



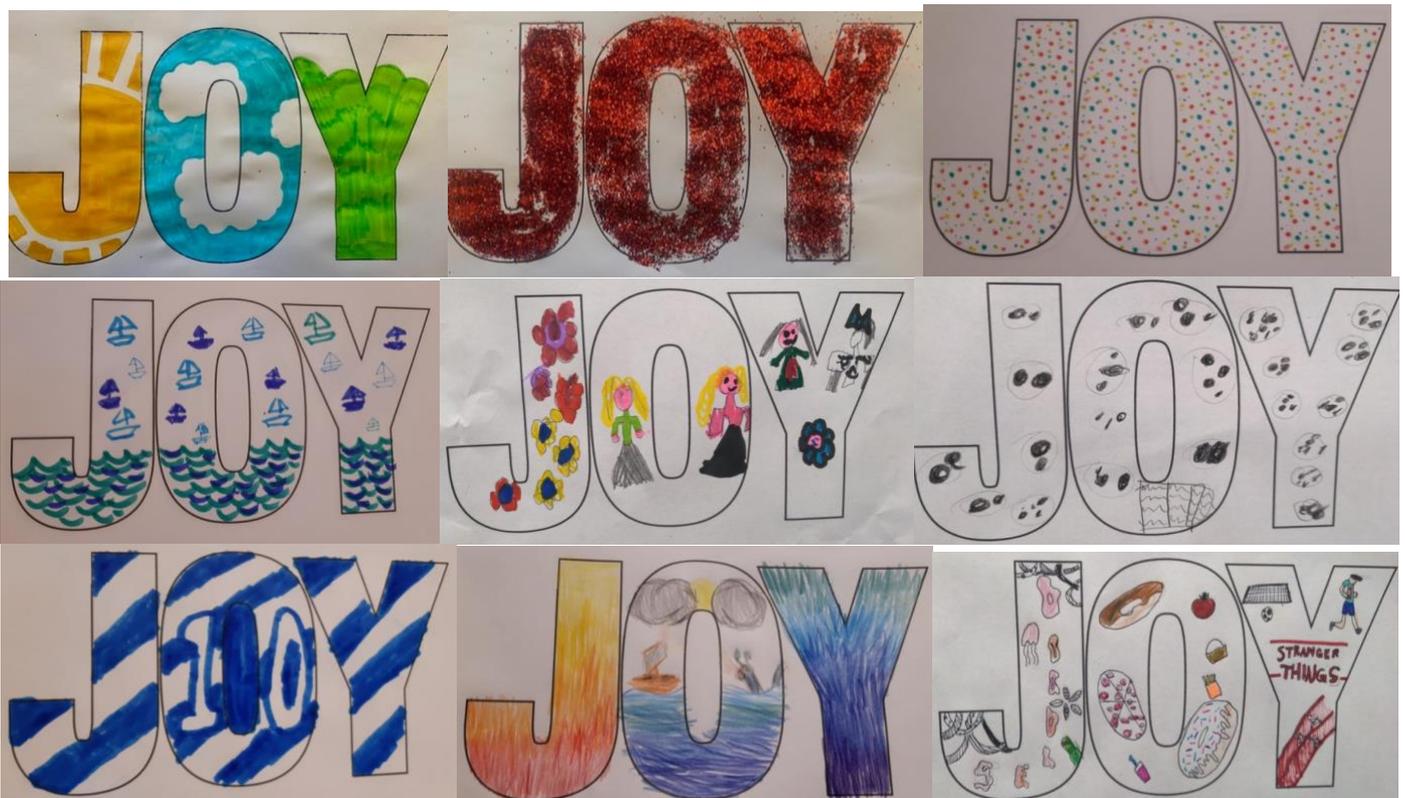
# CHURCH NEWS

Kingston United Reformed Church

[www.kingstonurc.org](http://www.kingstonurc.org)

## December 2021 / January 2022

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*Some of the artistic contributions received for the Kingston URC 'JOY' CD.  
See inside for details!*

## Worship Diary and Christmas Activities: December 2021

The following is the anticipated diary for December 2021. All activities are in the church building, unless indicated that they are on Zoom.

Every year we try to get this 100% accurate, every year we fail.

Wednesday 1st	10.00	Tots' Praise
Sunday 5 <sup>th</sup>	10.00	Worship & Communion – also live-streamed on Zoom
	11.30	All Age Worship
	17.00	Reflective Service
Wednesday 8 <sup>th</sup>	10.00	Tots' Praise
Sunday 12 <sup>th</sup>	10.30	Pop Up Nativity – also live-streamed on Zoom
	11.30	Church Meeting
	17.00	Advent Reflection
Wednesday 15 <sup>th</sup>	10.00	Tots' Praise
Thursday 16 <sup>th</sup>	19.00	Carol singing for Christian Aid in the middle of Kingston town
Saturday 18 <sup>th</sup>	15.00	Christmas party (on Zoom)
Sunday 19 <sup>th</sup>	10.00	Worship: Born among us – also live-streamed on Zoom
	11.30	Messy Christmas – all welcome
	18.30	Carols by Candlelight
Monday 20 <sup>th</sup>	10.00	Jolly Toddlers Christmas party
	TBA	Christmas curry at Monty's – hopefully 19.00
Wednesday 22 <sup>nd</sup>	10.00	Tots' Praise
	13.00	Carols in the foyer
Friday 24 <sup>th</sup>	16.00	Christingle service (on Zoom)
	23.30	Holy Communion
Christmas Day	10.00	All age Christmas celebration – also live-streamed on Zoom.
Saturday 25 <sup>th</sup>		Followed by Christmas Day lunch – please book your place.
Sunday 26 <sup>th</sup>	10.00	Boxing Day worship

For daily prayers, Bible Study and other Zoom sessions, please see the emailed weekly notices. If you would like to be added to our mailing list, please contact Catherine Treweek by email: [kingstonurc@gmail.com](mailto:kingstonurc@gmail.com) or by phone: 07807 351801 (8am – 2pm weekdays only).

For Young People's Sunday Groups, Jolly Toddlers, Tots' Praise, Stay & Play and Messy Church, please contact Sally Butler, e-mail: [youth@kingstonurc.org](mailto:youth@kingstonurc.org)



We are beginning another **knitting project**.

Do you knit?

Does someone you know knit?

Please ask and we will supply instructions and a pattern.

The more the merrier!

## Worship Diary: January 2022

The following is the anticipated diary for January 2022. All activities are in the church building, unless indicated that they are on Zoom.

Sunday 2 <sup>nd</sup>	10.00	Worship & Communion – also live-streamed on Zoom
	11.30	All Age Worship
	17.00	Reflective Service
Wednesday 5 <sup>th</sup>	10.00	Tots' Praise
Sunday 9 <sup>th</sup>	10.30	Combined Worship
	17.00	Reflective Service
Wednesday 12 <sup>th</sup>	10.00	Tots' Praise
Sunday 16 <sup>th</sup>	10.00	Worship – also live-streamed on Zoom
	11.30	All Age Worship
	17.00	Reflective Service & Communion
Wednesday 19 <sup>th</sup>	10.00	Tots' Praise
Sunday 23 <sup>rd</sup>	10.00	Worship – also live-streamed on Zoom
	11.30	All Age Worship
	17.00	Reflective Service
Wednesday 26 <sup>th</sup>	10.00	Tots' Praise
Sunday 30 <sup>th</sup>	10.00	Worship – also live-streamed on Zoom
	11.30	All Age Worship & Communion
	17.00	Reflective Service

For daily prayers, Bible Study and other Zoom sessions, please see the emailed weekly notices. If you would like to be added to our mailing list, please contact Catherine Treweek by email: [kingstonurc@gmail.com](mailto:kingstonurc@gmail.com) or by phone: 07807 351801 (8am – 2pm weekdays only).

