



Faith – Hope – Love –
Since 1972

CHURCH NEWS

Kingston United Reformed Church

OCTOBER 2022



Queen Elizabeth II

21 April 1926 – 8 September 2022

“ Each day is a new beginning. I know that the only way to live my life is to try to do what is right, to take the long view, to give of my best in all that the day brings, and to put my trust in God.”

*(Quote from *The Servant Queen*, a book published on the occasion of her 90th birthday)*

www.kingstonurc.org

Charity No. 1131880

This edition edited by Holly Christie

WORSHIP & EVENTS DIARY – OCTOBER 2022

The following is the anticipated diary for October, but please see the e-mailed weekly notices, particularly for daily prayers and other Zoom sessions.

Saturday, 1 st		KURC's Big Day In/Out
Sunday, 2 nd	10.00	Worship & Communion – also live-streamed
	11.30	All Age Worship
	17.00	Reflective Service
Tuesday, 4 th	11.00	Take Time to Craft
	20.00	Elders' Meeting
Wednesday, 5 th	10.00	Tots' Praise
	19.30	Bible Study – Zoom
Thursday, 6 th	19.00	Synod Worship/Reflection - Zoom
Sunday, 9 th	10.30	Harvest All Age Worship – also live-streamed
	11.30	Fellowship Church Meeting
		Nature Walk
	17.00	Reflective Service
Wednesday, 12 th	10.00	Tots' Praise
	19.30	Bible Study - Zoom
Thursday, 13 th	19.00	Synod Worship/Reflection - Zoom
Saturday, 15 th	14.00	Crafternoon
Sunday, 16 th	10.00	Worship – also live-streamed
	11.30	All Age Worship
	17.00	Reflective Worship & Communion
Wednesday, 19 st	10.00	Tots' Praise
	19.30	Bible Study - Zoom
Thursday, 20 th	19.00	Synod Worship/Reflection - Zoom
Sunday, 23 rd	10.00	Worship – also live-streamed
	11.30	All Age Worship
	17.00	Reflective Worship
Wednesday, 26 th	10.00	Tots' Praise
	19.30	Bible Study - Zoom
Thursday, 27 th	19.00	Synod Worship/Reflection – Zoom
Sunday, 30 th		British Summertime ends – <i>Clocks go back</i>
	10.00	Worship – also live-streamed
	11.30	All Age Worship & Communion
	17.00	Reflective Worship

For Jolly Toddlers, Messy Church and Nature Walks, please contact Sally Butler, e-mail: youth@kingstonurc.org

Lesley's Letter



If I said to you, 'here it is' and pulled a strategy out of the bottom drawer you would raise your eyebrow and shake your heads. Rightly so.

Building the church is God's job. Our job is to do what the Lord requires.

'Yes but what does that mean in practical terms?'

More of the same in many ways sisters and brothers.

I know some people long for a flash new thing but that is not how it is in the real world.

We need to be keeping on doing what we are doing well.

Developing what we are OK at and putting time and energy in to developing new things as we discern the call of God about them. It is not about new ideas.

There is a guarantee of a few things though. Particularly in the light of the death of Her Majesty the Queen

Things will change. What was is not how it will always be. Elizabeth will be succeeded by Charles.

The truth is that the tide is against us. Our country is increasingly secular and the loss of the Queen and her example is a genuine loss to our Christian witness. She has been a faithful example of life lived in service of a cause that is bigger than her.

Maybe that is what we should all be looking at for ourselves.

Our job as a church is to support each other in our day to day challenges. Plus to find new ways to share the good news with others. To be a people facing outwards to invite others to journey with us.

Quietly in the background there are all sorts of people doing all sorts of things as part of this...finding readers, sorting out the plant room, producing agendas, raising money for Christian Aid, cooking, leading worship, praying, computer support, taking bookings, finding prayers, working with the children and young people, flowers, cleaning, checking the money is spent safely, producing the notices, musicians, Church news...and on and on

Fabulous. Yes I know I have not mentioned your contribution; it is nothing personal. On behalf of Jesus we thank you all. We are Church together and all of us can play a role. What that role will look like will change at different phases of our lives. God knows our circumstances.

But more important than all of that, and you know how important that is, we are also being Christians in our homes, work places and neighbourhoods. We need to help each other with that. Living with integrity. That is where we have to learn from the late Queen. Life is about service.

