



New Malden
Methodist Church

*At the **heart** of the High Street*



Spotlight

February 2024

Message from Karl

They say life begins at forty, so perhaps this is the month my life really starts! Coming up to a milestone birthday is both exciting and something which gives pause for reflection. On the one hand, it is encouraging to think of the good things in life and how far things have come for me since my thirtieth birthday, and on the other it is a little daunting to know that I'm now half way through the period the Psalmist talks about as the length of our years if we are strong (Psalm 90:10). There is thus much to ponder, and I am grateful for the timing of my upcoming sabbatical in offering me space and time for this.

Looking beyond myself, I note that our society places a great deal of emphasis on youth and looking a certain way, and of course it is good to take care of our health and wellbeing for the sake of our quality of life, however long it lasts. Yet, I wonder if there is something about trying to protect ourselves from the realities of mortality and death in the obsession with keeping young and beautiful which fuels the cosmetics industry. The fact is that life is fragile and precarious, and so all the more worth living to the full because of it.

As this month we come to say goodbye for now to our beloved Stella, whose sudden death was a huge shock, one lesson I draw from this is the importance of embracing every day as precious. Despite the Psalmist's comments, none of us can know the length of our days, but we can recognise the beauty and fragility of life. Jesus told the Pharisees who opposed him that he had come to bring life in all fullness (John 10:10), and I take from this and other parts of his teaching that God calls us to be open to the possibilities of the day, and not to wish or worry our lives away. Easier said than done, perhaps, but there is wisdom here, especially in our anxious times. Stella offers us a wonderful example in this regard, and there is something to be said for the art form of finding joy even in hard times - something which she modelled beautifully.

So, may we find ways to live life to the full, in all of its various shades and seasons. After all, as the film *Dead Poet's Society* reminds us, we need to seize the day. *Carpe Diem!*

Church Family News

Sad news of Stella

Most of you will have already heard the very sad news that Stella Chattle died very suddenly on Sunday 31st December whilst having lunch out in the High Street. Stella will be hugely missed by our church community as well as the very many other groups and individuals whose lives she touched.

Our thoughts and prayers are with Stella's daughters, Jo and Nicky, her grandchildren and to all their families and friends.

Stella's Memorial service will be held here on Thursday 15th February at 2.00pm. There will be a private family cremation the week before.

Jo and Nicky would like as many of you as possible to come wearing bright colours to celebrate a life well lived.



Stella in two of the ways we all remember her – busy at Creative Arts and in her gardening gloves with a broom in her hand keeping the garden and church front clean and tidy.

Isabel

Congratulations to Isabel Elves on achieving another excellent music exam result, Grade 7 Violin Performance, recorded in the Church in December. 127/150, classed as a high Merit.

Congratulations Isabel!!

Spotlight's Safeguarding Space

I would like to thank all those who work to maintain our premises ensuring a safe space for everyone. No trip hazards, no dodgy electrical equipment, all the correct certificates – the list could go on. Thank you!



It is expected that groups hiring and using these premises have their own Safeguarding Policy to ensure that everyone who is in the church building is safe. Hirers do not have to worry about the building itself but are responsible for safeguarding those within their group.

The **Methodist** Church 

However, as Safeguarding Officer I do have to be assured that these policies are in place and to that end I am aiming to arrange to meet those leading external groups. Upon completion one outstanding area of the recently completed District Audit will have been satisfied.

Liz Edwards, Safeguarding Officer

Poppy Appeal

We have had a thank you from the local British Legion for our participation in the annual poppy appeal. The box we had in Wesley's raised £119.93.



Saturday mornings are available!

Many thanks to anyone who supported our recent Saturday coffee mornings in aid of the Boiler Fund which raised £109.30 on January 7th, and approximately £120 on January 20th. The next NMMC coffee morning for this cause is on 10th February and this will be the last one that will go to the boiler fund. The new boilers are all but paid for and we feel it is time to concentrate our fundraising in other areas.

This means that there are more Saturday mornings available for anyone who would like to raise money for their favourite charity. They are usually good fun as well as a good fundraising opportunity which can raise between £100 and £200 in two hours just for coffee and cake! Please see Sarah to book one

More Street Pastors are needed in Kingston!

Are you interested in joining Kingston Street Pastors and serving on the streets once a month in the night time? Watch this video below to find out more:

https://www.youtube.com/watch?v=y_XAQThIrvC

2024 Street Pastor training courses begin in February, June and September. Contact kingston@streetpastors.org.uk to find out more, or speak to Karl.

