CHURCH NEWS
July 2025

Kingston United Reformed Church
www.kingstonurc.org

Psalm23: He leads me beside still waters; he restores my soul.

The United Reformed Church

Registered charity no 1131880

Edited this month by Catherine Treweek

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

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 (except Bank Holidays)
10.00 Prayers on Zoom
12.30 Community Lunch (except Bank Holidays)

Tuesday:
10.00 Prayers on Zoom
10.30 Knitting & Crocheting (1st & 3rd Tuesdays monthly)

Wednesday:
10.00 Tots' Praise
10.00 Prayers on Zoom
13.30 Lunch-time Service

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
3rd Saturday 10.00 Women's Coffee
2nd Sunday 11.30 Church Meeting

Quarterly:
3rd Saturday 14.00 Crafternoons

School Holidays:
Wednesdays 11.00 The Generation Zone

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 July 2025

17 July, 12.30 – Lunchtime recital, Mario Miralles (Piano)
19 July, 10.30 – Women's coffee morning

Please also see the e-mailed Weekly Notices.

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

Letter from Lesley

Dear All,

Would it not be great if life was straightforward and neat?
Would it not be great if you got better at something and then better and better.

Rather than the reality, which is you have to make mistakes, get worse, learn. A new skill and the progress.

You want to improve your guitar playing you must work at something for hours and then to progress with the next thing you investigate a new area of musicianship, and you are back at the bottom of the class again. Of course, hopefully you progress and so we go.

If you come to a place where we have settled in the Christian faith we have made a big mistake. The only thing that is definite is that with God there is so much more to know. Always more to know.

The effort to be more loving always calls us to new people. And of course, people come with their bag of emotional stuff. We can keep it always nice and easy if we keep it superficial. The minute we look for depth we have challenges.
That is how we grow

Today, this day, what will we learn?
What will we realise we have been mistaken about?
Who will we realise has things to tell us when we thought they were decidedly uninspiring?
What difficult situation can produce fruit for us?

Thank you God for your newness this and every day.

Lesley

Cathy's conversation

Today I heard from a member of the church that they try, each day, to list 10 things that they are grateful for. This is despite the fact they are in hospital needing pain relief and going through a long healing process. Wow I thought. Do I do that during my day?

Ignatius of Loyolo, founder of the Jesuits invited people to pause briefly, once or twice a day, and consider how God had been working with them over the last few hours, and how they had been responding to God's work.

In conversation with one of my grandsons recently I began to understand the pressure that surrounds all young people to conform to algorithmic standards, data based not human based. Enhanced pictures of people that do not show the beauty of their individuality, increasing a false image of conformity. Another young person close to me loved to have his hair longish but due to a long time of teasing from his peers, chose to have it cut like others.

Reflecting on the social connections of my childhood, there was peer pressure to conform but the pressure was little compared to the pressures of today.

So, my prayer for this school summer is that children and young people can find time to be their true selves. That they can look in the mirror and be pleased with what they see.

Have a good summer, wherever you are, and don't forget to briefly pause and know that God is with you.

On September 14th we will have our Annual General Meeting in the morning. Try to be there.

Cathy Seymour

A request from Carol

The Christmas lunch 2025 needs YOU

Please don't shoot the messenger but Christmas is less than six months away. Too early you say!

However, plans are afoot, and we need YOUR help.

On Christmas Day a team of volunteers cook a three course Christmas Dinner with all the trimmings for anyone who may otherwise be on their own.

To make the day go with a swing we need some volunteers before and on the day who would be willing to:

- Shop
- Cook turkeys and prepare vegetables on Christmas Eve
- Cook on Christmas day
- Host the day
- Clear up

Could this be YOU?
For more details, please speak to Carol Clack

Eco-tip for July

Plastic Free July. This is a great opportunity to review where you might be able to reduce single-use plastics in your life. Being part of Plastic Free July will help you find great alternatives that can become new habits forever. Paying attention to what we consume and its effect on God's earth, can lead us not into guilt, but into action and prayerful determination to see change where it's possible. Read more about the effects of plastic at arocha.org.uk/plastic-summer.