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## KURC Christmas CD – **JOY!**



*The JOY CD, produced by the Music Committee, is a compilation of worship and Christmas themed music, recorded by members and friends of KURC.*

*Look out for your copy (suggested donation £5) – coming soon!!*

*More details from:*

*James Mason – [jimmymack1@gmail.com](mailto:jimmymack1@gmail.com)*

To make a financial donation to Kingston URC, please see the last page

## LETTER FROM LESLEY



Dear All

To start with a quote.....*'it has never ceased to amaze me that we Christians have developed a kind of selective vision which allows us to be deeply and yet sincerely involved in worship and church activities and yet almost totally pagan in the 'day in day out' guts of our business lives and never realize it.'* Keith Miller.

And the word became flesh and dwelt amongst them.

Or became flesh and moved into the neighbourhood.

I have a friend who used to say to Ministers, 'when you are looking at a new church, ask to see the accounts and use the toilets'. That means – ignore the vision and mission statement. Look at how it impacts on the money and the order of their lives. What use is a spiritual journey if it has no physical impact? If it makes no difference to how people live their lives?

What use is it to be a follower of Jesus if it alters nothing about the way we are in the world that God loves so much?

It is not that on an objective scale of excellence we will be better people than others, it is that we will be better people than we would have been without Jesus. And it will impact every aspect of our lives, not merely the bits some would see as the 'religious bits.'

Everything about our lives matters to God. Everything about our world matters to God. That is the message of the season and that is what the birth of Jesus says.

Yours,

**Lesley**

## Memo from Martyn



As I write Christmas is still some weeks off but many shops have been full of Christmas decorations and gift ideas for some weeks and there does seem to be growth of activity in Kingston as people start to get ready.

What about us? What sort of preparation are we making? AT KURC plans are already taking shape. The schedule of services for the Christmas period is being finalised and other Christmas events are being planned. The information will be available soon – probably much of it in this edition of Church News.

What about our own Christmas planning? For many it is a time for meeting with family and for some this means a lot of planning in advance. Which relatives are we going to this year? How will we get where we need to be? When do I need to book travel? For others it might be planning a quiet time at home with immediate family or a visit to or from a friend. For some it may be another day alone.

For many, this year will be very different as someone will be missing. How does that affect the planning?

At a more practical level maybe you joined the recycled Christmas Card workshop that Carol Clack led. Perhaps you've been buying Christmas cards at the Foyer book shop. Some will have been busy making costumes for the pop-up nativity service. Perhaps some of you make your own cards or presents.

What about climate change? Will that impact what we do, what we give, where we go this year?

And what about our preparation through advent? It is certainly a significant time in the Christian calendar. A time to remember that among all the tinsel, the bright lights, the eating and drinking, the giving and receiving, the talk of angels and glory in the highest heaven, we are waiting for the birth of a baby. That may seem a million miles away from the God who we believe rules the universe.

But, to use words from the hymn *The Servant King*, the “hands that flung stars into space” became those tiny hands of an infant child. And later we will remember those same hands, so small and fragile at Christmas, “to cruel nails surrendered” by the time we reach Easter.

Yet the incarnation is central to our faith, God with us, really here on earth, walking the streets, knowing rejection, experiencing sorrow, feeling pain, joy and love.

And for what? To bring us the Good News of God's love for us. Maybe that is all we need to remember to make it a great Christmas.

***Martyn Verge***

## Sally's Slot

I am pleased to report that our groups are returning to normal and numbers are good. The atmosphere is so warm and happy at our events.

We have had some new families arrive having heard of us by word of mouth.

Here are some of the things that parents/carers say about Jolly Toddlers/Tots' Praise:

*"We love the happy routine of songs, dancing and playing."*

*"It's always a pleasure to be here with my little one. We enjoy it a lot."*

*"I have been taking my little ones to Tots' Praise for a couple of years now and I must say, after being at different toddler groups, I have definitely found my place!"*

We had another Messy Church at The Manse. We focussed on the story of Tabitha in Acts 9: 36-42. We had a dramatic re-telling of the story, with children helping. They were able to make stress balls and scented body scrub and we ate together and played games. Numbers have increased since going to the Manse and it has more of a family feel. Thanks to Ray and Lesley for allowing us to take over!



Left: Jolly Toddlers from above



Right: Messy Church outside

**Dates For Your Diary:** On 12 December we are holding our annual Gift Service. We will be using a Nativity Script from the Bible Society and we need people to dress up. Local charity 'Welcare', have asked for Christmas gifts for children; especially, pre-school children (under 3's). These need to be brand new please.

The following week, 19 December, Messy Church will be coming to the 11.30 service and we hope to make it a Christmas party style service, followed by a lunch together. All welcome!

Our Christingle service will be at 4pm on Christmas Eve. We will be conducting this over Zoom due to the success of last year's service.

If you have a 2022 diary already, please save Sunday 9th January. Tom Hackett, Synod Youth Officer will be visiting and leading a plenary session at church meeting. We need to hear your voices! This is a vital first stage of the Children and Youth Friendly Church Scheme and will require your agreement of participation and support, through a formal proposal to church meeting.

**Sally Butler, [youth@kingstonurc.org](mailto:youth@kingstonurc.org)**

## **Pastoral News**

### **Out of care for people's privacy names are not included in the Pastoral News section of the online Church News**

#### **Please continue to pray for**

- Those who have been bereaved.
- For those who are unwell or recovering from spells in hospital.
- Other members suffering with COVID related anxiety.
- Please remember carers who are looking after loved ones in their own home. Thank God for their commitment and pray they would have the energy they need to keep on caring.
- Let's also remember paid carers who are doing a sterling job travelling around the borough providing care in people's homes or in care homes. They often feel undervalued and are generally poorly paid.

***Sue Shaw***

## Congratulations to Hyun Ju and Soo Ho!

On Saturday 14<sup>th</sup> November, Hyun Ju and Soo Ho were married in our church, which was set out in café style. After the ceremony, guests were treated to a wonderful wedding feast. Here are some photos from this joyful day - congratulations to the happy couple!



11월14일 토요일에 김현주 성도님과 조수호 성도님의 결혼식이 우리교회에서 있었습니다. 이결혼식에는 카페 스타일로 꾸민 결혼식 이었습니다. 예식이 끝난후에는 손님들을 위한 만찬이 준비되었습니다 여기에 기쁜 그날의 웨딩사진들이 준비되어있으니 이 행복한 부부를 축하해 주십시오

## What a team!

No, I'm not thinking of Newcastle United or any other football team, rather the KURC team. On Sunday 7th November Peter Pay, the lay moderator of the URC General Assembly came to preach.

