



Rev Allison Harding



Rev Margaret Ledger



Rev Malcolm Jones

We are happy to discuss spiritual matters with you.
 If you know of people who are ill or in hospital please let us know. Please contact Allison to discuss Baptism, Confirmation or Marriage

The deadline date for any inclusions for the December/January magazine is

Sunday 8th November

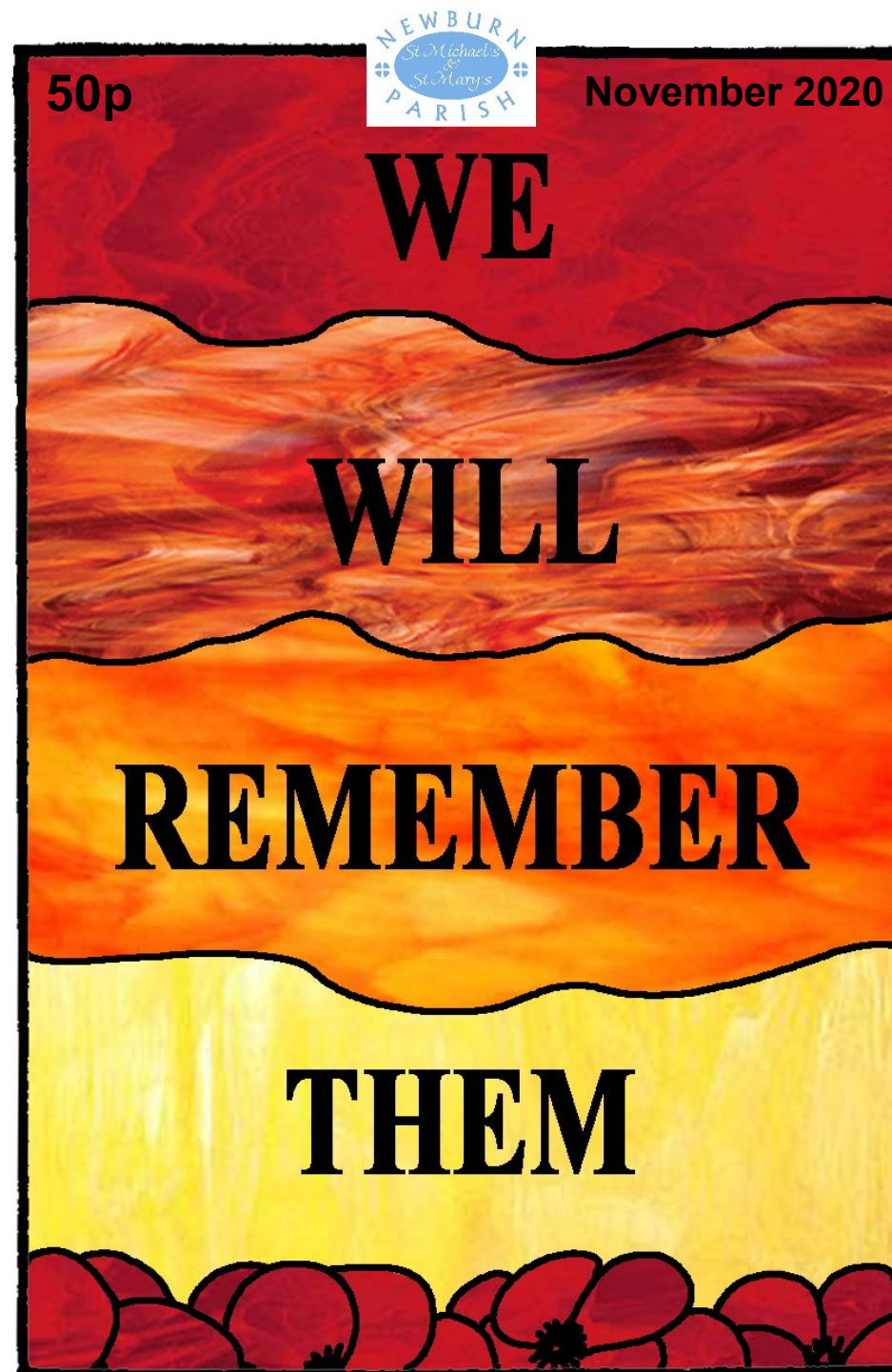
n.b. this is a week earlier than usual (see Note from the editor on page 3).

