



HIS LOVE IS FOR EVERYONE

50p

August 2023

Contact Details

Vicar	Rev Allison Harding: The Vicarage, Newburn, NE15 8LQ, 0191 2290522, revallisonharding@gmail.com
Honorary Curate	Rev Margaret Ledger: 0191 2672953
Honorary Curate	Rev Malcolm Jones: 0191 2677829
Churchwardens St Michael's	Amanda Taylor: 0191 2677845 Linda Frazer: 0191 2644169
Churchwardens St Mary's	Elizabeth Hope: 0191 2645276 Janet Bell: 0191 2647641
Parish Safeguarding Officer	Roz Cant: 07834 553470, rozcant@yahoo.co.uk
Parish Treasurer	Celia Waugh: 0191 2643214
Magazine Editor	Helen Dawson: 07834 377927 helenrdawson@yahoo.co.uk
Magazine Advertising	Amanda Taylor: 0191 2677845
Bell Ringing St Michael's	Helen Dawson: 07834 377927
Pastoral Care Team	Sandra Hope: 0191 2645276
Parish Hall Booking	Amanda Taylor: 0191 2677845
Parish Events Group (PEGS)	Jennie Jones: 0191 2677829
Junior Church (St Mary's)	Jane Allan: 0191 2676293
Youth Group	Jennie Jones: 0191 2677829

PARISH WEBSITE: www.newburnparish.org



FACEBOOK: @NewburnParish

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Letter from Rev Allison:

Sabbatical Letter

Most of you know by now that the Diocese is giving me a 3-month sabbatical, which begins on Monday 28th August. I'll be back for Messy Church on Saturday 2nd December and then return to church the day after. I wanted to write this article to let you all know what I have planned and how church life will be affected.



During the period of my Sabbatical, I will not be involved in the day to day life of the churches and the parish at all. Even funeral directors will be sent elsewhere by my answering machine message! The only exception will be Jane and Steven's wedding on 30th September.

The Diocese has told me that the purpose of Sabbatical is to 'rest and be' but that rest is not the same as inactivity. The aim is to come back, freshly energised for ministry, renewed in the three dimensions of body, mind and spirit.

My Plans

I will therefore build in plenty of time for prayer and personal Bible reading, including some time away specifically for this purpose. Jamie, Bailey and I have a few days booked on Holy Island which, as many of you know, has an incredible peacefulness about it. We have stayed overnight there before and, when the causeway closes, that peacefulness reaches new levels. I believe that God will speak into the silence.

A more formal element of studying that I will be involved in is a course called *Leading Ecclesiastical Change*. This is run by churches in Norway and Britain, with the focus very much on leaders learning from each other. It will give fresh insights into leading churches through change which I will look forward to sharing with you on my return.

I am also looking forward to worshipping in other churches where I have no responsibility. It is a huge privilege to lead the church in worship, but it does make it difficult to focus on my own relationship with God when there are so many other things to concentrate on. So I'm looking forward to worshipping elsewhere – whether I can do this with Jamie may depend on whether other churches are as accepting of dogs as everyone has been at St Michael's and St Mary's!

Of course, I'm sure that I will be in touch with many of you in one way or another during the three months. But I am taking a break from

church life and all its issues, so please don't expect me to engage in a long conversation. I won't know anything about what's going on in church (so don't ask me), and I won't wish to (so don't tell me)!

Church Life

So that's what happens to me, but a more important question is what will happen to the church while I am on Sabbatical. I have been a member of a church where the vicar took a Sabbatical and found it quite a difficult time, but recognised that there were benefits as I and other people from the congregation took on more responsibilities.

While I'm away, the churchwardens are in charge. If any decisions are needed that I would normally take, please ask them; they may decide a matter needs to wait until I return, or they could make a decision to keep things moving, after seeking advice from others if necessary.

Music has been chosen for Sunday services, PowerPoints are prepared and a range of people are coming in to lead services, as well as the familiar faces of the cockpit crew, Malcolm and Margaret. I know that you will warmly welcome all our visitors who have been generous with their time to come and serve us. Please be gracious too. Everyone has different ways of doing things; as visitors they will try their best to lead in the way we're accustomed, but invariably things won't be exactly the same.

