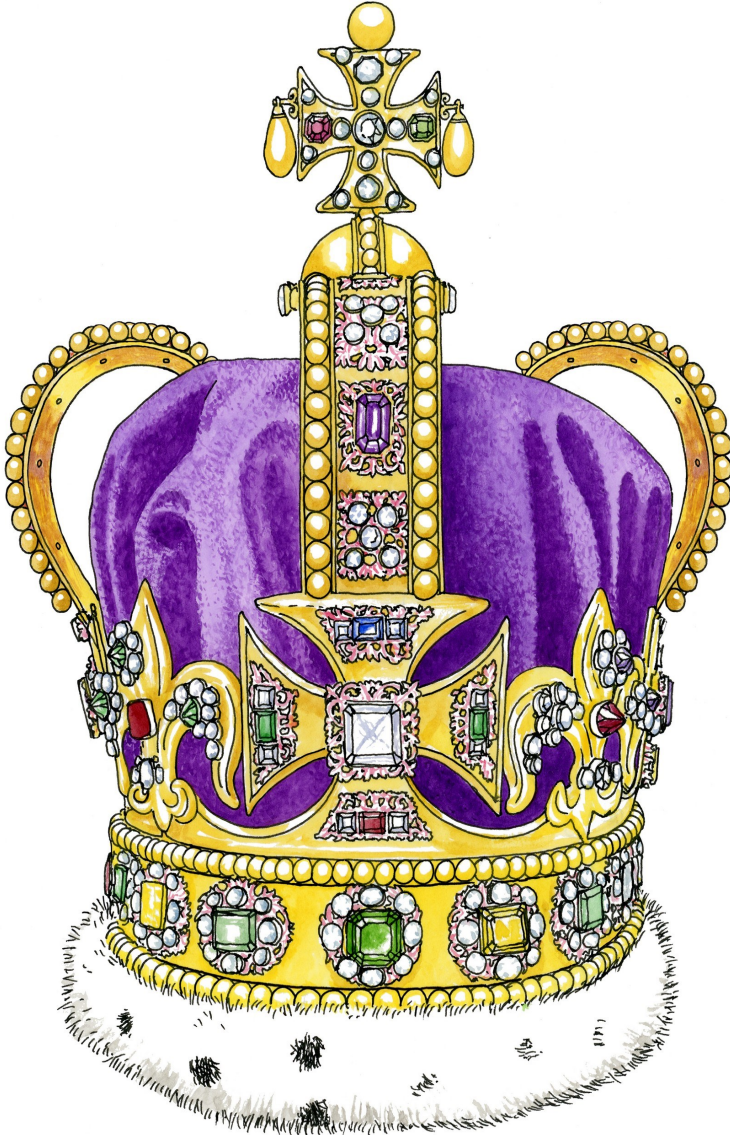




NEWBURN
*St Michael's
&
St Mary's*
PARISH



50p

May 2023

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FACEBOOK: @NewburnParish

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Letter from Rev Margaret:

Dear Readers



Over the last 18 months Brian and I have spent many an hour sitting in hospital waiting rooms for one thing or another. Probably like many of you I am a 'people watcher', and I can sit quite happily observing what's going on around me. On one occasion I watched a little boy, about 3 years old who, with his mammy, was waiting his turn to see a doctor. His name was called and off they went. A few minutes later an older lady came and sat down opposite us. Then the little boy came out of the consulting room and as he and his mammy were walking towards the reception desk, he saw the lady who was sitting opposite us, his face lit up and he ran to her, where he was scooped up onto her knee and cuddled in close. What a happy little boy he was! I felt a lump in my throat as I recalled the days when my teenage grandsons were little boys who cuddled up on my knee when they were small. Reflecting on it later I saw it as a picture of how God the Father is always there, ready to scoop us up into his arms in those times when we are troubled and need comfort.

