



New Malden
Methodist Church

At the heart of the High Street



Spotlight

February 2023

Message from Karl

One of the things I have enjoyed and found helpful in my time ministering in the Circuit has been meeting with ecumenical colleagues working in the same area. In that vein, it was good to meet up with Lesley Charlton from Kingston United Reformed Church recently, and to talk about the challenges and joys of serving in this borough right now. Both of us agreed that the present situation – with the cost-of-living crisis, industrial unrest across a variety of sectors, and uncertainty about the future – is taking its toll on many people. Together with the after-effects of the Covid-19 pandemic still working themselves out, it is not surprising that we have both heard several people express that they feel like their spiritual and emotional batteries are running low right now.

When we feel tired out by the circumstances we face – by which I mean deep tiredness, which is more than simply needing to catch up on sleep – it is harder to be patient with one another, and the temptation to just shut the world out and hunker down can become significant. Being situated on the High Street has lots of advantages, but can also mean we face significant pastoral demands which are not always comfortable or straightforward to manage, and that becomes even harder when our energy levels are low and those demands are acute.

I am hugely grateful for the care various people in the church community have shown to some of our Wesley's guests and those who have dropped in during these past few weeks. One of our strengths as a church is the warmth of our welcome and compassion for others. However, in the midst of this, it is also crucial that we look after ourselves; after all, if we do not take care of our own wellbeing and put good boundaries in place, we cannot help other people.

So, in this month of February – and with the awareness that Lent is fast approaching – I'd like to invite you to make some time to recharge your own spiritual batteries.

What helps you to recharge and reenergise when you feel drained? For some of you, that might mean something structured like a retreat or a quiet day. It could be about getting away for a bit and having a change of scenery, even if it is just for one day, so that our minds and souls can have space just to be, rather than pondering what needs to be done next. Perhaps meeting with friends or pursuing a hobby is what helps you, or maybe even just snatching a few minutes of quiet with a cup of tea during the day that is simply your time, set aside simply for you.

Jesus was someone who was used to constant and acute demands being placed upon him, and so it is not surprising that the Gospels show him taking time out simply to be with God and to recharge his own spiritual batteries. He knew that if he didn't make space to focus on what mattered most, he would not be able to fulfil his calling to be the salt of the earth and the light of the world. The same is true for us, and it is good to remind ourselves every so often that Jesus invites us to come to him when we feel weary and/or weighed down by heavy burdens, for he offers us rest and refreshment (Matthew 11:28 – 30).

And so, in whatever helps you find that deep rest, I pray that this February, you will have the time to simply be, and to rest in the presence of God in Jesus.

Every blessing, Karl

Spotlight's Safeguarding Space

We hear much about possible difficult situations or dangers that children and young people can encounter online which in turn can have a negative impact on their mental health.

The Methodist Church's website provides links to various organisations that offer support. A list of resources produced by Methodist Children and Youth with Young Minds can be accessed via this link.

[Young People's Mental Health \(methodist.org.uk\)](http://methodist.org.uk)



The **Methodist** Church 

Liz Edwards, Safeguarding Officer

Church Family News

We are delighted to welcome **Luke Oliver Wood** into the church family with his baptism on Sunday 29th January.

We are sad to announce the death of **Ruth McLeod** on Friday 6th January. She slipped away peacefully at the home and her son, Andrew, was with her. There will be a memorial service for Ruth held here at 12.15 on Tuesday 28th February following her cremation at Putney Vale at 10.45am.

We have also heard of the death in December of **Betty Harris** who was an active member of the WI and used to help serve in Wesley's.

Our prayers are with family and friends of both lovely ladies.

Greta Curry has heard from **Ruth Warner's** daughter Jennifer that Ruth died very peacefully this week. She was 100 years old. She wasn't ill, just faded away through old age. The funeral is on Thursday 16th February and they are arranging a video link. If anyone is interested, Jennifer will be sending Greta the relevant details when finalised. Ruth and Bill Warner were members here and many people will have fond memories of them. We send love and prayers to Jennifer and her family.

