

# Window on Walton

Oct- Nov  
2024



St.  
**PETER'S CHURCH**  
WALTON ON THE HILL



▪ Parish News ▪ Community ▪ Local Events ▪ Clubs & Groups

<https://www.stpeterswoth.org>

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

# St Peter's Team



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# Editor's Note

Olivia Rowntree

**Welcome** to Window on Walton. Hope you all had a wonderful summer and found time to rest and recharge. Time does not stand still, however. There has been much activity, including tea parties to raise funds for St Peter's, a steady stream of food bank parcels, responses submitted to the government's green-belt-encroaching planning proposals and, of course, the eagerly awaited new pavilion at Howards Close (see page 24).

This October–November edition of WoW covers a busy period in the calendar, with Harvest Festival, Halloween, Bonfire Night and Remembrance Sunday all coming up. The Harvest Service at St Peter's is on 6th October - please do remember to bring your items for the Epsom & Ewell food bank. There is also an appeal from the Guildford Mothers' Union for donations in support of the four womens' refuges (see page 8 for details of how you can get involved). In terms of new events to add to your diary, Rev'd Karen Wheatley will be hosting the inaugural Coffee & Conversation with Hymns We Love on Wednesday 30th October, 10.30am - 12pm at St Peter's Church (more details on page 9).

If you're looking for a good bonfire and fireworks display this year, the Brockham Bonfire on 2nd November never disappoints. For something a bit more refined in the warm confines of Riddell Hall, The Friends of St Peter's Wine Tasting event is being held on Friday 15th November, 7:30pm (see page 14).

With Remembrance Sunday just around the corner and so much violence and unrest in the world right now, it's a stark reminder that we cannot take peace and our freedoms for granted. They are precious and were hard fought for, with significant human sacrifice.



In Tom's Insight piece (pages 10-11), he shares his memories, as a 14-year old, of the Battle of Britain, and how ordinary but brave men and women played their part too. We must never forget all those who lost their lives so that we can enjoy our democracy and freedom today – and those who are giving their lives to defend their country and freedoms beyond our borders even now. The Remembrance Sunday service is on 10th November at St Peter's, starting at 10:50 am.



Finally, with a nod to Christmas, I can share that "Light up Walton" will be going ahead again this year on **Friday 6th December at 5pm**, starting at Mereside Pond. Do come along and bring some festive cheer. More details on page 31.

If you enjoy reading Window on Walton, please support this community project by subscribing for £10 pa, guaranteeing yourself an issue every two months, hand delivered to your door!

## Colour Ad Size

## Price / Annum

- |                |        |
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| • Full Page    | • £180 |
| • Half Page    | • £100 |
| • Quarter Page | • £80  |

You can also get in touch if you have news from the local community that you would like to share, or if you run a local business that you would like to promote. Please email [admin@stpeterswoth.org](mailto:admin@stpeterswoth.org) for more info. The deadline for the December - January edition is 15th Nov

All views expressed are those of the individual authors and are not necessarily those of St Peter's.

# Rector's Letter

Rev'd Harry Latham



This Autumn let us hear and respond to Jesus' invitation "Come unto me."

We read in Matthew 11 v25 "At that time Jesus declared, 'I thank you, Father, Lord of heaven and earth, that you have hidden these things from the wise and understanding and revealed them to little children; v26 yes, Father, for such was your gracious will.'"

The crowds around Jesus loved him and were looking to him with simple faith, but the authorities and elders, the learned, wise and understanding did not get him.

There is something tragic here that as children of the Enlightenment and the Age of Reason we may find very hard to accept. It is something to do with our willingness or otherwise to see what has been revealed by God.

And Jesus is saying that some things have to be received. Grace itself requires our acceptance of that need, the need to receive. We cannot get our heads around it and by our own learning or cleverness think our way to being a recipient of grace.

If the scholars of Jesus' day had not taken offence, then they would have let Jesus reveal the Father for v27 "no one knows the Father except the Son and anyone to whom the Son chooses to reveal him." And Jesus loves revealing the Father.

As we move into Autumn I wonder how you are feeling. Are you relaxed and replenished or rather tired, exhausted even?

Listen to these beautiful and well known words: v28 "Come to me, all who labour and are heavy laden, and I will give you rest. v29 Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. v30 For my yoke is easy and my burden is light."

They are in the first instance words to labourers, men and women who worked hard in the fields or the home.

Words to those who not only yoked animals to plough their fields, but who perhaps wore a yoke themselves in some instances to carry a load more evenly.

They are also words against the Religious leaders of the day (the Scribes and Pharisees) who had burdened people with religious observances and the minutiae of the law.

The heavy laden physically or spiritually above all needed a rest! And Jesus offers this rest. He is the good shepherd who makes me lie down in green pasture, who leads me beside still waters.

I belong to him by accepting him and all he has done for me. It is not about my earning his favour or in any sense proving my worth. It is all his gift, acceptance, kindness and love. But of course there is work to be done, not least the work of being a disciple of Jesus. I am not invited to do nothing, but to work with Jesus.

"Take my yoke upon you, and learn from me" says Jesus, "for I am gentle and lowly in heart, and you will find rest for your souls."

I love those words and have found them to be true ... the longer I follow Jesus the more 'true' they feel!

Their appeal grows in relation to my willingness to lose the battle to do it all my own way. The appeal grows to the extent that I have a teachable heart and to the extent that I accept I do not need to prove myself. Then it appeals a very great deal indeed.

