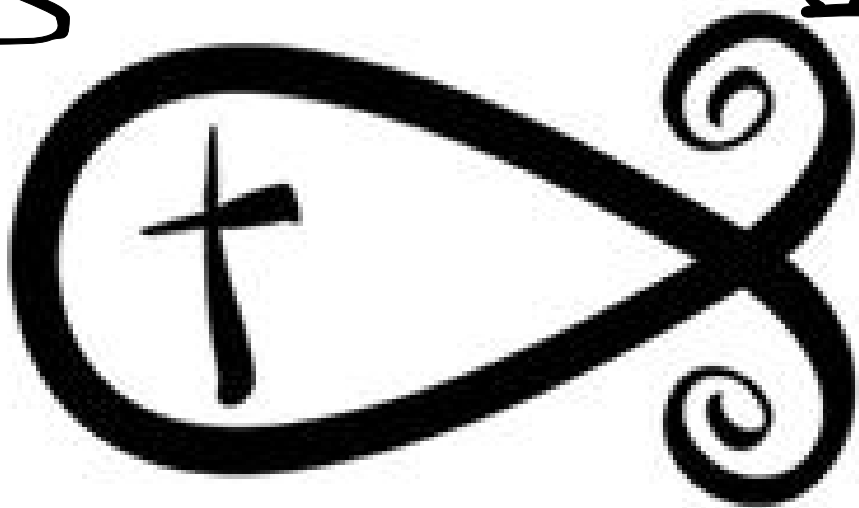


Wallington United Reformed
Church



**CONTACT
MAGAZINE**



No. 387 March 2025

Extrinsic

Did you know...

www.wurc.org.uk

is our church internet address. Look
us up sometime!

Minister:

Reverend Craig Bowman

Email: minister@wurc.org.uk

Wallington United Reformed Church



Dear Friends,

Louise and I recently spent several hours walking around the streets of the City of London, particularly the area around the Bank of England and the Royal Exchange. This was no random wandering; we were actually trying to solve a fictional crime detailed in a booklet produced Mystery Guides. The guide provides a starting point and then directions to a number of different locations where you have to solve clues so that at the end you should have found the guilty party. The clues are visual in nature, need some decoding and are not usually obvious. It was a fun way to spend an afternoon exploring streets that we didn't know that well and finding places we never knew existed, as well as being enlightened by interesting stories and historic facts through the pages of the booklet. It was a good workout for both feet and brain.

The key to solving the mystery is taking time and looking around you, including both up and down. If you rush ahead or concentrate too much on the booklet you will not only struggle to solve the clues but miss out on so many interesting objects and visual treats.

For many people life is lived at a frenetic pace, rushing from one thing to another. Modern life can seem so busy with the need to get somewhere or prepare for the next happening dominating. Finding time to look up and down to notice what is around us, seeing the unusual or the unexpected, is difficult and reflecting on what we see doesn't come easy. So, if nothing else, this is an encouragement to find time to look around you, up and

down, whether walking familiar streets or exploring somewhere new – you may discover unexpected delights and notice things you have walked past unnoticed many times before.

However we are about to enter Lent, one of the two periods of the Christian year when we are encouraged to slow down and take time for reflection. The other, Advent, comes at a time of year when things seem to get busier not slower so perhaps Lent is our best chance for reflection. Elsewhere in this magazine you will find details of our Christian Aid Lent Course which will take place online over 5 weeks and for which we hope as many as possible will join us. This may not be possible for many for different reasons so let me offer some alternatives: take time at least once a week to go for a walk and look for things you haven't noticed before; choose a Bible book (perhaps one you don't know well) to read over the Lenten period; for those who have internet access look for an online study or series of videos which explore a Biblical book or Christian theme; or come up with your own idea for a period of reflection over these coming weeks.

Enjoy your Lenten journey.

Best wishes,

Craig Bowman

It Happened In March....

5th March, 1936

The British fighter plane, the *Spitfire*, made its first test flight from Eastleigh in Southampton, which lasted eight minutes.

The aircraft was powered by a Rolls-Royce Merlin engine and entered the Royal Air Force service within the next two years.

7th March, 1876

Twenty-nine-year-old Scottish-born inventor Alexander Graham Bell patented his revolutionary new invention: the telephone.

A few days later, on 10th March 1876, Bell made his first telephone call.

8th March, 1911

International Women's Day took place for the first time – marking a global celebration of women's economic, social, and political achievements. It also marked a call to action for increased gender equality in all areas.

Purple and green are the colours for International Women's Day. Purple signifies justice and dignity and green symbolises hope.

12th March, 1999

Poland, Hungary, and the Czech Republic became full members of the North Atlantic Treaty Organisation (NATO) less than 10 years after moving from communist rule to democracy and ending their Cold War military alliances with Soviet Russia.