January News

Thank yous

Thank you for your support and purchasing for the coffee morning on Saturday 14th January. We raised £115 for Momentum, a local children's cancer charity.

Pam Bugeya

Thank you to Alison and Peter for organising last Sunday's local arrangement service which was a very interesting and thought-provoking look at Epiphany – the Magi/Wise men, Matthew 2 v1-12, the myths and history. Thanks also to Doreen and Julia for writing and delivering the prayers, and Caroline for her horn recital.

Thank you to everyone who gave a cake or ate one on Saturday 7th and Sunday 8th January. We managed to raise £140 which will go to Wildlife Aid. It will help care for sick and orphaned animals as well as helping build a new nature reserve where they will continue to help wildlife.

Isabel, Caroline and Robert

Marriage Registration

We have received our Registrar's Certificate confirming that we are now formally registered for same sex marriages.

Community Larder

Thank you so much keeping our community larder stocked up, it is being well used. Any donation of food, eg, pasta rice and cereals, as well as toiletries and sanitary products, will be gratefully received.

Speirs House – Wednesday 1st February

We will be singing hymns and offering Communion at Speirs House on Wednesday 1st February 3-4pm. Do come and join us for some friendly interaction followed by tea and biscuits. See Alison or Doreen if you'd like a lift from Church around 2.30.

If Music Be the Food Of Love... Wives and Friends – Tuesday 14th February

Tired of waiting for that special date on February 14th? Come and hear some lovely music for horn and piano instead, played and introduced by Caroline and Alison. We have been lucky enough to hear music from two different sorts of horn in recent services; this is your chance to find out more about these bewitching instruments and why

they are notoriously unpredictable. 'Wives' extends a warm invitation to join them in the Church at 7.30 for an hour, followed by refreshments. All welcome; No CHARGE!

Bereavement Café Training

Our Bereavement Café continues to thrive, offering a safe place for bereaved people to talk about their experience to trained Listeners and to each other.

We would welcome more members of the church to volunteer as listeners and the Princess Alice Hospice are offering two further training sessions this year for any new volunteers who are interested in helping.

The training is run over two days from 10am to 4pm at the Princess Alice Hospice in Esher and the dates for the sessions are 17th February and 3rd March, and 9th and 16th June. Please talk to Sarah or Karl if you are interested and would like more information, or email Sally Holland at the PAH on sallyholland@PAH.org.uk.

Plant Sale

We are planning to have a Plant Sale alongside a Saturday coffee morning and cake sale in late May/early June. This was always a popular event and we have not had one for some time.

Please start getting those plants growing so that we can have a bumper sale!



Request from Karl

Karl is putting together his eulogy for Ruth McLeod's funeral and asks if anyone has any stories they could add? Please get in touch with him if you can help.

Wesley's 11th February

On 11th February I shall be holding a coffee morning for the Stand By me 2023 Shoe appeal and your support in any way would be much appreciated.

Stand By me support 4000 children who need new shoes twice a year.

From Colombia to Kenya, Myanmar, Ethiopia, Nepal and Romania.

I have just received a letter from them, and in it their Director in Romania explains why this gift of shoes is so important to their children:

"In Romania, kids wear through their shoes very fast, especially during the cold seasons. In winter due to cold snow or rain, kids need more than one pair of shoes to make sure their feet stay dry and warm every day. Winter is also the hardest time for families, with big heating bills and the stop of construction work which means less work for many parents.

Thank you for the gift of shoes"

Stand By me says that thanks to those who support them, their children will be "filled with joy walking tall and knowing they belong.

Thank you for enabling us to meet the needs of our children and enabling us to share God's love with them."



£10 will buy one pair of shoes, so hopefully on the 11th we can make a significant contribution to the appeal.

Thank you, Stella.

