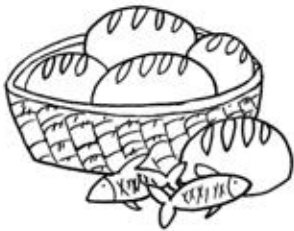


Wallington United Reformed Church



CONTACT

No. 376

February 2024

Wallington United Reformed Church



Dear Friends....

As in many years the month of February sees us entering Lent and this year Ash Wednesday falls on February 14th. Not only does this mean that some people will need to balance the start of Lent with a desire to treat their loved one to a special occasion, but also that Lent will be with us very soon. We are therefore about to start a journey we make every year, which will end in Jerusalem in a time of great darkness and despair, but which stuns the world with the real ending, which is actually a great new beginning. The days of Lent are not just a countdown to Holy Week and Easter but recognise the 40 days that Jesus spent in the wilderness grappling with temptation and the purpose in his life.

As in past years we will be following a Lent course and this year we are going to be using *Christ and the Chocolaterie* by Hilary Brand which is inspired by the film *Chocolat*, which was in turn based on the bestselling novel by Joanne Harris. Although Hilary Brand's book was first published 20 years ago it has been revised and updated for 2024. Each session uses extracts from the film, Bible passages, discussion and more, to explore issues about God, the world and what it means to be human. The five session themes are:

- Giving up – the prelude to change;
- Giving out – the power of a gift;
- Getting wise – the possibility of change;
- Getting real – the power of acceptance;
- Growing up – the process of change.

It may seem strange to be focussing on chocolate when many people will be seeking to give up the confectionary but, for those who haven't seen the film or read the book, chocolate in Lent is one of the things that comes up.

The group will meet via Zoom at 8pm on Tuesday evenings – the 20th & 27th February and the 5th, 12th & 19th March. If those dates don't work for you or you prefer an in-person meeting I will be running a group at St Andrew's on Friday afternoons at 2pm and you would be welcome there.

In the past these groups have proved to be enjoyable and they have been beneficial for individuals and for us as a church.

Whether you are giving up chocolate or not this Lent I hope the journey through these dark days of Winter as we move into Spring will be a time of discovery and growth.

Craig Bowman

In 2023 Lent starts on February 14th

A series of Lent Discussions, *Christ and the Chocolaterie* are planned around the film 'Chocolat'.



Details are yet to be worked out although it is likely that Craig and Phil will share the sessions which will run for five weeks.

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

St Andrew's URC will also be holding the Lent Course on a Friday afternoon. If you cannot join the 'zoom' discussion, maybe you could join the discussion at St Andrew's. Again, everyone is very welcome to join any or all of the discussions.

Our Wider Community

2024, a New Year with New Year Resolutions.

A New Year's resolution is a tradition, most common in the Western World but also found in the Eastern World, in which a person resolves to continue good practices or accomplish a personal goal at the beginning of a calendar year.

The practice of New Year's resolutions might be one of our longest-running traditions. History credits the Babylonians with making the first annual resolutions each year as a part of a twelve-day ceremony.

Four thousand years later, many of us are still resolving to make this year the one that we.....quit bad habits.....change our lives for the better..... BUT failing to keep our New Year's resolutions is almost as much of a tradition as making them.

Social connection is important for our mental and emotional health. Try to make time once a week to connect with a friend or family member just to say 'Hi'.

New Year's Day marks the end of the winter holiday season, which is traditionally marked with lots of food and gifts. Make the most of this goodwill and share what you can with someone who would appreciate a gift. Often, the most valuable contributions you can make don't cost anything at all.

Create a kindness habit. Take on a kindness challenge and do something for others every day. This could become the easiest resolution to keep.

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.]

Taken from 2020 Prayer Handbook

'Prayers from the heart'

Edited by Karen Campbell and Ian Fosten

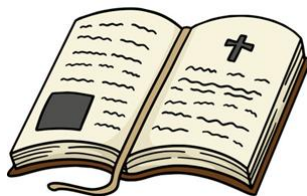
The 2020 Prayer Handbook is made up of a mixture of prayer styles and approaches; some finely crafted material and pieces which would be readily accessible and easily used by a wide range of readers.

Beyond darkness, light and hope

By Ian Fosten

The prophet Isaiah foresaw a time of trouble and darkness looming for the people of Judah. Yet through and beyond the darkness he saw hope...

The people who walked in darkness shall see a great light



Trouble and darkness are no strangers to ourselves or to people and places with which we are familiar. In our helplessness and fear we remember that...

The people who walked in darkness shall see a great light

In quietness, let each of us hold before God such people and places whose struggle and fearfulness today weigh heavily upon our hearts...

The people who walked in darkness shall see a great light

God, who in Jesus is our life,
our light and the salvation of all,
accept our prayer
and accept too the service of our lives.

Laying it down

By Julian Sanders

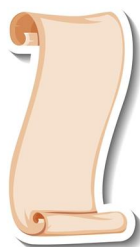
Lord God,
we come today
to worship you and
lay our gifts before you.
Yet we know the differences

remain unreconciled amongst us.
Your Word reminds us
that each word spoken,
each relationship made,
and every human life,
matters in your eyes.



Let us lay down all that divides us
so that we may worship you in truth.
Open our eyes to the things you require of us
that when we go out to our daily living
we may be true to our words,
and put into action the things
we have heard and spoken today.

Could YOU help??



Do you ever look along the front view of the church?
Do you see the posters, adverts, pictures?

I took on the job of keeping the posters at the front of the church tidy, refreshed, and hopefully topical (when possible), about 10 years ago(2014).