Amanda and Jennie are the contacts for funerals and have details of the local clergy who can be called in for cover. There will be PCCs on 12th September and 14th November, chaired by Jennie (Lay Chair).

Overall, things in the two churches here are in good heart. I can step back from my normal responsibilities confident these are two happy, caring, serving churches. I'm grateful to all those who will keep things running, both those within our church family and those who will come in from outside.

Please pray for me, as I take this time out, that God will rekindle my love for the Lord Jesus, and give me fresh energy to serve him on my return. And please be assured that, while you will not see very much of me, you will all be very much in my prayers. As Paul says in 1 Philippians 7a:

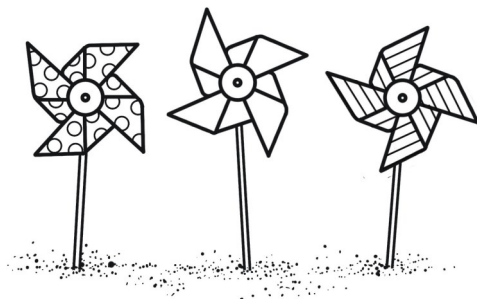
"It is right for me to feel this way about all of you, for I have you in my heart ..."

With love and blessings

Allison. Xx

From the Registers:

Deaths: Angie (Evangeline) Newman died 9th July aged 75 years.



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

Greenpeace, Butterfly Conservation NE

Northumberland Wildlife Trust

CPRE - The Countryside Charity

Silk flowers and cards and paper gifts,

Dog treats and products, Adult & Baby knitwear,

Sea glass jewellery, Painted wooden products

Christian Aid wooden shell animals/creations
and much more!

SHOP SMALL, LOVE LOCAL, BE SUSTAINABLE!

ECO CHURCH FOCUS

Spotlight on August:

National Allotments Week – 7th to 13th August 2023

National Allotments Week started in 2002 as a way of raising awareness of allotments. Particularly the role they play in

helping people to live healthier lifestyles, grow their own food, develop friendships and bolster communities. The campaign week is still thriving 20 years later. Each year it focuses on a different theme. 2021 saw the week focus on



“Plotting for the Future” –

celebrating the contribution that allotments make to a sustainable future.

Meanwhile, in 2022 the theme was “Bugs, Bees and Broccoli” – which acknowledges the importance of gardening with nature in mind. This year, the theme is ‘Soil Health’; Good soil health is widely accepted as way to improve yield when growing edibles but also contributes positively to biodiversity and the environment as the world faces more climate challenges. The NAS hope that this National Allotments Week will inform and educate gardeners old and new about the benefit of caring for the soil and the creatures that inhabit it.

Newburn Parish Eco-Fair—12th August 2023.

Come along to St Mary’s Churchyard, Throckley between 1-3pm on Saturday 12th August to help us celebrate and share in local, sustainable, environmental businesses and information stalls.

We will have stalls inside and outside, a vegan hot food stall and a local baker running our cake stall. There’ll be plenty of gifts, items and treats to purchase, so bring some cash along! All

money raised from the event will go towards the parish to fund future events / projects. (See pg7 for up to date poster).

World Plant Milk Day – 22nd August 2023

[World Plant Milk Day](#) is an international day that celebrates plant-based alternatives to dairy milk. Take the 7-day dairy-free challenge., and encourage your friends and family to join in too. Aiming to accelerate the transition from dairy milk to the rich variety of plant-based alternatives, it's a great way to reduce your impact on the planet. (See pg10 for a recipe for oat milk).

Bumblebees are happy near churches

Bumblebees like churchyards. At least, they were the insects most seen during a recent survey of churchyards and burial grounds in England. It all shows “how valuable, when managed sensitively, many of our churchyards are for bumblebees,” said a spokesman for Caring for God’s Acre, a conservation charity for UK burial grounds. Such places often offer unique habitats for nature. The survey was part of the Churches Count on Nature, an opportunity for communities to record plants, insects and animals found in burial grounds and churchyards. After bumblebees, ladybirds and aphids took 2nd and 3rd place.