Jesus offers us his yoke, to be joined to him in service, an awesome privilege. Jesus offers to be our teacher as we walk with him. Jesus reassures us that he will be gentle with us, not pushy, valuing our flourishing, and in relationship with him our souls find rest and peace, wholeness and purpose.

I look forward to welcoming you to St Peter's.

Very best wishes, Harry

# Autumn Prayers

by John Birch

In the fading of the summer sun,  
the shortening of days, cooling breeze,  
swallows' flight and moonlight rays  
**WE SEE THE CREATOR'S HAND**

In the browning of leaves once green,  
morning mists, autumn chill,  
fruit that falls frost's first kiss  
**WE SEE THE CREATOR'S HAND**

We see signs of summer's passing in golden leaves,  
shortening days, misty mornings, autumn glow.  
We sense its passing in rain that dampens,  
winds that chill, Harvest's bounty placed on show.  
Creator God, who brings forth  
both green shoot and hoar frost,  
sunrise and sunset,  
we bring our thanks  
for seeds that have grown,  
harvests gathered,  
storehouses filled,  
mouths fed.  
And, as your good earth rests  
through winter's cold embrace,  
we look forward to its re-awakening  
when kissed by Spring's first touch.

For summer's passing  
and harvest home  
**WE THANK YOU**

For autumn's splendour  
and winter's chill  
**WE THANK YOU**

For seed that has fallen  
the promise of spring  
**WE THANK YOU**

# FRIDAYS Sept 20 – Dec 13

9.15am  
Prayer &  
Pastries at  
St Andrew's  
Box Hill



10.30am  
Pilgrim  
in the  
St Mary's  
Octagon

Half term October 25

No Pilgrim on First Fridays



## HYMNS WE LOVE

starts Wednesday 30th October, 10.30am - 12pm at St Peter's Church

play, learn and grow together

Tuesdays 10.30am - 12pm  
at St Peter's, Walton on the Hill

Autumn Term 10th September - 10th December (Half term: 29th October)

Little Cherubs

For under 5s and their carers

# News from our Churchwarden

by Chris Grayson



As I write this it seems that summer is properly over. Holidays have been taken, the schools are back and the weather has taken a turn. Autumn is here and we start to prepare for the winter.

On my schedule for August/September is boiler servicing. As some of you might know, last year I had fun and games with the Hall boiler that passed its service check, just, but then promptly failed when the heating was switched on. After fitting a new boiler there were still problems and I had to have something called a manifold replaced as well. Fortunately, since then it has worked well.

This year it is the church boiler's turn to play up. At the time of writing I am waiting for the engineers to come and replace the flue fan unit. Back in the day, boilers were simple things, with a pilot light, combustion chamber and heat exchanger. Now they come with several circuit boards, one of which controls the fan and without which the boiler will not start.

I am hoping that getting this fixed will get us through the winter however the boiler is about nine years old and not in great condition, mostly because the boiler room is very damp, so we need to think about how to replace it. Unfortunately, that is not as straight forward as you might think as the Church of England's default position is not to replace gas boilers in churches (halls are ok). That means an electric solution, and we need to think about what that means for the congregation.

Full electric space heating is very expensive to run, albeit relatively cheap to install, and will do little to reduce our carbon footprint. Which is what this boiler ban is all about.

It is possible to install an air source heat pump in place of the boiler but such devices are expensive to install, expensive to run when not in a new build, expensive to maintain and don't produce enough of the right heat for an old radiator system. If anyone out there has fitted one to a poorly insulated old building and got it to work satisfactorily then I'd like to hear from you.

The growing consensus is that electric fan, under-pew heaters are the way to go as only the area where people are sitting is heated. I've yet to see an installed system so I don't know how these are controlled or how good they are at keeping people warm. It also begs the question how running something like Little Cherubs would work.

So with no clear alternative to our existing gas boiler I would ask all of you to think about how we heat the church in the future and also to think about what heating is needed for us to be comfortable during a service.

On a completely different tack, I plan to use the autumn to do a bit of church decluttering. Every church I have ever attended has been a magnet for 'stuff'. Probably useful at some point in time but not right now 'stuff'. The problem is that St Peter's doesn't have an abundance of cupboards.

But we do have a shed. So, with our new parish administrator's assistance in identifying items to go, I will move some of the things we don't need on a regular basis to the shed. So if you see someone going backwards and forwards between the church and the hall with 'stuff' on a wheel barrow then it will probably be me.

Best wishes to you all, Chris

# Mothers & Uthers

by Karen Rand & Anne Edwards

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

## Next Meetings

### Tuesday 8th October, 8 pm

Revd Karen Wheatley talk entitled 'Unsung heroes' Please come along to meet our new curate and give your support.

### Tuesday 12th November, 12.30-2.30 pm

Revd David Skitt talk 'Those whom Jesus remembered and admired'  
12.30 pm soup and a roll and a chance to catch up. 1.30 pm David's talk

### Wednesday December 18th from 10.30 am

Join us for cakes, conversation and festive fun.

## Mothers & Uthers

Mothers UNION  
Christian care for families



Please note: "Cakes and Conversation" is being paused until Easter. We hope that those who have enjoyed these monthly get-togethers would like instead to join with Rev'd Karen Wheatley in the monthly sessions on **Hymns we Love** (more details over the page).

## October Reflection

Throughout scripture, elements of family and community life in adversity are highlighted as issues to be addressed. Isaiah 1:17 calls us to seek justice and take up the cause of the vulnerable, whilst Proverbs 31:8 challenges us to speak out for justice on behalf of the voiceless. As we seek to address the impact of social injustice, we know that our faith is much more important than simply being a tool to supplement our social awareness. Rather it is the inspiration that awakens that conscience and then provides both the motive and the power to carry out our work.

