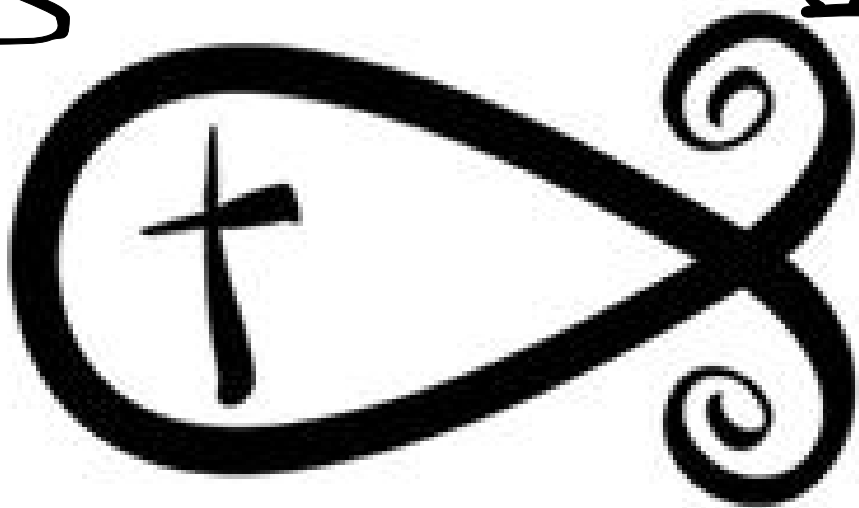


Wallington United Reformed  
Church



# ***CONTACT MAGAZINE***



No. 392

September 2025

*Extrinsic*

Did you know...

**[www.wurc.org.uk](http://www.wurc.org.uk)**

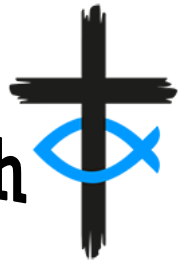
is our church internet address. Look us up sometime!

Minister:

Reverend Craig Bowman

Email: [minister@wurc.org.uk](mailto:minister@wurc.org.uk)

# Wallington United Reformed Church



Dear Friends....

It's September and the Summer is drawing to a close. We may yet have warm sunshine and settled weather for a few days or even a week but the time when we might experience wall-to-wall sunshine and soaring temperatures is probably past. 'Phew' say many as they have found the heat-waves we experienced over the past couple of months very uncomfortable. These were temperatures we are not used to experiencing regularly, or even occasionally, here in England and across much of Europe the picture has been even worse. For most people this is a clear sign of the challenge of Global Warming which will increasingly affect our weather and that of much of the world, particularly in places where the resources and infrastructure are far less able to cope with it than we are here in the developed West. However it raises the question, 'what does the future hold?'

September is also a time of change and uncertainty for those in school and beginning college or university. Some have moved from primary school to secondary school – going from the eldest and most experienced to being the youngest and freshest; some have now taken their GCSEs and are beginning A' Level courses, either in the same school or moving to a new school or college; others, having dealt with A' Levels this Summer are now embarking on courses at university or college, or entering full-time employment for the first time; and others, having completed their degree or other qualification are now beginning that new job or looking for it. It certainly raises the question, 'what does the future hold?'

Although people can retire at any time of the year, Summer and the end of the academic year, which has influenced lives for decades, can be the time when the decision is made to put aside the

routine of working life and choose a future when you stop getting paid for the work you do. Friends of mine have retired this Summer and are now exploring what lies ahead and wondering, 'what does the future hold?'

This is a time when many are wondering about the future. Some approach it with excitement, seeing opportunities and possibilities; others face it with dread, fearful of change and changes to the established way of life they have known for the past few years or even decades.

Here I am reminded of something I heard several years ago but can't recall exactly where: 'I don't know what the future holds but I know who holds the future.' This is a reminder that for us, the people of faith, that despite uncertainty (with which everyone lives) there is one who is acutely aware of what we will face – one who will support and encourage us, and challenge us, as we journey into that future.

