



GIVING gift
FIRSTFRUITS
LOVE
KINDNESS
generosity
 Where your treasure is
 there your heart will be also
PRaise
SACRIFICE
 the Gift of Grace
God's Free Gift of Grace
GIVING
 God loves a cheerful giver

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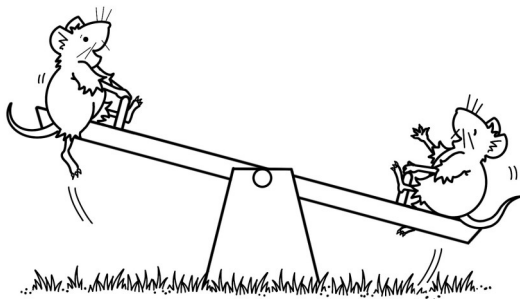
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Letter from Rev Malcolm:

Dear Friends,

I am lucky really, to have reached my eighties and still be alive, and in not too bad shape! I can't believe I have been retired almost 16 years, to a life of leisure you may ask?

Well, that's an individual choice.

Personally, I like to be busy. I don't have to go to work, but I can work when I like, because it satisfies me. I don't need a lot of money, just enough to live on. So I am very happy to do voluntary work.

Do you sometimes wonder what a day will bring? It's a bit of a luxury to do that, but nice sometimes! At least, not to have a full day of appointments, things that must be done, people who must be seen, all of which will need a lot of control in order to get everything done.

It's also great to get surprises: I mean, isn't it lovely when somebody calls to see you! Good to share with them the things that they are doing, not to always rattle on about ourselves! I love the variety of the unexpected things that happen to us sometimes. It can all be very healing.

There are days when we feel a bit off colour. Days when for some unknown reason we feel a bit insecure. I wonder why that is? There are days when we feel we are only just surviving, what with the cost of everything going up and up and up. Days when we need some affection, or just something to make us feel useful, to boost our self-esteem.

I give those days to God: I give Him my longing for Him to give me some self-control, self-esteem, self-confidence. I ask Him to give me confidence in His confidence in me.

Come to that, I give to God all my fear: fear of illness, fear of death, fear of losing a loved one. I give Him my anxiety, my anger and my shame. I give Him my guilt, my need to blame someone else ("not MY fault!") when things go wrong.

I ask Him to forgive me when I compare my life with other people, and tell Him some things are just not fair. I try to be



quiet and hold my thoughts when I really want to judge other people.

I open myself to the love and presence of God in my life, to the possibility that God can do great things through even me! Even though bits of me stop working, I can't remember people's names, and I keep losing things, God still has something left for me to do, specially to help someone else, when I can.

And so I feel like starting today with a prayer. Oh, that feels better!

I think about St Francis, who was a man who lived life simply, that is, without getting tied up into knots. He prayed different sorts of prayer, that I find refreshing and challenging.

I lived with the Franciscan brothers for six years. They gave me a home when I had no home. They taught me about hospitality, love and simplicity. They taught me how to hold myself in stillness and wait for God to touch me and inspire me.

They showed me how to live simply. In the winter of 1962-3 we lived at the Alnmouth Friary with no heat but one sea-coal fire. Instead I wore 7 pullovers!

May God bless us with discomfort at easy answers, half truths and superficial relationships, so that we may live deep within our hearts.

May God bless us with anger at injustice and exclusion, so that we may bring hope to others, and build community, seeking reconciliation.

May God bless us with tears, shed for those who feel lost because of their fears, and addictions and trauma, so that we may reach out to them, and in some way by reaching out, bring them some kind of comfort.

And may God bless us with enough foolishness to believe that we can make some kind of difference in this world.

May God help us to actually believe that we CAN do what other people claim cannot be done, to bring justice and kindness to a hurting world, and indeed to all we meet. Amen!

Yours sincerely,
Malcolm

From the Registers:

Deaths:

Susan Emmett died 20/05/23 aged 73 yrs.

Ellen Yoxall died 07/06/23 aged 86 yrs.

John Hall (known as Jack) died 09/06/23 aged 83 yrs.



