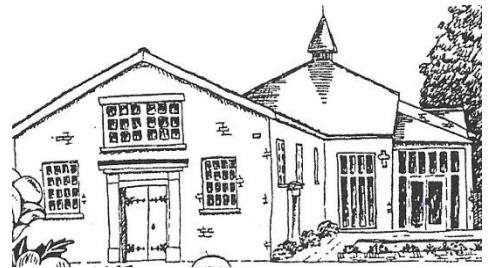


Stepping Stones

Newsletter for

EPPING UNITED
REFORMED CHURCH



ONGAR UNITED
REFORMED CHURCH

June 2026

Minister:
Revd Karen Knight



Minister's Message

I came up with a number of ideas of what to write for the magazine this month but nothing seemed quite right. So I decided to take Becca for a walk instead and then God showed up and told me to stop worrying and just look around.

Spring has always been my favourite season, the dawn chorus, the blossom appearing, the whole of nature bursting into life. I even enjoy the changeable weather, hat and gloves for the morning walk, t shirt and sunglasses for the afternoon.

As I walked around the park watching Becca sniff her way through the buttercups the words of a hymn came to mind - no not All Things Bright and Beautiful but:

Worship the Lord in the beauty of holiness bow down before him, his glory proclaim.

In nature we see the glory of God, therefore nature itself is holy.

When life seems a bit overwhelming and you're having difficulty telling right from left consider the beauty of God's creation:

“Walk out into the fields and look at the wild flowers.

They never primp or shop but have you ever seen design and colour like it. If God gives such attention to the appearance of the wild flowers... don't you think he will attend to you, take pride in you, do his best for you?”
(Matthew 6:28-30 The Message Bible.)

May you find time to enjoy the wonders of nature.

God Bless

Karen



Epping URC News

Website: eppingurc.org

Email: urcepping@gmail.com

Facebook: @EppingURC

June Preaching Plan, all 11am

7th Rev Tim Swindell *Holy Communion*

14th Local Arrangement

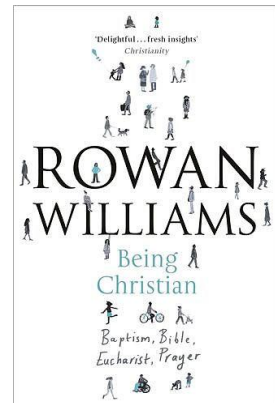
21st Rev Marcia Tull

28th Rev Karen Knight *Church Anniversary*

5th July Rev Stuart Veitch *Holy Communion*

Events Roundup

- £225 was raised at our recent coffee morning for Christian Aid Week, Many thanks to all who came and baked a variety of very tasty cakes! Also well done to those who won the very hard quiz! Next coffee morning tba.
- **Book Club:** we will next be meeting on Monday 15th June at 10am. We will be looking at the book 'Being Christian' by Rowan Williams, the former Archbishop of Canterbury in which he looks at the core fundamentals of living out the Christian life. It is available to buy here: <https://www.eden.co.uk/christian-books/understanding-the-faith/being-christian/>, or speak to the elders to borrow a copy.
- We will be holding a **church meeting** following the service on Sunday 28th June.



Birthdays

Happy birthday to Betty, Shirley, Lesley, Louise and Cynthia who all celebrate birthdays this month!

Building Works

The previously announced works which had been slightly delayed are now set to begin this month and take approximately 6 weeks to complete. It includes a redecoration of the interior of the building, replacing all lights with LEDs, new hand dryers, new guttering and a new baby changing unit.

We do not anticipate these works affecting Sunday services or any other church event.

Epping for Everyone

The Epping for Everyone group with Kinder Essex is holding “The Big Lunch – Epping’s Biggest Picnic” on Saturday 6th June, 12-3pm at Stonards Park. Come together to celebrate our community. Bring friends, family and food! Bring along a blanket, picnic chairs, something to share (homemade or shop-bought - both very welcome!) and, if you can, a long-life food item or toiletry to support the new Epping hub of [3Food4U](#).

