



New Malden
Methodist Church

At the heart of the High Street

SPOTLIGHT

AUGUST 2026

INTRODUCING ALANA

I am delighted to be able to introduce myself to the New Malden Methodist Church community through the Spotlight newsletter, ever mindful that nothing can replace the richness of encountering each other in person.

Who, then is this new minister coming into your community; a wife, step-mum, daughter, sister, sister-in-law, niece, cousin, aunt, grand aunt, friend and colleague. A presbyter, theologian, pilgrim, poet, teacher, barrister, mathematician, bookbinder, printer, bibliophile, and appreciator of art, music, and creation. I

hope together these descriptors express a deep relationality, an awareness that all that I am has been formed and continues to be transformed in relationship with God, self, and others.

Many years ago, I took a course at Heythrop College and read there that spirituality was an expression of our relational natures.

This made enormous sense to me, striking at the depth of what it is to be...a matter of ultimate concern.

Relational wellbeing and spirituality go hand in hand. At the heart of what it is to be fully human, is to be ever formed in relationship, in community with God, self and others, balancing our own



needs with those of others, with God and with all creation, nurturing, sustaining and building up, that we may become members of communities of relational transformation. This is after all what it is to be Christians, to live out our call to love one another as we love ourselves and as God loves us.

You can know the health of a community by this relationality, this coming togetherness and building each other up-ness; we see it in each other, in those who put themselves at the service of others, who build up our communities and hold us together. We know it in ourselves too, and we know when we need to step aside and take time away, at times of grief and loss, and of relational disruption. I am returning to ministry after a year out, a restorative year in which I have continued to develop my bookbinding skills, explored printmaking, become a visitor and patron of the arts and museums in London and elsewhere, been on retreats, explored loss and grief, and travelled from the North to South and East to West of the

UK, a pilgrim to sacred places, thin places, and places of outstanding natural beauty and wonder. There is so much to share with you and for us to explore together.

I could say more about having been Superintendent in the Islington and Camden Mission Circuit and before that in the Cardiff Circuit, or about the importance of our being listening and story-telling communities, of church at the margin, of intentionality and spirituality, ecumenism and relationships across faiths, but I will save that for when we are together.

Stephanie and I are looking forward to being with you in September, and meanwhile we continue to encounter people, places, creativity and life in the South West of Wales and England. May God be with you all, and may you know God's power working in you, so that you can do infinitely more than you can ever ask or imagine, for the glory of God is revealed in our being fully alive.

– Rev Alana

SPOTLIGHT'S SAFEGUARDING SPACE

Statistics released by Ofcom show that over 50% of children aged 3-4 go online for nearly 8 hours a week and 1 in 5 children aged 3-4 have their own tablet.

Children are growing up in a world with many online opportunities and so the following informative websites might prove interesting for parents, grandparents and great grandparents of children.

childline.org.uk | nspcc.org.uk | actionforchildren.org.uk

Liz Edwards – Safeguarding Officer



The Methodist Church 

On 16th June members of Wives and Friends went for our summer meal out at Woodies. We all had an enjoyable time. Lovely food and pleasant venue. Wives and Friends meet alternate Tuesday at 7.30 in Wesley's.



NEXT SPOTLIGHT ISSUE

Please send Barry – nmmc@hotmail.co.uk – anything you think might be of interest: reports and images of NMMC events, memories, news of members, advice for life, poems, photos, recipes, quizzes, etc, by **Monday 24 August**.

Church contact information



www.newmaldenmethodistchurch.com



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Charity Registration Number 1176621

TREK 26 FOR ALZHEIMER'S



I found that hymn from my childhood repeatedly playing in my brain as, after many months' build-up and preparation, I finally completed my two-part 26 mile walk in aid of the Alzheimer's Society on July 4 and 5th. I hadn't sung it for decades, but the words seemed particularly appropriate over that long weekend.

Thankfully the weather was not hot... up in the Northern Lake District around Penrith it had been pleasantly cool and cloudy for our warm-up walks that week – roughly 5 miles a day with some gentle hills – and on the morning of TREK 26 there was actual drizzle. My coat stayed on for at least half the seven hours it took me to get round the 13 mile route, and even when it came off, I tied it round me

as I wasn't convinced it was worth stuffing it into my rucksack.

It was a great experience, superbly organised and orchestrated. I hadn't appreciated the scale of this event: there were apparently 1400 people taking part, some of whom were doing 26 miles in the one day. We were all bussed from a large car park in Dalmain to a huge field in Patterdale, at the south end of Ullswater, where excellent bacon sandwiches and hot drinks were available before the start.

