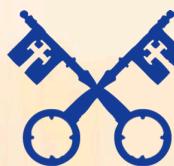


Window on Walton



St.
PETER'S CHURCH
WALTON ON THE HILL

Feb - Mar
2026



LENT



- Parish News • Community • Local Events • Clubs & Groups

<https://www.stpeterswoth.org>



stpeterschurchwoth



st-peters-church-walton-on-the-hill

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**Colour Ad Size**

- Full Page
- Half Page
- Quarter Page

Price / Annum

- £180
- £100
- £80



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Rector's Letter

Rev'd Harry Latham



I am writing this in January, having taken three of the five funerals booked in so far in 2026. Four of the five have been from Headley & Box Hill Parish. This is significant as for more than 8 years I have been juggling 2 parishes and 3 churches in 3 different villages, and it is exhausting. Each Parish has 50% of me and only sees half of what I do.

I am encouraging the PCC's in both parishes to look at how we can work together better and to think what things might look like in 5 years' time.

To this end (as an experiment) it has been agreed that from May to September only on the 2nd Sunday of the month the main morning service will alternate between St Peter's and St Mary's. And where there is a 5th Sunday there will be an 8am at St Peter's but the later service will be the 10.30am at St Andrew's.

I know that a good number of St Peter's congregations have enjoyed visiting St Andrew's and St Mary's and we enjoy them visiting us. Let us all try and prioritise the

opportunities to gather all three churches together.

Lent starts with Ash Wednesday on February 18th which is also the third Wednesday of the month and so our Ash Wednesday Service this year is joining the Healing Communion at St Mary's Octagon.

St Peter's is hosting an Alpha Course this term, but Jan Curtis (from St Mary's) will be running a Lent Course on Monday mornings in St Andrew's Box Hill to which all are invited.

Lent is a very important time of reflection on our spiritual lives and a time of preparation for Easter. One of the things it is good to reflect on is our mortality and death. Keeping fit and active matters to us. Having a 'bucket list' of things we want to do and people we want to visit is also sensible.

But the priority has to be 'making peace with God.' And, once that is sorted out, making time to get to know God better so that we see death differently.

Rector's Letter cont.

Rev'd Harry Latham



Charles Spurgeon once said: "Death, cannot be any serious detriment to the believer; it cannot be any serious loss to a saint to die. A child once found a bird's nest in which were eggs, which it looked upon as a great treasure. It left them, and by-and-by, when a week or so had passed, went back again. It returned to its mother grieving: "Mother," said the child, "I had some beautiful eggs in this nest, and now they are destroyed; nothing is left but a few pieces of broken shell. Pity me, mother, for my treasure is gone."

But the mother said, "Child, here is no destruction; there were little birds within those eggs, and they have flown away, and are singing now among the branches of the trees." So, when we look at our departed ones faith whispers "The shell is broken, but amongst the birds of paradise you shall find the spirits of your beloved ones. It is not a loss to die, it is a gain, a lasting, a perpetual, an illimitable gain.

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For details and
more information
Please contact Nicola
admin@stpeterswoth.org



A Prayer for Lent

by John Birch

Your Word reveals to us a simple truth,
that sin entered this world
through human folly
in believing we could be like you,
and permeated history
through envy, selfishness and greed.
Yet sin, which holds us tight
within its grasp
cannot resist a heart that is touched
by your grace through Jesus Christ,
cannot contend with Living Water
pouring into hearts and souls.
Your Word reveals to us a simple truth,
that sin is defeated
and we can become
the people we were always meant to be,
by your grace through Jesus Christ.



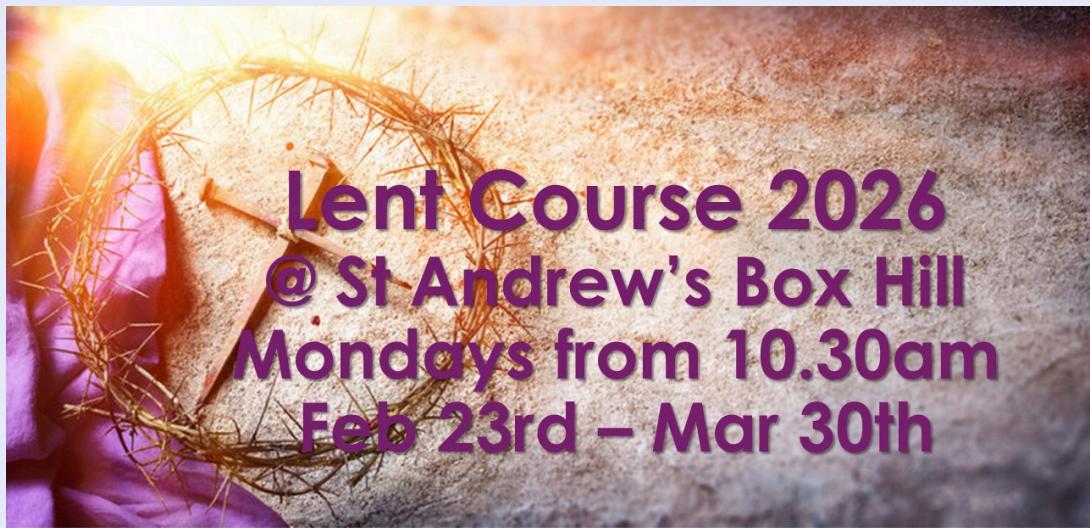
**Easter at St.
Peter's**

Good Friday April 3rd

10am at Mere Pond and
10.30am St Peter's

Easter Day – April 5

11am Family Communion
and Easter Egg Hunt, St
Peter's



Lent Course 2026
@ St Andrew's Box Hill
Mondays from 10.30am
Feb 23rd – Mar 30th

Contact Jan 07979 758485 janetlcurtis@yahoo.co.uk

For the diary.....