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

NEWBURN PARISH ECO-FAIR

SATURDAY

12TH AUGUST 2023

1PM -3PM

**ST MARY'S CHURCHYARD,
THROCKLEY**

Stalls confirmed already:

Sun of Seitan (Vegan street food)

E.B. Bakes cake stall

Tyne Rivers Trust

Greenpeace

Northumberland Wildlife Trust

Silk flowers and cards and paper gifts,

Dog treats and products,

Adult & Baby knitwear,

Sea glass jewellery,

Painted wooden products

and much more!

SHOP SMALL, LOVE LOCAL, BE SUSTAINABLE!

ECO CHURCH FOCUS

Spotlight on July:

Plastic Free July – 1st to 31st July 2023

Plastic Free July is an annual month-long event that encourages people to choose to refuse single-use plastic products and packaging. Providing resources and ideas to help you (and millions of others around the world) reduce single-use plastic



waste every day at home, work, school, and even at your local café, so far the global movement has inspired 100+ million participants in 190 countries. Explore the possibilities of shopping without plastic, use reusable bags, buy loose fruit and veg, look at shampoo bars instead of bottles, but overall don't stress. It is better to have everyone doing a good job than a few doing a perfect job.

Love Parks Week – 28th July to 4th August 2023

Love Parks Week, organised by Keep Britain Tidy, is a week-long event designed to give people across the country the chance to shout about their wonderful green spaces.

Whether it's walking the dog, picnicking with friends, or pushing our little ones on a playground swing, our parks give our communities, our children, and our pets a vital space to play, grow, and bond.

Love Parks Week was set up to celebrate and support the efforts of volunteers and workers up and down the country to maintain and protect our green spaces.



The sweet smell of rain

Have you ever noticed the sweet, fresh smell after a downpour of rain? That 'smell of rain' is called petrichor, and it fascinates scientists.

It was back in 1965 that scientists first named it. Petrichor comes from the Greek for stone, 'petra', and the golden fluid flowing through the veins of the immortals, 'ichor'.

Petrichor is produced when raindrops form air pockets on the rocks and soil, and softly force the release of aromatic chemicals trapped there. The petrichor-scented compounds drift upwards into the atmosphere as a gas, like a glass of champagne.

The odour itself comes mainly from a chemical called geosmin, which is made by bacteria in soil. Geosmin is made by soil microbes, to fend off hungry worms. Geosmin is highly pungent, and even just five parts per trillion can be picked up by the human nose.

What are we doing as a Parish?

Engaging with the local community is an opportunity to bring our faith in Jesus and our passion to care for God's creation into the public square, being salt and light and helping others see what it means to be Christian. Churches are well placed to host environmental awareness raising events such as green fairs, coffee mornings and hosting evening events with relevant speakers. In our area, there are local conservation groups, local branches of national organisations and also, reserves or sites managed by national environmental organisations.

On Saturday 12th August, St Mary's Churchyard is hosting our second Parish Eco-Fair. We will be joined by lots of small local businesses, all of which are sustainably run, or recyclable, or reuse existing items and have been sourced from within our parish and the close surrounding areas. We will also be host to representatives from a number of local charities/groups/ organisations who will be able to provide you with information on how to get involved. See poster page 7.

Making our church friendly – some simple things to consider

The outside Notice Board. Can it be read from the pavement? Make sure the name of the Church and the times it's open are clearly displayed. Ask non-churchgoing friends to look at the list of Services and tell you if they understand what it means. Keep it as simple as you can.

The Website. This is for the benefit of people who are new as well as regulars, so keep thinking of them when you design it. Avoid 'church-speak'. Keep all information up to date. In July, we don't want to read about last year's Christmas Market, or out-of-date lists of preachers. Although you may be obliged to give Safeguarding a prominent place, this could give the impression that churches are hazardous environments, unless you emphasise that they are usually safe and friendly.

Newcomers may take some time to pluck up the courage to set foot inside the church. They are more likely to come if a member accompanies them, but someone on their own should be able to get a general idea of the proceedings from a Service book. Are there enough copies available for the busiest occasions?

Make coffee after the service not just a time for regulars to talk to each other. Appoint friendly people to look out for strangers and chat to them.

You may enjoy talking to the Vicar after a Sunday service, but do give way to newcomers. They may not have the other opportunities that are available to you.

Pray-over-the-phone service is looking for pray-ers. Could you help?

