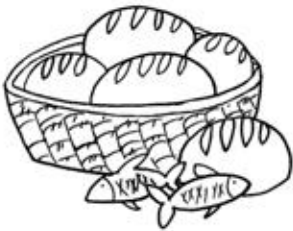


Wallington United Reformed Church



CONTACT

No. 379
May 2024

Wallington United Reformed Church



Dear Friends....

This month I want to continue our exploration of the United Reformed Church's declaration of faith as expounded in the Statement Concerning the Nature, Faith and Order of the United Reformed Church.

Over time, as people have come to understand their faith and what God has done for them, they have sought to declare that faith and make clear its implications:

We accept with thanksgiving to God the witness to the catholic faith in the Apostles' and Nicene creeds. We acknowledge the declarations made in our tradition by Congregationalists, Presbyterians, and Churches of Christ in which they stated the faith and sought to make its implications clear.

The URC has within it three traditions, and each of these traditions has from time to time drawn up declarations in which they have sought to explain their faith and what that means in practice.

The Westminster Confession of Presbyterianism is probably the best known, but Congregationalists and the Churches of Christ have made their declarations too.

In this they are only following in the footsteps, or should it be "echoing", what generations of Christians have done before them.

From almost the first days after Christ to the present time Christians have declared their faith in words that they hoped others could also speak.

The Apostles' and Nicene Creeds mentioned specifically in the Statement date from the 4th and 5th centuries.

The various statements vary in their understanding but particularly in their emphasis. In each of them Christians have sought to stress their faith in terms of what was important to them at that time, whilst affirming timeless truths. It is all a part of the growing awareness of faith, and the response to that faith.

But in all these declarations, particularly in the Western traditions, central is the Trinity.

There may be some things that can change as time goes by - the way we order the church, our forms of worship - but there are certain unchangeable things. The nature and position of God is one of these.

But, as I have said previously, to talk about God is not enough.

We gather together to praise him and worship him.

We disperse to serve Him and live for him.

It seems good to me that the first paragraph in the Statement concerning the Nature, Faith, and Order of the URC is about God, but the second is about our Christian life.

God is Father, Son and Holy Spirit, but then that Spirit enables us to live our Christian life - studying God's Word, sharing the sacraments, living our life together. Affirmation and declaration are followed by activity - Praise and Worship is followed by action.

In the same way the third paragraph is about God speaking to us through his Word, but the fourth draws attention to the fact that there are implications when he speaks to us.

Affirmation followed by activity.

Declaration followed by activity.

The URC believes most strongly that our Christian faith is not just a shell into which we can withdraw for protection and comfort but also a means and a call to be God's servants in this his world. From Worship, Praise and Adoration should follow reflection, action and service.

The Bible can be a parable for our life of faith as much as a guide and a strength. We can place it on the shelf as beautiful thing to admire and feel good about - a precious gift that we are thankful for and gaze upon with wonder. Or we can take it down each day, read it, study it, use it and discover within it truths and wonders that we didn't know were there, and find that it is an even more precious gift than we first thought.

And with our faith - it can be something that we keep for ourselves, admiring and talking about. Or it can be something we use each day, discovering within it wonders we could never have imagined, and realizing that it is the most precious gift of all.

James 1:23-25:

Whoever listens to the word but does not put it into practice is like a man who looks in a mirror and sees himself as he is. He takes a

good look at himself and then goes away and at once forgets what he looks like. But whoever looks closely into the perfect law that sets people free, who keeps on paying attention to it and does not simply listen and then forget it but puts it into practice - that person will be blessed by God in what he does.

Craig Bowman

Our Wider Community

“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.” Jeremiah 29:11, NIV

Lord Jesus, we look to you on the throne beside your Father in heaven and ask that you be Lord of peace in our hearts. Help us to overcome ourselves again and again and to remain at peace. Then your will may be done in your disciples, a power of peace may be around us that goes out into the whole world, and your name may be glorified on earth. For you are Lord of peace, and we await you. In difficult times faith and hope will take hold in our hearts all the more firmly, to your glory, Lord Jesus. For you will suddenly come according to your promise as the One who does God’s will on earth among all people. 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 quiet, peaceful space to pause, and allow yourself to feel God's presence alongside you. Each morning the United Reformed Church has a reading, reflection and short prayer which helps us to focus on our journeys of Christian discipleship.

