

Dear Friends,

As one year ends and another begins, we are surrounded by retrospectives. News outlets review the biggest stories of the year, technology blogs list the “top gadgets,” and radio stations count down the year’s most-played songs. At the same time, we are flooded with predictions—about the year ahead, the next decade, even the next generation.

History shows us how unreliable many of these forecasts are. In the 1960s, experts confidently predicted that by the year 2000 the average working week would be just 22 hours long, and that our greatest problem would be figuring out how to fill all our leisure time. Most of us would agree they missed the mark. If anything, life feels busier than ever—rushing from work to family, from commitments to meetings, from one obligation to the next. In the process, our priorities can easily become skewed.

So, as we step into a new year, it’s worth pausing to ask some honest questions. Will we make better use of our time this year? When we look back, will it be with joy or regret? And as we look ahead, will we feel anticipation—or dread?

The apostle Paul offers timely wisdom in Ephesians 5:

“Be very careful, then, how you live—not as unwise but as wise, making the most of every opportunity... Therefore, do not be foolish, but understand what the Lord’s will is.”

1. Time is Limited

Scripture reminds us that our days are finite. The psalmist prays, “Teach us to number our days, that we may gain a heart of wisdom.” When we are young, seventy or eighty years can sound like a lifetime. Yet anyone who has lost someone they love knows how quickly those years can pass. There are no guarantees—not even of tomorrow. All we truly have is today.

2. Make the Most of Every Opportunity

Paul urges us to “make the most of every opportunity.” Sometimes it’s obvious how time is wasted—through poor choices or harmful habits. But just as often, time is lost to good things crowding out the best things. We fill our lives with commitments, possessions, work, and information, until there is little room left for quiet, reflection, or attention to what truly matters. The challenge is not simply to do more, but to choose more wisely.

3. Understand the Will of the Lord

At the start of a new year, many of us make resolutions—and just as quickly break them. Perhaps a better question is not, “What do I want to change?” but, “What is God calling me to focus on?” That may begin with establishing priorities: deciding what truly matters and refusing to let others—or the pressure of busyness—decide for us. It also means learning to live fully today, rather than constantly postponing life until the next stage.

There’s a familiar saying: “Life is what happens to you while you’re making plans to do something else.” Too many people discover, only in hindsight, that they were always waiting for the next season before allowing themselves to live fully.

As this new year begins, may we hear Paul's words afresh. May we live wisely, make the most of the time we are given, and seek God's will—not someday, but today.

Yours in Christ,

Adam

Resources/Good News

January Mental Health Support

As January begins, NHS Surrey Heartlands is reminding people that mental health support is available for anyone struggling during the winter months. Returning to everyday routines after the festive period, alongside shorter days, cold weather and new year pressures, can leave people feeling low, anxious or overwhelmed. For some, loneliness, loss or stress may become more noticeable, and existing mental health challenges can feel harder to manage.

The message from NHS Surrey and partners is clear: **no one is alone and support is available**. Reaching out for help can feel daunting, but it is a positive first step – whether someone is struggling themselves, supporting another person, or looking for local support.

24/7 crisis support

Confidential help is available day and night for anyone in immediate mental distress:

- **Surrey Mental Health Crisis Line:** 0800 915 4644
- **Text:** 07717 989 024
- **Text Relay:** 18001 0800 915 4644

Safe Havens across Surrey are open every evening and at weekends, offering immediate, non-clinical support. No appointment is needed, and support is available in person and virtually.

Everyday support – for people feeling anxious, low or stressed but not in crisis:

• **NHS Talking Therapies Surrey** – free, evidence-based support for anxiety and depression, with self-referral and no GP referral needed.

• **GP and community wellbeing support** – GPs can connect people to a wide range of wellbeing and community programmes through Healthy Surrey and Surrey and Borders Partnership NHS Foundation Trust.

[Mental wellbeing | Healthy Surrey](#)

Warm Welcome Venues in Surrey

A Warm Welcome space is a physical space run by a community group, charity, organisation, or business, where people can come to warm up, get a hot drink for free, get energy advice and debt support and enjoy some social interaction.

Some settings also benefit from additional services such as free meals and activities.

[List of Warm Welcome Venues in Surrey](#)



Mission Group

Friday 9 January 2026, 7.00pm

Circuit prayer session via Zoom

<https://zoom.us/j/97610725204?pwd=Ryrs3WBeRw3logaE7NzCCVvINb4qrV.1>

Meeting ID: 976 1072 5204

Passcode: 471239

*Join us as we commence the
year with a time of prayer*



Stay for FREE tea,
coffee & a chat

Clothes4U

Pre loved clothes with TLC

from

Knaphill Methodist Church

Broadway, Knaphill, Surrey GU21 2DR



Saturday 17 January 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



All are welcome to join us for tea, coffee, cake & a chat in a friendly environment



Whether you're looking for clothes for yourself, friends, or family



We have lovely, pre-loved clothes for everyone to take away & enjoy wearing



We look forward to meeting you & your family



If you would like to donate clothes, please contact us on the email below



If you would like to volunteer, we would warmly welcome your help

www.knaphill-methodist-church.com/clothes4U

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



FREE
or gift
Donations

2nd December

9th December
in aid of 'Cherry Trees'

16th December

23rd December

6th January

13th January

20th January

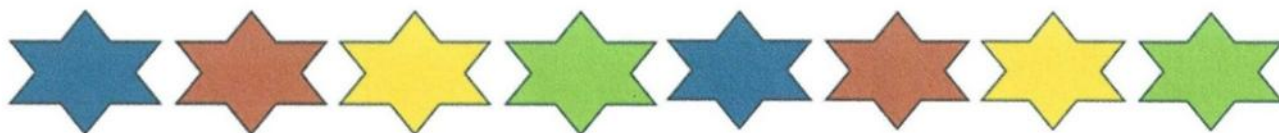
27th January



FREE
or gift
Donations

Enjoy Coffee & a Chat, Coffee & a Game, or Coffee & a Book
The choice is yours!

Everyone welcome – bring a friend!



**Saturday morning events at the
Addlestone Methodist Church Café on
Station Road**



***Come along between 10am and
12 to enjoy tea/coffee and cake
and join in with activities***

EVERY MONTH

1st Saturday – Fun Bingo

*Donations to Sam Beare Hospice or
Open Doors Charity*



**2nd Saturday – A time to sing – favourite
hymns & songs**

3rd Saturday – give popular games a go



**4th Saturday – Hymns, songs
and time for prayer**

Check notice board for any changes



LEARN TO SWIM WEEK FOR ADULTS THIS JANUARY

19th January - 25th January 2026 at Cranleigh Leisure Centre

ARE YOU SOMEONE...

- Wanting to become water confident?
- Wanting to master a specific skill/stroke?
- Wanting to improve your swim fitness?

How does it work?

Splash into water confidence with a FREE swim lesson taster session, available on select dates this January!

We have beginner, intermediate & water fitness taster sessions available.

After, you'll have the option to join our award-winning scheme, with a weekly lesson, if you want to do so!

***All teachers are aquaphobia qualified.**

Ready to book a space? Speak to our reception team today!

Cranleigh Leisure Centre
Village Way, Cranleigh, Surrey
GU6 8AF T | 01483 274 400



www.everyoneactive.com



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