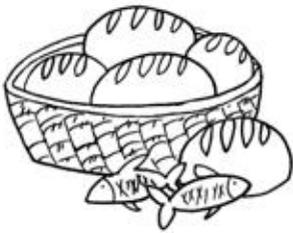


Wallington United Reformed  
Church



**CONTACT**

No. 378  
April 2024

# Wallington United Reformed Church



Dear Friends....

This edition of the magazine will be available on Easter Sunday when we shall be celebrating the resurrection of Christ. This is actually something we do each week when we gather for worship but on one Sunday each year our focus is much sharper. The resurrection we celebrate begins not with the events of Good Friday, or even Palm Sunday, but with the birth of a baby. The worldwide church of which we are a part begins with mourning women going to anoint a dead body, and a couple of dispirited pilgrims leaving their hopes behind in Jerusalem. St Andrew's church began following a conversation between two ministers and then an initial group of 9 people. From small and even precarious beginnings great things can grow.

Whilst sharing in some London Institute of Contemporary Christianity (LICC) sessions, organised by Southern Synod a little while ago, I was reminded of the effect of a 1 degree shift. For example, if you are heading off on a walk and you turn your body to aim just one degree away from your intended target it may not seem much, but the longer you walk in that direction the bigger the gap becomes between where you are and where you intended to be. Of course this is a problem if you are heading out onto Dartmoor or some other open land, however it can be a positive if there is something in life that you want to change.

For instance, to read the whole Bible through can seem daunting and overwhelming if we imagine we need to sit down and read big chunks at a time, but taking it one chapter at a time may not seem overwhelming and if done every day much will soon be read. How about prayer? Many people have said to me over the years that they felt they should pray more; taking just 5 minutes each day could lead to a deeper prayer life. Of course, it doesn't have to just be our Christian life, that can be affected by a small change. It could be a physical challenge; we know we should be doing more exercise but a trip to the pool or a gym seems too much trouble, but taking just a short walk every day can be the change we need to make.

Then there is the world around us. Much of what we see or read in the news about needs at home and overseas can seem overwhelming and our resources so little but just donating one item to the food bank will make a difference to someone's life. When the world around us can seem daunting it is good to be reminded that something relatively small can make a big difference.

The resurrection of Jesus begins with the birth of a baby and the worldwide church begins with mourning women going to anoint a dead body, and a couple of dispirited pilgrims leaving their hopes behind in Jerusalem. This Easter season let's look for the little things we can do as we continue to walk with Christ.

*Craig Bowman*

## **Our Wider Community**

But I trust in you, Lord; I say, "You are my God."  
My times are in your hands; deliver me from the  
hands of my enemies, from those who pursue me. Let  
your face shine on your servant; save me in your  
unfailing love. Psalm 31:14–16, NIV

**Dear Father in heaven,** we turn to you.



Hear our longing, hear our hopes, hear our  
faith! Our future lies in your hands.  
Free each heart from discouragement  
and sadness over the many evils of the  
world. Make us free from earthly  
things, free yet bound in spirit with  
you, O God. Help us on our pilgrimage  
toward eternity. As we walk with you,  
fill us with hope that the whole world  
will see the light, for in your light alone can we find  
fullness of life. Protect us and bless us through your  
Spirit. Amen.

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

**[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 Alan  
know. Thank you.]**

## **Create a quiet space:**

*Create a peaceful space to pause, and allow yourself to feel God's presence alongside you, as near to you as your own breath. In following the reflection below, as a church we will draw closer to God and to one another as we grow in faith and deepen our sense of belonging to God.*

### **Living Compassionately:**

*"Be kind to one another, tender-hearted, forgiving one another, as God in Christ forgave you." Ephesians 4:32 ESV*

One of the most impactful ways we can share God's heart with others is by living compassionately. To show compassion is to step outside of yourself and love another in times of weakness. And to live compassionately is to posture your heart continually toward giving grace and love to those who need it most.

Very little stirs my heart to God more than compassion. When someone sees me in my imperfection and chooses to love me rather than cast me aside, my affection for them and God is automatically stirred. Oftentimes the world is too busy or self-focused to show compassion. We get too caught up in our plans, our needs, and our image to see the hurting and share God's heart. But God is calling us to a life lived humbly and sacrificially. Philippians 2:4 says, *"Let each of you look not only to his own interests, but also to the interests of others."* The world is in desperate need of compassion. People need mercy and grace when they fail, show weakness, or are experiencing hard times. God's heart is to use us that we might show mercy and grace as a reflection of his unconditional love. He's calling us to be light in the darkness that the world might see in us the compassionate heart of our heavenly Father.

It's for this reason Paul writes in Ephesians 4:32, *"Be kind to one another, tender-hearted, forgiving one another, as God in Christ forgave you."* You can forgive because you've been forgiven. You can be kind because your Father has been nothing but kind to you. And you can be tender-hearted because God was so tender in heart toward you. He was so compassionate that he gave his life to free you, empower you, strengthen you, and ground you in his grace and love.



