



The
United
Reformed
Church

CHURCH NEWS

February 2025

Kingston United Reformed Church
www.kingstonurc.org



(Richmond Park in January)

"What good is the warmth of summer, without the cold of winter to give it sweetness." (John Steinbeck)

A warm invitation is given to all who read this magazine to come and share in our services and activities, both in the building and on Zoom

Our Sunday Services:

10.00 – Worship – also live-streamed (with Communion first Sunday monthly)

11.30 – All Age Worship (with Communion on the last Sunday monthly)

17.00 – Reflective Worship (with Communion on the third Sunday monthly)

On the **second Sunday** of each month a **combined service at 10.30** replaces the 10.00 and 11.30 services

14.00 – Messy Church (monthly, but Sundays vary) e-mail Sally Butler – youth@kingstonurc.org

Tea and Coffee are served between the 10.00 and 11.30 services and before the 10.30 service on the second Sunday

During the 10.00, 10.30 and 11.30 services there are **group activities for children** of all ages.

Weekly:

Monday:

10.00 Jolly Toddlers (during school terms)
10.00 Prayers on Zoom
12.30 Community Lunch (exc bank hols)

Tuesday:

10.00 Prayers on Zoom

Wednesday:

10.00 Tots' Praise
10.00 Prayers on Zoom
13.30 Lunchtime service in the building

Thursday:

10.00 Prayers on Zoom
20.00 The Thursday Club on Zoom

Friday:

10.00 Prayers on Zoom

Saturday:

10.00 Prayers on Zoom

Monthly:

1st Tuesday 19.30 Elders' Meeting
2nd Sunday 11.30 Church Meeting
3rd Saturday 14.00 Crafternoon

The Sanctuary is open for private prayer, with access via the Foyer.

Our Foyer is normally open every weekday and Saturday from 11.00 until 14.00 for coffee and tea.

A Problem or Concern? There is sometimes a listener available in the Foyer; if not, please speak to the coffee server or contact Lesley Charlton.

Events to look out for in February 2025:

Tuesdays 4 & 18: Knitting and Crocheting – 10.30 (monthly 1st & 3rd Tuesdays)

Friday 14: Crafternoon – 14.00

Saturday 15: Women's breakfast – 09.00

Monday 17: Barbara Fielding memorial service – 15.00

Thursday 20: lunchtime recital by Clare McEvoy (clarinet) & Michael Bevan (piano)

Please also see the e-mailed Weekly Notices.

Letter from Lesley

Dear All,

Focus on yourself for 2025 is a message I am hearing from a number of sources. OK...but why? Why focus on myself?

There are good reasons and poor ones.
Focus on yourself to make sure our hurts do not make us bitter.
Focus on your health so that others do not have to look after you.
Focus on ourselves so that we are aware of our prejudices and sin
Focus on ourselves above all else so that we can love better. And serve better.



~~Focus on yourself to get more~~
~~Focus on yourself to make your life easier~~
~~Focus on yourself to increasing your standing in the world~~
~~Focus on yourself because you are the centre of the universe.~~

Self-focus is fine if leads to something and is not a cess pool of obsession. Self focus is excellent if it means we will take responsibility for ourselves

What are we intending to do in 2025? God has given us these days. How will we use them to God's glory? That is the question

A world in which we were the centre rather than God would be a very poor small world indeed

Best wishes
Lesley

Cathy's conversation



For a while I begin my emails with Happy New Year. I try to continue to do so for a while so that I can cover all my contacts. And I really do hope and pray that people will start the year with some positive memories of the year that has been and some hopes for the year to be. We have completed Advent where we have focussed on joy, hope, peace and love. Then we have celebrated our amazing God in the birth of Jesus.

The party is over, and it is back to work, whatever that means to you. Members will soon be hearing about the part they can play in our annual cycle of elders' elections. Please use this time think and pray about the whole of our church and the wonderful people who contribute so much to our actions and contributions to keeping the good news real in Kingston town.

Maybe you have some new ideas that we might explore. Maybe you have ideas about how we can do what we already do a bit better. We do want to listen. Come to a church meeting, email an elder or minister.

Happy New Year.

Cathy Seymour

Carol's update

Thank you for all your support during my training to become a minister of the United Reformed Church. I am now ordained and inducted into Kingston URC as community minister and look forward to working to develop the warm welcoming ethos of the church.



My job description includes hosting the coffee bar and supporting the volunteers who run it, building and sustaining relationships with those who visit the building, developing links with the community and developing a vision for the future including the development of a pay as you 'feel' café. I will also attend the services on a Sunday and lead services on a regular basis and attend Synod meetings. I am now a member of the Interfaith Forum in Kingston.

Days off – Thursday and most Saturdays

Usually in the church building - Monday, Tuesday, Friday 9.30am – 2pm, Wednesday lunchtime and Sunday.