Update on the Church Heating

Peter Bullett presented the following update to the Church Council on 22nd January.
Replacement of the Church Boilers

- We have now received two quotations for the replacement of the church boilers.
 - disparate in cost, flue solution and building works
 - both are for condensing, gas boilers

- Given
 - large capital expenditure
 - possible changes in government regulation encouraging electrical and carbon-neutral energy sources
 - implications for improving the energy efficiency of our premises

- We have decided to obtain the services of an independent heating-services consultant to:
 - analyse all aspects of our heating system
 - measure the thermal efficiency of spaces
 - make recommendations, including possible phasing if appropriate
 - draw up a tender specification
 - scrutinise the quotations and identify the most suitable
 - supervise the work and sign-off the installation

Wives & Friends 'Meal In'

I once read somewhere that walking round a football pitch burns off the same number of calories as are contained in a single Smartie. I have no proof of this theory, and I cannot get a definitive answer even from Alexa about the exact dimensions of a football pitch. It seems that they, like recollections, may vary, but I knew I'd better get in some training ahead of the Wives and Friends' Meal In' on Tuesday 24th January, as the calorie intake for that, expressed in Smarties, was likely to run to a gross of tubes, so to speak. Other confectionery is of course available.

Accordingly I walked approximately 3.5 miles at a brisk pace on Tuesday afternoon and thus felt fully justified in agreeing to a fourth roast potato and sampling nearly all the available puddings, purely in the interest of fairness. After all, the starter must have been virtually calorie-free, being a delicious and refreshing medley of multi-hued melon.

It was Christmas both in spirit and design, from the festive tableware to the twinkly lights, crackers and party poppers. Everyone contributed to the feast, even Aunt Bessie, who is

always a welcome guest at such gatherings. She is certainly always welcome in my freezer. In a very strong field –and I hope this won't appear invidious - the winner in this reviewer's opinion was Jill's Apricot and Amaretti crème brûlée but it was closely followed in more than one sense by Jenny's berry trifle and Liz's lemon meringue. Those of us who were there as guests did our bit with the washing up and in between the feasting there was convivial conversation and much laughter. There were even Going Home presents (as we used to say before Party Bags became the norm). I came away with a Pyrex bowl of leftover vegetables to go into my soup maker. Friends with benefits indeed. My warmest thanks and appreciation to Doreen and The Team for a truly splendid evening.

Alison Bullett

Next Wives & Friends Meeting

We are all looking forward to 14th February when we meet again in Wesley's at 7.30pm.

Come and join us for coffee/tea and learn about, and listen Caroline on her Horn

Julie Haines



to,

Christmas Presents

At one point in the recent Wives' meeting, the conversation turned to interesting Christmas presents, and there were some astonishing contributions that I thought worth recording. Make a note for next – I mean, this – year!

1. Grow Your Own mushrooms. Talk to Sue about the dedicated care and nurture required, and the amount of space needed in the airing cupboard. Reviews of the finished product were not yet available, but apparently you can also buy mushrooms at Waitrose. And a variety of other retail outlets.
2. A pyrography pen for burning/etching inspiring sentiments or pictures on to wood. Julie's family will be allowing her to start using this once she has finished tidying up her current projects.



This is a pyrography pen. The picture on the right is a project that Julie thinks she may get to burn by Christmas 2023!



5. An Experience, for those who have too much stuff already. Chris Haines enjoyed the Cirque du Soleil at the Albert Hall.
6. Several people are using the charity shops, particularly for good quality books but also for toys and all kinds of unusual objects.
7. Have you got loads of small glass ramekins in your cupboard that the glorious chocolate 'Gu' puddings come in? Sarah was bought some bamboo lids that fit the jars so they can be used as storage jars.
8. A duck, received by Stella who says

“Here is my precious Christmas present. Bought for me by Jo and Nicky when they were in South Africa in November. I have decided she is a female and I love her face.”



Post Box Topper

Easter themed knitted or crocheted items still required for our Easter Post Box Topper. Please see last month's issue or ask Sarah for a very simple knitted bunny pattern. So far we have some flowers, 3 bunnies, a bee and a chicken so all contributions welcome.

Next Spotlight Issue

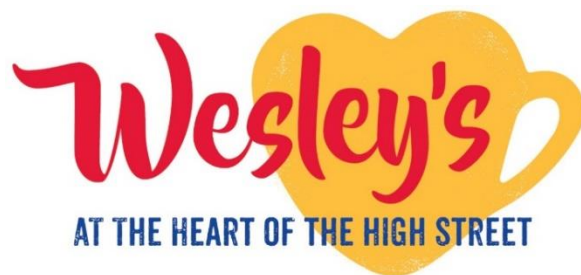
Please send all submissions to Sarah Moore at nmmc@hotmail.co.uk (or in my church pigeonhole).

