



Faith – Hope – Love –  
Since 1972

# CHURCH NEWS

## Kingston United Reformed Church

### MAY 2022



**We pray for Peace in Ukraine**

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

Charity No. 1131880

*This edition edited by Jean Thompson*

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## LESLEY'S LETTER – a health warning

Dear All,



Like all of us, if I pause, I could cry for days about what is happening in Ukraine. I could cry about people who died alone because of Covid. Cry because of people who have aged so much because of the isolation.

We have all been through a traumatising event.

Some people know how they are when they are feeling 'close to the edge' in terms of their mental health. Other people have never experienced anything like it.

In your brain, when you are physically hurt, certain sections light up. The same sections light up with physical trauma as with psychological. If you burned your arm, you would look after yourself. We would not blame ourselves nor accuse others. We would see and know. We would know that it will take time but slowly we will recover. We would know that we have to get the balance right with being gentle and being forceful with ourselves. But we would know to pay attention.

As we move into the next phase, we need to be watching ourselves for the physical consequences of this traumatic time.

Everyone has something... a back, a bowel, a stomach, a headache, itchy skin, cold sores or sleeplessness. Something that just warns us that we are slightly out of sync.

Pay attention to those signs. That might mean we need to rest more or it might mean we need to get more shape and purpose in our day.

We are still recovering, whatever the politicians might say. Along with that there is the war in Ukraine. No picking fights. No being hard on yourself.

Equally, we are allowed to let God know how we feel. There is a long tradition of laments in the scripture. They are not usually used in worship because we are so busy pretending that everything is great. God is with us. God knows our challenges. We are allowed to tell it to God how it is for us.

Then we turn and say...and yet...

These are my problems, these are my pains and sufferings, and yet you are my God and I will worship you. Maybe that is something about death and resurrection. Death for us is not hopelessness. Suffering does not mean we are outside of the care and concern of God.

Yours, **Lesley**

*More articles from Lesley on pgs. 7&12*

## MEMO FROM MARTYN



As I write, we are in the middle of Lent with Easter week and all the mixed emotions that brings fast approaching.

Despite some recent unseasonably cold weather, Spring does seem to be on the way. The daffodils are out, tulips are on the way

and many of the bushes and trees in our garden are starting to blossom or at least shows signs of fresh growth.

Amidst these wonderful signs of God's faithful renewal are the pictures and descriptions of the great destruction and chaos of war in Ukraine. The Russian forces, apparently now moving away from Kyiv, have left devastation in their wake and I find myself asking what, if anything, all that destruction of life and property has achieved.

It is always easier to destroy things than build them in the first place. Already in Ukraine, a few weeks of bombing will take many years to repair and that is just the physical rebuilding of homes, roads, bridges, offices and shops. The rebuilding of shattered lives may take much longer.

This all feels a bit gloomy, so I hope that you have or had a good Easter. Good, not just because of time with family and friends or a brief break away, but good because we've spent time remembering what Easter is all about for us Christians; the devastation and destruction that was Good Friday turned into the joy of Easter day.

***Martyn Verge***



### FLOWERS FOR MAY

- 1<sup>st</sup> Jean Hughes (Lesley's mother)
- 8<sup>th</sup> Liz & Alistair Borthwick
- 15<sup>th</sup> Wil Bryan
- 22<sup>nd</sup> Margaret Golding
- 29<sup>th</sup> Brenda Parkins

*There are a few Sundays that are free, particularly towards the end of the year. Please have a word with Jean if you would like to take a Sunday.*

## **PASTORAL NEWS at 13. 4.22.**

### **Our prayers are with:**

Adults and children struggling with the after-effects of Covid, other viruses, seasonal hay fever and the anxiety and aloneness they bring.

Our thoughts are with our dedicated staff and volunteers who provide support to the infrastructure of the Church and those who offer community care. For new Elders and all who work behind the scenes to give endless worship opportunities and countless other blessings along our individual faith journeys.

