

**Wallington  
United Reformed  
Church**



***CONTACT***

No. 328  
April 2020

# Wallington United Reformed Church



Dear Friends....

## **Bread!**

Bread is one of those things that we can easily take for granted, and yet we pray about it every week, and sometimes every day: in the words of the Lord's Prayer, "*...give us this day our daily bread...*" It has been for centuries one of our staple foods, and around the world peoples and communities have their own special types. From the bloomer and cob loaves that we are familiar with, through the "French Loaf" and baguettes of France, to the nams and pita breads of further afield, the world is united by its dependence on bread of one sort or another.

But for Christians the necessity of bread is emphasised in our belief in Jesus Christ who claims to be the "Bread of Life", and it is bread which we break at Communion with his words "... my body, broken for you..." When we think of the grain gathered together and crushed in order that it may be made into one loaf it is a picture of the church of God, gathered together from all over, and bound together in one body - one loaf - a loaf that must be broken so that the work of God may continue.

The vital nature of bread and its symbolic nature are firmly rooted in our lives as Christians.

Bread is a particularly powerful Easter symbol.

Think for a moment of how the grain that is used to make the bread is buried in the ground, and rises to new life in the Spring, ultimately to produce a crop much richer than was originally planted.

That is a theme which is picked up so wonderfully in the Easter hymn found at 243 in the United Reformed Church's hymn book Rejoice and Sing:

*Now the green blade rises from the buried grain,  
wheat that in the dark earth many days has lain;  
Love lives again, that with the dead has been:  
Love is come again, like wheat that springs up green.*

Think also how this Easter Sunday Christians all around the world will come to the Lord's Table to share bread and wine, whether it be in a Cathedral or chapel, house or hut. The people of God sharing in the same meal; the Body of Christ gathering together to celebrate the resurrection. And then that body broken as it disperses into the world to continue the work of its Lord and Saviour and offers life to the communities in which it is set.

Think also of one other vital Easter symbol that is to be found in bread - it rises!

The dough that is left to rest rises! The bread that is baked is so much bigger than the mixture that was first formed, just as the Church has responded to that first resurrection and spread and spread and spread.

And don't forget the smell!

There is nothing quite like that smell of fresh-baked bread. It appeals to all our senses, just as the wonder of God, and the power of his resurrection, should speak in all of life, not just on Easter Day, nor just on Sundays, but each and every day.

May you know Christ's resurrection power in your life this Easter and every day,

*Craig Bowman*

## Pastoral News

It is with great sadness that we pass on the news that Ernest Cruchley, Alan's father, who led a number of our services over the years, passed away on Saturday 21st March. Many at WURC have thoroughly enjoyed his preaching and have been lifted by his strong Christian faith.

Also, very sadly, we have heard that Barbara Burnell (96) died on 9th of March. She had been a member of Wallington URC for many years. Our prayers and thoughts are with Ian, her son, and with all of her friends and family. Her funeral will be on April 1st, in the afternoon.

Congratulations to Jeanette and Simeon Hopkins and their son, Chris, on the occasion of his marriage to Nicky Johnston on 18th March in Merton.

Congratulations to Cyril Fisher as he reaches his 100th birthday.

*We ask your prayers for those of the church family who are anxious or unwell and those who are housebound or have any difficulties at this time.*

### **We ask your prayers for:**

Julia Seal who has been elected as Secretary for the Southern Synod Youth section.

We continue to hold Thuy Schofield's niece, Diamond Kim Curong, in our prayers. Diamond is making slow progress after being scolded earlier in the year.

Betty Roberts as she continues to recover at home.

Rita Court as she continues her treatment.

Di Knapman, who has been back into hospital, although she is now home again to recuperate.

***All those whose lives have been turned upside down with loss of livelihood, change of circumstance, and feelings of uncertainty as a result of the Coronavirus.***

*Your continuing prayers for:*

Kathleen and Harold Claridge, Vera Neal, John Batey (and his partner Carol), May Bishop and Eileen Marshall.

*May God grant you his peace.*

**[If you have any news of the church family to bring us up to date or that you would like to be included in Contact please let Lynn or Alan know. Thank you.]**

# Help us to Re-cycle



**Recycling** is **very important** as waste has a huge negative impact on the natural environment. Harmful chemicals and greenhouse gasses are released from rubbish in landfill sites.

**Recycling** helps to reduce the pollution caused by waste.

**Recycling** reduces the need for raw materials **so** that the rainforests can be preserved.

Saves **energy**.

We need to improve our recycling habits . both at home and in schools and workplaces. The UK's overall recycling rates for everyday waste are still below the EU target of 50%.

The plastic bottle recycling rate in the UK is about 45%, which falls short of the 90+% rate in Germany and Sweden.