However in more recent years I have understood it in another way too. It is not just one who holds the future but one who holds us in the future. In what lies ahead of us, be it a change of school, exams to be passed, courses to be chosen, jobs to be found, retirement to be embraced, health to be grappled with, we are always held by the one who knew us before we were born, has been by our side ever since and will continue to be with us to the grave and beyond.

Whatever the future holds for you take time to remember that you are held, not just by those close to you who love you, but by one who journeys with you into the future – in times of excitement and fear, hope and worry, health and frailty, newness and staleness. For underneath are the everlasting arms.

*Craig Bowman*

## Community News

We remember all the young people who are moving forward in their education; to those who have received their exam results, others who go forward into the new academic year, to those going into new classes, or new schools. For them all it is a new term, which gives them a chance to make new friends and enjoy the start of a year brimming with new experiences and unforgettable moments.



We all know how quickly children grow out of school uniforms and how expensive it can be to buy them. **Sutton Children's Services have a free school uniform shop to support families in Sutton with children aged 4- 19 years.**

There is no criteria for our service and anyone with a child who needs a uniform can contact them regardless of income.

They are currently requesting good quality school uniforms, particularly current logoed uniform. To find out what they are currently accepting please email at [suttoncommunityuniform@sutton.gov.uk](mailto:suttoncommunityuniform@sutton.gov.uk).

The uniform shop is based at:

Tweeddale Children's Centre, Tweeddale Road, Carshalton, SM5 1SW

It is open 09.30-16.30pm. Please contact them at [suttoncommunityuniform@sutton.gov.uk](mailto:suttoncommunityuniform@sutton.gov.uk) to book an appointment.

Can Sutton help in other ways?

You may be eligible for help from the government with the cost of your childcare.

Working parents can get up to £2,000 government support per child per year towards their childcare costs. Get more information from [GOV.UK](https://www.gov.uk) on Tax-Free Childcare

## A time of prayer

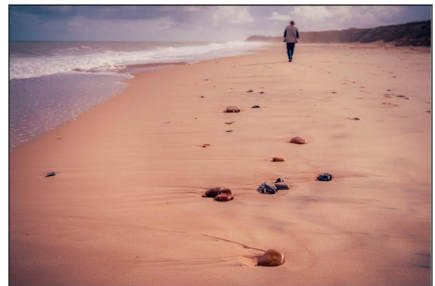


Turned almost to shadow against the heavenly light, a farming couple stop work for evening prayer when summoned by the bell. *L'Angélus* by Jean-Francois Millet, named for the thrice-daily prayer, is on display as part of Millet: Life on the land at the National Gallery from 7 August until 19 October.

---

### 'Walking with Jesus has been the heartbeat of my years'

I well remember the day I was converted. To natural gas. It was a purely mechanical process. New valves and burners and so on were fitted to cookers and heaters. Once the job was done, the engineers left your house and moved down the street. You were fixed. No further effort required.



Conversion to Christ is a little more complicated. I am one of those people who can name the day that faith dawned personal. I was 19, and had been challenged by the faith and character of Christian friends I met at university. My own churchgoing before that point may have given me much, but it hadn't taught me much about the personal impact of the cross of Christ. Then the penny dropped – I started trusting what I had never quite grasped. Jesus died for me. Jesus is alive.

Church services, prayer, scripture. Even the sky might have been a little brighter and bluer than before. The years come and go, and I have gone forward from that stage in life. But I have never wanted to go back on it, to undo the changes of that turning point.

What has helped me with the journey? Many Christian friends – perhaps a few of them reading this now. Family love. Church: we can occasionally exasperate each other in Church life, but I still wouldn't want to be without it and its people.

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

# Noah's Ark

Everything I need to know, I learned from Noah's Ark.

ONE: Don't miss the boat.

TWO: Remember that we are all in the same boat.