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



Contact Details

Vicar	The Reverend Allison Harding 0191 2290522 The Vicarage, Newburn NE15 8LQ revallisonharding@gmail.com
Honorary Curate	The Reverend Margaret Ledger 0191 267 2953 14 Woodside Ave, Throckley NE15 9BE margaret.p.ledger@btinternet.com
Honorary Curate	The Reverend Malcolm Jones 0191 267 7829 13 Valeside Throckley NE15 9LA malcolmjonespcdc@hotmail.com
Churchwarden St Michael's	Amanda Taylor 0191 267 7845
Churchwarden St Mary's	Elizabeth Hope 0191 264 5276
Churchwarden St Mary's	Janet Bell 0191 264 7641
PCC Secretary	Jamie Harding 0191 2290522
Safeguarding Officer	Roz Cant 07834 553470 rozcant@yahoo.co.uk
Parish Treasurer	Celia Waugh 0191 264 3214
Junior Church St Mary's	Jane Allen 0191 267 6293
Music St Michael's	Andrew Cant 07793 363651
Parish Magazine Editor	Helen Dawson 0191 680 6328 helenrdawson@yahoo.co.uk
Church Flowers St Michael's	Lesley Tait 0191 413 3138
Church Flowers St Mary's	Sandra Hope 0191 264 5276
Social Committee	Doris Coulson 0191 267 4751
Parish Hall Booking & Magazine advertising	Amanda Taylor 0191 267 7845
Bell Ringing St Michael's	Helen Dawson 0191 680 6328

PARISH WEBSITE: www.newburnparish.org



PERFORMING ARTS FOR ALL

Established for over 35 years EMPAS has an exceptional team of specialist dedicated teachers working in a very happy and positive environment.

We are a nationally recognised school with our amazing talented students achieving great things with many former students working professionally.

Please visit our web page to see the success our students are enjoying.

Regular workshops with Guest teachers who work professionally in the industry.

Junior classes (from 3 years)

Ballet, Tap, Theatre Craft, Modern/Jazz, Musical Theatre, Contemporary, Freestyle (8-12yrs), Freestyle (4-7yrs), Commercial Dance (13yrs plus) Acrobatic Arts, Limbering and Conditioning classes.
Drama, Singing (both offer Lamda one to one sessions).

Adult classes:

Adult Tap - Beginners and Intermmediates Monday evening
Pilates - Monday 9.45-10.45am Tuesday 6.30 - 7.30pm
Fusion Barre - Monday 7.45-8.45pm (in 5 week Blocks)
Golden Girls - Tuesdays 11.30 - 12.30 from 14th May 2019

Please visit our web page for a full descriptions of all of our classes.

Whether you want to dance or perform for fun or want to take this up as a Profession we are here to help.

FUSION BARRE

Amazing low impact fitness classes based on FLYBARRE from the USA. Classes booked in 5 week blocks.

ACT2.CAM

Six Week courses held throughout the year, workshops for TV and Film acting courses from May 2019.

DEEP STRTECH

For those who want to develop their flexibility further.

GOLDEN GIRLS -

Now enrolling A combination exercise/dance based class incorporating gentle warm up/Barre work. A dance class for the more senior members of our community.

SUMMER SCHOOL

Look out for our exciting Summer School, all welcome check our website for more details from May 2019.

EMPAS, The Old Town Hall, Newburn Road, Newburn, Newcastle upon Tyne NE15 8QR
Tel: 0191 267 2990 email: info@empas.co.uk www.empas.co.uk
www.facebook.com/elainemilbourneperformingartsschool Instagram @empasnl



Wellburn Care Homes Limited

*Do you or a loved one require care in a loving environment?
If the answer is YES then read on.*

Wellburn Care Homes Ltd is a family run business and we have been operating since 1985. Not only are our Homes managed and ran by fantastic, well trained staff, but our Homes are also stunning, well equipped and have beautiful award winning gardens. Our company motto is 'Care without Compromise' which is what we offer in ALL of our Homes.