**Our prayers continue for people on our Prayer List who are ill, anxious, confused and/or lonely.**

### **Prayer**

*Compassionate and Healing God, we thank you for Lent and your cleansing forgiveness as we move from pain and agony to Easter Joy. As we continue the many blessings Jesus bestows on us, we remember the people of Ukraine and Russia who are traumatised by all they have witnessed. May love and peace be with Ukrainian and UK people as they come together to start a new life.*

*Just as Jesus experienced, we especially pray for those who have nowhere to lay their head and who are broken-spirited. Refresh us with the celebration of Jesus with us and renewed life God has provided. Amen.*

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



Aby and Peter send a big hearty 'thank you' to everybody at KURC for their well wishes and prayers.

## **Confidentiality – a problem**

Your information is yours and you are allowed to keep things private. However, that has consequences. No one will know. That means that no one will support you or ask how you are. They will not know. That might be just what you want. However, some people want to keep matters quiet and, alongside that, want support from others. Some seem to think that people will have been told their news by the 'church illness fairies'.

Let me tell you...fairies do not exist. You have to reach out and give permission. I know that for some it is irritating telling others how they are. For some it is demeaning saying you are unwell. Some do not want to be defined by their illness.

But we have no right to support others unless we are prepared to be supported ourselves.

In the world of GDPR and privacy we, as KURC, cannot share information about people without asking their permission. 'Of course', you might well say. But that means I cannot ask people to pray for you. Yes, of course, I could go back and have a second conversation and ask permission, but time is short and, more than that, sometimes that second call feels uncaring and bureaucratic.

That is the problem. If you want people to pray for you, please ask. If you want your news to be shared, please say so. If you find that no one is asking how you are, and you want them to, please give us permission to share the news and we will.

***Lesley***

## Sally's Slot

On a Sunday, we have begun our sessions from the Christian Aid Big Justice Story Sack. Attendance at the Sunday morning services is sporadic, as you know, due to the pressure of other commitments – school sports, birthday parties, visiting Grandparents etc.

However, when the children have been around, they have responded well to the sessions so far.

The first one started in the book of Genesis, looking at Planet Earth as a gift and teaching the children that God expects us to look after it. The second session was about how God asked Moses, a reluctant campaigner, to stand up for His people. We learned that even ordinary people, like us, can do extraordinary things for God. One of the things He calls us to do is to care for the poor.

One week, we had a young Korean girl attend and she asked a LOT of questions about faith. It was really interesting talking to her and working through some difficult issues. So many children leave Christianity behind because their questions don't get answered and they live in a world full of peer pressure. It's important to be able to deal with questions, as best we can. Her genuine curiosity was refreshing.

Our second Crafternoon went really well. It was lovely to see young and old taking part. Please try and come, even if you haven't got any children to bring. The results of the watercolour artwork (and of Messy Church painting) are on the boards in the church for you to look at.

Messy Church was at the Manse and we looked at the Parable of the Mustard Seed. We weaved nests using natural materials from Steve's garden, made edible birds' nests, painted crazy trees using blow straws and made seedscapes of our favourite peaceful place. A good number of Korean children attended with parents. Many of them tried out walking on stilts; adults included!





The best way to understand what is happening with children and young people is not to read this article or see photos!! Far better to EXPERIENCE it for yourself and soak up the atmosphere, talk to the attendees and see the relationships that we are building. So please come and visit any group, anytime. You'd be very welcome!

*Sally*

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**With the concern about the cost of living, Christine shares these tips about saving money**

- Re-cycle old clothes for vouchers.
- Eat seasonal fruit and veg.
- Use the car less.
- Dry clothes outside if possible, or use a clothes horse.
- Avoid impulse buying – give yourself 24 hours to think about it.

***Christine Thompson***

*Other ideas welcome. Ed.*

## PRAYERS FOR UKRAINE

On Sunday, 3 April, Hannah and I went to this short vigil outside the Ukrainian Embassy in London. The following is from the Evening Standard:



The former archbishop of York has said that Vladimir Putin will “have one day to answer to God” for the “absolute viciousness” he is unleashing on the Ukrainian people. John Sentamu, who is now a peer and chairman of the Christian Aid charity, questioned how the president, who identifies as a Russian Orthodox Christian, can say his prayers at night after inflicting acts of “evil” in Ukraine. Mr Sentamu, 72, spoke after joining other church leaders in saying prayers during an act of witness for the war-torn nation outside the Ukrainian Embassy in Holland Park.