NATO was originally formed with 12 founding members in the aftermath of the Second World War in 1949. Its purpose was to secure peace in Europe and guard members' freedom.

Today, after eight rounds of expansion, 30 countries are members of NATO.

22nd March, 1824

The British Parliament voted to purchase a collection of paintings for £57,000 to establish a national collection of art. This marked the founding of the National Gallery in Trafalgar Square, London.

25th March, 1807

William Wilberforce's bill to end Britain's role in slave trading was given Royal Assent, after many years of campaigning.

A month earlier on 23rd February, the bill had been passed in the British Parliament to a standing ovation. The debate lasted 10 hours, with the House finally voting in favour of the bill by 283 votes to 16.

These events led to the final publication of the Slavery Abolition Act in 1833, which gave all slaves in the British Empire their freedom. William Wilberforce is remembered as the leader of the British abolition campaign.

WORLD DAY OF PRAYER

A WOMEN LED, GLOBAL, ECUMENICAL MOVEMENT



FRIDAY 7 MARCH 2025
I made you wonderful

PREPARED BY THE CHRISTIAN WOMEN OF **COOK ISLANDS**
wwdp.org.uk

1.30pm
Holy Cross Church
North Street
Carshalton

7.30pm
St Mary's Church
Beddington



Research Champion Wendy Mitchell

This is a short extract from a book about Wendy Mitchell's life after she was diagnosed with young-onset dementia at 58, used with permission © by Wendy

Mitchell, with Anna Wharton, 2019 'Somebody I used to know', Bloomsbury Publishing Plc.

If I could ask you anything now, it would be: When did you decide to leave me? When did you decide that I was to live a different life without all the bits that made me me? It's hard to remember those final experiences of things I so enjoyed, like desperately trying to catch a drifting dream the next morning. I wish I had known then that they were the last times I would do those things I loved and I would have enjoyed them all the more for knowing: the last run along deserted streets, the last batch of cakes, the last drive behind the steering wheel. Instead you sneaked out on me, you didn't tell me you were going and so I never knew you'd taken bits of me. You didn't give me a chance or warning, so I couldn't try and rescue those days. I simply discovered one day that they were gone, gone forever.

But if I had to pinpoint the moment you left, I know which day I would choose, the day I think you left me properly for the first time. Before that it had been a long goodbye: this was more like ripping a plaster off - it was fast, whipped away in a second. I looked up from my desk and you were gone, although I didn't know that then, because in that second, I had no memory of you. I had no memory of anything. It was like I had just arrived, had looked up and found myself in a place I'd never been to before, surrounded by strangers.

This day was different from any that had come before it. It was a complete blank. A black hole. It wasn't so much, What did I get up for? What was I about to do? It was Where am I? My mind was blank. My intention as confused as the speckles on the green linoleum beneath my feet....



[Wendy feels a rising sense of panic. She leaves her office, past doors and people she doesn't recognise and then she finds a stairwell and another door with a glass panel and has a sense that this would offer sanctuary. She can only remember the words of the clinical psychologist she has recently been referred to. She needs wait it out.]

...the only clarity in my mind. Just sit and hold on for the mist to clear and so I did... And then there it was. The cloud was lifting. I looked up as if I'd been dreaming. I was in the toilets at work. Of course I was.



Sheila Cruchley writes: I would recommend this book to anyone living with dementia, either their own or a loved one's, or anyone curious about what the experience might actually be like. Wendy also wrote a follow up book, which is my next read, 'What I wish people knew about dementia'.

Walk and Talk



Friday mornings.
10 am for walking.
Meet outside the first
entrance for walking.

11 am for tea and cake at Dobbies, at the Coffee Shop, often outside, if you don't wish to walk.

**Everyone
welcome.**



Lent starts on March 5th

A series of Lent Discussions has been put together to help us all to gain a deeper understanding of poverty.

Christian Aid Week will focus on **the poverty in the communities of Burundi**. Over 70% of people in Burundi face hunger and poverty every single day.

Wallington URC will hold 'Zoom' discussions, and will start at 8pm on March 12th, to run for five weeks.

March 12th 1.Prophetic: reflect on the message of the prophet Amos.

March 19th 2.Broken: what divides us, and how we can take steps towards a more just world.

March 26th 3.Generous: How can we be 'cheerful givers'?

April 3rd (Thursday) 4.Located: Jesus chose to eat with 'tax collectors and sinners'.

April 9th 5.Hopeful: Jesus uses the words of the prophet Isaiah to proclaim 'good news' to those in poverty.

Everyone is very welcome to join any or all of the discussions.