It is not our job to focus on the results it is our job to do what we do as well as we can. To make sure that what we are doing is what God wants us to do and then press forward.

New things? Of course there will be new things. There will be new ways of fulfilling ancient callings. Our priority though is not to be novel it is to be faithful.

Yours,

Lesley

Martyn's Memo



Isn't nature wonderful!

Only a few weeks ago I was looking out on brown parched grass in our garden and walking amongst dried up and withered plants in the local parks.

Now, after a few days of rain, the grass is green and the withered plants are once again standing tall.

We've heard a lot about climate change this Sumer with the record temperatures in the UK and droughts here and across many parts of Europe. Coupled with massive flooding in Pakistan you have to start to wonder what is going on.

God would be quite within God's right to ask us "what on earth are we doing!"

The energy crisis is adding fuel to the debate. Maybe we haven't paid enough attention to the way we've used energy in the past. Maybe it *should* cost more as we come to realise the impact the generation and use of it has on the planet. But if it costs more, how do we ensure everyone can afford the energy they need? Maybe we should have been more urgent in the installation of renewable sources of power! Maybe now we will take the situation more seriously.

History suggests to me that we often need a crisis to make us act. Looking back, how many times have innovations arisen out of an urgent need.

Why wait for the crisis though! In the Old Testament we read a lot about God speaking to people to warn them of pending disaster and giving them a chance to react before it was too late. Joseph's story is a good example with famine averted by storing grain in the good years. And poor Jonah, who felt humiliated when the people of Nineveh repented and so averted the destruction of the city that he was told to prophesy.

Who are the prophets of our day? There have certainly been many raising concerns about climate change for years. Most of them have been dismissed as fanatics or scaremongers. What would we call them now?

As we turn from the holiday season and look forward to the year ahead what is God calling us to do. Are we listening for God's voice, watching carefully for the signs? And if we hear or see something, how will we respond?

Martyn



Sally's Slot

During the Summer, we participated in something called 'Thumbs Up It's Thursday!' This is organised by Kingston First, the UK's first Business Improvement District. The aim is to get families to visit the town centre during holiday time and businesses, shops and churches take part.

We decided to run a 'Take Time To Craft' session. Activities were glass painting, HAMA beads, musical instrument making and pom-pom making/sewing. These were extremely well attended, with nearly 30 children attending; many families did not even know we existed, so it was great publicity for us. Leaflets about our regular term-time work were distributed and since then, two or three new families have attended Crafternoons, Jolly Toddlers and Tots 'Praise. These families have been great at recruiting, so we have seen a rapid rise in the numbers attending those. We now need to rearrange the hall set up to cope with this. It will be important to try and work to keep the sense of community in these groups and continue to forge relationships so that everyone feels known and welcomed.

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

We met Tots 'Praise at the park to play, end of August. The children loved it and I particularly liked the zipwire....!

Sally Butler

Children, Youth & Families Worker

Pastoral News

Prayer for Healing:

Loving and Compassionate God, we ask your healing for those mentioned with long-term health issues, those who are affected by intermittent symptoms that cause distress, and those who are waiting for hospital appointments and a diagnosis. Help us to shed anxiety and feelings of aloneness and abandonment. Even when health issues are worrying, grant that we become not trapped, but released from negative thoughts into your everlasting love and care.

Help us to think of others, praying for those who have nowhere to lay their head, for people thirsting for water and whose stomachs long for nourishment; those with no comfort and those separated from the people they love. Renew broken spirits and grant us the ability to carry out and follow examples that your Son showed so vividly through the Scriptures. In the name of Jesus, we ask this prayer. Amen

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



Archive of the month

A Sunday morning service in 1994 written and performed by the Young People's Sunday Groups. Does anyone know who the clown is?

Sue Shaw will be editing November's Church News. Articles and photos to Sue please by Friday, 14 October.

sue.shaw24@gmail.com



Faith – Hope – Love – Since 1972

On Wednesday 5th October, the anniversary of the actual date of the formation of the URC, the URC's South London Synod Area are holding a service online through Zoom starting at 7.00pm.

Rev David Pickering has been asked to lead the service and he will involve colleagues from the area and beyond.

