

Window on Walton

April - May
2025



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

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Editor's Note

Olivia Rowntree



Welcome to the spring edition of Window on Walton. The daffodils are in bloom, the evenings are getting lighter, and the warm and sunny spell we had recently is a gentle nod to Winter that it's time to be on his way. I don't know about you, but at this time of year, when nature is awakening from her slumber, I feel my energy levels being restored and my mind and soul filled with a renewed sense of hope, optimism and enthusiasm for the new season ahead.

We need to hold onto that feeling, because as we look at the troubles in the world around us, it's easy to feel quite the opposite of hopeful and optimistic. The upcoming 80th anniversary of VE Day in May will see four days of celebrations marking the end of the Second World War in Europe. Whilst this will be a time for celebration, it also serves as a poignant reminder of the immense human sacrifice and the fragility of the life and freedoms we take so much for granted. Commemorations are due to begin on Bank Holiday Monday, with a Military procession and a fly-past in London. On 8th May there will be a service of remembrance and thanksgiving at Westminster Abbey followed by a concert. Street parties will no doubt take place up and down the country - if you're

planning one, fingers crossed for warm weather - and do send in your photos!

Later in May, Walton on the Hill villagers will be coming together in another celebration of community life, for the May Pageant. Further details on pages 24 and 26. Do come along to support this voluntary-organised event which supports a number of local charities. The Open Group and 'Friends' will be back again this year with the Tea & Cakes Tent and Posh Bottle Stall, and there will be a special May Pageant family service at St Peter's on Sunday 18th.

Quick appeal: St Peter's relies heavily on the generosity of parishioners volunteering their time or making donations to support the work of the church and keeping the building in a state of good repair. We're very grateful to any support people are able to give, be it time or money. If you would like to know how you can get involved in volunteering, please email admin@stpeterswoth.org You can also make a donation at church on a Sunday, in cash or using the card machine. Alternatively, you can also donate by scanning the QR code below. Many thanks.

Happy Easter everyone!

If you enjoy reading Window on Walton, did you know you can sign up and have it hand delivered to your door, six times per year for just £10? You can also contribute to future editions or advertise with us.

For more details contact our church administrator (admin@stpeterswoth.org)



Colour Ad Size

- Full Page
- Half Page
- Quarter Page

Price / Annum

- £180
- £100
- £80



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



I started Lent with 20 others in St Andrew's on Ash Wednesday saying that the Theologian and author Jim Packer spoke of the process of Repentance as a virtuous spiral in which we turn from all we know of our sin, to give all that we know of ourselves to all that we know of God.

In His mercy the unseen God, who sees all that we do, shows us slowly the things in our lives that need to change, he helps us to get to know our true selves and he reveals more of Himself to us. And when we are hungry for the Presence of God, we are hungry for what makes us real, now and for eternity.

Patricia St John in a children's devotional writes of a Canadian Minister; who staying at a small hotel was invited to take a service by the owner and notices the dejectedness of one of the staff members.

She asks him to teach her a prayer, which he does (a five word prayer) "Lord show me my self?" She was to pray that for a week until he returned. A week later he did return and found the staff member worse off, aware of things in her life that were wrong and not knowing what to do about them. So he gave her another prayer (again just five words) "Lord show me your self?" That prayer, he said, she could pray for the rest of her life.

Years later he came across her again and she said: "I've prayed that prayer every day since you left... he's shown me himself ... I am learning to love him more and

more... I shall go on praying that prayer every day until I see him."

When God shows us the things that are wrong in our lives it is so that we can be free. It is so that we turn from it and be forgiven... freed now to look not behind but forwards to all that the Father has for us. As God show us ourselves it is so we grow in confidence in the identity he has given us and discover the gifts and ministries he has planned for us. Whatever our stage of life. As He reveals more of Himself to us, it is so that we grow in our love for Him and desire for Him.

Lenten Prayer 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.

John Birch @ www.faithandworship.com

Easter Services



Easter 2025

Monday 14th April

10am Lent Course at St Andrew's

12.30 – 2pm Lent Lunch at St Andrew's

Tuesday 15th April

9pm Compline on ZOOM

Wednesday 16th April

9pm Compline on ZOOM

Maundy Thursday 17th April

7pm Prayer Book Communion in St Mary's

Good Friday 18th April

10am Open Air Service by the Mere Pond in Walton-on-the-Hill and 10.30am Family Service in St Peter's

12noon Carrying the Cross from St Andrew's

12 – 2pm Reflection and Contemplation of the Stations of the Cross in St Mary's

2 – 3pm An Hour at the Cross in St Mary's



contact: admin@stpeterswoth.org for Compline Zoom details

News from our Churchwarden

by Chris Grayson



On stonework and heating and other things.....

A few months back, you may recall we had an issue with the calling bell which caused one of the clock weights to fall into its sand pit in the tower. A bit scary at the time but not a major issue, although we have now changed the rope to a different bell to avoid any repeat event. That's why, for those who ring it, the calling bell is heavier to pull! The falling weights also broke the sandpit guardrail, so a few weeks ago I threaded a new piece of timber up the spiral stairs and into the bell/clock chamber to replace said rail. Another job successfully ticked off the list.