Epping Forest Foodbank



Epping Forest Foodbank
Together with Trussell

MOST NEEDED LIST

				
MASH	MILK	JUICE	CHOCOLATE	WASHING UP LIQUID

WE ARE IN DESPERATE NEED
STOCK LEVELS ARE INCREDIBLY LOW
♥ ALL SUPPORT IS GRATEFULLY RECEIVED ♥

 **SHOP ONLINE & DONATE DIRECTLY**
Any items you purchase will be delivered directly to our warehouse.
VISIT OUR GIVING LINK:
<https://givetoday.co.uk/eppingforestfoodbank/>



www.eppingforest.foodbank.org.uk   

Ongar URC News

Website: ongarurc.org.uk

Email: mail@ongarurc.org.uk

Annual Church Meeting

This will be on **Saturday, 13th June at 10.30am** in the Hall. I hope to circulate reports from organisations beforehand so that you can read them and consider anything you wish to ask. Reports should be given to me by the end of May so that I have time to copy and distribute them. Please try to attend as this is a very important meeting in the life of the church.

Joan

Twinkles

I have now had a volunteer for help on a Thursday morning and Susan has now been with us since Easter. She was volunteered for it by her daughter so I was very pleased to see her turn up and be willing to help! We have welcomed a few new mums with their babies, some of whom first attended with their older children now at school. The week of the local elections we were extremely busy due to some local preschools being closed for use as polling stations; the fruit and biscuits needed, it seemed, refilling endlessly!

Half term will be on 28th May and then we will continue until 9th July, finishing our school year with our ever-popular Teddy Bears' Picnic. As I now have help, I intend opening again after the summer on 17th September.

Joan

Livingstone Cottages

At the time of writing this, it is intended to start the work on the cottages after the Bank Holiday, the week commencing 26th May, with the scaffolding being erected. Of course, this will all be subject to weather conditions. Hopefully, by the end of June, we should have a better idea of the condition of the frame of the buildings and hence of the likely total cost of the renovations.

Joan

Pause For Prayer

This continues on the first Saturday of each month from 10am until noon. It is good that we are open for visitors, particularly during the

summer months, and we are able to offer a warm welcome to anyone venturing in, whether to pray or not.

Joan

Jean Easter's Funeral was held on 13th April 2026. (1932-2026)

Family & friends gathered in our Church to remember a very special & popular Member. Many of us knew something about her life but we were reminded of how she became so involved in the Church. Being evacuated with her 2 siblings in 1939 from London to Ongar; they were finally taken pity on by a Miss Restall. No one else wanted to take on **three** children. Miss Restall attended our Church, which was then known as the Ongar Congregational Church and so the little family were brought along to Sunday school.

Her family eventually made Ongar their new home and Jean attended local schools and went on to work at Does in Fyfield where she met her husband. They married in our Church & it's all recorded on video. Jean became a Sunday school teacher & she arranged some wonderful annual coach outings to the seaside. The Sunday school children would also be involved in dressing up to join The Ongar Carnival procession in their Jane Taylor period costumes.

Jean was our Church Treasurer for many years & organised cleaners & gardeners to keep the place neat & tidy. Each week she would create a floral display for the Sunday services, after which they would be taken to anyone who was unwell. Her involvement in the start of Open House weekly coffee mornings & the monthly coffee mornings, to raise funds for charity was carried out enthusiastically and these events still continue today fundraising each month for a different charity. Other good causes included knitting Teddies for Tragedies and more recently we may remember her for organising knitters to make hats & scarves for the Seafarers Charity. In recognition of their gratitude of the amount of items donated she & Jean St.Pierre were cordially invited to an event in London which they found most exciting.

Jean was always preparing for the next Christian event in our Church whether it was Lent lunches or Women's World Day of Prayer. She will be missed but hopefully we have been influenced by her actions of Faith, Hope & Love.

Cheryl Griffiths

Future Services all at 11.00

7 th June	Joan Smith	Sacrament of Holy Communion
14 th June	Rev. Karen Knight	Coffee in hall after service
21 st June	Joan Smith	
28 th June	Ruzive Mhiribidi	
5 th July	Rev Tim Swindell	Sacrament of Holy Communion

Future Diary Dates

13 th June	10.30	Annual Church Meeting in Hall
	5.00pm	Saturday Social Group
20 th June	10.30 -12.00	Coffee Morning and Sale

We would like to wish “Happy Birthday” to those having a birthday in June.

