

## This Month's Worship in Churches Uniting in Central Sutton

### Sunday 5 March

|         |                |   |
|---------|----------------|---|
| 9.00am  | <b>St N</b>    | Holy Communion (BCP)  |
| 10.30am | <b>SBC</b>     | Morning Worship<br><i>Revd Mike Dales</i>                   |
|         | <b>Trinity</b> | Morning Worship Communion<br><i>Revd Dr David Dickinson</i> |
|         | <b>St N</b>    | Holy Communion<br><i>Revd Martin Hayward</i>                |
| 6.30pm  | <b>Trinity</b> | <b>United Service</b><br><i>Revd Dr David Dickinson</i>     |

### Sunday 12 March

|         |                |   |
|---------|----------------|---|
| 9.00am  | <b>St N</b>    | Holy Communion (BCP singing)                        |
| 10.30am | <b>SBC</b>     | Morning Worship Communion<br><i>Revd Mike Dales</i> |
|         | <b>Trinity</b> | Morning Worship<br><i>Revd Dr David Dickinson</i>   |
|         | <b>St N</b>    | Morning Worship<br><i>Revd Cécile Schnyder</i>      |
| 6.30pm  | <b>Trinity</b> | <b>United Service</b><br><i>Revd Mike Dales</i>     |

### Sunday 19 March

|         |                |   |
|---------|----------------|---|
| 9.00am  | <b>St N</b>    | Holy Communion (BCP)                              |
| 10.30am | <b>SBC</b>     | Morning Worship<br><i>Revd Mike Dales</i>         |
|         | <b>Trinity</b> | Morning Worship<br><i>Revd Dr David Dickinson</i> |
|         | <b>St N</b>    | Holy Communion<br><i>Revd Cécile Schnyder</i>     |
| 6.30pm  | <b>Trinity</b> | <b>United Service</b><br><b>Easter Experience</b> |

### Sunday 26 March Mothering Sunday

|         |                |  |
|---------|----------------|--|
| 9.00am  | <b>St N</b>    | Holy Communion (BCP singing)                             |
| 10.30am | <b>SBC</b>     | Morning Worship Communion<br><i>Gareth Hoyland</i>       |
|         | <b>Trinity</b> | Morning Worship<br><i>Revd Dr David Dickinson</i>        |
|         | <b>St N</b>    | All Age Holy Communion<br><i>Revd Justine Middlemiss</i> |
| 6.30pm  | <b>SBC</b>     | <b>United Service</b><br><i>Revd Phil Brooks</i>         |

for help or information please contact

**Revd Mike Dales** (Sutton Baptist) 07952 231723  
mg.dales@blueyonder.co.uk

**Revd Dr David Dickinson** (Trinity)  
Office: 020 8643 6884  
Home: 020 8643 0963  
todaviddickinson@gmail.com

**Revd Justine Middlemiss** (St Nicholas)  
020 8642 3499  
rector@suttonteamministry.org



March 2017

Dear friends

In a recent sermon at St Barnabas Church Jeff Richards reminded us how easy it is for us to rely on ourselves rather than on God; to believe that things, even our salvation, depend on our actions and our efforts rather than on God's grace and how much our world reinforces that idea. Our happiness depends on the next thing: the next trend; the latest phone; the trendiest hairstyle; having seen the newest film. Although the media tells us that it's mostly a risk amongst the younger members of our society, there is, I think for all of us, a real Fear of Missing Out or FOMO as it's often abbreviated to.

That is, perhaps, where the gift of Lent comes in.

Lent is a season which encourages us not to rush, but to slow down or even stay still. We are encouraged not to do more, but to give something up. The church urges us to enter into our own wilderness experience and to do just that – experience it – rather than trying to tame it and make it comply with our expectations and desires.

The season of Lent has the potential to be a holy holiday. A chance to shed the things that trap us and hold us back and to live in the moment. To shed the 'stuff' of our lives, the hamster wheel of trying to rely on ourselves and learning to trust in God; to believe that God's grace is enough, indeed more than enough, for our needs and to relax into God's love.

I hope that this Lent, we will be able to let go and let God. And that this season will be peaceful, happy and holy for us all.

*Justine*

Revd Justine Middlemiss



# News from the Churches

**Ash Wednesday 1 March 7.00pm**

**Frugal Supper at St Nicholas Church**



Tickets for this simple meal to mark the start of Lent are available from your church representatives, price £2.00 and the proceeds will be donated to Christian Aid. The supper will be followed by the **Service of Ashing** also at St Nicholas

## Lent Study Groups

If you have not submitted a form to join a Lent Study Group there may still be some places available. Please contact: Olwen Edwards (020 8643 2525) or Lisa Dawson (020 8642 1298)

**Come and Clean our Church grounds!**

The Friends of St Nicholas Churchyard



**5th March @ 12:30**

JOIN THE TEAM TO TIDY UP THE CHURCHYARD  
BRING GARDENING GEAR AND PREPARE TO MUCK IN!