Around a hundred Christians, including some from Ukraine, held a minute’s silence for the besieged country while holding blue and yellow hearts in the air before singing the national anthem in a spontaneous outburst of solidarity.



Similar prayer events were held in Surbiton and in Kingston Market Place.

Afterwards, Hannah and I took our Ukrainian Hearts to the Spurs v Newcastle match but alas no happy ending for us.



*Ray Charlton*



### **Concert for Ukraine**

The many talented musicians in our church are planning a concert to raise money for Ukraine. This will be in the church on Saturday, 25<sup>th</sup> June at 3 pm. It will last about an hour, with tea served afterwards in the hall.

**Do put the date in your diary NOW!**

## **Fuel, Food and the Communion Fund**

We expect that for many, money will become increasingly tight. We know that some already have to make decisions about warmth and food. We expect this will get worse.

We, in Kingston URC, are going to put aside £5,000 from our budget to help people. This will be administered through the Communion Fund.

**Two Things, firstly**, if you would like to put money towards this purpose, please put it into the offering or do a bank transfer and please label it accordingly.

**Secondly**, if you are in need, please speak to me. All matters will be dealt with confidentially.

***Thanks, Lesley***

## **SERVING ELDERS**

At a Church Meeting following the service on 10 April, Lesley advised that the Serving Elders for 2022/23 are:

### Serving Elders in a current term

Carol Clack; Ray Erskine; Janine Goddard; Robin Pilbeam; Bron Robinson

### Newly elected Serving Elders serving from Easter 2022

Aby Grillo; Peter Grillo; So Jin Kim; James Mason; Ji Hae Kim; Suk Joo Kang

### Newly elected Serving Elders serving from September 2022

Sharon Henriquez-Vernon



## COLIN GOLDING

We have heard recently that Colin, David Golding's brother, has died. As older members will remember, Colin grew up in our church, was a member of the BB and Youth Fellowship and treasurer of the Tabard Players from the mid-1960s until he and Jackie moved to Weston-super-Mare in the late 70s. We send our sympathy to Jackie, Colin's wife of 61 years, and to the rest of the family.



*Colin Golding*



*Colin (with Wendy Weston) from a Tabard Players production in the early 70's.*

### NAME THAT TUNE



Those who come to the 10am service will surely have noticed that Haeun usually plays a short piece of music to link the benediction and the closing organ voluntary. If you're wondering what it is, it comes from Mendelssohn's oratorio 'Elijah' where three angels sing the words from the beginning of Psalm 121: 'Lift thine eyes, O lift thine eyes to the mountains; whence cometh help? Thy help cometh from the Lord, the maker of heaven and earth. He hath said, thy foot shall not be moved; thy keeper will never slumber'.

*John Fisher*



**CHRISTIAN AID WEEK 2022**  
**14<sup>th</sup> to 22<sup>nd</sup> May**

The Kingston Christian Aid group are arranging and proposing a number of activities to help raise funds in Christian Aid Week – 14<sup>th</sup> to 22<sup>nd</sup> May. See below. If you want to get involved in any of these, please speak to Ray Charlton.

1. Saturday 14 May 19.00 - Quiz Night at KURC. Each church to bring along a team(s).

£10 per person to include a lite supper with a paying bar.

## Our CHRISTIAN AID QUIZ is back, it's live, it's not on Zoom!



Saturday 14<sup>th</sup> May 2022 7pm – 10pm  
 Kingston United Reformed Church, Eden Street.  
 £10/person includes a light supper.



