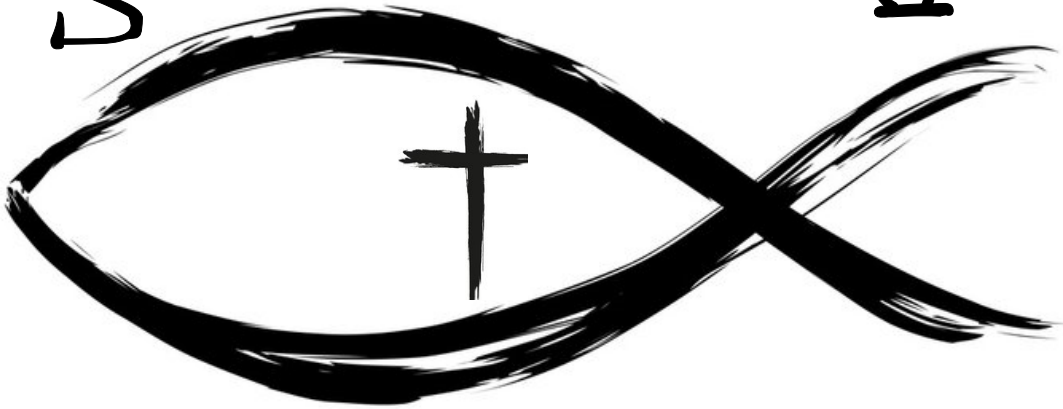


Wallington United Reformed
Church



**CONTACT
MAGAZINE**



No.401 July/August 2026

Extrinsic

Did you know...

www.wurc.org.uk

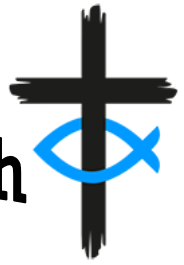
is our church internet address. Look us
up sometime!

Minister:

Reverend Craig Bowman

Email: minister@wurc.org.uk

Wallington United Reformed Church



Dear Friends....

From time to time over the last few years I have taken the opportunity to reflect on the Statement Concerning the Nature, Faith and Order of the United Reformed Church which we are required to read at all ordinations and inductions. This month I want to reflect on the final section:

We affirm our intention to go on praying and working, with all our fellow Christians for the visible unity of the Church in the way that Christ chooses, so that people and nations may be led to love and serve God and praise him more and more for ever.

The United Reformed Church owes its origins to the ecumenical movement - it was born out of the belief that God wants the church to be one. This is unity - not uniformity.

When the URC came into being congregationalists and presbyterians joined together and, although they had a lot in common, there were also a lot of differences, not least in the way that they ordered their worship. To this day if I am visiting another United Reformed Church I can usually tell whether that congregation was previously congregational or presbyterian.

The URC is committed to unity - a mutual respect and willingness to learn from one another and to share in the things over which we agree.

It does not necessarily mean a uniformity of style, wording and practice. The church is the body of Christ here on earth, as such it is of God; unfortunately - or maybe fortunately for us - it is also human for it is filled with human beings. As such it is both God inspired and fallible. I know that the URC has much to commend it but I am not so blind or stupid as to think it is perfect. The other side of that coin is that I know that other churches are not perfect but I am also not so blind or stupid to think that they have nothing to commend them.

When I was younger I would have found it difficult to find things to commend in some churches, now that I can see good in other

traditions I am not sure whether it is due to the developing of wisdom or the mellowing of age.

That said there is much we can learn from our brothers and sisters in other denominations., as well as being challenged by them over the workings and beliefs of our own denomination. It is a poor church that will not meet with others for fear of being criticised and being unable to respond.

Not only was the URC born out of the ecumenical movement but it, and its members, have played an enormous part in that movement for over 50 years. The part that has been played has been enormously out of proportion to its size as one of the smaller denominations in our country.

My home is within the United Reformed Church for many reasons, some of which I've tried to explain as I've explored this statement, but one of the main reasons I am where I am is the URC's commitment to the universal church of God.

The visible unity of the church is still something I hope to see in my lifetime. It will not be easy for there will be many upsets and heartaches in the years ahead, just as there have been in the past.

And the aim of this commitment to unity?

It is for the same reason that we read the Bible;

it is for the same reason that we share in worship and the sacraments;

it is for the same reason that we find it necessary to declare our faith and allow individuals to express their convictions;

and it is the same reason that we find it necessary to declare our allegiance to God above and beyond all secular forms of government.

It is so that people and nations may be led to love and serve God and praise Him more and more for ever.

What other reason can there be?

Craig

Waiting...

As we reach the end of this academic year, we think of those who are waiting... for exam results....for the new term...for starting a new class or school...for heading off to college or university.