## Monthly Prayer

Let us not turn from the world but be engaged within it.  
Where there is injustice let us strive for equality and dignity.  
May our actions be based upon Gospel values, our motives be to serve God alone, and through him, to transform this world.  
Amen

## November Reflection

A woman's place in her society or culture can affect the potential power she might hold. Thousands of women and girls struggle to be educated and live with the threat, fear and consequences of gender-based violence; the root of this is gender inequality. Yet Jesus embodied empowerment. He related to women on equal terms and sought to transform the unjust structures of his society. With wisdom and compassion Jesus broke down the cultural barriers of his day, conversed with women, met their needs and included them as his followers and supporters. May we mirror his example, in our day.

## Monthly Prayer

May our championing of women's equality and empowerment provide women with the means to lift themselves up in their communities; highlighting God's restoration of human dignity in relationships, based on love and justice, not domination.  
Amen



# Mothers' Union Donations Appeal

from Guildford Mother's Union

The Guildford Mothers Union has made an appeal for donations in support of various local causes. Donations will be greatly received at the members' meeting on 21st November. Opposite is a list of items requested by the women's refuges. If you would like to make a donation, please put your contributions in separate labelled bags/boxes for each refuge, to make the work of sorting easier and do not bring anything not on the list.

Guildford MU is asking for volunteer to help deliver the donations after the meeting. The Send branch already take donations to the Woking refuges and the Milford branch have taken responsibility for the Waverley refuge. A branch or a group of members is needed to take donations to the Guildford Action drop-in centre (this is in the Waitrose car park in Guildford) and also to the Woking night shelter in Goldsworth Road Woking. This could be done directly after the members' meeting or a day or two later, to suit the volunteers involved. Please do contact Shirley Martin if you could help with this simple but essential task (shirleym6550@gmail.com)

If you would like to support the four women's refuges in the Guildford diocese and aren't able to attend the meeting on 21st November, please contact Anne Edwards [anne.edwards@education.ox.ac.uk](mailto:anne.edwards@education.ox.ac.uk). Thank you - the refuges are always so appreciative of us supporting them.

## WASH LIST



### WOKING WOMEN'S REFUGES

Women's toiletries, sanitary products,  
cleaning products  
Tinned food and dried foods  
Washing powder and fabric conditioner  
Bubble bath

### GUILDFORD WOMEN'S REFUGE

Toiletries  
Tea, coffee

### WAVERLEY WOMEN'S REFUGE

Toiletries  
Dried food (eg pasta)  
Sanitary products  
Children's craft materials

### GUILDFORD ACTION

Cutlery  
Towels  
Men's toiletries  
Soap powder

### WOMEN'S NIGHTSHELTER, WOKING

Snacks (eg crisps)  
Toiletries  
Sanitary products

Thank you for your support!

# Hymns We Love

by Rev'd Karen Wheatley

*Rev'd Karen Wheatley, the new Assistant Curate at Hilltop Benefice writes:*

On my desk in my study I have a teddy bear. It's easy to see that he's very old and very well loved - he definitely belonged to my mother and possibly even to my grandmother. In particular, he has a characteristic smell, so when I want to remember these two special people, I take hold of him close and draw in a deep breath - precious memories with a sense of love and security.

Many of the older hymns we sing in church also connect me with my younger years - and especially so - since the truth expressed in these hymns even centuries ago is still as true today as it ever was since the day each was written. It is because of the timeless truth of God's great love for us here, today, that a series of monthly short talks called 'Hymns we Love' is coming to Walton-on-the-Hill during the autumn and winter.

This is an opportunity for members of our community to not only get together for coffee and conversation to celebrate some of our most well-loved hymns, but also to learn a little bit more about their authors, how the hymn came to be, and the Christian message it contains for today. Starting in October our gentle sessions will lead us through a series of five well-loved hymns. We invite all to come and join us where you will find a warm welcome, a cup of coffee or tea and friendly conversation.

You don't need to know anything about music or the Bible to come, and you won't have to sing if you don't want to. Hymns We Love is a relaxed opportunity to enjoy these songs and their stories and discover something new about the Christian message that inspired them. We look forward to welcoming you to Coffee & Conversation with Hymns We Love at St Peter's Church.

The first Coffee & Conversation with Hymns We Love starts on Wednesday 30th October, 10.30am - 12pm at St Peter's Church and continues on the last Wednesday of the month. There is no charge.

## COFFEE AND CONVERSATION WITH HYMNS WE LOVE

Come and join us at St Peter's Church from 10.30 to 12.00 on the last Wednesdays of October, November, January, February and March.

Led by Rev'd Karen Wheatley, Hymns We Love is a short series of talks which tell the stories of hymn writers and the messages behind their hymns.



All are very welcome

# Insight: God yesterday & today



*Our 97-year-old lay minister, Tom Rhind-Tutt MBE, shares his thoughts and experiences.*

## YESTERDAY....

I was 14 when the German Army overran France and drove the British Army all the way back to the beaches of Dunkirk where they were doomed to surrender and be taken as prisoners of war. Whilst for the 'Allies' it would be a huge humiliation and the loss of an entire army, both in terms of men and equipment.

I was a schoolboy living in Woodbridge in Suffolk and attending the local Grammar School.

The Battle of Britain was unfolding with German planes overhead every day and sometimes at night.