The same day I 'planted' three little signs around the church alerting the general public to 'falling items'. These falling items are, in the main, small flakes of stone or cement that detach themselves every once in a while from the church. They tend to fall close to the church walls so, whilst there is little risk, please heed the warnings and don't shelter next to the church walls in the wind and rain.

In the scheme of things our stone repairs are quite modest, to the point that most stonemasons have not wanted to price them as they can work more effectively on bigger contracts. However, things are moving forward, and I'm pleased to report that we now have permission to proceed with the stone repairs. Next steps are agreeing with the architect who we will appoint to do the works, and checking with the PCC and the 'Friends'

that we have the funds. Depending on the availability of the stonemason, hopefully the repairs will be completed sometime this year.

Elsewhere, we continue to look at options for the replacement of the church heating. Many thanks to all those that contributed to our recent questionnaire. The feedback was very useful and will help inform our decision-making

We plan to present our initial heating options to the PCC in April. A key factor in our decision-making will be the local power grid, which places limitations on our ability to upgrade the electrical supply to the church. So, as well as looking at heating solutions, we are also looking at thermal insulation for the walls and roof to improve heat retention.

It seems that there are no easy answers if we really want to de-carbonise our church heating system, which I personally think we should try to do. But it seems that the viable solutions will all cost a lot of money. Which makes the question a moral one as well as a practical one; is this the best use of parish funds at a time when there are many local charitable organisations in desperate need of funding. As a congregation we need to carefully consider what we want from our church building. Perhaps, rather than heating the church to 20 degrees celcius, we should hand out blankets during the winter months! Just a thought.

The poster features a light blue background with a string of colorful Easter eggs hanging from the top. The eggs have various patterns: purple with a grid, orange with a zigzag, green with a dotted pattern, pink with horizontal stripes, and blue with a dotted pattern. There are also small colorful flowers hanging from the string. The title 'EASTER EGG HUNT' is written in large, bold, blue letters. Below the title, the date and time are given in red, followed by the location in red. A message in red invites people to join for fun, crafts, games, hot cross buns, and Easter eggs. At the bottom, 'ALL WELCOME!' is written in blue, with contact information in blue below it. The bottom of the poster is decorated with several large, colorful Easter eggs with various patterns (green with a grid, pink with a zigzag, blue with a zigzag, yellow with a dotted pattern, purple with a dotted pattern, and pink with a dotted pattern) and colorful flowers (orange, purple, yellow) on green stems.

EASTER EGG HUNT

TUESDAY 8TH APRIL 2025

2:30-4PM

**THE PAVILION, WALTON SCHOOL
PLAYING FIELDS, BREECH LANE**

**PLEASE COME AND JOIN US FOR FUN,
CRAFTS, GAMES, HOT CROSS BUNS AND
OF COURSE EASTER EGGS!**

ALL WELCOME!

stpeterswoth.org admin@stpeterswoth.org

Insight

Our 98-year-old lay minister, Tom Rhind-Tutt MBE shares his thoughts and experiences



When I was a boy, I was singing in the 1930's Parish Church Choir, and I attended some very impressive services as well as the regular National Day of Prayer. These were occasions when the King called the entire Nation to prayer. There were civic services in every place across the land.

Parish churches welcomed civic leaders along with political and religious parties of every hue as they went there to pray; to hear God's word recited and to sing some lovely hymns. We're reminded that God is our guide and protector. I am sure these occasions were helpful reminders and encouraged people to put their faith in God and to seek His justice.

I lived through the Second World War and through the decades since then. It is so different now, for there is no reference anywhere to national days of prayer. Indeed, looking at church notice boards, you would not perceive that we are living in times of great danger and facing a potential third World War.

In conclusion, I believe our future is very much in our own hands. When we pray and ask God to guide us, he starts a dialogue process. My belief is that in every Christian community there should be an active prayer group with people from every sort of background who share in the sincere faith in Jesus Christ. They should meet regularly to seek His guidance and to pray that our leaders may be committed to the cause of Kingdom-building, so delivering true justice and peace.

email: tom@rhindtutt.com

Read, Mark Learn

Lucasta Grayson

St Peter's has run a Bible study group, 'RML' (read, mark ,learn), for several years. Initially held in the church and run by Harry, I took on the leadership of the group a couple of years ago and we now meet at my house in Sandlands Road,

We've covered a number of topics during that time, including an in depth look at the Lords Prayer, the Book of Psalms and most recently a re-thinking of the Nativity through the eyes of women who were part of the story. It's good to have the time and space to unpack these elements of The Bible in order to deepen our understanding.

We've taken a break to support the Lent course which is running across the Benefice, but we'll be resuming our regular meetings after Easter. The sessions are on a Thursday evening and are relaxed and informal with lots of time to chat and, of course, there is always tea and biscuits.

We all lead busy lives, and so I make sure that each session stands alone and there is no need to commit to attend each week. All are invited to join us, as and when it is convenient. If you are interested then do let me know at lucastachris@btinternet.com, and I will add you to our circulation list so that you are kept up to date with our schedule. I am always looking for new ideas to make our discussions engaging and thought-provoking, so please let me know if you have any suggestions for topics and/or course material to cover in the future.