First
Friday
Coffee

St Mary's
Octagon
Headley
10.30am

Prayer & Pastries

9.15am
Fridays, in Term Time
St Andrew's Boxhill
All Welcome



News from our Churchwarden

Chris Grayson



First of all, a 'shout out', as our young people probably no longer say, for Epsom A &E.

I recently had an unexpected day trip there. While I realised that the trip was unavoidable I was sufficiently well enough to be apprehensive as to what awaited me when we got there, this being my first personalised patient visit.

Now, I understand that everyone's experience will be different, but for me, once through the reception door, I found an unexpected degree of calm and I was quickly triaged and moved on for Diagnostics.

While we waited I realised that the unit was in fact very full and very busy. Back in the day, when I was an Architect, I worked on many hospital facility designs and it was clear to me that this one was way over capacity. However, the Sister and staff had got the whole place under control in a very impressive way and whilst there were gaps between being seen by one person and the next, each stage was orderly and smoothly executed.

And as I watched I realised that it was not just the medical staff that were achieving this effect. The porters, the cleaners, the caterers were all working together in the same constrained space to keep the whole place functioning.

It was an exemplar of how to extract as much care as possible with limited resources and space. I did feel for the Sister though. She did have the weight of the world on her shoulders. The upshot was that I was checked up, scanned, diagnosed, discharged and sent home with medicine and care instructions in under six hours.

Well done everyone there.

Having had time on my hands during my subsequent convalescence, I was taken by the parallels between the NHS and our Church. We are also a 'free at point of use' organisation. We welcome anyone that turns up at our door and we, in our own way, try to provide what help they seek. There are differences of course.

News from our Churchwarden cont.



We aren't funded by the State but by our own giving and fund raising. We are also largely a volunteer organisation kept afloat by our members giving their time and energy to deliver the services, both big and small 's', that we provide. Like the A&E, working together we can achieve more than the sum of our parts but even so we do have to do a large number of activities that have to be funded out of the finite money that is given to us and it's not as though we can stop doing them and still be a parish church.

If our Parish were a trading organisation I would be deeply concerned about the state of our accounts, well, actually, I am deeply concerned. We are running a 'trading' deficit of about £20k per year. In the short term this is being made up by dipping into reserves but if we want to continue to be a functioning parish church then we need to generate more income to cover our expenditure and/or find ways to reduce the latter. Something for us all to think about.

And Finally,

Wasn't it good to see so many people coming to church at Christmas and many new faces it seems! This is why we need to be here, just like an A&E, to be 'here when needed'.

To keep us here, our next quinquennial church building inspection is planned for February and hopefully we will soon have the stone repairs underway. I hope.



Coffee & Conversation with Art and Prayers We Love

10.30am -12pm St Peter's Church,
last Wednesday of the month

Meet friends and make friends over a cuppa.

Once a month - including a hymn and short talk, helping us appreciate Art and Prayers We Love

For further details, please contact Rev'd Karen Wheatley
at karen@hilltopbenfice.org

25th March – Serenity Prayer

Parish Giving



St.
PETER'S CHURCH
WALTON ON THE HILL

Thank you for financially supporting St Peter's Church

Please review how much you can give

Please consider planned giving

Please explore the Parish Giving Scheme



[https://www.parishgiving.org.uk/donors/find-your-parish/
walton-on-the-hill-st-peter-tadworth](https://www.parishgiving.org.uk/donors/find-your-parish/walton-on-the-hill-st-peter-tadworth)

- ⇒ Follow the above link (Or look out for email with link)
- ⇒ select the option that says **Regular Giving**
- ⇒ follow the instructions to fill in the form.



Parish Giving



Benefits of the Parish Giving Scheme(PGS)

This secure and simple method of giving serves givers and churches.

The giver benefits from:

- ◊ Retaining control of how much they give, how often and to which church
- ◊ Using a simple method of regular financial support to their church
- ◊ The option to increase giving annually to protect their gift against inflation
- ◊ Anonymity, if preferred
- ◊ Peace of mind that the Direct Debit Guarantee Scheme

The treasurer benefits from:

- ◊ Reduced administration and paperwork
- ◊ Easy access to monthly and annual statements

The church benefits from:

- ◊ Stable and often increased planned giving
- ◊ Efficient and regular reclaim of Gift Aid

The administrative cost of operating the scheme is covered by each member diocese, making the service free to use for churches and givers.

GoCardless Ltd (company registration number 07495895) is authorised by the Financial Conduct Authority under the Payment Services Regulations 2017, registration number 597190, for the provision of payment services.

As a charity whose origins are within the Church, PGS is dedicated to serving givers and churches in a shared ministry of giving. Every pound donated through PGS can be put to Christian service in the local community, free from time-consuming admin.

by Karen Rand, Lucasta Grayson and Anne Edwards



Mothers and Uthers meet on the **second Tuesday** of each month at **8:00 pm in St Peter's Church**. Please do join us!

December - Advent Reflection

In December we were pleased to welcome our friend David Skitt who regularly visits us at this time of year to lead us in an Advent Reflection. After a shared lunch we settled into the pews and David took us on a journey through Advent into Epiphany with music, readings and poetry. Firstly he encouraged us to pay attention to the message of Advent which can so easily be overlooked in the rush of activity in the lead up to Christmas. He talked about God's gift of Jesus and the joy of Christmas. Finally he spoke of moving on into the New Year and being able to face challenges knowing that Jesus will always be with us sharing our burdens and easing our fears. We finished by singing together "In the Bleak Mid Winter". A favourite with many of us. It was a beautiful and thought provoking session.

MU Review and Planning Meeting

On January 13th nine MU members met with Harry to review our activities during 2025 and to discuss events to be held over 2026 – the 150th anniversary of Mothers' Union.



