



SAINTS ALIVE!

*The Parish Magazine of
All Saints' Church, North Hillingdon UB10 9BT*



February 2026

£1.



**THE PARISH OF ALL SAINTS,
North Hillingdon, UB10 9BT
The Church of England
Deanery of Hillingdon & Diocese of London**

THE PARISH MISSION STATEMENT

All Saints' Church aims to be a welcoming Anglican community, a place of prayer and worship, providing a ministry to all and where people gather to share the love of Jesus Christ.

NORMAL SUNDAY SERVICES

SAID HOLY COMMUNION

8.00 am

HOLY COMMUNION SERVICE WITH HYMNS

10.00 am

Followed by refreshments in the Church Hall next door, at which **all (and especially any visitors)** are very welcome.

One Sunday each month:

10.00 am

Sung Holy Communion (*in a less formal style*)

USUAL WEEKDAY TIMES

Wednesday Said Holy Communion Service
(followed by tea and cake in the Hall)

10.00 am

Please see the Parish Website or the weekly ***Parish Bulletin*** on the church porch notice-board for full details or telephone the Vicarage (01895 262024).

Parish Website: www.allsaintsnorthhillington.co.uk

Facebook: www.facebook.com/ASHillingdon

Twitter / X: @ASHillingdon

Enquiries concerning Baptisms, Banns, Marriages or other parish business can be made during Vestry Hour in church, which is normally on Saturdays between 10:00 and 11.00am. Please contact Rev Ulric Gerry on 01895 262024 or allsaintshillingdon@gmail.com

A VIEW FROM THE VICARAGE

Dear Worshippers,

The Patriarchs, Abraham, Isaac, and Jacob built temporary sacrificial altars to meet with God. When the people travelled, the altar stones were left behind. God was not tied to a location.



This pattern continued in Exodus. God commanded that altars be made from rough, uncut stones with no craftsmanship or decoration. This was to avoid idolatry of objects, so that worship was centred the heart of the worshippers meeting the Lord.

God insists that He was the God who travelled with His people; never to be contained in a building or domesticated. When King David proposes to build God a permanent house, God refuses. *“Did I ever ask for a house?”* He responds, and instead God promises David that one day *‘I will build you a house’*, foretelling the coming Messiah. The danger of a permanent temple was that people would trust the building rather than the Lord, which is what they did.

Against God’s wishes, Solomon builds a Temple, with wealth, forced labour and political ambition. Despite the prophets’ warnings, the people trust in the building, instead of living faithful, obedient lives. Because of this they are exiled, and the idolatrous temple destroyed. During exile the Passover meal becomes the centre of Jewish life.

Jesus brings this story to its climax. He challenges Jewish temple worship and predicts its destruction, identifying his body as the true Temple. He tells the Samaritan woman that worship will no longer be tied to a place, but will be “in spirit and truth.” Jesus’s crucifixion, the ultimate sacrifice between humanity and God, takes place outside the Temple, and the temple curtain torn asunder.

Access to God henceforth was not to be mediated through priests, altars and sacrificial offerings, but through Christ’s spiritual presence everywhere: God dwells not in buildings, but in people. “You are God’s temple,” Paul writes, we are to be “living stones,” built together into a spiritual house. No altars are required, because Christ has offered a sufficient sacrifice once and for all.

Churches are places of worship for those who carry Christ with them; ‘Christians’ are called to be ‘little Christs’. This is why, in churches, we have communion tables to symbolically re-enact the Passover meal to remember what Christ has done and receive again his spiritual grace into our bodies, that we might carry his presence out into the world.

From rough stone altars, and idolatrous Temples, to the body of Christ, the story is consistent. Humans want to limit and locate God to objects, but God desires to live with us, and for us to live in him and ‘offer our bodies as a living sacrifice’ in his service (Rom 12.1). May this be our vision for our lives as we prepare for the season of Lent.