I am happy to receive anything you think might be of interest: memories, news of members, advice for life, poems, photos, recipes etc.

The deadline for the March issue will be Wednesday 22nd February.

Wesley's

We are still in need of more volunteers during the week if you are able to help.



Saturdays in February & March

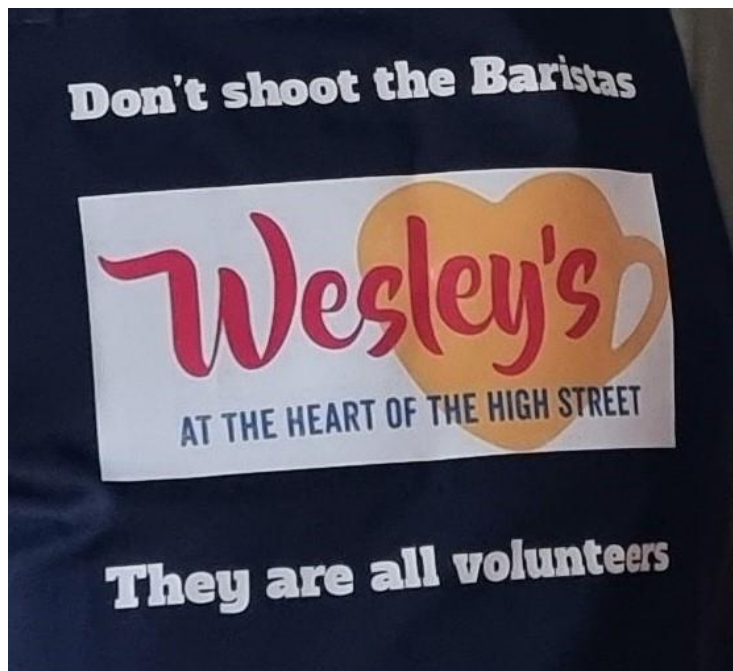
February

- 4th Inner Wheel for Mary's Meals
- 11th Stella Chattle for Stand By Me
- 18th NMMC
- 25th Vacant – please contact Sarah to book

March

- 4th Kingston & Malden Scout & Guide Band
- 11th Vacant – please contact Sarah to book
- 18th Malden & Coombe Flower Club
- 25th Our Woofs & Miaows UK

Please contact Sarah Moore if you would like to book Wesley's on a Saturday morning to hold a coffee morning and cake sale to raise funds for your favourite charity. There are still plenty of vacancies 😊.



Chris Haines resplendent in his own Wesley's apron.

Circuit News

A letter of introduction from Rev Vindra Maraj-Ogden who will follow Stan as our superintendent minister and minister for SHMC in September 2023, subject to confirmation by the Methodist Conference.

Dear Friends,

I hope that you had a lovely Christmas and I take this opportunity to wish you a happy and healthy 2023! I am excited to be joining you in September 2023 and thought that it might be useful to share a little bit about who I am.

I was born and raised in the Caribbean island of Trinidad, educated at a convent school and I did my first degree in Business Management at the University of the West Indies. I came to the UK in my early twenties to complete my chartered accountancy exams, subsequently got married and stayed in the UK. I have now lived here longer than I have in Trinidad and am comfortable in both cultures.



If pushed, I would say that my background is Asian Caribbean, and therein lies a story. In 1838, when slavery ended in the Caribbean the former slave population refused to work on the sugar cane plantations. In the UK, because Trinidad was a British colony (until 1962), it was decided to get indentured immigrants from India who would be indentured for a five-year period. This was an experiment to be tried in two islands, Trinidad and Guyana. The first Indian immigrants arrived in 1845 and they stayed, eventually starting small businesses and recognising the value of education, making huge sacrifices to educate their children. I am fifth generation and the only language I speak is English. My parents and younger brother and his family live in Trinidad and I visit regularly.