Wesley's Community Hub

A channel of God's love through service and care for all

Exciting developments unfold at Wesley's Community Hub in 2024, thankful of the support from Rev Karl and Sarah, we are implementing impactful activities to our wellness programs.

The Knit & Natter Group, held twice a month in the morning, offers a warm space for crafting and community building.

Simultaneously, our Tai Chi Qigong initiative provides a body-mind harmonic approach to health, emphasising mental and physical well-being.



Additionally, the eagerly anticipated return of "Walking with Nature" in March promises rejuvenating outdoor experiences, encouraging community members to embrace the beauty of nature (God's creation) while engaging in refreshing physical activity.

The Bereavement Cafe, Creative Art Group, Board Games Group and Writer Group are still ongoing and essential to stay active, and we deeply appreciate the ongoing support from the volunteers who manage them.

All these programs embody our outreach and community bonding mission (see the Wellness Program on the back page). Join us to share God's goodness, contributing to our journey towards stronger, connected communities rooted in faith.

Every blessing, Lee Monczak

For updates please follow us on Instagram/Facebook. If you can help, let us know. Your likes and follows on Wesley's Instagram and Facebook mean a lot to us.

For the latest updates and more information, follow Wesley's on Facebook and Instagram:

👉 Facebook: <https://www.facebook.com/wesleysnewmalden/>

📷 Instagram: <https://www.instagram.com/wesleysnewmalden/>

Stay tuned and be a part of our community's journey!

Every blessing, Lee

Karl's Sabbatical

Every seven years, the Methodist Church gives its ministers a sabbatical. This will be my first such time and I am looking forward to fulfilling a long-held ambition to go to the Camino pilgrimage to the great cathedral at Santiago de Compostela, in northern Spain. There are several possible routes, and as I have never been to Portugal, I have decided to take the costal path from Porto to Santiago, which I am told is very beautiful and a lot flatter than the path which starts in the French Pyrenees.

My plan is to use the first six weeks of my sabbatical for this adventure, followed by some concentrated time for study in the latter half of the quarter I am allotted. This means I will not be around from the final weekend in February until the end of May – my first day back at work will be Sunday 26th May.



As you can see from the map, it is a long way from Lisbon to Santiago if one goes via the castle at Sintra, the shrine at Fatima and the seafood in Porto. The Google Maps directions told me it would mean walking five days and nights without a break to do it! Hence, I will be spending a couple of days in Lisbon, Sintra, Fatima and Porto, travelling by train, before picking up my Pilgrim Pass in Porto and commencing the walk to Santiago, staying in the hostels set up for that purpose along the route and no doubt meeting some interesting people along the way.

While I am away, my lovely ordained colleagues – Vindra and Mark – will be providing cover, with a little help from Graham Cocking. I have met with the Leadership Team, and we have discussed the arrangements and where to go if problems arise. Meetings will by and large be left until I get back, though obviously the various committees will gather if they need to do so, such as to put the finishing touches the draft preaching plan already worked out.

One of the inevitable consequences of being one minister down for a time is that there are more local arrangements on the plan for March to May. This is an excellent opportunity for all four of the churches in the Circuit to try their hand at putting worship services together, and I hope it will prove a time of confidence-building and fruitful experimentation with different options. Please ponder and pray as to whether you might have a go at leading part

of a service, and don't forget that Vindra is leading what I am sure will be a helpful session on running local arrangements – to share ideas and experiences – at Chessington on Saturday 23rd March, 10am to 4pm, with lunch provided. Do go along if you can.

As I walk, I will no doubt accumulate a lot of pictures as I love photography, and I look forward to sharing some of these with you when I return. Please hold me in your prayers as I go on my adventure, grapple with trying to pick up some Portuguese beyond being able to say hello and ask for a beer, and try to keep free of blisters! All being well, I will reach Santiago in time for Easter Sunday, and I am excited to see the giant thurible in action; it is meant to be quite a spectacle! All blessings to you all while I am away.



Plaque



The beautiful plaque commemorating the visit of the King in November, made by Dave Snell, has been put up above the Welcome board in Wesley's.

Community Carols



The band!! With the welcome addition of Isabel and her violin.



A great turnout of new faces and some more familiar ones.