Work email – carol.clack@kingstonurc.org

Work phone – 07495746131

Carol Clack

Sally's Stories

Are you a Grandparent?!

If so, we need you! How about coming along to Jolly Toddlers or Tots Praise and just sitting chatting to parents/carers or playing with the little ones?

Jolly Toddlers: Mondays, 10-1

Tots Praise: Wednesdays 10-12

We had a very busy Christmas. Gift Service (with possibly the cutest 'Mary' ever – 2 year old Iris from Tots Praise), Christingle (we gave away 40 Christingle packs, which were made at the service or at home on Zoom), Toddler Nativity, gifts for all our children, Christmas Party at the All Saints/KURC Youth Café.....

Now it's back to normality!

We have plans. Please consider coming along to our inter-generational gathering on Wednesdays during the school holidays. More information coming soon! Someone at Tots Praise mentioned the name 'Slippers and Nippers!!' I rather like that but the new name is up for discussion. This will replace Messy Church which has been faithfully at work for many years. I want to thank EVERYONE who has ever helped make that a reality.

I've been using two new teaching methods at YPG. The children really engage with them and enjoy them.

1. Chat and catch. A time of meditation in candle light. After a time of gentle stretching, children chat to God and then catch (listen) to Him. I've been teaching them about how God speaks.
2. Swedish method Bible study. Children use symbols and colours to mark a page of Bible reading. They note what they don't understand and we look it up. They note what stands out, what surprises them, what they like best and why, and what verse they want to keep in their heart that week.

That's all for now!

Sally Butler
Children, Youth and Families Worker

Pastoral News

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

Prayer

God of all hopefulness, you know what grief is like. You experienced grief as you ministered to people. You loved the world and all creation, and you know intimately what grief is like because grief is found where love is found. Help us, Lord, to look for rainbows for we know that;

Rainbows are a sign of hope
That You set in the sky
To show us that the clouds of grey
Are only passing by.

Help us, Lord, to revisit your birth, breathe deeply as again we feel the joy, see the wonder, hear the angels singing, that we may see the joy and feel your love as we live each day in faith with trust.. Amen

Ann Macfarlane

Communion fund

Every now and then we need to help one another out with a bit of money. None of us wants people knowing that we are short of cash. There is an implication that we are not managing properly. Discretion matters.

For this reason we have the Communion fund which is confidential to only one of the Ministers. It means the Minister can give cash to people that she hears about. Everyone is welcome to suggest people who need a hand.

Please make your donation either in the plates as you leave the worship space on a communion Sunday. If you attend on zoom please give electronically and label the gift so it goes into the correct column. Please also let me know if you have concerns about people who could do with our financial support

Thanks

Lesley

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

CHRISTMAS AT KURC

- **Advent alphabet**



For Advent, the walls of the church anticipated the progress towards Christmas and looked forward its arrival. The project which attracted major interest from church users was organised by Sally Butler and John Fisher and involved many of our children, plus a few adults who filled in the gaps.



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- **Christian Aid carol singing 18 December and**



A hardy band of 'street entertainers' from KURC and other local churches braved a damp December evening in Eden Street to sing carols and collect money in support of Christian Aid. Their efforts (and talents) raised an impressive £196 from generous passers-by.

..... Carols by Candlelight on 22 December



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• Christmas Day at KURC

What a jolly Christmas Day service we had at KURC! Some members of the congregation came in “silly” hats and jumpers, while others wore the more festive and “posh” looking frocks! We caught up with some members or even whole families that we had not seen for some time



The atmosphere was festive: the children lit the last 5th candle on the wreath and later they showed us all the Christmas tree they had made of different bubbles with Bible writings. We also admired the fruits of their labour in the form of a special Christmas alphabet which was proudly displayed for all to see. We had Bible readings, Christmas carols and hymns, and during the service everyone had a chance exchange greetings and hand-shakes, We prayed for those who were not able to come due to lack of transport and for those who were bereave or were in hospital or in nursing homes. We prayed for peace for the world's many troubled countries.



After the service we got together in the Foyer for hot drinks, cakes and, of course, mince pies!

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But that was not the end of the Christmas celebration! Not just those with nowhere to celebrate or lacking their own home, but anyone and everyone was invited for the KURC Christmas lunch, prepared and organised by Carol, Sally and many other volunteers, to whom our sincere thanks.

While waiting for lunch we played charades, had quizzes and everyone # was offered drinks and pastries. Then starters arrived and were served in the foyer where volunteers took around trays with the little canapes of salmon and creamed cheese. Then everyone was invited to take their seat for lunch (and claim their cracker) in the Mayo Hall. The lunch was traditional and delicious! But this was not the end, There were many woollen scarves and hats with the tags “Wishing you a Merry Christmas from Kingston URC” attached to each of them, and everyone was invited to claim their present. What a nice gesture it was!