This is taken from A Rocha's calendar of monthly eco tips which you can download at ARUK-Eco-Tips-Calendar-2025-1.pdf

Pastoral News as of 18 June 2025

Out of care for people's privacy,

names are not included

in the Pastoral News section

of the online Church News

Prayer

Loving God, your Son Jesus Christ came that we might have life and have it abundantly; pour out your blessing upon our nation; where there is illness, bring your healing touch; where there is fear, strengthen us with the knowledge of your presence; where there is uncertainty, build us up in faith; where there is dishonesty, lead us into truth; where there is discord, may we know the harmony of your love; this we ask in Jesus' name. Amen

A letter from Ann

Dear all,

I am counting my blessings and thinking of you all!

Since my arrival to Belfast Royal Victoria Hospital following an accident at St. Ann's Cathedral on 26/5, I have been overwhelmed by how extraordinary supportive you have all been. Your numerous phone calls, messages and emails have and continue to mean so much to me.

I am looking forward to returning to a "hospital near you" as soon as it is possible in order to continue my recovery and, I am confident, on that the extraordinary gifted and compassionate medical staff in here will do their utmost to ensure I get my " helicopter ride" sooner rather than later.

I have found so much kindness here in Belfast; from the lovely cleaner to the consultant, they are absolutely wonderful people.

Looking forward to seeing you,

Love and prayers,

Ann

Flower rota for July

Sunday 6 July	
Sunday 13 July	Jen Milner
Sunday 20 July	
Sunday 27 July	Brenda Parkins

Sally's stories

I am co-leading a 'Parenting For Faith' course with St Peter's Church, Norbiton. Three of our families signed up to do this. Each fortnight, they watch a 30-minute video at home and then attend an hour-long session on Zoom to discuss what they have seen. It is full of challenging teaching and questions and really enables the parents and leaders to grow in faith and develop their work with children.
One of our church members says, 'Today's lesson was incredibly helpful again. It was such a valuable time to listen to others' stories and be able to share my own. It also gave me a moment to reflect on how I'm communicating with my child.'

Topics include:

- Positioned For Influence (encouraging parents that they 'can do this stuff!!'
- Making Sense of Life (answering questions and creating windows where God can be discussed)
- Unwinding Wrong Views (helping our children build a healthy understanding of God and challenging any unhelpful images of God)
- Conversational Prayer (talking and listening to God)
- Helping Children Connect with the Church

We have a few sessions left but please pray that I will be able to find ways to connect with parents and help them spiritually nurture their children.

Sally Butler
Children, Youth & Families Worker

Reminder:
Copy for the next (August) edition of
Church News should reach Hosana Lee by
Friday 11 July. hosanalee@hotmail.com

Commitment for Life

Life-giving Faith | Defiant Hope | Generous Love

christian aid

Prayer for Zimbabwe

By Wilbert Sayimani, URC

Heavenly Father, we come before You with heavy hearts, lifting Zimbabwe in prayer. We pray for restoration and healing in every aspect of the nation's life. Lord, we ask for the elimination of corruption that has plagued Zimbabwe, hindering progress and causing suffering among its people. Bring forth leaders who are filled with integrity and a heart for the well-being of their fellow citizens.

Grant wisdom and guidance to those in authority, that they may govern with justice and compassion, prioritising the needs of the people above all else. We pray for an improved economic situation, where all citizens have access to opportunities for prosperity and growth.

Lord, send abundant rains to nourish the land and alleviate the drought that has brought hardship to many. Ease the scarcity of electricity and provide sustainable solutions to meet the energy needs of the nation.

We lift up the education system, asking for resources and support to ensure every child receives a quality education, empowering them for a brighter future. Strengthen the healthcare system, Lord, so that all Zimbabweans can receive the care they need to thrive.

Finally, we pray for unity and peace to prevail, and for the burdens caused by the introduction of the Zig currency to be lifted.

May justice prevail and may the leaders prioritise the well-being of their people above all else. Grant Zimbabwe the strength to overcome its challenges and emerge stronger, guided by your grace and love.