International Bat Night: 26th-27th August

Did you know that there are 18 species of bat in the UK? And did you know that these bats make up almost a quarter of ALL our mammal species? So, our UK bats are well worth celebrating. And International Bat Night brings together bat groups and the Bat Conservation Trust, to provide many opportunities for bat walks and talks at dusk in local neighbourhoods across the UK. As the bat groups explain: “We aim to encourage thousands of people across the country to see bats in their natural environment by taking part in a range of events organised by local bat groups, wildlife trusts, countryside rangers and other organisations across the country.”

More information at: <https://www.bats.org.uk/support-bats/international-bat-night>

How to make oat milk

Ingredients: 100g porridge oats, and tap water. (makes approx. 750ml oat milk).

1. Put the porridge oats in a bowl and cover with tap water until the oats are submerged. Cover the bowl (a shower cap or tea towel work well) and leave for 4 hrs or overnight, somewhere cool, but not in the fridge.
2. Sieve the mixture, discarding the water, and rinse under the tap for a few seconds.
3. Tip the oats into a liquidiser, or food processor. Cover with 750ml cold water and $\frac{1}{2}$ tsp fine sea salt. Blend for 2-4 mins until completely smooth, and there are no oats visible. The finer you make the mixture, the creamier the milk will be.
4. Line a sieve with a clean piece of muslin, or a cloth with a mesh – it needs to have small holes, so a j-cloth or teatowel might not work. (You could also try a fine strainer or meshed coffee filter).
5. Put the lined sieve over a bowl or jug, and pour in the oat milk. Leave to strain for 1 hr. Every once in a while, use a spoon to scrape the bottom of the cloth to disperse some of the sediment, this will help speed up the straining.
6. When most of the liquid is in the jug, gather the sides of the muslin together and squeeze tightly with both hands to extract the last of the milk. Discard leftover oat pulp (or make a body scrub by adding used coffee grounds).
7. If you want thinner consistency, add 50ml cold water to the mix, before pouring into a bottle or container. *Will keep for 2-3 days in the fridge. Shake well before use.*

The leftover oat milk pulp can be used for lots of things. Specifically, it can be blitzed into soups and sauces to thicken them and make them creamy. It can also be made into porridge by adding a few tablespoons of fresh oats, a splash of milk and whatever toppings you like.

Parable: The Strength of a Seed

At this time of year, we enjoy the fruits of our gardens, fields and hedgerows: vegetables ripen, crops are harvested, and berries begin to show bright among the leaves. Much of this growth started with a few seeds in spring: the miracle of life coming from small dead-looking things. There is a league table of long-lived seeds. The winners so far are from the narrow-leafed campion, buried by squirrels in the Siberian permafrost over 30,000 years ago. When those seeds finally germinated, they became healthy plants that flowered and produced seeds of their own.

The Bible contains many links between seeds and spiritual growth, and the parable of the sower is the most famous (in Matthew 13). A person may hear or experience something of God which has the potential to germinate into a life of following Him, resulting in the fruit of others coming to know God too. But things can happen that snatch that seed away, killing it before it has finished germinating, or choking its growth.

What about the knowledge of God that gets trampled, churned too deep in the mire of life to receive the warmth and light it needs to develop into faith? Buried seeds don't always die, but they can lie dormant, remaining alive but inactive until the earth is turned over. The possibility of that moment of connecting with something divine, scrap of knowledge, or snatch of conversation resulting in a changed life may seem infinitesimally small, but it's not zero. The seed may be incredibly tough, just waiting for a chance to grow. The Gospel narrative plays on the fact that it took a long time for the disciples to understand the full implications of Jesus' teaching: a germination process that took many of them three or more years. They could have been discouraged, but Jesus was not. I don't think it's too much of a stretch to draw out of the parable of the sower to include the observation that it can take a long time, sometimes decades, for people to work their way through the various barriers, sticking points, and phases of forgetfulness that may keep them from following through on their spiritual experience. When we finally receive – or are open to – the encouragement, challenge, or experience that helps our faith in Christ grow, we can experience the rich fruit of a transformed life.

*Dr Ruth M Bancewicz,
Church Engagement Director at The Faraday Institute for
Science and Religion in Cambridge.*

CHURCH YARD TIDY

Location: St Michael's Church Yard, Newburn



Date: Sat 5th Aug 23
10:00am



Meet in St Michael's Church for briefing before start.

