving,  
we bring before you this bread and this cup  
and we thank you for counting us worthy  
to stand in your presence and serve you.

Send the Holy Spirit on your people  
and gather into one in your kingdom  
all who share this one bread and one cup,  
so that we, in the company of Hilda and all the saints,  
may praise and glorify you for ever,  
through Jesus Christ our Lord;  
by whom, and with whom, and in whom,  
in the unity of the Holy Spirit,  
all honour and glory be yours, almighty Father,  
for ever and ever. **Amen.**

## **The Lord's Prayer**

Standing at the foot of the cross,  
and as our Saviour taught us, so we pray :

**All Our Father, who art in heaven,  
hallowed be thy name;  
thy kingdom come; thy will be done;  
on earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our trespasses,  
as we forgive those who trespass against us.  
And lead us not into temptation;  
but deliver us from evil.  
For thine is the kingdom,  
the power and the glory,  
for ever and ever. Amen.**

## **Breaking of the Bread**

*The president breaks the consecrated bread.*

We break this bread to share in the body of Christ.

**All Though we are many, we are one body,  
because we all share in one bread.**

## **Agnus Dei**

**Jesus, Lamb of God,  
All have mercy on us.**

**Jesus, bearer of our sins,  
have mercy on us.**

**Jesus, redeemer of the world,  
grant us peace.**



## **Giving of Communion**

*The president says the invitation to communion*

Jesus is the Lamb of God

who takes away the sin of the world.

Blessed are those who are called to his supper.

**All Lord, I am not worthy to receive you,  
but only say the word, and I shall be healed.**

*The president and people receive communion.*

## **Communion Hymns**

Song: *As water to the thirsty*

*[© Words: 1979 Dudley-Smith, Timothy*

*Music: 1986 Hope Publishing Company]*

My God, I love thee; not because  
I hope for heaven thereby,  
Nor yet because who love thee not  
Are lost eternally.

Thou, O my Jesus, thou didst me  
Upon the cross embrace;  
For me didst bear the nails and spear,  
And manifold disgrace.

And griefs and torments numberless,  
And sweat of agony;  
Yea, death itself; and all for me  
Who was thine enemy.

Then why, O blessèd Jesu Christ  
Should I not love thee well?  
Not for the hope of winning heaven,  
Nor of escaping hell.

Not from the hope of gaining aught,  
Not seeking a reward,  
But as thyself hast lovèd me,  
O ever-loving Lord!

E'en so I love thee, and will love,  
And in thy praise will sing,  
Solely because thou art my God,  
And my eternal King.

*[17th century Latin, tr. Edward Caswall]*

**Firmly I believe and truly  
God is Three, and God is One;  
And I next acknowledge duly  
Manhood taken by the Son.**

**And I trust and hope most fully  
In that Manhood crucified;  
And each thought and deed unruly  
Do to death, as He has died.**

**Simply to His grace and wholly  
Light and life and strength belong,  
And I love supremely, solely,  
Him the holy, him the strong.**

**And I hold in veneration,  
For the love of him alone,  
Holy Church as his creation,  
And her teachings are his own.**

**Adoration ay be given,  
With and through the angelic host,  
To the God of earth and heaven,  
Father, Son and Holy Ghost.**

*[John Henry Newman. Music © Oxford University Press]*

## Prayers after Communion

Merciful Lord,  
grant your people grace to withstand the temptations  
of the world, the flesh and the devil,  
and with pure hearts and minds to follow you, the only  
God;  
through Jesus Christ our Lord.

**All Amen.**

**All Father of all,  
we give you thanks and praise,  
that when we were still far off  
you met us in your Son and brought us home.  
Dying and living, he declared your love,  
gave us grace, and opened the gate of glory.  
May we who share Christ's body live his risen life;  
we who drink his cup bring life to others;  
we whom the Spirit lights give light to the world.  
Keep us firm in the hope you have set before us,  
so we and all your children shall be free,  
and the whole earth live to praise your name;  
through Christ our Lord.  
Amen.**

*Notices*

# THE DISMISSAL

## Blessing

Christ give you grace to grow in holiness,  
to deny yourselves, take up your cross, and follow him;  
and the blessing of God almighty,  
the Father, the Son, and the Holy Spirit,  
be among you and remain with you always.