The only family that I have in the UK is my son Tim and my niece Vandita who is doing her Masters at Leeds University. Whilst both my nephews have attended UK universities, they have returned to live and work in Trinidad. So really the only blood family is Tim. He is 29 and works in Information Technology.

That being said, I am truly blessed by my church family. I did not become a disciple of Jesus until my mid-twenties. My family is not Christian and my only experience of Methodism is the British Connexion. Many stories of that adventure into faith will be shared in sermons, the joys and the heartaches. There are many people who have journeyed with me to this point, friends from the Wembley Methodist Circuit, where I discovered the Methodist church, to my first appointment in South Bedfordshire, then West Hertfordshire, Queenswood School and indeed my friends from my ecumenical training college. I feel well

supported and accepted. I also have many friends who are not Christians and they are also very special to me.

I have enjoyed my time as a chaplain and learnt so much, but increasingly over the last 18 months, I have felt God’s urging to return to circuit ministry and to use my gifts. I hope that together, in these challenging times, we can continue to prayerfully discern how best to serve God in the communities where we live and work.

I love reading, walking, going to the theatre and the cinema. I am completely content binge-watching Netflix and will make time to meet up with friends. I also like the ballet and opera. My favourite opera is Aida, but I am no expert. I just know what I like.

From memory, in 2011, I was in the stationing process and Kingston and New Malden were looking for a minister. It was my number one choice. The month before, Tim’s dad had been diagnosed with Stage 4 lung cancer and he lived in Wembley. I did not put you on my list but opted for Hemel Hempstead instead as it was only twenty minutes away and I could support him. He sadly died after 13 months on the morning of my welcome service to the West Herts Methodist Circuit. Yes, I did attend the welcome service and Tim and I were wonderfully supported by the coach load of people who came from the South Beds Circuit. I had a God moment when I looked at the stationing profiles in November 2022 and there was Kingston, albeit a Superintendency role. You were very much on my list and I am grateful to God that we have been matched. I know that there will be challenges ahead but I am so excited to come to this circuit, to get to know you and to work together. I leave you with the words of Mary, having been told that she would bear the Christ child, “Here am I, the servant of the Lord; let it be with me according to your word”. I am holding the churches in the circuit in my prayers.

With every blessing,

Rev Vindra Maraj-Ogden

Circuit Plan

		CHESSINGTON <i>10.00 am</i>	KINGSTON <i>10.30 am; 6pm</i>	NEW MALDEN <i>10.30 am</i>	SURBITON HILL <i>10.30 am</i>
		<i>Korean Language Service at Chessington on Sundays at 12.30 led by Rev Paul Han</i>			
05 February	am	M Wakelin: HC	Rutledge: AA/HC	Brown	J Wakelin
	pm	No Service	No Service	No Service	Brown 4.30: PP
12 February	am	Rutledge	Brown	Chun	Davis
19 February	am	Webb: C	Vernon	Cocking	Brown: HC
	pm	No Service	Brown: HC	No Service	No Service
22 February	pm	7.30: CT	No Service	7.30: Rutledge: HC	No Service
26 February	am	M Wakelin	J Wakelin	Rutledge: HC	Brown
	pm	<i>6pm: Circuit Service at New Malden</i>			
Abbreviations					
AA: All Age Worship		CT: Churches Together		HC: Holy Communion	
B: Baptism		CV: Covenant Service		LA: Local Arrangement	
C: Contemporary Service				PP: Praise Party	

Kingston Methodist Circuit

My Father is the Gardener

Celebrating stories of new growth in our churches



Circuit Service
6pm Sunday 26th Feb. 2023
New Malden Methodist Church

SURBITON HILL METHODIST CHURCH INVITES YOU TO

The *Warm* Welcome Café



The Parlour will be open for hot drinks, soups & biscuits
FRIDAYS from 10am - 1pm