As we look forward we think of all those waiting for exam results which will help them to take their next step along their chosen road...wherever it may lead them...

See your goal
Understand the obstacles
Create a positive mental picture
Clear your mind of self-doubt
Embbrace the challenge
Stay on track
Show the world you can do it!

A Prayer for Peace and Patience

Heavenly Father, thank you for seeing my hopes and calming my anxieties about my exam results. Thank you for guiding me through the study process. Keep me calm as I wait, ease my worries, and grant me the patience to trust in your plan, knowing that you hold my future. Help me to accept whatever the outcome may be with grace, and remind me that I am held in your unfailing love. In Jesus' name, Amen.

WHAT MAKES A CHURCH EFFECTIVE IN ITS COMMUNITY?

Making the shift from surviving to thriving is one of the most transformative journeys a church can undertake. A thriving church

is not simply one with growing numbers or busy programmes; it is one that learns to see the abundance already present in its community while also recognising its needs.

It asks: Where are the gaps? Where is God already at work?

Churches are challenged not to do things *to* or *for* communities, but **with** them. It recognises the agency and

dignity of local people and values the gifts they already carry.

The assets in a community are broader than money.

They include people, stories, traditions, places, and spaces. They include creation itself: trees, rivers, parks, and land.

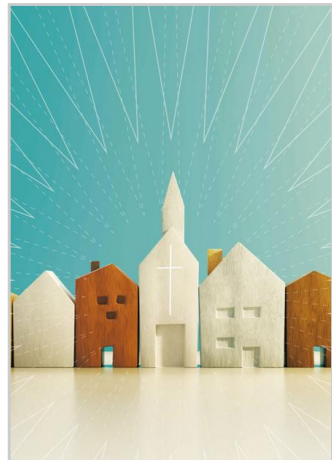


They include neighbours who care for one another, local organisations, schools, faith groups, informal networks, and the associations that emerge whenever people gather together.

They also include the local economy of exchange - the sharing of skills, time, meals, stories, and practical support that strengthens community bonds.

The Spirit of God is rarely predictable. Again and again in the Gospels, Jesus surprised people through unexpected encounters, unlikely friendships, and stories that overturned assumptions.

Perhaps what we are witnessing in Church decline is a symptom rather than the core issue. The deeper question is relational: are we truly in right relationship with God? When our relationship with God is brought back to the centre, when seeking God matters more than simply staying relevant, the shape of the church begins to change. Worship deepens. Discipleship matures. Witness strengthens.



The early Church grew not because it mirrored culture, but because it was distinct from it.

The answer is not more religion, more activity, or more strategic reinvention. It is more of God, pursued, known and obeyed in the way of Jesus, through nurturing grace and formative discipline that leads to lasting fruit. If the Church is to recover its distinctive voice, it must first recover its first love.

Many thanks to URC Reformed magazine for their articles and for allowing us to use them

Favourite Bible passages

We were asked to put forward some favourite Bible passages/stories for a service earlier in June. These are the passages that were used in the service:



Luke 17:11-19 chosen by Jeanette, tells the story of Jesus healing ten men with leprosy on his way to Jerusalem.

John 21 chosen by Sally, Jesus appeared again to his disciples, by the Sea of Galilee.

This is Sally's poem to go with the passage:

Come, eat my breakfast, eat with me,
Come eat the bread, come eat the fish.
Come eat the bread that's full of life,
Come eat the fish I've cooked for you,
To make you strong, to make you new.



And after breakfast stay awhile.
Stay with me and talk with me.
I love you, do you love me?
Love enough to stay with me?
Just stay here and rest with me.
Another job ... another day,

But not just yet ... still time away.

Come eat my breakfast, start this day.

Soon there will be a brand new way;

A way to live,

A way to pray,

A way to show I am the way.

But not just yet ... still time away,

Just eat and rest and pray with me.

The bread and fish are here for you.

When time is right I'll make you new.

© 2024 Sally M Fox

Ecclesiasticus 43:11-16 chosen by Kathleen, The passage highlights God's command over nature, covering the beauty of the rainbow, the swiftness of snow and lightning, the firming of clouds, and the power behind thunder and earthquakes.

Ecclesiastes 2:1-12 chosen by Pat, the teacher is exploring pleasure and see if he can achieve lasting satisfaction and deep joy can be found there.

John 13:1-9 chosen by Thomas, Jesus Washes the Disciples' Feet.