Today many people are frightened of Care Homes and are wary of what is behind those doors. However, we invite you to come and see for yourself and we are certain that you will be impressed! Whether you are looking for a Short Break, Day Care or a Permanent placement, we can accommodate.

We have two beautiful Residential Homes within the area surrounding Newburn. Both Homes offer Permanent stays, Short Breaks and a Day Care service.

Firstly, we have Ryton Towers, which is a truly impressive Home surrounded by two acres of idyllic private gardens.



Ryton Towers Residential Care Home
Whitewell Lane, Ryton, NE40 3PG
Tel. 0191 4138518
Email. rytontowers@wellburncare.co.uk

Secondly, we have Wellburn House, which is situated in the village of Ovingham and is in the picturesque Tyne Valley.



Wellburn House Residential Care Home
Main Road, Ovingham, NE42 8DE
Tel. 01661 834522
Email. wellburnhouse@wellburncare.co.uk

Other Wellburn Homes in the North East:

Whorlton Grange Residential Care Home, Westerhope: whorltongrange@wellburncare.co.uk
Eighton Lodge Residential Care Home, Gateshead: eightonlodge@wellburncare.co.uk
Glenholme House Residential Care Home, Roker: glenholme@wellburncare.co.uk
Glenholme Day Centre, Roker: glenholmedaycentre@wellburncare.co.uk
Heatherdale Residential Care Home, Morpeth: heatherdale@wellburncare.co.uk
St George's Nursing & Residential Care Home, Washington: stgeorges@wellburncare.co.uk
Craghall Residential Care Home, Gosforth: craghall@wellburncare.co.uk

Contents

Contact Details	Page 2
Contents page	Page 3
Letter from the Clergy	Page 4-7
Service times for October	Page 7
Noah's Ark update	Page 8
Just for fun	Page 9
A reflection on 'welcome'	Page 10
Psalms 122	Page 11
Prayers	Page 12-13
Online church?	Page 14-15
Operation Christmas Child	Page 16-17
Poet's Corner	Page 17-18
Adverts	Page 19-23
Clergy & Magazine info	Back Cover

Note from the editor:

Please note that the deadline for submissions for the December/January magazine is a week earlier than usual (8th November please).

I have decided to bring it forward to give me as much chance as possible of getting the magazine collated and edited before our new arrival decides to make an appearance. Obviously I'm not able to predict exactly when it might arrive so please forgive me if it arrives early and disrupts the publishing/distribution of the next magazine!! Please get any submissions to me in plenty of time! Many thanks, Helen

Letter from the Clergy

Over the summer we took part in a programme to support the community by providing activities for children and giving food parcels to vulnerable families. After this I wrote an article for the Newcastle Diocese newspaper 'The Link'. I thought I'd share the article with you..



Summer of Change

So much is different since the start of the year, as you all know, but this article is about my change in perception of my parish, arising from being involved in the *Summer of Change Keep Safe* programme. From arriving in the parish, I was aware that it has many distinctive features, which can be endearing, frustrating or both. There is the semi-rural setting and the wonderful outdoor space, shops being closed at lunchtime, the large numbers of people who can't access the internet and the dependence on the 22 bus for access to Newcastle. Newburn Parish is certainly not affluent but it does not appear near the top of indices of deprivation and is not known for concentrations of poverty. I know that Denton does and is. Then came the *Summer of Change* programme, in which people from our church worked in partnership with Youth for Christ, Scripture Union, Street Games, Talbot House Trust (who gave a mini bus for four weeks completely free of charge) and Holy Spirit Denton, in the person of the brilliant Jacqueline Atkinson. We worked between the parishes of Holy Spirit and Newburn, delivering activity packs, putting on activities in open spaces for young people and delivering food parcels to families who needed them. The number of people in my own parish – both refugees and the indigenous population – who were in need of food was quite striking. On one occasion we had packed some food into bags and left them on the field while young people were engaged in activities. When Jacqueline and I returned from delivering activity bags and food parcels, we found that some parents