During the few days before we heard he was unwell and couldn't come.

Panic! With Lesley away who could lead the service. Sally, who was already leading the 11:30, volunteered as a lot of what she'd prepared could be reused. Phew!!

But hang on, we needed prayers of intercession; a call to Jean Thomson, who I know has done prayers many times before and was happy to help, solved that.

Next problem, it was a communion week; thankfully Ken Bartlett readily came to the rescue for that bit.

Finally, Peter's wife got in touch to say that he was still coming but as he is unwell would just preach the sermon. Sally was happy enough not to have to do that bit!

The day came and despite a heavy cold Sally led the service, Peter preached, Jean led the prayers and Ken the communion. Several people who were around when Peter was at Kingston came to welcome him. John Fisher found a copy of an early history of the church with some photos that included Peter and his parents.



For Peter it was an important day as he hasn't been to Kingston for many years. It brought back memories for him and they were very grateful to us for making it possible.

Thanks to all of you who enabled the worship and for making Peter and his wife Jo welcome. Well done team KURC!!

***Martyn Verge, (Church Secretary)***

## **Alternative Christmas Card**

2021 has continued to be an extraordinary COVID affected year and has remained difficult for many charities.

We would like to try and deliver our regular 'Christmas bonus' to Christian Aid with our own Alternative Christmas Card. However, we also understand that it has been a difficult time for many people, so we quite understand if you cannot participate.

You may recall that to participate you need to provide a message or greeting on a sticky label or via Mail or Text. This will go into the card, with your name; and your donation goes to Christian Aid (gift aided where possible).

If you are able to participate, please reply to me with a simple yes please, and I will post you a pack or email you instructions.

As usual the pack will contain a label for you to sign (or instructions via Email) a Christian Aid envelope for your contribution and a stamped addressed envelope. All contributions will need to be by cheque or bank transfer. These details will be in the pack.

My phone number is 07785 220 369 and address 12 Regent Road, Surbiton, KT5 8NL.

I would like to say a special thank you to Denise Scorer and Barbara Fielding who have been doing this activity with Teresa James and Sue Watts for many years. Denise and Barbara have decided the time is right to pass this activity on and at the moment I will be coordinating this great effort.

The card will be published and distributed from mid-December, so please look out for it.

**THIS ALSO ENSURES (WITH LITTLE EFFORT) YOU GET A CARD TO EVERYONE IN THE CHURCH!** 😊

Email, call me or drop me a line. Greetings back to me by 26th November **PLEASE**.

Many thanks,

Ray

## CHRISTMAS WORKSHOP



We will be having our usual Christmas Workshop on Saturday, 11 December, from 10 am to 12 noon to decorate the church, foyer and vestibule for the Christmas services. There is usually lots to do, and anybody who can come to help will be very welcome. Mince pies provided!

Also flowers, greenery, holly etc. will be gratefully received. Please let **Jean Thompson** know if you can help.



## Flower Rota – 2022

Now that we are getting back to something like normal, I would like to re-start the Flower Rota from 1 January next year. In the near future I will email/contact all those who have kindly donated flowers in the past in the hope that you feel able to again.

If you haven't donated before, but would like to - perhaps a date that is special to you - please let me know. You can make the arrangement yourself or do a vase of flowers. If you would like me to do either for you, just let me know.

**Jean Thompson, [jeant@btinternet.com](mailto:jeant@btinternet.com), 02083905232**

## Introducing Ann



*Many of you already know Ann Carrig well but, as she has recently been taken into membership of KURC, I thought it would be nice to hear something about her background and her faith journey.*

*Ann and I had a cuppa in the foyer recently and here is what I found out!*

Ann was brought up initially in south Wimbledon. The family was bombed out when Ann was just 2 years old and they moved to Raynes Park. She has always lived in the SW London area.

Ann was christened in St Matthew's Church of England but, after that was bombed in the war, attended Brownies and Guides as Raynes Park Methodist Church and this is where she was confirmed. Ann married Noel, of Irish heritage (Carrig means "rock"), in the Catholic church in Wimbledon and their children were brought up as Catholics. Ann has two daughters and one son, four grandchildren and has recently become a great-grandmother! Her son lives in Somerset, one daughter in Kent and the other daughter and family live in Italy. Sadly, due to Covid, Ann has not been able to see the family in Italy for two years.

After Noel died 14 years ago, Ann joined a group called 'Walking for Health', and very much enjoyed their walks in Richmond Park and along the Thames. Through this group, she started coming to our foyer coffee bar, then the Wednesday lunchtime service and Sunday morning service. She also really enjoys singing and is a member of a choir that practices in the Rose Theatre.

When asked to describe KURC in a few words, this is what Ann said: "friendly, welcoming, accepting of anyone whatever their background, really lovely people."

If you don't already know Ann, please do stop her and say hello.

***Bron Robinson***

## The King's Storeroom



*“Therefore,” He said to them, “every student of Scripture instructed in the kingdom of heaven is like a landowner who brings out of his storeroom what is new and what is old.”*

Matt 13:52 HSCB

This is the verse that prompted me to open The King's Storeroom, when Tolworth CLC Bookshop closed. The importance of people to get easy access to Bibles and books that will encourage spiritual growth, especially for those in the community who don't have access to online trading. Many thanks to Lesley and the elders for providing a space for me to do this.

I have enjoyed working in the foyer and getting to know the regulars who pop in to the coffee bar, having many interesting conversations. It has been a privilege to have been able to get the new lectern and pew Bibles delivered to the church. And now also having the shop open on the third Sunday mornings of the month to serve you. As Christmas approaches I have a range of Charity Christmas cards supporting Kingston Foodbank, Compassion and Leprosy Mission, also Advent Calendars, Candles and nativities. The shop specialises in large and giant print Bibles as it is hard to judge online if what is being offered will suit specific needs. Greeting cards for all types of occasions are also very popular. Every three months or so new special offers are available through the Take Note and Kids Corner promotions. Please feel free to take a brochure to see the latest offers.

Looking forward to seeing you.

*Blessings, **Graham***

The King's Storeroom, Richard Mayo Centre, Eden Street, Kingston upon Thames  
0208 390 5400

[info@thekingsstoreroom.org](mailto:info@thekingsstoreroom.org)

To make a financial donation to Kingston URC, please see the last page

## Foyer Life

Mondays can be quite busy in the foyer and this one was no different. I was behind the tea bar, and community lunches were being prepared in the kitchen. The tea bar had a steady flow of customers. Just before one o'clock, when we start to serve lunch, a number of people started to arrive for the K3A meeting that was happening at 2pm.

In the middle of the melee a lady in obvious distress appeared asking about electricity vouchers which are available from Food Bank. Although we could not provide her with an electricity voucher, we talked to her and encouraged her to have a hot meal. In between serving drinks and lunches we took the time to listen to her story. When she eventually left, she expressed her thanks to us for listening to her. I told her that she was always welcome in the foyer.

Later in the afternoon another lady came in expressing her thanks to God for an answer to prayer. Her present job meant that she was out in all weathers walking the streets but this new job would be inside. She needed a photo for her new ID card which I took for her. Those of us in the foyer were able to share in her infectious joy – a real energizer at the end of a long day. We felt very privileged that she came in to share her good news with us.