One day, mid-May, around lunchtime I was at school and I heard other boys saying that in Woodbridge some of the banks, shops and other local businesses had not opened that day and some people were reported missing. No one knew where they were. The mystery grew as more people were reported missing day after day. It was several days before I was able to understand the mystery.

This is what had happened..... On the 20th May our local police inspector telephoned some 25 people who were members of 'The Woodbridge Yacht Club'. He asked each person to attend the yacht club that day at 2pm.

Most of the members initially advised him that they were busy and could not come. The inspector told them "I have been instructed that this order comes direct from Winston Churchill our Prime Minister. Please do not be late".

All who were 'invited' were present at 2pm and found a Senior Royal Navy officer waiting for them. He explained that the Allied Expeditionary Force was trapped at Dunkirk and the Prime Minister wanted small boats to go and take troops off the beaches and ferry them to larger vessels waiting in the deep water of the North Sea. Would all those present volunteer to be part of Winston's 'little ships rescue fleet'?

At 6pm every one of those men and women at the meeting were on the quayside wearing warm clothes and with food for five days. Meanwhile, on the quayside there were lorries loaded with cans of petrol so every boat could be fully provisioned.

They soon sailed on the high tide, under their own power, for the eight miles to the mouth of the River Deben where a tug towed them to Ramsgate. The waiting destroyer gathered more tiny vessels and then headed for Dunkirk.

Meanwhile in Woodbridge, which had some 28 churches and chapels, the people prayed. Some churches remained open day and night with members praying round the clock for a week. They prayed that the soldiers might escape from the open beaches where the German planes bombed, and machine gunned the soldiers incessantly.

# Insight: God yesterday & today



Ten days later I heard that our boats were back on their usual moorings. I went straight down to the river and saw that all the boats had returned. Some had evidence of their adventures in the form of bullet holes, while others had blood on their superstructure.

## TODAY.....

Our summer in this country has been marred by murders and serious violence on the streets.



I'm sure you remember a few weeks ago, when the police expected another night of severe riots across the country. On those awful occasions many Christians, along with those of other faiths, prayed for calm and peace. Before I went to bed that night, I prayed that God would send the 'spirit of harmony and peace across our land'. What I did not know was many others were also asking for peace. I went to sleep still praying for a miracle and that the violence would stop.

In the morning, I woke with a real sense of dread fearing that on the TV there would be many reports of violence and colossal damage across our land. I turned on the TV. To my amazement the news was focussed on Gaza.

It was more than quarter of an hour before there was any reference to street violence in the UK. Then I learnt that the night before, right across the land, ordinary people had come out in their tens of thousands to deter the rioters and the police had contained protesters in every place.

I wept as I gave thanks to God for this miracle when we really needed help.

Then I recalled Dunkirk, when I was a boy, and how we felt when so many of our soldiers returned safely because the sea had remained calm for seven days, as everyone worked round the clock to save our army.

## OUR RESPONSE....

As a sincere Christian, I know that my prayers are one side of the relationship between God and myself.



We are taught by Jesus to live by faith in normal times and especially in times of crisis. My invitation to you is to start to find out what it means to be an active believer in Jesus Christ. Talk with someone who is a Christian. I am always ready to talk with you. Pray each day for guidance. Come to church for there is always a warm welcome.

Your Invitation – Tom is always ready to hear from our readers. if you would like to talk to Tom, just email '[tom@rhindtutt.com](mailto:tom@rhindtutt.com)'

# *Some news from Chinthurst*

*from Susan Trantnor*

We are delighted that Chinthurst Early Years has been named in two awards rounds this year. We were Highly Commended in the Category of Most Creative Learning Through Play in the Muddy Stilettoes 2024 awards in April and then went on to be shortlisted for Independent Pre-Prep of the Year in the Independent School Parent awards 2024. It is lovely for our Early Years to be recognised for its innovative and fun approach to learning. We want our children to be ready for everything and anything and we believe the best way to achieve this is by nurturing their natural curiosity. That's why the Chinthurst Curiosity Code is at the heart of all our teaching and learning in the Early Years.

Curious children have an innate desire to explore and discover. We like to think of ourselves as 'detective teachers', diving into each child's unique learning style to boost their skills and confidence. 'Why' and 'How' are the magic words that turn our children into little learning explorers. We encourage children to use all their senses—feeling, smelling, wiggling, and squeezing their way to new discoveries. STEAM (Science, Technology, Engineering, Art and Maths) activities provide endless opportunities for creative thinking and teamwork without the pressure of fixed outcomes.



A simple story like The Gingerbread Man turns into an adventure as children invent clever ways for him to cross the river—some build boats, others rafts or bridges. It's a fantastic way to generate ideas!

Drama and language teachers also weave exploration and self-expression into their classes. At Chinthurst, fostering curiosity is at the core of all our learning. Our goal is to ignite a lifelong love of learning in every child, making each day a joyful and exciting journey.



# News from TWRA

by Mike Fox

The last few months have been a busy time for TWRA with responses needed to the proposals for the Shelveys Way Improvement Scheme, the government's National Planning Policy Framework (NPPF), the proposal to close Banstead Fire Station and the Reigate & Banstead green spaces consultation. Unfortunately, by the time you read this article the opportunity for you to have a say will have passed. However, even if you missed the deadline you might still be interested in seeing what TWRA has said on your behalf and there may yet be some further opportunities to register your opinion, for example by writing to your councillors or MP.