THE GRANGE CENTRE

Newburn Road, Throckley, NE15 9AF

Phone: 0191 267 3728,

Website: www.thegrangecentre.co.uk

Email: john@thegrangecentre.co.uk

FUNCTION ROOMS/HALL for hire, with catering and music available
Very pleasant surroundings. Catering for **ALL SPECIAL OCCASIONS**
Bookings taken 10.30am - 10.00pm

THE GRANGE DAY CENTRE

Are you looking for day care for your elderly relative?
We offer quality care & support tailored to your needs.

THE GRANGE CENTRE MEALS ON WHEELS SERVICE

We can deliver a freshly cooked hot meal & pudding to your door
Monday - Friday. Only £4.00 per day



The Grange Centre Outreach Service

Newburn Road, Throckley, Newcastle Upon Tyne, NE15 9AF

TEL: 0191 267 3728



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 :
0191 267 3728





AllPots
Painting & Decorating
 Brilliant...a brush with perfection!
 Rob Walker.
 24 Sycamore Street, Throckley,
 Newcastle upon Tyne NE15 9ES
T: 0191 264 4510 **M:** 07745159548
E: allpots@excite.com

DOMESTIC • INDUSTRIAL • COMMERCIAL

John Bardgett & Sons Ltd.

Telephone 0191 273 9292

Day and Night funeral service. Private Rest Chapels
 Pre-payment Schemes.
 Established over 80 years



571 Westgate Road, Newcastle upon Tyne. NE4 9PQ

FASHION SENSE

LADIES FASHION & ACCESSORIES

If you would like to find something a little different call in and visit Gail & Tracy. -

ALTERATIONS -

Trousers - bridal - skirts - dresses - zips - sleeves - curtains

DRY CLEANING

9 Station Road, Newburn. 0191 264 5589.

had left and had taken food parcels with them. Then when the mini-bus arrived approximately 11 people from different households came and asked for parcels making themselves really vulnerable; I shouldn't have been surprised but I was. I've been in the parish three and half years and I knew poverty existed but it was hidden. The response to the programme was overwhelming at times. One parent emailed me and said "Please pass on my gratitude to the team of fabulous people who took such good care of my girls during the activity games and for providing them with such inspiration." Other parents shared the difficulties they'd been having during Covid - one had had to sell their car. Others were grateful for the activities that their children had been involved with.. the laughter and joy that we heard was amazing. One family didn't speak English but each week when we took food they put their hands together in a prayer of thanks; the last two times that we went they were blowing kisses as Jaqueline and I held back tears.. my volunteers laughed and said 'What are you like?' One young person at the end of an activity day in Denton asked "are ya comin back tha morra?" When I said yes he turned to his friends and said 'That's ****ing mint!'



When faced with such vulnerability and gratitude I feel a whole range of emotions: I'm humbled by the response, angry that people in the West End of Newcastle have to live like this, grateful to God for demonstrating the need but bewildered as to how it can be met. It was amazing working in partnership and it did not cost our churches anything other than the time of the staff and volunteers. Here we were working in partnership and it was amazing. But Jacqueline and I are left wondering 'What now?' We could wait to put on another programme next year in the summer holidays but what would happen to those who are in severe need in the intervening 46 weeks? The biggest foodbank in the country is a few miles away in Benwell but there's no direct bus route and the fares would be only slightly less than the value of a food parcel.

In Newburn Parish there is support from the PCC - inspired partly by the *Growing Church Bringing Hope – Next Steps* reflection written by Rev Rob Saner-Haigh that we have been reflecting on - to do something to provide school uniforms and food to those in most need in the parish. We have a very good relationship with the West End foodbank, who we support financially. The Methodist church in Lemington have been able to partner with the foodbank to provide food to local people, so there is a model there for the churches further to the west.