No two days in the foyer are the same, but the welcome is always the same and there is a growing sense of community among the people who meet there.

***Carol Clack***

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**Connie** sent Church News this lovely photo – the Foyer returning to normal 😊



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## Mixed Bean Hot Pot – a KURC Community Meal Recipe

At the community meal we deliver delicious and nutritious food which we hope is comforting too. We usually cook for around 12-16 people – serving those in need, together with our church helpers and some Foyer guests. We provide a 2 course meal free of charge and for those who can, they offer us a donation.

This recipe is very easy, uses common ingredients and can be expanded for larger gatherings with ease. We had some potatoes donated to us which steered me to use this recipe. I cooked for 14 and have estimated the quantities for smaller portions. Basically, use what beans you have, if you like add a little chilli sauce at the end to give a nice heat. If you do too much, freeze the rest for another day.

### Ingredients

Ingredients	For 14 Persons	For 4	For 2
Tins chopped toms	4 x 400g	2	Reduce quantities
Tins chick peas	3 x 400g	1	As required
Tins cannelloni beans	2 x 400g	1	As required
Tins Kidney beans	2 x 400g	1	As required
Garlic or Garlic powder	1 bulb – all cloves crushed or sliced	As per your taste	As per your taste
Salt n Pepper	To your taste	To your taste	To your taste
Potatoes – thinly sliced to form a good layer over the bean mix.	Approx. 2kg To suit your dish or tray.	2-3 per person	2-3 per person
Bisto Gravy Granules Original (as is Veggie and vegan)	6 tablespoons	2 tablespoons	1 tablespoon
Oil to fry onion	As required	As required	As required
Mixed oregano and thyme	A few teaspoons	To taste	To taste



### Method

In a large pot/pan - chop the gentry fry the onions until nearly soft, then chopped garlic. After a moment add drained beans and the cans of tomatoes. Bring to boil and season to taste and once near build add and mix in the Bisto granules. Once all mixed and granules dissolved check taste and consistency. If needed add a little more Bisto to ensure mixture is a like a thick gravy. Season to suit. Regularly taste to ensure seasoning is right.

Then add this mix to an oven tray or oven dish. Wash then slice your potatoes ( $\frac{1}{4}$  " – 5-8mm thick) then layer/overlapping on the top of your bean mix.



Then bake in an oven at approx. 220°C for 30 mins – until it is bubbling and potatoes are lightly browned. Serve and enjoy – maybe with a side of broccoli, cabbage or peas.

Followed by Apple Crumble, Eve's Pudding or similar.

**Ray Charlton**

## Community Meals

If you have been into the church building on a Monday recently, you may have come across Ray, Vaughan, Carol and Bron sporting their new chef's uniforms. It's not just that they like dressing up – they are preparing the Community Meal (see Ray's article above). Not sure how long the jackets will stay this clean!



## Proof-reading comment ....

Husband Nick (never been great at the use of an apostrophe) was proof-reading Church News and said "Phew, our Carol is going to be really busy in December" - *Carol's in the Foyer* (nothing new there!), *Carol singing for Christian Aid in the middle of Kingston*, *Carol's by Candlelight*, etc, etc ... 😊.

**Happy Christmas Carol – and all of you! Ed.**

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## A REFLECTION

*At the start of each elders' meeting, one of the elders leads a reflection. We are currently going through Eugene Peterson's book 'Leap Over A Wall'. At the November meeting, Linda Austin led a reflection on chapter 11 – grief, and David in Lament.*

At the beginning of the chapter, Eugene Peterson tells us about his Aunt Frieda. Each day she got the newspaper and turned to the page of obituaries. I quote 'She dabs tears from her eyes as she pencilled into her calendar the scheduled times of upcoming funerals. It was a ritual, conducted daily with solemnity.' She went to each funeral – not knowing the person or the mourners. She'd sit in the back row and weep quietly. 'She was a connoisseur of pure grief, grief uncontaminated by relationships or other emotions.' Why did she do this? Eugene Peterson offers no explanation but to comment that it was about grief being incorporated into the everyday. It was not avoided. It was legitimate.

He moves on to state that David trained his adult spirituality in grief 'rightly grieved'. In 2 Samuel 1 we read that David hears about the death of Saul and Jonathan from a young foreign man, fresh from the battlefield. The lament written by David in response is a wonderful poem describing his deep grief but in a very honest way.

A lament is defined as a passionate expression of grief or sorrow – deep and rich in nature. David lamented because he cared. Eugene Patterson explains that David lived exuberantly but he also lamented fiercely. These are aspects of his life – and both important.

Many of the Psalms are laments. We know that David wrote many of them. The word psalms in Hebrew is Tehillim, meaning 'praises'. He repeatedly faced loss, disappointment, death. But he did not avoid, deny or soft-pedal any of those difficulties. He faced everything and prayed about everything – some way away from our own culture.

I wrote this on the day after Sir David Amess was killed in cold blood. A truly traumatic experience for many. We are in the middle (still) of a global pandemic. Many have suffered more trauma and even if it is not grief due to loss of life, every one of us, I suggest, has experienced fragility and loss in one way and another. So, how do we respond to trauma?

Our natural human state means if we suffer a trauma, we have a response. I'd like to think that there is a little space between the trauma and how we respond - which is given over to prayer. We can respond in a number of different ways – psychologically, sociologically and spiritually. Psychologically and sociologically we have some degree of control – mindfulness, meditation, connecting with others (friends and family) – but

with the spiritual, that is the relationship with our belief system and connects in a way beyond our understanding.

It's important to dwell on David's lament in 1 Samuel 2 and realise the importance of not avoiding the pains and losses in our lives. We need to reach out – cry out - to God in prayer in a transparent way – be honest about how we feel. Of course, He knows us but we need to articulate our feelings. Then it's like Jesus is sweeping up all our concerns, like he is on the cross.

Denial and distraction are the standard over the counter prescriptions of our culture for dealing with loss. Eugene Patterson encourages us to learn to lament. If we don't have the words, there are many Psalms to help.

Lamenting is important. It's a practice that has the potential to aid both our spiritual and mental wellbeing. It's been said that lamenting is like 'praise in a minor key' rather than a major one. So many of our praise hymns are in the major key. A lament – a song in a minor key but a song nonetheless. God needs to hear our sad and desperate songs as well as those of upbeat praise. We can't have a relationship with God in which there is only praise and never lamentation.

***Linda Austin***

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Spotted on a recent walk in Isabella Plantation, Richmond Park – a beautiful heart made from fallen leaves.



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## Racial Justice Sunday service

Some excerpts taken from the Racial Justice Service on Sunday 24 October 2021. The service was led by Rosette Oming-Bali and Sharon Henriquez and music chosen by Aby Boateng. The focus was to hear our stories, not what can be found in books. There were contributions from Maddie Anlezark, Carol Clack and Sue Shaw. Ray Charlton played the Saxophone and the 11:30 band raised the roof!

This was an opportunity for us all to learn and understand each other, celebrate our differences and to explore what it is to live as Christians in a modern multicultural Britain.

