



Rev Allison Harding

Rev Miriam Jones

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

The deadline date for any inclusions for the September magazine is

Sunday 15th August

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.



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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.

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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 Interrmediates 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.

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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 6DE 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@wellbumcare.co.uk Glenholme House Residential Care Home, Roker: glenholme@wellbumcare.co.uk Glenholme Day Centre, Roker: glenholmedaycentre@wellburncare.co.uk Heatherdale Residential Care Home, Morpeth: heatherdale@wellbumcare.co.uk St George's Nursing & Residential Care Home, Washington: stgeorges@wellburncare.co.uk Craghall Residential Care Home, Gosforth: craghall@wellbumcare.co.uk

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Letter from the Clergy

PCC Away Day 10th July 2021

We held a PCC away day on 10th July in the beautiful surroundings of Shepherd's Dene in Northumberland. The PCC are the leaders in Newburn Parish; this is the position from which they serve God. So it



was right that we started to look forward to the things that we wanted to lay down and the things we wanted to pick up again, beginning to ask God to equip us for the future whatever that holds.

We began by praying and reading Ephesians 3:20-21:

"Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory IN THE CHURCH and in Christ Jesus throughout all generations, forever and ever! Amen."

The away day was a chance to remind ourselves that God knows everything that we have been through. He knows exactly how things are for us now, both good and bad. He also knows what we are going to face in the coming weeks, nothing about the past, present or future is out of God's sight. He can bring healing for the past as we remember, comfort for the present as we reflect and hope for the future as we recover.

Jesus described himself as the Good Shepherd and said *Come* to me all you that are weary and are carrying heavy burdens and I will give you rest (Matt11: 28). We can tell Jesus everything. We should remember the ways in which God has helped us during the pandemic.

Jesus also said of his friends '*Come and follow me*'. We don't know what the future holds but we do know that Jesus invites us to keep our eyes on him and to keep following him no matter



THE GRANGE CENTRE

Newburn Road, Throckley, NE15 9AF Phone: 0191 267 3728, Website: www.thegrangecentre.co.uk Email: john@thegrangecentre.co.uk

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: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





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.

what. We know that he wants us to experience, and show and share his amazing love. We thought about this year and asked God to remind us of some of the good things that had happened over this past year.

We then thought about the future of our church for all of its' members and those who are yet to join us. We focused on our hopes for the future of our church as we followed God. We also looked in the grounds of Shepherds Dene for something that symbolised what it meant to be a leader. There were lots of wonderful creative suggestions: I chose a poppy head full of seeds because I think it is my role to release other people to use their gifts, I saw the poppy seeds as the people in our church and I need to release them to use their gifts.

In the afternoon, we considered this reading from **Hebrews 12 v 2-3**:

Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God. Consider him who endured such opposition from sinful men, so that you will not grow weary and lose heart.

This simply means that we have such a connection with Jesus that every part of us aligns with Him.

We need to look for God's footsteps and walk in them, following his lead. God loves Newburn Parish – this is where we are and it's where God wants us to be, it's our place he wants to redeem, to heal, and he sent us to do this. He sends us with our gifts and experience and says I am sending YOU to this place that I love. That's here in Newburn Parish.

It might be helpful to consider the image of teaching our children to drive. We wouldn't just give them the keys and say off you go... if they went on their own they'd be certain to crash...

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From the Registers:

<u>Weddings</u>

Mr and Mrs Mole, married 26th June 2021 at St Michael's.



Baptisms

Millie Vickerage, baptised 11th July 2021 at St Michael's.



Jean Pearl Price, aged 95 years, 8th July at Dalton.



She could produce a hearty meal, With hardly the blink of an eye. Steaming hot broth with dumplings And sometimes a humpy back pie.

I remember stotties cooling on the windowsill, For our tea when we came home from school. We had chores to do and errands to run, But at least our tummies were full. How mam kept us all fed on wartime rations, I will never truly know. School holidays must have been a nightmare, Cooking, shopping, cleaning, She was forever on the go.

How times have changed,

Breakfast clubs, takeaway meals, and junk food. If you don't like this or you don't want that, What you waste gets thrown away. How very different we were back then, Compare with the children of today. With food banks opening all over the place, My mother and her generation would call this a disgrace.