The difficulty is, of course, resources. Newburn Parish doesn't attract funding for being a particularly disadvantaged neighbourhood. There are church members who are incredibly generous with their time and other resources, but we are limited by the small numbers who can drive or are able to get online. So trying to launch a new initiative would be challenging in any circumstance, but particularly in the current time when so many activities are more time consuming as a result of covid-19.

So this article is not to point to an exciting new development that we should all thank God for – although the Summer of Change was just such a development and we are thanking God for all that he did and I know through his spirit is continuing to do. Instead Jacqueline and I are left with the question: how can we respond to a need when we don't appear to have the resources to do so? (The team enjoying a pint or two at the end of the four weeks)



We all live at Rosewood Villas no finer home could there be. So why not come and join us, the care is given charitably.

Rosewood Villa

Residential Home

www.rosewoodvilla.co.uk

Proprietor: Mrs M Watson

106-108 Broomy Hill Road, Throckley

Newcastle upon Tyne. NE15 9LP

Tel 0191 2672373 e-mail rosewoodvilla@hotmail.co.uk



M THOMPSON PETFOODS

2 Station Road, Newburn

For all your pet needs

Tel: 0191 2672021

ian Taylor MInstChP

hpcp
registered

Taylor

CHIROPODY

Newburn Old Town Hall Practice
Newburn Road NE15 8QR
0191~ 6070201 or 07445898879

You could advertise here...

Small: £17.50

Quarter page: £35

Half page: £70

Full page: £140

(all per annum)

Call Amanda Taylor 0191 2677845

Throckley Community Hall

CRAFT CLUB

Every Friday
12.30-2.30pm
£2
Tea, Coffee, Cakes and Biscuits

Come along, meet new friends, share your skills and pick up some new ones!

R Peters Carpet Cleaning Services Tel: 07757 169468

- Friendly, reliable & professional service
- Domestic & commercial
- Stain removal
- Fully insured
- Free estimates

Poet's Corner

Pandemic

Corona Virus—Lonelyitis
Isolation—Desperation

Much overworked NHS
Face reality, what an awful mess
Loved ones dying, families crying
Keep your distance, no kisses or hugs
Until we are rid of these dangerous bugs.

Stockpiling food is top of the pops
Rows of empty shelves in all of the shops
Try not to feel too down in the dumps
When your over-worked fingers have worn down to
stumps
- they'll grow again

Don't forget to wear a mask
It isn't very much to ask
Hiding your face when you've done no wrong
I'm feeling very confused dot com.

Be kind to others, pray for the homeless
This worldwide trauma has left me... poemless

Audrey Nelson

After the article was published I was contacted by someone who gave us an extremely generous donation so that we could continue to support vulnerable families in this community, which was a huge answer to prayer. As a result, we will be able to give some food parcels to families in the October half term week. I am also in discussion with the West End Foodbank to see if we can have a satellite foodbank which opens maybe once a week.. I am very hopeful about the future and the start that has been given to us by the wonderful donation can lead to us supporting people in the community in the long term. If anyone would consider supporting this work financially, or by volunteering, I would be very pleased to hear from you.

When I think about how things have developed, I am completely blown away by God's provision even though I shouldn't be. I have been reminded that, when we respond to the nudge of God in our life, great things can happen. The person who gave the donation didn't need to give us anything but they responded to my article because of God's prompting. So if you think God may be prompting you to do something, here is a Bible verse for you.

"Then I heard the voice of the Lord saying, 'Whom shall I send? And who will go for us?' And I said, 'Here am I. Send me!'" Isaiah 6:8



Service times for November 2020.

(Unless the government guidance changes)

9.30am St Michael's

11.00am St Mary's

Holy Communion will be on alternate weeks.

Please continue to telephone Amanda Taylor (0191 267 7845) and Elizabeth Hope (0191 264 5276) to book your place at the services.



Remembrance Services will take place in the churches but not at the war memorials/cenotaphs.



Noah's Ark News

Noah's Ark hope this finds all our families safe and well after what has been a really difficult few months. We hope you have found some time this summer to learn and play together.

