



## HAMPTON HILL UNITED REFORMED CHURCH NEWSLETTER

FEBRUARY 2021

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Dear Friends,

One of the many things which has NOT happened over the past year is Parkrun. In better times, all over the world, in different communities, there is a 5 kilometre run in local parks – starting promptly at 9 am on Saturdays. It is organised by volunteers and it is free. And it is not competitive (unless you want to be). It all began in our own Bushy Park, back in 2004. People can build up gradually ‘from couch to 5K’. If you have done a 5k run, you’ll know it is not the last, but the 4<sup>th</sup> kilometre, which feels the hardest. Once you’re into the last lap, you know you will get there. There is also a saying that the hour before dawn is the darkest. There is an end in sight for the lockdown which has stopped so much of ordinary life. But we are not there yet. In the church, Lent is here, a serious time of reflection, but the weeks of Lent lead us towards the hope of new life in Christ which awaits us at Easter. Keep going! *Stephen*

### Current closure of the church

Sadly, we are still keeping the church closed for safety reasons. We look forward to the first opportunity when we can open the doors to you again. However, we still have plenty going on outside of the building, as you will see below.

### Sunday services on Zoom

Hampton Hill URC is currently sharing Zoom Services with Twickenham URC on Sundays from 10.30 till 11.30am. Please see the church website and email us if you would like printed scripts of the service if you find it difficult to access online services. These will be posted through your door. All are welcome to join.

### Hampton Hill and Twickenham churches welcome four Mental Health First Aiders!

After completing a four-day online training, HHURC ‘s minister Stephen, elders Jenny (TURC) and Michele (HHURC), and community support manager Clare recently became mental health first aiders.

We are now better equipped to provide first aid to our young people struggling with mental health challenges, and to serve our communities more efficiently.

Well done to all the participants!

The minor network issues experienced on the first day were compensated by enriching material delivered by Phil Matthews, an experienced, knowledgeable, empathetic, charismatic, and holistic trainer.

We would like to thank our trainer, John Evans, Tom Hackett, and the URC Southern Synod for providing us with an opportunity to further enrich our mental health skillset.

Let us rejoice and thank the Lord for empowering us, and for making this happen! MT

### Sharing Special Moments

Do you have a favourite scripture or even words to a hymn that have got you through difficult times or have inspired you? Sharing special moments is about getting together once a month, at present via Zoom, to share some of these gems. We’re all missing being able to get together at present and a small group ‘caring and sharing’ their wisdom could help. We’ve tried this with a small group of 5 and it worked really well (too much bigger and it’s less intimate)

Please let Chrissie Ward know if this is something you’d like to try. Email: [chrisward52@icloud.com](mailto:chrisward52@icloud.com)

### Hampton Hill Community Choir

The word “community” is the most important in our name. We are open to people who would like to do some singing over Zoom on Thursday evenings. Everyone welcome. It is a supportive environment to all levels of ability. All singers are muted when they sing, so no need to be worried if you are not perfect (and no one is!). The sessions include a chance to chat at the end for those that wish to.

Songs are mostly unison in this programme of Hope. When we can meet in person to sing together, we will perform after a few in-person rehearsals and share our performance with local writers. See also our web page: <https://e-voice.org.uk/hhcc/> and Facebook page:

<https://www.facebook.com/HamptonHillCommunityChoir>.

Contact Fiz Markham (conductor, [fizmarkham@gmail.com](mailto:fizmarkham@gmail.com)) or John Latham (Organiser, [johnlatham@gmail.com](mailto:johnlatham@gmail.com)) if you need more information.

### Walking towards Easter together

This is a resource pack from the denomination. It contains stories, recipes, things to make, stickers to trace our journey through Lent. We plan to put some of the pages of ideas in the church windows, as we are not opening up just yet. But please look, and ask, if you’d like more details. There’s also some knitting going on and we hope to leave some gifts outside the church for anyone passing by to take. SL

### World Day of Prayer 2020 - Building on a strong foundation - 5th March at 2.00pm Online this year.

This annual service is prepared by different communities each year. The authors bring their worship and concerns for prayer to the world through this initiative.

This year’s service has been prepared by the women from Vanuatu - a group of scattered islands in the south western Pacific Ocean. The writing committee was formed from all the different denominations and islands and met together to prepare the service about ‘building on a strong foundation’. On 5th March we share in the prayers these confident women have prepared and share in the needs of Vanuatu

This Day of Prayer means that for one day prayers for each other are being shared right across the world in every country.