January MU meeting

Harry opened the meeting with the first verses of Paul's second letter to Timothy who was the first Bishop of Ephesus. The reading was so pertinent for MU as it emphasises the faith of Timothy's mother and grandmother, and, as Harry explained, encourages us to share our faith within our families, even when we get a limited response.

Led by Harry, we then undertook the review and drew lessons for our planning for this year. For example, the Walton walks had been much enjoyed as a chance to talk undisturbed and will be repeated.

We were also pleased to note that we had raised £170.00 for MU charities through the fun afternoon and cake sale.



The meeting ended with a discussion of finances, where we decided that from March we will collect £1.00 from each attendee or, if it is easier, a £10.00 annual donation to cover meeting costs.

It was a lively meeting with lots of shared ideas and we were pleased that Harry was able to join us.

The Mothers' Union 150th anniversary celebration will mark a powerful legacy of faith in action, compassion in community, and steadfast commitment to families around the world. This milestone year marks not only how far Mothers' Union has come since 1876, but also the living, active work it continues today.



We will have a quiet morning at St Mary's on **February 17th** followed by a lunch locally; we will hold a cake sale for MU charities on **Sunday June 7th** in St Peter's; and in the autumn we will meet for bring and share lunch, probably at Lucasta's house. As ever, feeding the body as well as the soul marks our get togethers.

We also reminded ourselves of the **Easter fun afternoon** we will organise on **March 31st** and of the special service in St Paul's Cathedral to celebrate the **150th anniversary on June 10th** (to book, see the MU website).



Mothers & Uthers



2026

**Join us & Join in!
Open to all - men & women**

Usually meet on 2nd Tuesdays of the month at St Peter's Church from 1.30pm (but see programme for more info)

More info from
Karen Rand -
admin@stpeterswoth.org
01737 668 254

Other dates for your 2026 diary

World Day of Prayer at St Peter's
Friday 6th March, 2pm

Mothering Sunday at St Peter's
Sunday 15th March, 11am

Lady Day Service at Guildford Cathedral
17th March 11am

Easter Day Service at St Peters
Sunday 5th April 11am

Installation of New Arch Bishop of Canterbury at Guildford Cathedral
Wednesday 25th March

MU 150 Anniversary at St Paul's Cathedral
Wednesday 10th June 5pm

Mu 150 Anniversary Gathering at Emmanuel Centre 10am-4pm More info to follow



Programme 2026

All are welcome to any or all of planned events

Join us, Join in!

Tuesday 13th January

12.30pm BYO lunch
1.30pm **Reflection & Review of 2025**,
led by Harry Latham

Tuesday 17th February

9.30am coffee
10-12.30pm **Quiet morning at The Octagon St Mary's. Theme: Shrove Tuesday**,
led by Karen Wheatley. £3 Donation

Tuesday 10th March

12.30pm BYO lunch
1.30pm **Lent Talk**
led by Rev'd David Skitt

Tuesday 31st March

Easter Egg Hunt with Hot Cross Buns
Breech Lane Pavilion

Tuesday 12th May

Spring Walk
Led by Lucasta



Tuesday 9th June

TBC

Tuesday 14th July

Summer of Hope fundraising event

Sunday 9th August

Mary Sumner Day, Founder of MU

Break until Autumn



Mothers' Union Prayer Diary



February Reflection

‘God proves His love to us in that whilst we were sinners Christ died for us’ Romans 5:8. God came to us as man, in Jesus, and gave Himself for each and every one of us. Jesus never asked for anything from us, except for us to love one another. Do we do that? We are sisters and brothers in Christ, but do we follow His example and love each other unconditionally? How can we show Christ's love this month? Maybe through the giving of time to MU programme work, sharing a card and prayer with an indoor member?

February Prayer

Loving Lord, we thank You for the endless and selfless love that You have given to us. We know that every one of Your children is known to You and loved by You, no matter what. We give thanks for the example of love that we see in you. Let those who do not know your love or those who have not experienced love as a person should, feel Your presence, now and always. Amen.

March Reflection

A choir sang, ‘Come, let us sing unto the Lord!’ (Psalm 95). A child heard the all ‘Yes! I wanted to join that chorus of praise.’ Today, a bud swells on the “dead” branch of winter, vibrant and green, bursting with new life, stirring hope of new beginnings. I ponder the sources of God’s call, how it grows from Scripture, in worship, an attractive life of faith transforming lives, or the wonder of creation. Joining our global community of sisters and brothers in Mothers’ Union, the World Day, and the United Nations’ mission, let us be open to receive God’s call anew, to widen our vision in prayer and action.

March Prayer

Called by God to be a global family of prayer, action, and service, may God bless us with:

- hands to comfort
- a hold anger at oppression seeking justice
- a restless discomfort with easy answers, so that we can seek truth boldly
- enough foolishness to believe that we really can make a difference in this world.

So we are called, with God’s grace, to do what others claim cannot be done. Amen.

TWOAT

Mike Fox



The **TWOAT Christmas Appeal** was amazingly successful thanks to the four-times-matched-funding up to a total of £10,000 that was provided by three special donors. We normally raise about £1500 but so far we are aware of over £5,000 donated helped by collections taken at both the Walton Lighting Event at St Peter's and the Good Shepherd Christmas Lunch. More is expected when we receive our next bank statement in a few days. As the total already exceeds £15,000 I can give you some insights as to the impact this will make on the five projects in our appeal.

Fruit Tree Planting in Malawi: I have already spoken via video link with our contacts in Malawi and told them we will be able to fund the planting of at least an additional 2,000 fruit trees. A mature Mango tree produces fruit which can be sold for between £16 and £80. The wide variation in price is because as the season progresses there is a glut in the market whilst early fruit sells at a premium. Just as a comparison the average monthly wage in Malawi is about £120 and a farmer might have 30 x Mango trees in addition to growing maize etc.