Reading 2 Timothy 4:1-5

In the presence of God and of Christ Jesus, who is to judge the living and the dead, and in view of his appearing and his kingdom, I solemnly urge you: proclaim the message; be persistent whether the time is favourable or unfavourable; convince, rebuke, and encourage, with the utmost patience in teaching. For the time is coming when people will not put up with sound doctrine, but having itching ears, they will accumulate for themselves teachers to suit their own desires, and will turn away from listening to the truth and wander away to myths. As for you, always be sober, endure suffering, do the work of an evangelist, carry out your ministry fully.

Reflection



Paul is drawing towards the end of his life and is imprisoned yet rather than become despondent or feel sorry for himself he remains fully motivated to see more and more people hear Jesus' message. During his life and evangelistic ministry Paul has mostly worked with other people; collaboration remains important in our day. Indeed, when some looked to use him to justify their groups or disunity, he responded by writing in 1 Corinthians 1:13 'Is Christ divided?'

As my ministry has moved into its later years, I have become ever more convinced of how important it is to invest time in mentoring others. Sadly, I need to confess that at a moment when I felt especially led to do that, I allowed other stuff and expectations by others in the church to squeeze it out of my agenda – to my regret. Paul, however, had worked alongside and mentored Timothy, being constantly concerned that he be equipped and strengthened to carry on ministry and his own calling.

I was recently reminded that, at the beginning of this century, I had the privilege of co-authoring a report 'Growing up to the role and recognition of Evangelists in the URC', during my time on the URC Life and Witness Committee. It is fascinating to read this now in the context of our current reviews of church life review and special category ministry, and as we look to pioneering and creating new Christian communities: "We need to recognize the importance of giftedness: being an evangelist is not simply the exercise of a personal interest or enthusiasm, but a response to the calling and equipping of the Holy Spirit."



Our verses today remind us about the core values of an evangelistic ministry; proclamation, resilience, patience, and sharing the faith 'in season and out of season.' Finally let us remember that the vocation of all Christians to witness to God's grace and power in the gospel is not diminished by the calling of evangelists.



Prayer

God who gives good gifts
may your Holy Spirit rekindle
your gifts that are within me and your Church.
Thank you for those you have called as
Evangelists.
may you continue to raise up and equip
people of faith, integrity, and accountability,
to pioneer and reach out with your love and good
news
in favourable or unfavourable times.

May we know your wisdom and discernment
about how we communicate. Amen

Written by The Revd Eddie Boon: Thames North Synod Discipleship Enabler

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.**



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.

Unholy Meals!

By Karen Campbell

We eat our bellies full
whilst our neighbour faints from hunger.

Hot meals, on demand,
whilst some rely on charity.

Tonnes of food lost in waste
whilst children starve to death.

Untainted water from the supermarket
whilst millions yearn for water flowing from a tap.

We pile our trolleys and our baskets
avoiding the sleeping bags lying in the doorways.

We say our grace.
We give you thanks.

You gave your body.
You shed your blood.

Forgive us our unholy meals.



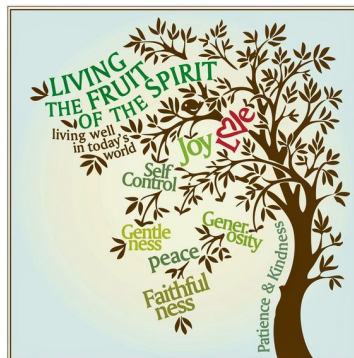
Confidence in God

Anonymous

Thank you God, for being my refuge and my strength.
Thank you for being my rock and my fortress.
Thank you that you are the 'map'
which guides me along the paths of righteousness.
I cry to you in confidence, assured of your presence.