ST NICHOLAS CHURCHYARD, SUTTON

QUESTIONS?  
JEFF.RICHARDS@SUTTONTEAMMINISTRY.ORG  
020 8770 1075

Trinity's first gardening working party this year will be on **Saturday 4th March**, and thereafter the first Saturday of every month from **10.00am to 12 noon**.

## Women's World Day of Prayer

The service this year will be at **10.30am** in the **Salvation Army Church**, (corner of Benhill Avenue and Throwley Way). The theme is ***Am I being unfair to you?*** and is designed by the Christian women of the Philippines. Various members of churches in Sutton and Cheam will take part, and this annual service is always greatly appreciated by those who attend.

An evening service will be held at Wallington URC, Stanley Park Road at 7.30pm.

## Sunday Afternoon Outing 5 March Sights of London

Join us for a walk to see some of the sights in the City of London. Meet at the back of Trinity Church after the morning service at around 12.15pm.

We will be travelling by train, bus and underground so you will need an Oyster Card or Travel Pass. Bring a picnic lunch.

The weather will dictate how much we walk, but we hope to see the view of St Paul's from 1 New Change, the Roman Amphitheatre, the Guildhall Art Gallery and perhaps part of the London Museum.

For more information contact John and Deborah Wroe (john.p.wroe@btinternet.com or 020 8642 9064)

## Sutton Soup AGM 13 March 8.00pm



## St Nicholas Supper Talk 24 March

On Friday, 24 March at 7pm at St Nicholas Community Hall, Revd Cécile Schnyder will present :

***L'Arche - How to live community well enough?***

L'Arche Community is a Christian, international community in which people with and without learning disabilities share daily life together. This evening will bring you a short introduction to the life of Jean Vanier (the founder) and L'Arche International. Tickets, which are £8 each are available from Richard West and must be booked in advance.

020 8644 7834; richjwest@btinternet.com

## Moving on

Gordon Miles, Trinity, has moved to Alexandra Grange Care Home, Oaklands Drive, Molly Millars Lane, Wokingham, RG41 2RU

# Devotions

This meditation was submitted by a reader of *Unite!* who read it in another church magazine. The author is not known

## Gardening God's Way

Plant three rows of peas:  
Peas of mind  
Peas of heart  
Peas of soul

Plant four rows of squash:  
Squash gossip  
Squash indifference  
Squash grumbling  
Squash selfishness

Plant four rows of lettuce:  
Lettuce be faithful  
Lettuce be kind  
Lettuce be obedient  
Lettuce really love one another

No garden should be without turnips:  
Turnip for meetings  
Turnip for service  
Turnip to help one another

Water freely with patience.  
Cultivate with love.

There is abundance in your garden....  
because you reap what you sow.

To complete our garden,  
we must have thyme:  
Thyme for God  
Thyme for study  
Thyme for prayer



# Regular Events

All members of CUCS are warmly welcomed at these activities

**Christian Meditation Groups** meet twice a month. Contact Pamela Ford: 8642 5914

|        |          |        |
|--------|----------|--------|
| Monday | 13 March | 3.00pm |
| Monday | 20 March | 6.30pm |
| Monday | 3 April  | 3.00pm |
| Monday | 10 April | 6.30pm |

**Saturday Prayer Meeting** (1st and 3rd Saturdays)  
10.00am - 11.00am at Sutton Baptist Church.

**St Nicholas' Mothers' Union** usually meets on the **first Wednesday of the month** in St Nicholas Community Hall. All are welcome. Contact: Janet Little 8715 6843

**Women in Touch (WIT)** meets fortnightly on a Monday at 10.30am at different venues, to enjoy a variety of activities including coffee, films and outings. It is open to women of any age. For further details of the programme contact: Carole Adams 07711879645 or see: [www.trinitychurchsutton.org.uk](http://www.trinitychurchsutton.org.uk)

**Trinity Toddler Group** meets on Tuesdays in term time in Trinity Hall, 9.00-11.00am. Contact: Sheila Booth 8715 0514

**Bunker**, the youth club for CUCS, meets in Trinity Hall on Sunday evenings in term time from 6.30-8.00pm for young people at senior school. A chance to get to know other young people in CUCS and have fun together. Contact Jane Oliver: 01883 346261.