The Government's proposed National Planning Policy Framework in particular will have a major impact on Reigate & Banstead with a requirement to build nearly double the number of dwellings previously anticipated. TWRA's response identified some significant issues with the Government's methodology in arriving at this huge increase and its potential impact on the Green Belt. Do please visit the TWRA web site to read about these and other important issues in the section [www.twra.org.uk/news](http://www.twra.org.uk/news).

## Flu Season

It is the time of year when Flu and COVID vaccinations become available. If you are eligible for free vaccinations (over 65s, pregnant women and those with certain medical conditions) you should now be able to book either vaccination via your GP or local pharmacy. For more information, see <https://www.nhs.uk/vaccinations/flu-vaccine/>

## Changes to BT landline services



BT landline customers should be aware of the planned roll-out of BT's "Digital Voice", which will change the way voice calls are carried to and from homes and over the network. BT will inform individual customers of the timescale for the change – for most customers this should be a relatively simple process with no changes needed to existing household handsets. For residents that were unable to attend the recent briefing event in Banstead, please note there could be some issues if you have a burglar- or medical alarm system linked to your landline service. You may need to check with the supplier of these alarms and other devices to ensure they will continue to work with the new digital service.

You can find more details on the BT web site here: [www.bt.com/help/landline/digital-voice-migration](http://www.bt.com/help/landline/digital-voice-migration)



**Friends of  
St Peter's**

**Come and enjoy an evening of**

 **WINE TASTING**

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**Friday 15th November 2024**

**at the Lord Riddell Hall, Deans  
Lane Walton on the Hill From  
7.30 pm**



**Tickets £15.00 per person**

**Wines, Cheese and biscuits included  
Professional guidance from  
Vineking, Dorking**



**Contact:**

**Philip Truett: tel: 813832;**

**email: [philip@truett.co.uk](mailto:philip@truett.co.uk);**

**Or: Mo Atkins; 07799 136894**

**[moatkins5@gmail.com](mailto:moatkins5@gmail.com)**

**In aid of Friends of  
St. Peter's Walton on the Hill**

# *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 main service 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 October - November*

<b>Sunday 6th October</b>	8am Holy Communion (1662) 11am <b>Harvest Festival</b>
<b>Sunday 13th October</b>	8am Holy Communion (1662) 11am <b>Family Communion</b>
<b>Sunday 20th October</b>	8am Holy Communion (1662) 11am <b>Family Service</b>
<b>Sunday 27th October</b>	8am Holy Communion (1662) 11am <b>Parish Communion</b>
<b>Sunday 3rd November</b>	8am Holy Communion (1662) <b>11am All-Age Service</b>
<b>Sunday 10th November</b>	8am Holy Communion (1662) <b>10:50am Remembrance Sunday Service</b>
<b>Sunday 17th November</b>	8am Holy Communion (1662) 11am <b>Family Service</b>
<b>Sunday 24th November</b>	8am Holy Communion (1662) <b>11am Parish Communion</b>

# Open Group

by Mo Atkins



Following Open Group's successful afternoon hosting 'Teas on the Green', at Christ Church, Brockham, in July, it was decided to serve 'Teas in the Churchyard', at St Peter's in August.



Very many thanks to everyone who rallied to help by providing delicious cakes and biscuits (Penelope's shortbread always a winner!) and in setting up and/or clearing away.

After a breezy start (while erecting the gazebo!) the weather was perfect. Bunting in the trees (thanks Bill!) and gingham on the tables, made for a quintessentially English scene. All the tables were occupied and lots of 'cuppas' served amid friendly chatter and social interaction.



John enjoys a cuppa with Ivana!



It was great to see 'Little Cherub graduate', Rose, on her fourth birthday with big sister Lola and Mum and Dad. Everyone joined in with a cheerful rendition of, 'Happy Birthday to You'!



Philip arriving in style!

It was rewarding to receive an email of thanks, with the following comment...

*'It was such a happy occasion and a real community scene in a lovely traditional way - straight out of "The Archers" the way one pictures village life in England.'*

On the other hand someone had remarked, lightheartedly, during the afternoon that it looked the perfect setting for a 'Midsomer Murder!'

Thanks to generous donations £330 was raised towards the work of St. Peter's.

Further Open Group news will be transmitted by email and weekly church notices. If you would like to join the Open Group distribution list (or unsubscribe) please email [waltonopengroup@gmail.com](mailto:waltonopengroup@gmail.com)

# Village Kitchen & Note from Norma

by Mo Atkins & Norma Darter

**The Village Kitchen** resumed service, in the Riddell Hall, on the second Saturday of September. Folk were glad to meet up again and enjoy food and fellowship after the August break. Proceeds continue to be shared between Barnardo's, Maggie's at The Marsden, and The Patchworking Garden Project, Dorking.

All are welcome to the next Village Kitchen **Saturdays, 12 noon to 1.30 pm, on 12th October and 9th November.**

## A Note from Norma

As I write, the events of yesterday, an unlucky Friday 13th of September, are fresh in my mind! Bill had taken Betty and me to Ashtead Market for a coffee and a mooch around. Bill was then to head off for an hour or so, after which he would return, and the three of us would drive to a garden centre for a spot of lunch. Sounded like a good plan on paper...but...alas.... our car had other ideas and packed up! Poor Bill was stuck in a car park in Leatherhead. James came and picked up Betty and me from Ashtead with all our bits. He took us to see Bill, but we were no help there at all, so James took the two of us home. Bill had called the breakdown service and would wait patiently for help to arrive. But assistance was not swift at all. Over the course of the next few hours, Bill waited and waited; he called the breakdown people again, and again. I rang them twice too, the second time at 5.30pm when I was told they would be there between ten past six and ten past seven! That's when I lost my cool! Having told them Bill was 87, that he had been waiting for several hours already and was upset and agitated, they suddenly made him a priority! Tip: If you're stuck on a car park it seems you fall to the bottom of the priority list as you are deemed to be in safe place (compared to drivers who may be

stranded on a motorway hard shoulder, for example). However, telling them Bill was 87 would have moved him up the list earlier apparently, had we told them!