Thank you for keeping my confidence alive.
In you, O God, my hope is secure.

God of life, joy and love,
I commend my spirit into your hands -
that joy may abound,
my life may be light,
and your love may be shared with all
whom I meet.
Amen.



WURC Force Day

Pronounced 'work-force' Day.

What is a WURC Force Day?
Well....

It is unlikely to be a whole day!

Whatever time we can spare, often 2-3 hours on a Saturday afternoon.

We, the 'Property Group', put together a list of the jobs around the premises that need doing. Some very small, some larger, some simple, some needing more expertise.

On our last WURC Force Day we spent a fair amount of time pulling out 'rubbish' ready for it to be disposed of. The basement was pretty well cleared. We sorted the books in the book cupboard, now there should only be ones that are saleable. The 'Teddy Cupboard' was cleared, tidied and rubbish removed. Loose joints on chairs were tightened, the re-arranging of notice boards and magazine holders in the coffee lounge was started.

There will be another WURC Force Day (or 2) later in the year, and there is still plenty to clear or sort out, some external work to do, as well as some bits of deep cleaning.

Something for everyone!!

Watch this space!



World ME Day on May 12th, 2024

Action for M.E. joins the global community in shedding light on the pressing issues surrounding Myalgic Encephalomyelitis (M.E.). This significant day coincides with the 55th anniversary since the World Health Organization (WHO) officially acknowledged M.E. in their International Classification of Diseases.

No Cure, No Universal Treatment

One of the harsh realities we face is that there is currently no cure for M.E., and universally effective treatments remain elusive. Individuals grappling with M.E. often endure not only the physical toll of the illness but also the stigmas that accompany it.

The charity 'Action for ME', a foundation which provides information about the condition to those diagnosed and their families. As well as conducting research into such an underfunded condition.

M.E is one of the most underfunded conditions in terms of research, despite it affecting 17 million people worldwide. There is currently no cure for the condition, and symptoms can only be managed, despite the range of severity.

This condition affects the immune and nervous systems, resulting in extreme fatigue and debilitating muscle pain. The spectrum of severity among individuals grappling with this chronic illness means each person's experience is unique.

For those effected and able to function at 80% this means they are Mildly Affected they have mild symptoms at rest, worsened to moderate by physical or mental activity. Full time study at school/ college is difficult, as is full-time work, especially if it is a crowded, noisy or busy environment. Although cope with home tuition or part-time study without difficulty.

Whereas those able to function at 60% are Moderately Affected, with mild to moderate symptoms at rest. Increasing symptoms following physical or mental activity. Daily activity very limited. Study with others or work outside the home difficult unless additional support is available (such as use of a wheelchair/quiet room for a rest period). Short (1-2 hours) daily home study/work may be possible on good days. A quiet, non-active social life can be possible.

**Please come along to the Art Exhibition and
help to raise funds for 'Action for M.E.'**

CARSHALTON AND WALLINGTON ART GROUP

Spring

Exhibition 2024

May 16th – 19th

Thursday, Friday, and Saturday

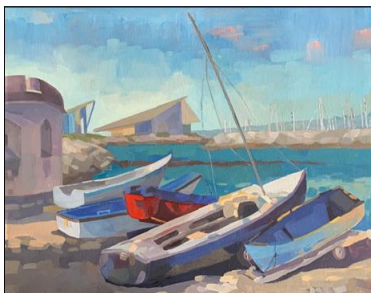
10am to 5pm

& 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.*



In 2024 year Pentecost falls on third Sunday of May

Pentecost ("the fiftieth day") is a Christian holiday commemorating the descent of the Holy Spirit upon the Apostles on the fiftieth day after the resurrection of Jesus Christ.

In Christian tradition Pentecost is a moveable feast observed exactly seven weeks after Easter Day, i.e. 50 days after Easter (inclusive, 49 + Easter). It always falls on the seventh Sunday after Easter Day.