Take time in guided prayer to receive a fresh revelation of God's kindness, tenderness, and forgiveness. Open your heart and let him transform you to be more like him. Allow his heart to become your own. And live today in response to God's love by showing compassion to others that they might know the tenderness and mercy of your heavenly Father.

### **PRAYER:**

*From over-concern for my own comfort, Save me, Lord.  
From irritation at inconvenience, Save me, Lord.  
From distress over first-world problems, Save me, Lord.  
From blindness to how I can help, Save me, Lord.  
From self-indulgence when others are in need, Save me, Lord.  
From a desire to do good so that I feel good about myself, Save me, Lord.  
Thank you, Lord, for your compassion, even when mine is lacking.*

Kindness  
is  
Magic

## Taken from 2020 Prayer Handbook

### 'Prayers from the heart'

Edited by Karen Campbell and Ian Fosten

The 2020 Prayer Handbook is made up of a mixture of prayer styles and approaches; some finely crafted material and pieces which would be readily accessible and easily used by a wide range of readers.

### Feels like home to me...

By Ian Fosten

The echoes of our morning *hallelujahs*  
have faded with the day,  
and in the thoughtful calm of  
evening  
His story mingles with our  
own.



Since not even death could  
put his living  
beyond the presence of the  
Father's love,  
by means we cannot hope to understand,  
tonight we rest - in knowing  
that wherever we are,  
whatever comes our way  
we are marvellously at home -  
known,  
held,  
loved,  
this day  
and for eternity.

### You and me, God

By Karen Campbell

When the world is tough  
I run to you.



When I am lonely and afraid  
I turn to you.

Grief-stricken and lost  
I cry to you.

When my heart is aching  
I yearn for you.

I seek you out;  
I rest in you.  
My hiding place;  
my life;  
my strength.

My love.  
My hope.

My God.



## **The Kids & Teens Pre-loved Sale on March 9th**

**raised an amazing £2366**

which means local support for all those with  
Autism, and their families can continue.

Thank you so much to everyone who helped us with the pre-loved sale yesterday. We are grateful to everyone who donated goods or money, helped set up beforehand, helped on the day, cleared up afterwards, and all those who visited and bought items. Thank you also to the wonderful Archana who ran a half-marathon and added her fundraising to the event. Thank you to Wallington United Reformed Church for always supporting us. And thank you to Jamie for coming up with the idea and helping run this event as part of his D of E.

*Bell*

# A Round Tuit

A popular poem appeared sometime in the 20th century, using the word play from the phrase "when I get around to it".

The poem reads:

*This is a round tuit. Guard it with your life!  
Tuits are hard to come by, especially the round ones.  
It will help you become a much more efficient worker.  
For years you've heard people say "I'll  
do that when I get a round tuit."  
So now that you have one, you can  
accomplish all those things you put aside  
until you got a Round Tuit.*



The Round Tuit is an object that can be used as a joke or motivational tool for anyone who procrastinates (delays and puts off tasks).

## Walk and Talk

Friday mornings.

10 am for walking.

Meet outside the first entrance for walking.

11 am for tea and cake in the Waterfall Cafe at Dobbies if you don't wish to walk.



Everyone welcome.



**CARSHALTON AND WALLINGTON ART  
GROUP**

**Spring**

**Exhibition 2024**

**May 16th – 19th**

**Thursday, Friday, and Saturday**

**10am to 5pm**

**& Sunday open from 11.40am,**

**with a break from 3.00-4.00pm**

**closing at approx 5.00pm**

**Come along to vote for your  
favourite picture.**



**Bring along a friend  
for tea/coffee and cake  
to support Action for M.E.**

# Changes

## Spring:

As the year progresses many things start to change: The length of the days, the first day of spring, the vernal equinox, has 12 hours of daylight and 12 hours of darkness. We look back at those l-o-n-g wintry evenings, and look forward into the longer, lighter evenings of Summer.

There are four seasons; Spring, Summer, Autumn and Winter. The seasons are divisions of the year which relate to the annual changes in the weather. The seasons also relate to the growth in plants and the reawakening of nature, in Spring, can be separated from the hot season when crops ripen in the Summer, or when fruit ripens and trees lose their leaves in the Autumn and then the final cold period when many plants are dormant, in the Winter.

For most of the northern hemisphere, the spring months are usually March, April and May, and so by this definition spring starts on 1 March.



Different kinds of Spring can start at different times. Looking at the astronomical calendar the first day of spring is 20 March.

The Phenological method records dates of reoccurring natural phenomena such as flowering. For meteorologists, spring starts on 1 March and runs until 31 May.

Spring is always a time of new beginnings and starting fresh. Take time to clear the clutter, clean out your closet, spruce up your room!

Look around...what has changed since you last noticed it?

Many things in the natural world develop in Spring. More flowers are in bloom. As the volume and variety of flowers grows, so too does the population that feeds on them. Influenced by the warming temperatures, the first queen bumblebees begin to emerge from their hibernation. Butterflies are also flitting around, a big change from being caterpillars and chrysalis.



More common butterflies are the small tortoiseshell butterflies, the brimstone, small white, comma and red admiral.