Natasha Reid,
with additional photos by Yu-Ting Hsu

.....and a big thank you

At 1pm on Christmas Day forty-five people sat down in the Mayo Hall to enjoy a hot Christmas meal with all the trimmings followed by a choice of desserts and washed down with a variety of cold drinks.

A wonderful team of volunteers worked hard to

- ❖ entertain – charades and a quiz,
- ❖ hydrate – much tea and coffee,
- ❖ feed – smoked salmon and soft cheese, blinis, turkey and all the trimmings, followed by a range of desserts washed down with various soft drinks, and yet more tea and coffee,
- ❖ wash and clear up

The guests enjoyed choosing their Christmas presents from a range of new and good quality recycled scarves and hats displayed in the hall.

A big thank you to the volunteers for their generosity of both time and contributions to the food and drink who helped share the spirit of Christmas with our guests.

Carol Clack

Archive of the Month

During the darkest days of the Second World War the musical life of the church continued to flourish. At Christmas 1941 our choir sang the first part of Messiah, and at the carol service in 1942 they were joined by the Welsh Guards Male Voice Choir.

KINGSTON CONGREGATIONAL CHURCH			
Programme of Christmas Music			
Sunday, 20th December, 1942, at 7 p.m.			
by			
THE WELSH GUARDS MALE VOICE CHOIR			
<i>(by kind permission of the Commanding Officer)</i>			
under the direction of Sergt. JAMES			
and			
THE KINGSTON CONGREGATIONAL CHURCH CHOIR			
under the direction of Mr. E. A. THOROGOOD, A.T.C.L.			
Christmas Hymn <i>(all joining)</i>	-	“O come, all ye faithful” <i>(C.H. 80)</i>	- Traditional
Carol-Anthem	-	“Now once again” THE CHURCH CHOIR	- Fletcher
Solos	-	“Bethlehem”	- Broeckx
	-	“There was a baby King” Miss MARGARET ALEXANDER	- Sharpe
Carols	-	“Holy Night”	-
	-	“Good King Wenceslas” WELSH GUARDS MALE VOICE CHOIR	-
Carols	-	“How far is it to Bethlehem”	- Shaw
	-	“The Holly and the Ivy” <i>arr. by Walford Davies</i> THE CHURCH CHOIR	-
Carol <i>(all joining)</i>	-	“Good Christian Men Rejoice” <i>(C.H. 765)</i>	-
Hymns and Song	-	“Aberystwyth”	-
	-	“Laudamus”	-
	-	“The Holy City” WELSH GUARDS MALE VOICE CHOIR	-
Solo	-	“Bless this House” Cpl. F. NOON	-
Carols	-	“What is this scent”	- Tradl. French <i>arr. by L. Woodgate</i>
	-	“Lullay my Liking” Solo: Mrs. GLADYS LAKE	- Gustav Holst
	-	“When the crimson sun has set”	- Greathead
Carol <i>(all joining)</i>	-	“The first Nowell”	- Traditional

Signs and directions

Back in the summer I completed several stages of the ‘London Loop’ – a challenging 150 mile national walking trail which circumnavigates Greater London. I encountered a number of unusual sights: an ancient ‘lock-up’ prison in Ewell, the suburban house in Northwood where the 1970s sitcom *The Good Life* was filmed, a disused World War II airfield at Kenley, and a red telephone box in the middle of a lavender field in Banstead.

But what struck me most forcibly was how well signposted the route is: if the maps in the guidebook are not one hundred percent clear about the route to follow, you will always find an official green sign attached to a nearby tree or fence, pointing the way.



This set me thinking about the numerous references in the bible to God’s guidance and direction, particularly in the books of Psalms, Proverbs, Isaiah and Jeremiah. Some of the better-known ones are Proverbs 3 v 6 ‘...in all your ways acknowledge him and he shall direct your paths’; Psalm 25 v 4 ‘Show me your ways Lord, teach me your paths, lead me in

your truth’ and Isaiah 58 v 11 *‘The Lord will guide you continually’*. A possibly less familiar verse, which I find quite memorable - especially after having spent a day looking for arrows on tree trunks – is Jeremiah 6 v 16 *‘These are the words of the Lord: stop at the crossroads, look for the ancient paths, ask: where is the way that leads to what is good? Then take that way and you will find rest for yourselves’*.

Returning from my walks in the car, I was, of course, guided by satnav and was reminded of Isaiah 30 v 21: *‘If you stray from the road to right or left you shall hear with your own ears a voice behind you saying: this is the way, follow it’*

John Fisher

Flower rota for February 2025

Sunday 2 February	Will Bryan
Sunday 9 February	Camilo Fernandes
Sunday 16 February	<i>Still available</i>
Sunday 23 February	Jean Thompson



Reminder:
Copy for the next March 2025 edition of
Church News should reach Jean Thompson by
Friday 14 February

Introduction to the Christian Faith

We are about to start a course to tell people about what we believe. To listen and to share ideas and questions.