STREET PASTORS
QUIZ NIGHT
Join us for an evening of quizzing and fun in aid of Kingston Street Pastors. Form your own team or join one on the night.
FRIDAY 11 JULY
7pm to 10pm
Kingston United Reformed Church
£10 per person
Teams of 6
Bring your own drinks
Food provided
RSVP to
kingston@streetpastors.org.uk
Prizes for the winning team and raffle draw on the night for additional prizes!

Voices of Hope afternoon tea

A joyful afternoon was organised by the Voices of Hope Charity. Guests were treated to performances by two different choirs; Voices of Hope Choir, who sang contemporary songs and the London Korean Senior Choir.

The Voices of Hope Choir Tutors sang “Panis Angelicus” by Cesar Franck and a solo performance by Rhianna Jackson of KURC.
There was the beautiful and vibrant Korean Dance Group who performed a Fan Dance.

One of the organisers, explained to us what Voices of Hope is involved with. Research carried out by the borough has shown that collective singing can bring a number of benefits to physical, emotional, cognitive and social wellbeing of constituents. It also helps to foster community and social inclusion and combat loneliness. They also run choirs within several residential/centre-based elderly and care homes.
At Voices of Hope, the organisers use creativity, community, and compassion to support people through challenges and change. They not only run community choirs, but provide wellbeing sessions and healthy meal projects

And then we all were invited to the Mayo Hall for the cream tea, coffee and cakes. The tables were laid out beautifully and there were a couple of Korean stalls selling Korean herbs and health products.
A huge thank you was given to Kingston URC for the generous support in hosting this event. The aim of this particular concert was to celebrate the joy of singing together – a symbol of the connection and hope to bring to every life. If you would like to find more about this charity, please visit www.voh.org.uk

KURC Men's Lunch

Friends of Kingston United Reformed Church are invited to meet at O'Neill's pub for lunch at 12.30 on Wednesday 9th July.

Please note the September lunch date has changed to Tuesday 16th September (previously Monday 15th).

The idea is to meet, chat and make new friends. It is just a casual, social get together and open to everyone, with or without a connection to the church.

If you would like more information please contact Alistair Borthwick – email alistair.borthwick@talktalk.net phone 07930 762853.

All Saints Kingston will shortly be hosting a talk from the Very Reverend Nicholas Papadopulos, Dean of Salisbury Cathedral, titled; **Stories from Israel-Palestine.** We hoped you may find this of interest and would also be willing to share the opportunity to attend the talk with your congregations and wider church community.

The talk is on **Monday 28th July at 7.30pm** in the Nave of All Saints Kingston, KT1 1JP and details Nick's experiences on a three-month sabbatical leave in the area with the World Council of Churches Ecumenical Accompaniment Programme in Palestine and Israel. Nick described his time in occupied East Jerusalem as 'an overwhelming experience'. He monitored human rights, visited holy sites, worshipped in different churches, spoke with many people and many organizations, lived through the Muslim observance of Ramadan, and celebrated Holy Week and Easter in the city where Jesus died and rose again – all against the merciless backdrop of the war in Gaza.

The talk will detail;

- What is daily life under occupation really like?
- What are the implications for human rights and international law?
- What can be done to promote a just peace in Israel-Palestine?

There has been a lot of interest in the talk and places are limited so please do secure your place by booking early. The link for reserving free tickets is: *https://www.ticketsource.co.uk/all-saints-church-kingston/stories-from-israel-palestine-talk/2025-07-28/19:30/t-dvngymk*

The link is also available on the All Saints Website Latest news - All Saints Church

Meeting Ed Davey MP

On Monday 2nd June several of us gathered to meet Ed Davey MP to discuss Climate Change and Global Debt and how individuals can make a difference.

There were four of us from KURC (Cathy Seymour, Carol Clack, Christine Thompson and myself) and three representatives from the U3A Climate Emergency Group and we were allowed an hour to ask Ed (he is happy to be addressed as plain Ed) questions.

This was part of a 'Get to Know/Be Nice to Your MP initiative run jointly by URC and Christian Aid.

We focused on a new bill The Climate and Nature Bill introduced by Lib Dem MP Dr Roz Savage and on Global Debt Problems.