N.A.P.I (Newcastle Action for Parent and Toddler Groups Initiative) have been in touch with me by email throughout the summer. Unfortunately, as we are a group all about joining in and being social with each other, we have been advised not to meet yet. Julie and Sarah, from NAPI, are filming lots of adventures with Pipi and Nana as well as giving lots of ideas of craft activities, songs and stories which can be shared with children in your own home.

They are also posting lots of information about other services that may be useful. Here is the link; www.napi.org.uk—You can also find them on Facebook All the leaders at Noah's Ark are missing our weekly get-together, stay safe and hope to see you soon.

Linda and the Noah's Ark team



together to send them off as a 'group donation':

In the midst of a global pandemic, the lives of children and families have been turned upside down and the need is greater than ever before. By supporting Operation Christmas Child you'll be sharing God's love and showing a child they are special and thought of. [...] Your donations are critical for Operation Christmas Child shoebox collecting, processing, and shipping, as well as ministry partner training.

'National Collection Week' is 9-16th November, and we would like all donations to be received by the **15th November** please in order for us to make a parish donation online. Donations can be given at church services or put through the vicarage door—please put all donations in an envelope labelled 'Shoeboxes' or 'Operation Christmas Child' with a note saying who the donation is from. Thank you.

Poet's Corner

Dear God... I'd better say my prayers,
For how quickly time has flown!
I've had no time for world affairs
I'm too busy with my own!
But I've noticed how more people have died!
How could you let this be?
I've tried to understand "Your Way"
But it never makes sense to me.
Did you not hear the feeble cry;
From our sisters and our brothers?
Or did you have to pass them by
To save the lives of others?
Lord of our world, Lord of today
Please make the troubles in our world go away.
Amen

Dorothy Duggan



<https://www.samaritans-purse.org.uk/what-we-do/operation-christmas-child>

We as a parish have supported the 'Shoebox appeal', (also known as Operation Christmas Child) for a number of years. Due to tightening restrictions over what can be included in the boxes and the local restrictions making it difficult for our parish volunteers to coordinate, it has been suggested that we should collect monetary donations towards the appeal instead this year. Samaritan's Purse have enabled us to purchase boxes online (for a cost of £20.00 per box), their website says:

You can still help share God's love with children around the world even if you don't have time to shop for and pack an Operation Christmas Child shoebox gift. With a few clicks of your mouse or swipes on your touchscreen, you can build a shoebox online. Make it your own by choosing from a list of gifts, then add a personal letter and photo. We'll pack your shoebox and send it for you for just £15 + £5 project donation per box. Each shoebox gift built online is a heartfelt expression of God's love to children in need.

If you are not able to organise your own £20.00 box through their website or wish to donate a different amount, we as a parish are collecting donations

Just for fun...

6						2		4
			3				6	
	1			4				
		9				7	8	
		2	1		5	6		
	8	4				1		
				2			1	
	5				7			
4		8						3

Don't forget to send me all your completed Sudoku's for this year to pick a winner at random (to be announced in the December/January magazine).

Reflected Faith Series: Welcome to All!

As I write this, the majority of churches (in the UK) are holding services again in their church buildings or wherever they normally worship together. But things are looking somewhat different.

In my local church you need to ring a Churchwarden to book a place to come to Sunday or mid-week worship. So far, no-one's been turned down or away at the door for not booking. People are being told where to sit, rather than choosing their favourite spot, so the two-metre gap is maintained. And, in most services, face masks are required.

It's part of our job as Christians to be welcoming. There's no one specific person or role for this. It's down to all of us to welcome everyone, regardless of how they look, or dress, their faith or their behaviour.

This month: Have a think about how you can express a welcome to the others in your congregation where you worship. Perhaps turn that around and think about how you would be encouraged and welcomed. Would that work for others?

I know it's a tough one if your smile is covered by a mask and you can't shake hands or hug. But what *could* you do?

Also, as you think about the essentials of gathered worship, ask yourself the question –

What else would be an essential for me?

There's no single right answer, but it's worth thinking and worth talking to others about.

Revd Dr Jo White

uncertain.