Wives & Friends Christmas Meal

This meal actually took place during January as is the Wives tradition. There was a good turnout for an excellent repast. Glynis chose and read the poem opposite which is very appropriate for a Christmas celebration after Christmas.





Take a heap of child-like wonder
That opens up our eyes
To the unexpected gifts in life
Each day a sweet surprise.

Mix in fond appreciation
For the people that we know
Like festive Christmas candles
Each one has a special glow.

Add some giggles and some laughter
A dash of Christmas food
(Amazing how a piece of pie
Improves our attitude!)

Stir it up with human kindness;
Wrap it up in love and peace
Decorate with optimism, and
Our joy will never cease.

If we use this healthy recipe,
We know we will remember
To be in the Christmas spirit,
Even when it's not December.

Unsung Hero of the Christmas Tree Festival

Many of you will have enjoyed the Christmas Tree Festival again this year and appreciated the beautiful decorations and ingenuity of some of the ideas reflecting the chosen charity (some examples below).

However, going on in the background of every tree there were the lights which were there up and working due to the unseen work by Dave Moore. Once he and his helper Neil Horton have sorted the trees so they have been safely erected, he proceeds to lay the cabling, check the lights, mend a few sets and ensure that we are safe let in the public to see the special display that meets them.

Thank you for this vital contribution to this event Dave and please keep up the good work!



The boiler fund tree decorated with plumbing bits



Julia's Knitted angels and black baubles for Prostate Cancer



The RB Kares tree decorated with knitted pompoms by Stella and Wives



Hannah's paper stars for Action for Children

Music in New Malden

VOCALFEST24

Sundays 4, 11 and 18 February 3.00pm

We are thrilled to announce our three-concert VOCALFEST24, which begins on Sunday 4 February with a concert performance of Purcell's *Dido and Aeneas* – the composer's only opera, and perhaps only the second ever completed in England. Modelled on John Blow's *Venus and Adonis* (1683), *Dido* is a landmark in British opera, and British music generally. It was certainly performed 'by young gentlewomen' at Josias Priest's boarding school in Chelsea in 1689 (for which the only surviving libretto survives); it may have been premiered earlier at Court, for either Charles II or James II, though documentary evidence for that is uncertain.



Harmonie Choir and Orchestra, led by noted baroque violinist, Henrietta Wayne will be joined by a talented line-up of local soloists for our performance directed by Peter Bullett in New Malden Methodist Church at 3pm on 4 February. Running time is just under 1 hour – the perfect length therefore for our famous offer of 'An hour of music, followed by tea & cake!' Booking opens on our Ticketsource site this Wednesday 17 January (with tickets also available from Wesley's coffee bar at the church, Mondays to Saturdays or on the door). Don't miss this chance to experience the beginnings of British opera - on your doorstep!

VOCALFEST24 spans three successive Sundays (4, 11 and 18 February), a first for MiNM. On 11 February, we have *ArtSung*, an exploration of the life and work of Edith Sitwell (famous, among other things, for her collaboration with William Walton on his ever-popular, *Façade*). 2023 marked the centenary of the premier of *Façade* in 1923. 2024 marks the 60th anniversary of Edith Sitwell's death: a perfect opportunity to revive and celebrate her wonderfully fantastic brand of artistry. *Art Sung* – Edith Sitwell, *Behind her Façade* is a semi-dramatised song recital which explores her unusual and eccentric life in her own words, both spoken and sung.

More on *Art Sung* at <https://www.artsung.com/art-sung-edith-sitwell/>

Our VOCALFEST24 ends on Sunday 18 February with a return visit for New Malden Voices directed by local soprano, Jayne Wilkinson (who you can also hear in Purcell's *Dido and Aeneas* on 4 February).

More information and booking via our ticketsource platform.

SO - lots to look forward to musically over the next few weeks!





Good Friday Music 29th March 2024 at 8.00 pm

Do come and sing Part 2 of *Messiah* with us this Good Friday. Not everyone will be able to attend every rehearsal, but please let Peter know now of your intention to sing (p.f.bullett@blueyonder.co.uk 020 8942 0666) and whether you have a Novello vocal score or will need to borrow one.