These were the questions: -

1. Are there any MP's who still don't believe in Climate Change?
2. Do you agree that the Climate Change and depletion of nature are the two greatest challenges facing humankind?
3. What effect do you think/hope that the gathering on 9th July will affect Climate and Nature Bill making its way through parliament?
4. Why is it being said the Bill is unlikely to proceed?
5. How can it progress through the legislative process?
6. Do we have to give up on the 1.5C target?
7. What are your views on cancelling majority world debt owed to private lenders? What can be done?

There was also an emphasis on how ordinary law-abiding citizens can have any influence on what Parliament does or doesn't do.

Having once been Secretary of State for Energy and Climate Change during the coalition years Ed was very well informed and could answer all our questions with clarity and understanding. He explained that the average voting person in the UK was largely concerned about three things, the cost of living, care and immigration and that the topic of climate change had dropped out of public

discourse. At the same time, it was recognised that immigration was linked to people fleeing problems created by climate change.

Ed qualified his remarks by noting that events such as a new American President and current warfare mean it is hard for governments to plan ahead to challenge the problems caused by Climate Change.

Having said that he told us that there are few climate deniers in our parliament and the resistance to change is 1) the expense 2) the argument why should the UK act when other countries don't?

Ed acknowledged we really need to support the use of renewable sources of energy i/e. tidal water, wind solar and use less gas/oil.

Apparently at a local level there is a new project called the Hogsmill Heat Network whereby unused energy is directed to private homes. This could be something KURC could investigate when planning a new heating system.

On a global level we talked about how important it is for debt laden countries to have their debts cancelled on condition they invest in non-renewables. This development has already begun in some countries.

We also asked about how a large church building like KURC could be helped to become more energy efficient and Ed gave us some suggestions.

The meeting helped emphasize the importance of addressing big challenges like climate change and economic inequality. It also reminded us how important it is for everyday people to have their voices heard in politics. It also showed how valuable it is for communities to engage with their parliamentary representative. The meeting showed how we have a shared responsibility to tackle these issues and laid the foundation for future collaboration between community groups and Ed Davey.

Sue Shaw

If you are in another constituency (or want to see Ed again) the Climate Coalition (of which Christian Aid is a member) has ongoing plans for a mass lobby of Parliament **Wed 9th July** which includes a chance to meet your MP. Anyone who signs up via https://www.theclimatecoalition.org/act-now-change-forever will get the info they need: meeting places, times, how to contact MPs etc. If you want to, there is a space to say which organisation you are part of. E.g. Christian Aid or URC. If you want more information speak to Christine Thompson.

A folk song, two national anthems and a hymn tune

Before a recent Sunday morning service Young and Crystal were playing a hymn tune from Rejoice and Sing: No.97 ‘Mighty God while angels bless thee’.

The tune is called Austria. Many will have recognised it as the German national anthem. There is quite an interesting story here which is worth recounting.

The music was written by the great Austrian composer Haydn in 1797 at the request of the Austrian emperor, to serve as his country’s national anthem.

Haydn picked a Croatian folk melody which he then arranged and harmonised. (In fact, he completely changed the second half). The finished result pleased him so much that he also used it in his ‘Emperor’ string quartet.

The memorable tune quickly found its way around Europe and to Britain where it appeared in a hymn book as early as 1802. Now at this time - and indeed right up to the end of the First World War - the Germans were singing their national anthem to the same tune as ‘God save the King’ – a bit surprising when they had so many good tunes of their own.

When the German and Austrian empires were dismantled following the First World War the new German republic adopted a fresh anthem - which they decided to sing to Haydn’s famous tune, having sought the permission of Austria.

Since the Second World War Austria has adopted a new anthem (sung incidentally to a tune by Mozart, who was of course Austrian) while Germany continues to use its pre-war anthem and Haydn’s tune, but with heavily edited words.

John Fisher

Calling all knitters, crocheters and creators

We need **YOUR** help

At the Christmas Day lunch we give each guest a present and this year we would like to be able to offer a choice of handmade hats, scarves and mittens as presents.

It is up to you what pattern you use but below I include a pattern for a warm hat to start you off.