When I think of the Atlantic Slave Trade, I do not think of it as solely black history, but a history that belongs to us all. You cannot think slavery, without looking towards Europe and the prominent role that the Church played within this abhorrent period of history. In some places it still does today, if you think about places such as deep South America.

Work on the Legacy of slavery can be found on the URC website:

<https://urc.org.uk/our-work/legacies-of-slavery.html>

I read an essay few years ago, where it was argued that the slave trade was only possible because of attitudes of racial superiority and greed which legitimised the brutality that was inflicted on our race. Black people were seen as less than human. Do you know of all the oppressive regimes, we are the only people to have lost our names? I cannot think of any other, can you?

What does bother me is that racism still exists today. The effects of racism can be devastating. It is undermining, it can lead to violence, despair of isolation, self-doubt, feelings of worthlessness and loneliness.

Whilst I was thinking about racism, I remembered a conversation I had when I was backpacking in Cuba. I met Canadian man who was working in the hotels and had a very young daughter of nursery age. His wife had died so his daughter was his life. When he went away to work, he would have to leave her with his parents but he would call her every night without fail. She started school, and got a boyfriend. Every night they would speak of her boyfriend which he found so amusing. He went home for Christmas, watched her Nativity play and then asked her who her boyfriend was. She said he was the boy in the green jumper that she had been sitting next to for the whole play. I remember him saying he was so shocked because the boy she was sitting next to was black. He didn't mind, he had no issues with it at all (far from it), but he was shocked that in the 3 months or so that they were talking about him, she never once mentioned that he was black. What strikes me about this story, is that children do not see colour, or they do, but it is not really an issue for them, they have the common element of play.

So at what point does colour become an issue? When are these border walls among humanity created? I say humanity because in the God's kingdom I believe that he accepts all of us. In fact, Jesus was willing to not only interact but also embrace people who were considered outcasts. Yet how inclusive is the church today, when there are so few images with whom a person of colour can identify?

As a church serving the community, how well do we do in being inclusive? There could not be a more important time than now. We are living in an uncertain world, people are seeking answers to confusing questions. So are we willing to create an open dialogue, so that we can develop meaningful relationships built on trust, and not preconceived ideas? Will we make a space for someone to join the table or the conversation and not block or ignore them if they do not look, act or agree with us?

Racism moves so far away from God's kindness, and people of colour cannot fight it alone. Is it enough to say I am not racist or it does not concern me? Jesus called his disciples one by one, that is the same way he calls us. We have all been called to worship in different ways. For that reason we all have a personal responsibility to act in a Christian way. Can we put up protective shields around one another, and can we find strength and value, rather than division in diversity? Let's celebrate and rejoice and use diversity to enrich our church and encourage reconciliation in what can often feel like a divided world.

### **Some things to explore:**

- Have you ever excluded someone from a group because they weren't like you, or failed to notice that you have excluded someone?
- Have you ever been excluded, how did it feel?
- As a Christian, and a church how can we challenge racism, or exclusion?

### **Some things to pray for:**

- people that are forced to leave the homes that they love and/or make perilous journeys in order seek a better life due to hunger, war, oppression only to face racism, lack of opportunities and pain in the receiving country.
- people that are isolated due to language/culture barriers, trapped in the family home and facing domestic violence, maybe due to cultural differences.
- people that are brought to England, using all their savings (and possibly all their family savings too), believing they will have better opportunities to provide for their families, having to leave their children behind to be raised by other family members only to end up being modern slaves.
- people who do not have access to medicine that have come to UK to provide for Elderly relatives, having to take menial jobs despite being over qualified, to pay for the medicine to send back.
- people that face violence because of their colour
- and for ourselves, for maybe not recognising, welcoming or engaging with someone not like us and missing out on how it can enrich all of our lives.

***Sharon Henriquez***

## **Australian indigenous peoples**

In 1974 I left England bound for Australia not sure how long I would stay but needing to get a fresh start somewhere. I was naïve and knew little about the history of England's relationship with Australia. I soon learnt more!

In 1770 James Cook 'discovered' Australia. Britain was looking for somewhere to send their convicts as America, since gaining independence, was no longer keen to accept them. In 1788 Governor Phillip arrived with 736 convicts and about 1000 free settlers to set up a British colony with the help of forced labour from the convicts. Phillip had an egalitarian attitude and allowed convicts, when they had completed their sentences, to own land and start their lives again. However, as more convict settlements were created all over Australia many convicts were treated very harshly. In 1840 a movement started in Britain to oppose transportation of convicts and their harsh treatment, and transportation ceased by 1868. After this, many free settlers were keen to come to Australia and mostly those accepted were from Europe.

Before all this there were two major groups of indigenous people living in Australia – the Aboriginals and the Torres Strait Islanders. These two groups were culturally different, and within the Aboriginal people there were many tribes which, because of their close relationship with the land, were based in different geographical areas of the country. These tribes spoke different languages, had complex systems of lore and justice, and despite some similarities their cultures were different in many ways. There are still 250 distinct language groups amongst the indigenous population.

When the British arrived they used a doctrine derived from Roman law, Terra Nullius, to declare that the land had belonged to nobody before they arrived. The British Crown took possession of the land and set up British law. Scholars estimate that in 1788 there were over 250,000 indigenous people in Australia. Gradually more convicts and free settlers came to the different states of Australia and claimed these states for the British. Many indigenous people were massacred by settlers who declared them to be threatening or violent, and large numbers died from introduced diseases against which they had no defences. By 1920 there remained no more than 60,000 indigenous people.

In 1901 the first Australian constitution was drawn up and accepted, still based on the principle of Terra Nullius, and Australia became a commonwealth with a federal parliamentary system alongside state and territory parliamentary systems. Indigenous people had no representatives in either parliamentary system, no right to vote, and they were not counted in the census, so it was as though they didn't exist and were not seen as human. At this time, there was a widespread belief in the superiority of British civilisation and of the white races and this soon became enshrined in policies and laws. It was believed that full blood indigenous people should be allowed to die out through a process of 'natural elimination'. Soon such ideology was also enshrined in policy and law. Legislation allowed the indigenous population to be taken from

where they were living, and felt they belonged, and forcibly moved to reserves, often in a different part of the country. By 1911 in all states and territories indigenous people were subject to almost complete control; they had no freedom of movement or labour and no control over the custody of their children or possessions. It is estimated that one in three children were removed from their parents, moved to a different part of Australia, given to white families or taken to live on missions or reserves, pressured to reject their culture of origin and frequently abused physically, psychologically and sexually while in state care. At 18 they were released into white society. This situation continued until the 1970s.

In 1962 indigenous people were allowed to enrol and vote in federal elections and all gained the same rights to vote in state and territory elections by 1965. In 1967 it was agreed that they should be counted in the census. The last remnants of the white Australia policy were dismantled in 1973. Some indigenous people still live on reserves, their average age of death is younger than that of the rest of the population, they experience poorer health, a smaller percentage of them gain access to higher education and they are over-represented in prison populations and among deaths in prison. In 1995 there were moves by some to write a new preamble to the constitution recognising that indigenous people were there prior to the British arriving but this was defeated in 1999, probably because there was a strong move towards republicanism at the time and the two issues got tangled together. In 2008 there was an apology made in federal parliament for the mistreatment of indigenous people.