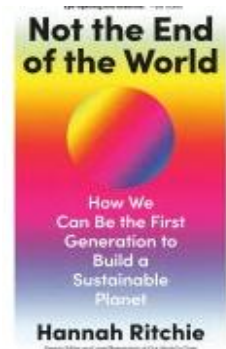
If you would like to be a part of it please look out for more information

'We have a unique ability to build a sustainable world'

(Talk by Ken Bartlett at KURC's recent *24 hours of prayer*)

My family are mainly teachers. My daughter, my son and his wife and our oldest grandson all teach at secondary or primary schools. This perhaps explains why I am aware of the level of anxiety carried by many children. Serious depression has led some children to take their own lives and contact with this is a sufficiently common experience for many teachers to think about what more they can do to warn the students about the pressures they will face. Much of the tension for more thoughtful students comes from worries about the kind of world that they and their friends might experience.

I have been reading a book by Hannah Ritchie recommended by my daughter Rachel, entitled "Not the end of the world". The author is a senior researcher on global development. The subtitle she has chosen for her book is "Surprising facts, dangerous myths and hopeful solutions for our future on planet Earth". The key message of the book is that the usual doomsday message about the future of our planet is simply wrong. This is what she writes:



"We watch the daily news and those headlines become part of our worldview. The news is designed to tell us, well, something new – an individual story, a rare event, the latest disaster. Because we see them in the news so often, these reported unlikely events seem like probable ones. But they're often not. That's why they make the news and why they capture our attention. These individual stories are important. They serve a purpose. But it's a terrible way to understand the bigger picture. Many changes that do profoundly shaped the world are not rare, exciting or headline-grabbing. There are persistent things that happen day by day and year by year until decades have passed and the world has been altered beyond recognition."

News headlines do not teach us much about global poverty, education or health. Instead, they lead us into doomsday thinking about the world. Over three quarters of children think that the future is frightening. Some people decide not to have children because they feel despair about the future in a changing climate. But this picture of the world situation is simply wrong. If we want clarity we have to take in the full picture, and that means giving ourselves some distance. If we take several steps back, we can see something truly radical, game-changing and life-giving.

Ritchie's book argues that the world needs more optimism about tackling the world problems. This is not "blind optimism", the unfounded faith that things will just get better. Blind optimism is really dangerous.

Ritchie supports her argument that sustainability is possible for us first by listing seven areas where human life is improving.

- Historically, 43% of children died before their fifth birthday. The figure today is 4%. This is perhaps humanities greatest achievement.'
- Deaths in childbirth have been dramatically reduced.
- Life expectancy in the 19th century was between 30 and 40 years. It is now approaching 80.
- Hunger and malnutrition have been dramatically reduced. In the 1970s around 35% of people did not get enough to eat. This had fallen to just 13% in 2015
- Progress in clean water is slower but 75% adequate water in 2020 – up from only 60% in 2000 , only 54% have a safe toilet.
- Education is gradually improving. Across the world 60% of girls finish primary school.
- The number of people in extreme poverty have been reduced. In 1990 the figure was 2 billion, reduced to 648 million in 2019
- Finally Ritchie notes that world population is now reducing not increasing, and notes that new technologies indicate that economic growth can take place without wrecking our environment.

Ritchie says that doomsday messages do more harm than good. They are untrue and leave us feeling paralysed. After all, if we are already doomed, then what's the point in trying? But once we understand the real situation and the progress now being made across the globe, we can truthfully say that **our generation of humans is in a truly unique position to build a sustainable world.**

The belief that we have been given a sustainable world is built into the opening chapters of Genesis about the creation, especially in Genesis 1, 26-31 Aside from the wonder of the gift of creation, we learn immediately of the intimate relationship between the action of human beings and the created world. The world is not designed to work on its own: it depends on the activity of human beings. The interdependence of the created world and the activity of humans is part of the divine vision for the world.

“Then God said, let us make humankind in our image, according to our likeness; and let them have dominion over the fish of the sea, and over the birds of the air, and over the cattle, and over all the wild animals of the earth, and over every creeping thing that creeps upon the earth. So God created humankind in his image, in the image of God he created them, male and female he created them. God blessed them, and God said to them, be fruitful and multiply, and fill the earth and subdue it; and have dominion over the fish of the sea and over the birds of the air and over every living thing that moves

upon the earth. God said, see I have given you every plant yielding seed that is upon the face of all the earth, and every tree with seed in its fruit; you shall have them for food. And to every beast of the earth, and to every bird of the air, and to everything that creeps on the earth, everything that has the breath of life, I have given every green plant for food. And it was so. God saw everything that he had made and indeed it was very good.”