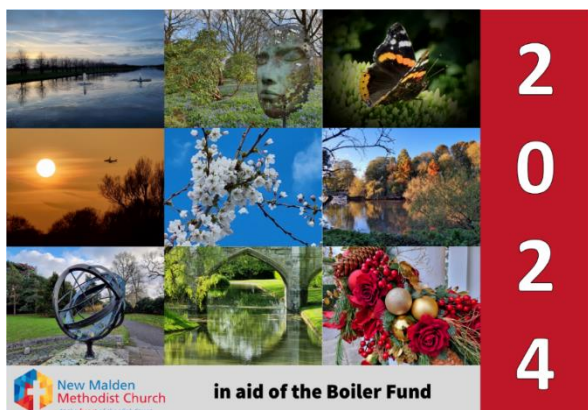
It is six years since we last sang it and it always a wonderful experience.

Rehearsals are as follows:

Saturday	9 th March	10.15 – 11.45 am (scores from 10.00 am)
Wednesday	13 th March	7.45 – 9.15 pm
Saturday	16 th March	10.15 – 11.45 am
Thursday	21 st March	7.45 – 9.15 pm
Saturday	23 rd March*	10.15 – 11.45 am
Wednesday	27 th March*	8.15 – 10.00 pm ("Dress" Rehearsal)

Please attend these * rehearsals if you possibly can.

Still Some available!



Charity calendar in aid of the Boiler Fund, packed with Karl's photographs.

The last few available have been reduced to £5 each. Please buy yours in Wesley's now.

Update and thanks from Ukraine via Alison Bullett



Volunteer group Medical Life Lines Ukraine has raised thousands of pounds to send ambulances and other equipment and supplies to the country.

UK volunteers who have sent almost 50 aid-filled ambulances to Ukraine have said they want to show civilians of the war-torn country “they’re not alone” as they prepare a further convoy amid another harsh winter of war.

Daniel Whitehead, 51, told the PA news agency that the organisation, Medical Life Lines Ukraine, has sent 48 ambulances filled with aid, 21 generators and one all-terrain crane to Ukraine since the beginning of the Russian invasion.

As well as providing essential medical supplies and practical items, the group hands out smaller items like chocolate and sweets to children to “provide a little ray of sunshine in the depths of winter”.

The volunteer-run organisation plans to drive four more ambulances to Ukraine in late January.

“Because it’s so cold, we’re going to be taking out a lot of cold weather gear, and clothes, thick coats, boots, we’re even going to be taking duvets and so on,” Mr Whitehead told PA.

“(We want to show) Ukrainians that they’re not alone and that we care about them and we’re thinking about them.”

The group of Medical Life Lines Ukraine volunteers have raised hundreds of thousands of pounds and liaises with pharmaceutical companies, pharmacies and hospitals across the UK to procure medical equipment and supplies.

More than 40 volunteer drivers have taken on the task of driving across to Ukraine to deliver the ambulances and aid, which are distributed across the country.

The most recent convoy set out in November with five ambulances sent to Avdiivka, Kharkiv, Zhytomyr and Zaporizhzhia. **(Several members of our congregation kindly donated items from the wish list to this convoy. Grateful thanks to you all).**

Mr Whitehead, the lead organiser and an assistant general counsel and director at Citibank, said: “In the past we’ve taken everything from pots and pans to children’s toys, cuddly toys, nappies, sanitary ware.

“We take a lot of medical equipment, so we have taken PPE, for example, but we’re also taking things like tubes that are disposable, for example, in the context of anaesthesia.

“We take a lot of crutches. They don’t have enough crutches and crutches are often just used once and disposed of in the NHS, and we need to get our hands on as many of those as we can and transport them out.”

The group has received “endless gratitude” for the help it provides to Ukrainians, Mr Whitehead said. “It’s very, very touching. In fact, it brings tears to your eyes when you meet people,”

“There’s a possibility for small groups like ours to have a direct impact and actually save lives, which is an incredibly powerful thing to be able to do.”

The group started their work in the immediate aftermath of Russia’s invasion.

“A lady who lives locally to me, Aliya Aralbayeva, decided that she was going to fundraise, buy an ambulance, fill it with aid, and get it to Ukraine,” Mr Whitehead said.

“She reached out to her local WhatsApp groups and very quickly raised a large amount of money and a lot of aid and was able to get the first ambulance out to Ukraine.”

Since then, the group has continued to grow and receive “in some cases, quite staggeringly large donations”.

Rishi Sunak announced a £2.5 billion military aid package for the coming year on Friday – an increase of £200 million on the last two years – which includes £18 million for humanitarian aid.

Mr Whitehead, based in London, said: “I’m very pleased that the UK government continues to support Ukraine as so many people in the UK wish to do.