ART
IN FOCUS

ART IN
FOCUS

Keiskamma

Guernica

Keiskamma Art Project, 2010



A young doctor arrives in an Eastern Cape village in South Africa. She is appalled at the extreme poverty and deprivation all around her. The HIV/ AIDS pandemic is raging, affecting both men and women, and there is very limited medical provision. Many are dying. What does doctor and fine artist Dr Carol Hofmeyr do? She encourages a small group of women to sew. She invites artists she knows to come and teach collage and embroidery. She sees it as offering a way to make a living, but also of having a voice against injustice and neglect. Together, the first group of women formed the Keiskamma Art Project.

The group chose to base their designs on well-known artworks from the western canon. This, in their terms, validated their own stories to the world – stories of people who would otherwise not be heard. They chose works like the Isenheim Altarpiece, and this one inspired by Picasso's famous anti-war painting, Guernica. For the work, the women repurposed the blankets and clothes of those who



had died, creating an expression of outrage as well as commemoration.

The Keiskamma artists reinterpreted Picasso's work using images from their own world. The central horse is replaced by a dying cow, a more traditional Xhosa symbol. The many human faces which

form the background were produced by local women and children as they studied Picasso's weeping women. Beneath the bull on the left is an African mother with her child. The art collective is pictured on the righthand side and, above, Dr Hofmeyr is surrounded by suffering people. Tabs commemorating individuals who have died hang from the bottom of the piece.

Since the group was formed, these remarkable works have been shown across the world. The voices of the artists and their community have indeed been heard. What a remarkable outcome from a sewing circle!

Art in focus is curated by Meryl Doney

Materials used in the artwork include appliqué, felt, embroidery, rusted wire, metal tags, beaded AIDS ribbons, used blankets, and old clothes.

Many thanks to URC Reformed magazine for these articles and for allowing us to use the



A not-for-profit community
heritage project

27th pick-your-own Harvest Weekend

25 and 26 July 2026, 10am–5pm

Lavender Products • Plant Sale • Arts and Crafts
Food and Drink • Aromatherapy • Face Painting

Adult entry £2, or £5 including lavender picking
Up to 2 children FREE

Buy tickets via our website
carshaltonlavender.org

Advance booking recommended



South London's not-for-profit pick-your-own lavender harvest

Taken from 2024 Prayer Handbook 'Full to the Brim'

Edited by Sue McCoan and Stephen Ansa-Addo

Themes of fullness and emptiness run through the Bible. The prayers gathered in this handbook speak of different kinds of fullness - fullness of blessing, fullness of being too busy - and of the need, sometimes, to empty ourselves in order to be filled afresh.

Lifeboat - a lifeline from God

By Carol Dixon

Lord Jesus, you are my lifeboat in
stormy seas of life,
rushing out to rescue me
when I am in trouble.

So often I cry out for help but
seem unable to accept your
open-handed offer
of salvation.

Teach me to trust you, to
relax in the strong grip
of your outstretched arms, allowing
you to haul me to safety, ready to
journey on with you.

Take and transform us

By Dominic Grant

Holy God, take and transform us.
We confess we have lived carelessly,
frittering our days away.
Renew us, Lord, in wisdom,
and keep us from slipping into evil ways.

We confess that we have acted foolishly,
paying little heed to your instruction.
Renew us, Lord, in understanding,
and strengthen us to put your will into practice.

We confess we have chosen wantonly,
ploughing our resources into passing pleasures.
Renew us, Lord, in the riches of your Spirit,
and focus us for your work and witness.

Holy God, take our croaky voices, our hesitant hearts,
and by your redeeming love transform us
until our lives become a hymn to your grace and glory.

Words of blessing, truth and hope

By Sue McCoan

Word of life, bread of life,
Thank you for words of blessing
That bring comfort and courage in troubles
That equip and sustain in new ventures
That gladden hearts and lift tired souls.

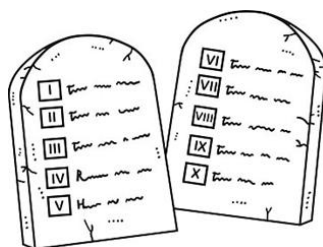
Thank you for words of truth
That challenge complacency
That confront hypocrisy
That clean deep wounds ready for new healing.

Thank you for the words of hope
That motivate and encourage
That inspire and guide
That strengthen trust and rekindle purpose.

Word of life, bread of life,
May we be so filled and nourished by your words
That the words we speak may also be
Words of blessing, truth and hope.

The Ten Commandments in Rhyme

Thou shalt have no other God but me;
Never to idols bow thy knee.
Take not God's holy name in vain,
Nor yet the Sabbath Day profane.
Honour thy father and thy mother,
Nor kill, nor hurt, not hate another;
Keep far from words and deeds impure,
And scorn to steal, though thou be poor.
A lying tale be thou above it,
And what's thy neighbours never covet.