I went off in the 9.30 'wave,' heading northwards towards Glenridding along roads and through fields, farmland and woodland, arriving a few miles later at the first comfort break in the NT car park at Aira Force, a large and famous waterfall. Then the climbing began, through the trees bordering the gushing and tumbling falls, negotiating damp rocky paths, substantial mud and steep uneven steps up and down. I was really glad of my walking poles and strong boots. There was then a steady steep incline up the western side of Ullswater, the views over the lake getting ever more impressive as we ascended, though there was still a lot of cloud cover. A long line of blue T shirts snaked in single file along the narrow path sometimes obscured by bracken. I mostly walked on my own but other groups chatted as they overtook, (or just occasionally were overtaken.) I definitely wasn't the slowest, though I hadn't quite realised we were being tracked and timed via the electronic tags on our 'running'

numbers. Perhaps I wouldn't have taken quite so long at the rest stops and particularly the lunch stop. Or perhaps I would; it emphatically wasn't a race after all. Sandwiches, salads, fruit and snacks were all provided free of charge; there were portaloos and a medical tent available if needed. There was still damp in the air and on the grass so I was glad of my camping mat when I took this much-needed break.

We had left the lake behind now; the afternoon was mainly fields and woods with a couple of stiles – always fun with walking poles – but no serious inclines. Arrows showed the way, although mostly one just followed the people in front. Motivational markers counted the miles up and down, and before too long I recognised familiar territory in the pretty village of Dacre. Nearly there! The last couple of miles were mercifully flat and I realised I wasn't feeling any ill effects at all, in limbs, joints or feet. The training had been worth it, although I never managed to do more

than 11 miles in all the weeks of 'run up' ..it takes such a long time!

Reaching the large carpark once more, we were announced by name over the tannoy as we each crossed the Finish line before being handed a medal and a plastic glass of warm prosecco! Peter and our son James were there to greet

me and take photos, and after a welcome loo stop, we piled into the car for the onward journey to North Wales where I was going to pick up the Offa's Dyke trail from last year and complete the penultimate section from Ruthin to Bodfari the next day.

We stayed at the same inn, even in the same room

where I fell on to the bed last year and lost the will to continue the following day. This year I felt much better, having done only one day's walking and not 5.

Sunday 5th dawned bright and clear but still not too hot, so the coats came along. This time it was just me and James, who made things a lot easier by carrying the one shared rucksack – so



lots of water – and by navigating; leaving me just to follow in his wake. This day's walking was definitely tougher than the previous day... those Clwydian hills are extremely undulating! Every summit was followed by a descent and then another climb as we moved slowly northwards. The highest part in this range – and of the whole northern half of Offa's Dyke – was



reached at Moel Famau, 550m high, where a tower in honour of George III's Golden Jubilee was erected in 1810. When it partly fell down in bad weather 50 years later it was not rebuilt, but its remains are still a landmark on the skyline...just a pimple when viewed from afar and a sort of lump of steps and ramparts when you eventually make it to the top of the peak and gaze around. It was clear enough to see Snowdon in one direction and Liverpool in another...but there was no time to linger. Onward, ever onward. Many miles to go before I sleep, etc, etc.

There were far fewer people about today of course, as this was a self-inflicted rather than an organised event. Layers were gradually peeled off as the heat and exhaustion levels began to rise. I was so glad I had opted out of this stretch last year! There was a vague plan to meet up with my brother and sister-in-law at some point...they were staying in the area and

were starting at the northern end, in Bodfari, heading south towards us. It seemed a very long time before they hove into view, having gone badly wrong at the outset. Our supplies had just run out, with a corresponding lowering of our spirits and stamina, but we came face to face at last and we were spurred on by the timely administering of their additional snacks and fluids. Still the route wound on and on as we all retraced the route they had just done: up and down and up again, and I did begin to feel that I had

perhaps had enough. My knees had been very well-behaved all weekend but they were beginning to remind me of the demands I had been making on them, so I popped a couple of Ibuprofen and got a bit more spring back. The final push was through a gate which at last landed us in the village of Bodfari which I remembered well from last year, particularly the pub, where Peter had been loitering for some time, waiting for the 4 of us. Twenty six miles accomplished! Drinks all round.. .what an amazing weekend, and I was still alive and feeling relatively lively.

I would definitely do this again as a

personal challenge, but what made it such a worthwhile exercise was the wonderful support I had from everyone who sponsored me to the inspiring tune of £3260. Roughly half this amount was directly due to the wider NMMC community, through Coffee Mornings, cash and online donations, as you can see from my Justgiving page. This far exceeded any expectation I had at the outset of this project and I want to thank you all for your encouragement which was very motivating. Thanks too to those anonymous donors whom I cannot thank more personally. Alzheimer's is a terrible

disease, as we all know. The strength of your support I think reflects the fact that each of us knows at least one person – and inevitably their families too, who have been affected by it. This Trek 26 as a whole raised close to half a million pounds, which goes directly to the Alzheimer's Society to fund vital research and support for sufferers, and there are several other similar events taking place in other venues round the country. 'It will take a Society to beat dementia'...and one day, it Will happen.