Paying Bar available

All monies raised go to Christian Aid (England and Wales charity no. 1105851) as part of Christian Aid Week 2022. Kingston Christian Aid Group

2. Sunday 15 May 18.00 - Joint service for Christian Aid Week at Kingston Methodist Church.
3. Sunday 15 – Saturday 21 May – House to house envelope drop off, i.e for 'drop off only' envelopes. [We used these in 2021 and it worked very well.](#)

**Can you please speak to Ray if you are willing to be the post box for your road, your flats, your sheltered housing etc. Other people can drop off the envelopes if you cannot do this.**

**How it works:** [Church reps and others deliver envelopes to houses, care homes, sheltered housing etc. where we have someone who is willing to act as the drop off/collector for the envelopes and who lives in that road. As they are very local, it encourages their neighbours to drop by, talk about Christian Aid and subsequently to drop off an envelope with a donation in it. A template, including the QR code, which may be used to \*insert a message\* into the drop off envelopes \*before\* they are delivered, will be available shortly. Contact: Ray Charlton.](#)

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

4. **Thursday 19 May 17.00-19.00 - Kingston Station collection – We need volunteers to rattle!**
5. **April/May Coffee and Cake mornings or afternoons.** We would love you to organise your own Tea/Coffee and Cakes event in your home.
6. **Saturday 21 May 10.00- 14.00 - Flag Day collection in Clarence Street. Choir and \*Jerusalema line dance flash mob at 12:30pm.**

**This is the BIG ONE – we need all you dancers to learn the Jerusalema Dance in the coming weeks – then on Saturday 21<sup>st</sup> May, we will meet in Clarence Street to do a Flash Dance with as many people as we can get. See the referenced links, get your trainers on and give it a go...see you on the 21<sup>st</sup> Dancing or holding a bucket!**



[Kingston Churches is fundraising for Christian Aid \(justgiving.com\)](https://justgiving.com)



**\*Jerusalema line dance links:**

[Jerusalema Dance - Easy 5 Minute Tutorial For Beginners - Bing video](#)

[FSF Sisters - Jerusalema Dance - Bing video](#)

[Jerusalema Dance Tutorial - Bing video](#)

[Dancing Jerusalema all over the World 30min mix - YouTube](#)

***Ray Charlton***

## Organ Plaques

This is the brass plaque which has now been fixed to the side of the new organ console in memory of Tony Wenman and Nigel Tunley, our faithful organists for a combined total of almost 90 years! The plaque commemorating some of our earlier organists and choirmasters - formerly on the old organ console - is going to be attached to the front of the original organ chamber.

*John Fisher*



## Oxygen – KCAH – Street Pastors Kingston

What have these three local charities in common? Many things I am sure, but the one I want to remind us of is that KURC supports all three financially.

The donations we make to each are not huge but they do help and they reinforce our support for the special work each of them does. Individuals in the church also support one or more of these charities in various ways too.

You can find out more about each from their websites or by talking to others, but in summary:

- Oxygen is a youth work charity in Kingston set up by local young people and supported by local churches. It has a charity shop in New Malden and is based at St Peter's church in Norbiton.
- KCAH supports single people facing housing crisis in Kingston and helps to rebuild their lives. They are also based at St Peter's.
- Street Pastors Kingston is part of the, now international, Street Pastors movement and their aim locally is caring for, listening to and helping the night-time users of Kingston Town Centre on Friday and Saturday nights. Though based at St Peter's for administrative purposes, they use the KURC building as their base for the night-time work.

As a church, we are proud to be linked to these charities and to be a part of the work they do.

## UPDATE ON ANTIGUA FROM SUE

I've now returned from Antigua and would like to update you. First of all, may I say I kept well and safe and am grateful for all the prayers.

Our main goal was to train several people to be accredited Street Pastor trainers so they can deliver training modules without the need for UK input. Two of them have since planned a Refresher Training evening on 11th April. I'm hoping and praying there will be a good turn-out.

I met up again with old friends and made a few new ones. I spent quality time with a few individuals, including men who attend the soup kitchen. Let me tell you about one of them.



Sue at Soup Kitchen

Rico\* has had an *ulcerated* leg for the last twelve years. He goes faithfully to the clinic to have his dressings changed but it never seems to heal. He walks awkwardly and very slowly with a stick. He is an intelligent young man in his early thirties. He likes reading non-fiction and has observant things to say about life and faith. I gave him a copy of 'Where is God when it hurts' by Philip Yancey. He would dearly like to find work and do some studying. I've encouraged him to go up to the library where he can learn to use computers for free. But he is daunted by the uphill walk to the library about half a mile from where he lives.