Blessings

Fr Ulric Gerry

EVENTS AT ALL SAINTS CHURCH

**Wednesdays at 10:30am - Coffee, Cake and Companionship
in the Hall**

February

1st February at 10am – Observing Candlemas

3rd February at 11am - Ryefield Court Communion Service

15th February at 10am – NHWS ‘Brown Book’ Sunday

18th February at 7.30pm - Ash Wednesday service

22nd February at 10am – First Sunday of Lent

March

15th March at 10am – Mothering Sunday

29th March at 10am - Palm Sunday

EVENTS IN HILLINGDON

Every Monday, 7-8pm – Twilight Yoga at the Battle of Britain Bunker

Plus, more regular speakers at the Battle of Britain Bunker, and Coffee and Crime author events at Manor Farm Library throughout the month.

Sunday March 1st, 4-5pm – Hillingdon Philharmonic Orchestra Family Concert at Winston Churchill Hall in Ruislip (booking recommended from the box office on 01895 674223).

Friday March 6th – Women’s World Day of Prayer event at St John the Baptist Church at 2pm. All very welcome – this is not exclusive to women!

If you know of any events happening in Hillingdon next month, do let the Editor know!



COFFEE MORNING

**EVERY WEDNESDAY
10.30-12.30**

ALL SAINTS CHURCH HALL

JUST £3 FOR A HOT DRINK AND SLICE OF CAKE

CONTACT LESLEY AT LKTHMP@AOL.COM FOR MORE INFO

Tower of London trip



In early November a friend and I visited the Tower of London and enjoyed walking around the grounds where the poppies were on display to commemorate the end of World War Two in Europe.

Our next stop was the exhibition of the Crown Jewels and it was fantastic to see such historic pieces and learn about the history behind them.

Finally we entered the Chapel Royal of St Peter ad Vincula where Anne Boleyn, Katherine Howard and Lady Jane Grey were laid to rest after their executions.

For over five hundred years, the Chapel has been the Tower's parish church and the final resting place for many who called the Tower home, and many of those imprisoned within its walls.

On a very personal note I was excited to see a name I knew on the Beefeater Memorial Board that is in the chapel.



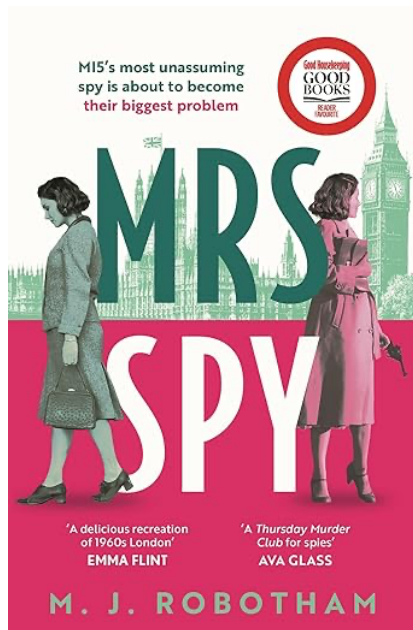
As a child my mum took my brother and myself to visit her old Regimental Sergeant Major from her war years while he was working at the Tower as a Beefeater. His name was William Chapman and he showed us around his house and his ceremonial clothes and how heavy they were to wear! I never forgot that visit and seeing his name on the board was a real thrill.

You may be interested to know that the year next to a Beefeater's name on the Memorial Board denotes the year they became a Beefeater and is only written there after their death.

The Tower of London is a great place to visit and of special interest for history lovers.

Jan Morris

Book review – Mrs Spy by M.J. Robotham



Mrs Spy was my favourite book of 2025 – it's a spy thriller set in London in the swinging sixties and also the cold war era following the unveiling of the Cambridge spy ring, so everyone is on edge not least Britain intelligence community.

Unlike most spy fiction, the lead character is not a suave James Bond-like character in an Aston Martin and a tuxedo. Our heroine is Maggie Flynn - a middle-aged single mum with a bunion who catches the bus.

Maggie is a watcher, which is the lowest rung of MI5. Her duties include spying on dodgy Russians and British civil servants alike – the latter of which could be blackmailed and turned.

One day though she's tasked with babysitting a Russian agent, who makes an off-chance remark that stops Maggie in tracks and challenges everything she thought she knew about her late husband and his death.

Maggie uses her skills as a watcher and enlists her colleague ex-copper Frank to find out what her husband had uncovered that led to his death.