“It’s important that as a society, we acknowledge not just that Ukraine has very significant, pressing and urgent military needs, but also huge humanitarian aid needs.”

Credit: Aisling Grace

NMMC Diary Dates – February

Thursday 1 st	2.00pm – 4.00pm	Creative Arts Group
Saturday 3 rd	10.00am – 12.00pm	Wesley's – Inner Wheel
Sunday 4 th	3.00pm	Music in New Malden Harmonie Choir – Purcell's Dido & Aeneas
Friday 9 th	2.00pm – 4.00pm	Board Games
Saturday 10 th	10.00am – 12.00pm	Wesley's – NMMC Boiler Fund
Sunday 11 th	3.00pm	Music in New Malden ArtSung Polly Smith & Liz Mucha
Tuesday 13 th	2.30pm – 4.00pm	Bereavement Café
	7.30pm	Wives & Friends – Love Songs with Alison
Wednesday 14 th	7.30pm	Ash Wednesday service – Wesley's
Thursday 15 th	2.00pm	Memorial service for Stella Chattle
Saturday 17 th	10.00am – 12.00pm	Wesley's – Vacant Please contact Sarah to book.
Sunday 18 th	3.00pm	Music in New Malden New Malden Voices & Youth Choir led by Jane Wilkinson
Saturday 24 th	10.00am – 12.00pm	Wesley's – New Malden Rotary Club
Tuesday 27 th	1.10pm	Lunchtime Concert (moved from 20 th February)
	7.30pm	Wives & Friends – Music Lessons for everyone – Maddy Stonehewer
Saturday 2 nd March	10.00am – 12.00pm	Wesley's – New Malden Rotary Club

SAVE THE DATE

Saturday 16th March Family Quiz

Julia and Liz will be following the same format as last year's highly successful event.

More information on Sunday 11th February!



Next Spotlight Issue

Please send all submissions to Sarah Moore at nmmc@hotmail.co.uk (or in my church pigeonhole). Please send me anything you think might be of interest: memories, news of members, advice for life, poems, photos, recipes, etc.

The deadline for the next issue is Wednesday 28th February.

Circuit Plan

	CHESSINGTON 10.00 am	KINGSTON 10.30 am; 6pm	NEW MALDEN 10.30 am	SURBITON HILL 10.30 am
	<i>Korean Language Service at Chessington on Sundays at 12.30 led by Rev Paul Han</i>			
04 February	M Wakelin HC	J Wakelin	Rutlidge AA	Fullbrook 4.30pm Coveney: PP
11 February	Cocking	Rutlidge/S Lloyd AA/HC	Webb	Vernon
14 February	7.30pm M Wakelin W/E	No Service	7.30pm Rutlidge W	No Service
18 February	S Lloyd & M Wakelin C	J Wakelin 6pm Rutlidge	Rutlidge HC	LA (Testimony)
25 February	Maraj-Ogden	Stonehewer	M Wakelin	Coveney
Abbreviations AA: All Age Worship BC: Blue Christmas C: Contemporary Service CA: Carol Service CC: Choir Café CF: Café Church CG: Christingle CL: Carols by Candlelight CV: Covenant Service E: Ecumenical Service G: Gift Service HC: Holy Communion LA: Local Arrangement N: Nativity P: Parade PP: Praise Party R: Remembrance Sunday SR: Service of Remembrance/Time to Remember WM: At War Memorial				

2024 Lent Book Club at CMC

You are invited to join us on Wednesdays during Lent this year, to read and discuss Marcus J. Borg's book 'Meeting Jesus in Mark'

Chessington Methodist Church Parlour, Church Lane
7.30 – 9.00pm.

The introductory session will be an opportunity to hear about the book and 'sign up', books currently cost £9.99 from Amazon. Mark will order copies for anyone expressing interest on 31st January.