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

We Want to Help.



Mothers' Union

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!



February Meeting

In February we were blessed with a bright and sunny day for our half-term 'walk and talk'. Karen led us on a walk on the heath and there was a quiz to entertain the children on the way. We returned to St Peter's for a packed lunch and there was tea and homemade cake to share. After that we played a range of games that were designed to entertain the children and which we all thoroughly enjoyed!

March Meeting

On Tuesday March 11th Mothers and Uthers met at lunchtime for soup, bread and cheese, followed by a Lent Devotion led by the ever-popular Rev'd David Skitt.



The theme of the Devotion was Landscapes of Lent. David offered us meditations and encouraged our reflections, while constantly grounding these in gospel readings and amusing yet meaningful anecdotes. As always, David was supported by Fiona Gaynor who read the meditations, and Margaret Samuel who brought music

to our reflections. David's closing remarks emphasised relationships and friendships, and we noted how his Devotions, and not just the soup, brought us together in happy fellowship.

Forthcoming Meetings

Tuesday 8th April - all welcome

Hymns we love

Wednesday 30th April

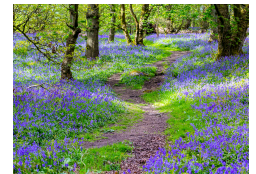
Joins us for a coffee, chat and a look at our favourite hymns.



Tuesday 13th May

Bluebell Wood Walk

See flyer opposite for more details!



Tuesday 10th June, 10am -2.30pm

Quiet Day at St. Nicholas, Peper Harow
This will be led by Gertrud Sollars, a former Warden of Readers and a Spiritual Director. The title of the Quiet Day is "Comforting and Disturbing - the Wind Blows Where It Will."

Thursday 19th June, 7,30pm

Joint meeting with Tadworth MU, 'Christianity comes to Britain'
The Venerable Moira Astin, Archdeacon of Reigate .

Spring Walk

Tuesday 13th May

Meet at **St Peter's at 12:30** to walk to
Headley - **or** meet the walkers at the
Cock Inn at 1:30pm for lunch.

Please contact Lucasta if you intend to join for
lunch:

lucastachris@btinternet.com
07913388654



MU Prayer Diary

by Karen, Rand



April - Love blooms



Reflection

Love blooms all around us this month. We begin to see God's goodness as creation starts to bloom. Then as we approach Easter, we prepare our hearts to see God's love blooming from the tomb in joyous resurrection. Both are a reminder of God's extraordinary love, and serve as a call to action, to pass on both the planet, and the Gospel message for generations to come.

Monthly Prayer

Lord, I light a candle as a symbol of love. I pray that the love you send me will be strong like a flame. May it blossom and radiate your love that blossoms in all. Heavenly Father, we come before you with hearts of gratitude and praise for the wondrous way love blooms in our lives. In the gentle whispers of kindness, in the warmth of fellowship, and in the selfless acts of service, we see your love reflected. May we be vessels of your love, spreading kindness and compassion wherever we go. Amen.

Creative Prayer

As you work with your hands creating beautiful things from fabric, remember how God has sewn together the fabric of the universe, creating something beautiful out of nothing. Dedicate your stitching as a time of intercession where thoughts and prayers are woven into the fabric to bring warmth, comfort, hope and love to those who will receive it. As you concentrate on your craft, be reminded of the love and care our God puts into each of our lives.

May - Thy Kingdom Come



Reflection

The central motif of all Jesus' teaching was the Kingdom of God, the rule and reign of God on the Earth. Jesus doesn't just announce the Kingdom of God, in him, the Kingdom of God arrives. But while the Kingdom has begun, it is not fully here – God's world is still characterised by pain, injustice, and death. To pray the words 'Thy Kingdom Come' is to express a desire and a hope for the world to be a better place. A world where lives, relationships and communities can have life, and life to the full, through faith in Jesus.

Monthly Prayer

Lord, as we gather in prayer across the world, we remember your plan of salvation where there are no barriers to hear the good news of Jesus Christ. Come, Holy Spirit, as we pray 'Thy Kingdom Come'. Father, we pray that it will bring us closer within our worldwide family of Mothers' Union so that 'Thy Kingdom Come' resounds around the corner and around the world. Amen.

Creative Prayer

During Thy Kingdom Come, we are encouraged to 'pray for five and invite one'. We pray for five people to come to know the love of God for themselves and we think about one to invite to a Mothers' Union activity. You can make a 'pray for five, invite one' keyring using these instructions to keep them in your hearts and prayers throughout Thy Kingdom Come: Cut a 30cm cord, fold it in half, make a loop. Tie a knot to secure it to a keyring. String a bead onto the cords. Tie a knot below the bead. Repeat this process four times and finish with a knot. Trim any excess thread at the end.

Little Cherubs

by Karen, Rand, Lucasta Grayson and Anne Edwards



The Nativity service was well attended and Little Cherubs had a wonderful time making Christingles and enjoying their Christmas party. There was also an opportunity to mark a big milestone for Jean, as she celebrated her 80th birthday. Congratulations, Jean!