Overall, have online services been beneficial? In the technical sense, yes, as "we are more capable than we thought at first," said one respondent, but spoke for many. So new technical skills *have* been learned. "Planning online is very different – it needs to be engaging and concise," said one person, so teaching skills presumably need to be sharpened also. Faith-wise, as mentioned above, some have come to faith. Some have 'come back' to church. Many have watched for the first time. Some have watched services from other churches. Others, though, will have been put off by the format. "Online services are no substitute for a church service," wrote one leader, and another said, "There is opportunity to reach wider, but more difficult to go deeper."

Dr Peter Brierley

In the spirit of this article, Jamie and Allison have uploaded our recent sermons and readings to Youtube, if you haven't watched them yet, the links are below. These have also been shared on various local Facebook groups.

27/09/2020, Harvest Sermon:

<https://www.youtube.com/watch?v=Xn3ZsiXP5cY>

04/10/2020, Hope Sermon: <https://www.youtube.com/watch?v=1xdfQPzqGRc&feature=youtu.be>

11/10/2020, Joy & Encouragement Sermon:

<https://youtu.be/IXeWOiodIY8>

(links provided up to date of editing)

The Newburn Parish Youtube channel can be found at:

https://www.youtube.com/channel/UC890-YSLPM_6-BgLukNNAvA where future sermons will be uploaded. Please subscribe, like and comment and spread the word to anyone who is not able to physically come to church at the moment.

Church online

Among the number of new concepts introduced to us by the coronavirus pandemic is the idea of 'church online,' both among the Christian population and those less familiar with 'church.' Many ministers have commented that, while they may initially have struggled, the new format has worked, and has drawn in people who would not normally go to church; theirs or anyone else's.

One Church of England Diocese carried out a survey across its many benefices, receiving some 180 replies to its questions. Five-sixths, 84%, had made some kind of online provision for its work, with three-quarters, 76%, providing worship services. Over half did such more than once a week! In total, the online church respondents had almost 1,300 participants on a Sunday, but these were augmented by a further almost 800 who tuned in subsequently. Normally, if you aren't at a church service, you've missed it. Not now! To have so many who followed the service subsequently, an increase of over three-fifths, 62%, of the original Sunday watchers, must say something about the usefulness of this format, popularity, and the convenience of being able to worship at an alternative time.

Do online services 'work'? For many, the overall answer is positive. "Although online services have (a number) of limitations, people can meet with God. Two people have come to faith through online services," wrote one minister. It enables the church to re-connect with those who have moved away, and not found another church to attend. "It's easier for people to come than to walk through a church door," said another. "We have overcome being a physically dispersed rural church. We are now a church built on a praying community across 30 different people praying together morning and evening," was the testimony of another. Housebound people, providing they have the necessary facilities and technological 'know-how,' can also participate.

Is it worth all the bother? Evidently so, as over half, 55%, of the churches aim to continue online services once lockdown is over. Only 7% said they wouldn't, with the remaining 38%

Psalm 122 and Advent

'I rejoiced with those who said to me, 'Let us go to the house of the Lord. Our feet are standing in your gates Jerusalem' (Psalm 122:1,2). These words from Psalm 122 inspired Hubert Parry's great Coronation Anthem 'I was Glad.' As a Song of Ascent (Psalms 120-134), it was used by pilgrims going to the great festivals in Jerusalem. For the Jews this represented 'coming home' to worship at the Temple, the place of God's presence.

Our Worship of God:

As God's people today, we are also called to worship in praise and thanksgiving: *'That is where the tribes go up – to praise the name of the Lord' (4).* Of course, currently our coming together in church to sing our praise to God is greatly restricted. We are a *scattered* rather than a *gathered* community. However, as individuals, we can still offer God the worship of our lives using the resource of psalms like this one.

Our prayer to God:

The psalm encourages the pilgrims to pray for the peace of Jerusalem: *'Pray for the peace of Jerusalem: May those who love you be secure.'* (6). The peace referred to here is more than simply an absence of conflict. Peace speak of wholeness of life in every aspect. This must be our prayer as we continue to struggle with the effects of the pandemic and as we seek the prosperity of the wider community: *'I will seek your prosperity' (9).*

This month sees the beginning of Advent, the season when we affirm the hope of Jesus' return. As we pray for peace, we know that it is fulfilled in the coming of God's kingdom in Jesus. Despite living with so much uncertainty, we have the assurance of God's future purposes for our lives, churches and the world.