Knitted hat pattern

- Double knit or 4 ply wool
- Size 8 (4mm) Needles
- 2 oz of wool
- Cast on 120 stitches.
- Row 1 -Knit 2, purl 2 to the end
- Row 2 – Purl 2, knit 2 to the end
- Repeat these 2 rows until your work measures 30cm (12 inches)
- Next Row – Knit 2 together to end of the row Purl next row.
- Repeat these two rows once more.
- Knit 1 row.
- Purl 1 row.
- Pull thread through all stitches and sew up seam

There is a knitting crochet group that meets on the 1st and 3rd Tuesdays of the month at 10.30am in the Foyer if you like to create with likeminded people. Contact Carol Clack for more details.

A day at Aquila Safari by Catherine Treweek

In April while on holiday in South Africa Jenna and I spent a day at Aquila Game Reserve.
Aquila Game Reserve, located two hours from Cape Town in the Western Cape, spans 10,000 hectares of wilderness. It hosts diverse wildlife, including the Big Five: lions, elephants, leopards, rhinos, and buffalo. The reserve's scenic landscape of hills, valleys, and clear horizons provides an ideal location for a safari.

The day began at 5:45am with a pick-up from a hotel near to where we were staying. During the drive to Aquila, we observed the African sunrise while passing through mountain passes.

Upon arrival, we were offered a glass of champagne followed by a buffet breakfast. Jenna and I were excited for the morning game drive. Having grown up with annual visits to the Kruger National Park, located in the northeast corner of South Africa bordering Mozambique and Zimbabwe, I had experience seeing the Big Five and various other animals. This was Jenna's first safari experience.

Animals are most active at sunrise, so we started our day early. We departed with 10 other guests and our guide, Tina, in the safari vehicle, which is an open off-road vehicle designed to handle rugged terrain.
We were fortunate to observe a hippopotamus out of the water, as most visitors typically only see them while submerged. Hippopotamuses are more akin to underwater walkers than swimmers, preferring to walk or run along the riverbed. They can be extremely dangerous and, when provoked, are capable of charging at speeds of up to 14 miles per hour on land. It is advisable to always maintain a safe distance from these animals.

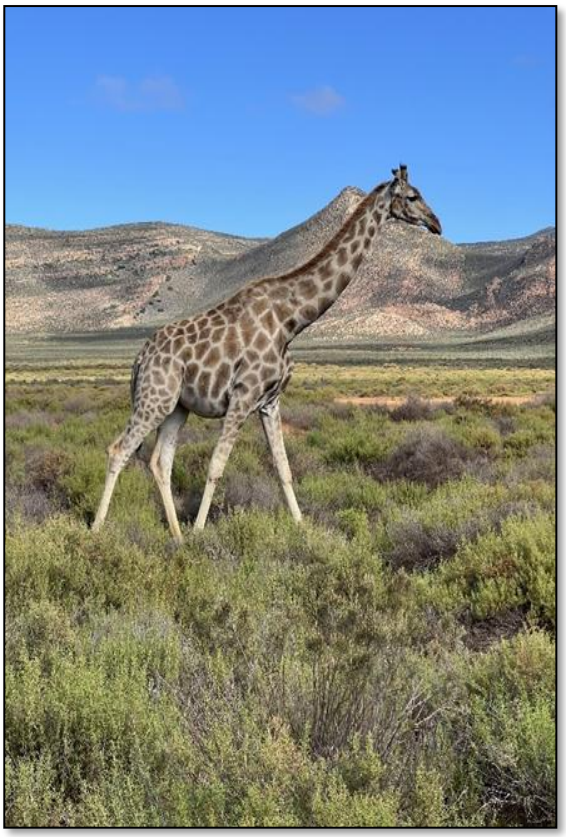
Throughout the morning, Tina navigated rough roads. We saw zebra, a mother and baby giraffe, buffalo, rhino, ostrich, elephants, and buck before stopping for another glass of champagne (or water). Still no lions. Tina explained that lions are kept in a fenced area to control their food since they sometimes kill for fun rather than survival.