Thank you so very much.

– Alison Bullett

Harmony

The Beauty of Korean Traditional Arts

A Community Showcase of Korean Dance & Music



Experience the beauty, harmony and timeless elegance of Korean traditional arts at this special community showcase.

The programme features Korean traditional dance, gayageum and janggu performances, bringing together professional artists and community participants in a celebration of Korea's rich cultural heritage.

Through music, movement and rhythm, we hope to share the beauty of Korean culture while creating a meaningful opportunity for cultural exchange within our local community.

Everyone is warmly welcome.

-  Saturday 8 August 2026
-  2:00pm
-  New Malden Methodist Church
-  Free Admission – All Welcome

Presented by
Miracle K-Dance London
Operated by GOOD LEADERS K-CULTURE CIC

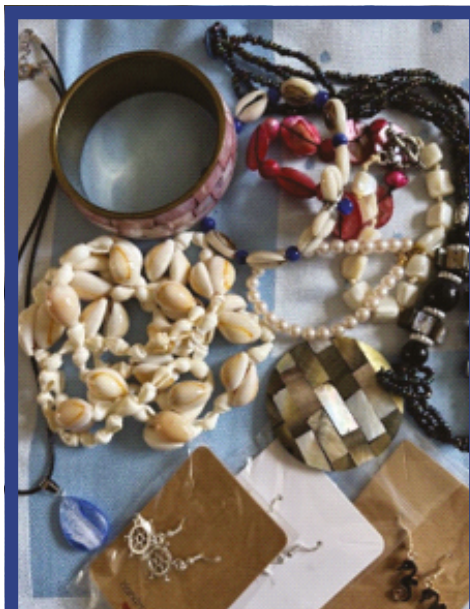
SO LONG, FAREWELL

A few pictures from Karl's Farewell Afternoon Tea





As of 7th August, Karl's new postal address will be 21 Paddockhall Road, Haywards Heath, RH16 1HQ.



Seaside-inspired summer jewellery available during August in Wesley's.

MUSIC AT NMMC

AUTUMN SEASON, 2026



Our two regular concert series resume in September: Music in New Malden on the second Sundays in the month at 3pm for an hour (followed by tea and cake) and our lunchtime concerts on the third Tuesday in the month (40 minutes of music) at 1.10pm.

£10 Tickets for Sundays are available online through Ticket Source or from

Wesley's a few weeks beforehand and a retiring collection is taken on Tuesdays.

Our Sunday series has an emphasis on string playing this season, but with plenty of variety. Our lunchtime series offers a mixture of chamber music and solo recitals and in the week before Christmas, a special Christmas Concert on Friday 18 December at 7.30pm.

DATES FOR YOUR DIARY

Lunchtime concerts at 1.10pm:

Tuesday 15 September | Tuesday 20 October | Tuesday 17 November

Christmas Concert at 7.30pm: Friday 18 December

Further details will be available at the beginning of September.

MUSIC IN NEW MALDEN

19TH SEASON

Autumn Concerts

Sundays at 3pm

New Malden Methodist Church KT3 4BY

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|---------------------|---|
| 13th September 2026 | Short concert by talented young musicians
(preceded by short AGM!) |
| 11th October 2026 | Robin Michel (cello) and Anna Michel (piano) |
| 8th November 2026 | Jane Wilkinson (soprano) |
| 13th December 2026 | Julian Hellaby and Peter Noke (pianos) |
| 20th December 2026 | London Korean Women's and Children's Choir |

Followed by tea and cake

Tickets £10 (on the door £12)

www.ticketsource.co.uk/musicinnm

Wesley's, NMMC 10am – 2pm Monday – Friday (cash)

CAPTION THESE PLEASE...

Some pictures are crying out for a caption. Send in your suggestions to nmmc@hotmail.co.uk



CELEBRATING COMMUNITIES TOGETHER

On 29 June, a group of volunteers from Wesley's Community Hub & Café, together with our minister, Karl, had the pleasure of attending the Kingston Council Celebrating Communities Awards 2026. Wesley's was honoured to be nominated for the Community Innovation Award, recognising the work taking place through our community hub.

Although we did not receive the award, we were delighted to celebrate with Staywell (Age Concern Kingston), who were worthy winners of the Community Innovation Award. Their dedication to supporting older people in our borough is truly inspiring, and we warmly congratulate them on this well-deserved recognition.

The evening was a wonderful opportunity for Karl, Lee, Mark, Sue, Adriana, Rosie, Sharon and Gregory to enjoy

some food together, meet people from local churches and community organisations, and celebrate the many

volunteers who give their time to make life better for others. It was encouraging to hear stories of compassion, friendship and service from across the borough.