This sets her on a collision course with powerful forces and leaves Maggie wondering who she can trust.

Mrs Spy is part historical fiction, part spy thriller, part murder mystery which rattles along at a good pace and has a good plot that keeps you turning the page. It has likeable characters, a good dose of humour and really evocative scenes of London in the sixties. I couldn't put this down. Put it on your summer reading list.

Fiona Robinson-Morey

Macca classes

Join Becky Haggart for a relaxed hour of M.A.C.C.A improving mind awareness, balance, positivity, stretches and flexibility – in the church hall on Monday evenings at 8pm.

A relaxed hour of Christian music to flow through your soul with gentle stretches and moves to improve balance, core strength and co-ordination. Classes are £25.00 for 4 sessions which can be taken anytime. Contact Becky 07769323142 to book your place.

What's
on...

at Oak Farm Library

...to support health and wellbeing

From sit-down exercise and dance classes to dementia support, our library welcomes every reader to feel good and stay connected.

- Monday** **South Asian Dance Class**, Adults, 11am to midday (2nd and 4th Mon of the month)
- Thursday** **Sit Down Exercise Class**, Over 65s, 11am to 1pm
 Dementia Friends, Adults, 2pm to 3pm
- Friday** **Cancer Support Groups with Macmillan**, Adults, Men's 1pm to 2pm and Women's 2pm to 3pm (Last Fri)

...to make new friends and learn new skills

Our library activities offer a friendly space to make new friends, try something new, and enjoy the benefits of reading for pleasure together

- Various days** **Board Games Social**, All ages welcome, Mon 5pm to 6.30pm & Fri 1pm to 2.30pm. Connect over classic games
 Knit and Crochet Group, Adults, Weds 1pm to 3pm and Fri 11am to 1pm. Relax, stitch, and socialise with crafts
 Digital Support, Adults, Mon, Tues and Friday 10am to midday, and Mon and Thurs 5pm to 7pm. (Bookable slots)
- Weds** **Scrabble Group**, Adults, 11am to 1pm
- Thurs** **Oak Farm Reading Group**, Adults, 5.45pm to 6.45pm (Last Thurs) Share your love of books while exploring new titles
- Friday** **Coffee Mornings**, Adults, 10.30am to midday (bi-weekly)

For more information please speak to a member of staff or visit www.hillingdon.gov.uk/libraries. To book a place scan QR code.



www.hillingdon.gov.uk/libraries

Heart Starters event



We were fortunate at our All Saints' weekly coffee morning to have Heart Starters attend on Wednesday January 21st to show, explain and train us in CPR and the use of the defibrillator.

We had Abby and Damien talk us through exactly what a heart attack is, as opposed to a cardiac arrest, as the majority of us aren't aware that there is a difference between the two.

With the aid of a resus dummy, they talked us through how to administer CPR and the steps to be taken before you even get started - things like keeping yourself safe, calling for help and to get someone to call for an ambulance. Most of us would panic in this given situation so it was

good to hear the steps to be followed.

We were then shown the use of the defibrillator which does actually talk you through each step to be taken - as in where to place the pads and to make sure that everyone stands back whilst it administers the shock. In between, CPR is carried out until the machine tells you to stop before it shocks again if need be.

The defibrillator on the wall outside the church hall is locked but once you ring 999 they give you a code to unlock it. A member of the Ambulance service who takes your call will stay on the phone and talk you through what to do until the ambulance arrives to help give you the confidence to get through the procedure.

Any of us that wanted to have a go were invited to use one of the many dummies they had bought along, and it proves to be much more difficult than you may think as you have to push very hard and fast. This is why it is so important to have help so that someone else can take over before you get too tired.

We also had a Q&A session, which was also very useful.

The feedback from those that attended was that they found it extremely interesting and had learnt a lot - hopefully they have more confidence if ever in that situation. To be able to help someone in cardiac arrest rather than standing by not knowing what to do can only be a good thing I think you would agree.

Lesley Thompson

Grow These 5 Herbs for Winter Wellness



While the garden outside may be dormant, this is the perfect time to nurture an indoor herb garden. Even a simple row of pots on a sunny windowsill can bring fresh flavour to your cooking and offer a few traditional herbal benefits when you need them most.