In the New Testament, Paul in his letter to the Romans wrote about the responsibility of the human race for the created world.. This concept is of a faith which is essentially optimistic, believing that if we deal faithfully with the created world, its glory will be revealed to us. In Romans 8, 18-25 Paul has a vision of the richness of life opened to us by the grace of Christ. The result of being led by the spirit of God is that we become children of God. As children of God, our relationship with Christ, the ultimate child of God, becomes very close. Paul there is to say that we become joint owners (heirs) with Christ and therefore we share with him the glory and suffering of his redemptive work. This leads naturally into his words about the relationship of the children of God with the created world. Paul speaks about the need for the creation to be freed from its bondage to decay. It is the function of the children of God to bring an end to that bondage,

Paul says That "the creation waits with eager longing for the revealing of the children of God". He speaks about a new dawn for which the whole creation has been waiting. His words relate prophetically to the situation in which we now live. He underlines our calling and responsibility as the children of God in relation to the created world. In his vision, Paul is true to the Old Testament Scriptures where God's covenant with us is about God's faithfulness to humanity and our responsibility to care for the created world.

Paul's words about the created world look like a prophetic commission for us and all human people in relation to the climate crisis. They look like a requirement for a new mission. His closing words about hope are particularly relevant to us. It closes the door to doomsday thinking. I remember the words of Vaclav Havel 'that hope is a state of mind, not a statement about the world'. I think that as a Christian community we have a mission to speak positively about the future of the creation world.

Part of our mission as Christians is to help people find their way amid the babel of voices which surround people and especially students and children. We can assure those whom we meet that the opportunity of a good and fulfilled life in a sustainable world is open to them. We can encourage them to join those thousands of people who spend all their lives helping to lift the quality-of-life for everyone. This will affect the career choices individuals make. It may reduce the amount of money they earn but it will greatly increase job satisfaction and enjoyment.

Commitment
for Life

Life-giving Faith | Defiant Hope | Generous Love



Prayer for peace, by Maurice Omorojie, URC

Eternal loving God, full of justice and peace,

We pray that your justice become more visible in our communities and in the wider world, to dismantle wars and the powers that fan its flames.

We pray that your Holy Spirit will possess our human governments and fallible justice systems and transform it into your perfect reign that caters for peace and extends loving kindness to all Your creation.

We remember students and pupils, in places like Gaza, Northern Nigeria, Ukraine, Myanmar, Syria, and so on, who are caught up in the evil of war and terror and have had their learning disrupted.

God of the weak, may Your power propel and take charge of every peace talk and agreement, and continue to empower programmes like Commitment for Life, Christian Aid, and Global Justice Now to constantly be your hands and legs in our world, showing your benevolence and bringing hope to many. Especially, we pray Your comfort, restore, and illuminate the state of mind of these students and pupils to cope and be able to carry-on with their learning, as we continue to trust in Your work of justice and peace in our world.

Through Jesus Christ we pray.
Amen.

Do you know your hymns?

Dentist's hymn	Crown Him with many crowns
Contractor's hymn	The Church's one foundation
Tailor's hymn	Holy, Holy, Holy
Golfer's hymn	There is a green hill far away
Politician's hymn	Standing on the promises
HMRC's hymn	I surrender all
Electrician's hymn	This little light of mine
Estate Agent's hymn	I've got a mansion just over the hilltop
Optician's hymn	Be Thou my vision

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And for those who speed on the motorway....

55 mph	God will take care of you
75 mph	Nearer my God to thee
85 mph	This world is not my home
95 mph	Lord, I'm coming home
100 mph	Precious memories

Give me a sense of humour, Lord. Give me the grace to see a joke, to get some humour out of life – and pass it on. Amen

With thanks to Linda Austin

Rich/Poor

One day a very wealthy father took his son on a trip to the country for the sole purpose of showing his son how it was to be poor. They spent a few days and nights on the farm of what would be considered a very poor family.

After their return from the trip, the father asked his son how he liked the trip. "It was great, Dad," the son replied. "Did you see how poor people can be?" the father asked. "Oh Yeah," said the son. "So what did you learn from the trip?" asked the father.

The son answered, "I saw that we have one dog and they had four. We have a pool that reaches to the middle of our garden and they have a creek that has no end. We have imported lanterns in our garden and they have the stars at night. Our patio reaches to the front yard and they have the whole horizon. We have a small piece of land to live on and they have fields that go beyond our sight. We have servants who serve us, but they serve others. We buy our food, but they grow theirs. We have walls around our property to protect us, they have friends to protect them." The boy's father was speechless. Then his son added, "It showed me just how poor we really are."

Too many times we forget what we have and concentrate on what we don't have. What is one person's worthless object is another's prize possession. It is all based on one's perspective. Sometimes it takes the perspective of a child to remind us what's important.