Eventually our car was towed home by a friendly and sympathetic man. Obviously, I know now that we should have told them right from the start that Bill was old (my fault!). Once home again at 7.20pm, Bill was fine. Not sure I could say the same for my nerves though!



Before I sign off, I've just heard the words 'it's that time of year' advertising Strictly Come Dancing. Well, it's also that time of year to start advertising the Royal Marsden Christmas cards! It might seem a little early to be mentioning this in September, but if you wish to support this charity and buy some cards, please get in touch. Cards will be on sale at the Village Kitchens, Curzon film shows, table-top sales (one on the 19th October in the Riddell Hall) and at various coffee mornings (including Marilyn's open charity day on Friday 15th November). They will not be sold online this year.

Hope to see you all at various local events, take care and best wishes,  
Norma. 07742190308.

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# *The Arts Society*

by Susan Adilz



## **The Arts Society Walton on the Hill meets**

Riddell Hall, Deans Lane,  
Walton on the Hill, KT20 7UL

Third Thursday each month

**Coffee 10.00 – 10.30 am**

**Lecture 11.00 – 12.00 pm**

Experts on Fine & Decorative  
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Membership: Mike Roshier

01372 813196



[www.theartsocietywaltononthehill.org.uk](http://www.theartsocietywaltononthehill.org.uk) Guests welcome £5 per lecture

The Arts Society Walton on the Hill meets 10.00 – 12.00 in the Riddell Hall for interesting lectures on a wide range of art related topics. Guests are welcome at £5 per lecture.

### **Dates for the Diary:**

#### **Thursday October 17th**

Dinosaur Sculptures of Crystal Palace, Dr Aaron Hunter

#### **Thursday November 21st**

Renaissance Cassoni: wedding chests and the art of marriage in 15th century Florence, Anna Warrilow

#### **Thursday December 19th**

Shepard's Christmas, James Campbell

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# News from Walton Village Forum

by Emmeline Moore

The Walton Village Forum has a lot to celebrate at the moment. Lots of village projects that have taken long periods of time, involving numerous volunteers, are finally proving fruitful.

Our biggest to date is the brand-new modular pavilion at Howard Close built by Portable Offices Limited. It must be noted that Portable Offices have been a pleasure to work with, as has Oakley Homes; a local building company who completed the groundwork.



One of our proudest moments was seeing the ribbon being cut by Rod Ashford and reigning May Queen, Abigail Caulkin. So much effort and energy has gone into this project which has taken nearly five years to complete. Without the help of Ed Moore, Marilyn Ridgewell and Oakley Homes in particular, this project would have fallen at its feet. But with lots of perseverance and knowledge in this field, Walton Warriors finally has a safe space for its club members to use - which we are truly proud of.

Thanks must go out to Reigate and Banstead Council fund for its substantial financial support;

Rod Ashford for his infinite commitment to our local area as always; Walton Warrior's for the instigation, donation, patience and dedication; the May Pageant for their kind donation and support; and everyone involved in fundraising for this fantastic achievement. From extremely successful golf days at Walton Heath, to outdoor theatre performances at Breech Lane, so many local residents and businesses have helped to get this off the ground. We are extremely proud of what can be done if we all pull together.

Our next project is small in comparison but very much loved. Our beautiful bench around our oak tree on the Green, has decided it's time to retire. As suggested by Walton Village Forum members at our last meeting, we have applied to Reigate and Banstead's Your Fund Surrey for financial help in replacing it, which I'm happy to say has been successful. Our new bench has been purchased with approval from Reigate and Banstead Borough Council. It may even have already been fitted by the time you read this. Reigate and Banstead have also been notified that the large oak tree needs some trimming. Following an application to the council's Green Spaces team this should be completed within the next few months.

Lastly our large green village sign as you enter the village from the Tadworth direction has seen better days and again the council have been fantastic in funding a new one for us. A new sign is in the making and will hopefully be in place shortly.

What a fantastic village we live in! Let's continue to look after our area of outstanding natural beauty.

Best wishes, Emmeline Moore

# Walton Parochial Charities

**Providing help and creating hope in Walton on the Hill**  
**Are you struggling to make ends meet?**



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

**This fund was created some time ago to provide relief for those  
'in need,' the sick or disabled, distressed and the elderly within  
the Walton on the Hill parish**

## **How can we help?**

If you or anyone you know is struggling to make ends meet and could do with some help then please ask them to leave a message in confidence of course at the St Peter's Church office on 01737 668254 and someone will return their call. Alternatively email [admin@stpeterswoth.org](mailto:admin@stpeterswoth.org)

**We Want to Help.**



# Tadworth Overseas Aid Trust (TWOAT)

*TWOAT is a local charity which helps provide funds to communities in poor countries for small scale projects that can create a long-lasting benefit. Typically, these include the provision of medical, educational and community facilities and the promotion of new techniques for irrigation, education and organic farming.*

I reported in the last edition of WoW that TWOAT had had very generous offers from two of our supporters acting anonymously to help us increase the number of regular givers with recurring payment types (direct debits or standing orders). Both supporters offered to match the annual value of any recurring payments set up by our supporters before the end of September.