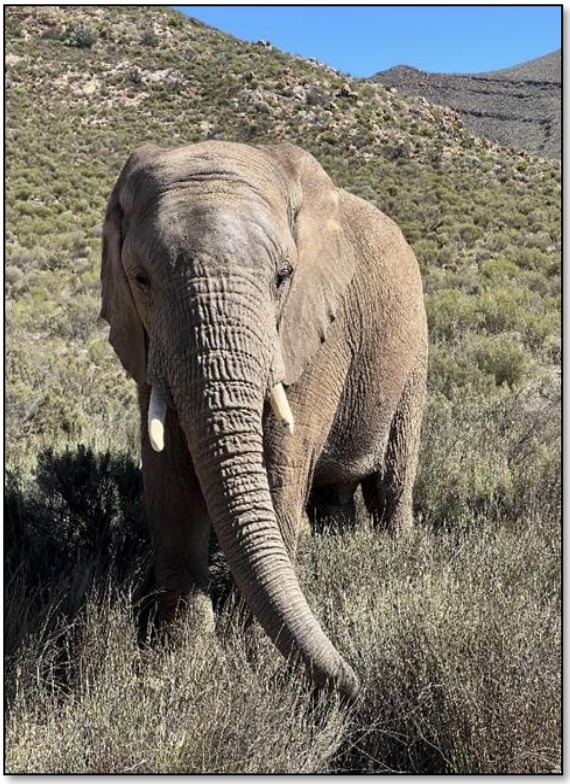
Tina also told us that Rhinos and zebras often stay close together for protection. Rhinos have poor vision but excellent hearing, while zebras have good vision but poor hearing. They complement each other to avoid predators.

Following refreshments, we proceeded to search for lions. Tina spotted a lion accompanied by two lionesses resting halfway up a mountain. We experienced quite an undertaking in manoeuvring the vehicle close to them. The lion was lying on his back, stretching with his sizable paws extended upwards, reminding me of a cat at home lounging on the sofa. While this was a remarkable sight, my personal preference was observing the herds of elephants and witnessing the interactions between baby zebras and giraffes with their mothers.

Aquila Safari is not just a destination for leisure—it's a beacon of conservation. The reserve actively participates in efforts to protect endangered species and restore natural habitats. We learnt about their anti-poaching initiatives and rehabilitated wildlife.

We ended the day indulging in local cuisine. Aquilas restaurants serve an array of dishes that celebrate South African flavours. My body ached from being bumped about the vehicle, but I wouldn't have had it any other way. We both slept very well that night!





Palestine by Christine Thompson

It's been suggested that I write an article about the Palestine/Israel situation. That is far too complicated to be explained in a short article in Church news. As a liberal rabbi said to me 15 years ago the Palestinians' great tragedy was that decisions about Israel were made when Europe and the USA were feeling very guilty about the Holocaust.
Christian Aid has been working with the poorest and most vulnerable people in the Middle East since the early 1950s, when they provided humanitarian relief to Palestinian refugees.
So I thought I would highlight a project supported by Christian Aid
Keeping the land alive

"This is my land, it was bare. Now I am working on it and gaining from it. PARC has helped us, who own our land, to make it fruitful." So says Alam Hussein, a farmer in Bizzaryah, Northwest, West Bank.

Like many other farmers in the region Alam lost good farming land when the separation wall, dividing Palestine from Israel, was built. Christian Aid partner PARC, now renamed the Palestine Agricultural Development Association, has worked in the area for over 20 years and understand the needs of the people living and working there. They knew they needed to come up with ideas to increase production and develop new markets.

Alam is part of a land development programme, set up by PARC, where reclaimed land can now be used for planting fruit trees. This programme allows the farmers to get a better income from unusable rocky land. The rocks are initially cleared by hand, broken down and used to create retaining walls. A fence then marks the area to be worked. Once service roads are widened, tractors can be brought in to help plough the earth ready for planting the fruit trees. Varieties such as olive, almond, prunes or apricot are chosen to give a good yield and produce cash crops. Whilst the trees are maturing, this takes at least five years, vegetables, cereals or animal feed are grown in between.

