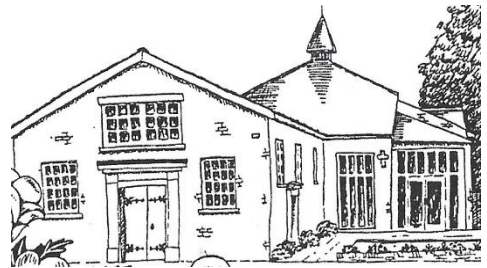


Stepping Stones

Newsletter for

EPPING UNITED
REFORMED CHURCH



ONGAR UNITED
REFORMED CHURCH

October 2026

Minister:
Revd Karen Knight



Minister's Message

Phew! What a scorcher! The ground is parched, the trees are losing their leaves and the flowers are wilting. As I write this, we are just coming up to the last bank holiday until Christmas - yes folks it's fast approaching - and I'm about to go on my summer holiday. I'm so pleased the weather is cooling down.

This morning Bertie and I went to the park, when we left it was dry but humid, five minutes later the heavens opened and we got soaked. It was wonderful we could smell the petrichor as the rain hit the dry ground and I'm sure I heard the earth give a sigh of relief. The problem is though one heavy shower doesn't solve the problem what we need is several days light constant rain.

Sometimes our spiritual lives can feel dry and parched. We wonder if our prayers are working or if we are gaining anything from reading our Bibles. It may be that we try and solve the problem by thinking we should pray for longer or commit to reading several chapters of Scripture everyday. That may makes us feel us though we are achieving something in the short term but very often it turns into a chore which we find difficult to keep up.

Jesus describes himself as the living water and invites us to drink deeply. How do we do this when we feel dry and in need of spiritual refreshment? By continuing with our prayer and reading, not in great heavy chunks but with little bite size prayers and passages that if done every day will gradually soak into our spirit and like the rain on the earth refresh our soul.

Jesus said, "Whoever drinks the water that I will give him, will become in him a spring which will provide him with life giving water and give him eternal life." (John 4:14 GNB)

God Bless

Karen, one soggy minister and Bertie

revdkaren@gmail.com

07763824943



Epping URC News

Email: urcepping@gmail.com

Website: eppingurc.org

Facebook: @eppingurc

October Preaching Plan, all 11am

4th Rev Karen Knight *Holy Communion*

11th Efua Koi-Larbi

18th Graham Watson

25th Local Arrangement

1st November Rev Karen Knight *Holy Communion*

Dates for your Diary

- **Macmillan Coffee Morning:** Saturday 3rd October, 10:30am-12pm
- **Harvest festival:** Sunday 4th October. Please bring non perishable gifts for Epping Forest Foodbank. Please note the lunch previously advertised will now not take place.
- **November Coffee Morning:** Saturday 14th November, 10:30am - 12pm. We will be having a short talk followed by questions (15 minutes) by a volunteer from the charity Age Well East who help people aged 60+ with digital skills.
- **Christmas Panto:** A reminder to save the date in your diary for our Christmas panto on Saturday 19th December, 10am.

Birthdays

Happy birthday this month to Dick and Esther!

Toddler Group

Toddler group will be celebrating harvest on 7th October and will be enjoying harvest themed crafts and finishing the morning with a short harvest festival service in the sanctuary. The families will also be bringing gifts for the Epping Forest Foodbank.

Property Works

Some works to the exterior of the church building are currently taking place including maintenance and painting of windows and other repairs. These will not affect Sunday services or church events.

Ongar URC News

Email: mail@ongarurc.org.uk

Website: ongarurc.org.uk

Twinkles

We have been meeting for two weeks now and have welcomed some new mums and grans, as well as being happy to see some of our former carers, mums and grans return, one having not been able to come for the past year due to medical problems for one of the children she looks after.

Our second week was our Harvest Festival and it was explained that we would go into the church for a short service. Some people brought goods for the Food Bank to add to the church collection; one little girl had chosen a bag of oats to bring and didn't want to be parted from them, so they had to be hidden while we had our service. We sing harvest songs to nursery rhyme tunes and we also do the actions which accompany them. We always finish with a verse of 'We plough the fields and scatter' and by joining together to shout out a big 'Thank You' to God for all that is provided for us. Our new mums said how much they enjoyed it, so I took the opportunity to do a bit of advertising for our Christmas service!