In February I was due to conduct a service at Newburn and the gospel reading was Matthew's account of the transfiguration (you can read it in Matthew chapter 17 verses 1-9). When the disciples saw Jesus in all his glory they were so filled with fear, awe & reverence that they fell on their faces before the Lord. This was indeed a holy moment for them. The transfiguration story can remind us of those special times when we, in our own modest way, experience something of the glory of God. For a handful of people, such times might be large, clear and frequent. For most of us they are probably small and brief and occasional. That does not mean that those who have spectacular encounters with God are somehow spiritually superior. It simply means that God deals with us in different ways. Looking back on the incident with the little boy in the

hospital, I now see that as one of my 'holy moments' – being made aware of the closeness of God and his love.

While in the intensive care unit recovering from an operation in December, I saw myself standing at the entrance to a tunnel – it was long, with brick walls & at the end of it I could see light. As I wondered whether I was going to walk into the tunnel the end of it slowly closed & the light disappeared – my friends said it was a near death experience – I don't think it was, but I do think that I was being shown something – that I wasn't about to depart this earthly toil!

In September 2000 at the end of a Leading your church into growth conference at Crammer Hall in Durham – as I watched the minister consecrating the bread & wine at the closing communion service, I heard a voice say to me, 'You should be doing that.' It was at that moment, as I had an overwhelming feeling of God's call, that I gave in to something that I had felt for some time and began the process of exploring a call to ordained ministry. Then, on the day before I went to my selection conference, as I was being prayed for in St Mary's, and people were laying hands on me, I had a picture of myself being carried on a cushion, with all these hands holding the cushion up – and I had an overwhelming feeling that I was being carried along by prayer. These for me have been some of my 'holy moments'.

We need our 'holy moments' – experiences in our worship together, in our own quiet times with God, the praise we feel in our hearts as we enjoy the beauty of creation or the wonder of new life. Our Christian life is a journey through which we are being transformed by God. Those holy moments that we experience equip us to live our life in a world that is full of all the concerns, the anxieties, the worries, the sadness that people carry - & in the midst of all that we reflect God's glory to the world around us through the transformation that he works in us. Look out for those holy moments in your life – God can surprise us when we least expect it!

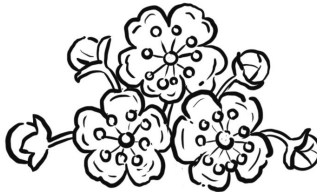
Yours

Margaret

From the Registers:

Funerals:

Carol Ann Lynch, died 15th March aged 77.
Eric Warren, died 24th March.



Sunday Service Information

9.30am St Michael's
11am St Mary's
6pm (4th Sunday) St Mary's

Thursday 10am The Vicarage
Morning Prayer Service

*The following information can be
applied every month:*

1st Sunday: Communion
2nd Sunday: All Age
3rd Sunday: Communion
4th Sunday: Morning Praise (am) & Contemporary
Worship (pm)
5th Sunday: JOINT SERVICE 10am

The 13th Bishop of Newcastle



The Rt Revd Dr Helen-Ann Hartley, formerly Bishop of Ripon, will be installed as the new Bishop of Newcastle in this historic and significant service at Newcastle Cathedral on Saturday 22 April. We have welcomed our new Bishop to her Cathedral Church, saw her installed in the 'cathedra' and surrounded her and this new ministry with our prayers, blessings and great rejoicing!

Helen-Ann was born in Edinburgh and spent her early years living in the Scottish Borders, where her father was a Church of Scotland minister. At a very young age, she moved with her family to Sunderland, where she attended primary and secondary school, and her father became a priest in the Church of England. She was ordained into the Church of England in 2005 as deacon in the Diocese of Oxford and became a priest a year later.

In 2010, Helen-Ann relocated to New Zealand, where, in 2013, she was elected to become the Bishop of Waikato on the country's North Island. In 2017, it was announced that she would become the Bishop of Ripon.