31st January – Introduction to the Course

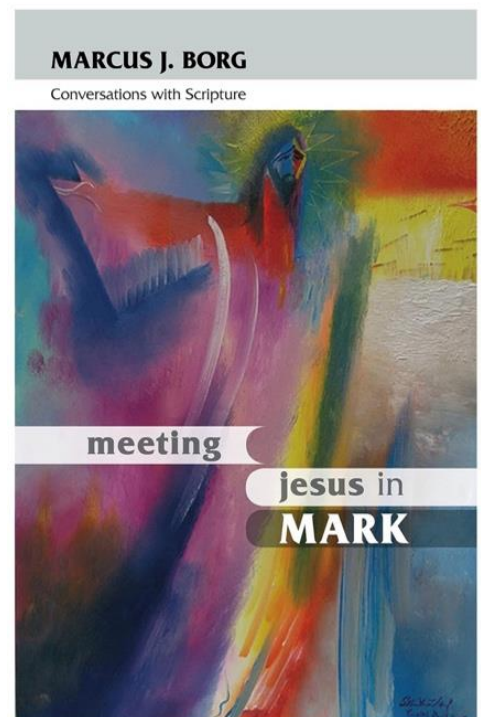
21st February

28th February

6th March

20th March

27th March



Ash Wednesday services, 14th February 7.30pm

7.30pm at Chessington MC led by Revd Mark Wakelin

7.30pm at New Malden MC led by Revd Dr Karl Rutlidge

Gifts and Talents

Following on from our Superintendent Vindra's service on Sunday 14th January about being called to serve God, please think and pray on how you are being called to serve in our church.

Vindra also mentioned this training in March.

Dear Friends,

As you are aware the Revd Dr Mark Wakelin is retiring in the summer. Mark and his wife Judith fill a number of appointments on the preaching plan. With their departure from the circuit, I envisage that churches will have to do many more local arrangements.

There is a need to train and support people to take on this truly rewarding role. Is this something you would like to explore? We have just done the Covenant service and promised to serve God, wherever he has placed us no matter the cost. Is God calling you?

On Saturday 23 March from 1.00 to 4.00 pm in the afternoon we will be providing training on how to put together a local arrangement, where to find resources. We will also be doing some voice training. This will take place at Chessington Methodist Church.

Please can you save the date and contact me if you are interested. More information will be available in due course.

Whatever time you sacrificially give to God, he will bless extravagantly!

Blessings, Vindra

Church contact information – website www.newmalDENmethodistchurch.com



Revd Dr Karl Rutledge (Minister)	07932 242789	karl.rutledge@methodist.org.uk
n/a Monday		
Mrs Sarah Moore (Administrator)		020 8942 1288 (Church Office)
(Mon & Wed 10am - 2pm, Thu 12 – 4pm)		nmmc@hotmail.co.uk
Mrs Lee Monczak (Development Officer)		nmmc.wesleys@hotmail.com
Mrs Julia Morton (Senior Steward)		juliamorton@virginmedia.com
Mrs Liz Edwards (Steward)		lizedwards513@gmail.com
Mrs Julie Haines (Steward)		juliehaines53@gmail.com

Bible Puzzle

Thank you to Judy Caddy for this interesting puzzle, and to Sue Duckering who gave me this solution with 30 books highlighted. There is no prize, Sue, just the glory. Are there any that she missed?

BIBLE PUZZLE

There are about 30 books of the Bible in this paragraph. Can you find them? This is a most remarkable puzzle. It was found by a gentleman in an aeroplane seat pocket on a flight from Los Angeles to Honolulu keeping him occupied for hours. He enjoyed it so much he passed it on to some friends. One friend was from Illinois worked on this while fishing from his John boat. Another friend studied it while playing the banjo. Elaine Taylor, a columnist friend was so intrigued by it she mentioned it in her weekly newspaper column. Another friend judges the job of solving puzzles so involving; she brews a cup of tea to help her nerves. There will be some names that are real easy to spot. That's a fact. Some people, however, will soon find themselves in a jam; especially since the book names are not necessarily capitalized. Truthfully, from answers we get, we are forced to admit it usually takes a minister or scholar to see some of them at the worst. Research has shown that something in our genes is responsible for the difficulty we have in seeing the books in the paragraph. During a recent fund raising event, which featured this puzzle, the Alpha Delta Phi lemonade booth set a new sales record. The local paper The Chronicle, surveyed over 200 patrons who reported that this puzzle was one of the most difficult they had ever seen. As Daniel Hummana humbly puts it, the books are right there in plain view hidden from sight. Those able to find them all will hear great lamentations from those who have to be shown. One revelation that may help is that books like Timothy and Samuel may occur without their numbers. Also keep in mind, that punctuation and spaces in the middle are normal. A chipper attitude will help you compete really well against those who claim to know all the answers. Remember there's no need for a mad exodus, there really are 30 books of the Bible lurking somewhere in this paragraph waiting to be found.

