



# ***SAINTS ALIVE!***

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



**June 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 **10.00 am**  
(followed by tea and cake in the Hall)

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](http://www.allsaintsnorthhillington.co.uk)

*Facebook:* [www.facebook.com/ASHillingdon](https://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](mailto:allsaintshillingdon@gmail.com)

## *A VIEW FROM THE VICARAGE*

Dear Saints

Christians are often passionate about the way things are done. This month let's consider "Intinction".

Intinction is receiving Holy Communion by dipping the wafer into the wine. Initially Christians received the bread and wine separately "communion in both kinds". However, intinction was being practised by the C4<sup>th</sup>, as Julius I (340 AD) mentions it. It became the norm in the Eastern Orthodox Church C7<sup>th</sup> onwards. The Western Church resisted due to doctrine of transubstantiation and the fear of 'spilling Christ's blood', and for this reason went on to withholding the cup (and wine) from the laity altogether.



In C16<sup>th</sup> the early Reformers, wanting a return to scripture, emphasised that as Christ gave bread and cup separately to his disciples, so should we? With the rise of individualism, large congregations and greater awareness of germs intinction was becoming more common and was permitted both in the Church of England (at Lambeth Conference 1948), and in the Roman church (from Vatican II). In North America the use of little individual cups became common.

The main arguments for drinking from a shared cup are firstly biblical; that as Jesus took and gave the bread and cup separately, and so should we. Others argue theologically, as Leviticus 17 teaches "the life of the flesh is in the blood", for atonement the 'blood' has to be separated from 'flesh' and symbolically separately received. And the common cup symbolises the unity of Christ and the church. Regarding hygiene, the evidence is that there is little risk of infection drinking alcohol from a common silver cup, some argue the greater risk is from fingers in the wine.

Those for "intinction" argue that both bread and wine are still received, scripture does not forbid it, it's authorised by major denominations, it's more hygienic, administration is easier for large congregations, it avoids embarrassment of those who struggle to drink from a common cup, keeps the unity of the common cup, has been practiced throughout church history, and that Christ is risen; his body and blood are no longer divided.

Oddly there is no parallel discussion how biblical or theological it is to use individual wafers rather than a single loaf of bread for communion. Wafers are simply easier. What do I think? I think the Lord looks at the heart. Whatever we do, we should do with faith and conviction and reverence. The sacraments are there as a means of grace. We live not under law but in grace. May you enjoy the presence and love of Christ in your heart this Pentecost season.

Fr Ulric

## EVENTS AT ALL SAINTS CHURCH

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

### June

2<sup>nd</sup> June at 11am - Service at Ryefield Court Care Home

7<sup>th</sup> June at 5.30pm – Deanery Evening Prayer at St Anselm’s in Hayes

10<sup>th</sup> June - Deanery Synod at St Paul’s in Ruislip Manor

27<sup>th</sup> June – Summer Fete

## EVENTS IN HILLINGDON

6<sup>th</sup> June, 11am – 4pm – Summer Fete and Picnic at Eastcote House and Gardens

10<sup>th</sup>-13<sup>th</sup> June, 7.30pm - Time of My Life by Alan Ayckbourn at the Compass Theatre.

10<sup>th</sup> June at 7.30pm - Join historian Phil Craig for a talk on his book '1945, The Reckoning' at Uxbridge Library.

11<sup>th</sup> June – Recycling Roadshow at various locations across the borough.

13<sup>th</sup> June, 10am-5pm – Hillingdon Libraries Crime Festival at the Winston Churchill Theatre – with 10 bestselling authors!

25<sup>th</sup> June at 7.30pm - Award-winning and bestselling author Ross Montgomery speaks at Ickenham Library.

27<sup>th</sup> June – Repair and Reuse Day at the Battle of Britain Bunker.

30<sup>th</sup> June, 1.30-3.30pm – Assembly for Older People at the Civic Centre.



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## Coffee Morning 2<sup>nd</sup> Birthday



On May 13<sup>th</sup>, we celebrated the weekly coffee morning's 2<sup>nd</sup> birthday.

It was a lovely morning and as a treat we also served bacon or sausage rolls, along with our usual homemade cake, plus of course limitless teas or coffee.

We also held a raffle with a surprise prize for whoever had the winning ticket taped underneath their chair.

Marion and I are extremely grateful for all of those who have regularly attended and supported these mornings. We have a regular attendance of between 30-40 people and have had several guest speakers and put on functions over these past two years.