Now, as I write during the first week of September, we have already received pledges which, coupled with the matched funding offers, will bring in more than £20k over the next 12 months. We have already received some of the matched funding and the increased pledges have enabled us to give brilliant news to several of the projects we help.

We have told the school we support for refugees in Thailand, who have received more children fleeing Myanmar government bombing, that we will be able to fund school lunches throughout next year for an additional 50 children (picture below). We have also sent them a one-off donation of £1,000 to buy the extra desks, books and other items they will need. We are aware that due to cost-of-living increases in Thailand, similar to those we have experienced in the UK, their actual lunch costs will still not be fully covered by our donation. However, for the next few months they have other reserves they can call upon and we may be able to cover the cost-of-living increases with additional funds in 2025.



The Mother's Union school we support in Madagascar has recently confirmed to us that the number of children seeking to attend has increased to 76. They are constructing two new classrooms part of whose costs were covered by £2,000 generously donated by St Peter's Church in Walton last year. They are also recruiting an additional teacher. We have already sent them over £3,000 this September to help towards these increased costs and the additional matched funding donations we are expecting should enable us to sustain our support next year.

We received a specific recurring payment donation for the Epilepsy Clinic that we support at Berega Hospital Tanzania. This has enabled us to cover a 30% increase in the costs of the medication which we fund for all the patients. Part of this cost was to give each patient in outlying villages an extra month's supply of drugs. Some of these patients were unable to attend the monthly clinic sessions in their own village, where drugs are dispensed. They were therefore in danger of running out of the medication that is critical for controlling their seizures.

In addition we are currently reviewing the level of support to all our other projects to see how they have been impacted by the inflation that has occurred in both the UK and the rest of the world over the last 3 years.

As our AGM and dinner in St John's Hall, Tadworth, is not until Nov 9th, we will not be producing our Annual Report, which includes information about all the projects we support, until October this year. You can read the Annual Report and more about our activities and see how you might be able to support us on our web site [www.TWOAT.org](http://www.TWOAT.org). If you want to attend TWOAT's Annual Meeting and Dinner please contact Chair Mike Fox on 01737 350452.



# *Well-being - Mental Agility*

by Tracy Latham

Autumn has come round again – with all its rich colours, falling leaves (and temperatures) and slightly melancholy morning mists.

I wonder if you find the predictability of the changing seasons a comfort or a challenge – is it – here we go again with a smile or a sigh? Or perhaps a mixture of both? Perhaps our enthusiasm for the rhythms and cycles ebb and flow with our energy levels – which can sometimes be far more changeable than the seasons!

The seasons do change, and each year does follow some predictable patterns – but at the same time no day, week or year is the same. I am struck also by how our experiences of the ‘same’ things do change, evolve, fluctuate ... and I find myself wondering what impacts my experience and whether I have any control over it.

Aside from energy levels, two of the things I have discovered have a big impact on my experience of something, are expectations and attention.

Expectations can be powerful but often quite unconscious and unspoken. They can be useful because they tell me a lot about my own and others’ ideals and values, but they can also be quite unhelpful when they prevent me from enjoying or benefiting from what ‘is’ because of my disappointment about what ‘could’ or ‘should’ have been. This can be true when it comes to our expectations of ourselves, others and/or the world around us. Psychoanalyst Karen Horney coined the phrase ‘the tyranny of the shoulds’ and I find this helpful because most of us recognise that tyrannical states don’t tend to lead to human flourishing – so it seems probable that releasing some of our shoulds could promote our well-being.

Attention is also something that can be quite ‘automatic’.

My attention can be drawn ‘automatically’ to what is ‘not right, ‘negative’ or ‘threatening’. It can be helpful to recognise and hold in mind that the depressed brain has a negative bias and the anxious brain a threat bias. Unfortunately, this means that if we are feeling a bit low we may notice the negative more – which can make us feel lower. Or if we are feeling a bit on edge our attention to anything a little threatening is heightened. Unfortunately, focusing on the ‘threat’ keeps me in a heightened and reactive state – which is not always conducive to me having the most fulfilling experience of something. Our reactive brain sends us in to ‘fight, flight, freeze or fawn’ – so we may become very critical and combative (fight), withdrawn and unavailable (flight), paralysed (freeze) or trying to please everyone (fawn).

So, learning to take a moment to breathe and recognise what state I am in as I enter each day or event can be helpful. Recognising I feel a little low or nervous can help me regulate the bias of my attention and even a five or ten degree shift in our attention can make a significant difference to our experience. Reassuring myself when something feels unfamiliar and/or threatening might help me avoid reactive behaviours and therefore alter my experience.


All of this does take some effort – it is a ‘work-out’ for our mental health. But I think the more we do it the more agile we become, and this can help us in our daily experience of life. Most things in life are not static, and I tend to see the state of our mental health as on a spectrum between fragile and agile. Working on our mental agility by becoming more conscious of our expectations and attention bias can help us make more space for more nourishing things like gratitude, contentment and celebration of the good.

A photograph of a harvest display featuring pumpkins, gourds, and autumnal decorations. A string of burlap bunting hangs across the top. The background is softly blurred, showing more of the display and possibly a church interior.

**Harvest Service, St Peter's Church  
Sunday 6th October, 11 am**

**We will be collecting donations for the  
Epsom & Ewell food bank.  
Thank you for your support.**

**[https://epsomewell.foodbank.org.uk/  
give-help/donate-food/](https://epsomewell.foodbank.org.uk/give-help/donate-food/)**

A photograph of a field of red poppies in the foreground. In the background, a sunset sky is visible with several military aircraft silhouetted against the orange and yellow light.