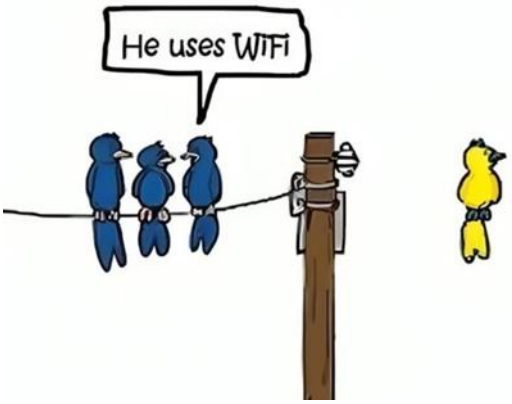
PARC are particularly keen that each step of the process is transparent. Once a contract between PARC and the farmer is signed, the farmer will receive help

with planning and execution. He will pay a small percentage of the costs himself because PARC feels this encourages self-esteem and empowerment.

In support of all this planting, underground water cisterns are also built. The water collects in the pan and then passes through a simple sand filter into the dugout cistern. This water can be used in the dry season to irrigate the tree saplings and the vegetables.

This programme has already led to a million fruit trees being planted, and they are now planting towards the second million. The fruit trees are a symbol of a hopeful and productive future.

Commitment for Life website has more details. https://urc.org.uk/your-church/church-local-and-global/commitment-for-life/israel-and-the-occupied-palestinian-territory/



Archive of the month

Suk In Lee in charge of the barbecue at the manse garden party in the summer of 2009. Burgers and chicken legs cooked to order – medium, well done and ……. exceptionally well done.

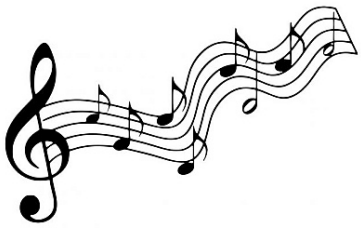
John Fisher

Lunchtime Recital

July 17th, 12.30 at Kingston URC

Mario Miralles will perform on the piano

Everyone is welcome. Admission is free



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9 Verses in the Bible to

Shape Your Meditations

1 Within your temple, O God, we meditate on your unfailing love. Psalm 48:9

2 "I will consider all your works and meditate on all your mighty deeds." Your ways, God, are holy. What god is as great as our God? Psalm 77:12-13

3 I reach out for your commands, which I love, that I may meditate on your decrees. Psalm 77:12-13.

4 My eyes stay open through the watches of the night, that I may meditate on your promises. Psalm 119:148

5 Those who live in accordance with the Spirit have their minds set on what the Spirit desires. Romans 8:5

6 Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Romans 12:2

7 Whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable - if anything is excellent or praiseworthy - think about such things. Philippians 4:8

8 Set your hearts on things above, where Christ is, seated at the right hand of God. Colossians 3:1

9 Holy brothers and sisters, who share in the heavenly calling, fix your thoughts on Jesus. Hebrews 3:1

Generation Zone

We had a Generation Zone gathering in our Mayo Hall. The theme of the day was that God is always our Light, our Holy Spirit and our Friend.

To emphasize all that has been said, there were tables of games laid out. For example, there were candles to light which the young children particularly liked!
"The Holy Spirit helps us shine the light of Jesus in our world."

To symbolise the wind, which can be gentle and caressing, children were invited to make paper fans. There was a game of "Flipping a Kipper" - the children and adults joined to play this game. The fishes (kippers) were made from newspapers and were fanned with the artificial winds, made by folded newspapers. The participants stood in a row and tried to make their fishes jump faster than their neighbours to reach the finishing line!

The Friendship table had many coloured beads to allow everyone to make and take friendship bracelets. The message that when you wear the bracelet, remember that Jesus is always with you, like a good friend.

After the games we all sat down to leek and potato soup with baguettes, cheese and fruits.

Dear Lord, as today is the day when you ascended to heaven, we are very grateful to you for our daily reminder of light, spirit and friendship. And to those people who make us not to forget about it.