A papaya tree planted in Malawi by Fishermen's Rest

Breakfasts for Refugee School

Children from Myanmar: Our original objective was to fund 2 breakfasts a week (on Mondays and Fridays) for 40 weeks = a school year. It now seems likely that we will be able to fund breakfasts for both the remainder of this academic year and all of next year as food supplies in the refugee camp are still severely limited and likely to remain so.

TWOAT

Mike Fox



Restoring Sight to a Child in Uganda:

We are now hoping that we might be able to fund as many as 16 cataract operations. We are aware that the project had a waiting list for funding children needing treatment but we need to confirm with them how soon all the operations can be fitted into the hospital schedules.

Sponsoring a young Tanzanian to attend Trade School: Sponsoring a young person or child to attend skills training or education requires ongoing sponsorship in future years. At the Mtandika Trade School the courses typically last two years. We are hoping that we will be able to sponsor 8 new students to start at Mtandika next September and will aim to have a mixture of girls and boys with various skills such as electrical engineering or hotel management being acquired.

Sponsoring a Child to attend school in Zambia or Kenya: Sponsoring a child to attend a school is the most long lasting type of commitment that TWOAT makes. We are currently supporting sponsored children in both Zambia and Kenya.

From a financial planning perspective the longest commitment that TWOAT can realistically make is 3 years although a child's schooling is typically longer than this. We hope to fund 2 additional children, one at each school, and build this into our commitments for the next 3 years starting in September.

Please visit the TWOAT web site www.TWOAT.org to learn more about our activities or to donate if you can, or phone me on 01737 350452.

News from Chinthurst School

Susan Trantor



At Chinthurst, fundraising for charity is an important part of school life and helps our pupils develop empathy and a strong sense of community. One recent highlight was our Griffin House Animal Parade in support of Surrey Wildlife Trust. After learning about local wildlife in an inspiring assembly, children from Nursery to Year 6 arrived dressed as their favourite animals. The colourful parade raised awareness and funds to help protect Surrey's precious habitats, leaving pupils feeling proud to support such an important cause.

We also proudly supported World Mental Health Day through 'Hello Yellow', fundraising for the charity YoungMinds. The whole school wore yellow to symbolise hope and positivity, reinforcing the message that it is always okay to talk about mental health.

Through assemblies and PSHE lessons, children explored emotions, created artwork and wrote personal pledges about looking after themselves and others, learning how vital it is to support young people's wellbeing. Alongside charity events, we value strong community links.

Our recent Entrepreneur Assembly, led by parents, gave pupils insight into exciting careers in engineering and digital design. While not a fundraiser, it reflected our core values of generosity and community spirit. At Chinthurst, we are proud to nurture kind, confident young people who care about others and the world around them.



The Arts Society Walton on the Hill

Sue Adilz

www.theartsocietywaltononthehill.org.uk



Forthcoming Lectures

Lectures take place at the Riddell Hall on the **third Thursday** of each month (except August). Coffee is served from 10-10.30. The lecture is from 11.00-12.00, with introductions and notices at 10.45.

The lectures are on a broad range of art related topics delivered by experts in their fields.

Guests are welcome at £5 per lecture for up to 3 lectures per year.

Membership is currently £45 per annum.

The Society also offers Special Interest Mornings twice a year, visits to places of interest and an annual tour.

The lectures are followed by a summer lunch in June and Christmas lunch in December.

Contact Mike Roshier, Membership Secretary 07703 352643 for further details and look on the website for forthcoming and past events.



Thursday February 19th:

Lecture by Lydia Bauman

"Looking for Georgia - my travels in New Mexico in the footsteps of Georgia O'Keefe".

Thursday February 26th:

Study Morning

(two lectures plus lunch)

Caroline Holmes

"Cedric Morris, Artist, Plantsman, and traveller".

Cost £25, please book in advance.

Thursday March 19th:

Lecture by Anne Hayworth

"From Vincennes to Sevres: The dawn of French Royal Porcelain".

Walton Village Forum

Emmeline Moore



The Walton Village Forum was busy during December with a variety of Christmas festivities. A sub group of us made up of committee members, Walton in Bloom volunteers and local residents, gathered together one dry Saturday morning in early December to make Christmas wreaths to decorate our village. We made 20 in total and hung them throughout the main high street, by the pond, around the Green and Gun Corner. Our aim this year was to produce something a little stronger that could withstand our English winter winds and rain.

THE BRIDGE
RESTAURANT & BAR
Mediterranean Cuisine

10% off on Sunday lunch for all at St Peter's Church and Friends

KT20 5SP – TADWORTH

We were all really pleased with our efforts and all wreaths passed the weather test. We will hopefully be looking to do the same next year. A big thanks must go out to David and Val Larner's kindly donated holly, the bright red berries were so abundant, just what we needed to brighten up our dark days.



WVF Future Meetings

Our next meeting is on the **24th February** at The Dog, formerly known as The Fox and Hounds. We look forward to seeing you all there at 8pm in the function room at the back of the pub.

Looking further ahead.....

24th February 2026

23rd June 2026

27th October 2026

Meetings are open to all residents of Walton on the Hill so do come along and join us. If you would like to get involved in our activities please email us at info@waltonvillageforum.org

<https://www.waltonvillageforum.org><https://www.waltonvillageforum.org/>



Walton Village Forum Meeting

All Residents Welcome

24th February 2026, 8pm

The Dog House pub.