The list is Amos, Mark, Luke, John, Joel, Judges, Job, Hebrews, Esther, Acts, James, Ruth, Romans, Titus, Matthew, Genesis, Philemon, Chronicles, Daniel, Nahum, Hosea, Lamentations, Revelation, Timothy, Samuel, Numbers, Malachi, Peter, Exodus, Kings.



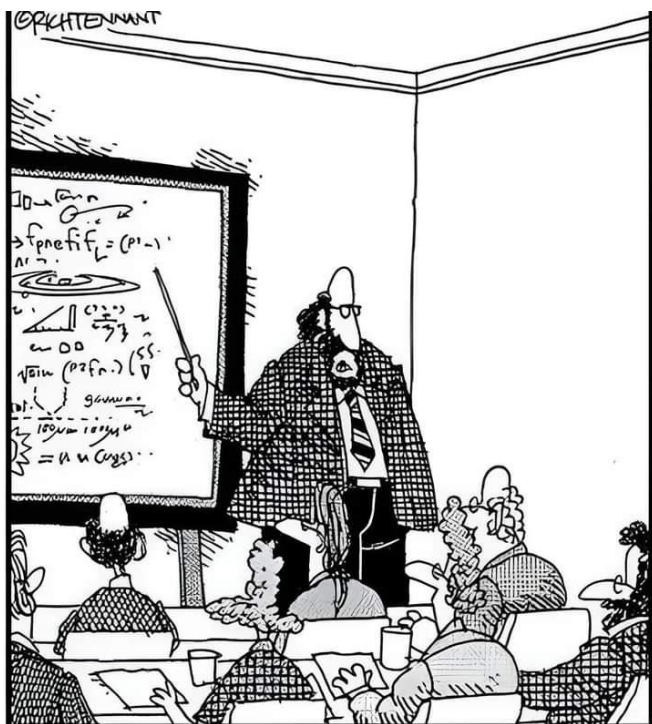
Clive Edwards made a friend in London



Clive also sent in this photo and wondered if anyone was expecting rain?

And finally, a giggle

and food for thought



"Along with 'Antimatter,' and 'Dark Matter,' we've recently discovered the existence of 'Doesn't Matter,' which appears to have no effect on the universe whatsoever."

Why we use "they" as a pronoun for God.

1. As a pronoun that functions as both a singular and a plural, "they" is a theologically accurate way to refer to a God who is simultaneously One and Many.
2. Alongside the use of "she," calling God "they" is an important step towards pushing back against centuries of masculinizing the Divine.
3. To normalize the use of singular they as an emerging option for gender-neutral language.
4. Because all language for God falls short and diversifying pronouns helps us to expand our understanding of who God is beyond our preconceived notions and comforts.



Wellness Programme at Wesley's



JOIN US

Our outreach mission is to connect individuals through social activities and mindfulness workshops, fostering a sense of community and enhancing overall wellbeing.

Walking with Nature 1st & 3rd Tuesday (fr Spring) 10:30-11.30am

Let's walk to connect, explore, and feel better together in nature. Come join — a journey of serenity and community wellness, one step at a time."



Tai Chi (18 Forms) 2nd, 4th & 5th Tuesday 10.30-11:30am

Tai Chi combines mental focus with physical effort, aiming to enhance strength, flexibility, and mindfulness through the practice.



Bereavement Cafe 2nd Tuesday 2:30-4:00pm

You're not alone! Everyone is welcome to access this free, community-led service - whether your loss was recent, or a long time ago.



Knit & Natter Group 2nd & 4th Thursday 11:00-12:30pm

Join us for a cozy, creative time! Connect with fellow knitting enthusiasts, share tips, and enjoy lively conversations. All skill levels welcome.



Creative Arts Group 1st & 3rd Thursday 2:00-4:00pm

This is for anything creative from art, card making, glass painting, collage, knitting, calligraphy and anything else you like to join/fancy bringing along. Tea will be served.



Board Games 2nd Friday 2:00-4:00pm

Have a break from screens, encourages social connection, and provides mental stimulation through strategy and problem-solving.



Stay Connected with Wesley's!

For the latest updates and more information, follow Wesley's

Facebook: <https://www.facebook.com/wesleysnewmalDEN/>

Instagram: <https://www.instagram.com/wesleysnewmalDEN/>

Email Lee on nmmc.wesleys@hotmail.com



Prepared by Lee Monczak 081123