

Dear Christian friends,

Long before ministry found me, I was an 11-year-old boy singing country and pop classics in nightclubs and pubs across Ghana. Cliff Richard, Jimmy Cliff, the Beatles, the Everly Brothers, ABBA, James Brown, and the Seekers. Music shaped my imagination early, and even now, certain songs still speak to my faith.

Two of them, The Sound of Silence and Bridge Over Troubled Water by Simon & Garfunkel, continue to offer surprising spiritual insight, even though they were never written as hymns.

### **The Sound of Silence**

This song describes a world where people speak without listening and hear without understanding. Silence becomes a barrier instead of a blessing. As Christians, we know silence can be holy, but it can also hide fear or indifference. The challenge is to listen with compassion and speak with grace, breaking the silence that prevents healing.

### **Bridge Over Troubled Water**

Here we hear a promise of comfort: When life overwhelms you, I will be your bridge.

This mirrors the gospel. Jesus is our bridge in sickness, trials, loneliness, joy, and triumph. And He calls us to be bridges for others to stand with the weary and offer hope when waters rise.

### **Stepping Beyond Comfort**

Both songs remind us that comfort zones can quietly limit our discipleship. Silence is comfortable. Avoiding troubled waters is comfortable. But growth happens when we dare to listen more deeply, love more boldly, and trust God in unfamiliar places. May we, as the Wey Valley Circuit, live this courage together.

### **Four Reflections**

Silence becomes holy only when it leads us to compassion.

A bridge is a gift of grace built for someone else to cross.

Troubled waters cannot drown us when Christ is our companion.

When words fall short, love becomes the clearest song of all.

Thank you, and God bless you.

Yours devotedly,

*George Quarm*

## **Notices**

### **Trinity, Woking**

Trinity Methodist Church will be having a joint service with the Chinese Church to celebrate the Chinese New Year at 11.00am on Sunday 22 February.

### **West Horsley at 150**

West Horsley Methodist Church celebrates its 150th anniversary on 26th April 2026 at 10.00am, welcoming Revd. Conrad Hicks as guest preacher. If you wish to join the anniversary lunch, please give your name to the church leadership for catering purposes.

### **Merrow and Stoughton**

Both churches continue to thrive through their weekly coffee and tea gatherings — Thursdays at Merrow and Tuesdays at Stoughton, offering warmth, friendship, and fellowship.

## **Resources/Good News**

### **Lent and Easter Church Resources**

It's bigger than giving up chocolate. It's letting go of whatever weighs you down and being open to what lifts you up. The benefits last longer than 40 days. It's a way of life.

The following link includes bible study videos, worship resources, weekly themes and the option to sign up to receive Lent and Holy Week reflections by email.

[Lent and Easter Church Resources - The Methodist Church](#)

[Spring Clean Your Life | Lent Advert 2026](#)

### **On-line Lent Course**

Last year in the UK children made up 25% of victims of modern slavery, as logged by the UK's National Referral Mechanism - 5,999 children! In response, Chris Elliott (the Southwark Diocese lead on modern slavery) and Rev Hazel Forecast (Methodist Minister in Redhill) are leading an on-line 6-week course ***Children in the Shadows Revisited***, prepared by the Clewer Initiative. If you can't get to your local church Lent course - or in addition to it - you would be welcome to join.

The course will run 7.30-9.00pm each Tuesday from 24<sup>th</sup> February to 31<sup>st</sup> March.

To obtain the online link (or to register to attend in person at the same times at St John the Evangelist church centre, Earlswood), email [rasocialjustice@gmail.com](mailto:rasocialjustice@gmail.com).



Stay for FREE tea,  
coffee & a chat

## Clothes4U

Pre loved clothes with TLC

from

**Knaphill Methodist Church**

Broadway, Knaphill, Surrey GU21 2DR



**Saturday 21 February 2026 2 - 4pm**

To claim your FREE clothes, collect a voucher from 30+ places in Surrey.