There's Jayden\* who has successfully stopped drinking having completed treatment at Crossroads Rehabilitation Centre, set up by Eric Clapton. He now has a steady job, a home and his health. Several other rough sleepers have been to Crossroads but never managed to stay off the drink. Jayden said to me, 'You have to really want to come off the drink yourself, not just do it to please someone else.' Wise words.

Before I left in December 2019 a friend of mine introduced me to Lady Williams, the wife of the Governor General. This has eventually led to Street Pastors Antigua becoming a registered charity and brought into the fold of the Halo Foundation, headed up by the Governor General, Sir Rodney Williams and his wife Lady Williams. The Halo Foundation supports and distributes money to 30 specific local charities. There is going to be a large fund-raising event, a Gala and Auction, in London this June and hopefully Street Pastors Antigua will receive some much-needed financial support as a result.

While I was in Antigua a local video tech company came out to film the soup kitchen and an evening patrol. The completed short video will be shown at the fund-raising gala. My successor Barry will be in London for the event as he had already planned to visit family this year. Please pray for him as he represents the charity and takes things forward, hopefully with some additional funding as a result of this special event.

Each Tuesday evening, I recorded several true-life stories for a local radio station, God First Radio, including Black History heroes like Sojourner Truth and Amanda Berry, two women born as slaves who became outstanding preachers. I also condensed the story of our own Captain Tom. I contributed live to a weekly evening devotional programme, 'Breakthrough', presented by Pastor May, reading Bible passages and prayers.

On Sunday afternoons I joined Pastor May in Greys Farm, an area close to town known as 'the ghetto,' where I helped children make bracelets, play with play doh and learn basic origami. On my last Sunday we met outdoors in Green Bay, a predominantly poor Spanish speaking community close to the port.



*Pastor May on live Radio 3*



*Children from Greys Farm*

We've been out on patrol a few times at the earlier hour of 7pm. We were warmly welcomed back as patrols were cancelled during Covid. We encountered several vulnerable people. On two nights we all felt very helpless with two encounters.

One concerned a father who was probably selling drugs and had brought along his five-year-old son whom we suspected was carrying the drugs in his pink school backpack. The father ignored our pleas to take him home and the boy refused to speak. The other involved a young woman who was so spaced out she was stripping off in public. I rushed over to cover the woman up before she stumbled off, in a drugged stupor. Next day I was told she had slept the night in the market place. But it highlighted how difficult it is to protect people who are vulnerable.

The social problems here are immense and there are so few resources. The ruling elite are openly self-serving. Food prices, always high as nearly all food is imported, are still rising. The one newspaper was forced to close down and go online, so any criticism of the government is restricted to social media and some radio stations.

Nevertheless, these words from 2 Corinthians give me hope, 'be steadfast, immovable, always abounding in the work of the Lord, knowing that in the Lord our work is not in vain.'

Please remember Barry, a volunteer, as he co-ordinates the work as well as running his own business, and pray that the country's leaders work hard to serve their people, especially those who are struggling.

\* Names have been changed.

**Sue Shaw**



## UNUSUAL CHURCHES OF THE WORLD

### *The Lalibela monolithic churches*

In the west highlands of Ethiopia, near the town of Lalibela, can be found eleven extraordinary rock-hewn (or 'monolithic') churches carved out of local sandstone from the top down by means of trenches and tunnels – not built of brick or stone from the bottom up. The churches were constructed in the 12<sup>th</sup> century for King Gebre Mesquel Lalibela, who wished to recreate the holy city of Jerusalem. They are now a UNESCO World Heritage Site and are still in regular use by the Ethiopian Orthodox Church. The church depicted is dedicated to St George.