Helen-Ann is active in the world of media and is a keen runner, regularly taking part in parkrun. She is married to Myles, who is a musician from Cumbria. Her parents, both of whom are retired, live in Durham. Please pray for Bishop Helen-Ann and Myles as they prepare to move home from Yorkshire to join us here in Newcastle Diocese.



See page 19
for more info...

You are invited to our

**CORONATION
CELEBRATION
“PICNIC IN THE
CHURCH”**

SUNDAY 7TH MAY

*St Mary's Church, immediately
following the 10am Joint service.*



**Please bring your own picnic, and
picnic blankets/chairs to enjoy a
celebratory parish lunch event together
either in the grounds (weather
permitting!) or inside the church.**

Take a walk on the wild side!

How neat do we like our gardens to be? Full of manicured lawns, with immaculate flower beds? Well, yes and no.



A recent survey by BBC's Gardener's World magazine has found that more than half (54 per cent) of gardeners now include 'uncultivated areas' in their garden. And some 44 per cent of gardeners have also set up a wildflower area.

Certainly, Nature could use a helping hand just now. In 2019 32 per cent of us saw a butterfly in our garden. By 2020 that was down to 21 per cent. By 2021, that was down again, to just 16 per cent.

Simple tips to rewild your garden:

- Avoid chemical pesticides and herbicides, which also kill 'good bugs', butterflies and bees.
- Tolerate as much mess as you can. Leave wood and leaf piles for hedgehogs and invertebrates.
- Set aside some room where grass can grow longer, and wildflowers can bloom.
- Don't pull up all your weeds – they can be a critical source of pollen for bees.



ECO CHURCH FOCUS

Spotlight on May:

Meat-Free May – 1st to 31st May 2023

[Meat-Free May](#) is a month-long challenge to eliminate meat from your diet for all 31 days in May. Meat Free May says taking part will improve your health, help the planet, and help to end animal suffering, all whilst doing your bit for world hunger. Find meal plans, and recipe ideas to help you get started. You can also encourage your friends, start a workplace team, plan some fun foodie events, and join the No Meat May online community for support and inspiration.

No Mow May – 1st to 31st May 2023

[No Mow May](#) is an annual event run by the environmental charity Plantlife that encourages people across the UK – and beyond – to lock up their lawnmowers on 1st May. Leaving your lawnmower in the shed and letting your lawn grow long, just for the month of May means smaller plants like clover, daisies, dandelions, selfheal and clover will get a chance to flower and give pollinating insects a head-start. This is important as, since the 1930s, we have lost nearly 7.5 million acres of flower-rich meadows and pastures. Just 1% of our countryside now provides this floral feast for pollinators. With 15 million gardens in Britain, our lawns have the potential to become major sources of nectar.

Walk To School Week – 16th to 20th May 2023

[Walk to School Week](#) is a long-established annual campaign from sustainable transport charity Living Streets, which encourages school pupils to travel sustainably to school every day of the week. During the week, pupils can track their

progress each day on the fun and interactive classroom wall chart, unlocking new levels and knowledge as they go. Individual activity diaries, daily stickers and end-of-week pupil rewards help to complement this activity, reinforcing the benefits and keeping children engaged.

World Bee Day – 20th May 2023

[World Bee Day](#) is an international day to raise awareness around the vital role of bees and other pollinators play in keeping people and the planet healthy. The day also seeks to raise awareness around the many challenges bees face today.

With bees, pollinators, and many other insects in decline, this day provides an opportunity to promote actions that protect and enhance pollinators and their habitats, improve their abundance and diversity, and support the sustainable development of beekeeping. This is whether we work for governments, organisations or civil society or are simply concerned citizens.

Every Flower Counts – 31st May 2023

[Every Flower Counts](#) is a Plantlife citizen science activity that provides a snap-shot health check of our lawns, that takes place at the end of No Mow May.

Plantlife wants to know which flowers are most abundant on lawns. From there, they can work out how much nectar they are producing and how nectar scores have changed from previous years.