The service will celebrate some of the URC's story over the last 50 years and some distinctive features of our Church today, including our hymnwriters with all the hymns to be sung from the heart and pen of those who belong to the URC.

We ask that you encourage your members to join the service either from the comfort of their own homes or in friendship groups or from your own church where you could experience the opportunity of the Synod Area all singing together and making a joyful noise.

Meanwhile, please encourage your members to put the date in their diaries and in your pew sheets and magazines.

The Zoom details are as follows.

<https://us02web.zoom.us/j/88495501792?pwd=Uy9Ta0g0YW50UE50UXN3d1RkMUE3Zz09>

Meeting ID: 884 9550 1792

Passcode: 765093

If joining by telephone Dial by your location (use any number)

0203 481 5240 United Kingdom

0203 901 7895 United Kingdom

0208 080 6591 United Kingdom

0208 080 6592 United Kingdom

0330 088 5830 United Kingdom

0131 460 1196 United Kingdom

0203 481 5237 United Kingdom

Let's Celebrate together





Just a thought:

Many of you know, I am a lover of the great outdoors and as soon as I open the front door, it beckons and fills me with anticipation. The familiar ground beneath my wheels, the first breaths of air, listening for bird song, spotting miniature creatures, the kaleidoscope of colour that includes tree and hedgerow, flowers in full bloom or those just awakening to greet the world. Water, whether pond or river, sky, cloud, sun or rain, all intermingle to reveal pictures for the memory and magnify the sensual experience. Overarching is the joy of being spiritually aware. Finally, it brings a prayer of humbleness, adoration and thanksgiving to God. What follows is an Indian Proverb:

The Proverb says:

Everyone is a house in which there are four rooms, a physical, a mental, an emotional and spiritual. Most of us live in one room most of the time but unless we go into every room every day, if only to keep them aired, we are not a complete person.

Contribution: Ann Macfarlane

Iwan Timothy Bali



Iwan was born on 31st August 2022 to parents EJ and Jacob. Iwan is the seventh grandchild of Rose Oming-Bali.

Iwan as a British name is the Welsh pronunciation of the biblical name John. It means “God is gracious”.

Iwan is also a Korean masculine name, 이완, with the Chinese character, 怡完, which means “full harmony / complete joy”

Pictures:

above EJ, grandma Rose with Iwan and Jacob;

right God parents to be with EJ and Jacob.



T

Readings for October 2022



2 Love one another

Saturday 1 October Colossians 3:12-17

READINGS FROM 1 KINGS

1 United Kingdom

Sunday 2 October 1 Kings 1:1-18
 Monday 3 October 1 Kings 1:28-48
 Tuesday 4 October 1 Kings 3:3-15
 Wednesday 5 October 1 Kings 3:16-28
 Thursday 6 October 1 Kings 6:1-14
 Friday 7 October 1 Kings 8:1-13
 Saturday 8 October 1 Kings 9:1-9

2 Divided Kingdom

Sunday 9 October 1 Kings 12:1-24
 Monday 10 October 1 Kings 12:25-33
 Tuesday 11 October 1 Kings 13:1-10
 Wednesday 12 October 1 Kings 13:11-34
 Thursday 13 October 1 Kings 14:1-18
 Friday 14 October 1 Kings 17:1-16
 Saturday 15 October 1 Kings 18:20-39

NATION SHALL SPEAK UNTO NATION

1 A vision of peace

Sunday 16 October Isaiah 2:1-5
 Monday 17 October Isaiah 65:17-25
 Tuesday 18 October Isaiah 26:1-12
 Wednesday 19 October Psalms 46
 Thursday 20 October Deuteronomy 16:18-20
 Friday 21 October Jeremiah 6:9-15
 Saturday 22 October Philippians 4:8-9

2 Speaking truth to power

Sunday 23 October Jeremiah 1:4-10
 Monday 24 October Psalms 82
 Tuesday 25 October Amos 5:1-10
 Wednesday 26 October Micah 3:5-8
 Thursday 27 October Lamentations 3:25-36
 Friday 28 October 1 Thessalonians 2:1-8
 Saturday 29 October Ephesians 6:10-20

READINGS IN 1 CORINTHIANS

1 Walking as one

Sunday 30 October 1 Corinthians 1:1-19
 Monday 31 October 1 Corinthians 1:20-31

The Ladder of Salvation



Close to the junction of the M25 and the M23 lies the tiny village of Chaldon, hidden in the quiet and narrow lanes of the North Downs. There's not much to see there, so it seems, but if you go into the little church of St Peter and St Paul you will encounter a remarkable treasure: the largest, oldest and most important wall painting in Britain, over 15 feet long and in incredibly fine condition. It was only uncovered in 1869 when the interior was being redecorated. The red ochre painting had been whitewashed during the mid- 17th century Commonwealth when church icons were frowned upon.