- Local Cllr question and answer
- Planning updates including The Bell and Chequers Lane.
- 'The Villages' Parish Council



info@waltonvillageforum.com



www.waltonvillageforum.org

HILLTOP COMMUNITY CHOIR

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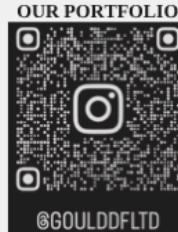
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Sunday Service Format at St Peter's



8:00am - 8:45am 1662 Prayer Book Communion

This is a quiet, traditional and spoken service of communion with a short talk.

11:00am - 12:00pm Main Service

This service is our mainservice of the day. Tea and coffee served from 10:30am weeks 1-4 of the month



1st Sunday - ALL-AGE Service

(with craft activity)



2nd Sunday - FAMILY COMMUNION Service

(less traditional)



3rd Sunday - FAMILY Service

(quite lively)



4th Sunday - PARISH COMMUNION Service

(more traditional)



5th Sunday - UNITED BENEFICE Service

(at either St Peter's, St Mary's or St Andrew's)

Services at St Peter's

February - March



February

1st 8am Holy Communion (1662) & 11am All Age Service

8th 8am Holy Communion (1662) & 11am Family Communion

15th 8am Holy Communion (1662) & 11am Family Service

18th 10am Ash Wednesday Healing Communion, Headley Octagon

22nd 8am Holy Communion (1662) & 11am Parish Communion

March

1st 8am Holy Communion (1662) & 11am All-Age Service

8th 8am Holy Communion (1662) & 11am Family Communion

15th 8am Holy Communion (1662) & 11am Family Service

18th 10am Healing Communion, Headley Octagon

22nd 8am Holy Communion (1662) & 11am Parish Communion Service

29th 8am Holy Communion (1662) & 10.30am United Benefice Service at St Mary's Headley

Join us for tea and coffee, served from 10.30am every Sunday - All Welcome

Village Kitchen (Walton Open Group)



Six Soup Saturdays

Saturdays, 21st & 28th February, 7th, 14th, 21st & 28th March

(Note: No monthly village kitchen on 14th February)

The Riddell Hall, Deans Lane
During Lent, **12 - 1.30pm**



**Homemade soups,
bread and cheese,
tea, coffee and biscuits.**

Donations in aid of Open Group charities,
& a rolling raffle will be drawn on 28th March



You are invited!

Join us for a morning of quiet reflection amidst the noise of 2026....
We'll be reflecting on Shrove Tuesday and what it actually means to us today.

Tuesday 17th February - Shrove Tuesday

Arrive for coffee from 9.30am to start at 10 am. Donation £3
The Octagon, St Mary's Church, Headley.

We'll finish around 12-12.30 with the option to
head out for lunch together

Please let Karen Rand know if you plan to
come by emailing admin@stpeterswoth.org


St. PETER'S CHURCH
WALTON ON THE HILL

Mothers & Uthers
Mothers' UNION
Sisterhood since 1874

News from TWRA

Mike Fox



By the time you read this article TWRA will have made its response to Reigate & Banstead CC about the formation of a Parish/Town Council following feedback from residents at a public meeting on 9th Jan. The response will be available for you to read at www.TWRA.org.UK

The TWRA is delighted to report that one of its members, Rachel Turner, received recognition in the New Years' Honours List with a BEM for services to the local community.

In the rest of this article I am going to focus on the donations made by TWRA to local good causes at Christmas. Usually TWRA supports the distribution of Christmas Hampers by Merland Rise Church. Recipients of the hampers typically included those who were already members of the St Mark's Food Club. This year due to the ill-health of one of the principal organisers the distribution of hampers did not happen. TWRA also supports the Christmas Lunch organised by St Mark's in Tattenham for people alone on Christmas day. The organisers of this event told us that as many of their attendees might have previously received one of the hampers, they

would be given an enhanced "Gift Bag" at the lunch. TWRA re-directed its £250 hampers donation to help fund these Gift Bags in addition to £250 towards the cost of the lunches themselves.

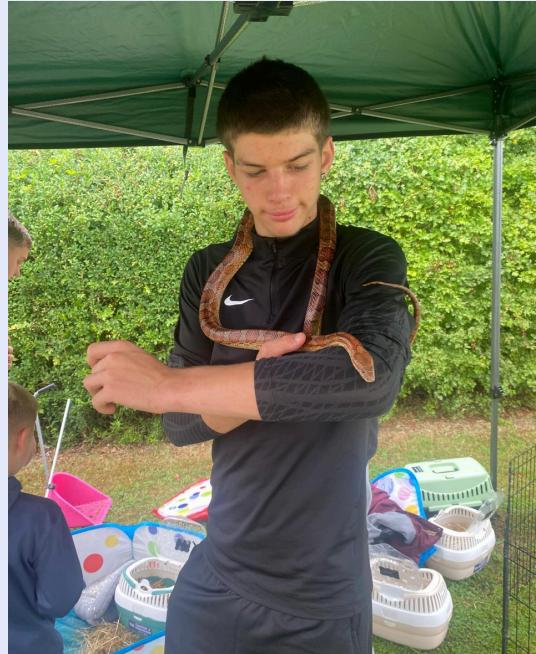


The other recipient of a TWRA £500 Christmas donation were the Myti Club. The club for young people operates mainly out of the Phoenix Centre in Preston. The main Myti Club has over 400 members aged between 8-15 and encourages the older ones to become 'Young Leaders' who take on responsibilities and are given some training and development-which is good for their life skills and C.Vs. A new associated group is called the MYTI Martial Arts Group, it meets on a different night and is aimed at older children and young people.

News from TWRA cont.



The clubs provide a range of activities including sport, art, IT and personal development and fulfil a key role in helping young people from this disadvantaged area to have a good start in life. TWRA's previous donation for use by the Myti Club in 2025 helped to fund a visit by a small travelling Zoo giving the children a chance to encounter creatures such as donkeys and snakes that they might never have seen before.



Walton Parochial Charities.