Email us to find out where they are: [clothes@knaphillmethodist.co.uk](mailto:clothes@knaphillmethodist.co.uk)



[www.knaphill-methodist-church.com/clothes4U](http://www.knaphill-methodist-church.com/clothes4U)

[clothes@knaphill-methodist-church.com](mailto:clothes@knaphill-methodist-church.com)

## STOUGHTON METHODIST CHURCH

(On the corner of Stoughton Road and Grange Road)

### COFFEE CORNER

Tuesdays from 10 am – 12 noon



3<sup>rd</sup> February

10<sup>th</sup> February

17<sup>th</sup> February

24<sup>th</sup> February

3<sup>rd</sup> March

10<sup>th</sup> March

17<sup>th</sup> March

24<sup>th</sup> March

31<sup>st</sup> March

2026



Enjoy Coffee & a Chat, Coffee & a Game, or Coffee & a Book

The choice is yours!

**Everyone welcome – bring a friend!**

# FROM DARKNESS



## ... TO LIGHT

Explore stunning works  
from internationally renowned artists such as  
**Graham Sutherland, Elisabeth Frink,  
Patrick Heron and Maggi Hambling**

at

**St Mary's  
Quarry Street  
Guildford GU1 3UP**

**9 March to 5 April 2026**

Free public opening times will include  
Tuesdays, Thursdays, Fridays and Saturdays  
9 March – 5 April 11.00 – 15.00

St Mary's  
Church



# Events open to all:

Wednesday 11 March * Ticketed event	19.00	<b>A Journey through the Passion:</b> Prof. Ben Quash in conversation with Rev. Karen Case-Green
Thursday 12 March	12.30	<b>A Lunchtime Lent Reflection:</b> Rev Sarah Hutton introduces three water-themed images
Saturday 14 March	09.30 to 11.30	<b>Practical Aspects of Spirituality: Dark ... Light ... the Spirit in paint:</b> Rev. Paul Glass
Thursday 19 March	12.30	<b>A Lunchtime Lent Reflection:</b> Rev. Karen Case-Green introduces Lee-Elliott's Crucified tree-form – the Agony.
Friday 20 March * Ticketed event	19.30	<b>From Darkness ... to Light:</b> Reflections in music and poetry, with poet Alwyn Marriage and 'cellist Annelies Terry.
Wednesday 25 March * Ticketed event	19.00	<b>A Door to the Holy: Contemporary Art &amp; Faith</b> A talk by Laura Moffatt
Thursday 26 March	12.30	<b>A Lunchtime Lent Reflection:</b> Rev. Brian Roberts introduces Cazalet's Fool of God and Brokenshire's Pentecost
Sunday 29 March	18.00	<b>Shadows of the Cross</b> - a Palm Sunday Reflection including music from <i>In Nomine</i> Choir
30 March – 5 April		Programme of events for Holy Week to be published on the website

\* Ticketed events: £10 each  
see Eventbrite for  
MMAC Guildford

More details at  
[www.htsmguildford.org/mmac-2026](http://www.htsmguildford.org/mmac-2026)  
For further enquiries:  
[MMAC2026@htsmguildford.org.uk](mailto:MMAC2026@htsmguildford.org.uk)



Mark Cazalet: Fool of God. Lee-Elliott: Crucified tree-form – the Agony. Richard Bavin: The Empty Tomb.

Images from the Methodist Modern Art Collection © TMCP, used with permission.  
[www.methodist.org.uk/artcollection](http://www.methodist.org.uk/artcollection)



# Circuit Mission Supper

**Saturday 14<sup>th</sup> March 2026**

**6pm for 6:30pm**

**At Trinity Methodist Church, Woking**

Fish and Chips (battered sausage  
/vegan options available)

Cost £10 – tickets available from  
the Church Stewards

**Bring your own crockery and cutlery**



## Speaker: Grace Pratt Morris-Chapman

Grace is a former mission partner, who has worked alongside her husband Daniel, in Cameroon, Italy and Uganda. Grace and her family have now settled in the Northampton Circuit.