THREE: Plan ahead! It wasn't raining when Noah built the Ark.

FOUR: Stay fit. When you are 60 years old, someone may ask you to do something really big.

FIVE: Don't listen to critics, just get on with the job that needs to be done.

SIX: Build your future on high ground.

SEVEN: For safety's sake, travel in pairs.

EIGHT: Speed isn't always an advantage. The snails were on board with the cheetahs.

NINE: When you are stressed, float a while.

TEN: Remember, the Ark was built by amateurs, the Titanic by professionals.

ELEVEN: No matter the storm, when you are with God, there's always a rainbow waiting.



Many people walk in and out of your life...but 'Friends' leave footprints in your heart.

## **Prayers of Life and Death**

Recently the URC Daily Devotions included some information about the URC's position/response to the Assisted Dying bill that is currently making its way through Parliament. It provides some background to the URC's position and Rev Andy Braunston (Minister for Digital Worship) has provided some prayers to help. The Elders felt that this should be offered as a resource to all within our congregation. The URC offers these prayers, to help congregations navigate issues around Assisted Dying as they are discussed by legislators across these islands:

- The Isle of Man allows Assisted Dying, Jersey is in the latter stages of legal preparation for this;
- the Scottish Parliament is working on detailed legislation with a bill passing Stage 1;
- the House of Commons has passed a bill which would allow Assisted Dying in England and Wales and is now being sent to the House of Lords for scrutiny.

The United Reformed Church's General Assembly last discussed this in 2007, resolving:

General Assembly affirms the report Assisted Dying, as encapsulated in the following statements:

1. As Christians, we regard all human life as being God given, and therefore precious; we believe that death is not the end and we have faith that there is a more perfect life to follow.
2. We recognise that there is a time to die and that there are circumstances in which it will be wrong to continue to provide treatment designed to prolong life.
3. We recognise that some palliative treatment for the terminally ill, makes the patient more comfortable and pain free, but can also hasten death. We believe this to be acceptable, as long as the intention of the treatment is pain relief and comfort of the patient.
4. We could not support legislation that would empower medical staff to intervene in ways which deliberately seek to assist a patient to die. We would therefore oppose any change in the law to permit voluntary euthanasia or assisted suicide.



5. We believe that a Living Will or Advance Directive which has been prepared by a patient of sound mind, can be helpful for carers and relatives; however, we do not believe such a document should be used to facilitate a person's death.
6. We believe that additional resources are needed to provide more uniformly available and more high quality palliative care.
7. We recognise the valuable contribution made by carers. We express our prayerful support for those who work in, and promote, hospices and others who care, befriend, and provide support for the dying.

### **I'm Confused Lord**

I'm confused Lord and don't know what to say;  
I grew up believing in the sanctity of life,  
that You command us not to kill, and that life is always worth  
living...

...but if I was in pain with little hope of respite,  
or one I loved was living in unimaginable agony,  
I'd want that pain to stop.

I'm confused Lord and don't know what to say,  
all these difficult choices but they can't properly fund hospice  
care,  
there's always money for bombs though...

...but surely good end-of life care is a prerequisite of a decent  
society?

We live our lives as if there's nothing else to come,  
clinging to it, forgetting it's possible to have a good death.

I'm confused Lord and don't know what to say,  
I'd not want to be a burden when my time comes,  
I'd not want to cling on seeking every medical intervention  
when it was time to go...

...but I'd not want to be despatched more quickly so the will  
can be read!

I'd not want to be pressurised to die to save the State money,  
nor be seen as dispensable.

I'm confused Lord and don't know what to say,  
disabled friends are frightened - fearing their lives will be seen  
as less worthwhile,  
doctors and nurses are trained to save life not to kill ...

...but saying "thou shalt not kill" seems judgy,  
to urge for better palliative care seems unrealistic,  
and to oppose social trends seems hard.