Little Cherubs enjoyed celebrating Asher's 3rd birthday with him. Asher wanted to bring cakes in for everyone - and he certainly enjoyed eating one himself!



A colorful promotional banner for 'Little Cherubs'. It features a blue background with a pink banner at the top containing the text 'Little Cherubs for under 5s and their carers'. Below this, it says 'Play, Learn and Grow Together' in large, pink, stylized letters, followed by 'Tuesdays in term time 10.30am - 12pm' and 'St Peter's Church, Walton on the Hill'. A pink starburst on the left says 'New Term starts 7th Jan'. Logos for 'HILLTOP BENEFICE' and 'ST PETER'S CHURCH' are visible. The bottom of the banner includes the contact information 'More info: admin@stpeterswoth.org 01737 668 254' and is decorated with various colorful icons like paint palettes, pencils, and a toy truck.

Remembering Ellen Burkett

by Mo Atkins



Ellen Burkett, who died in December, at the age of 95, was a well known and much respected resident of Walton-on-the-Hill, for over forty years, living with her husband, Bob, in 'Little Lodge', on the corner of Breech Lane and The Thoroughfare. She was a familiar sight, supporting the local shops and could often be seen in her neat and tidy garden, tending the vegetables and flowers, always ready with a cheery 'hello' to passers-by!

Ellen's funeral was held in February, at Chichester. Her niece and goddaughter, Bridget, writes fondly: *"Auntie Ellen was such a kind and thoughtful lady. I was able to tell her anything. She was incredibly supportive to me, non-judgemental and I absolutely adored her. For many years she drove left-hand drive cars which quite often had to be started with the crank on the front of the car! She always kept a pair of driving shoes at the ready, under the front seat. She will be so sadly missed."*

Ellen's passing generated lots of happy memories from friends in Walton and beyond, all reiterating Ellen's kind and thoughtful nature, and her willingness to lend a hand and help others.

Jean Saul and Val Griffiths recall Ellen's commitment to the British Legion Poppy Appeal. *"Each year she would do the house-to-house collection and assist with the counting of the monies. Having worked for many years at The NatWest Bank in Dorking, Ellen's banking experience was a huge help."*

Lyn Freeman feels blessed to have been a neighbour for twenty years, remembering Ellen as *"amazing, a kind and very elegant*



lady." Always giving generously of her wisdom and time, she taught Lyn a lot about life.

Ellen was, at heart, a country woman and loved her working dogs. She was a great cook, tongue and brawn being a speciality. Bob's boys were well fed on their return from work at the village abattoir!

Later, for sixteen years, Ann Little was Ellen's next door neighbour and writes of Ellen's devotion to feeding Bob's horse, in Chequers Lane. Ann's great grandchildren loved popping in to chat to Ellen, in the garden. When Ellen's health began to fail, Ann was a good friend, keeping a watchful eye, before Ellen's final move to Chichester to be near her sister.

Ellen Burkett's was a life well lived and she is remembered with love.

CHINTHURST SCHOOL *Tadworth*

*A Junior School of Reigate
Grammar School*

**“Excellent
in all areas”** ISI 2023

*Co-educational school for
children aged 2 1/2–11
years*

WORKING OPEN MORNING – 25

September **EARLY YEARS FUN MORNING**
– 4 October



Visit www.chinthurstschool.co.uk to find out

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 ChinthurstSchool E: lhughes@chinthurstschool.co.uk

Jubilee Pilgrimage & News from The Arts Society

by Susan Adilz



"Jubilee Pilgrimage of Hope 2025 - Surrey Hills and Sussex by the Sea, 9 - 24 August 2025

To celebrate 50 years of The Diocese of Arundel & Brighton Ecumenical Walking Pilgrimages, the Pilgrimage this year will be coming through Walton on the Hill. The journey will consist of 11 walking days, 2 intermediate rest days, a celebration day in Eastbourne, plus a travel day at the end. See the Itinerary below.

On Sunday 10th August, pilgrims will visit St Peter's Church as part of their walk from Reigate to Ashted and have a pub lunch in Walton. This walk will be led by Sue & Fred Adilz, who warmly invite you to join for all or part of the day. Details to follow. For further information and booking details see the website www.thepilgrims.org.uk

Sat 9th Aug Gather in Horley, Welcome Service, walk to Reigate

Sun 10th Aug Walk to Ashted

Mon 11th Aug Walk to Weybridge

Tue 12th Aug Walk to Frimley

Wed 13th Aug Walk to Farnham

Thu 14th Aug Rest Day in Farnham

Fri 15th Aug Walk to Haslemere

Sat 16th Aug Walk to Midhurst

Sun 17th Aug Walk to Tangmere

Mon 18th Aug Walk to Goring-by-Sea

Tue 19th Aug Rest Day in Goring-by-Sea

Wed 20th Aug Walk to Brighton

Thu 21st Aug Walk to Seaford

Fri 22nd Aug Walk to Eastbourne

Sat 23rd Aug Celebration Day in Eastbourne

Sun 24th Aug Morning Service, make own way home.

Boots on; happy walking!