May God bless the folks who need food banks, For which they must feel glad.

It shows we care for one another

And surely that can't be bad.

Audrey Nelson

Church Services at St Michael & All Angels

Morning Readers will find the readings below under St. Mary's Service

| - | 9.30am | 6.00pm |
|---------------------------|--|---|
| 1st August Trinity 9 | Holy Communion Read: Amanda Taylor Pray: Colin Stafford | Contemporary Worship Read: Janet Bell 2 Peter: 3-9 John 6: 24-35 |
| 8th August Trinity 10 | All Age / Baptism Read: Allison Harding Pray: Miriam Jones | BCP Holy Communion Read: Amanda Taylor John 6: 35, 41-51 |
| 15th August Trinity 11 | Holy Communion Read: Jamie Harding Pray: Jamie Harding | Evening Prayer Read: Colin Stafford Ephesians 5: 15-20 |
| 22nd August Trinity 12 | Morning Praise Read: Linda Armstrong Pray: Linda Frazer | Holy Communion Read: Sandra Hope Ephesians 6:10-20 John 6:56-69 |
| 29th August Trinity 13 | Holy Communion Read: Linda Frazer Pray: Celia Waugh | No Evening Service |

| Church Services at St. Mary the Virgin | | | |
|--|--|---|--|
| Date | 11.0 | 11.00am | |
| 1st August Trinity 9 | Holy Communion Read: Janet Bell Pray: Brian Ledger | <u>Readings</u> 2 Peter: 3-9 John 6: 24-35 | |
| 8th August Trinity 10 | All Age / Baptism Read: Allison Harding Pray: Miriam Jones | <u>Readings</u> Ruth 2: 20 | |
| 15th August Trinity 11 | Holy Communion Read: Margaret Bowers Pray: Margaret Ledger | <u>Readings</u> 1 Peter 2: 12 John 6: 51-58 | |
| 22nd August Trinity 12 | Morning Praise Read: Harry Stoker Pray: Mary Weatherall | <u>Readings</u> Romans 12:12 | |
| 29th August Trinity 13 | Holy Communion Read: Pray: | <u>Readings</u> Philippians 4:4-7 Mark 7:1-8,14,15, 21-23 | |

Continued from page 5

We need God beside us as we step into the future. God is most with us when we are giving ourselves away, when it's uncomfortable or inconvenient – when we make a space for others who are not yet with us.

Bishop Mark Rowe, the Bishop of Berwick, said recently that God has already given us what we need – we just need to be encouraged to use what God has given us as the whole people of God. Newcastle Diocese Next Steps vision gives us a hint as to where we should go next when it talks about:

Bringing Good News "to the poor" – "he's anointed me" Growing in Christ – "being rooted and built up in him" Living Faith Fully – "have life and have it abundantly"

But it also acknowledges that we are the ones that know our context, it needs to be from the people here on the ground we need to lift our eyes to see what Jesus is already doing.

Each one of us is vital in the body, we all have an investment in the family business, of building God's Kingdom, where he has placed us and that's here in Newburn Parish. We all have a calling. I want to encourage people to use their gifts and to not be afraid of getting it wrong. Each one of us carries God with us every day, we take him out in the world where we are.

At the end of the day, people spoke about things that they wanted to start up again: Open the Book, Noah's Ark, Bethany, Messy Church, Parish Away Days, etcetera. We spoke about the need for leaders who would take responsibility for these activities and who would ensure that everything that they did was a reflection of the glory of God. This is an exciting challenge as we look to take advantage of the opportunities that the easing of lockdown will bring. All of us need to get ready to use our gifts for God.

Allison

Heaven.

<u>PROVIDE LORD</u>, this day, for the people in this area, and may forgiveness flow among them. Help them to lay down vengeance and hatred. May the temptations of the Evil One be eliminated from their lives and may all who live here be delivered from the power of the Evil One. May your Kingdom, Power and glory be welcomed in this place in Jesus' name. Amen *Mary Weatherall*

Poet's Corner

Food for Thought

From the murky depths of a kitchen drawer, Where I'd often tale a look, I'd pull from its untidy mess, A copy of the Be-Ro book.