In this guide, we'll explore five powerful winter wellness herbs, explain how to

grow each one indoors, and share the traditional benefits that make them so essential.

Peppermint: The Soothing Stomach-Settler

Peppermint is traditionally used to soothe digestion, ease tension, and bring a refreshing lift to dull winter days. A simple herbal tea from fresh herbs can settle the stomach after rich meals, and its bright scent is instantly mood-lifting.

How to grow peppermint indoors:

Peppermint is wonderfully unfussy, making it ideal for beginners. It thrives in moderate to bright light and prefers consistently moist compost. Unlike woody herbs, it enjoys a bit of humidity, making kitchens and bathrooms good choices. The easiest way to start growing mint indoors is from cuttings or division - most varieties don't come true from seed. Keep peppermint in its own pot to contain its vigorous spreading roots, and harvest regularly to encourage new growth.

Thyme: The Respiratory Defender

Thyme is one of winter's most valuable herbs, both in the kitchen and as a traditional remedy. It has long been used to support respiratory health, thanks largely to thymol, a natural compound with antiseptic qualities found in many cough syrups. A warm thyme infusion is a classic comfort during cold season.

How to grow thyme indoors during winter:

As a woody Mediterranean herb, thyme needs different care from leafy annuals. It requires the brightest windowsill you can offer, ideally south-facing, and a light, free-draining compost. Water sparingly - thyme dislikes wet roots and poor airflow.

Rosemary: The Memory & Mood Booster

Rosemary is traditionally associated with clarity, focus, and emotional balance, rosemary has been used for centuries to refresh the mind. Its bold flavour also pairs beautifully with winter dishes - from roasted vegetables to warming stews.

An honest word of advice: Rosemary can be tricky indoors. Among all the herbs on this list, it is the one that most deeply craves sunlight, airflow, and cool, dry conditions to mimic its native Mediterranean climate.



Parsley: The Vitamin Powerhouse

Parsley may not be as aromatic as rosemary or thyme, but it more than earns its place among the best herbs for winter thanks to its exceptional nutrient content. Packed with vitamins A, C, and K, parsley offers a natural boost to your winter diet and pairs well with

hearty seasonal meals, adding freshness when it's needed most.

How to grow parsley indoors:

Unlike woody perennial herbs, parsley is a leafy biennial that prefers rich compost and consistent moisture. It grows exceptionally well indoors from seed on a bright windowsill - in fact, this is often more successful than buying mature plants. Soak seeds overnight to speed up germination, then sow into deep pots and keep the surface lightly moist.

Sage: The Sore Throat Soother

Sage tea is a classic home remedy for soothing sore throats, and its warming scent brings a sense of calm during cold, gloomy days.

Growing sage indoors in winter:

Like rosemary and thyme, sage is a woody perennial, meaning it needs bright light, lower humidity, and careful watering. It does best in a sunny window in a cool room, where the air can circulate freely. Sage prefers its compost on the drier side, and terracotta pots can help prevent excess moisture. Start sage from cuttings or young plants rather than seeds, as seeds can be slow to germinate indoors.

Article originally written for the Fothergill's website by Anne Robinson.

Volunteers' Corner – what actually goes on behind the scenes!



As a relatively new member of the congregation, I am always amazed at the level of involvement that goes on at All Saints' and indeed at most other churches - the oil that keeps the gears turning.

Whether it's the CPR/Defib demonstration I have just been to as part of the Wednesday Coffee Morning, where extra cakes were

brought in by All Saints' members to ensure there was enough to go around for all attendees. Or some other event, open to all, to bring like-minded people together be it by faith or good will to others.

It's people's time, resources and commitment that can at times go overlooked, yet without which the church would arguably be worse off and lack the cohesion we see and benefit from - Christians working together for the greater good of the community at large.

The polishing of the Church floor was done at such a speed and efficiency it happened in what felt like a blink of the eye for onlookers - I am sure it was much more involved for those concerned in the organisation and implementation of such a large task.