The painting dates from around 1170 and is believed to be the work of a Norman monk. The theological scheme informing the painting is very complex and there is far too much detail to describe here, but essentially it depicts the divide between the horrors of hell and the deliverance of souls. Christ is shown standing triumphantly upon the Devil, St Michael weighs souls, and a ladder of salvation in the centre shows good souls climbing to heaven, while sinners fall off, to be consumed in the flames of hell. Devils support a bridge of nails over which cheating tradesmen pick their way carefully. The seven deadly sins are also woven into the composition.

The church is normally open from 10am to 4pm in summer, but you are advised to check the church's website for notice of any closures.

John Fisher



FLOWERS FOR OCTOBER

2 nd	Pat Foster
9 th	Harvest Festival
16 th	Christine Thompson
23 rd	Free
30 th	Free

If anybody would like to donate the flowers for the 23rd or the 30th, please have a word with Jean.

HARVEST WORKSHOP

We will be having our usual workshop on Saturday, 8th October, at 10 am to decorate the sanctuary and the foyer for Harvest. Volunteers to help with this will be very welcome, as will any flowers/greenery.

A list of items needed by the Foodbank will be available shortly. If anybody is passing the church during the week leading up to Harvest and would like to leave their food contributions in Catherine's office, that would help greatly with the display. *More information from Jean Thompson.*

Ken Bartlett writes:

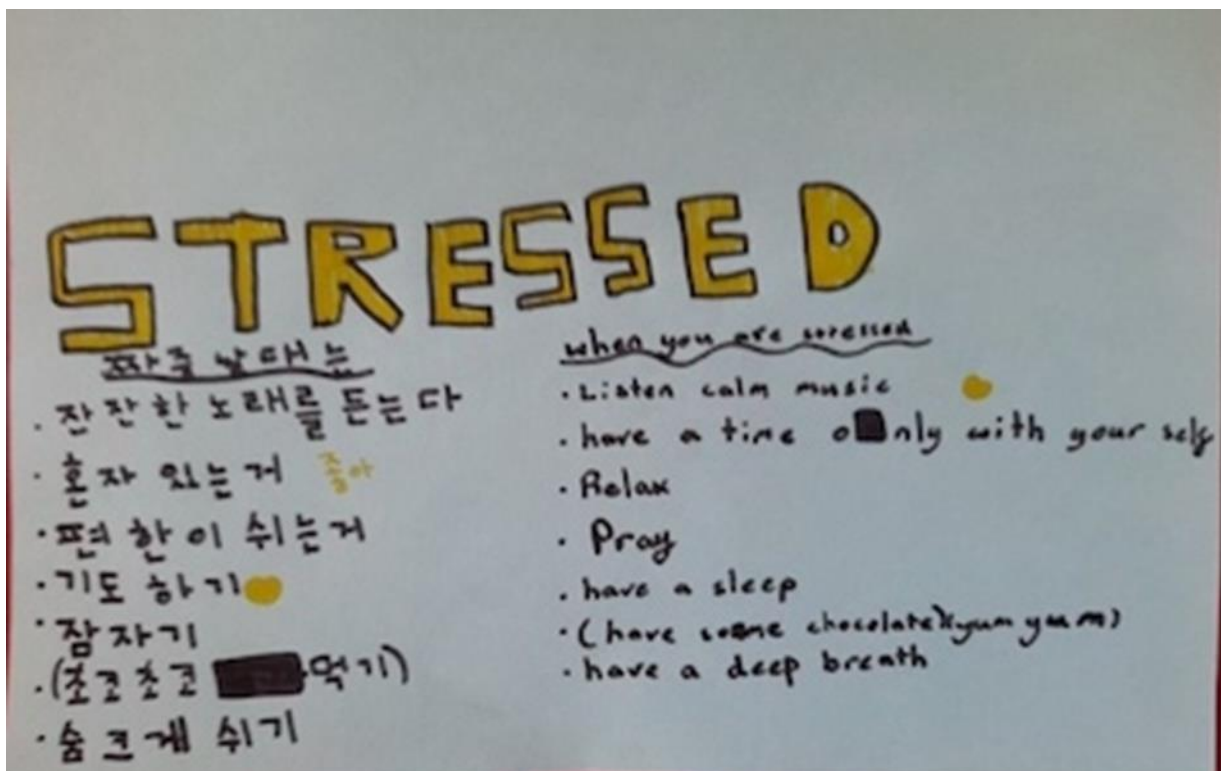
A new series of Wednesday evening Bible studies will begin on Zoom on September 21st 7.30-8:30pm.