Canon Paul Hardingham

Prayers for November - compiled by Colin Stafford

Lord Jesus,
Help me to be at peace this night and let me live my life in true peace. Give me the courage to seek the forgiveness of those that I have wronged and for me to forgive those that have wronged me. Let forgiveness be my guiding light and let me banish all bitterness from my heart. Let me be at peace with my family and my friends: with my community and with the world and all its institutions. Help me to find contentment in all that I have, in all that I do and in all that I need. Do not let me become a subject of those desires which will only promote envy, selfishness and greed. Help me to find love in all that I see, hear and do and to show my love in all that I do. Make love my motivation, and may I show my love and receive love, without conditions or boundaries. And at the end of the day, help me to see the wonderful blessings that have been showered upon me. Let me recognise those blessings in the simple things of life: the roof above my head, the food on my table, the friends that I have and in the walks that I take. Amen.

Lord Jesus,
Open my eyes to those that I am blind to, let me see them as you see them. Let me listen to those that I am deaf to and let me hear them as you hear them. Open my mouth to those that I do not speak to, and let me speak to them with the words that you would use. Open my heart to those whom I do not love and let my heart feel the way that your heart feels. Let me see those who are openly hidden amongst us, those who are living in genuine fear. Their shouts for help are loud and we are not listening. Help us to bring hope where none is seen or felt and to make sure that no-one is living with the fear of abuse or violence in their daily lives. Amen.

Lord Jesus,
You gave us this world as a gift so you could watch us grow and fulfil all your hopes. But we are destroying it, not only for ourselves, but for future generations. This shames us and we ask for your forgiveness. Help us and guide us to treat this world with love and respect. We ask that all civic and world leaders, in all nations and in our own community, accept that there is an urgent problem that needs addressing. That we all treat the environment in a way that will strengthen it and reverse the damage done to it. We also ask that we see and understand that nature is your gift to us and that you are to be found in nature. Help us to treasure your gift so that others can find you. Amen.

For Remembrance Sunday and for November 11th.

Lord Jesus.
In all humility I give thanks for all the men, women and children, who have been killed, injured or mentally scarred, while serving this nation in a time of war or conflict. May their deeds and what they had to go through never be forgotten. This sacrifice, which was made on our behalf, was not only made by those of this nation but it came from all over the world. It came from those who were often a different colour and of a different creed. Let their sacrifice be honoured as well. Bless all those families who have suffered such a loss and bring them the peace they seek. Be with all those who returned from a conflict injured or mentally scarred, be their shield against any further distress or pain. And let those who returned find the peace that they seek. Amen.

Lord Jesus,
Keep us safe during this Covid-19 crisis. Be with our families, friends, loved ones and our community and keep them all safe. Guide all our researchers so they can find a vaccine. Guide all our doctors and nurses so they can find better treatments. Be with all the carers and medical practitioners so they can provide the best healing. Help us to do everything that we can do, to make sure that we do not pass the infection on and work to keep everyone else safe. Help us to put everyone else's health needs first. Be with all those who have lost someone to this disease, bring them comfort and peace in their time of turmoil. Be with those who have the illness, be with their families and give them the hope they need to make a full recovery. And we give thanks for everyone who has had this illness and has made a full recovery. Amen.

Lord Jesus,
In you I trust, for I know that you will keep your promise to me. You will listen to me, you will give me what I need. You will be my support when my world collapses. You will guide me when I am blind to my next step. You will teach me when I need to learn. I know this already, because you have already shown me this and done this for me. That is why I know that when you say, 'there is nothing in this universe that will tear your love for me away.' I know you are speaking the truth. And because of this I know that I need not despair, or to lose hope in my current plight, because you will be there. I know that I need not be afraid, because you are with me and you will strengthen me. I know this because you trust me. Amen.