News from The Arts Society

Dates for forthcoming Thursday Lectures at the Riddell Hall. Coffee served from 10.00-10.30 and Lecture 11.00-12.00.

April 17th: The Culture of Ukraine, Rosamund Bartlett. The AGM is at 10.30. This lecture is for Members only

May 15th: The Artwork of the Bank of England, Tim Kidd. Visitors are welcome, £5 per lecture

June 19th: A bit of a Carry On, Tyler Butterworth. Visitors are welcome. This lecture is followed by the Members' summer lunch.

Details about the lectures and other trips and outings on the website www.theartsocietywaltononthehill.org.uk alternatively contact Mike Roshier, Membership Secretary for further information 01732 813196

I've been a Member of this Society for over ten years and have enjoyed many interesting lectures, outings to museums, country houses, art galleries and gardens as well as holidays and theatre trips, and can highly recommend joining the Society if the Arts in a broad sense interests you.

BROCKHAM CHORAL

The Creation - Haydn

Saturday 5th April 2025 at 7.30pm

St Martin's Church, Dorking, RH4 1UX



Cole Bendall Musical Director **Lorna Murray** Soprano

British Sinfonietta Orchestra **David Walsh** Tenor

Ross Cumming Bass

Admission: Adults £20

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

Ticket purchase: <https://brockhamchoral.org/tickets>

More Information: www.brockhamchoral.org

Registered Charity No 284300



Sunday Services Format at St Peter's



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

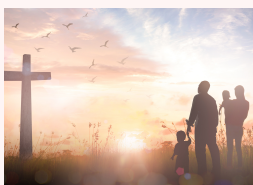
This is a quiet, traditional and spoken service of communion with a short talk.

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 April - May



April

6th: 8am Holy Communion (1662)
11am **All-Age Service**

13th: 8am Holy Communion (1662)
11am **Family Communion**

16th: 10am Healing Communion Headley Octagon

18th: 10am **Open Air Service, Mere Pond**
10.30am **Family Service** in Church

20th: 8am Holy Communion (1662)
11am **Easter Communion**, followed by **Easter Egg hunt**

27th: 8am Holy Communion (1662)
11am **Parish Communion**

May

4th: 8am Holy Communion (1662)
11am **All-Age Service**

11th: 8am Holy Communion (1662)
11am **Family Communion Service**

18th: 8am Holy Communion (1662)
10.30am **Pageant Family Service**

21st: 10am Healing Communion Headley Octagon

25th: 8am Holy Communion (1662)
11am **Family Service**

29th: 6.30am **Ascension Day Service** at Box Hill Viewpoint

Walton Village Forum

by Emmeline Moore



And so
Spring is here, along with the daffodils! A big thank you must



go to Jean Bye and her Walton-in-Bloom volunteering team for their fantastic efforts with all the daffodils around the village. Our much-loved Gun Corner is looking absolutely beautiful, yet again.

Our AGM in February had a good turn-out, despite the cold. All committee members were voted in for another year, however we welcome new faces, any help, large or small would be gratefully received. If you have a particular skill that you think we might need or find useful, please get in contact with us.

A few issues were raised during our meeting, one of them being the Meade Court car park signage.



Many villagers have been dealt a hefty penalty for parking in the

turning circle recently. The Walton Village Forum requested a 'No Parking' sign to be on display in this area, explaining the need for it to be kept clear, but unfortunately this was rejected. We have, however, had confirmation that the large sign outside

the car park and the one inside will be replaced with new, clearer writing.

A defibrillator has been requested and will be housed close to the Spaghetti Tree. This will accommodate those residents living down that end of the village. Funding is now in progress; if anyone is able to support or contribute we would be very grateful.

Walton Primary's football teams have been unable to play on their Breech Lane sports field this winter due to water-logged pitches. In previous years this would have meant many cancellations. However, due to our newly established pavilion at Howard Close they have been able to play throughout the winter with toilets, changing facilities and a kitchen. Thank you again to everyone who helped support this project, it continues to reward us.

At **10am on 17th June**, a public inquiry will open for the Chequers Lane planning application. The proceedings will take place at Reigate Town Hall and have been scheduled for five and a half days, with three and a half days (in person) in the first week and no more than half a day on Friday 20th June. The two days in the second week (Tuesday 24th and Wednesday 25th) will be virtual, reserve days. We encourage anyone with an interest in our village to attend as and when you are able.

CAROLINE WALTER GARDEN DESIGN

Unique gardens for entertaining, for sunbathing, for fun filled days. For your dreams.



- Experienced & Qualified Garden Designer. Local.
- Formal or more relaxed styles.
- Modern/traditional/mixed
- Whole garden design or smaller areas.
- Free 1/2 hour visit.
- Contact Caroline on :
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Tadworth & Walton Residents' Association



by Mike Fox

At our upcoming AGM at Chinthurst School on Wednesday 28th May (7pm for a 7.30pm start), one of the main topics on the agenda will be the proposal to change the structure of local government in a number of counties, including Surrey. TWRA Chair Jeff Temple has written a brief summary of the proposals of which TWRA has become aware:

"The debate surrounding local government devolution in England centres for us in Surrey on plans to do away with Surrey County Council (SCC) and our local Reigate and Banstead Borough Council (RBBC), and replace these with a half-way "unitary" authority, covering the work of both authorities. It is proposed to divide Surrey into two or three of these new authorities, amalgamating RBBC with other local councils.