**John Fisher**



***Bethany has written this poem with some thoughts around what the Last Supper might look like today and feelings for Judas:***

The drunk, the gay man, the gambler,  
 The beggar, the addict, the lame man,  
 The homeless man, migrant and trans,  
 All sat down to eat with a great man.  
 Said The Great Man “you are my family,  
 Worth more to me than any other,  
 I am sharing this out with you,  
 You are family, my sister and brother.  
 I am giving you bread for my body,  
 And wine – for the spilling of blood,  
 Do you understand what this means?  
 You are chosen, and all shall be good.  
 You may not understand the reason  
 And one of you is turning me in”.  
 “Not I” they all cried, “Jesus not I”.  
 “The one foretold” he said, “leave, do your thing”.  
 “I do not mean to,” cried the culprit.  
 In shame he ran out of the room.  
 Those left were angry at the betrayal.  
 Jesus said “It is foretold, Friday noon  
 I shall be crucified by the city leaders.  
 But before that one of you shall deny  
 That you know me, my brother shall say  
 When asked ‘Not me Sir, it was not I’.  
 “I am telling you this in advance.  
 But this future cannot be changed,  
 It must happen like this, to suffer  
 That the price of your souls be arranged.”  
 And then they left the supper  
 And went up to the mountain to pray,  
 “This is the cost of my blood” he said,  
 “Thy will shall be served on Easter day.  
 It is hard to taste your cup of wine,  
 And hard too to know the price,  
 Yet thy will be done, great Father,  
 You shall have the blood sacrifice.”  
 And as he prayed and wept, they slept  
 Yet the sky was troubled with grief,  
 For on came the soldiers with Judas  
 Who knelt to kiss the Messiah’s cheek.  
 That kiss, my God, that kiss, the pain  
 That Judas felt as he finished the task.  
 A rope around his neck began to unfurl,  
 And in Hell he lies till all pain is past.  
 Weep for Judas too, remember it was planned,  
 He did not know why he had to act like this.  
 But he did as they instructed him  
 And gave his greatest friend a last kiss.

***Bethany Birley***

## ARCHIVE OF THE MONTH



Our Boys' Brigade on parade outside the church in a traffic-free Eden Street at some time during the Second World War. The building on the right, which still stands, has many of its windows partially bricked up. On the left is Reg Stanbury who was later church treasurer.

*John Fisher*



### KINGSTON CHILD CONTACT CENTRE (KCCC) – An Update

KCCC held their AGM on 26 March and thanked the church for the use of the premises every other Sunday afternoon. The Centre at Walton-on-Thames URC has had to close due to Covid and lack of volunteers. Two families transferred to us and Walton kindly gave KCCC a donation of £2,000.

Over the year KCCC has welcomed 23 families. Most families moved on to independent arrangements, moved home or returned to Court.

KCCC became a charity during the year and appointed six Trustees, including Stuart Chandler and Jean Thompson who represent the Church. A psychology student from Kingston University is doing her work placement with KCCC to raise their social media profile and advertising.

The National Association of Child Contact Centres wrote an article about our Centre as an example of a Centre that stayed open during some lockdowns, due to our rigorous approach to risk assessment.

Currently the Centre is in need of more volunteers. If you know of anyone who would be interested, or would like more information, please have a word with Jean or Stuart who can put you in touch with Charmaine, the Administrator.

*Jean Thompson*

## **The Prodigal Son's Mother**

***The Prodigal Son's Mother is not mentioned in the parable. The following is a possible modern-day scenario by Sue Shaw.***

Five years Jack's been away. Five long years. No news, no messages, nothing. Breaking me and his dad's heart. Sleepless nights, sick with worry. We've prayed and prayed.

And then wham! He's back. Spent all his money, squandered it in clubs and bars. Buying drinks for his pals, playing on the slot machines, gambling all his inheritance away. Spending it on girls. Says that he's truly sorry. Willing to do anything.

I don't know what to think. On the one hand I'm delighted. He's safe now, he's well, he's healthy. A tad skinny but some good hot cooked food will put that right. I'll make his favourite lamb stew for starters. Needs a good haircut and a bath. He smells something awful.

His dad has been out of his mind thinking he might be dead. Now look at him. Grinning from ear to ear. Organising the biggest party ever. Live music, dancing, the best chefs, champagne.

And what to tell Robbie. He's been such a rock, never put a foot wrong. Looked after us both without complaining. I hope he'll come to the homecoming party. Hope they'll be reconciled.