St Andrew's URC will also be holding Lent Discussions, but on a different topic.

The Colours Within



Directed by Naoko Yamada
Certificate U, 101 minutes
Released
31 January

This Japanese animated feature opens in a boarding school chapel, in which a teenage girl is praying the Serenity Prayer. In terms of real-life religious faith, this is not particularly odd; yet in terms of the movies, where any semblance of church or Christian religious life is often either excluded or painted in dark tones, it breaks the mould.

Nor does the film come, as so often in movies tackling church or faith, with the kick in the Christian teeth whereby the faith is shown to be foolish, or corrupt, or abuse-ridden, or despicable in any number of other ways. No, this just says, as part of life, worshipping God is okay. Catholicism is okay. Christianity is okay.

This girl has synaesthesia. Like the artist explored in British director Mark Cousins' compelling, recent documentary *A Sudden Glimpse to Deeper Things*, she experiences everything in terms of colours. After an art lesson, her paintings, pinned up with those of her classmates, stand out as completely different. She ponders, in

interior monologue, the fact of her seeing differently from everyone else around her.

Totsuko, who can barely play an instrument, inadvertently forms an amateur rock band with Kimi who has left the school but hasn't yet told her grandma and Rui who practices theremin and keyboards in an abandoned church in exchange for keeping it clean and tidy.

She writes a song about planets in their orbits, punctuated with 'Amen'; one of the nuns who teach at the school tells her that a song about creation, beauty and truth, could be considered a prayer. And that this applies also, when the girl poignantly asks her, to songs about sadness or suffering.

The animated drama is punctuated by Christian liturgy ('The Lord will keep you from harm') in the context of life in a religious girls' boarding school. However, there's nothing pushy or confrontational about that: it's simply presented as part and parcel of everyday life. As is the idea of kids playing in a band: as the kindly sister puts it to them, 'the guitar riff was wonderful.' This is a gentle and strangely affecting film about teenage angst, with an unexpected religious dimension.

Many thanks to URC Reform magazine for these articles and for allowing us to use them

Reflection On Palestine

This painting was created by Sliman Mansour, an artist in Palestine. His style which has come to symbolise Palestinian national identity has inspired generations of Palestinian and international artists.

Using symbols derived from Palestinian life, culture, history, and tradition, Mansour illustrates Palestinians' resolve and connection with their land. With women wearing traditional embroidered dresses, he represents Palestinian land and protest. With images of Jerusalem and the glistening Dome of the Rock, he represents the Palestinian homeland and the dream of return.



Now after they had left, an angel of the Lord appeared to Joseph in a dream and said, 'Get up, take the child and his mother, and flee to Egypt, and remain there until I tell you; for Herod is about to search for the child, to destroy him.' Then Joseph got up, took the child and his mother by night, and went to Egypt, and remained there until the death of Herod. This was to fulfil what had been spoken by the Lord through the prophet, 'Out of Egypt I have called my son.'

The Holy Family, when facing danger and death, were able to find sanctuary in Egypt. Today Palestinians wait to see if the Israeli Defence Forces will continue their relentless military action and move them from Rafah – where they were sent for safety. The border is sealed but there is speculation the Egyptians are building a pen in the desert, with no facilities, to "house" displaced Palestinians.

Safety is tantalisingly close yet impossible to get to. The Palestinian mother and child try, in vain, to get to the safety of Egypt; in this picture we also see the plight of displaced, bombed, and starved Palestinians. The woman and child are fed by the UN Relief agency – now condemned and hampered in its mission by Israel which maintains it has been used by Hamas.

Around the world ordinary people react with horror to the treatment of the Palestinians; anger, rage, and grief at the atrocities in October are now held alongside desperate emotions at the plight of the Palestinians – bombed, starved, displaced and condemned by a superior military force, possibly eager for more of their land aided and abetted by many of the world's great powers. Dissent is demonised as anti-Semitic. Games are played in Parliament to spare the blushes of politicians who should know better; vetoes are wielded in the UN to stop even the mildest criticism. A weak archbishop won't meet a Palestinian pastor because he doesn't like the company the pastor keeps. Meanwhile mothers and their children are left to their plight.

Palestinian artists who depict Jesus as Palestinian have been sharply criticised yet art, like theology, pushes boundaries and offers new understanding. Jesus can be authentically depicted in many ways; he identifies with Jew and Gentile, male and female, slave and free, Israeli, and Palestinian. Yet depiction is not enough; art, like theology, must lead to action. Jesus, told us, after all, to recognise him in the least.

Jesus personifies the poor, forsaken, homeless, hungry, thirsty, and naked. In today's world Jesus is to be found in many places but not least with the millions of Palestinian refugees seeking to find shelter and safety – as once his parents found refuge in Egypt.