**Remembrance Sunday Service, St Peter's Church  
10th November, 10:50 am**

# Rascal Club Newsletter

by Sam Fountain

Do you find yourself living with minor, or even major ailments? They might be anything from painful knees, ankles, shoulders, neck or back, hips that keep you awake at night and even wrists or hands that you can't rely on. Pimples on your tongue, bloated tummy, flushed cheeks, weak bladder or bowels, dizziness..... the list goes on.

You might wonder 'why'? Why does this or that hurt when my lifestyle hasn't really changed and I have a pretty healthy lifestyle.

Did you know, the human body begins to lose muscle mass from age 30. The official term is 'sarcopenia' which is the decline in muscle mass and function. It happens all over the body, not just from the muscles you can see. And chronic diseases increase the decline more quickly.

The good news is, you can stop this decline. How? Just by lifting heavy things three times a week and daily movement. Variety and repetition is the key to long, strong muscles and to live a longer stronger life. Connecting our brain and body in new, difficult ways, helps us thrive. Addressing muscle wastage involves a combination of physical therapy, targeted exercise programs and nutritional support to help rebuild muscle tissue, improve overall strength and enhance quality of life.

An average 30-year-old, 5ft 4in female who weighs about 10 stones and who doesn't exercise; has a muscle mass of about 30% of her total body weight. After just one year, the muscle mass would be 1% less (up to 5% if she was in her 60's). However, the good news is, if this female lifts weights, eats an optimal amount of protein and nutrients, she could gain muscle of one to two pounds (0.5 to 1 kg) per month! Men, will have a higher muscle mass percentage on average and find building muscle quicker.

So, as you can see, the 'problem' can be easily solved - with just three lots of 45 minutes' exercise each week. The more muscle you build at as young an age as possible, the slower the overall deterioration. Even if that means starting age 60 rather than 70!

Fear not ladies, and sorry gents, you aren't going to 'bulk up'! You will tone up and you'll find that as fat disappears, you will look smaller because muscle is denser and more toned. Did you know- the more muscle your body is made of – the more calories you will burn in your sleep?

A great way to monitor the quality and quantity of what you're eating is to track your macros. To do this it is useful to use technical scales to tell you what percentage of your body is made up of water, muscle, visceral fat, versus subcutaneous fat etc. Adequate hydration is key with our body being 50% water. Water is crucial for all bodily functions including being able to lose unwanted fat.

And finally, I expect you've been visualising the muscle and body tissue you can SEE. However, the most important organs are your HEART, LUNGS, LIVER....etc. Every cell in you body needs repair and replenishing. The more your blood flows due to exercise, the quicker the nutrients will be distributed, which gives your body the chance to heal and thrive, all from the gut, brain, bones, ligaments, muscle through to your skin too.

At The Rascal Club we specialise in fixing humans and our six week Transformation Programs at £300 are tailored to you. Whether that be preparing for hip replacement, supporting gut microbiomes to fix internal pain, or developing athletes to Team GB level – we love what we do.

*"My hip surgeon, said he'd never seen such great glutes and that 'whatever I'd been doing' kept me going and helped me recover after the op – the best he'd seen! All down to The Rascal Club"*

*"My daughter has worked on her core, balance and muscle strength over the last six months. As a county netballer, she had amazing cardio fitness and skill, but kept injuring herself- she's been injury free since the first week with The Rascal Club. She's also listened to them about how to fuel correctly – kids never listen to their own parents do they?!"*

The Rascal Club Tel: 07795239497  
www.TheRascalClub.co.uk IG: @therascal\_club and  
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# CHRISTMAS LIGHTS

## LIGHT UP WALTON



The Feast of St Nicholas, **FRIDAY, 6th December** will see the lighting up of Walton's Christmas Trees. Everyone welcome!

## 5:00pm: LIGHT UP MERESIDE

The 'House on the Pond' will switch on its customary, colourful display of Christmas lights, this year with new illuminations!

If you are passing, please give a big **CHEER ACROSS THE POND** and appreciate the beautiful reflections in the water.

Wend your way carolling through the village, en route to St. Peter's Churchyard. Admire the Christmas Garlands, dotted along Walton Street.

**SPOT** the lights at **Gun Corner!**

## From 5:15pm GATHER IN ST PETER'S CHURCHYARD

Join us for this short but fun tree-lighting ceremony with carols led by the church choir and local band, 'Low Key Affair'. Mulled wine, spiced apple juice and mince pies will be served. Donations invited in aid of TWOAT (Tadworth & Walton Overseas Aid Trust). Please give as generously as you can. For further information please contact Mo: 07799136894.



The background of the advertisement is a photograph of a forest floor covered in a dense carpet of purple and yellow flowers. Tall, thin tree trunks are visible in the background, with sunlight filtering through the canopy, creating a warm, golden glow. The Michael Everett logo is centered in the upper half of the image, enclosed in a white box with a red border. The logo features the name 'MICHAEL EVERETT' in a serif font, with a red checkmark symbol integrated into the letter 'V' of 'EVERETT'.

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The Michael Everett logo is repeated in the bottom right corner of the red footer. It consists of the name 'MICHAEL EVERETT' in a serif font, with a red checkmark symbol integrated into the letter 'V' of 'EVERETT'. The logo is enclosed in a white box with a red border.

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