Another good example of the Church at work is the parish magazine, not an easy job but somehow it appears each month on time...!

As one philosopher observed, we often only come to know ourselves when we see ourselves reflected in others.

Many hands make light work, this is very true at All Saints' and long may it continue and provide inspiration to everyone who gives their time, their care, and their quiet commitment to our shared life.

Peter Turner

Do you know?

Do you know what triskaidekaphobia is the fear of?

Check out the answer on page 17

Lesley's recipe of the month

Cherry and almond sponge



Ingredients:

115g of butter
100g of granulated sugar
3 eggs
2 teaspoons almond extract
195g of self-raising flour
1 teaspoon of baking powder
Pinch of salt
2 tablespoons of milk
1 cup of tinned dark cherries (drained)
Handful of flaked almonds for sprinkling

Method:

1. Heat the oven to 170c and line an 8inch square tin with baking paper.
2. Cream the butter and sugar together until light and fluffy.
3. Add the eggs one at a time, along with the almond essence mix until combined.
4. Gently mix in the dry ingredients, trying not to overmix, along with the milk.
5. Put the batter into the prepared tin and smooth over.
6. Scatter the cherries over the top with a sprinkling of flaked almonds and bake for approx. 40 -45 minuets or until a skewer comes out cleanly and the cake is golden brown.
7. Leave for a few minutes before turning out unto a cooling rack.

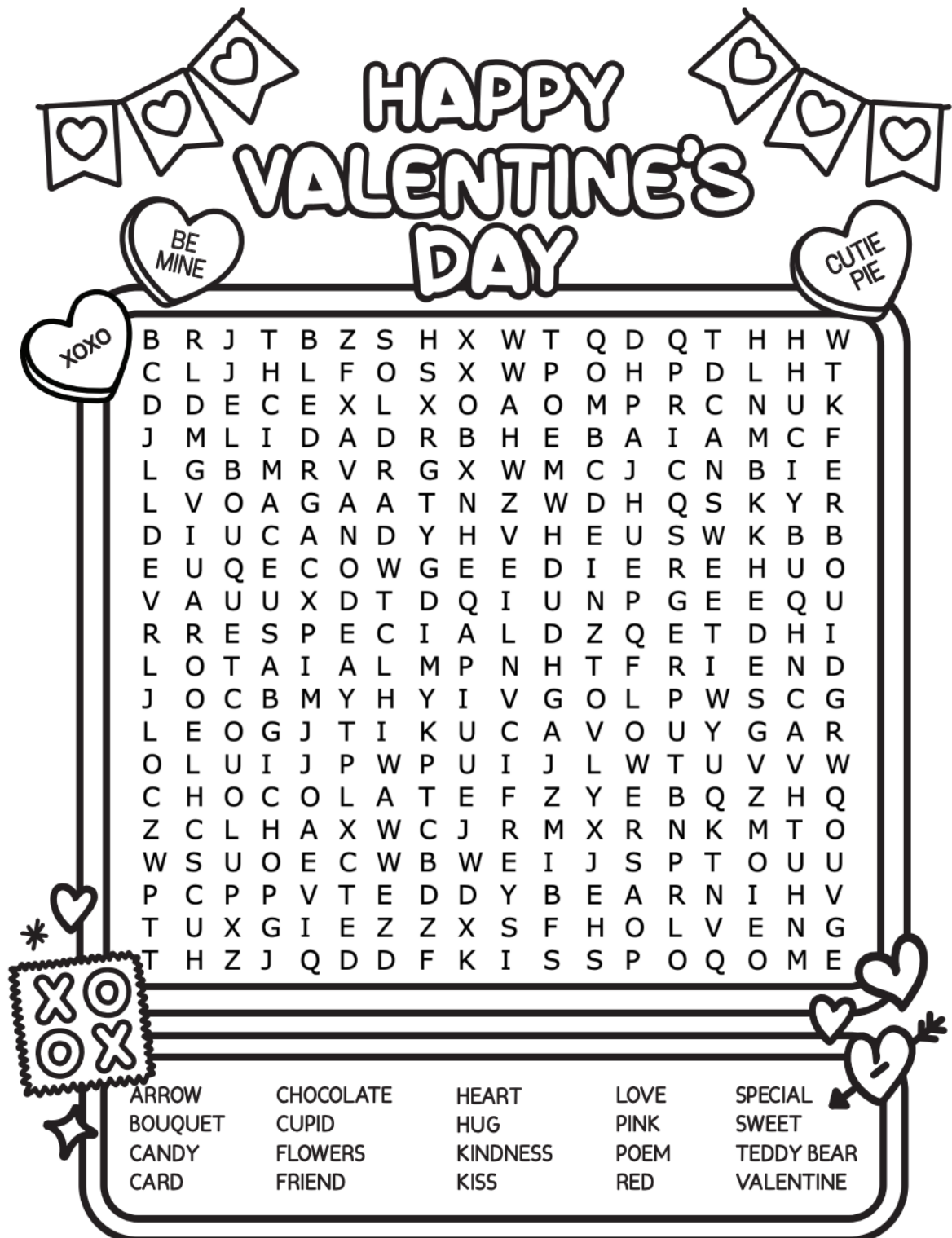
Delicious eaten at any time but lovely if still warm with some crème fraiche