The government emphasise the need for streamlined local government structures to improve efficiency (but this is far from being a "given"), and have made it clear that they wish to see a larger portion of the country covered by devolved powers. They see this as a way to increase local accountability and engagement, with directly elected mayors playing a crucial role. Meanwhile, the government has postponed our local elections to align with the devolution plans. This has been met with criticism concerning the democratic process.

In the TWRA, we fear that moving local services traditionally provided by RBBC to a unitary authority will create distance from users, and we all remember what resulted when SCC took over responsibility for grass cutting so disastrously two years ago.

The programme is not yet fixed, let alone put us in a position [sic] to allow us to see any analysis as to whether it will actually bring in benefits. The debate highlights the tension between central control and local autonomy and finding the right balance between national priorities and local needs is a key challenge.

In essence, the argument is about how to create a more effective and accountable system of local governance that empowers communities and drives regional growth. We are not convinced that the presently proposed solution will deliver this, and particularly as the new authorities which emerge will necessarily be a blend of the authorities which went into the pot. In our case RBBC were wise financial managers, showing a small surplus and holding some reserves, whilst Woking were profligate with about £2 billion of debt. Our surplus would be simply swallowed up if we merged with Woking (or with several of the other authorities).

The coming months will determine the final shape, and our financial situation."

TWRA cont. & Note from Norma



Planning Update

The appeal hearing relating to the planning application for three temporary and three permanent pitches for caravans in a field alongside Chequers Lane has been re-scheduled for June 17th – 20th, with two further days on the 24th and 25th June if necessary. It will be held at Reigate Town Hall, starting at 10am on 17 June. Members of the public are able to attend and will be able to address the hearing if they have relevant matters to raise not already covered by previous speakers.

For further news or to contact committee members please visit the TWRA website at www.TWRA.org.uk.



You can also meet TWRA representatives in person on their stall at the Walton May Fayre on Saturday May 17th.

For further information check www.TWRA.org.uk

Note from Norma

As I write this article in mid-March, we have just experienced ten days of beautiful, sunny weather followed by a few days of very cold weather. Quite a shock to the system! On March 13th (our 1st anniversary of living in 14 Coombe Court) the Open Group spent a restful evening in Sue and Fred's lovely warm and welcoming home, eating delicious pancakes – and then we had to scrape the ice off the cars before we left! Brrr! Thank you Sue and Fred for looking after us; the perfect hosts.

By the time WoW goes to print we will have held four busy 'Soup Saturdays' during Lent (two more to go). The first one was a full house; over 50 came and were served six choices of delicious homemade soup with bread and cheese. 35 returned on the second Saturday. It really is a happy community get together.

Looking ahead to Teas on the Green, Brockham. Walton Open Group are booked in to host a Sunday later in the summer, but Catherine Shrimpton (one of our lovely cooks at the Village Kitchen, and who runs The Link in Leatherhead) has booked to host the teas on bank holiday Monday 5th May. Brockham village are hosting a VE Day celebration event so they should be very busy. All funds will go to Mid Surrey MENCAP. Please support them.

Take care and enjoy the Easter celebrations!



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by Peter Quilter



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2025 Walton May Pageant



Saturday 17th May 2025



*Procession starts 2pm from The Pond
Poster by Seb, 5R, Chinthurst School*

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Open Group & Village Kitchen

by Mo Atkins



In February, Open Group celebrated the Feast of Candlemas by hosting an Afternoon Tea, at St. Peter's. Thirty guests sat at tables set with hand embroidered table cloths. Tea lights were lit to mark Candlemas and everyone enjoyed dainty sandwiches, scones with cream and jam, and a variety of cakes, temptingly displayed on Debbie's pretty cake stands.



It being the eve of St. Valentine, chocolate hearts added to the table decoration and were an extra edible treat! Someone remarked that it beat 'Tea at The Ritz' and that it was a bargain at £5 a head! After the customary Open Group raffle was drawn, everyone departed, replete and content.

The Christian Feast of Candlemas is celebrated on 2nd February, forty days after Christmas. It commemorates the presentation of baby Jesus, at the Temple, by Mary and Joseph, and the Purification of Mary.

Ritual purification stems back to a Jewish tradition that women were considered unclean after the birth of a child. For 40 days for a boy, and 60 days for a girl, women weren't allowed to worship in the Temple. At the end of this time, women were brought to the Temple or Synagogue to be purified. After the ceremony women were allowed to take part in religious services again.

The festival came to be called Candlemas, from candle + mass (church service) because this was the day that all the Church's candles for the year were blessed. Candlemas draws some of its elements from Paganism! In pre-Christian times, it was the festival of light. This ancient festival marked the mid point of winter, half way between the winter solstice (shortest day) and the spring equinox.

Some people lit candles to scare away evil spirits on the dark winter nights.