*Many thanks to URC Reform magazine for
these articles and for allowing us to use them*

Taken from 2021 Prayer Handbook

'hidden in plain sight'

Edited by Francis Brien and Michael Jagessar

The 2021 Prayer Handbook is made up of a mixture of prayer styles and approaches. We live in a world of distractions. Information overload disables our sense of perception. What is right before and around us can seem so far away, even non-existent. We hope that these prayers, inspired by God's Spirit will lead us to discern God's goodness at work, extending far beyond our sight and imagination.

Another chance

By Melanie Smith

As Adam and Eve ate their way out of paradise,
you gave them the chance to till and grow.
As the earth was filled with violence,
you gave Noah the chance to fill the ark.
As Sarah grieved over her barrenness,
you gave her the chance of new life.
As the king of Egypt looked to stymie the Hebrew people,
you gave the midwives the chance to frustrate pharaoh.
As the Hebrew people fell into dishonour and disobedience,
you gave them another chance to pick themselves up.
As Solomon asked for an understanding mind,
you gave him the chance to have great wisdom.
As Naaman demanded a miracle fitting his status,
you gave him the chance to wash in a dirty backwater.
As Isaiah's lips burnt with fiery coals,
you gave him the chance to burn for justice.
As Peter deserted Jesus and fled the garden,
you gave him the chance to be fed on the beach.

As we fail to produce the crop you cultivate in us,
you give us the chance to flower and fruit.

Ask, seek, live

By Simon Peters

Ask and it shall be given to us. Seek and we shall find.
Lord, what should we look for?

If we ask for the earth we shall have it,

but why would we want it?
If we seek riches and gems they shall be ours,
but what can we do with them?
These will wither and decay.

You make it clear and simple, Lord.
In prayer we may not boast or curse
or ask for things we like or want.
Rather we must hallow your name,
bring about your kingdom,
 asking for sustenance,
 seeking forgiveness,
 looking for repentance and guidance.
For only these things can truly bring us life,
health and peace.

These we ask and seek,
in your name and for your glory.

London Marathon April 27th 2025

Liam Porter will be running in the London Marathon to raise money for the British Heart foundation.

Please go to:

https://www.justgiving.com/page/liam-porter-1727375933984?utm_medium=FR&utm_source=EM

Liam says: Thank you for taking the time to visit my page on Just Giving. For anyone who doesn't know me. My name is Liam and I am 35 years old. This will be my second time of running the London Marathon.

I have chosen to run the marathon again in 2025 in memory of my sister Jo who died very suddenly in 2023.

Jo came to watch me on run my first marathon and was my biggest supporter and I know that she will be with me this time.

The British Heart Foundation is an amazing foundation is an amazing foundation that does exceptional work and I am honoured to be running the marathon for them.

If you are able to make any donations, I would be truly grateful.

| Diary Dates | | | |
|-------------|------|---------|--|
| March | | | |
| Sunday | 2nd | 10.30am | Morning service...with the Sacrament of Holy Communion...to be led by Revd Craig Bowman |
| Sunday | 9th | 10.30am | Morning service...to be led by Rev Dr Michael Jagessar |
| Sunday | 16th | 10.30am | Morning service...to be led by Revd Craig Bowman |
| Sunday | 23rd | 10.30am | Morning service...to be led by Mark Dennis |
| Sunday | 30th | 10.30am | Morning service...to be led by Revd Craig Bowman |
| April | | | |
| Sunday | 6th | 10.30am | Morning service...with the Sacrament of Holy Communion...to be led by Revd Craig Bowman |
| Sunday | 13th | 10.30am | Morning service... |

PLEASE NOTE...Articles for the April 2025 issue of Contact should be given to Janet or Robin Willis by **Tuesday 25th March** unless a later date has been agreed by prior arrangement.
Contributions are very acceptable by e-mail: jmw321wmj @ yahoo.co.uk.

Sudoku Answers for February

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

Puzzle Corner

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

Bible Word Search: The Creation

Animals, Birds, Darkness, Fish, Flowers, Garden, Land, People, Sky, Stars, Sun, Trees, Waters

Bible Word Search: Workers in the vineyard

Complain, Envy, Fair, Generous, Grapes, Hire, Jesus, Last, Parable, Pay, Vineyard, Wage

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

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.

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

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 |
| | 7.00-9.30pm | Pilates (two classes) |
| 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 (fortnightly) |
| | 5.00-6.00pm | Rainbows(1st South Wallington) |
| | 6.00-7.30pm | Brownies (10th Wallington) |
| | 8.00-10.00pm | Epsom Downs Badminton, Winter(Sept-May) |
| Wednesday | 10.00-11.30am | 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!