In England in Hampton we hold our event at 2.00pm on 5th March. Each year one of the local churches leads the event. This year it is St. Theodore's turn. Please share this link with as many people as you can. Thank you for passing this on to friends and family.

We are invited to join St Theodore's World Day of Prayer on Friday 5th March at 2pm.

<https://us04web.zoom.us/j/73953588997?pwd=c0ZCdjhDMTVXc3pZczFKU01TbkMyUT09>

Meeting ID: 739 5358 8997. Passcode: 0eQVka

Should you wish to know more about this International day of prayer please check the website: [www.wdp\(march2021\)](http://www.wdp(march2021))

There is a printed booklet for the service on line. RL

### **Spring Towpath Marathon in memory of Nigel Tunley Saturday 10th April.** *Jo Taman writes:*

Our dear friend Nigel passed on at the start of the year. This sad news hit me particularly hard as he was not only the first friend I met on moving to Hampton, but also being a fellow musician we have played and sung together in many concerts over the years. I felt compelled to do something during the challenges of Covid times to honour the memory of such a wonderfully kind person and dear friend.

I am, therefore running a marathon on **Saturday 10th April** for the British Heart Foundation, as a heart attack is sadly how he was taken from us.

I have called this the "Spring Towpath Marathon" as the route is mainly an out and back between Hampton Court Bridge and Kew pier- this will be a solo, virtual marathon, so covid safe, but still plenty of cheer points!

The start/ finish line will be Hampton Hill Gate, by our church as this seemed the most apt given the cause I am running for.

Any sponsorship will help keep me motivated on the day, and remind me why I'm raising money for this particular cause.

Please donate as you can using the just giving link: [Spring Towpath Marathon](#)

### **Christian Aid Week 10<sup>th</sup>-16<sup>th</sup> May 2021**

This year, CAW will again look a bit different with some creative thinking required to raise some much needed funds for those battling with disaster and poverty.

The famous envelope has been digitised to give a cashless yet personal way of giving by friends, family and our wider community. For further details, please see [caweek.org](http://caweek.org).

For those who enjoy walking and getting fit, there is a challenge throughout May to walk 10,000 steps a day

and further details on how to obtain sponsorship are on [caweek.org/steps](http://caweek.org/steps).

Quiztian Aid for those who enjoy quizzes will take place on Saturday 8th May from 7pm and to register follow the link to [caweek.org/quiztian.aid](http://caweek.org/quiztian.aid)

On another matter, you may be aware that the UK is hosting the UN climate talks in November and Christian Aid is at the forefront of lobbying for climate justice. For further information and to sign the online petition, the details may be found on [caid.org.uk/climate](http://caid.org.uk/climate). MG

### **Activate**

encourages churches and communities to do just that, to be physically active, at whatever age or ability or level which is suitable to you. The Anglican Diocese of London appointed Revd Chris Kennedy as a sports minister. Based in Teddington, he will expand opportunities to be active, (Lockdown has been tricky!) and works with churches of various denominations and in the communities. At Hampton Hill URC we have been part of the planning leading up to Chris's call to this special ministry. SL

### **5K Padre Challenge**

We are inviting you to this UK wide challenge #5KMPadre. Challenge your vicar to run 5km and see who is faster. A Strava group has been created so once you have run your 5km, upload your time and see if are faster than your vicar. Why not create local teams and create your own # followed by #5KMPadre. Enter via the Strava link below. [https://www.strava.com/clubs/810723/group\\_events/880526](https://www.strava.com/clubs/810723/group_events/880526)

It's a great way to stay fit and create a bit of fun competition. How fast can you go? SL

### **Malaika kids – Grant Award**

Shortly before Christmas, Hampton Hill URC introduced The Coles-Medlock Foundation to Malaika Kids as a possible source of funding. We were delighted to hear that a grant of £ 5,000 has now been awarded from this source towards the Relatives Support Programme being undertaken in Tanzania.

We were also pleased to support their 2020 Christmas Appeal for orphaned and abandoned children in and around Dar es Salaam at a time when funds are greatly needed to support those youngsters in care in the city and the custom built children's village on the outskirts. For further information please see [www.malaika-kids.org](http://www.malaika-kids.org). MG

### **Reform monthly magazine**

If anyone would be interested in having a copy of Reform Magazine, please contact Stephen Lewis.

Caroline Ryan 17/2/2021