We will look at key messages of the Bible about the nature of the world and ourselves, the human race. We will start with biblical teaching about Creation, starting with Genesis. We'll also study the teaching on creation in the Psalms, Isaiah and Jeremiah and will conclude with the New Testament proclamation of creation renewed by the coming of Jesus.

Further studies will look at other key themes: the nature of justice, the way we live together, the problem of unjust suffering and the Bible's concept of salvation.

For further information and Zoom links contact Ken Bartlett (ken.bartlett3@btinternet.com) or Stuart Chandler (stu_chandler@hotmail.com).

Feeling stressed? Here are some tips from Julia who created this poster during one of our services.



CHRISTIAN AID NEWS

We Need Your Help

We are looking for enthusiastic people to join our team of **FUN**draisers in the Local Christian Aid Group. If you are interested, want more information, then please speak to Ray Charlton.

CHRISTIAN AID – RIVERSIDE WALK – 24th SEPTEMBER 2022

Fancy going on a nice walk by the Thames, an opportunity to meet and chat and if you can, help Christian Aid.

There is a 3-mile and 8-mile route, starting at St Matthias Church in Richmond and ending up at St Anne's Church in Kew. I would love to invite you to spread the word among your volunteers and church community.

Participants - If you know anyone who may enjoy engaging in a sponsored walk, the link for event information and to register on Eventbrite is here: <https://RRW22.eventbrite.co.uk>

Volunteers - If you have anyone in your community who you think would like to support the event in a voluntary capacity, the group organising would be keen to have support with registration on the day, manning refreshments and are also looking for a volunteer first aider to support the event.

Anyone interested in volunteering can **contact Liz Kearns at** lizkearns7@gmail.com



**RICHMOND
RIVERSIDE WALK 2022**

Starting point - St Matthias Church,
Church Rd, Richmond TW10 6LS
Saturday 24 September 2022

Join us for this family friendly sponsored walk along the iconic River Thames. Choose our 8 mile (long route) or 3 mile (short route) and explore the beautiful Thames path as we raise money for those living in poverty.

Registration from 9:30 / Walk begins 10:30

<https://RRW22.eventbrite.co.uk>
@ lizkearns7@gmail.com



**Fight poverty step by step.
Register NOW.**



Christian Aid is a member of the Christian Aid Group, a charity registered in England and Wales (109081) and in Scotland (SC010010).
Company no. 0117421 Christian Aid (England & Wales) and 011011 Company no. N05854 (Scotland) charity.
No. 2484 in the Companies Register. The Christian Aid name and logo are trademarks of Christian Aid, c/o Christian Aid (UK) Ltd, 100, 10022

EAST AFRICA HUNGER CRISIS APPEAL

East Africa and particularly Ethiopia and Kenya, is again suffering from it's worst drought for over 40 years, exacerbated by climate change and rampant inflation on basic foodstuffs, with general inflation at 66% as a consequence of Russia's war on Ukraine. This is leading to a true threat of famine like that seen in the 1980's.

Working through local partners, Christian Aid is responding to the severe drought in Ethiopia and Kenya and helping over 300,000 people by:

- repairing wells
- handing out water purification kits
- providing cash support
- trucking water to drought-affected communities
- providing fodder and medicine to keep valuable livestock alive



i Nibabo Beniyam, 35, collecting water, from a nearby water point, constructed by Christian Aid - Christian Aid

If you can please make a donation via <https://give.christianaid.org.uk/donate/CAM-003920> or see Ray Charlton who can give you an envelope.