If we take ourselves back to biblical times and try to capture the emotions of the disciples, of those who were following, of those who were listening. They had heard the crowds shout, "Crucify him!", they had watched Jesus suffer and die, they had been in despair and then they experienced the joy of the resurrection.

The day of ascension must have been wondrous and sad. Seeing Christ disappear from sight and in His place there's another promise – God's Spirit will come. And they waited. For ten days they waited and all of a sudden God's Spirit not only came upon them but moved from within them.

The Apostles began to speak in many languages and have received other spiritual gifts. The event was foretold by Jesus before his Ascension.

In Eastern churches the date of Pentecost is calculated in the same manner but it usually differs due to the use of the Julian calendar instead of the Gregorian. Pentecost is a holy day of obligation in the Catholic Church.



Christian Aid Week is celebrated in the United Kingdom on the second week of May every year.

May 12th to 18th in 2024

It is spearheaded by the charity organization Christian Aid and its objective is to provide humanitarian relief and long-term development support for poor communities worldwide, while highlighting suffering, tackling injustice, and championing people's rights.

There has been an annual door-to-door fundraising drive in Britain almost every year since 1957. A task of the thousands of volunteers is to post red collection envelopes to homes across the U.K. It is Britain's longest-running fundraising week. This is one of the many wonderful humanitarian acts in the world and all Brits are encouraged to take part in it.

Christian Aid Week has evolved through different phases before becoming what it is today. During World War II, many people were displaced from their homes and left homeless. The British and Irish churches then established an organization called Christian Reconstruction in Europe (C.R.E.) to raise funds for the resettlement of the millions of people left homeless by the war.

In 1957, Janet Lacey, the director of the organization at the time, decided to hold a Christian Aid Week to encourage public awareness. The event mobilized residents in 200 towns and villages across Britain and collected £26,000 for overseas development work. The name was then changed to Christian Aid in 1964.

In recent times, delivery-only envelopes have been used to obtain donations for Christian Aid Week. These envelopes could be brought to homes and did not require personal collection by local collectors and would be posted to Christian Aid or handed in at pre-arranged points instead. In recent times, online donations have also become favoured.

Christian Aid Week at Wallington URC:

There will be plenty of envelopes around for your donation. We will have more delivery-only envelopes for people to take for friends and neighbours, if they wish.

For your donation, please put **ONLY** cash into the envelope. We cannot pass on cheques, or gift-aid claims.

Diary Dates			
May			
Sunday	5th	10.30am	Morning service...with the Sacrament of Holy Communion...to be led by Rev Craig Bowman
Sunday	12th	10.30am	Morning service...to be led by Phil Hyde
Sunday	19th	10.30am	Morning service...to be led by Revd Craig Bowman
Sunday	26th	10.30am	Morning service...to be led by Paul Hollingum
June			
Sunday	2nd	10.30am	Morning service...with the Sacrament of Holy Communion...

PLEASE NOTE...Articles for the June 2024 issue of Contact should be given to Janet or Robin Willis by **Monday 27th May** unless a later date has been agreed by prior arrangement. Contributions are very

acceptable by e-mail: jmw321wmj @ yahoo.co.uk.

Sudoku Answers for
April:

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

Puzzle Corner

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

Bible Word Search: Elijah prays for rain

Carmel, Chariot, Cloud, Elijah, Faith, Humble, Jezreel, Persist, Rain, Servant, Seven, Storm

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

Bible Word Search: Spiritual Gifts

Apostle, Church, Discern, Faith, Giving, Healing, Helps, Mercy, Pastor, Prophet, Wisdom

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.

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

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*

Monday	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
Tuesday	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)
Wednesday	10.30-11.30am	Baby Massage
	7.30-10.00pm	Chess Club
Thursday	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
Friday	9.30am-12.30pm	NAS Coffee morning (monthly)
	9.30am-3.00pm	Reading Fairy Sutton
	6.45-8.30pm	Guides(8th Wallington)
Saturday	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!