I really hope Jack means what he says. That he's not just saying it to make us happy. His dad believes him. I've never seen him so happy. It's taken years off him. Maybe we can be one big happy family again. I pray to God we can be. I need to talk to Robbie. Make him see sense. He's never gone hungry or slept in a pig trough. We've never let him go short.

I love them both dearly. Yes, they're like chalk and cheese but they're my boys. I love them to bits. And now they're both home. Where they both belong.

***Sue Shaw***



**Bron Robinson is Editor for June's Church News. Articles/photos to Bron please by Friday, 13 May. Email: [bronhr@gmail.com](mailto:bronhr@gmail.com)**

## **Novel ways to give to the church – Giving from beyond the grave!**



KURC gets its money from many sources. Mostly it is the generosity of us, the current members and the letting of the building, but some comes in unusual ways.

One annual gift we get is from the estate of Fred Randall. Fred and his wife Margaret were members of the church for many years and made great contributions to church life. Among other things, they hosted Fred Friday (an open house evening with discussion on a huge range of topics) and Fred was church secretary for a number of years.

Fred's working life was mainly with the Civil Service, but he was also a keen writer. He had several books published, mostly to do with British politics and sociology. He also had a short story, "A Pint of Porter", broadcast on Radio 4 in 1985.

The royalties from his books are donated to the church. Thank you, Fred! Thanks also to his son Paul who sends us the donation each year.

***Martyn Verge***

--ooOoo--

## **Going Green! My journey!**

In 2017, I decided I would try and lead a more ethical, eco-friendly, socially just life!! I wanted to care for people and planet. This has been a longer journey than I expected and is not something you can achieve overnight! I wanted to share some of the things I have done; not to brag or to overwhelm, but just to give ideas and food for thought! So here goes...

Please note, where websites are quoted, lots of other options were available. You need to decide what is best for you! Some of these may not be 'for you'. Some are cheap and easy (even free!) and others require more thought. Christian Aid and Tearfund have lots of advice. You will need to research, reflect and pray!

**Bought a reusable mug, water bottle, flask and tote shopping bags.**

**Tried to buy plastic free fruit and veg.**

**Switched to an ethical green energy supplier and told my old supplier why!**

**Tried to switch off lights at home when not needed!**

**Changed to an ethical and environmentally friendly bank and told my old bank why!**

**Set up a milk delivery with Milk and More to reduce plastic.**

**Reviewed my personal pension and switched to pensions that care about sustainability and only fund pensions that are ethical, care about the planet and are socially responsible to their employees and to the poor. I was able to use my Dad's financial adviser but you could use [www.pensionbee.com](http://www.pensionbee.com) or [www.makemymoneymatter.co.uk](http://www.makemymoneymatter.co.uk) for more info on the one thing that is the most effective way to care for the planet!**

You would be amazed (shocked?) to discover what your pension is funding! Does yours match your values?

Set up a subscription for delivery of a bamboo eco-friendly toothbrush and started using toothpaste tablets! (in non-plastic packs!) [www.wearebristle.com](http://www.wearebristle.com)

Bought toilet rolls from an ethical company that plant trees for every roll they produce. [www.serioustissues.com](http://www.serioustissues.com)

Bought Fairtrade products from the more ethical supermarkets and Traidcraft [www.traidcraftshop.co.uk](http://www.traidcraftshop.co.uk)

Try to use more ethical, eco-friendly shops, companies and products (see [www.ethicalconsumer.org](http://www.ethicalconsumer.org) and [www.thegoodshoppingguide.com](http://www.thegoodshoppingguide.com) for advice and ideas. Discovered local shops... In Surbiton, I recommend Sage and Refillogic. There are also a number of plastic free shops online.

Sold my car and bought an e-bike (from Pedibal) (also walk, use my scooter and travel by public transport more).

Planted bulbs and bee bombs [www.beebombs.com](http://www.beebombs.com)

Created a wildlife patch in my garden, with flowers, bird feeders, insect hotel. I would like to make a DIY pond next!

Bought only FSC certified paper, wood products, furniture. [www.fsc.org](http://www.fsc.org)

Bought sustainably caught and farmed MSC fish [www.msc.org](http://www.msc.org)

Tried to buy local and seasonal.