Lesley Thompson

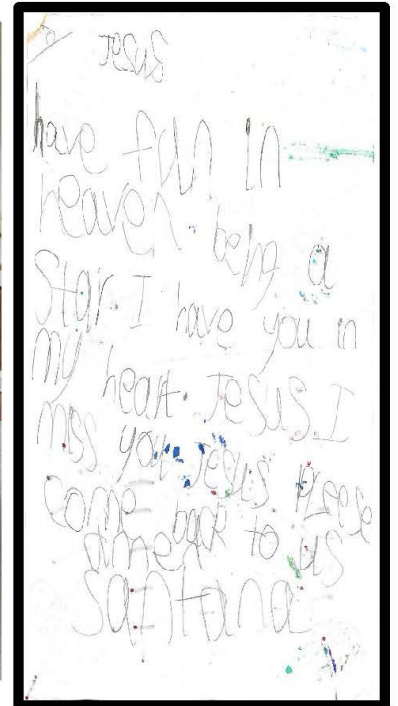
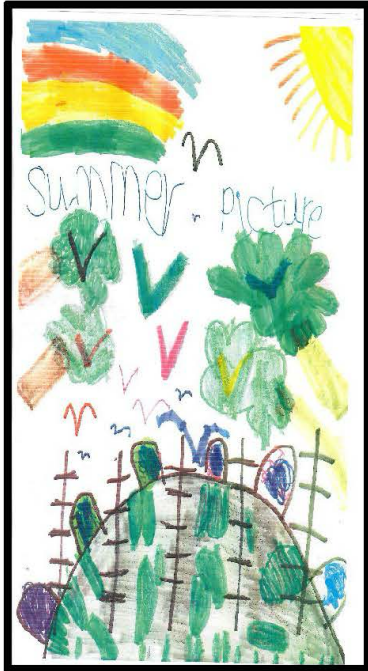
Did you know?

Public consultation will run until March 29th on proposals to relocate the Mount Vernon Cancer Centre to a new, purpose-built facility next to Watford General Hospital. **Find out more at www.mvccreview.nhs.uk**

Puzzle Page - Wordsearch



Having fun with Jesus



**To Jesus
Have fun in
Heaven being a
star I have you in
My heart Jesus I
miss you Jesus please
come back to us
Amen.
Santana**