*Watch out for the Re-cycling bins  
around the church premises....*

### **1. Conserving natural resources**

The world's natural resources are finite, and some are in very short supply.

### **2. Protecting ecosystems and wildlife**

Recycling reduces the need to grow, harvest or extract new raw materials from the Earth. If our plastic waste isn't safely put in the recycling, it can be blown or washed into rivers and seas and end up hundreds or thousands of miles away, polluting coastlines and waterways and becoming a problem for everyone.

### **3. Reduces demand for raw materials**

Forest communities can find themselves evicted as a result of the search for cheap timber and rivers can be damned or polluted by manufacturing waste.

It's far better to recycle existing products than to damage someone else's community or land in the search for new raw materials.

### **4. Saves energy**

Making products from recycled materials requires less energy than making them from new raw materials. Sometimes it's a huge difference in energy. For example:

Producing new **aluminium** from old products (including recycled cans and foil) uses 95% less energy than making it from scratch.

For **steel** it's about a 70% energy saving.

### **5. Cuts climate-changing carbon emissions**

Reducing carbon dioxide and other greenhouse gases being emitted into the atmosphere is vital for stopping disastrous climate change.

### **6. Cheaper than waste collection and disposal**

Lambeth council in London pointed out "it is 6 times cheaper to dispose of recycled waste than general refuse". So, the more you recycle, and the less you put in the bin.

Recycling food waste and green waste is a great idea too, often generating lots of valuable compost that can be used to grow more food and other crops.

### **7. Creating jobs**

A report a few years ago calculated that at least 50,000 new UK jobs could be created by 2025 if we can reach the target of recycling 70% of our waste.

Roughly 30,000 of the new jobs would be in recycling directly, with about another 20,000 in supply chains and the wider economy.

**If in doubt, remember those three Rs:**

# **Reduce, Reuse, Recycle**

## Christian Aid Week 10th-16th May



**With every gift, we help Rose  
stop this climate crisis**



In Kenya, the rains haven't come. Again. For villagers who farm the land, that means life is getting even harder. Rivers are bone dry, and crops wither in the fields. The drought is starving people of food, water and the chance to earn a living.

At 67 years of age, Rose walks for six hours to fetch water for her grandchildren. She tries hard to give them the kind of life she remembers from when she was a girl: when the rivers flowed with water and the crops bore fruit.

Grandmother Rose shouldn't have to go hungry. A simple earth dam, built with the help of Christian Aid's partners and your donations, could completely change her life. This Christian Aid Week, you can be one of the hundreds of thousands of our supporters who give, act and pray to stop the climate crisis driving people like Rose to hunger.

This Christian Aid Week (10-16 May), please:

**Give** generously to help Rose and her community build a water dam, providing fresh water to help families survive the drought.

**Act** to call for a New Deal for Climate Justice to help restore creation and build a world where everyone can thrive.

**Pray** for a radical change of heart for politicians, and that, as a global community, we will care for people living in poverty.

**Together we can stop this climate crisis.**

## WURC and Christian Aid Week.

This year we were planning NOT to put envelopes through doors around our community. Although events have overtaken us as under the current circumstances, sadly, house-to-house collections should not go ahead. Other events such as Big Brekkies or Lent lunches, where food is shared, cannot go ahead.



**We are**, however, working to raise money by responding to the Smarties Challenge, and by donating, as we are able, either on-line or in envelopes which we hope to distribute at church, when possible.

To donate on-line you can go to

<https://www.christianaid.org.uk/appeals/key-appeals/christian-aid-week>

Take the

# SMARTIES

Challenge

## Fill your Smarties tube with coins

Lent started on 25th February

Fill a Smarties tube with coins to help  
us to raise money for

Please bring the tube back  
to one of our Services (watch for details)  
filled with coins.





## Coronavirus and Christian Aid Week

Christian Aid Week is our single-most important fundraiser. Please support all of your friends and neighbours at home and abroad, as a community.

If infection rates start to develop as they are in Europe, then people in poorer countries will be hit even harder. Many are already living with reduced health resilience because of extreme poverty, or in overcrowded humanitarian camps and in countries which do not have the healthcare infrastructures needed to combat widespread disease. Christian Aid are working to help prepare communities to limit the impact of Covid-19. Please pray for everyone involved in this vital work, and offer support, where you can, by making an online donation.



### **When this is over,**

May we never again  
Take for granted  
A handshake with a stranger,  
Full shelves at the store,  
Conversations with neighbours,  
A crowded theatre,  
Friday night out,  
The taste of communion,  
A routine check-up,  
The school rush each morning,  
Coffee with a friend,  
The stadium roaring,  
Each deep breath,  
A boring Tuesday,  
Life itself.  
TLC togetherness-  
When this ends,  
May we find  
That we have become  
More like the people  
We wanted to be,  
We were called to be,  
We hoped to be,  
And may we stay  
That way – better  
For each other  
Because of the worst.