Just a thought:

The TRUTH is, that all of the "STUFF" here on earth we work SO hard to buy and accumulate – does NOT mean a thing. At the end of the day, going through our stuff, people will be cleaning out our "STUFF", figuring out what to do with all of our "STUFF", this "STUFF" we've accumulated in our life. The only thing of VALUE that remains are memories and what we deposit into others. May we all learn to spend less time accumulating "STUFF" and spend way more time making MEMORIES.

Author unknown. Contributed by Ann Macfarlane

Church Secretary's Report to the AGM – September 11th 2022

This is my third annual report as church secretary. How the time flies!

During the year covid was still with us and there was something of a resurgence during the winter months but thanks to the vaccine and booster shots, for most, the illness was fairly mild.

At KURC more people started venturing back in to the building to worship but also to use the foyer and the building. We have been greatly blessed by many dedicated people willing to welcome visitors and serve on the coffee bar. Carol Clack does a great job in the foyer along with a team of other volunteers. Similarly, Catherine Treweek and Georgi Todorov, our centre staff, have been very patiently running the building throughout the week as the users slowly started to return. They do a great job presenting a friendly face to our premises users while also dealing with a whole range of issues that arise in a big building like ours. It has been good to see some new groups using the building too.

Worship continued in a range of ways with the 10am/10:30am, 11:30 and 5pm services each offering their own style. While Lesley leads most services we are blessed with a number of members and friends who also conduct worship.

One memorable Sunday was 10th November when Peter Pey, preached the sermon. Peter grew up in Kingston and became the lay moderator of the URC. He was quite unwell when he came and sadly died a few weeks after visiting but we know it meant a lot to him to have been able to preach in Kingston.

We continue to share the morning service on the internet though have struggled to get this to work consistently. We are particularly grateful to Sukin Lee, Cathy Seymour, Janine Goddard and James Mason who have been working on this throughout the year. It is still not perfect but does allow those unable to get to church to worship with us.

The daily prayer meetings continue through Zoom. Though small numbers attend it is good to know that prayers are being offered every week day. We thank all those involved in leading the sessions for their faithfulness to the task.

The bible studies continued on Zoom, ably led by Ken Bartlett with support from Stuart Chandler.

Sally Butler and the youth team work hard to engage with the children, young people and families who take part in a range of activities. Most we never see on a Sunday but it is good to know that they are involved.

The Community lunches that KURC hosts on a Monday continue to be popular. Alongside the takeaway option, some foyer users also now join and share food together. Thanks to Bron Robinson, Ray Charlton and Carol Clack who run this on our behalf.

Alongside all the regular activities a number of new things have been tried this year. Sally, while continuing to run some core activities for children, young people and families, has changed a few of the activities to see if something different works better. The nature walks are proving popular among some, even when the weather tried to put them off! In the

building the “Crafternoons” have worked well offering craft activities to all. A recent addition is the “Take Time to Craft” sessions.

In August we joined the “Thumbs up its Thursday” initiative run across Kingston. This proved very successful and a number of families who came to that are now joining other events in the building.

With two years of covid lockdowns there are now a number of maintenance projects outstanding. With an aging building there are also issues with major items like heating and ventilation. The Management group under the leadership of Cathy Seymour has been working to identify what needs doing and planning how we achieve everything. As I write the crucial plant room access project is about to start. Once complete this lays the groundwork for a number of other projects that will need to be carried out in the next few years. Special thanks to Linda Austin who is leading this project.

Christine Chippendale, our treasurer, does a great job looking after the church’s finances. We are grateful for her expertise and advice.

Lots of other things have been happening, much of it is unseen but important to the smooth running of the church. We are richly blessed with many people who give their time and skills to the church. It is only with so many willing to play their part that we can do as much as we do. Thank you all.

Simply Healthy Cooking

Free Classes with Take-aways



Sign up for 8 Simple Cookery Classes
which will include:-

- Breakfasts
- Soups
- Curries
- Veggie Burgers
- Salads
- One Pot on the Hob
- Oven Dinners
- Healthy Snacks

Learn basic cookery skills to produce simple, low fat, nutritious, tasty and low cost meals. Increase your confidence in cooking and adapt your diet to help manage/prevent Type 2 diabetes.