The Thursday Club

On Thursday nights as eight bells chime,
We gather not in space, but time—
On Zoom we meet, with hearts so wide,
A circle where all may abide.
No need to dress or leave your chair,
Just bring your smile, we'll meet you there.
We chat of books and travels far,
Of TV shows and how things are.
We share our news, we laugh, we care,
In every word, God's love is there.
A listening ear, a kindly face,
A quiet, gentle, sacred space.
You're welcome here, no need to stay
Each week—it's fine to drift or stay.
For fun, for thought, for love that's true,
The Thursday Club has room for you.
Why not join us?
Zoom link 8pm every Thursday:
https://us04web.zoom.us/j/5032406575?pwd=V0NoaDFaWWNQVUtPbC9SRUJGK3pEUT09
Convenor: Janine Goddard

Smiles

A Pastor interrupts his sermon to ask three men in the front row, "What would you want your loved ones to say as they are looking down at you in your coffin?"

Tom: "That I was a good husband and father."
Bill: "That I lived a good life of kindness to others."
Dan: "Look, he's moving!"

After the revival, three pastors were discussing the results. The Methodist minister said, "The revival worked out great! We gained four new families." The Presbyterian preacher said, "We gained six new families." The Baptist pastor said, "Well, we got rid of our 10 biggest troublemakers!"

Travelling in Italy

My husband and I like to travel. Many people say that traveling is a holiday for relaxation. But we feel like we finish our homework one page at a time whenever we travel. On the one hand, as if our lives are a trip that passes by once, it is a pleasure for us to travel to find traces of people from the past who have already disappeared into history. It is especially touching when facing the traces of the life of a pilgrim who lived according to his or her faith. It is a very happy thing that many martyrs and saints can find their life records through travel in the more than 2,000 years of Christian history. Therefore, we will continue to travel in the future. This is because through history, I gain the strength to look back on myself in the present and design my life in the future.

Hyunju Kim

Lesley, Ray &
Kingston United Reform Church Family

THANK YOU!

The Child Action Lanka family is deeply grateful for your loving support. You have blessed us, beyond words, with your kindness this past week. Thank you for Transforming Lives with us.

CHILD ACTION LANKA

IBRA readings for July

ABUNDANCE AND WANT

1 Plenty

Sunday 29 June	Deuteronomy 28:1-14
Monday 30 June	Matthew 9:35-38
Tuesday 1 July	Matthew 7:1-7
Wednesday 2 July	Leviticus 26:9-12
Thursday 3 July	2 Corinthians 9:1-15
Friday 4 July	1 Corinthians 15:51-57
Saturday 5 July	Philippians 4:10-13

2 Scarcity

Sunday 6 July	Proverbs 22:1-16
Monday 7 July	Exodus 23:10-13
Tuesday 8 July	Leviticus 23:15-22
Wednesday 9 July	Psalm 34:1-7
Thursday 10 July	Ruth 3:1-15
Friday 11 July	Luke 1:46-55
Saturday 12 July	Genesis 47:13-25

LETTER TO THE HEBREWS (1)

Sunday 13 July	Hebrews 1:1-2:4
Monday 14 July	Hebrews 2:5-18
Tuesday 15 July	Hebrews 3:1-19
Wednesday 16 July	Hebrews 4:1 - 5:10
Thursday 17 July	Hebrews 5:11 - 6:20
Friday 18 July	Hebrews 7:1-28
Saturday 19 July	Hebrews 8:1 - 9:10

LETTER TO THE HEBREWS (2)

Sunday 20 July	Hebrews 9:11-28
Monday 21 July	Hebrews 10:1-18
Tuesday 22 July	Hebrews 10:19-39
Wednesday 23 July	Hebrews 11:1-22
Thursday 24 July	Hebrews 11:23-40
Friday 25 July	Hebrews 12:14-29
Saturday 26 July	Hebrews 13:1-25

PROFESSIONS OF FAITH

1 Recognising Jesus

Sunday 27 July	Matthew 16:13-17
Monday 28 July	Mark 9:14-27
Tuesday 29 July	John 20:26-29
Wednesday 30 July	Acts 3:11-16
Thursday 31 July	Acts 5:27-32

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 July is Friday, 11 July 2025
Editor: Hosana Lee, e-mail: hosanalee@hotmail.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 Instagram

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