People believed that Candlemas predicted the weather for the rest of the winter, hence this traditional rhyme! 'If Candlemas Day be fair and bright Winter will have another fight. If Candlemas Day brings cloud and rain, Winter won't come again!'

Open Group & Village Kitchen

by Mo Atkins



The Pancake Party, was held in March, albeit a week later than Shrove Tuesday, and was kindly hosted once again by Sue and Fred Adilz.



Our next meeting will be confirmed in Open Group newsletter but please put Saturday 17th May, from 2.00 pm, in your diaries for the **May Pageant Tea Tent**. Once again, thanks to the opening of the new Howard Close Pavillion, Walton Open Group members will be serving tea, coffee, squash and homemade cakes. Come and find us in the corner by the children's playground!

All contributions of homemade cakes will be gratefully received. Please let us know if you can help by emailing waltonopengroup@gmail.com or by speaking to Mo on 07799136894 or Norma on 812639.

FRIENDS OF ST. PETER'S will be running a 'POSH' BOTTLE STALL at the May Pageant too. Look out for the 'Frrends' near the Tea Tent, in the corner by the Pavilion and Children's Playground!



VILLAGE KITCHEN / SOUP SATURDAYS

There are just two more of Six Soup Saturdays left during Lent, in which to enjoy homemade soup, with bread and cheese, followed by tea or coffee and biscuits.



Table set at the first Soup Saturday of Lent.



Catherine, Indigo and Asher enjoying the Soup Saturday

Come along to the RIDDELL HALL, 12.00md - 1.30pm and find food and friendship on:

5th April and 12th April when the Rolling Raffle will be drawn!

The regular, monthly Village Kitchen will resume on Saturday 10th May. See you there!

Rascal Club Newsletter

by Sam Fountain www.TheRascalClub.co.uk or phone +44 7795 239497



When it comes to fitness goals, many people often want to lose weight and build muscle simultaneously. However, the reality is that this is not really possible. Losing weight and building muscle require different approaches and understanding the science behind each can help explain why it's typically more effective to focus on one goal at a time.

Losing weight primarily requires us to create a calorie deficit; i.e. consuming fewer calories than our body needs to maintain its current weight, forcing it to tap into stored fat for energy. To do this, you calculate how many calories you should be consuming for your weight, height, age and lean mass. If you reduce your calories by 7,700 you will lose 1kg of fat. However, reducing calories 'too much' can put your body into fight or flight mode and increase cortisol, which 'holds onto fat' to keep you alive! So, you need to take longer to lose the 1kg of fat.

On the other hand, building muscle requires a calorie surplus. To gain muscle mass, you need to eat more than you burn, giving your body the extra energy it needs to repair and grow muscle fibres after strength training. This surplus allows your body to prioritize muscle repair and growth. However, this calorie surplus MUST be protein! You can't build muscle with Easter eggs! You must also be exercising to 'use/damage' the muscles in order for them to repair stronger. This doesn't need to be painful!

These two goals (fat loss and muscle gain) are fundamentally opposed. When you're

in a calorie deficit, your body prioritizes fat burning over muscle growth, which means you won't see significant muscle gains. Conversely, when you're in a calorie surplus, fat gain often accompanies muscle growth, so focusing solely on building muscle may result in unwanted fat gain.

Body recompositing (simultaneously losing fat and building muscle) is possible, providing you really are tracking what you eat and weighing it. Did you know we all should be eating 1.5g of protein per kg of lean body mass? That is most probably WAY MORE protein that you are currently consuming! Try it! You'll feel full and satiated, so you won't want any biscuits! It really is that 'easy'!

Although, it's not easy! To see significant results in either area, it's generally recommended to focus on one goal at a time which will maximise results in the long term. A minimum amount of time for either goal is 6 - 12 weeks.

Finally, the reason you may find losing unwanted fat harder after the age of 35 is because our body muscle decreases naturally by up to 5% a year, every year if we don't use it! With less muscle, we don't need as many calories/ as much food because any surplus is turned into fat and stored.

If you would like professional, dedicated support to help you reach either of these goals, which naturally will go hand in hand with better mental health, sleep, gut and bowel functions, speak to Sam at The Rascal Club.

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Sun 22
June 2025**

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We will publish the open garden addresses on our website shortly

<https://kwthortsoc.co.uk/community/kingswood-walton-tadworth-horticultural-society-20091/home>

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Well-being - Creativity

by Tracy Latham



Hello fellow artist and work of art. How does that sit with you as a greeting?



I have recently read Miranda Hart's new book, 'I Haven't Been Completely Honest With You', and one of the things I found endearing in her style is that she regularly addresses you the reader as 'MDLC' – which is short for 'My Dear Listener Chum.' It feels very 'Miranda'. It got me thinking.

Creativity seems to me to be such a wonderful and integral part of wellness as a human being. We are given this thing called life and then asked to live it. Is it an art or a science? Perhaps it is a bit of both? Psychology is the scientific study of the mind and behaviour, and it has lots to teach us about how to live well. Understanding and programs that evolve from science-based studies to help us understand how to live well, or be well, can be very useful. How we think has consequences. How we use our resources of time, energy and money has consequences. How we treat others and ourselves has consequences. But we are more than minds; we are heart, body, mind and

spirit. And we are not blank canvases; we come with a specific set of genes and from a particular family with a particular background, with specific experiences – all of which have shaped us and make us individuals. So, I think we are more like a work of art; a unique created being with lots of choice and freedom and resources available with which to create something out of this unique life we have been given; artists, creative beings. Hence my greeting.