**All** Amen.

Go in the peace of Christ.

**All** Thanks be to God.

## Recessional Hymn

Let all the world in every corner sing,  
My God and King!

The heavens are not too high,  
His praise may thither fly;  
The earth is not too low,  
His praises there may grow.

Let all the world in every corner sing,  
My God and King!

Let all the world in every corner sing,  
My God and King!

The church with psalms must shout,  
No door can keep them out;  
But, above all, the heart  
Must bear the longest part.

Let all the world in every corner sing,  
My God and King!

*[George Herbert]*

## SERVICE TIMES

Wednesday 15<sup>th</sup> March 11.00am

Sunday 19<sup>th</sup> March 10.00am

The Sunday service is livestreamed and can be viewed later our Facebook page

### **Please remember in your prayers this week:**

#### **THE SICK:**

Michael Brown	Melvyn Jansen	Bernice
Lizio Cassar	Pat Kyle	Christine
Ros Clifton	Pauline Milton	Elaine
Joan Davies	Ray Nation	Libby
Wilfred Galloway	Betty Vince	Nic
Vicky Hall	Barbara Warne	Solange

*If you would like a name added to the prayer list, please contact the Parish Office.*

#### **THE RECENTLY DEPARTED:**

Davina Bassett	Fr Marco Lopes	Cedric Harris
Shelagh	Collin Taylor	Dan Blatchford

#### **THOSE IN OUR MEMORIAL BOOK THIS WEEK**

James Forsbrey	Joy Irene Constance Strange
Sheila Du Bock	Ramon George Kitto
Dennis Glover	Nellie Fifield
James Chippendale	Freddie Francis
Constance Harrison	

**Please pray for our ALMA twin Parish, Holy Cross Murrupula**

## NOTICES

The Parish Office is available by phone or email. Visitors by appointment only.

*Following the teaching of 'Loving thy Neighbour' - If you feel unwell, we ask that you do not attend so that we can maintain the health and safety of all who attend the services.*

### **Community Lunch - Wednesday at 12 noon**

Join us in church for the Community Lunch at midday

If you are able to come forward and help, even once a month, please do liaise with Bobbie.

### **Mothers' Union Lunch - Tuesday 14th March at 12.15pm**

### **Bible Study Group – Wednesday at 7.30pm**

We meet in Church on most Wednesday evenings at 7.30pm. You are all welcome to join us for our Lent study course.

### **St. Hilda's Breakfast - Saturday 18th March at 9:30am**

Come along and enjoy good food and fellowship.

Please book via the link on the church web site, or through the office.

Suggested donation £5, payable on the day.

### **PCC Meeting - Tuesday 21st March at 7pm**

### **Feed My Sheep - Tuesday 28th March at 2.30pm**

Do come and join us .We meet on the 4th Tuesday from 2.30pm – 4pm in Church with tea, coffee and cake, to explore topics on Christian themes. A donation of a £1 is welcomed to cover the cost of the refreshments.

The programme for the first half of the year is:

Mar 28th	Hymn Writers
Apr 25 <sup>th</sup>	Tyndale and the English Bible
May 23rd	Names for Jesus
June 27th	Jargon Busting
July 25 <sup>th</sup>	Popes – part 2

### **Children's Society Collecting Boxes**

If you have a Children's Society collecting box, please bring it to Church and leave it on the table at the back of Church for the contents to be emptied, counted and banked by the end of March. Thank you.

Chris Davenport.

### **Ambling through Acts course –Thursday 4th May at 7.30pm**

There will be no meeting in April as the first Thursday that month is Maundy Thursday

### **Brass Band Concert - Saturday 22nd April at 7.30pm**

A date for your diary: Staines Brass Band and Ascot Brass Band are planning a joint concert to be held in St. Hilda's Church. More details later.

### **St Hilda's Newsletter - Editor wanted.**

Unfortunately Karen is unable to continue as editor; we thank her for her hard work producing the recent editions.

This means we again looking for an editor, who needs to be computer literate and prepared to spend about 8-10 hours a month producing the newsletter. Volunteers please speak to Fr. Joseph; for more information about what is involved ask Rosemary Greenwood.