Being nominated was an honour in itself and a reminder that every act of kindness, no matter how small, helps to strengthen our community. We are thankful to Kingston Council for hosting such a special celebration, and above all we thank God for every volunteer at Wesley's. Your faithful service, often given quietly and without recognition, continues to make a real difference in the lives of those we serve.

– Lee Monczak



SIGNIFICANT DATES IN *August*

1

1740

‘Rule Britannia’ sung for the first time in public, in Thomas Arne’s ‘Masque Alfred’.

3

1926

Britain’s first set of electric traffic lights appear on the streets of London.

4

1914

Britain declared war on Germany in support of Belgium and France.

5

1962

Nelson Mandela imprisoned for attempting to overthrow South Africa’s apartheid rule.

7

1840

Britain bans the employment of climbing boys as chimney sweeps.

11

1897

Birth of best-selling children’s writer Enid Blyton, whose books have been among the world’s best-sellers since the 1930s.

13

1961

The Berlin Wall came into existence after the East German government closed the border between east and west sectors of Berlin with barbed wire to discourage emigration to the West.

15

1945

Japan surrenders to the Allies, ending the Second World War.

18

1920

The 19th Amendment to the U.S. Constitution was ratified, granting women the right to vote.

20

1940

Winston Churchill referring to the RAF pilots, says ” Never in the field of human conflict was so much owed by so many to so few”.

22

1485

Richard III becomes the last English king to die in battle, killed at Bosworth Field in Leicestershire.

24

1875

Matthew Webb (Captain Webb) started his attempt from Dover in Kent, to become the first person to swim the English Channel.

26

1346

With the help of the longbow the English army of Edward III defeats the French at the Battle of Crecy.

28

1963

The March on Washington occurred as over 250,000 persons attended a Civil Rights rally in Washington, D.C., at which Martin Luther King, Jr. made his I Have a Dream speech.

31

1900

Coca Cola is sold for the first time in Britain.



A special community screening: The People's Emergency Briefing #PEBuk

What's happening with climate and nature, and what does it mean for everyday life in the UK?

Join us for a screening of the People's Emergency Briefing – an eye-opening 50-minute film bringing together nine leading UK scientists and experts with the latest evidence and why it matters for things like:



Extreme weather



Food security



Health



Cost of living

The film is based on the National Emergency Briefing in Westminster (featured by ITV, Channel 4 and The Times) with appearances from Chris Packham, Deborah Meaden, and a range of voices from across the UK.

After the film there will be an open discussion about what it means for our community and what we can do locally.

Seats are free but limited so please book in advance. The briefing was developed for an adult audience, so the film is only appropriate for ages 16 and above.

Bring a friend, neighbour or family member: everyone is welcome.

Kingston Methodist Church will be screening the climate emergency briefing on Saturday 12 September at 3pm.

We will also be inviting several local stakeholders to exhibit and will be sharing examples from the local community of successful carbon reduction measures.

We think it's really important to show people that there are positive, constructive steps we can all make to improve the environment.

The event is free of charge, but to find out more about the film and reserve a ticket please scan the QR Code below:



NMMC: WHAT'S ON IN AUGUST

Saturday 1st	10.00am – 12.00pm	Charity Bake Sale – NMMC
Sunday 2nd	10.30am	Morning Worship – Local Arrangement
Tuesday 4th	10.30am	Walking / Gentle Jogging
	2.15 – 4.00pm	Wives & Friends Cream Tea
Thursday 6th	10.30am	Knit & Natter
	2.00 – 4.00pm	Creative Arts
Saturday 8th	10.00am – 12.00pm	Charity Bake Sale – Princess Alice Hospice
Sunday 9th	10.30am	Morning Worship – Vindra Maraj-Ogden
Tuesday 11th	10.30am	Tai Chi
	2.30pm	Bereavement Cafe
Thursday 13th	10.30am	Knit & Natter
	2.00 – 3.30pm	Short Tennis (Upper Hall)
Friday 14th	2.00 – 4.00pm	Board Games
Saturday 15th	10.00am – 12.00pm	Charity Bake Sale – (Available)
Sunday 16th	10.30am	Morning Worship – Graham Cocking
Tuesday 18th	10.30am	Walking / Gentle Jogging
Thursday 20th	10.30am	Knit & Natter
	2.00 – 4.00pm	Creative Arts
Saturday 22nd	10.00am – 12.00pm	Charity Bake Sale – (Available)
Sunday 23rd	10.30am	Morning Worship – Denis Vernon
Tuesday 25th	10.30am	Tai Chi
Thursday 27th	10.30am	Knit & Natter
	2.00 – 3.30pm	Short Tennis (Upper Hall)
Saturday 29th	10.00am – 12.00pm	Charity Bake Sale – Macmillan
Sunday 30th	10.30am	Morning Worship – Local Arrangement