It's very easy to take part. Every Flower Counts takes just a few minutes to do. No botanical knowledge is needed – everyone signing up will receive some simple wildflower identification help for 26 common lawn flowers.

Once you've submitted your results online, you'll instantly receive your own Personal Nectar Score. This shows you how many bees your lawn can support.

Prayers for May compo

Father, we pray for our Annual Parochial Church Meeting on the last day of April. We give thanks for the past year and for your blessing on all those involved in serving our parish.

We pray for Allison and thank you for her tireless service to you and to our congregations as she leads us through whatever we are called to do for you in this place.

We pray for our churchwardens as they work for the parish and keep the churches safe and well maintained. We ask your blessing on all the teams who will report to the APCM, whether around worship, pastoral care or outreach in Newburn Parish, we give thanks for those laying down roles this time and we seek renewed energy for those continuing or taking on new posts this coming year.

We pray for our new king to be crowned in Westminster Abbey on 6 May and ask your blessing on Charles III and the Queen Consort Camilla. Bless them, Lord, and give to them the strength and ability to reach out to all people , whoever and wherever they are.

osed by Jennie Jones.

We pray for the Coronation celebrations in our parish and community and for all who will be part of these. May we share the enjoyment of time together in worship, fun and fellowship.

Father, as we welcome the new Bishop of Newcastle, Bishop Helen-Ann, we pray your blessing on her as she speaks with representatives from parishes and deaneries at Diocesan Synod this month and begins to meet those with whom she will share service to you in this place.

We pray for all who reach out to share your love in our world - your world, and as with all new beginnings whether in our parish, in our monarchy or in your worldwide Church, we pray your blessing on all who want to be part of your team, may your Holy Spirit surround us all this Pentecost !

We thank you for your constant love and encouragement.
Thank you, Lord.
Amen



Christian aid Week this year is May 14th to 21st. There will be a retiring collection in both churches on Sunday 14th and Sunday 21st. A seven-day Devotional Booklet will be available – please take one and learn more about the important work of Christian Aid and how the money we donate is used..

This year's Christian Aid Week features stories from **Malawi**. Malawi is a beautiful country of cooler mountains in the north, the shimmering waters of Lake Malawi in the east, and sun-drenched lowlands to the south.

But in Malawi, the costs of everyday essentials, such as food and fuel, are going up and up, just as they are here. In addition, the climate crisis means it is increasingly difficult to grow many of the foods that families used to eat and sell.

Often crops are lost to cyclones or droughts, or seeds are too old to grow well. Many farmers are exploited by big companies and don't receive a fair price for their crops.

However, Christian Aid partners in Malawi are helping farmers transform their livelihoods using the humble but mighty pigeon pea: a drought-resistant, soil-revitalising, high-protein, low-cost, delicious crop. Farmers and communities are working with Christian Aid to form cooperatives to secure a fairer price, boost the quality of the seeds they use, adding value by baking and selling bread made from pea flour, and building warehouses to keep peas safe from weather events.

Some popular health myths debunked

The best ways of staying fit and healthy may be different from what you thought. Here are some fitness dictats which were originally based more on marketing than on science.

Walk 10,000 steps a day:

This goal has been a popular mantra for years, and it has even been adopted by the World Health Organisation. But the number was chosen arbitrarily in a Japanese boardroom in the 1960s. The company, Yamasa, simply dreamt up the figure in its effort to promote the world's first step counter, ahead of the Tokyo 1964 Olympics. Instead, recent studies, including one at the University of Alabama, have found that taking between just 6,000 to 8,000 steps a day may be fine. And even if you take far less than that, then just adding an extra 500 steps a day will bring you significant health benefits. Research does suggest that it is not a great idea to take less than 5,000 steps a day.

Five a day:

This encouragement to eat daily fruit and veg came from the UK government in the late 1980s, and it is probably the best-known piece of public health advice that we have. But recent studies suggest that five a day is unlikely to be enough. Scientists at Imperial College London suggest it is more like seven or ten helpings a day, if you are to get all the nutrients and fibre that you need. One scientist at the University of Leeds says there needs to be a push for people to make dietary fibre the majority of their daily diet, rather than processed foods.