(Spotted on nextdoor)

SIMPLY HEALTHY COOKING **Cookery Classes – Starting in March 2025**

We hope to run a new session of cookery classes starting in March. If you know anyone who would benefit from this course then pass on details and ask them to contact me.

Ray Charlton

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 (over 8 weeks) start 4th March 2025

To register:

Email: cooking@kingstonurc.org

Or call 07785220369

Classes held at Kingston URC, KT1 1HZ



Truth and lies

This is a shortened version of the meditation we did during the recent **24 hours of prayer**. It was suggested that other people might like to think about it.

Biblical Readings:

- **Exodus 20:16; Leviticus 19:11:** God forbids lying, deception, and malicious misrepresentation.
- **Psalm 33:4:** "For the Lord is right; and all His works are done in truth".
- **Psalm 31:5:** Calls God the "God of truth"

- **John 8:31-32:** "If you hold to my teaching, you are really my disciples. Then you will know the truth, and the truth will set you free".
- The whole section **John 8 12-59**

- **John 17:17:** "Sanctify them through Thy truth; Thy word is truth".
- The whole section **John 17 1-26**

- **Philippians 4:8:** "Whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things".
- **2 Timothy 4 vs 1-5**

Scenarios: truth or lie? (be warned 5 and 6 are very dark)

1. a manager has received a list of employees to lay off within the next month due to a company reorganization. One of the employees on the list dropped in on a Friday afternoon for an update about the reorganization. Tell the truth or lie?
2. that employee who dropped in is getting married the next day. Truth or lie?
3. Does it make a difference if the employee is going to be sacked or not? Is it Ok to lie to protect yourself?

4. You are told something in confidence and then asked about it by someone in authority. Truth or lie?
5. You are hiding someone who is in danger and soldiers arrive demanding to know if you are hiding them Truth or lie?
6. They say if you don't tell the truth and they find the person they will kill your children. Truth or lie?

Prayers

First one - from a primary school web-site

Truth is...

Trustworthy words and actions

Respect for doing the right thing

Uncovering the full picture

Telling it as it is

Having all the Facts

2. Dear God help us to retrain our brains, not thinking "What do they want me to say?" but instead praying "Lord, help me to speak the truth in love

3. Father, please tap me on the heart when I am tempted to lie, and enable me to instead speak honestly but also in a loving way. In Jesus' Name, Amen.

4. Father, your truth is made known in your Word.
Guide us to seek the truth of the human person.
Teach us the way to love because you are Love.

Jesus, you embody Love and Truth.
Help us to recognize your face in the poor.
Enable us to live out our vocation to bring love and justice to your people.

Holy Spirit, you inspire us to transform our world.
Empower us to seek the common good for all persons.
Give us a spirit of solidarity and make us one human family.

Amen.

Christine Thompson

Many congratulations to Dana Jung who plays the piano occasionally at our morning services. She has passed her Grade 8 piano exams with distinction! We believe Young has been involved in tutoring her, so congratulations to her too!!

Worship options

We would like to extend our ministry to those of you who cannot get in to the building on a Sunday morning.

A number of options.

There is worship at 5 of course and daily prayers on zoom

But the new things are

Wednesday worship at 1.30 for 30 minutes.

Plus an intergenerational service 7 times a year.

Alongside this there is the option if you would like to have Holy Communion at home, please let us know.

One of the ministers in our community will be in to serve you.

Lesley

Winter Pompom bobble hats

Far from a cute fashion statement, pom-poms have historically been worn in battle, used for protection, and even denoted marital status.

Traced as far back as 790 AD by historians, here's how the humble pom-pom developed from a historical symbol to a modern day trend.



One of the earliest records of the pom-pom is from the Viking era in the 8th Century from the discovery of a small statue of the Norse god Freyr, the god of peace, fertility, rain, and sunshine, wearing a hat or helmet adorned with a pom-pom.

Discovered on a farm in Sweden in 1904, it's unclear whether they were purely decorative, or they served another purpose like denoting status, as it has since been used in the military.

Napoleon's infantry used pom-poms to denote battalions and ranks, which helped distinguish soldiers amidst the chaos of battle.

Traditional hats in the Scottish Highlands known as balmorals or glengarries also had a pom-pom or 'toorie' to identify the wearer's regiment, and by the 18th Century the floppy beret topped became a Scottish icon.

From the battlefield to boats, French sailors also added pom-poms to their hats to avoid banging their head on low ceilings in rough seas.

In South America, they were even worn by indigenous cultures on clothing and headwear to signify marital status.

(Article by Sarah Barltrop; discovered by Teresa James)

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

KURC's Monday community lunches

Our Monday community lunches are continuing to be well attended with over 30 served a two course meal in the first 2 weeks of the year.

We occasionally have mishaps in the kitchen, some more than others! Here John had just knocked over a full jug of custard (no danger to our customers thankfully).