So, help me Lord, in my confusion,  
and give me ears to hear  
and words to say. Amen.

## Walk and Talk



Friday mornings.  
10 am for walking.  
11am for a cuppa

We're often at Dobbies or Oaks  
Park and sometimes elsewhere. Please  
Ring Sheila on 07905 301309 for the day's plan if you  
would like to join us for  
Walking and/or Talking.



**Everyone  
welcome.**





WORLD'S BIGGEST  
**COFFEE**  
MORNING

**MACMILLAN**  
CANCER SUPPORT  
RIGHT THERE WITH YOU

# Elles House, Shotfield

will be supporting

## Macmillan

with an afternoon of  
coffee and cake on

### Wednesday 15th October.

Please come along for tea and  
coffee, cakes and a Tombola

## From 3.30pm

## Everyone Welcome!

Please speak to Mollie for further details, or to offer  
any donations or help.

## **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.

### **Manna - what is it?**

By Tim Yau

Provider God,  
for frozen, filleted and packaged,  
baked, boiled and breaded,  
farmed, smoked and netted -  
**for this food we give you thanks.**

For fresh, juicy and ripe,  
all colours, smells and type,  
from far flung nations bright—  
**for this food we give you thanks.**

For warm, floury and sliced,  
buttered, toasted or iced,  
by smell we're all enticed -  
**for this food we give you thanks.**

**When we have eaten and are satisfied,  
we praise you, Lord, for all you provide.**

## **Preserving faith**

By Ruth Maxey

O God, you know the deepest longings of our hearts,  
you know the words before they are formed on our lips.  
We bring before you our troubled world.  
Throughout the ages there have been faithful witnesses,  
persecuted because of their belief in you.  
Still today there are people who are tortured and killed  
because they proclaim the name of Jesus,  
and others who live lives of fear because of their faith.

### **Surround them with your love and protection.**

We pray for people of other faiths and creeds  
who are persecuted,  
for those who suffer violence  
because of their sexuality, gender or race,  
for all who live their lives in the shadow of fear'

### **Surround them with your love and protection.**

May we be faithful to you,  
when the road is hard,  
the hill is steep  
and the mountain top is lost in mist.  
May we keep our eyes upon Jesus,  
our companion on the road,  
who walked the path before us  
and guides us on our way.  
May we run the race,  
climb the mountain  
and stay true to our saviour Jesus.

## ***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.*

## **Church Related Community Work [1]**

### **St Mark 7:24-30**

From there Jesus set out and went away to the region of Tyre. He entered a house and did not want anyone to know he was there. Yet he could not escape notice, but a woman whose little daughter had an unclean spirit immediately heard about him, and she came and bowed down at his feet. Now the woman was a Gentile, of Syrophenician origin. She begged him to cast the demon out of her daughter. He said to her, 'Let the children be fed first, for it is not fair to take the children's food and throw it to the dogs.' But she answered him, 'Sir, even the dogs under the table eat the children's crumbs.' Then he said to her, 'For saying that, you may go—the demon has left your daughter.' So she went home, found the child lying on the bed, and the demon gone.

### **Reflection**

I'm sure in your life you have gone into a community or situation with preconceived ideas, and as you have begun to enter into conversations and build relationships you have discovered that perhaps what you had been told isn't the case, your understanding of things being transformed, possibly even promoting you to some kind of action.

Ann Morisy in her book 'Beyond the Good Samaritan' talks of this approach as being not only something that is central to community development, but also community ministry. It is something that we see in Jesus' encounter with the Syro-Phoenician woman; her reply to his question brought reflection and a change to his understanding. The use of story and questions is a technique that we see Jesus use in his ministry to help people reflect, and understand how things can be different. Dialogue is an empowering way to help challenge us to promote justice and concern for others.

What prompts our conversations to bring about this change of understanding can vary and will be relevant to the community in that time and place. These discussions can come about from a news story, a piece of music or a picture...the list could go on. It is these discussions that can bring about questions and reflection for people and communities, enabling us to change our understanding, but they can also empower communities into action to bring about change for both the development worker and community.