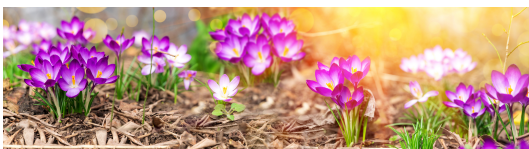
So, work of art and fellow artist (WOAFA); how are we doing at the art of living? How are we responding to the unique beings we are with these everchanging bodies we have? How are we renewing our minds and nourishing our spirits. How are we doing at tuning in to our soul's deepest desires? As artists of our lives, it seems to me that these are the ongoing questions that require a creative response. It can sometimes feel tiring to keep turning up at the page and responding to life's call; perhaps particularly at the end of a long and wet winter! And there is the creative tension that creating does both require and create energy! Author Julia Cameron in her book 'The Artist's Way' says that 'the creative process is a process of surrender not control.'

Well-being - Creativity



It seems to me that life requires much ‘surrender energy’; energy that enables us to keep on turning up at the day and putting our hand to the tasks often without knowing what the outcome will be; but believing and trusting in the value of ourselves and of life. Julia also suggests that when we say we want to be creative, we often mean we want to be productive. It can be hard but also vital to liberate ourselves enough from the productivity or success drive to create a life that doesn’t squeeze our uniqueness and vibrancy out of us.

I find that for many, spring is a season that can help us to rekindle and re-spark our creative zest for life. The patches of spring colour bursting into bloom and the budding trees feel like they are a welcome reminder of the creative energy behind it all; the source of life, the Creator who doesn’t get tired of inviting me to live and whose mercies are new every morning.



Mother nature with her spring flowers, spring sunshine and spring wildlife also seems to gently invite and inspire us with her fresh creative energy that produces such beauty and wonder each year, just when we need it.

- Creating can be messy, frustrating, disappointing,
- Creating can be exciting, energizing, engaging,
- Creating can be meaningful, playful, painful,
- Creating can be anxiety provoking and exhilarating,
- Creating can be easy, difficult and everything in between.
- Creating needs space and time,
- Creating needs perseverance and patience,
- Creating needs imagination and inspiration,
- Creating needs courage.
- Creating is.

Wellness has been described as ‘the freedom to oscillate between all the cycles of being human.’ To me that feels like it requires the artist’s studio - with all its materials, mess, colours and textures.



Local Chef - Simnel Cake

by Olivia Rowntree




Did you know the word "simnel" is thought to be derived from the Latin "simila," meaning fine flour? Simnel cake is believed to have evolved over the centuries from a simple, fine bread, to a richer fruit-filled cake.



Historically, Simnel cakes were associated with Mothering Sunday, the fourth Sunday in Lent. It's thought that young servants and apprentices would return home to visit their mothers and families, often bringing a Simnel cake as a gift. In more recent times, the cake has become firmly rooted in Easter celebrations. The addition of marzipan and the symbolic 11 marzipan balls representing the 11 disciples (excluding Judas, of course, who betrayed Jesus) became a feature in the 19th century.

Personally, I prefer a Simnel cake to a Christmas cake; being a lover of marzipan and less keen on sickly-sweet icing. Mum always made Simnel cakes, and my brother and I would fight over the left-over marzipan and glace cherries! Simple, classic recipe below - enjoy!

 **Tip:** I find that currants can be rather gritty in a fruit cake. To avoid this, I swap out the currants for more raisins, sultanas and cherries, ensuring the overall weight of fruit is the same.

Method

Prepare the **cake**:

Preheat oven to 150°C (300°F/Gas Mark 2).

Grease and line a round cake tin.

Cream together the butter and sugar until light and fluffy.

Beat in the eggs one at a time.

Sift in the flour and mixed spice, and fold in gently.

Stir in the dried fruit, glace cherries, mixed peel, and milk.

Pour half the cake batter into the prepared tin.

Roll out a third of the marzipan to fit the cake tin, and place it on top of the cake batter.

Pour the remaining cake batter over the marzipan.

Bake for approximately 1.5 to 1.75 hours, or until cooked through. Cool on a wire rack.

Decorate:

Warm the apricot jam and brush it over the top of the cooled cake.

Roll out half of the remaining marzipan to cover the top of the cake.

Form the rest of the marzipan into 11 balls, and arrange them around the edge of the cake.

Optional: Lightly brown the marzipan under a grill or with a blowtorch.

Dust with icing sugar before serving.

Ingredients

For the **cake**:

175g butter, softened

175g light brown sugar

3 large eggs

175g self-raising flour

1 tsp mixed spice

150g mixed dried fruit (see tip)

50g Glace cherries.

50g mixed peel.

2 tablespoons of milk.

For the **marzipan** and **decoration**:

400g marzipan

Apricot jam, for glazing; Icing sugar for dusting.

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