There are many other creepy crawlies as the weather warms up too, including beetles, spiders and ladybirds.



The first leaves and flowers of native trees are one of the surest signs that the season is changing and moving on.

How do the birds show that Spring is here? Our year-round residents can also be spotted preparing nests ready to lay their eggs. Blackbirds, blue tits and great tits are often first. Migratory birds are returning to the UK after winters in warmer climes. The Swallows arrives after travelling through France, the Pyrenees, Spain, Morocco and the Sahara on their way to the UK: covering 200 miles a day! All the way from South Africa, arriving through April and May.



The cuckoo also arrives all the way from Africa. It comes here to a single egg in the nest of another bird, most commonly the reed warbler. When the young bird hatches, it pushes out the other eggs, leaving the unfortunate mother bird to try and satisfy the insatiable appetite of just one huge chick!

Spring is a reminder that God is all about making things new.

Snow has melted. Temperatures are rising. Bright colours are replacing browns and greys. There's only one explanation:

It must be spring!



For Christians, spring is a reminder that God is all about making things new.

*"As surely as the sun rises, he will appear; he will come to us like the winter rains, like the spring rains that water the earth."* Hosea 6:3 (NIV)

Diary Dates			
<b>April</b>			
Sunday	7th	10.30am	<b>Morning service...with the Sacrament of Holy Communion...to be led by Alan Cruchley</b>
Sunday	14th	10.30am	<b>Morning service...to be led by Phil Hyde</b>
Sunday	21st	10.30am	<b>Morning service...to be led by Revd Craig Bowman</b>
Sunday	28th	10.30am	<b>Morning service...to be led by Alan Cruchley</b>
<b>May</b>			
Sunday	5th	10.30am	<b>Morning service...with the Sacrament of Holy Communion...to be led by Revd Craig Bowman</b>

**PLEASE NOTE...Articles for the May 2024 issue of Contact** should be given to Janet or Robin Willis by **Wednesday 24th April** unless a later date has been agreed by prior arrangement. Contributions are very acceptable by e-mail: [jmw321wmj @ yahoo.co.uk](mailto:jmw321wmj@yahoo.co.uk).

Sudoku Answers for March:

2	7	3	4	9	1	6	5	8
1	5	8	6	3	2	4	9	7
6	9	4	8	5	7	1	3	2
5	2	9	3	6	4	8	7	1
7	4	6	9	1	8	3	2	5
3	8	1	7	2	5	9	6	4
8	6	7	2	4	9	5	1	3
4	3	5	1	7	6	2	8	9
9	1	2	5	8	3	7	4	6

# Puzzle Corner

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

## Bible Word Search: Joshua, What a Man

Cave, Courage, Five, God, Hail, Joshua, Land, Moon, Obedient, Promise, Stones, Sun, Walls

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

## Bible Word Search: Jesus demonstrated God's Power

Blind man, God, Ground, Jesus, Light, People, Power, Promised, Prophets, Sight, Spread, Wash

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

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, column, and 3 x 3 box.

9	7			2		1		
2			4		7			
				6		5		7
	3		9		8		1	
7		4				2		8
	8		6		2		7	
5		7		9				
			7		1			9
		9		5			3	1

# EVERY WEEK AT WALLINGTON U.R.C.

## Times of Worship

**Sunday**                      10.30am                      Family Service

## Activities you can find on our Premises

**Monday - Friday 9.15am-1.15pm** *Holmwood Pre – school*

<b>Monday</b>	10.00-11.00am	Yoga
	1.00-2.30pm	Al-Anon
	2.00-4.00pm	Bananas Art
	7.00-8.00pm	Yoga
	7.45-10.00pm	Explorer Scouts
<b>Tuesday</b>	9.15am-1.20pm	Hartbeeps (mother and baby activities)
	10.00-11.00am	Pilates
	12.30-2.30pm	AA Meeting
	1.40-3.40pm	U3A Art group
	5.00-6.00pm	Rainbows
	6.00-7.30pm	Brownies (10th Wallington)
8.00-10.00pm	Epsom Downs Badminton, Winter(Sept-May)	
<b>Wednesday</b>	10.30-11.30am	Baby Massage
	7.30-10.00pm	Chess Club
<b>Thursday</b>	10.00-11.00am	Pilates
	11.00-12.00noon	Senior Movers Exercise
	1.15-3.15pm	Lace Making
	2.00-4.00pm	Ladies' Badminton, Winter(Sept-April)
	2.00-4.00pm	Fallen Angels Drama
	6.00-7.00pm	Pilates
7.25-10.00pm	Carshalton & Wallington Art Group	
<b>Friday</b>	9.30am-12.30pm	NAS Coffee morning (monthly)
	9.30am-3.00pm	Reading Fairy Sutton
	6.45-8.30pm	Guides(8th Wallington)
<b>Saturday</b>	8.30-9.30am	Fitness
	10.00-12.15pm	Zumba



## South London Tamil Church (SLTC)

SLTC invite you to join them for  
their Sunday service which starts  
at 3pm.

**Everyone welcome!**