Pause for Prayer

I am continuing to run this on the first Saturday of the month but there will be none on 3rd October due to our Special Church Meeting to discuss the future of the Mission Partnership and this Church.

Fresh from The Word

It's that time of year again when we are constantly reminded that Christmas is not far away and the following New Year of 2027! How time flies! I have now had a reminder that the 2027 edition is now on sale. Unfortunately the cost of this has now risen to £18.99 plus delivery of £9.95, but the good news is that we still get a discount of 10% for 3 or more copies. Every little helps!

This year there are weeks spotlighting the books of Job, Proverbs, Numbers, Ezra and Galatians, as well as 1-3 John, while the central Gospel is Mark. Topics include Everyday life with God, Crowned heads, Deceit and truth, Beyond human, which includes a week on artificial intelligence, and

Wonder and Amazement. It does look interesting! If you would like a copy please let me know as soon as possible, at least before the Christmas post difficulties begin!

Joan

Macmillan Coffee Morning

This coffee morning was very successful in raising £190.00 for the Macmillan charity. We thank everyone who were able to join us in making a successful and happy fund-raising morning.

Future Services

11 th October	11.00am	Joan Smith
18 th October	11.00am	Joan Smith
25 th October	11.00am	Penny Bloom coffee in hall after service
1 st November	11.00am	Graham Watson Sacrament of Holy Communion
8 th November	10.45am	Remembrance Sunday Joan Smith
15 th November	11.00am	Mike Shelbourne

Future Diary Dates

10th October	5.00pm	Saturday Social Group
27 th October	6.30pm	Churches Together Committee
31 st October	10.30 – 12	Coffee morning and Sale
7 th November	10-12	Pause for Prayer

We would like to wish “HAPPY BIRTHDAY” To those having a Birthday in October

Epping Repair Café

A new repair café is starting on Monday 5th October, 9:30am-12:30pm at St John's Church and will take place once a month.

Got something at home that needs fixing?

Here are some of the repairs we can help with the repair café

-  General household & electrical repairs: From toasters and irons to lamps, vacuum cleaners and all sorts of things in between. If it's

stopped working, broken or just not quite doing what it should, bring it along and we'll see what we can do.

■ Computer software: Having trouble with your laptop or a piece of software? We can take a look and see if they can help get things working

🧵 Sewing: Whether it's a machine-sewn or hand-sewn repair, our sewing volunteers can help with a range of clothing and textile repairs.

And if you're not sure whether your item is something we can repair, bring it along anyway. We can't promise we'll be able to fix everything, but we're always happy to try.

They would also love to have more volunteers, so if you can fix things do get in touch! All repairs are free but donations are always welcome. Tea and coffee available. Contact the repair café on: eppingrepaircafe@gmail.com



Supporting Healthy Ageing

Hello

As winter approaches, many of us start thinking about how to stay healthy, active and independent during the colder months. At The Princess Alexandra Hospital NHS Trust, we're working with local partners, volunteers and residents to help people stay well this winter.

[And we'd love you to be part of it.](#)

The nights are drawing in...

At this time, we can provide information, advice and support. You bring the knowledge of what matters most in your own life. Together, we can help you stay well, independent and connected this winter.

How?

If you can, please do join us for a free NHS community event designed to provide practical advice, information and support to help people age well and live independently for longer.

Supporting Healthy Ageing – when is it?

Date: Wednesday 21 October

Time: 6pm to 8pm

Location: Church of the Immaculate Conception, 11 Church Hill, Epping, CM16 4RA

Cost: Free to attend

What will you learn?

The event will give you access to free advice and guidance on:

- Healthy ageing and wellbeing
- Maintaining independence
- Recognising concerns early
- Support available for older people and carers
- Preventing avoidable health crises
- Accessing local services and community support

Who is it for?

- Residents who have been admitted to hospital in recent years
- Supporters for an older relative
- Carers and neighbours watching out for each other
- Interested in ageing well yourself
- To learn more about local support in the community

Whether you're planning ahead for yourself or helping someone you care about, you'll leave with practical information and useful local contacts.

Why are we doing this?

Winter can be challenging, but small steps taken early can make a big difference. Join us for an informal and welcoming evening where you can learn practical ways to stay active, independent and connected, while

finding out about support available across Epping and the surrounding area.

Book your free place:

Please register using the Eventbrite link below:

[Eventbrite link booking website](#)

Places are free but registration is recommended.

We hope you'll join us for an informative and inspiring evening focused on helping people live healthier, more independent lives.