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.

When the Water Connects

John 4: 6-15

Jacob's well was there, and Jesus, tired out by his journey, was sitting by the well. It was about noon. A Samaritan woman came to draw water, and Jesus said to her, 'Give me a drink'. (His disciples had gone to the city to buy food.) The Samaritan woman said to him, 'How is it that you, a Jew, ask a drink of me, a woman of Samaria?' (Jews do not share things in common with Samaritans.) Jesus answered her, 'If you knew the gift of God, and who it is that is saying to you, "Give me a drink", you would have asked him, and he would have given you living water.' The woman said to him, 'Sir, you have no bucket, and the well is deep. Where do you get that living water? Are you greater than our ancestor Jacob, who gave us the well, and with his sons and his flocks drank from it?' Jesus said to her, 'Everyone who drinks of this water will be thirsty again, but those who drink of the water that I will give them will never be thirsty. The water that I will give will become in them a spring of water gushing up to eternal life.' The woman said to him, 'Sir, give me this water, so that I may never be thirsty or have to keep coming here to draw water.'

Reflection

It was about noon, and the heat lay heavy on the ground. A woman came to the well, carrying her jar and her silence. Jesus sat nearby, tired from the road, and asked for a drink. It was a small moment, almost ordinary, yet something sacred began there. It was the meeting of two kinds of thirst.

They spoke about water. Her hands knew its cool weight and the rhythm of drawing it up from the deep. He spoke of something that rose within, a life that could not run dry. One water came from

the earth, the other from the Spirit. Both were real, both were needed. Without one, the body weakens. Without the other, the soul does too.

At that well, the two waters met. The water she offered and the water she received belonged to the same grace. The exchange was not one-way. He was refreshed by her kindness, and she was restored by his presence. It was no longer about who gave or who received. It was about the life that passed between them. We often live as if body and spirit belong to different worlds. Yet they are always entwined. The same water that cools the tongue can open the heart. The same act that meets a need can awaken grace. Faith does not escape. It is attention, a willingness to see how God breathes through both.

When the woman returned to her town, she left her jar behind. Perhaps she no longer needed it, for what she had found could not be contained. The well was no longer only a place of drawing water. It had become a place of meeting, where grace had passed between two lives. And in that meeting, both were changed.

Prayer

God of living water,
You meet us in every thirst.
You sit beside our wells and wait for our words.
Teach us to notice the grace that moves between us,
in every cup shared, in every story told.
Let our lives become places of meeting,
where Your love flows freely and both giver and receiver are renewed.
Amen.

Today's writer

The Revd Dr Seoyoung Kim is a Lecturer in Applied Theology at the Belfast School of Theology and a Central Committee member of the World Council of Churches.

Diary Dates			
July			
Sunday	5th	10.30am	Morning service...with the Sacrament of Holy Communion...to be led by Revd 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 <i>Morning service will be followed by Church Meeting and our AGM, please do stay if you are able.</i>
Sunday	26th	10.30am	Morning service...to be led by Alan Cruchley
August			
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 Phil Hyd
Sunday	16th	10.30am	Morning service...to be led by Revd Craig Bowman
Sunday	23rd	10.30am	Morning service...to be led by Alan Cruchley
Sunday	30th	10.30am	Morning service...to be led by Revd Craig Bowman

PLEASE NOTE...Articles for the September 2026 issue of Contact should be given to Janet or Robin Willis by **Monday 24th August** unless a later date has been agreed by prior arrangement.
Contributions are very acceptable by e-mail: jmw321wmj @ yahoo.co.uk.

Sudoku Answers for
June

Other answers

Brickwork Word Puzzle

**DECANT
DANCE
CANE
CAN
SCAN
CLANS
CLEANS**

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

Puzzle Corner

A Brickwork Word Puzzle

Enter the answers to the clues in the bricks in the wall. Every word contains the same letters as its neighbour –plus or minus one letter.

1					
	2				
		3			
			4		
				5	
					6
7					

1. Cherubs
2. Narrow roads
3. Securely close
4. Small ocean
5.and secure
6. Small wingless parasite
7. Showing something is blazing

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

Bible Word Search: We matter to God

Accept, Always, Cause, Closer, Draw, Effect, Love, Mercies, Nourish, Protect, Tender

Bible Word Search: Prophets

Elijah, Elisha, Ezekiel, Haggai, Hosea, Jeremiah, Joel, John, Malachi, Nahum, Obadiah, Samuel

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

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

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
	7.00-9.30pm	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)
Wednesday	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
	2.00- 4.00pm	Stitching Together (fortnightly)
	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!