Weekly classes (8 of) start October 2022
Another session planned January 2023



More information and to sign up contact:

Email: cooking@kingstonurc.org

Classes held at Kingston URC, KT1 1HZ



JESUS CHRIST - CV

Address: Ephesians 1:20

Phone: Romans 10:13

Website: The Bible. Keywords: Christ, Lord, Saviour and Jesus

Hello. My name is Jesus - The Christ. Many call me Lord! I've sent you my CV because I'm seeking the top management position in your heart. Please consider my accomplishments as set forth in my CV.

Qualifications

I founded the earth and established the heavens, (See Proverbs 3:19)

- I formed man from the dust of the ground, (See Genesis 2:7)
- I breathed into man the breath of life, (See Genesis 2:7)
- I redeemed man from the curse of the law, (See Galatians 3:13)
- The blessings of the Abrahamic Covenant comes upon your life through me, (See Galatians 3:14)

Occupational Background

- I've only had one employer, (See Luke 2:49).
- I've never been tardy, absent, disobedient, slothful or disrespectful.

Skills – Work Experiences

My employer has nothing but rave reviews about me, (See Matthew 3:15-! 17)

Some of my skills and work experiences include: empowering the poor to be poor no more, healing the broken-hearted, setting the captives free, healing the sick, restoring sight to the blind and setting at liberty them that are bruised, (See Luke 4:18).

I am a Wonderful Counsellor, (See Isaiah 9:6). People who listen to me shall dwell safely and shall not fear evil, (See Proverbs 1:33).

Most importantly, I have the authority, ability and power to cleanse you of your sins, (See I John 1:7-9)

Educational Background

- I encompass the entire breadth and length of knowledge, wisdom and understanding, (See Proverbs 2:6).
- In me are hid all of the treasures of wisdom and knowledge, (See Colossians 2:3).
- My Word is so powerful; it has been described as being a lamp unto your feet and a light unto your path, (See Psalms 119:105).
- I can even tell you all of the secrets of your heart, (See Psalms 44:21).

Major Accomplishments

- I was an active participant in the greatest Summit Meeting of all times, (See Genesis 1:26).
- I laid down my life so that you may live, (See II Corinthians 5:15).
- I defeated the archenemy of God and mankind and made a show of them

- openly, (See Colossians 2:15).
- I've miraculously fed the poor, healed the sick and raised the dead!
- There are many more major accomplishments, too many to mention here. You can read them on my website, which is located at: www.theBIBLE.com. You don't need an Internet connection or computer to access my website.

References

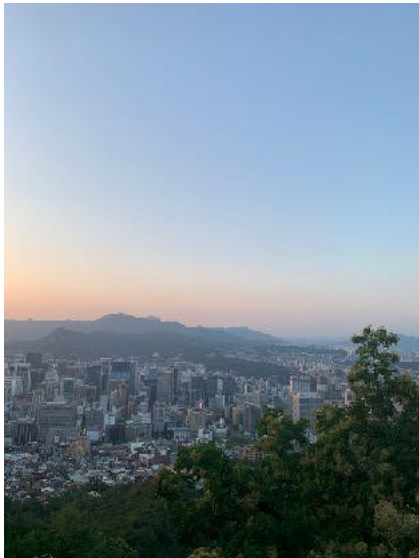
Believers and followers worldwide will testify to my divine healings, salvation, deliverance, miracles, restoration and supernatural guidance.

In Summation

Now that you've read my CV, I'm confident that I'm the only candidate uniquely qualified to fill this vital position in your heart. In summation, I will properly direct your paths, (See Proverbs 3:5-6), and lead you into everlasting life, (See John 6:47). When can I start? Time is of the essence, (See Hebrews 3:15).

My South Korea trip highlights - Jenna Treweek

In the month of July, I visited South Korea, spending most of my time in Seoul and a couple of days in Busan too. There are plenty of things to do, many beautiful places to see, and- of course- lots of delicious food to eat. I have put together a few of my highlights from the trip, which was no easy task since I enjoyed virtually everything I did. However, if I was to return to Korea, these would be the things I would go straight back to.