Many years ago, a couple who listened to the UCB Christian radio station wanted to be able to offer prayer to any who wanted to receive it. They found some phone lines, shared the number, and people began to call. Many years later, UCB now receives hundreds of calls every day and more than 100,000 a year. Since Covid the number has increased. All kinds of people call up. Many ask for a prayer for healing. Others want prayer for a difficult situation or relationship. Some are in a crisis or are lonely. Some want to share an answer to prayer. Some have mental health challenges and need compassion and support. Some want prayer for faith. Prayerline volunteers give a couple of hours a week, and are set up with a simple system from home so that they can be available for any who call. They are supported by a team at UCB's main office in Stoke. You may have prayed for a friend, or for someone at church. Or you may have had someone pray for you. It can make a tremendous difference in people's lives.

Like the Samaritans, there is training and a selection process, so that those answering the phone are able to listen well to the complexities and vulnerabilities of different personal situations. But unlike the Samaritans, it is not a counselling service. It simply offers prayers using verses from Scripture. Those who have volunteered have said it has helped them give hope and solace to callers, grow in their use of Scripture in prayer, be stretched and trained in their spiritual life and found a network with the same calling and compassion. One said this: "I have been a Prayerline volunteer for a number of years. I have received far more than I have given."

If you know someone who would benefit from calling Prayerline, the number is 01782 36 3000.

If you would be interested in finding out more about volunteering with Prayerline, or you know someone who might be interested, go to: www.ucb.co.uk/pray.

Prayers for July complete

Father, as we have enjoyed so much sunshine this summer, we pray that your light will be seen all around the world. We bring before you places that are in darkness, thinking especially of the people of Sudan and the Ukraine. We pray that they may soon be able to live lives that are free of war and the terror that it brings. We think of so many people who have lost loved ones in the conflict and pray that they may somehow find comfort for their loss and hope for the future. We pray for a just and a lasting peace, for healing and for forgiveness.

We pray for all those who flee war, oppression or poverty. May the world's response to them not be one of hostility or fear, but of compassion for their suffering. We thank you for all those who have settled in Newcastle and celebrate the contribution that they have made to the city. Show us the way to support the stranger among us and to make them feel at home.

Thank you for our city and all that there is to enjoy here. We pray for a revival of Christian faith in this region. We pray for Bishop Helen-Ann and Bishop Mark; that they may have wisdom and may hear your voice speaking to them. And we pray this not only for our Bishops but for every leader of the church and every Christian.

If you would like to join the Annual Magazine Prayer Rota, or even

Filed by Jamie Harding.

May we know what your good and perfect will is. Make us obedient to do the things that will bring growth to your church, whatever the personal cost to us.

We pray for all the needs of our parish. We think of those who find life difficult because of poverty, broken relationships, bereavement or any other factor. Thank you that there is no difficulty that you do not care about and nothing that you refuse to go through with us. Reach out to those in every kind of need and touch their lives with your love we pray.

We thank you for children and for all the love that they can bring. We pray for those families who find the school summer holidays difficult. May this summer be a blessing to them and a time to spend good quality time together.

In all the problems that we see around us, Father, may we not forget your goodness and how much you love us. Thank you that your love is eternal and does not depend on us deserving to be loved, but on your nature. We pray for ourselves and for your renewing power within us. Father, make us the people that you want us to be. May the light of Jesus shine in our lives. Amen.

When just do a one off prayer, please get in touch with Helen Dawson.

St Michael's Church yard – Help needed.

The Parish have been trying to seek help from the responsible areas to assist in tidying up the Church Yard at St Michaels. After a considerable amount of years it has not had the attention that it has needed, as funding and Council time and commitment has been reduced and eventually withdrawn, the grounds have become too large a task to tackle and maintain by just a couple of Church Volunteers. Currently these volunteers from the Parish are doing a fantastic job at maintaining the foreground graves and landscape, while we feel blessed to have such a remarkable space, the Parish like the rest of the community are also concerned and disappointed in the remainder of the grounds which lie at the rear of the church.

Looking at the space it is a vast steeply raised area which is considerably overgrown and as a result making the vast majority of graves inaccessible. We have taken our own concerns and community feedback on board and made a plea for support from the responsible area within the Council. They came out on the 20th April 2023 to visit the site and were as astounded as we are at the task which lay in front of them. Even after their visit, the outcome was that unfortunately they are unable to provide a resource to assist.