You need eight hours sleep:

This notion goes back to Victorian times! During the industrial revolution, it was thought that the best daily regime was eight hours labour, eight hours recreation, and eight hours rest. But in fact, modern studies have found that the amount of sleep you need is highly individualised. Some people get along fine on less than six hours, while others need ten hours.

Two litres of water a day:

For decades, the advice has been to drink two litres of water a day, or about eight glasses. But our fluid requirements vary, depending on exercise, the weather, climate, and our age. You may need as many as six, or as little as one. For, according to a professor of nutritional sciences at the University of Wisconsin-Madison, “a lot of your water comes from the food you eat.”

Breakfast is the most important meal of the day:

This advice began to be spread in the 1920s, when cereal companies were running marketing campaigns to get people to eat their products for breakfast. But nutrition experts point out that breakfast is only good for you if you eat the right kind of foods. Highly processed foods and a large sugar content is likely to do you more harm than good.

2,000 calories a day:

The NHS recommends a daily calorie intake of 2,000 calories a day for women and 2,500 for men. But your actual calorie needs depend on your age, gender, height, weight and physical activities levels. Some of us need to eat much less, and some of us need to eat more.

**Parish Trip to Holy Island
Tuesday 25th July, 2023**

We have 2 coaches booked for another trip to Holy Island - the tides are perfect on 25 July!

We plan to leave at 9.30am and will return by 6pm.

If you'd like to go, please sign the lists in the back of the churches as soon as possible, so that we can confirm numbers with the bus company.

When you sign please tick if you plan to walk across from the mainland.

Children and young people travel free - we will confirm adult price when numbers are confirmed.

Any questions, please have a word with Allison or Jennie



**NEWBURN
YOUTH GROUP**

**Our May meeting is on
Sunday 21st May in the Parish Hall
from 6pm to 7.30pm.**

In June we meet on 18th also in the Parish Hall.

**Then we hope we will see some of you on the
Parish Outing to Holy Island on Tuesday 25th July.**

**Do get your names down as soon as possible and please
say whether or not you intend to walk across to the island.
Carla and Dan escorted some of you last year and it looked
good!**

There is no meeting in August.

Bethany - Welcome



BETHANY

We meet on the third Wednesday of the month in St Mary's, Throckley at 1pm.

We will be observing some restrictions owing to the continuing Covid situation. As previously we will have a time of worship, an activity or quiz and there will be a cuppa with light refreshments.

ALL ARE WELCOME - we look forward to seeing friends old and new.

There is no charge - voluntary donations to cover expenses can be given.

Please contact Margaret Ledger on 0191 2672953 for more info if required

PLEASE NOTE THAT YOUR £5 ANNUAL MAGAZINE SUBSCRIPTION IS NOW DUE. PLEASE GIVE YOUR SUBSCRIPTION TO WHOEVER DISTRIBUTES YOUR MAGAZINE, OR SEND TO THE PARISH TREASURER; CELIA WAUGH.

Noah's Ark Playgroup

Wednesday 10-11.30am
(school term time only)

Newburn Parish Hall

£1.50 per family,
Refreshments provided



CORONATION CELEBRATION



The Parish Coronation Big Lunch will take place on Sunday, 7th May, the day after the King and the Queen Consort are crowned at Westminster Abbey.

Please join us for a Joint Parish service,
10am at St Mary's, Throckley,

Please bring your own picnic (food, drink, plates, utensils), as well as picnic blankets and camping chairs so that (weather permitting) we can sit outside in the grounds of the church and picnic together.

To help us in our Eco-Church goals, please see the following guidance:

There are some great alternatives to plastics out there, including cups, plates and even cutlery made from compostable plant-based materials that can be popped straight into your food waste bin or even on your compost heap, or even better, bring your own plates from home, then take home to wash!