# Commitment for Life

*Commitment for Life* is a way in which local congregations are enabled to participate in actions for justice around the world.

## **Interfaith prayers for peace**

### **A Christian prayer for peace**

Jesus said: Love your enemies; do good to those who hate you; bless those who curse you. To those who strike you on the cheek, offer the other also. Give to everyone who begs from you. And as you wish that others would do to you, do so to them.

### **A Buddhist prayer for peace**

May all beings everywhere plagued with suffering quickly be freed. May the frightened be at peace, and the bound set free. May those who find themselves in a trackless, fearful wilderness . the children, the aged, the unprotected . be protected by beneficent celestials, and swiftly attain Buddhahood.

### **A Jewish prayer for peace**

Come, let us go to the mountain of the Lord, that we may walk the paths of the Most High. And we shall beat our swords into ploughshares and our spears into pruning hooks. Nation shall not lift up sword against nation; neither shall they learn war any more. And none shall be afraid, for the mouth of the Lord of Hosts has spoken.

### **A Sikh prayer for peace**

God judges us according to our deeds, not by the coat that we wear. Truth is above everything, but higher still is truthful living. Know that we attain God when we love, and only that victory endures in consequence of which no one is defeated. Amen

### **A Native American prayer for peace**

O Great Spirit of our Ancestors, we raise the pipe to you, to your messengers the four winds, and to Mother Earth who provides for your children. Give us the wisdom to teach our children to love, to respect, to be kind to each other so that they may grow with peace in mind. Let us learn to share all the good things that you provide for us on this Earth.



# Tea & Toys

On a Tuesday morning,  
9.30-11.30am, term time...



Come and make, play and chat-for parents,  
carers and their toddlers

A range of toys to play with, craft to do, story time, and sing-a-long.  
Outside activities when the weather permits.

*Tea & Toys are looking for more people to help  
out on a Tuesday morning. Just 2 hours, once a  
week, once a fortnight or once a month...  
Please speak to Caroline Littlechild if you can  
help...*



## Prayer Pyramid

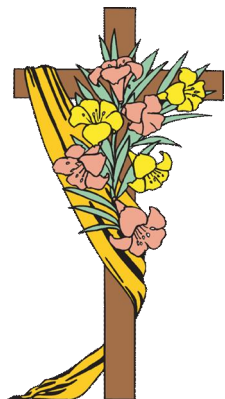


We have been using a prayer pyramid as part of our pastoral care when there is an urgent need to uphold an individual, family, group or situation at home or worldwide in prayer. These may be named but may also be anonymous to maintain confidentiality. Many have said how much they have valued the support offered in this way.

We are rebranding the pyramid as **Prayer Cascade** as any request is now largely shared by email and would welcome new names to the group. All we ask is that you are willing to receive the information and uphold it in prayer. Please could you speak to Alan Cruchley if you would like to know more or are willing to join the Cascade!



Diary Dates
Nothing until the end of April....then...
Watch this space....



# Holy Week

What a surprising turn-a-bout this year.  
As all of our Church Services and in-house  
meetings are now cancelled.  
I am sure we will all miss our usual  
Holy Week Services.

We are living in very unusual times. The corona-virus (Covid 19)  
pandemic challenges communities, countries and individuals  
around the world and the situation is rapidly changing.

A prayer from the Revd John Proctor, the United Reformed  
Church's General Secretary:

Lord Jesus,  
In the midst of a storm  
You said, 'Peace be still.'  
Bid our anxious fears subside,  
Sustain your church in faith, hope and love,  
Bring our nation through this tumult,  
Grant wisdom to those with heavy responsibilities,  
And healing and hope to those who are infected.  
Amen

**PLEASE NOTE...Articles for the May 2020 issue of Contact**  
should be given to Janet or Robin Willis by **Sunday 12th April**  
unless a later date has been agreed by prior arrangement.  
Contributions are very acceptable by e-mail  
contact@wurc.org.uk

# Puzzle Corner

A sudoku puzzle consists of a 9 by 9 grid. This grid is subdivided into nine 3 x 3 boxes.

3	5	1						
8								6
6			9	2			5	
				1	6	9		4
	4	3	5				2	
				8		1		
		9					8	3
4		5		6		2		

Some of the cells in the grid are prefilled with a number between 1 and 9, while many other cells are blank. Your job is to determine the correct number to be entered in each of the empty cells.

The numbers 1 to 9 must appear just once in each row.

The numbers 1 to 9 must appear just once in each column.

The numbers 1 to 9 must appear once in each 3x3 box.