In 1987 I began a degree in social work and there were several indigenous students on my course. I became friends with some of them and received my education into the finer points of what British colonialism had meant for them and their families. So when a position became available to tutor indigenous students on the social work course I applied at the behest of my friends and got the position. It was only a few years before this that indigenous students had been accepted to study at university under special entry provisions for mature students. Many of them did not have the usual educational requirements for entry. At this point I began to learn not from books and such but from contact with real people, and much of what I learnt was heartbreaking. Many of my students had been taken from their parents and did not know who their families of origin were or what part of the country, or which tribe, they came from. Some of them had been picked up by people from the local mission, supposedly to go to the movies or a day out, and never taken back. Some said they were not treated too badly but some were little more than slaves and were abused. Many felt that while the policies were changing the ideology of British and white supremacy was still alive and well. I helped them to learn skills they needed such as essay writing, but it was much more than that. I listened to their life stories. Many told me that some of the indigenous elders thought that they were giving in to the white man's ways by coming to university. Some told me they didn't feel they belonged in the indigenous society or the white society; they had no knowledge of their backgrounds and felt that they belonged nowhere. Soon I became an advocate for them in the university system and in the wider society. Sometimes this did not make

me popular. As I worked with indigenous students I admired their support for each other, their wish and efforts to form supportive community, their lack of interest in seeking status and power, the lack of competitiveness among them, their respect for the earth and for the environment and their resilience and energy to rebuild their communities despite the disrespect they had been shown and the deep trauma they and their families had experienced. Much was made of the anti-social behaviour of indigenous people and the addiction of many of them to alcohol, but many others have exhibited such behaviours with much less trauma and abuse to explain it. Personally, I found much to admire and felt that they had much to teach other cultures.

I believe that as Christians we need to be honest about colonialism and the consequences for many indigenous populations. We need to be honest about the, at best, mistaken views and behaviour of many Christian missionaries. I am glad that I know God is love, and is merciful and forgiving, and it is not for me to judge those who did and supported these things in the past. But, I am thankful that in a very small way I was given an opportunity to redress the balance a little, and that I took that opportunity. I believe that it is in these small ways that the barriers between people can be broken down and love can prevail over hate. When I revisited Australia fourteen years after coming back to England in 2002 I attended a conference on what indigenous culture had to contribute to the general population in Australia. This conference was organised by one of the students I had mentored and many I had tutored attended. One afternoon during the conference all the indigenous elders sat in a circle and others could ask questions. I was amazed and humbled when I was asked to join the circle of elders and people were encouraged to ask me questions as well. Here we were, the leaders of the indigenous population and myself, a British person, coming together and showing each other respect. Praise God!!

***Maddie Anlezark***

## **Employment**

Rosette Oming-Bali is unwell at the moment (wishing you a speedy recovery Rosette) but asked Church News to include that at the service she spoke about how she had in the past experienced employment isolation and discrimination. At times she had to work ten times more than some of her colleagues. That applied both within the NHS and within private medicine.

## Shame

### Shame:

A painful emotion caused by the belief that one is, or is perceived by others to be inferior or unworthy of affection or respect because of one's actions, thoughts, circumstances, or experiences. Shame is no respecter of race, disability or gender.

For me, my belief underlying shame was that “I’m unlovable — not worthy of connection and I believed that I was stupid, ugly, a failure, a bad person, a fraud, selfish, didn’t matter, unlovable, I shouldn’t have been born and I hated myself.

My shame was born out of my childhood experiences and left me constantly plagued by those voices that say you should:-

Keep dad happy  
 Match his mood  
 Never be ill  
 Never cry  
 Never get angry  
 Always be happy  
 Have been a boy  
 Not be here  
 Try harder  
 Be perfect  
 Do what I’m told to do  
 Be what I am expected to be  
 Play by the book whatever I’m doing  
 Not have these friends  
 Keep the peace  
 Never put myself forward into the limelight  
 Be self- effacing  
 Not have an opinion  
 Those voices of my past sitting on my shoulder  
 Whisper and shout  
 Relentlessly into my ear  
 Reinforcing the messages which ruled my childhood

For years and years, I have battled those voices. I could logically tell myself that I could make my own choices and change the tape; but then the trigger is pulled and I find myself listening to those nagging voices once again!!

I found myself coming upon a blockage to moving on time after time and it was wearing. Then I went on a retreat entitled ‘Loved and Cherished – Reflections on Song of Songs’ – Nothing feels better than knowing God loves you, that he is always there for you and that he will always take care of you.

And there I met God in a tangible amazing way and found healing from my shame. Reading through the of Song of Songs had made me uncomfortable with the level of intimacy

Here are snapshots of my journey that week.

**I know** I am loved But, I don't feel it. I want to feel loved. There is a blockage inside me like a stone which firmly wedged and unmovable. Is this the blockage that stops me feeling? I want to move that blockage so that I can feel. That stone is the fear of being hurt.

**When they** went to the tomb the stone had been rolled away and the tomb was empty. Has the 'stone' over my heart already been moved away? Is it my fear that is blocking the way?

**Fear is** like the fog (it was a particularly foggy day) blocking the view. To walk into the fog is a risk with the possibility of getting lost.

**Shame is** something you wear. It's like a hoodie that is zipped all the way up to the chin and the hood is pulled as far up and over the head as possible.

**I met Jesus** in the garden. I didn't see the beauty of the garden; it was dark with my shame. I knew He was there' yearned to get closer but MY SHAME was in the way. And then I heard Him calling. 'Carol! Carol! Carol!' He was coming closer' nearer and nearer. I began to move towards Him and then He was standing in front of me. I didn't see His eyes. But I longed to put my arms around His neck and know that I was safe.

**In the middle** of the night, I woke up with 'I did it my way' going round and round my head. I was in Control. God said

'Let go. Let go, let go. Take off the coat of shame. You can take it off. Let go. Breathe – you often don't. Breathe, let go, relax. Why do you carry the weight of the world on your shoulders? It's not yours to carry. Put it down. Let it go. Let it go. Let it go. Breathe. Breathe. Let it go. Let it go.'

**Be still** and know that I am God. I need to take off my coat of shame. It covers me entirely, keeps me safe and fits so well! But it is a weight that holds me down, holds me in. It makes breathing hard and suffocates me. It is a barrier to intimacy. 'Will I be cold when I take it off?' 'No, my arms will be round you. Trust me. Take it off, unwrap it, leave it on the floor. Step out of it and live. Experience a lighter you and the freedom to fly.

To cut a long story short that is exactly what I did. I asked a couple of members of the prayer team to come and support me as I completely wrapped myself in a blanket and then slowly, mindfully, purposefully I took off the shroud until it lay in a heap on the floor. Immediately the tension and pain in my head neck and shoulders was released. I stood tall and was wowed by the amazingness of God's love! I folded the blanket, put it under the cross and walked away.

God met me where I was on my journey, and I left ready for the next adventure.

***Carol Clack***



## KINGSTON CHILD CONTACT CENTRE (KCCC)

Good News! KCCC has become a Charity (No. 1196179). Congratulations to Charmaine and her team who worked so hard to achieve this status. In addition, the Centre is about to become a Supervised and Supported centre.