☛ If you live within the parish of Walton on the Hill then the Walton Parochial Charities could help you.

☛ A centuries old fund is in place to help the elderly, sick, disabled, distressed and 'in need'.

☛ If you or anyone you know is struggling financially then please ask them to leave a message in confidence at the St Peter's Church office.

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Mendelssohn

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David Swinson Musical Director

British Sinfonietta Orchestra

Katharine Fuge Soprano

Natalia Brzezinska Mezzo Soprano

Gareth Edmunds Tenor

Alex Jones Bass

Admission: Adults £20

Children, Students under 18 in full-time education £10

Ticket purchase: <https://ticketsource.co.uk/brockham-choral/t-njomlqp>

More Information: www.brockhamchoral.org

Registered Charity No 284300



Open Group

Mo Atkins



EPIPHANY TEA PARTY



Delayed by a week, due to wintry weather the Epiphany Tea, hosted by Open Group took place on 15th January. In the end, although temperatures had risen, the weather was disgustingly wet and windy.

All the more need for a cosy Afternoon Tea in the Lady Chapel space, at St. Peter's. Twenty three came to enjoy a delicious tea, made seasonally special, with Penelope Dring's shortbread stars, and Debbie Murray's, 'Galettes de Rois', served in French tradition, porcelain charms hidden within. Due warning was given of the potential danger of broken teeth!



As is custom, those who find a charm are crowned king or queen for the day. This year's Coronation (teeth intact!) went to Marilyn and Betty, photographed beneath the Epiphany star!★

ALL AGE EPIPHANY SERVICE

Continuing the "crown" theme, crown making was the apt craft activity at the first Sunday, All Age Epiphany Service, in January. Everyone had a chance to make one or, like Alice and Christine, to be crowned in gold or silver!



Light Up Walton 2025

Mo Atkins



Walton's Light Up Ceremony took place earlier than usual, on the last Friday of November, in time for Advent Sunday. Trying to fix a mutually convenient date, for everyone involved, was no mean feat.

Once again David and Val Larner, ably assisted by Martin and Jean Saul, bedecked their home at Mereside, with more strings of lights than ever, this year. Many thanks to them all for their willingness and community spirit.



Massimo and Archie, from Team Treemasters, kindly collected and delivered three beautiful Christmas trees, for St. Peter's and Mereside. Next step, to put lights up the tall conifer in the churchyard.



Having been plagued by hungry squirrels, munching the light wires in previous years, John Darter purchased superior lights, such as are used in municipal displays. Open Group agreed to fund them.

Treemasters generously hired a cherry picker and Richard was propelled towards the sky, stringing lights as he went, finally placing at



the top, a large silver star, thoughtfully created by Massimo. Meanwhile, down below, cousin James Darter was busy decorating the hedge. So far, so good! Thanks to Chris Grayson and Neil Williams, lights appeared on the rood screen and on the handsome Christmas tree in church. David lit up the tree outside the west door- all that was needed was a dry night on 28th Nov!



Light Up Walton

Mo Atkins

The weather was kind, and a good number of folk duly met at the pond to witness the countdown, by David L. In spite of a croaky megaphone (to be replaced for next year!) the pond lit up on cue, with sparkling reflections to welcome all entering Walton.

Mike Fox bearing his lantern staff, and the pond crowd, then processed to the warmth of St Peter's, to join those already there, which filled the church to capacity. The combined Church and Community Choirs, directed by Esther Jones, and local brass ensemble, 'Low Key Affair' under Christine Atkinson, led the lusty singing of carols. Open group provided mulled wine, spiced apple juice (thanks to Debbie Murray), mince pies and fairy cakes, served in a happy community atmosphere.

A collection for Tadworth and Walton Overseas Aid Trust (TWOAT) was invited. Mike Fox explained that TWOAT would benefit in full from the £10,000 matched funding, pledged by three very generous supporters, based on quadrupling donations received between November 28th and December 27th.



Perfect timing! TWOAT were very pleased and grateful to receive a donation of £594.73, from the event.

VERY MANY THANKS to everyone who contributed to the successful Lighting Up of Walton 2025, with special thanks to Treemasters. Many thanks also to marshalls, Chris Grayson, George Curry and Jamie Powell, for keeping everyone safe on roads and car park. Huge thanks, to the Forum for sponsoring the 'Mereside' Christmas tree; Debbie Murray, the indoor tree at St Peter's; Open Group, the tree at the church door.

Sadly, within a week, one by one, both sets of expensive lights on the tall conifer had failed ... chewed in several places by, yes ... the squirrels. This year, a rethink is necessary to confound these persistent tree rodents. It would seem that the conifer is out of bounds to us humans, so maybe we'll try more lights at a lower level! John D and a colleague have spent several hours trying to repair the damage.

Light Up Walton

Mo Atkins



The other challenge, during Advent, was keeping alive the Christmas tree in church! Adjacent to a radiator being the only suitable position meant that watering was vital. Although the log base looked perfect and rustic, water was leaking onto the carpet. A daily spray, from a five litre garden contraption, proved the answer until Massimo, Monty and Archie managed to lift the tree into a large container of water thus keeping it alive until Christmas Day. Phew!



And at St. Peter's, Florence, David and Norma help with the post-Christmas clean-up and Dave, Martin and Val dismantle in the snow at Mereside! Thank you all!



Rascal Club

Sam Fountain



Blue Zones- living well to a very old age

In the last issue of Window on Walton we celebrated our two centenarians of the month on November! Two, just in our little community; Ulla Adilz and Eve Baker! And this got me thinking about the Blue Zones, four part documentary, that is currently on Netflix and very much worth our attention and time to watch, learn and enjoy. 'Live to 100: Secrets of the Blue Zones' is the title of the Netflix series, but also of the name of the scientific, historic and geographical study done over the last 30 years by Dan Buettner and his team. The series, travels around the world with the author Dan to discover five unique communities where people live extraordinarily long and vibrant lives. Why did this topic really catch my attention and fire my enthusiasm and drive?