Grace will be sharing about her experience as a mission partner and the subject of the talk will be 'Unusual Kindness'.



# FREE FUN AND GAMES THIS MONTH



## ADDLESTONE METHODIST CHURCH

71 Station Road (next to Subway)

10.30am-12pm (Doors Open 10am)

**Sat 7<sup>th</sup> Feb** – Free Bingo in Coffee Lounge, Tea, Coffee and Cake

**Sat 14<sup>th</sup> Feb** – Sing-a-long in church to popular hymns and songs,  
Tea, Coffee and Cake

**Sat 21<sup>st</sup> Feb** – Free Games morning in Lounge, Scrabble is game of the month,  
Tea, Coffee and Cake

**Sat 28<sup>th</sup> Feb** – Time to Sing, Discuss and Pray, Tea, Coffee and Cake

**Play.  
Laugh.  
Connect.**



**Churches Together in Byfleet  
Ecumenical Lent Group**

**At**

**St Michael's Church,  
Sheerwater**

**7pm refreshments  
for a 715pm start**

# **Superstar**

**The course booklet is written by DAVID WILBOURNE** who studied Natural Sciences and Theology at Cambridge. David has been a vicar and published six books. Having worked with three Archbishops of York, he went on to serve as Assistant Bishop of Llandaff.

*"It's 1970 – Edward Heath becomes PM, Apollo 13 limps back to earth, and Jesus Christ Superstar takes the West End by storm, asking daring questions that gave colour to my former monochrome faith and fired my vocation. Half a century on, its message remains just as relevant, and we explore themes from its iconic lyrics in the 5 sessions of this course".*

**Session 1 - 25<sup>th</sup> February: Who is Jesus?**

**Session 2 - 4<sup>th</sup> March: Miracles**

**Session 3 - 11<sup>th</sup> March: The Psalms**

**Session 4 - 18<sup>th</sup> March: The Church**

**Session 5 - 25<sup>th</sup> March: Cross Purposes**



# LOCAL ARRANGEMENTS!?!

*Do you have a conversation in your church  
that goes something like this?*

PERSON 1: "We've got a (or two, or three!) Local Arrangement(s)  
on the Plan this quarter. What are we going to do?"

PERSON 2: "Oh no! I don't know! Do you think we could get away  
with another 'Songs of Praise' service? Or can we find someone  
else to do it for us?"



Well... DON'T PANIC! Help is at hand!

We've finally got round to planning a session to help you with  
some ideas, resources and encouragement.

*(Apologies for the delay, someone was a bit poorly!)*

**Who it's for?** Stewards, Worship Leaders;  
anyone in the Congregation that it's interested really!

**Where?** TRINITY, WOKING

**When?** Sat 30<sup>th</sup> May, 2.30-4.30pm

**SAVE THE DATE - MORE INFORMATION TO  
FOLLOW NEARER THE TIME!**

Pastoral Support

Advocacy

Accommodation

## **SUSTAINING HOPE IN 2026**

Interpreting

Foodbanks

Drop-In Centres



Place of Sanctuary

Befriending

Are you involved, or interested, in supporting  
Refugees, Migrants & Displaced Persons?

English practice

### **The Methodist South-East District 'Sustaining Hope' spring gathering for 2026**

Cafes

will include

Form-filling

- time to network

- Rev Nigel Cowgill, Global Communities Officer: '*Being a Global Community*'
- Mary Barrett, Immigration Detention Visitor: '*Support, friendship, advocacy*'

**Date: Saturday, 25<sup>th</sup> April, 10.00am - 1.30pm**

(Refreshments from 9.45am)

Resettlement  
Schemes

**Venue: Redhill Methodist Church, RH1 1BP**

Redhill Station is 5 minutes' walk away

NCP car park on Gloucester Road opposite the church

Clothing Banks

Liaising with other Agencies

To register, for more information, or for the  
livestreaming link, please email  
Rev Hazel Forecast at

[hazel.forecast@methodist.org.uk](mailto:hazel.forecast@methodist.org.uk)

Mother-tongue worship

Something else...