In the past KCCC has only provided Supported contact for parents, whereby the non-resident parents spend time in the Mayo Hall with their children. Supervised is a higher level of contact which is carried out in a separate room with a supervisor present. Some of the present co-ordinators are in training to carry out this role. In addition, with charity status, it will be possible for the Centre to fund-raise to employ a part-time Administrator – very necessary with an increased workload.

KCCC started in 2012 and it is very good to know that this much needed family support in Kingston and surrounding areas is now being extended to families who require a higher level of support.

*Jean Thompson*

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## Christmas Stones Art Project

Over Advent, the children (and some adults!) will be painting stones depicting elements of the Christmas story. Look out for images of these on Sunday mornings when we light the candles on the Advent wreath. Here's a taster below from Week 1 – Journey to Bethlehem.



## A trip down Memory Lane

*We were contacted recently by Helen who very kindly agreed for her memories to be included in Church News – hopefully some of current congregation will remember Helen and family. Ed.*

I was brought up at Kingston Congregational Church - from crèche to Sunday School teacher, to getting married and baptising our two elder girls! My grandfather was a long standing member of the Church Choir - Leonard Gosling. My grandmother was a stalwart of the Women's Fellowship - Louise Gosling. My father Leonard Griffiths was a Sidesman for many years and we travelled every Sunday on the 85 bus from Putney to Kingston, which took about an hour. Before that we lived in Hampton Hill and got two buses to get to church.

When I was quite small around 10, I took part in plays which were put on in the church. They were popular, I was put forward by my mother - I also sang in front of the church. I later went to college to study drama but taught it rather than acted! The summer fete was a great affair held in a member's garden and was the highlight of the summer!

When I was in my teens the Reverend Richard Wood was minister and we had a very thriving Youth Club and sometimes I went on the bus Saturday evening and twice on Sunday. He was a very charismatic person who made the church full of young people. He had strong connections with a church in Luneburg, Germany and the Youth Club went over twice on an exchange and their club did a return trip. We also went on Church weekend retreats, I suppose you would call them. Also we used to have very enjoyable dances in the church hall for Christmas. Later, when I was 18, I went to college and although I was still at home, I did not attend church regularly although my father did.

My sister, who is four years older than me, attended the church as well and went through from the crèche to Sunday School teacher also. While she was there, there were names like Bungay, Thorogood, Stambury. She was married there in 1962 and her first daughter was baptised there in 1964. Her name was Sheila Griffiths. With the modernisation of Kingston, we thought the church had been demolished and a new building provided but reminiscing with my husband and looking online today, I see the church looking just the same on the right and a lovely new building on the left which presumably is the hall and offices, which in the past were scattered in adjacent buildings. It is lovely to think of it still thriving.

My name is Helen Belasyse-Smith now but I was then Griffiths. I married in 1969 and baptised our first daughter in 1971 and second daughter in 1973, while my grandparents were still alive. Our son was baptised in Broadstairs URC where we have been living for the last 52 years. Now nearing 80, with life slowing down, it is good to remember days gone by, think back to the Youth Club days and realise how much of my youth was connected to the church.

***Helen Belasyse-Smith***

## Unusual Churches of the World

The Pius Church in Meggen, Switzerland, is a unique box-shaped structure built in the mid 1960s where all the walls are made of very thin translucent plates of Greek marble. There are no windows. Daylight shining through the walls gives the interior a warm ochre tone and a mystic ambience. Outside, the walls appear grey-white. The architect, Franz Fueg said he was 'seeking ornament which does not need to be added but emerges from the very nature of the construction'.



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## New Year's Day Walk

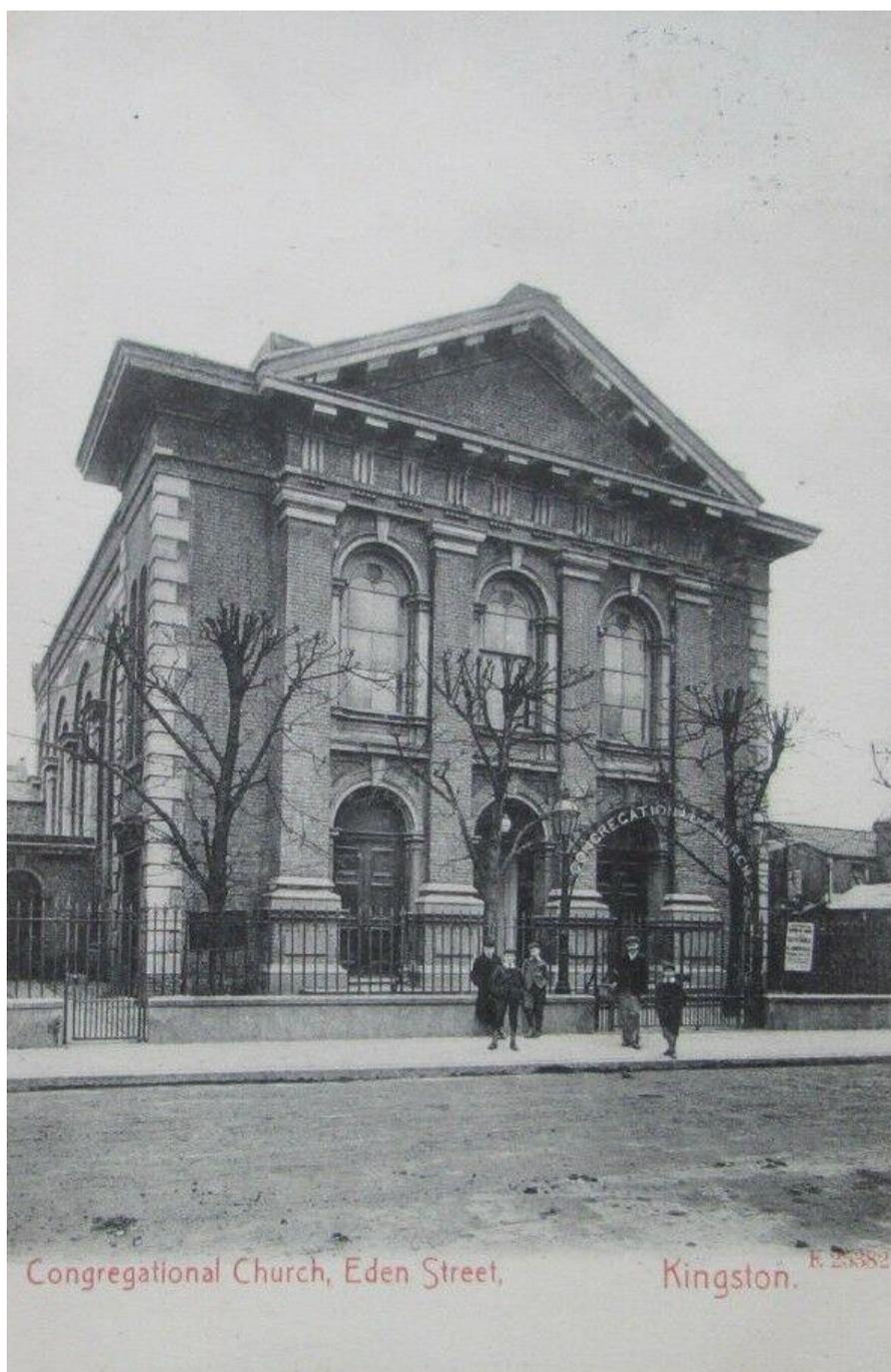


There will be a walk on Saturday 1 January led by myself and Marysia. Details have yet to be finalised, but the current plan is to meet at the church mid-morning and stroll along the towpath towards Hampton Court, turning into Home Park at the Ditton Gate and continuing to the Golf Club where we will have lunch. Then back to Kingston via the Rick Pond and the Long Water. Not too strenuous! Please watch for further announcements in the weekly notices.