ALL SAINTS' CHURCH PROUDLY PRESENTS

JON FISHER AS GARY BARLOW

LIVE CHARITY MUSIC NIGHT

WITH A SHARE OF PROCEEDS GOING TO HOME START HILLINGDON

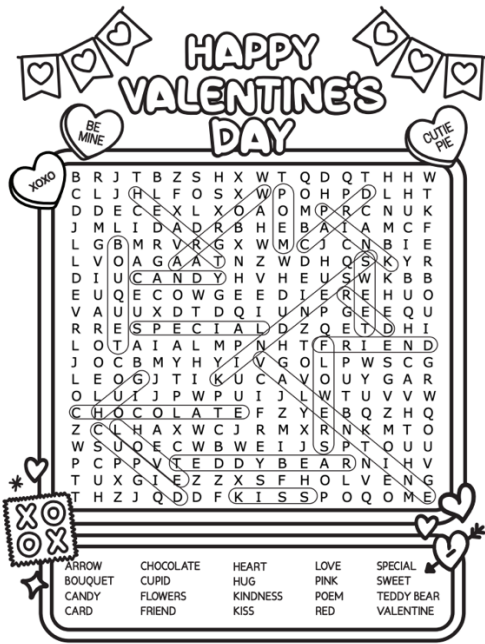
SAT 14TH MARCH
7.30PM-11.30PM

**ALL SAINTS CHURCH HALL,
LONG LANE, HILLINGDON,
UB10 9PE**

Tickets £15 from Lesley on 07742 326667 / lkthmp@aol.com
or Carol on 07749 415449
Bring your own drinks and nibbles



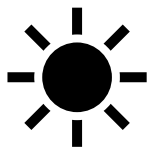
Answers



This space could be working for **your** business. Our Magazine also appears on the Parish Website – www.allsaintsnorthhillindon.co.uk

For advertising rates, please contact
Rev. Ulric
ulricgerry@icloud.com

Did you know – answer



Triskaidekaphobia is a fear of the number 13.
This month we do have a Friday 13th!

The Editorial team for Saints Alive is Anne Robinson (Editor), Jane Turnbull (Print and Distribution) and Lesley Thompson.

Articles for the March magazine need to reach us by **Friday 22nd February** at saintsalive.editor@gmail.com

Have **you** got an item to share with our readers?
We need more contributions to keep the magazine going.
Could **YOU** provide an article? Or a photo for our front cover?

Job vacancies at All Saints

Sacristan:

Responsible to the Incumbent (and Churchwardens)

Key duties:

For services: to prepare the church for worship, including setting up and clearing away the communion table (communion vessels and elements, linens, books, candles) and ensuring the sacristy is clean and orderly,

Generally: to care for the communion vessels, linens, and vestments, including laundering and safe storage, to monitor supplies (wine, wafers, candles, charcoal, etc) and notify the churchwardens or incumbent when supplies need replenishing, and support the clergy.

Character and experience: to be reverent and reliable, have an attention to detail, respect for the sacred, willingness to work collaboratively, and a familiarity with Church of England worship and liturgical seasons.

Time Commitment: Regular attendance before and after Sunday services and at major festivals.

Head Server:

Responsible to the Incumbent (and Churchwardens)

Key Duties:

Leadership and Coordination: to lead, support and encourage the team of servers, to prepare the serving rota, to ensure servers are confident in their roles, and provide training and gentle guidance as required.

During Services: to serve at the communion table as required, to coordinate the movement of servers during worship, to respond calmly and practically to any unforeseen issues.

Planning and Liaison with clergy: especially regarding special services (Holy Week, Christmas, festivals, weddings, funerals, baptisms)

Character and experience: to be committed to the worshipping life of the church, reliable and calm, and able to lead and support others with sensitivity. To have experience serving at the communion table and familiarity with the liturgy and customs.

Time Commitment: Regular attendance at regular and special services and festivals

Joint Responsibility (Sacristan and Head Server):

Although the roles of Sacristan and Head Server are distinct, they share joint responsibility for supporting the smooth, reverent conduct of worship, working collaboratively, communicating clearly, supporting one another, and raising concerns or issues together with the incumbent or churchwardens

ALL SAINTS' CHURCH

NORTH HILLINGDON, MIDDLESEX UB10 9BT

PARISH DIRECTORY

Parish Priest	Rev'd Ulric Gerry	01895 262024
Churchwarden <i>Emeritus</i>	Mr Ken Marriott 95 Windsor Avenue UB10 9AX	01895 238368
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Sacristans	Vacant	

SAINTS ALIVE! is the Parish Magazine of All Saints' Church, North Hillingdon UB10 9BT and is published eleven times annually, with a two-month edition over the summer.

Any opinions expressed in articles in Saints Alive! do not necessarily reflect the views of the Editor or of the Parochial Church Council of All Saints.