Bought organic when I could afford it. Looked for Soil Association logo or Palm oil free logo (RSPO)

Signed up to Oddbox to reduce waste. [www.oddbox.co.uk](http://www.oddbox.co.uk)

Reduced, reused, recycled. Mended things before throwing them away.

Shopped from charity shops on high street and online (second hand and brand new) and made gifts (you could come to our Crafternoons?!)

Turned off the tap when cleaning my teeth! (Saves more water than you think!)

Used washing up water to water the plants.

Only used the water I need in the kettle or kept a flask going in the day.

Boycotted Amazon and other firms and wrote to say why!

Wrote to companies, my MP etc, signed online petitions (we have a very sympathetic MP!)

***Sally continues her journey in next month's edition.***

## An Easter Prayer

God of love, we have stumbled and fallen as you have carried our sins to the foot of the cross; we have tried to suffer the trauma of arms outstretched and nailed to wood; we have covered our eyes as you showed such courage with the loss of blood and strength; we mocked and jeered and tormented you as your thirst overwhelmed you; people played cards and jeered at your pain. We were tired of the dust and noise and we could hear cheering as we wandered from the ugliness of the scene.

Distraught and with guilt because we did nothing, we went to our homes. We talked of nothing else but that agonising scene; cried and slept to block out the wicked and barbaric act.

Throughout the ages and to this day, we have learned that it is of no consequence to kill, to torture and maim, to leave people broken, humiliated, dead. No care for life and love.

Yet, we are now in a Garden, swathed in colour, heady with perfume; the sweet smell of flowers and fresh mown grass permeate the air; our breath expands our lungs and the beauty transcends the trauma of that nightmare journey we made just three days ago.

God has forgiven our sins and returned his beloved and precious son to us. We do not deserve such a gift. We rejoice and worship the One who has saved us and we surrender to his tender loving, healing care.

*Ann Macfarlane*





[IBRA - The International Bible Reading Association  
\(ibraglobal.org\)](http://ibraglobal.org)

## Readings for May 2022

<b>All creatures great and small</b>	
<b>Small</b>	
Sunday 1 May	Judges 14:8-14
Monday 2 May	Proverbs 6:6-11
Tuesday 3 May	Matthew 4:18-22
Wednesday 4 May	Genesis 8:1-12
Thursday 5 May	Acts 28:1-6
Friday 6 May	Exodus 23:10-12
Saturday 7 May	
<b>Readings from Revelation</b>	
<b>1 An open door into heaven</b>	
Sunday 8 May	Revelation 1:1-3
Monday 9 May	Revelation 4:1-11
Tuesday 10 May	Revelation 5:1-14
Wednesday 11 May	Revelation 6:1-11
Thursday 12 May	Revelation 7:1-17
Friday 13 May	Revelation 8:1-13
Saturday 14 May	Revelation 12:1-17
<b>Readings from Revelation</b>	
<b>2 A new Heaven and a new Earth</b>	
Sunday 15 May	Revelation 13:1-18
Monday 16 May	Revelation 17:1-18
Tuesday 17 May	Revelation 19:1-16
Wednesday 18 May	Revelation 21:1-14
Thursday 19 May	Revelation 21:15-27
Friday 20 May	Revelation 22:1-7
Saturday 21 May	Revelation 22:8-21
<b>The Bible's divine body imagery</b>	
<b>1 Breath</b>	
Sunday 22 May	Psalm 104:24-30
Monday 23 May	Genesis 2:4b-9; 18-22
Tuesday 24 May	Psalm 139:13-18
Wednesday 25 May	Exodus 2:23-25
Thursday 26 May (Ascension)	Acts 1:1-11
Friday 27 May	Psalm 47
Saturday 28 May	Psalm 115:1-11
<b>The Bible's divine body imagery</b>	
<b>2 Tears</b>	
Sunday 29 May	Isaiah 6:1-5
Monday 30 May	Jeremiah 8:22–9:11
Tuesday 31 May	Psalm 33:6-22

## Kingston United Reformed Church – Information

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

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

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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 for June is Friday, 13 May 2022**

**Editor: Bron Robinson E-mail: [bronhr@gmail.com](mailto:bronhr@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 also 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.**