It was never set up just to make money, but to provide a safe community space for people to get together – but we have made over £7,000 in these two years from which we have given funds to the charity Home Start, money to the men's group towards a new shed, money towards the church boiler, and most important of all a new electric hand whisk for me! Baking at least three cakes a week takes its toll on appliances such as a whisk.

Many thanks again to those that support us and of course my 'wingwoman' Marion.

Lesley Thompson

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### Trivia Questions!

1. What major World War II event, often called Operation Overlord, began on June 6, 1944?
2. King John of England signed the historic *Magna Carta* in June of which year?
3. Which royal event - a grand military parade honouring the reigning monarch's official birthday - is held in London every year in June?

## Birthday Corner



May 6th this year was a bright sunny day, not only for the weather, but also for the fact that it was Frank Brown's 100th birthday.

Friends, neighbours and family all gathered together for this wonderful celebration, which was also attended by the Mayor of Hillingdon and local councillors.

There was a lovely spread of food and drink and time to hear stories of Frank's long life and experiences. There was a lovely warm and joyful atmosphere, and the birthday boy, who was looking very smart for the occasion, seemed delighted to be surrounded by so many well-wishers.

Lesley Thompson

***Birthday Wishes also to Ann Tutton, who celebrated her 90<sup>th</sup> birthday in May. Her daughter Karen said she always speaks fondly of All Saints and loves hearing from people.***



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**NOT JUST  
TRAVEL**

## Marion's recipe of the month

### Quick apple strudel



#### Ingredients:

Half 350g/12 oz pack of frozen puff pastry, thawed  
Flour to roll pastry out onto  
1 cooking apple, peeled and thinly sliced  
Juice of half lemon  
50g/2oz brown sugar  
25g/10z sultanas  
1 tsp cinnamon  
1 egg beaten  
2 tbs chopped nuts  
1 tbs icing sugar

#### Method:

1. Preheat oven to 200 c (400 f) Gas Mark 6.
2. Roll out the pastry on a floured board to form a rectangle about 30 x 25cm/12 x 10 inches.
3. Place the apple slices, lemon juice, brown sugar, sultanas and cinnamon in a bowl and mix thoroughly.
4. Place the apple mixture in the centre of the pastry. Dampen the edges of the pastry with a little water, then gently bring the two long edges together above the apple mixture and seal. Then fold in the two ends like a parcel and carefully seal, ensuring that there are no holes.
5. Using a fish slice, place the strudel on a greased baking tray, so that the seals are underneath.
6. Make 5 slots in the top of the pastry to allow the air to escape, then brush with the beaten egg. Sprinkle nuts over the top and bake for 15 - 20 minutes until golden brown.
7. Dust with the sieved icing sugar and serve either hot or cold with single or whipped cream.

I hope you enjoy this easy recipe.

Marion Robinson

# SUMMER FETE

Saturday 27<sup>th</sup> June  
12pm to 3pm

ALL SAINTS CHURCH HALL AND GROUNDS  
LONG LANE, HILLINGDON, UB10 9PE

£1 ENTRY



## JOIN US FOR LOTS OF FUN!

- bouncy castle •
- BBQ •
- homemade cakes •
- bottle tombola •
- games •
- books •
- raffle •
- plants •
- and much more!



## Peter's home tips



### Did You Know...

Your fridge works at its best when it's approximately 75% full. As it empties you can replace food with plastic bottles filled with water - this prevents the fridge from switching on less frequently, saving electricity in the process.

Your central heating system works best when balanced. This is achieved by reducing the flow of hot water to the upstairs radiators only by turning down the valves to a minimum setting of 1 or 2 on your radiator valve. Alternatively, half-way open if you have no markings on the valve.

Got a water jug you're not using? I keep one filled up with water for the kettle as it brings the water up to room temperature and speeds up the boiling process.

A lot of modern PVC doors come fitted with a very basic Euro style lock. If you have a lock that is not BS Kite marked or similar, it is a good idea to replace it – they are relatively easy to upgrade.

Peter Turner

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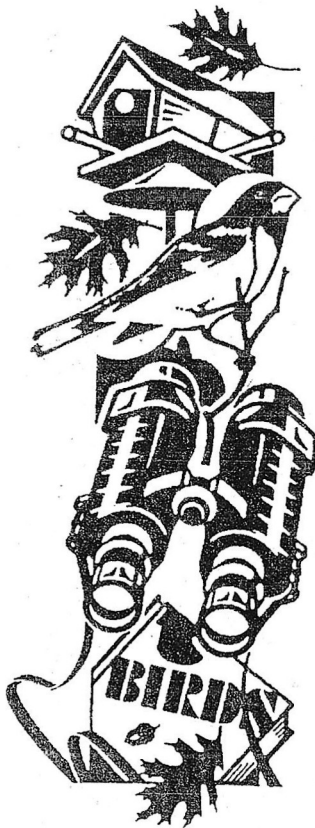
# BIRD WATCH

21.