Surbiton Hill Methodist Church
 39 Ewell Road, Surbiton, KT6 6AF



☺ FREE ☺ WARM ☺ WELCOMING ☺ SAFE ☺

NMMC Diary Dates – February

Wednesday 1 st	3.00pm	Hymns & Communion at Speirs House
Thursday 2 nd	2.00pm – 4.00pm	Creative Arts Group
Saturday 4 th	10.00am – 12	Wesley's – Inner Wheel for Mary's Meals
Friday 10 th	2.00pm – 4.00pm	Board Games Afternoon
Saturday 11 th	10.00am – 12	Wesley's – Stella Chattle for Stand By me
Sunday 12 th	3.00pm	Music in New Malden (see poster on the back page)
Tuesday 14 th	2.30pm – 4.00pm	Bereavement Café
	7.30pm	Wives & Friends – Introduction to the Horn by Caroline Auty
Thursday 16 th	2.00pm – 4.00pm	Creative Arts Group
Saturday 18 th	10.00am – 12	Wesley's – NMMC
Tuesday 21 st	1.10pm	Lunchtime Concert
Wednesday 22 nd	7.30pm	Ash Wednesday service in Wesley's
Saturday 25 th	10.00am – 12	Wesley's – VACANT. Please contact Sarah to book.
Sunday 26 th	6.00pm	'My Father is the Gardener' Circuit Service at NMMC
Tuesday 28 th	12.15pm	Memorial service for Ruth McLeod
	7.30pm	Wives & Friends – Wonders of the World – Julie Haines

Home-baked Quiz

All the answers are the names of cakes or biscuits. This is not original but I have adapted it from something I picked up in a far away village.

Prize for all complete and correct entries: Free coffee and cake for yourself and a friend at the next Sat NMMC coffee morning. Watch this space!



Where included, the words 'cake' and 'biscuit' are always in the singular.

Alison Bullett

- 1 European does a somersault (5,4)
- 2 Named after the Antipodean forces initially (5,7)
- 3 Take your pick! Not as hard as it sounds (4, 4)
- 4 Young Girl Guides might be plain or milk (9,7)
- 5 American spirit (7)
- 6 Named for a Scottish city (6,4)
- 7 Made in Funchal, perhaps (7,4)
- 8 Pleasant in the south of France (4,7)
- 9 Top of the milk follows rhubarb's partner (7, 5)
- 10 Town in Greater Manchester (6, 4)
- 11 Cook healthy disreputable lady in Derbyshire (8,4)
- 12 Nsmile gets confused at Easter (6,4)
- 13 Upset Ms. Foy? (6)
- 14 Pirouette from Austrian capital (8,5)
- 15 Needed for cricket, X before German mountain, we hear (10)
- 16 Race at cork tangled on a stick? (6,4)
- 17 Very rich person has restricted loaf (12,10)
- 18 Dark woods before a French cake (5,6,6)
- 19 French small numbers, in agreement (6,5)
- 20 Chat show host. Michael without offspring (6)
- 21 Heavenly messenger's food (5,4)
- 22 He wanted more but needs the tub first (4,6)
- 23 Citrus before fine rain (5,7,4)

- 24 Fruity Italian port (5,4)
- 25 Can a room be changed? (8)
- 26 Wealthy golf ball support? (4,3)
- 27 Scottish palace, we see (5)
- 28 Airbag lid needs fixing (9)
- 29 Beat wings with person of all trades (8)
- 30 Heated and angry (3,5,3)
- 31 A redhead (9)
- 32 Fruity, sticky and sweet but not Artful (5, 6)
- 33 Chat with friends (6)
- 34 Is raeli a cake or a biscuit? (5,4)



See next month's issue for the first crossword ever printed in a paper – in 1913!

Photography

It is a while since we have had a photography competition and the start of a new year seems a good time. These are a few that Karl has taken to inspire you and get you started. You can see what competition you are up against! Please send in your photos for the March issue, by Wednesday 22nd February.









Music in
New Malden
14th Series

Sunday 12th February
at 3 o'clock

New Malden Methodist Church KT3 4BY

Alison Bury - *violin*

Maggie Cole - *harpsichord*



Sonatas and Suites by
Handel, Corelli and Bach

Tickets £8 from
www.ticketsource.co.uk/musicinnm
and Wesley's at NMMC 11am -1pm M-F (cash)