Essentials: You or your group must be able to bring tools to enable you to complete the work. Such as clippers, pruners, trimmers etc.

Gardening gloves are highly recommended

Refreshments provided

We are seeking volunteers to help with refreshments inside church as well.

It is important that the briefing takes place prior to any work commencing.

Contact Annmarie Batey for more information on
batey_am@hotmail.com

Recent Parish events:

Parish Barbeque



Prayers for August

Heavenly Father, we thank you for our beautiful world, which we've not taken care of, and so are now having to deal with heatwaves, floods, droughts and famine. Have mercy on us, open the hearts and minds of all world leaders to inspire them to act quickly to protect it and reverse the harm. Show each one of us what we can do to play our part.

Thank you for the blessing of family and friends, including those blessed with the creative ability of music, art, literature which enriches our lives.

Lord Jesus, during these weeks of school holidays we pray for your blessing and protection for our children, food for those families relying on food banks and free school meals and those living in homes where relationships are difficult and anxious.

We pray for families struggling with the rising cost of living. May these weeks be filled with gentleness, patience, love and joy as families spend precious time together.

We pray for wisdom and compassion for those in authority dealing with the various public sector strikes, so all strikers can live in peace and dignity as this pleases God.

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

Compiled by Gill Reed.

We pray for the end of the war in Ukraine, where families have fathers, husbands, sons and brothers who are risking their lives protecting their loved ones. We pray for a change of heart by the Russian government.

We pray for all those in prison, may their hearts be opened to your word and will by those Christians who visit them. Bless the families who miss them and comfort them.

Holy Spirit, we pray you will teach us to not simply enjoy the good things of life, indifferent to the suffering of others, but to share, help and give generously to others.

We pray for those who are disabled, mentally afflicted, depressed, the elderly and the lonely. Bless those who minister to their needs and show us what we can do, as servants of the Servant King, Jesus Christ our Lord.

Amen.

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

Spiritual Disciplines: Rest

'Come to me, all you who are weary and burdened, and I will give you rest.' (Matthew 11:28).

Today, the spiritual discipline of *rest* is a challenging one. We are pressured to cram more and more activities into fewer hours. This has been described as *'hurry sickness'* and is an enemy of our spiritual life. August is a month for resting, and so is a good time to look at this discipline.

God instituted the discipline of rest in the creation of the world. He created everything in six days and rested on the seventh (Gen 2:3). He instituted the Sabbath, a weekly day of rest (Lev 23:3). However, it is helpful to draw a distinction between *busyness* and being *hurried*. Busyness is an outward condition, while hurry is about our inner state, resulting from too many competing priorities. Jesus was often busy but never hurried! What questions should we be asking about getting more rest?

Balancing Rest and Work:

What is a helpful rhythm of work and rest in our lives? How can we take seriously the Sabbath principle of having one day a week to rest and not work? How might we use our time differently e.g. taking a long walk or having an unhurried conversation with a friend?

Using Our Leisure Time Creatively:

When we actually take a break we often end up simply watching TV, surfing the net, shopping unnecessarily or eating when we are not hungry! Can we choose leisure activities that really refresh us? It's not a case of more leisure time, but using the time we have more creatively.

'The solution to an over busy life is not more time. It's to slow down and simplify our lives around what really matters.' (*The Ruthless Elimination of Hurry: John Mark Comer*).

Canon Paul Hardingham

Reflecting faith – the Pulpit - pt 2.

When you last heard a sermon given from a pulpit, what was your reaction? Whilst pulpits can of themselves be beautiful and stately, intricately carved and decorated, they can also be places of separateness. Rather than ending up helping the congregation to hear and see the preacher better, they can sometimes become a block to doing just that.

And it is not just pulpits. There are other things that can diminish our paying attention to the sermon.

For one thing, in some churches the individual appearance of the minister may be distracting. This is one reason why robes and vestments are worn - to keep 'personality' out of worship; to enable people to concentrate on God, not the person up front.

Then again, there is the increased use of electronic devices in worship. Seeing the preacher preach from an 'electronic' tablet can take some getting used to.