- BARBET
- BLUEJAY
- CARDINAL
- EAGLE
- EGRET
- GOOSE
- LARK
- NENE
- ORIOLE
- OWLS
- PARROT

- PIGEON
- REED
- ROBIN
- SMEW
- STARLING

- STORK
- TERN
- TREE
- WOODPECKER
- WREN



W	E	F	R	K	H	W	D	S	M	E	W	R
F	E	J	B	B	R	E	R	E	L	G	R	T
K	R	A	L	B	E	L	G	A	E	F	E	G
R	T	T	U	F	S	O	T	P	K	R	N	F
E	K	T	E	T	P	I	A	W	N	H	N	S
K	H	B	J	B	G	R	P	B	V	E	H	T
C	R	P	A	R	R	O	B	I	T	G	P	A
E	B	O	Y	O	M	A	H	S	G	R	B	R
P	B	G	T	F	N	I	B	O	R	E	B	L
D	F	N	J	S	E	B	O	J	R	T	O	I
O	W	L	S	G	N	S	D	N	J	G	V	N
O	Y	N	J	C	E	J	S	F	K	R	F	G
W	L	T	L	A	N	I	D	R	A	C	F	L



Providing residential, dementia and respite care our purpose-built care home in Hillingdon, Uxbridge is spacious and luxurious with several dining areas, luxury hair and nail salon, private cinema and relaxing Bistro. It's the perfect place to enjoy life and entertain friends and family.

We are focused on the happiness of each and every one of our residents and ensuring they make the most of the wonderful facilities on offer at Ryefield Court. This includes a full and varied timetable of activities for all to enjoy. Our priority is to deliver the best care possible. Tending to each individual's desires and needs and our wonderful staff are always on hand to deliver outstanding care.

**To learn more about life at Ryefield Court or arrange a visit contact Tim Woolford  
our Customer Relations Manager**

**01895 707 106 [tim.woolford@berkleycaregroup.co.uk](mailto:tim.woolford@berkleycaregroup.co.uk)**



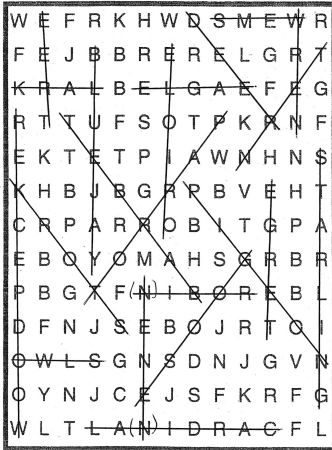
Ryefield Court Care Home  
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Uxbridge UB10 9DE

# Answers

## BIRD WATCH Answers 21.

*Not easy*

- |                                   |                                   |                                     |
|-----------------------------------|-----------------------------------|-------------------------------------|
| <input type="checkbox"/> BARBET   | <input type="checkbox"/> PIGEON   | <input type="checkbox"/> STORK      |
| <input type="checkbox"/> BLUEJAY  | <input type="checkbox"/> REED     | <input type="checkbox"/> TERN       |
| <input type="checkbox"/> CARDINAL | <input type="checkbox"/> ROBIN    | <input type="checkbox"/> TREE       |
| <input type="checkbox"/> EAGLE    | <input type="checkbox"/> SMEW     | <input type="checkbox"/> WOODPECKER |
| <input type="checkbox"/> EGRET    | <input type="checkbox"/> STARLING | <input type="checkbox"/> WREN       |
| <input type="checkbox"/> GOOSE    |                                   |                                     |
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| <input type="checkbox"/> ORIOLE   |                                   |                                     |
| <input type="checkbox"/> OWLS     |                                   |                                     |
| <input type="checkbox"/> PARROT   |                                   |                                     |



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For advertising rates, please contact  
 Rev. Ulric  
[ulricgerry@icloud.com](mailto:ulricgerry@icloud.com)

## Trivia answers

1. D-Day
2. 1215
3. Trooping the Colour

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

Articles for the July/ August double issue need to reach us by **Sunday 21<sup>st</sup> June** at [saintsalive.editor@gmail.com](mailto: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?

# ALL SAINTS' CHURCH

## NORTH HILLINGDON, MIDDLESEX UB10 9BT

### PARISH DIRECTORY

<b>Parish Priest</b>	<b>Rev'd Ulric Gerry</b>	01895 262024
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<b>Sacristans</b>	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.