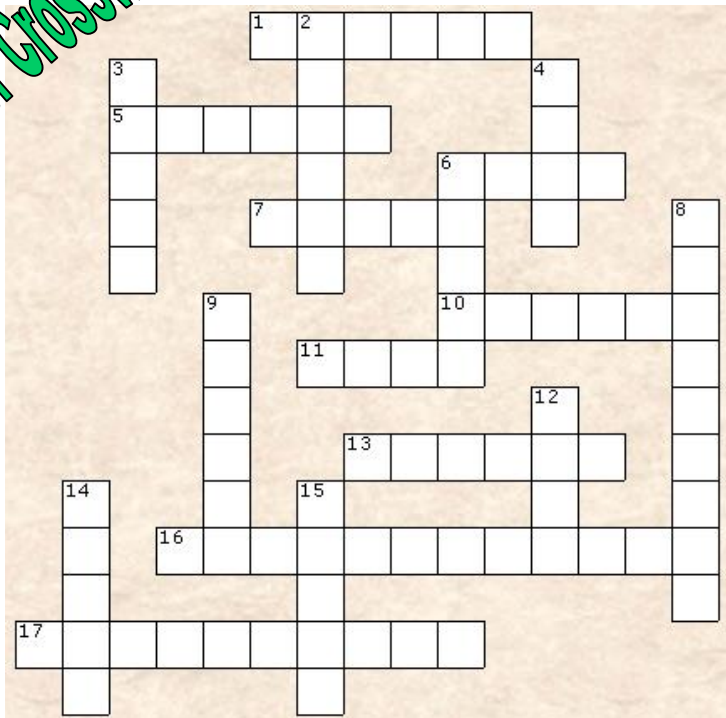
Sudoku really is an excellent brain game, as it trains logical reasoning and visual perception, among other brain skills.

## Bible Word-search: Teachings of Jesus

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

Believe, Blessed, Comfort,  
Galilee, Humble, Judge,  
Love, Matthew, Pray, Ser-  
mon, Share

# An Easter Crossword



## ACROSS

- 1 Jesus
- 5 Doubting \_\_
- 6 Jesus rode a \_\_ into Jerusalem
- 7 Disciple who denied knowing Jesus
- 10 Easter season
- 11 Coloured Easter \_\_
- 13 \_\_ of Gethsemane
- 16 Easter celebrates the \_\_\_\_\_ of Jesus
- 17 Sunday before Easter

## DOWN

- 2 After 40 days, Jesus ascended to \_\_
- 3 An angel rolled away the \_\_ covering the tomb
- 4 People greeted Jesus with \_\_ branches
- 6 where Jesus died
- 8 Mary \_\_ discovered Jesus had risen
- 9 \_\_ sentenced Jesus to die
- 12 Season before Easter
- 14 \_\_ betrayed Jesus
- 15 Easter animal?

## EVERY WEEK AT WALLINGTON U.R.C.

### Times of Worship

<b>Sunday</b>	10.30am	Family Service + Junior Church with crèche facilities Coffee is available after the Service
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### Mind, Body & Soul

Quiet Time and individual healing  
Second Wednesday of each month 1.30pm-2.30pm

### Uniformed & Other Organisations

<b>Monday - Friday</b>	9.15am-1.15pm	Holmwood Pre - school
<b>Monday</b>	10.00-11.00am 2.00-4.00pm 8.00-10.00pm	Yoga Bananas Art Conundrum Art Group
<b>Tuesday</b>	9.30-11.30am 9.15-1.00pm 1.30-3.30pm 5.00-6.00pm 6.00-7.30pm 8.00-10.00pm 7.30-10.00pm	Tea & Talk Pilates Classes U.R.C. Art group Rainbows Brownies (10th Wallington) Epsom Downs Badminton, Winter(Sept-May) Wotton Orchid Society (every 1st Tues.)
<b>Wednesday</b>	9.00-10.30am 1.15-1.30pm 2.00am-2.30pm 2.00-5.15pm 1.00-3.30pm 6.45-7.55pm 7.00-10.00pm 7.45-10.15pm 6.30-7.30pm 7.30-10.00pm	Tap-Dance Class Pilates Classes Clusters Hartbeeps (mother and baby activities) Second Wed Group (Knitting & Craft) Pilates Horticultural Society (every 3rd Wed.) W.I (every 4th Wed) Junior Chess Club Chess Club
<b>Thursday</b>	9.30-10.40 11.00-12.00noon 2.00-4.00pm 2.00-4.00pm 4.30-5.15pm 7.15-9.45pm	Baby Massage Senior Movers Exercise Ladies' Badminton, Winter(Sept-May) Fallen Angels Drama Pro-Karate Carshalton & Wallington Art Group
<b>Friday</b>	9.30-10.45am 11.00-12.00 6.45-8.30pm	Yoga Baby Massage Guides(8th Wallington)
<b>Saturday</b>	9.00-10.00am 10.00-11.00am 11.30-12.30pm	Pilates Zumba Pro-Karate

All activities are suspended  
until further notice