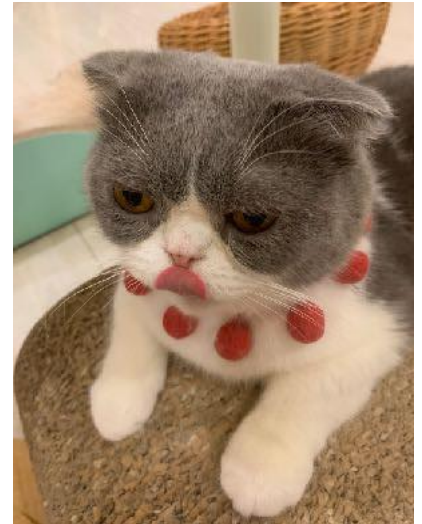


N Seoul Tower

Getting a cable car up to the mountains through Namsan forest provided the most spectacular view of Seoul. The journey up to N Seoul Tower was made even more beautiful by the clear skies and subsequent sunset. We spent hours at the top, and easily could have been there all day just admiring the view. The combination of city architecture and the stunning mountain ranges in the background ultimately made it a sight worth seeing.

Myeongdong Cat Café

This was easily one of my favourite places to be (it was so amazing I visited it 5 times- and probably spent half of my budget there too). This cat café boasts 50 cats- some were hairless, others were super fluffy, but despite physical differences they all loved being fed sachets of cat food by eager guests like me. I called this ‘my happy place ’because it was just a 2-minute walk from my hotel, so whenever I needed a boost of happiness I would go visit the cats. While in Korea, I visited a meerkat café, which also housed 4 kangaroos and a racoon too. Seeing and feeding all these animals on my trip provided so much joy and fun- if only I could turn my home into a cat café, although I’m sure my dog would definitely not approve.



The view of North Korea and the North Korean flag



DMZ (Demilitarized Zone) Tour

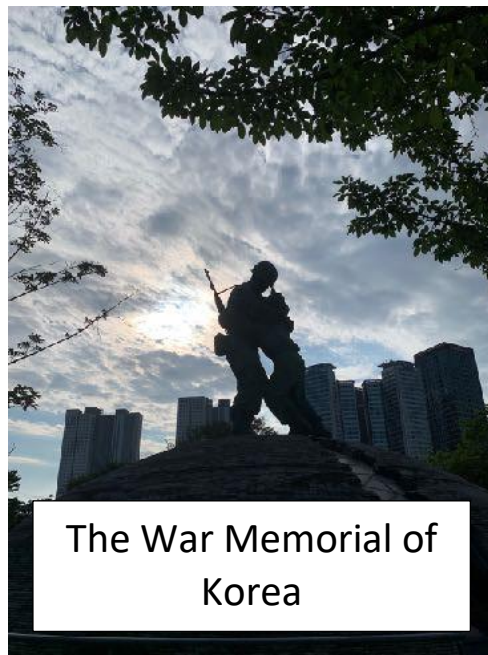
A trip to South Korea’s demilitarized zone was a once in a lifetime opportunity. Having studied the Korean War throughout school and university, it was incredible being able to stand where history was made. I was able to see the freedom bridge (where prisoners of war were exchanged), walk down a North Korean tunnel (designed to invade Seoul years after the war), and ultimately look out at North Korea through a telescope.

Dongbaekseom Island, Busan

Visiting Busan for a few days provided the perfect escape from the city. These images show the views from an island of Busan, Dongbaekseom, where I enjoyed a really beautiful walk on the rocks along the coast. This was a walk with a lot of hill-climbing and stairs, but it was all worth it when looking out at the ocean right next to you. An interesting fact I learnt about Busan was that it was the only major city in South Korea that the North did not manage to invade during the war.



Food
Korean food is absolutely delicious. Walking around Seoul was made very difficult by the wafting scents of street food being cooked, because of course we wanted to eat it all. My food highlights included Korean fried chicken, green tea ice cream (both are shown here), kimchi stew, and Korean BBQ.



The War Memorial of Korea



I have been on holiday with my family and in the town above a supermarket is this painting. Becka took the photo, not me.

Love the notion that giving love is nourishing.

Cathy Seymour

Sue Shaw will be editing November's Church News. Articles and photos to Sue please by Friday, 14 October.
sue.shaw24@gmail.com

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

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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 November is Friday, 14 October 2022

Editor: Sue Shaw E-mail: sue.shaw24@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. You can also follow us on Facebook and Twitter.