Now we have exhausted our options with council funding and resources, we are asking the community if you would kindly be able to spare time to help us begin to tackle this mammoth challenge.

We are not yet providing a detailed plan of action as we are canvassing for interest first. The scale of the task means this would be an ongoing project and couldn't be resolved in just a day or two. We are also looking for any kind businesses who would be able to load equipment, resources and garden waste removal. With the most dedicated congregation and the most supportive community, we can accomplish this!! Please do get in touch if you are willing and able to help.

Ann-Marie Batey

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.

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. And do let them know if
you plan to walk across the sands.



Spiritual Disciplines: Solitude

'Solitude is a time when we withdraw from the company of others in order to give God our undivided attention' (John Ortberg).

The spiritual discipline of *solitude* is about spending time alone with God, to grow in relationship with Him and hear Him more clearly. This practice was a priority in Jesus' life and ministry, especially at crucial moments eg *'Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where He prayed'* (Mark 1:35).

Solitude is not so much about what we *do* as what we *don't* do! If we want to hear God, we need to consciously shut out the external noise in our lives and focus on the quiet inside us. If we are honest, this can be a real struggle. We want to do it, but other things can so easily get in the way: distractions, tiredness, jobs that need doing, wandering thoughts etc. Solitude gives us an opportunity to enjoy God's presence, as somebody who we really want to spend time with.

Richard Foster (*'Celebration of Discipline'*) suggests some ways in which we might grow in this discipline:

- *'Little solitudes'*: small everyday moments to seek inner silence eg, coffee times, travelling to work and time spent outside.
- *Quiet place*: having specific places where we go to be quiet, eg a room or special chair in our home.
- *Retreat*: organising a retreat where we can have time in silence and solitude.

We need to plan carefully how we use our time with God, including silent listening, meditating on Scripture, prayer, journaling, taking a meditative walk, or listening to a worship CD.

'If we possess inward solitude we do not fear being alone, for we know that we are not alone.' (Richard Foster)

Canon Paul Hardingham

Reflecting faith – the Pulpit

The pulpit is one of the four most obvious pieces of 'furniture' in a church; the others being the lectern, altar and the font.

Today the pulpit is usually the place where the preacher stands to give the sermon during a service. It is generally raised higher than the chairs or pews, so the preacher can be seen more easily by the congregation.

The pulpit may be simple or heavily ornamented; engraved with pictures and/or words in a creative manner. There are examples of some pulpits which require the preacher to climb up over a dozen steps to reach the preaching platform, while others have only five or six steps.

In Anglican churches they are likely to be situated between the nave, where the congregation sits, and the chancel, where the choir or church leaders sit. In Methodist chapels, pulpits are normally centrally placed, often above the altar.

In bygone generations, the pulpit was used for all sorts of announcements. Without any microphones, it was better to use a raised area from which to address people.

So the pulpits were used not only by priests for preaching, but also by the churchwardens for notices. The pulpit was also where Marriage Banns were called, excommunications were pronounced, and indulgences were advertised.

In fact, pulpits were not much used for sermons before the Reformation! This is because the clergy in those days were required to preach only four times a year.

Most commonly, the pulpit was used for the bidding prayers.

These, partly in English, were said for the leaders of the Church, the King, the governing orders, the people, special needs, and, finally, for those parishioners who had paid to have their names read out.

This month

Have a close look at your church's pulpit. What does both the pulpit itself and the sermons that you hear from it reflect about your faith?

The Revd Dr Jo White.

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



NEWBURN YOUTH GROUP

A quick reminder that our July gathering is the Parish Outing to Holy Island on Tuesday 25 July. We do hope those who want to go have signed up!

There is no meeting in August, so our next meeting in the Parish Hall is on Sunday, 17 September From 6pm to 7.30pm. Have a great summer!

Noah's Ark Playgroup

Wednesday 10-11.30am
(school term time only)

Newburn Parish Hall

£1.50 per family,
Refreshments provided



Mary Magdalene

Six Marys are mentioned in the New Testament, including Mary Magdalene, who is remembered this month in the church's calendar. What can we learn from Mary's story?

We don't have to be defined by our past:

When Jesus encountered Mary, He cast seven demons out of her (Luke 8:2). As a result, her life was transformed and she became a follower of Jesus. Her life as a disciple was no longer defined by the person she had been before. Like Mary, we don't have to let our past without Christ dictate how we see ourselves today.