The lunches are served on a pay-if-you-can basis and we provide the only hot meal to a number of people.

If you would like to help please speak to Ray Charlton.

Oxygen - new on Vinted

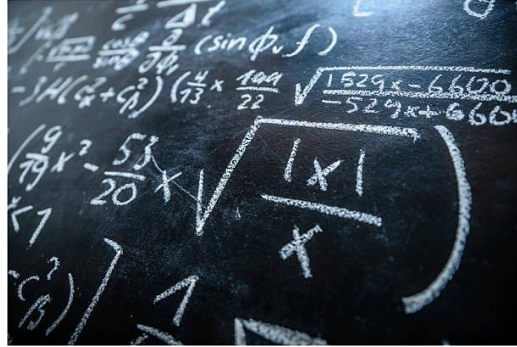


Oxygen are now selling higher end and designer products that are donated to the charity shop on Vinted. This project has been set up and is run by our amazing young volunteers who research, photograph, price and post our items online, so please check out our Vinted page regularly to hunt for bargains!

'For the erudite'

Natasha Reid adds to our mathematical knowledge by revealing a number of different ways of looking at the new year...

Happy 2025=45²!!



2025 = 45² is a "square" year. The last "square" year was 1936 and the next one will be 2116. Very few of us will live in two "square" years.

Even better; 2025 = 45² is a "perfect square" year.

It is the square of the sum of ALL the digits of the decimal numbering system:

$$(0 + 1 + 2 + 3 + 4 + 5 + 6 + 7 + 8 + 9)^2 = 2025.$$

It also happens to be the sum of the cubes of ALL the digits of the decimal numbering system.

$$(0^3 + 1^3 + 2^3 + 3^3 + 4^3 + 5^3 + 6^3 + 7^3 + 8^3 + 9^3) = 2025.$$

Enjoy 2025 and beyond!

Thanks Natasha, That figures!

Church Photo Album

Just a reminder that on the shelf outside Catherine's office is a photo album containing photos of KURC members and friends. It's a really useful reference tool, helping us all to match faces and names. However, **there are a lot of gaps!**

If your photo is not in the album could you please send an image of yourself to Catherine Treweek? Alternatively, Ting or John Fisher can take a photo of you on Sunday morning.

If you think your existing photo needs updating, just take a new one and we will replace the old with the new.

John Fisher

First signs that spring might already be on its way.....



Cherry Blossom in Surbiton
last February
(Photo by Sally Blandford)



North Kingston postman,
8 January this year

Become a trustee at SEEN

We are coming to the end of the 25th year of our existence as a charity and we are looking forward to 2025 and how we can develop our services.

Our work with those facing either unplanned pregnancy or pregnancy loss continues unabated and we are also developing our work offering sex education in local schools and delivering a course for women in Bronzefield Prison. The needs for our services are greater than ever and one of our biggest challenges is to reduce the waiting list for our listening service, for those facing unplanned pregnancy or pregnancy loss, which currently hovers around the 30 mark.

We would like to recruit at least two more trustees and I am writing to you to ask if this is something you would consider looking into.

We are a small friendly team of trustees and we work to ensure that the employed team under the Centre Director deliver our charitable objectives and to ensure that the charity is well managed and governed. Attached is a job description which gives a good idea of the role.

What I can say is that it is enjoyable and rewarding being a trustee. We welcome applicants who have previously been a trustee, people who would like to become a trustee and also people who have either work experience in

some of the areas where we require some particular experience, or have lived experience of some of the issues are clients are going through.

As a charity largely serving women, we would like to increase female representation on our board and also we would particularly welcome anyone with experience in Finance, Fundraising, NHS maternity background or HR.

I would be very happy to meet informally or chat on the phone if you want to have an initial and exploratory conversation.

Thank you for your support of SEEN and please think carefully if you could help as a trustee.

Michael Parker

Chair of Trustees SEEN

Email; mikeparker40@hotmail.co.uk

Tel; 07775896063



Child Action Lanka



I am going back to Sri Lanka to volunteer with Child Action Lanka in January [Child Action Lanka](#) . I will volunteer at various centres around the island, this time including going to Jaffna at the north of Sri Lanka. Thank you to those who have donated money and goods for me to take out and for previous donations towards the new bus for Batti. We hope to have

good news on the bus soon

If you would like to receive photo's and news of my working holiday then please let Lesley know and she will repost my blogs.