**John Fisher**

## Archive of the Month

The Edwardian period, just over 100 years ago, was the golden age of the picture postcard. Kingston - and our church - were obviously on the tourist trail! This postcard is the earliest photographic image we have of the exterior of the church building. At this time there was a very small garden with four trees and railings in front of the church: this was all removed in the 1930s. The passage on the left, where the foyer is now, contained several graves (also now removed).



To make a financial donation to Kingston URC, please see the last page

## International Bible Reading Association - [www.ibraglobal.org](http://www.ibraglobal.org)



### Bible Readings for December 2021

Wednesday 1 December	Ezra 3:6-13	Restoration
Thursday 2 December	Acts 16:16-31	Foundations shaken
Friday 3 December	Jer 51:1-16	Foundations laid bare
Saturday 4 December	Zech 12:1-5	An immovable rock

#### 2. Building with care

Sunday 5 December	Eph 2:11-22	Built together
Monday 6 December	1 Cor 3:6-15	Built with care
Tuesday 7 December	Matt 7:24-29	Careful building
Wednesday 8 December	Luke 20:9-19	A rejected stone
Thursday 9 December	Matt 16:13-20	On this rock
Friday 10 December	Is 8:11-18	A stumbling stone
Saturday 11 December	Is 33:2-6	A foundation for our times

#### 3. The work continues

Sunday 12 December	1 Peter 2:1-10	Living stones
Monday 13 December	Heb 6:1-12	Keep on building
Tuesday 14 December	Eph 4:1-16	Building up the Body
Wednesday 15 December	1 Thes 5:1-11	Building up each other
Thursday 16 December	Col 2:6-15	Building a strong faith
Friday 17 December	1 Cor 10:1-13	Standing strong and firm
Saturday 18 December	2 Tim 2:14-19	A foundation sealed

#### Christmas with Luke

This theme follows Luke, the lectionary set for the liturgical year which began in Advent.

Sunday 19 December	Luke 1:26-38
Monday 20 December	Luke 1:39-45
Tuesday 21 December	Luke 1:46-56
Wednesday 22 December	Luke 2:1-7
Thursday 23 December	Luke 2:8-20
Friday 24 December	Luke 2:21-40
Saturday 25 December (Christmas Day)	Isaiah 9:6-7

#### Giving and receiving

A theme to deepen reflection on the Christmas story at the end of the calendar year.

Sunday 26 December	Genesis 1:26-30
Monday 27 December	Luke 19:1-10
Tuesday 28 December	Luke 21:1-4
Wednesday 29 December	2 Corinthians 9:6-15
Thursday 30 December	Matt 7:1-12
Friday 31 December	John 1:10-16

## Bible Readings for January 2022

### **WALKING IN THE LIGHT**

#### **1 Light in the darkness**

Saturday 1 January Genesis 1:1-5; 14-19

Sunday 2 January John 1:1-9

Monday 3 January Luke 1:68-79

Tuesday 4 January Isaiah 9:2-7

Wednesday 5 January Isaiah 60:1-6

Thursday 6 January  
(Ephiphany) Psalm 97:1-12

Friday 7 January 2 Corinthians 4:1-6

Saturday 8 January John 3:17-21

#### **2 A light to my path**

Sunday 9 January Psalm 119:105-112

Monday 10 January Isaiah 58:6-11

Tuesday 11 January John 12:35-36

Wednesday 12 January Romans 13:11-14

Thursday 13 January Colossians 1:9-14

Friday 14 January Acts 26:12-18

Saturday 15 January Ephesians 5:8-14

### **THE GOSPEL OF LUKE (1)**

#### **1 Healer and teacher**

Sunday 16 January Luke 5:1-11

Monday 17 January Luke 5:12-26

Tuesday 18 January Luke 5:27-6:5

Wednesday 19 January Luke 6:6-19

Thursday 20 January Luke 6:20-36

Friday 21 January Luke 6:37-49

Saturday 22 January Luke 7:1-17

#### **2 Good news for the poor**

Sunday 23 January Luke 7:18-35

Monday 24 January Luke 7:36-50

Tuesday 25 January Luke 8:1-18

Wednesday 26 January Luke 8:19-39

Thursday 27 January Luke 8:40-56

Friday 28 January Luke 9:1-17

Saturday 29 January Luke 9:18-36

### **WEATHER WARNINGS**

#### **1 And it rained!**

Sunday 30 January Jeremiah 10:11-13

Monday 31 January Deuteronomy 11:10-15

## Kingston United Reformed Church – Information

**A warm invitation is given to all who read this magazine to come and share in our services and activities**

### **Ministers:**

Rev Lesley M Charlton, tel: 020 8399 4423 e-mail: [minister@kingstonurc.org](mailto:minister@kingstonurc.org)

Rev Dr Suk In Lee, tel: 020 8949 2070 e-mail: [leesukin@hotmail.com](mailto:leesukin@hotmail.com)

### **Church Secretary:**

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### **Treasurer:**

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### **Children, Youth & Families Worker:**

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### **Missionary:**

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Ha Eun Lim, e-mail: [haeun1010@gmail.com](mailto:haeun1010@gmail.com)

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email (PA to Minister): [kingstonurc@gmail.com](mailto:kingstonurc@gmail.com)

### **Premises Assistant:**

Georgi Todorov Premises landline and email as above.

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### **How to contribute to Church News:**

Contributions on matters of reflection and opinion as well as reports of activities are welcome.

Copy for **Church News** must reach the editor by the second Friday of the month.

**The next copy deadline is Friday, 14th January 2022**

**Editor: Vaughan James E-mail: [vaughanrjames@gmail.com](mailto:vaughanrjames@gmail.com)**

### **FINANCIAL DONATIONS to KURC can be made in a number of ways:**

Complete one of the forms at the back of the church to set up standing order payments.

Make regular cash gifts at the Sunday services. By using the offertory envelopes, you allow the church to reclaim Gift Aid.

You can also pay directly into our bank account: sort code 20-46-73, account number 60921289 and quote Kingston United Reformed Church Charity.

***Kingston United Reformed Church is a member of the Local Ecumenical Project in Kingston Town Centre with its partner, All Saints Parish Church in the Market Place.***

*The town centre ministers meet regularly.*

*We are a part of Churches Together in Kingston.*

*Kingston URC is also affiliated with the Presbyterian Church of Korea (PCK) and the Presbyterian Church of the Republic of Korea (PROK)*

**You can keep in touch with worship and activities at our church through our website: [www.kingstonurc.org](http://www.kingstonurc.org). You can also follow us on Facebook and Twitter.**

To make a financial donation to Kingston URC, please see the last page