Or what about flower arrangements at the pulpit? Some may be so spectacular that people hardly see or hear the preacher, in the midst of all those blooms.

But the good news is that the dominance of the pulpit can give authority to what is said from it. And as the preacher climbs into it, they can feel a renewed assurance and confidence that they are about to speak God's words and He is with them.

This month

See if you can hear a sermon preached *not* from a pulpit. Does it feel more or less important, connected and/or personal? What other things distract you from hearing and taking on board what the preacher is saying?

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

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**



60 years since “I Have a Dream”

Sixty years ago, on 28th August 1963, Dr Martin Luther King Jr delivered his famous “I Have a Dream” speech from the steps of the Lincoln Memorial during the March on Washington for Jobs and Freedom. The civil rights rally was attended by about 200,000 supporters, including many A-list film celebrities released temporarily by their studios.

His words influenced the Federal government to take more direct action to create racial equality, in for instance the Civil Rights Act of 1964, Voting Rights Act of 1965 and the Fair Housing Act of 1968.

King had been advised not to use the Dream format at Washington. He had used the idea before, and his adviser, the Revd Wyatt Tee Walker, described it as “hackneyed and trite”. The idea was to use a new speech with the theme “normalcy never again”. But King was prompted by gospel singer Mahalia Jackson to re-use the Dream idea, and he went ahead with it, much to Walker’s dismay. But it had a huge impact and is now regarded as perhaps one of the most influential speeches in American history.

Martin Luther King Jr, born in 1929, was an American Baptist minister who became one of the most prominent leaders in the American civil rights movement from 1955 until his assassination, apparently by James Earl Ray, on 4th April 1968, in Memphis, Tennessee.

The autopsy revealed that although he was only 39 years old, King “had the heart of a 60-year-old”. He had said shortly before being shot that he was not afraid of dying.

On 14th October 1964, King had won the Nobel Peace Prize for combating racial inequality through non-violent resistance.

by Tim Lenton

Be Still and Know...

"Be still and know that I am God" Psalm 46:10

Have you ever thought of taking some time out of daily life, to simply 'be still' with God? To hear His voice, enjoy His presence, and perhaps receive His direction for your future? When one lady was told that her friend was "taking some time out to 'be still' and listen to God", she responded with curiosity: "What does His voice sound like?"

For many Christians, the response would be this: "His voice for me is always calming, always reassuring, it always makes me feel overwhelmingly loved. It always gives me a sense of peace, which is deeper than any pain and stronger than any fear. No wonder the Scriptures talk of a 'peace that passes all understanding!'"

God speaks to us individually, through His Word, the Bible. And sometimes, when we are outside, He can also speak to us through His beautiful world.

The blue sky says; "Always Look Up", the Sun says; "Shine," the birds say; "Sing", the trees say; "be fruitful", the flowers say; "consider the Lilies", The open road ahead says; "Go into all the world and preach the Gospel". The gentle rustle of the wind in the trees says; "Though you can't see My face, you can hear Me, see reflections of Me, feel Me, touch Me and know me through all I create, if you just take the time to be still!"

By Norma Murrain
A jewellery designer at
www.silverfishjewellery.co.uk

Transfiguration

This month we celebrate Jesus' transfiguration, when Jesus took Peter, John and James with Him up a mountain to pray (Luke 9:28-36). Jesus was transfigured alongside Moses and Elijah: *'As He was praying, the appearance of His face changed, and His clothes became as bright as a flash of lightning.'* (29).

Jesus' Transfiguration: Watch!

The disciples' eyes were opened, as Jesus' hidden divinity was revealed. The presence of Moses and Elijah confirmed Him as God's promised Messiah, who fulfilled God's plan and purposes. By foreshadowing the cross, resurrection and ascension, this event powerfully calls us to entrust our lives into Jesus' hands to experience His presence and power.

The Father's Word: Listen!

There came a voice from the cloud covering them: *'This is my Son, whom I have chosen; listen to Him.'* (35). God affirmed His love and call on Jesus, as His beloved and chosen Son. *This is the second time God spoke audibly about Jesus (cf Luke 3:22), but on this occasion He was speaking for the benefit of the disciples. Do we hear God speaking these same words to us? We listen to what Jesus says to us, knowing that like Him we are deeply loved and accepted by God.*

The Disciples Response: Learn!