### **Parish administrator**

Our parish administrator is Laura Goodman. Her office hours are:

Monday:	3.30-5pm
Wednesday:	3.30-6.30pm
Friday:	3.30-6.30pm
Saturday:	9.45-11.15am

Any appointments in person must be booked.



### **CAR POOL?**

Can you offer a lift to church for someone who can no longer drive?

Do you need a lift to church?

Can you and a neighbour share a car journey to church?

Would you be prepared to co-ordinate a car sharing scheme?

For both practical and environmental reasons we would like to start a car sharing scheme. If the answer to any of these questions is "Yes", please see Rosemary Greenwood.

### **Food Bank Donations**

Please use the wooden chest at the rear of the Church to place any donations for the local food bank, such as tinned and dried goods and toiletries.

The Food Bank is currently short of:

Shower gel

Shampoo

Kitchen & bathroom spray cleaners

J cloths

Small packs of washing powder and capsules

Toilet cleaner

Kitchen rolls and toilet rolls

and tinned vegetarian meals such as Macaroni cheese and

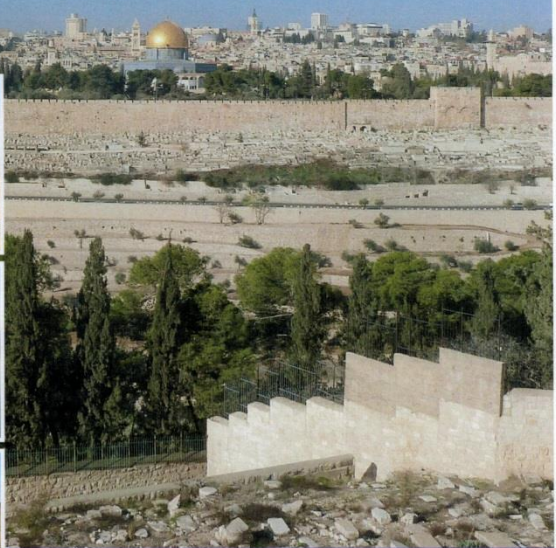
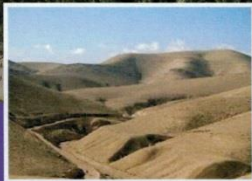
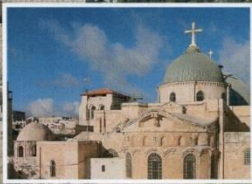
Vegetarian curry

### **WANTED - Clothing for Bronzefield**

They are looking for leggings, leggings, leggings, winter coats, plain T-shirts and long-sleeved tops, and shoes and boots in sizes 5 and 6. Please put any donations in the blue bin at the back of church - they will be separated out from other donations.

# A PILGRIMAGE TO THE HOLY LAND

10 days based in Jerusalem & Galilee



**McCabe**  
PILGRIMAGES

**5 - 14 March 2024**

**With Father Steve Gayle  
& Father Joseph Fernandes**

For full details call or email

Tel: 07903 175038 or 01784 254237

[steveagayle@yahoo.com](mailto:steveagayle@yahoo.com) or [vicar@sthilda.org](mailto:vicar@sthilda.org)

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# Contact Information

## Vicar

**Fr Joseph Fernandes**

[vicar@sthilda.org](mailto:vicar@sthilda.org)

Vicarage 01784 254237

Parish Office 01784 253525

Mobile: 07999 053433

## Licensed Lay Ministers

Carolyn Clark [carolyn@sthilda.org](mailto:carolyn@sthilda.org)

Rosalyn Young [rosalyn@sthilda.org](mailto:rosalyn@sthilda.org)

## Churchwarden

Bobbie Bedford

## PCC Secretary

**Liz Brian**

Email: [secretary@sthilda.org](mailto:secretary@sthilda.org)

## PCC Treasurer

Christopher Brown

Email: [treasurer@sthilda.org](mailto:treasurer@sthilda.org)

## PA to Fr Joseph

Mariane Tank [pa@sthilda.org](mailto:pa@sthilda.org)

## Church Hall Bookings

Chris Davenport

01784 252170

## The Parish Office:

St Hilda's Church, Stanwell Road, Ashford, Middlesex  
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