While cling film might keep your Coronation Chicken sandwiches fresh, it's not very environmentally friendly. In Britain we use more than 1.2 billion metres of cling film every year. Cling film is made from plastic and difficult to reuse or recycle.

So instead store food in:

Plastic food storage tubs, jam jars or plastic takeaway containers, reusable beeswax wraps, a bowl with a plate on top, orr switch to foil which can be washed to use again or recycled.

The Coronation of King Charles III

On 6th May His Majesty King Charles III will be crowned alongside Camilla, The Queen Consort, in Westminster Abbey. How can we pray for him, as he approaches this important event? Paul says: *'I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness.'* (1 Timothy 2:1,2).

For God's presence - to guide every aspect of King Charles' life as he prepares for his Coronation and future roles. At his Accession, he was proclaimed Defender of the Faith, the Supreme Governor of the Church of England. Charles has talked about *'the Sovereign's particular relationship and responsibility towards the Church of England - the Church in which my own faith is so deeply rooted.'*

For God's wisdom - as he provides leadership that will honour God and promote the wellbeing of our society. King Solomon prayed for wisdom for himself: *'So give your servant a discerning heart to govern your people and to distinguish between right and wrong.'* (1 Kings 3:9).

For God's love - to strengthen all relationships within the Royal Family; for reconciliation, understanding, forgiveness and good communication.

For God's purpose - to be fulfilled through the work of the King and Queen Consort and their family in the years to come. He has said: *'and whatever may be your background or beliefs, I shall endeavour to serve you with loyalty, respect and love, as I have throughout my life.'*

A Prayer for the new King:

Everlasting God, we pray for our new King. Bless his reign and the life of our nation. Help us to work together so that truth and justice, harmony and fairness flourish among us; through Jesus Christ our Lord. Amen.

Canon Paul Hardingham

How your friends may be keeping you alive

Take care of your friendships, and they will take care of you.

A recent study has found that if, in later life, you enjoy your friends on a regular and frequent basis, then the joy that they bring you may even halve your risk of death within five years.

The book of Proverbs (27:9) compares the balm of ointments and perfumes to the soothing effect of a good friend, and an analysis of the research would seem to confirm this. People in their later years who socialised every day were healthier than those who didn't. Even those who saw their friends only once a week were healthier than those who saw no friends on a regular basis.

In fact, the team reported having found a 'dose response', with the greater the frequency of socialising, the greater the likelihood of living longer. As one doctor put it: "The more frequent the social activity, the more prolonged the survival time."

It is thought that having regular contact with friends encourages healthier thinking, better personal habits, increased physical activity, and reduces stress.

Yet according to Age UK, more than two million older people in England live alone, and more than a million older people can go for a month without speaking to anyone.

The study was published in the *Journal of Epidemiology & Community Health*.

Reflecting faith – the Lectern

Have you ever considered the furniture that we have in our churches?

Close your eyes and think what your own sitting room looks like and the furniture you have chosen to go in there. Most of us will have chairs, a sofa, one or more tables of different sizes, a fireplace and a television. Which way are the chairs facing? What's the focal point?

Churches are no different in that they have most fixtures and fittings in common, and in set places.

In an Anglican church the focal item is the altar at the centre, with the lectern – from where the Bible is read out loud during services - on the right side as you look at it, and a pulpit on the left-hand side. In a Methodist church the pulpit is often behind, but built higher than the altar, and probably with a mobile lectern to be placed as chosen.

This demonstrates a key difference between the two denominations. The former holds the bread and wine in greater importance whilst the latter gives that status to the preaching and the Word of God.

Such variations reveal the way in which we 'reflect our faith' through our buildings.

The word 'lectern' derives from 'to collect, gather', and again, 'to speak', so together it means 'to gather words, to pick out words.'

The words in church which we read from the lectern have been certainly carefully chosen and then written down. There have been centuries, indeed millennia, of time, thought, prayer and energy going into preparing the Bibles that we read today!