**Badminton Club** meets 7.45-10.00pm every Monday in Trinity Hall.

**Sutton Churches Tennis Club** can be found between 99 and 101 Gander Green Lane, Sutton. All ages and abilities are welcome. See our website at [www.clubtennis.co.uk](http://www.clubtennis.co.uk)

**Coffee and Craft** meets in the Oasis at Trinity, 10.00-11.30am usually on the third Friday of the month. Meet with others and work on your knitting, sewing, paper craft or other project. Beginners welcomed! Contact: Deborah Wroe: 8642 9064,

**CUCS is Sutton Baptist Church, St Nicholas and Trinity URC/Methodist who are churches uniting in central Sutton, and who regularly meet together for prayer, worship and shared activities.**



**Oasis** at Trinity Church is open Monday to Friday from 10am to 2pm for refreshments, light lunches and a chance to chat.

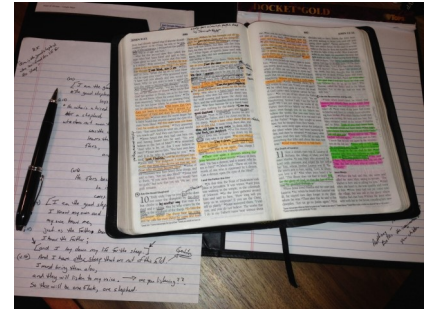


## Where do sermons come from?

by Dave Dickinson

Twice within a matter of days, I was asked by different people how long it took to write a sermon. On both occasions I was wrong-footed because no simple answer leapt to mind. I might have truthfully said, "A lifetime." Or, on the basis of an average typing speed of about 40 words a minute, "Just over half an hour." But neither is a particularly helpful answer.

The gestation of what emerges on any given Sunday morning is long, so I am often working on several sermons at once. For me the first step is to read the Bible lessons appointed for the day and study them carefully. This involves reading and thinking around the ideas within the texts while making rough notes of random thoughts. That might take a couple of hours, but then comes an immeasurable period when I put these notes aside for a few days and, without specifically thinking about them, let them germinate. Other related ideas will occur and I will note these too. Somewhere in these first two steps the sermon achieves a clear aim.



Stage 3, when I write out a plan, establishes the shape or the structure of the sermon. Sometimes this involves more reading and thinking because I will have recognised the inadequacy or the misdirection of what I was previously planning. Then two or three days before the event, I will write a first draft. I put this aside for at least 24 hours. If things have gone well, the second draft results from a light rewrite of the sentences' phrasing, but sometimes there is still much work to do, often changing the entire introduction or conclusion or rejigging the main body. Stage 5 is to go through it again first thing on Sunday morning still revising, more often deleting than adding, and the final stage is to deliver it. That, at the point of performance, is when it becomes a sermon. What's on the page is merely sheet music.

That's how it is for me. And if you are wondering where the Holy Spirit is in all of this, if I got it right, God is in all of it.

## Spotlight (2015)

a film review by Mike Dales



The Boston Globe has won many Pulitzer Prizes in its long history. In 2003 it won one of the prizes for a year-long investigation into the abuse of children by the city's Roman Catholic priests. The abuse had been going on for years and had been covered up again and again because no one had been prepared to confront it. The Globe's investigative reporting team were known as the 'Spotlight' team: hence the name of the film.

The true story is not an easy thing to watch. The subject matter is serious: child abuse in the Boston diocese of the Catholic Church, and institutional efforts to cover up the crimes. And yet, there is something uplifting about the story of good journalists refusing to be cowed by power in order to expose a monstrous evil. The Independent reviewer

pointed out that this is the kind of film that a Henry Fonda or a James Stewart would have starred in once upon a time.

The film has been compared to 'All the President's Men', the film which described the journalism that cracked the Watergate story. And, like that story, the child abuse investigation started as a small local case which ballooned into a major expose of a whole corrupt system. The film follows the investigative reporters and recreates their painstaking work with great attention to detail: they knock on doors, gather information, pester sources, and take notes, but only toward the very end of the film does the scale and impact of it all fully hit them.

Spotlight is not about fiery performances - it's simply a tight and captivating look at journalists who excel at their jobs, and who care about making a difference. It's a riveting and tense film, and you see not only the power of the printed word, but also an inkling of why good newspapers are still necessary.

Spotlight won the Oscar for best film and comes highly recommended. It can be found in the usual sources and in supermarkets where you may find it reduced to £5 or so.

## From the Editor

I would be delighted to receive comments and suggestions on the future of *Unite!*. Contact me by my new email: [olwenmedwards@gmail.com](mailto:olwenmedwards@gmail.com) or by phone: **8643 2525**. Copy date for the April issue is 15 March. *Unite!* is also available online at [www.trinitychurchsutton.org.uk](http://www.trinitychurchsutton.org.uk)