Herts and Essex Border Mission & Ecumenical Partnerships

Website: hebmp.org.uk

Email: hertssexbordermp@gmail.com

Farewell Service

An area farewell service for Rev Gill Hulme, minister of Bishops Stortford Methodist Church and Stansted Free Church, who is retiring from ministry will take place on Saturday 4th July, 4pm at Bishops Stortford Methodist Church. All Welcome.

Reformed Magazine

Reforming, Reviving, Resourcing, Reporting. Reformed is the new name of the United Reformed Church’s Magazine.

Each issue of Reformed contains:

- Editorial comment by Dr Stephen Tomkins
- UK, international, religious and URC news

- Art in Focus, a column curated by Meryl Doney
- Interviews with the leading lights of Christianity
- Here & now – a column from younger writers in the URC
- Chapter & Verse – a Bible study with additional discussion questions for Bible study and house groups
- Soul stories – testimonies about faith journeys
- A Good Question – where four people answer one of the many questions facing Christians and other religions
- Features
- Reports from winners of the URC's Community Project Awards
- Worship notes from the Revd Andy Braunston, Minister for Digital Worship
- Local Digest, with news from United Reformed Churches and Local Ecumenical Projects
- Ministerial comings and goings
- Book film and television reviews
- Crossword
- Do stay for tea and coffee, a column by comedian and writer of the TV show Miranda, Paul Kerensa.

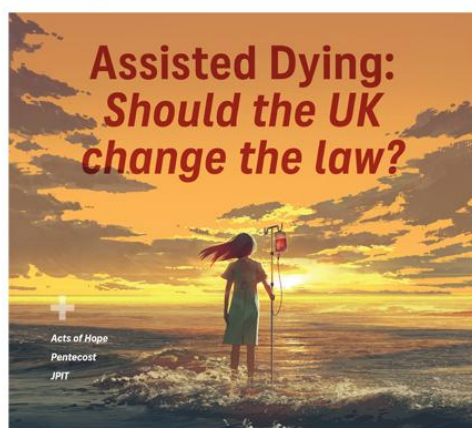
Subscribe by the end of June for a free gift!

Subscribe here: <https://reformedsubs.co.uk/> or email

reformed@urc.org.uk or call 020 7520 2721- first issue free!

Reformed

Reforming, Reviving, Reporting, Resourcing



Issue 5
2026

Events at Mulberry House, Ongar

Run by the Nationwide Christian Trust

- **Comedy Night** with Christian comedian Tom Elliot on Thursday 25th June, 8pm, £12 per person.
- **Time out with God days:**
 - The forgotten discipline of solitude with Ian Moore, Monday 8th June, 10:30am, £26.
 - Breathe the sacred pause with Ruth Conlon, Monday 22nd June, 10:30am, £26.
 - Garden of your life with Sheila Jacobs, Monday 6th July, 10:30am, £26.

More details of all events and booking here:

<https://nationwidechristiantrust.com/events-page>

The trust have also sent complimentary copies of their daily devotion book for the summer, Living Light based on the Parables of Jesus, which are always a very interesting read, available at Epping URC.

Bradwell Pilgrimage



Join us for the annual **Bradwell Pilgrimage & Gathering**, a day of faith, fellowship, and reflection in the beautiful and historic setting of **Bradwell-**

on-Sea, Essex.

This cherished tradition brings together people from all walks of life to celebrate our shared spiritual journey.

A Day of Worship & Community

Starting at [St Thomas' Church, Bradwell-on-Sea](#), the pilgrimage follows a scenic route to the ancient [Chapel of St Peter-on-the-Wall](#), one of the oldest churches in England, founded in AD 654.

The day will be filled with:

- Inspiring talks and reflections
- Live Music and worship
- Time for prayer and contemplation
- Refreshments
- Christian stalls
- Children's activities including messy church

All Are Welcome!

Whether you are a regular pilgrim or joining us for the first time, we invite you to be part of this special journey. Come as you are and walk with us in faith and unity.

Location: Bradwell-on-Sea, Essex

Time: Pilgrimage begins mid-morning, with activities continuing through the afternoon

We look forward to welcoming you!