I think perhaps it's because it pulls on my heart strings and reason why I started The Rascal Club. Not necessarily because my life long wish, other than to be an inventor (Google 'Shewee and Dragons Den) is to live to 100 with a secondary vision of me still running and swimming on my 100th birthday AND I'd really love our NOW I think, our village should aim to become a Blue Zone.

Wouldn't that be truly amazing! Not only would our house prices will go up (joke), because everyone would be vying to live here, but we will all feel joy, community spirit and good health for a very long time.

So, how do we do this together, as a team?

The documentary shows how these 9 principles will help us do this, and we need to do it together because humans thrive together – it's one of the most important factors. Enjoy the below and if one or more of the below seem out of reach at the moment, think outside the box to make it work for you. Perhaps you don't have grandchildren or parents near by – volunteer or start a walking or reading group. Just a few notes through doors and you'd have a group in no time. Offer to be a parents help and get to know a family, perhaps gardening, fixing or just reading to the kids so mum or dad can get some washing on. It sounds 'unreasonable' in this day and age, but it is possible. Humans love humans. Let's find each other again.

1. Move Naturally

The world's longest-lived people don't pump iron, run marathons or join gyms. Instead, they live in environments that constantly nudge them into moving without thinking about it. They live in places where they can walk to the store, to their friend's house or places of worship. Their houses have stairs. They have gardens in their yards.

To start moving naturally, consider making things a little inconvenient. Take that extra trip up or down the stairs instead of loading things at the top or bottom to take up later. Walk a dog, do your own yard and housework, and get rid of some of the timesaving electronics and power equipment that have "simplified" your life.

Rascal Club

Sam Fountain



2. Know Your Purpose

The Okinawans call it “Ikigai” and the Nicoyans call it “plan de vida;” For both, it translates to “why I wake up in the morning.” Having a purpose is linked with health and longevity, with studies showing that individuals who expressed a clear goal in life live longer than those who did not.

Begin investigating your own purpose by creating an internal inventory of your life. Try to articulate your values, passions, gifts and talents. What are the things you like to do and the things you don’t? Then incorporate ways to put your skills into action in ways that will add meaning to your life and the lives of others.

3. Down Shift

Stress leads to chronic inflammation, which is associated with every major age-related disease. Although everyone experiences stress, the world’s longest-lived people have routines to shed that stress. Okinawans take a few moments each day to remember their ancestors, Adventists pray, Ikarians take a nap and Sardinians do happy hour.

You, too, can find a stress-relieving strategy that works for you and make it a routine. You’ll be able to benefit both physically and emotionally!

4. 80% Rule

Marketers tell us we can eat our way to health, but America has been eating its way well beyond health. The 80% Rule is a strategy that focuses on taking things out of everyday diets, instead of putting more things in.

Saying “Hara hachi bu,” the 2500-year old Confucian mantra, before meals, reminds Okinawans to stop eating when their stomach is 80% full. This 20% gap between not being hungry and feeling full could be the difference between losing weight or gaining it.

You can also replace your big tableware with 10” plates and tall, skinny glasses, remove any TVs from the kitchen, and remember that people in the Blue Zones areas eat their smallest meal in the late afternoon or early evening and then don’t eat any more the rest of the day.

5. Plant Slant

While most people in the Blue Zones areas consume meat, all of them eat a rich array of fresh fruits and vegetables, which are packed with disease-fighting nutrients. The cornerstone of most centenarian diets is beans, favourites including fava, black, soy and lentils.

Eat meat, but try considering it as a condiment and make sure you buy the leanest, finest organic meat you can afford. Make fruits, vegetables and grains the majority of your intake. You can also focus on eating nuts — a handful a day can give you an extra 2-3 years of life expectancy!

6. Friends @ Five

Spark more happiness by sharing your day with others. Whether you sit down together for a meal or meet up for a cup of tea or coffee, the benefits of a daily connection with friends and family come from ending work at a reasonable hour and enjoying a daily de-stressor and social time.

Rascal Club

Sam Fountain



Research has shown this practice to be one trait of people living measurably better, longer lives in areas around the world called Blue Zones.

7. Positive Pack

The world's longest-lived people are either born into or choose to create social circles that support healthy behaviours. Ikarians enjoy tight-knit communities that socialize frequently, while Okinawans build "moai" groups of five friends that commit to each other for life.

Research from the Framingham Studies shows that smoking, obesity, happiness and even loneliness are contagious. Assessing who you hang out with and then proactively surrounding yourself with the right friends will do more to add years to your life than just about anything else.

8. Belong

All but five of the 263 centenarians interviewed in the original Blue Zones areas studies belonged to some faith-based community. Belong to a civic- or faith-based organization, since strong social relationships can add years to your life.

If you already belong to a group, great! If it's been a while or you aren't sure where to start, try asking friends and neighbors for their suggestions or coming to join in at The Rascal Club. We really do have something for everyone - it's not all muscle pumping and being out of breath. We thrive on banter!

9. Loved Ones First

Happy, healthy centenarians in the Blue Zones areas put their families first. This can take shape in many ways, from keeping your ageing parents and grandparents in or

near your home to being in a positive, committed relationship, which can add up to six years of life expectancy.

Caring for children is important for many reasons, too, and many people in the Blue Zones areas go out of their way to invest time and love their children to ensure they'll be more likely to care for them when the time comes.