Put Jesus at the centre of our world:

Along with some of the women who had been cured of evil spirits and diseases (Luke 8:1-3), Mary followed Jesus and His disciples and supported them in ministry. She was there at the cross (Matthew 27:55-56) and one of the first to the tomb on the Sunday (Matthew 28:1; Mark 16:1 and John 20:1-18). Like Mary, we are called to serve Jesus as dedicated disciples.

Jesus uses the weakest in the world:

Mary is a great example of Paul's words: *'But God chose the foolish things of the world to shame the wise; God chose the weak things of the world to shame the strong.'* (1 Corinthians 1:27). At a time when women were regarded as second-class citizens with no real autonomy, Jesus had a special compassion and care for women. Alongside Mary, the women's witness to the resurrection was taken seriously.

We should be careful not to dismiss the things that don't follow our expectations, because Jesus doesn't always do what we expect! He delights in working out His plans through unlikely people and in surprising ways. He did this through Mary, and if we let Him, He can do it through us!

Canon Paul Hardingham

75 years of the National Health Service



It was 75 years ago, on 5th July 1948, that the National Health Service (NHS) began operating – formally opened at the Park Hospital in Manchester, now renamed Trafford General.

The National Health Service Act provided for the establishment of a comprehensive health service for England and Wales. (Separate legislation was produced for Scotland and Northern Ireland.)

The Minister of Health at the time was Labour firebrand Aneurin Bevan, but the NHS came into being through the efforts of many others as well – notably Conservative Sir Henry Willink, who was Minister of Health in the Coalition government in 1944. His White Paper laid down all the basic elements of an NHS – that no-one was excluded, and that healthcare was free and based on need, not the ability to pay.

But the origins of the NHS went back many years, starting perhaps in the early 1900s, with socialist Beatrice Webb's Minority Report of the Royal Commission on the Poor Law. It aimed to get away from the workhouse system, where those with no resources were expected to look after themselves. The report was dismissed by the Liberal government.

Strong ideas in the same vein had also come from biochemist Dr Benjamin Moore, from Liverpool, who is also credited with first use of the words "National Health Service". A novel called *The Citadel* by D J Cronin (also a doctor) drew attention to the inadequacies of health care at the time of its publication in 1937.

In the end, the NHS was based to a large extent on the Beveridge Report, published in 1942. William Beveridge was a Liberal politician, economist and social reformer who also had a strong interest in eugenics – the aim of improving the human race by controlling reproduction.

by Tim Lenton

A Scientist Reflects: Suffering and the Image of God

During the cost-of-living crisis, Food Banks have become a necessity for many desperate families. When they are given food, people reveal a variety of emotions: from relief, happiness, and hope, to quiet sadness, resignation, and desperation. Most often they display a mixture of several of these feelings at the same time.

I believe that our cries for answers at times like this, and our deep longing for things to be better, kinder, more just, less painful and chaotic, are a sign that we are made in the image of God. The Bible describes God creating men and women, instructing them to rule over the earth, and giving them the freedom to choose what they will do. The world God made was described as “very good”, but human wrongdoing caused a rift between people and God, and also between us and the rest of creation.

From a scientist’s perspective, it seems that the *potential* for accidents, disease and death – for both animals and humans – may have been part of God’s very good creation, and there was a real threat of famine, albeit far rarer than in our current mismanaged version of creation? How would we have managed life in what Genesis describes as an un-subdued world if our relationship with God hadn’t broken down, and evil hadn’t been unleashed? Maybe painful experiences would have been experienced as challenges that brought us closer to each other and to God, rather than bringing us the experience of suffering (which I would define more particularly as involving distress, isolation and fear)? Of course, these are theoretical questions that no one can answer, but perhaps they are worth exploring.

God has already responded to suffering at a root level by taking it on Himself. Through His death and resurrection, Jesus broke the power of sin and death. We do not yet see the final results of those decisive actions – the end of suffering for all those who trust Him – but we can already feel their impact. For example, many people have experienced the wonderful effect, either in their own lives or by receiving

kindness from others, which is described by these words: “I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh” (Ezekiel 36:26).

Some of the people who receive food are, in the words of one community leader, “really desperate”, but yet they still trust God to meet their needs. My hope is that the worldwide Church will, with God’s help, be part of the answer to their prayers – demonstrating our true status as people made in the image of God.