As I do have 'bigger' jobs with the Lettings and Contact...I wondered if this, the start of 2024, could be a good time to step away from the posters ...

We do have a number of posters (which could be stored at church) to choose from, with some backing papers. They are held on to the boards by magnetic tape (some new tape is available for use), plus a list of posters and sizes...

Do you ever notice the outside displays of other churches?

What makes you look at them?

Do they look welcoming, or tatty, and 'unloved'?

Could we use some new ideas...a new view (a younger view?) on what we show to the passers-by...

The job is not arduous, and takes about 10-15 minutes approximately once a month...



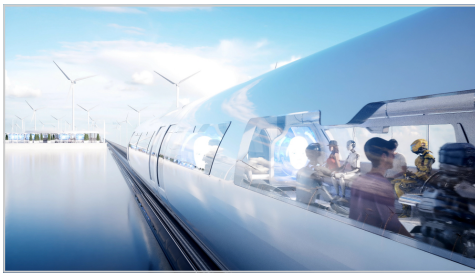
Janet

Please speak to Alan or Janet if you can help.

2024

As we go through 2024, please let us know your thoughts, impressions, perceptions, opinions and beliefs of the year as it progresses.

2024 (MMXXIV) is the current year, and is a leap year starting on Monday of the Gregorian calendar, the 2024th year of the Common Era (CE) and *Anno Domini* (AD) designations, the 24th year of the 3rd millennium and the 21st century, and the 5th year of the 2020s decade.



How many of us, way back when, thought that the year 2000 was w-a-y in the future, and now...here we are... almost a quarter of the

way through the 21st Century!

21st Century...flying cars, hypersonic travel, hyper-loop trains, helpful robotics, easy space travel and other imagined ways of travelling...but did we really think the Channel Tunnel would exist? Or that Concorde would NOT be around?

Space travel has given us a wealth of knowledge which has in turn helped us create inventions and technologies that have made human life easier and helped us learn more.

Camera Phones: In the 1990s a team from the Jet Propulsion Laboratory (JPL) worked to create cameras small enough to fit on spacecraft and with scientific quality. A third of all cameras contain this technology.



Scratch Resistant Lens: The Lewis Research Centre attempted to develop diamond-hard coatings for aerospace systems later creating a technique that was developed and patented for just that purpose.

CAT Scans: A space program needs a pretty good digital image, the JPL played a lead role in developing this technology which in turn helped create CAT scanners and radiography.

LEDs: Red LEDs are being used in space to grow plants and heal humans on Earth. LED technology used by NASA has contributed to the development of medical devices such as WARP 10. [The WARP [Warfighter Accelerated Recovery by Photobiomodulation] 10 is a high-intensity, portable LED unit intended for treatment of chronic pain by emitting energy in the near-infrared (IR) spectrum.]



NIKE Air-Trainers wouldn't exist if it weren't for suit construction technology developed by NASA. It was a former NASA engineer that first pitched the idea.



Foil Blankets: These metallic sheets which are now used on Earth in extreme temperatures, evolved from a lightweight insulator NASA developed to protect spacecraft and people in space.

Ear Thermometers: NASA and Diatek developed an eight ounce aural thermometer which uses infrared astronomy technology to measure the amount of energy emitted by the ear drum.



Answers to the Christmas 'Fun' Questions!

What did the other reindeer not let Rudolph do because of his shiny red nose?

Join in any reindeer games

How many ghosts show up in *A Christmas Carol*? **Four**

What do people traditionally put on top of a Christmas tree?

An angel

Which real-life person is Santa Claus based on?

The Christian bishop St. Nicholas

In the movie *It's A Wonderful Life*, what happened every time a bell rang?

An angel got his wings

What words follow "Silent Night" in the song?

Holy Night

Which Hollywood actor played six different roles in *The Polar Express*?

Tom Hanks

Which country did eggnog come from?

England

Which country started the tradition of putting up a Christmas tree?

Germany

Visions of which food danced in children's heads as they slept in the poem "'Twas The Night Before Christmas?"

Sugar Plums

Getting Ready for Easter

Maundy Thursday:

8.00pm Joint service with St Andrew's, at Wallington URC, led by Rev Craig Bowman.

Good Friday Happening:

10.00am All welcome to join us at Wallington URC for craft, flower arranging, singing, setting up the Easter Garden, and (of course) hot-cross buns.

Easter Day: 31st March

10.30am Easter Day Service to be led by Rev Craig Bowman.



Diary Dates			
February			
Sunday	4th	10.30am	Morning service...with the Sacrament of Holy Communion...to be led by Revd Craig Bowman
Sunday	11th	10.30am	Morning service...to be led Dr Alan Cruchley
Sunday	18th	10.30am	Morning service...to be led by Revd Craig Bowman
Sunday	25th	10.30am	Morning service...to be led by Phil Hyde
March			
Sunday	3rd	10.30am	Morning service...with the Sacrament of Holy Communion...to be led by Revd Craig Bowman

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

Sudoku Answers for
December/ January:

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

Puzzle Corner

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

Bible Word Search: The Legacy of Two Brothers

Alive, Angry, Arise,
Art ever, Belly,
Brother, Citizen,
Commandment,
Dancing, Dead,
Devoured, Entreated,
Famine, Father,
Fatted calf, Fields,
Found, Friends, Glad,
Harlots, Heaven,
House, Kid, Kissed,
Lost, Meet, Merry,
Music, Older, Riotous
living, Robe, Servant,
Sinned, Sons,
Substance, Swine,
Transgressed, Want,
Wasted, Worthy,
Younger

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.

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

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-May)
	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!