The Rascal Club

The Community Interest Company; The Rascal Club is a local initiative founded by Sam and Dickon Parnell, married at St Peters 19 years ago with two children Mabel 17 (use to clean the church) and Stirling 15 (your local paper boy). Get in touch, have a chat and think about joining us in a session or two each week; we have fun fixing bad backs, entering sports competitions, fixing hips, knees, pelvic floors, learning to run, cycling indoors and out to build our cardio, relaxation sessions, fun outings, lunches and dinners, trips to the theatre, book clubs – the list goes on. All ages from zero to 82 attend, together often too - sometimes a fury friend comes. You'd be very welcome.
www.TheRascalClub.co.uk

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Well-being - Challenge & Stress

Tracy Latham



Having resisted all the advertising and media hype for a while I am confessing that the beginning of this year has found me watching some of the current series of The Traitors. It has got me thinking about challenge and stress and the impact of these things on our well-being.

Stimulated, Stretched, Stressed, Distressed, Exhausted

0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

Above is my challenge response scale and on the programme I have observed some of the contestants moving from one end of the scale to the other. The contestants have chosen to put themselves in a challenging game and yet they seem a bit surprised to sometimes find themselves at the right hand end of the scale – ‘I don’t know why I am crying’ they say. But I think it is evidence that we can all experience all these responses to challenges.

Life is often very challenging and so in life finding ourselves moving up and down the challenge response scale is very normal and healthy. In my experience being at the left hand end of the scale generally feels more pleasant, whereas being at the right hand end is not always much fun, but all are normal. However problems can arise when we start finding we are spending a lot of

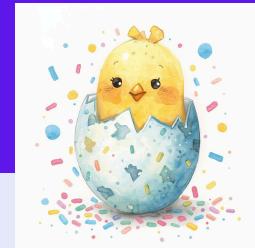
time on the right hand side of the scale.

In the middle of the scale is stress. And recognising we are feeling stressed can actually be a key to staying healthy.

What is Stress?

Stress is the physiological impact on our bodies of any perceived threat. The threat response in our bodies is very physical - it is the fight, flight, freeze response intended to help us run away from a hungry predator. When we feel under physical threat our bodies are filled with energy, with adrenaline and cortisol, the stress hormones, and every body system is effected and activated - including digestion and the immune system – to help us deal with the threat most effectively. Once the threat is over, our systems return to a relaxed state because a sense of safety is restored. The stress cycle is complete.

Well-being cont.



The threats in our daily lives don't often include being chased by hungry predators but our bodies still respond in the same way in response to non-physical threats - the stress of being stuck in a traffic jam, or needing to be in two places at once or an unexpected bill putting our bank account into the red, or a difficult relationship – the same cortisol, adrenalin, digestion slowing down occurs in our bodies. The body cannot differentiate between the stress caused by a lion, or the stress caused by overwork, worry, or unhappiness. We may be able to escape from the former but not the latter. Many people live with what are sometimes called 'chronic stressors' - Situations in our lives that we can't fix or change and that make us feel stressed, scared or worried. They are there, day after day, week after week, year after year.

During periods of prolonged stress, our bodies can go into a more or less continuous state of fight or flight, with little or no time for the adrenal glands to rest and recover. This can lead to adrenal exhaustion with symptoms of fatigue, brain fog, cravings for sugary or salty foods, headaches, mood swings.

The good news is that although we may not be able to eliminate the stressors we can begin to find ways to switch off our stress response and bring our bodies into a more relaxed and peaceful state to give ourselves a chance to recover. The stress response in our physical bodies (the muscle tension, the shallow breathing, the discomfort in our gut) may need some help to shift from fight, flight or freeze, into one of safety, and that is something we can find ways to do.

Things that can help

Physical activity: it doesn't have to involve a big workout. Anything from, Kitchen dancing or marching around your home to running, swimming or team sports – anything that gets you moving.

Creativity: Knitting, baking, DIY, rebuilding an engine, singing, writing or painting – whatever creative endeavour speaks to you, do it!

Laughing: laughter is a way to release and express all the emotions we're keeping inside. Emotions are like tunnels.

Well-being



If you go all the way through them, you get to the light at the end. Laughter helps with this, as does recalling a funny story that made you laugh. Watching a favourite comedy or comedian on TV.

Crying: Crying is one of our body's mechanisms to release stress. It's important not to be so embarrassed by our tears that we attempt to stop them from coming out.

Physical affection: Allowing someone you feel safe with to give you a long, strong hug (about 20 seconds according to the research) or time with a loving pet.

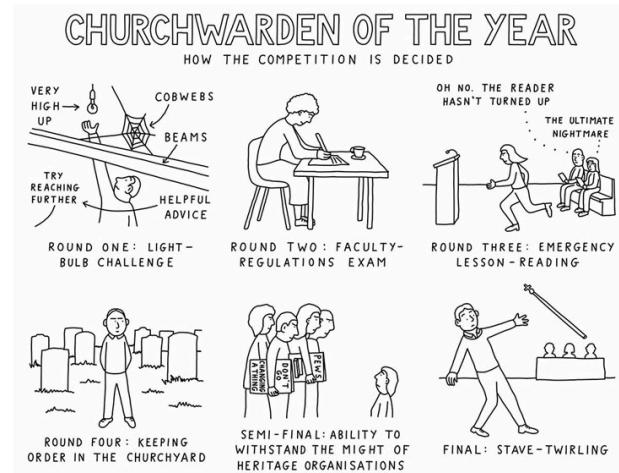
Physical affection helps your body release trust and bonding hormones like oxytocin, and those can chase away the sense of danger your body was previously holding onto. As our hormones shift, our heart rate slows and our body begins to feel safe.

Deep breathing: A few minutes of this practice can calm down your stress response.

Rest: we may need to release guilt or negative beliefs about resting and sometimes we have to turn FOMO (fear of missing out) into JOMO (joy of missing out).

Churchwarden very much needed

*Please talk
to Harry*



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