It is a privilege to be asked to read from the Bible during a service, as that will form the basis for the sermon, the hymns and indeed the whole theme for that day or even that week.

This month: Have a look at the lectern in your place of worship or the place where the Bible readings are read from. What material is it made from? What shape is it? Does it have any distinctive features? Then consider how that passage or those passages are continued and expanded through the different elements of the service.

The Revd Dr Jo White

The Spiritual Disciplines: Prayer

An important spiritual discipline is *prayer*, where we can both listen and talk to God. However, it's not always easy, and as Pentecost tells us, we have the Holy Spirit to help us to pray.

'In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans. And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for God's people in accordance with the will of God.' (Romans 8: 26,27)

The Spirit helps us in our weakness

We often don't know how to pray for a person or situation. The Holy Spirit is alongside to help: *'He bears the burden with us'*. He enables us to connect with God and assures us that He loves to hear our prayers: *'And by Him we cry, 'Abba, Father.'* (Romans 8:15).

The Spirit helps us in our ignorance

When we don't know what to ask in prayer, the Spirit prays for us with a perfect understanding of God's will. The Spirit pleads on our behalf in *'wordless groans'*, which go beyond mere words. We are never alone when we pray, since the Spirit takes our words and brings them to the Father.

The Spirit helps us in our requests

The Spirit intercedes for us according to the will of God. He translates the prayers we can't articulate or the requests we get wrong, so that they come to God in accordance with His will. In prayer we attune ourselves to the Spirit with our words or groans. Reading the Bible alongside our prayer is helpful, so that we can pray in agreement with God's Word.

When we pray, let's confidently ask: *'Come Holy Spirit.'*

Canon Paul Hardingham.

Poet's Corner

Bovinophobia

Some cows are big, some cows are fat
But all cows stare at me like *that!*
Some are smooth and some are hairy,
But this I know, *all* cows are scary!

And when I take a country stroll
My mouth dries out, my eyeballs roll
My body shakes just like a rattle
If I cross a field of cattle!

And as upon my way I go
I wonder why they love me so
I hear them make a snort of glee
As they come trotting up to me!

My wife – she thinks I am a fool
For thinking ev'ry cow's a bull
She cannot change my false belief
And so, I'm shaking like a leaf!

Yes, I do love a country walk
The rabbits, trees, the sparrowhawk
Just one thing causes furrowed brows –
If I must cross a field of cows!

By Nigel Beeton

Gigolo

We met at a local charity do,
He bowed, kissed my hand and said, "How do you

do?”

We didn't exchange phone numbers,
I didn't ask him round for tea,
I took, which for me was, a very bold step,
and brought him home with me.

He was tall, dark and handsome with just a hint of Lat-
in,
While I am short and squat,
Truth to tell I'm a bit of a fat 'un.

Well-meaning friends said he was only after my money,
But he waited on me hand and foot,
And always called me 'honey'.

Every morning, he brought me tea,
In my favourite China cup.
One day he tripped and upset the lot,
And that's when I woke up!

By Audrey Nelson



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Website: www.thegrangecentre.co.uk
Email: john@thegrangecentre.co.uk

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TEL:01912673728



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Help with laundry, cleaning or shopping?



Support with Doctor/Hospital appointments?



Befriending services or help to join in with community activities?



Please contact John Hewitt or Lisa Langford for further details on :
01912673728



Rev Allison Harding (Vicar)

Please contact Allison to arrange Baptism, Confirmation or Marriage. If you know of people who are ill or are in hospital please let us know.

The deadline for any inclusions for the magazine is

Two Sundays before the last Sunday of the month

Please either email or hand to Helen Dawson.
helenrdawson@yahoo.co.uk

If you have any questions or opinions about the magazine content and style, or would like to write an article please get in touch.

All feedback welcome.

If you know of anyone who would like to receive a magazine (only £5.00 per annum) please get in touch and we will add their name to the distribution list.