Dr Ruth M Bancewicz

Spotlight on Health:

How to deal with those stressful people in your life

Sadly, most of us know someone who makes us feel stressed. That awkward colleague at work, a selfish family member, an aggressive neighbour, or a friend who emotionally drains you.

Whoever they are, beware: stress-giving people can seriously affect your mental – and physical – health. Travis Bradberry, the author of *Emotional Intelligence 2.0*, warns: “Even if we are exposed to stress for just a few days, it can still compromise the effectiveness of neurons in the hippocampus - that part of the brain which is responsible for reasoning and memory.”

Stress produces more adrenaline and cortisol. These ‘stress’ hormones put you in a state of ‘hyper-arousal’. Your heart rate and blood pressure increase, you feel angry, anxious, out of control, overwhelmed or numb. Long term, this can result in insomnia, and even heart disease and stroke.

So how do you stop stressful people from hurting you? Clinical psychologist Dr Marianne Trent and other psychotherapists suggest the following:

Try to take breaks from the stress-giver for at least 20 minutes at a time. Give your stress hormones time to rebalance, and regain your inner calm.

Try to schedule your meeting with the stress-giver between activities that make you happy. Even just texting a good friend can help.

Try to reduce the time you spend with them. Of course, as stressful people are often 'un-boundaried', they will not like that, because *they* want to set the agenda. Instead, start setting boundaries as to when you are available. Don't be afraid to just say 'no'. They don't own you, and they should not be running your life.

Instead, remember that God loves you and wants you to know freedom and peace. Remember His compassion and kindness. He is always your refuge.

POET'S CORNER

Gently Does It

A jam jar full of frog spawn
With a handle made of string
An armful of bluebells
Which we gathered in the spring.
Plodging in the burn, so cool on our feet
Then singing songs and telling jokes
Sitting all together on the roundabout seat.
Jam sandwiches wrapped in newspaper
For a picnic to fill our tumms
And a bottle of water we had to share
Which was always full of crumbs!
Making camps and climbing trees
What magical games we'd play
But we ran for our lives if the Parky was around
Trust him to ruin our day!
The big lads would make a Tarzan swing
And we'd wait our turn in the queue
Sometimes the rope snapped! We'd fall in the burn
Covered in mud and soaked right through!
In winter we'd sledge down Jonna's as fast as we could go
The bank was often a sheet of ice
We had frost bitten fingers and wellies full of snow
Battered and bruised to be precise!
Scruffy and hungry we'd make our way home
Sharing the good day we'd had
But we had to keep our voices low
Because the Parky was our dad!

Dorothy Duggan 2022

Poet's Corner

Storms of Life

The boat was tossed from side to side
Buffeted by the wind and rain,
Alarm and panic filled their hearts
Would they ever reach the shore again?

The sky was dark and looking out
They thought they saw a ghost appear,
Transfixed with horror, what could it be
Treading on water and drawing near?

Their hearts were stilled as hope arose
As they heard the voice of the One they knew,
'Do not be afraid, this storm will pass'
And the sea grew calm and the wind withdrew.

When storms of life assail our boat
And our hearts are filled with dread and fear,
Remember the One who treads the waves,
He sees our plight – He's drawing near.

By Megan Carter

Alfresco

We love to dine alfresco
(We love to eat outside)
Roast chicken on the patio
With salad on the side!

For in the warmth of summer
You really cannot beat
A meal in the open air
It is the place to eat!

A barbie or a salad

Or a fresh takeaway
A picnic in the countryside
Just makes a summer day!

The birds a-singing in the trees
Bright flowers feast our eyes
The only thing that's not to like
Is beating off the flies!

By Nigel Beeton

God's Garden

Plant three rows of peas:
Peas of mind
Peas of heart
Peas of soul
Plant three rows of squash:
Squash gossip
Squash grumbling
Squash selfishness
Plant three rows of lettuce:
Lettuce be faithful
Lettuce be obedient
Lettuce love one another

Plant three rows of turnips:
Turnip for services
Turnip for meetings
Turnip to help one another
Plant three rows of thyme:
Thyme for God
Thyme for Bible study
Thyme for prayer.
And finally –
Water freely with patience,
Cultivate with love,
And remember – you will only
reap what you sow.



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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.