During my time in post, I have learnt through conversations how important the Church building is to the community. It is one of the few places that exist for groups and events; the community does not want to lose it. Discussions with both the congregation and our partners have resulted in making the church garden a place the community can come together and enjoy again. It maintains the building as a safe place, empowering the church to keep the building safe and open and, in turn, to hopefully empower the community to transformation.

### ***Prayer***

*Lord, we live in a divided and unfair society,  
we know the world is not as you would want it to be.  
We ask forgiveness for those times  
we have benefited from discrimination  
and for the insight to see  
the systems and structures that perpetuate it.  
Help us, Lord, to be part of the solution,  
in the Church and in the world  
Amen*

### **Today's writer**

*Andy Littlejohns is a Church Related Community Minister  
at Chorley URC, Lancashire*

The background of the entire image is a rustic, white-washed wooden plank surface. Scattered across this surface are various autumn-themed items: several red and yellow apples, two large yellow pears, several chestnuts, and various autumn leaves in shades of orange, red, and yellow. A single yellow daisy flower is also visible near the top left. The text is overlaid on the right side of the image.

# Harvest Festival

**Sunday**

**October 19th**

**We will be  
supporting the  
Sutton Women's  
Centre.**

**They would  
welcome biscuits  
and toiletries, as  
well as fresh  
produce, tins, and  
packets... please  
watch for more  
details.**



Diary Dates			
September			
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 Rev Dr Charissa Hunter-Crump</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 Phil Hyde</b>
October			
Sunday	5th	10.30am	<b>Morning service...with the Sacrament of Holy Communion...to be led by Revd Craig Bowman</b>
Sunday	12th	10.30am	<b>Morning service...to be led by Rev Leonora Jagessar -Visser't Hooft'</b>
Sunday	19th	10.30am	<b>Morning service...with include our service for Harvest Festival, to be led by Revd Craig Bowman</b>

**PLEASE NOTE...Articles for the October 2025 issue of Contact** should be given to Janet or Robin Willis by **Wednesday 24th September** unless a later date has been agreed by prior arrangement.  
Contributions are very acceptable by e-mail: jmw321wmj @ yahoo.co.uk.

Sudoku Answers for  
July/August

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

# Puzzle Corner

## The Underground Game

Find the name of a London Underground Station for each of these clues. (Answers next month)

1. Letter to the Corinthians 

---
2. Longest reign 

---
3. Anyone for Tennis? 

---
4. Seven Husbands for 

---
5. In the Hops Country 

---
6. New Street for 

---
7. Egg Shaped 

---
8. Pillar of stone 

---
9. Timber Ashes 

---
10. Arms Dump 

---
11. Up the Wrong Tree 

---
12. H<sup>2</sup>O for a Laurel 

---
13. Over the Eyes 

---
14. Botanical Bliss 

---
15. A Messenger of God 

---

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

## Bible Word Search: How God speaks

Angels, Bible, Birds, Dreams, Family, Flowers, Leaders, People, Prayer, Spirit, Visions

## Bible Word Search: Judges

Caleb, Deborah, Gideon, Jephthah, Joshua, Jotham, Judah, Kenaz, Midian, Samson, Sisera

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

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			2		6	4
1			9	4			3
	2	3		7		9	
7				3			5
	5		1	7	4		
6		9	4	5			2
	8			9		2	
3			5		6		8
	6	2			3	5	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
	7.00-9.30pm	Pilates (two classes)
<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 (fortnightly)
	5.00-6.00pm	Rainbows(1st South Wallington)
	6.00-7.30pm	Brownies (10th Wallington)
<b>Wednesday</b>	8.00-10.00pm	Epsom Downs Badminton, Winter(Sept-May)
<b>Wednesday</b>	10.00-11.30am	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!**