Ray Charlton

Topical gardening advice

Planting Your Spring Garden

For The Garden of Your Daily Living

Plant Three Rows of pēas

1. Peace of Mind
2. Peace of Heart
3. Peace of Soul

Plant Four Rows of Squash

1. Squash Gossip
2. Squash Indifference
3. Squash Grumbling
4. Squash Selfishness

Plant Four Rows of Lettuce

1. Lettuce Be Faithful
2. Lettuce Be Kind
3. Lettuce Be Patient
4. Lettuce Really Love One Another

Nō Garden is Complete Without Turnips

1. Turnip For Meetings
2. Turnip For Service
3. Turnip To Help One Another

To Conclude Our Garden We Must Have Thyme

1. Thyme For Each Other
2. Thyme For Family
3. Thyme For Friends

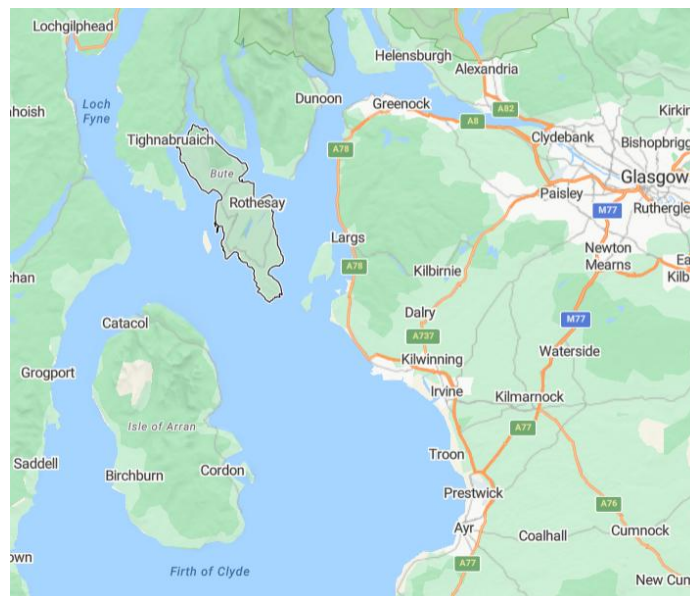
Water Freely With Patience And Cultivate With Love.
There Is Much Fruit In Your Garden Because You Reap
What You Sow. Pass It On!!!

New Year on the Isle of Bute

Lesley and I went to the Isle of Bute for this New Year with Lesley's mother (Jean) and three friends.



Bute is a small island in the Firth of Clyde, a little north of the Isle of Arran.



We stayed in a small hotel in Rothesay, which felt like going back in time a little, but the hotel was very clean and warm with generous breakfasts! The only issue was the main hotel level was on the 1st floor with bedrooms on the second floor and there was no lift. We knew this before we booked so it just meant that Lesley's mother had to do a bit more exercise in traversing the floors. When Jean got home she found her own stairs to be a doddle (the exercise had benefits!).

For Hogmanay we went to a small Deli cum café with lovely snack food and appropriate toast at midnight.

Here are some photos around the island which has lovely views from every direction.



Ray Charlton



readings for February

SHEEP AND SHEPHERDS

Saturday 1 February John 10:14-16

THE GOSPEL OF LUKE (1)

1 The ministry begins

Sunday 2 February Luke 3:1-22

Monday 3 February Luke 4:1-13

Tuesday 4 February Luke 4:14-30

Wednesday 5 February Luke 4:31-44

Thursday 6 February Luke 5:1-26

Friday 7 February Luke 5:27–6:11

Saturday 8 February Luke 6:12-36

2 Receiving the word

Sunday 9 February Luke 6:37-49

Monday 10 February Luke 7:1-17

Tuesday 11 February Luke 7:18-35

Wednesday 12 February Luke 7:36-50

Thursday 13 February Luke 8:1-21

Friday 14 February Luke 8:22-39

Saturday 15 February Luke 8:40-56

LIVING WITH THE ROMANS

1 At the time of Jesus

Sunday 16 February Luke 2:1-7

Monday 17 February Matthew 5:38-42

Tuesday 18 February Matthew 8:5-13

Wednesday 19 February Mark 12:13-17

Thursday 20 February Mark 15:37-39

Friday 21 February John 11:45-53

Saturday 22 February Luke 21:20-24

2 In the early Church

Sunday 23 February Acts 10:1-24

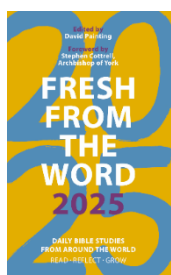
Monday 24 February Acts 10:25-48

Tuesday 25 February Acts 16:19-39

Wednesday 26 February Acts 25:1-12

Thursday 27 February Acts 25:13–26:1

Friday 28 February 1 Peter 2:13-17



Reflections for these IBRA Bible Readings can be found in 'Fresh from the Word'. The book can be purchased through Graham at the Bookshop in the foyer at £12.59, which includes a 10% discount

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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e-mail (PA to Minister): kingstonurc@gmail.com

Premises Assistant:

Georgi Todorov, Landline as above.

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 March is Friday 14 February

Editor: Jean Thompson; email jeant@btinternet.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.

We also now have a digital collection plate (card reader) at the back of the church

*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 X.

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