'The disciples kept this to themselves and did not tell anyone at that time what they had seen' (36). They were impacted by this experience and needed time to reflect on what they had seen and heard about Jesus. Eight days before they were asked by Jesus: 'Who do you say I am?' (Luke 9:20). In the transfiguration their understanding of Jesus was being transformed. As we reflect on Jesus' ministry, to encounter the real Jesus, we are also transformed.

'No one who meets Jesus ever stays the same.' (Philip Yancy)

Parish Sunflower Competition!

(Using seeds handed out during the Easter Sunday services...)

Ann-Marie and Joanne Batey:



Roz Cant:



Rev Allison:



Have you planted your seeds? We'd love to see some more photos next month!

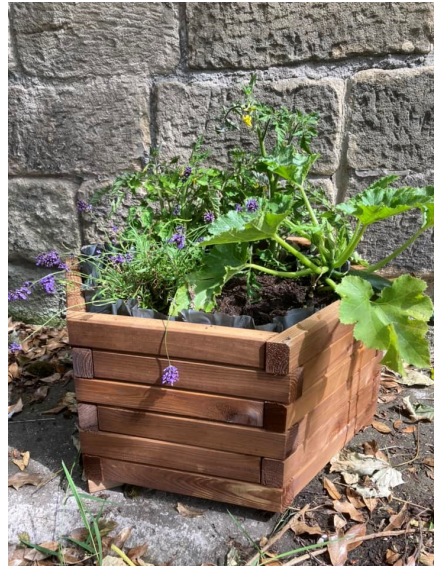
Parish Produce

As part of our Eco-Church project, I have planted two 'edible' planters, (one at each church,) with a courgette plant, two tomato plants of different varieties and also a lavender plant. So far all are thriving and are already producing fruits!

The one at St Mary's has been established a week longer and the plants have almost doubled in size since I planted them. They are there for the church community to help themselves to, so if you notice a red tomato or a good size courgette please do pick them and enjoy them.

Please ask for help if you cannot reach, both planters are tucked slightly out of the way to protect them from potential vandals. St Mary's is to the right of the main door behind the wall, and St Michael's is to the right of the door by the church wall.

Helen Dawson



Poet's Corner

Writers' 'if

If you can put pen to paper
While the dinner is burning
And the family is blaming it on you
Cut off the burnt bits
Let them fill up on bread
You must jot down ideas
As they come into your head
Don't stop writing, for goodness sake
There's always tomorrow
To bake them a cake.

If you've spent all the money on groceries
And you've nothing on which to write
Use wallpaper, inside out paper bags
But don't give up the fight.

If you can sort and file your written work
While the washing gets soaked in the rain
You haven't got your priorities wrong
You may not pass this way again.

If you can keep your chin up
And believe in yourself
When another rejection comes through the door
The loss is not yours, they are the losers
Don't bother with them anymore.
Always remember your rule of thumb
Scribble away until your fingers are numb.

If you can turn your back on snide's and jeers
And remarks like 'getting above your peers'
Keep your writing to yourself
Then one day, someone will take from a shelf
Your book.

You'll be glad you kept going to the very end,
And if Rudyard Kipling was here today, he'd say
"you are a writer, my friend".

By Audrey Nelson 2008

The Ancient Lanes of England

The ancient lanes of England
May wend their winding way
From who knows where to Goodness knows
To 'where are we today?'
Twixt walls of ancient stonework
O'er hills and valleys steep
The ancient lanes of England
Their grassy way they keep.

The ramblers now of England
May walk each stony street,
And think, as they are rambling
Of all those ancient feet
That trod those lanes of England
On each succeeding day
From where they lived to where they worked
They trod their working way.

Those ancient lanes of England
As vital, in their day
As rail tracks or aircraft routes
Or any motorway!
From farms they brought their produce
Their cereals and grains
Their cattle, milk, and butter too
Along those grassy lanes.

By Nigel Beeton



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Newburn Road, Throckley, Newcastle Upon Tyne, NE15 9AF
TEL:01912673728



We at The Grange now offer many services out in the community.

Could you or a family member benefit from any of the following:

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.