An early edition; cream and brown in colour, Showing a neat gym-slipped schoolgirl Smiling sweetly from the cover. There were two recipes with pictures on each page, If you can remember Miss Gymslip You are definitely showing your age.

My mother was a very good cook And she often used this gem of a book. I'd never known her to use a scale, Yet her dishes from the coal oven never seemed to fail.

Everyday Use of the Lord's Prayer. Part 3

PRAISE "for yours is the Kingdom, the Power and the Glory, for ever and ever"

Finally we come again to praise. There is a multitude of ways we can enhance our last section of praises. We could use a psalm from the Old Testament, don't immediately go to a familiar psalm you know well and like; I have discovered a treasure trove of prayers there for every occasion, or maybe a hymn or a worship song will come to mind.

I believe the Lord's Prayer is not just to be said, but to be prayed. I finish with a prayer entitled "Praying the Lord's Prayer" from a book called "KEEP BLESSING YOUR COMMUNITY", Compiled by Jill Gower, director of 'Call to Prayer'. *House of Prayer 2015*

<u>LORD</u> may the people of this area know you as Father. May they come into the knowledge and understanding that they have a Father in Heaven who loves them and has created them

<u>LORD</u> may your name be glorified and revered. May the people in this community lift up the Name that is above all other names and honour and respect your Name. May you be worshipped and adored in this community.

LORD may your Kingdom rule be evident here, may the Kingdom of Heaven be established in this place. May your will be done in each and every person's life in this neighbourhood. May the fullness of your Kingdom Authority be made known and welcome. May your will be expressed in this area as it is in



Noah's Ark Playgroup Re-Opening Sept 2021

For all you mums, dads, grandparents and carers in Newburn Parish; Noah's Ark Baby and Toddler Group will re-open in September (Covid permitting) in Newburn Parish Hall.

We will still be open every Wednesday in school term time but **we are changing the time**.

It will now be 10am. until 11.30 am.

At the moment, guidance from N.A.P.I, suggests parents and carers bring their own drink and snack. This may change by September-we will let everyone know.

Watch out for more news in the September Parish Magazine, on our church Facebook page and the church website.

> See you in September. Noah's Ark Team.

Reflected Faith Series: Who is in the building?

In England, hopefully by the time you read this, all the lock-down and social isolation measures will have been relaxed. Church buildings and services will be 'back to normal'. Working folk will be back in their workplaces, and all will be well with us all.

I live in hope – but I am well aware that the reality will probably be different. It's the difference between a switch that turns the light fully on or fully off and a dimmer switch that allows the brightness to increase or decrease slowly. All of us will need time to 'rest' before we get our mojo and energy levels back up again. This last 16 months or so have been hectic and traumatic for everyone in different ways. That's why coming into the quietness and space of a church building can be so uplifting.

This month:

Listen out for / read the opening words of the service. Most often they will be the following or very similar: 'The Lord be with you'. And the congregation replies, 'And also with you'. It's a simple acknowledgement that we have come together with the same intention – to meet with God. And that He is with us. With all of us. We are encircled by His love and grace.

Just pause for a moment and drink in those words and the huge meaning contained in those short phrases. God is not just here for some of us, but for all of us. We are not only with those we can see, but with God Himself. How amazing is that! May those words enable you to stand up straighter again and give you strength for the days ahead.

Revd Dr Jo White



Clergy Care and Wellbeing

On the PCC away day in July, Jennie led a session for us on 'The Covenant for Clergy Care and Wellbeing'. [This] was made an Act of Synod at the Feb 2020 Group of Sessions of the General Synod. The Covenant is the expressed view of the mind of the Church of England on issues relating to clergy care and wellbeing. (Church of England website.)

The Covenant has been created to share the responsibility of the care of our clergy between the diocese, the parish and us, the parishioners. We should undertake together to coordinate and improve our approach to looking after our clergy.

We discussed in small groups areas such as 'The ministers household', 'How clergy look after themselves', and 'Ministers as public figures', then we fed back and collectively came up with ideas for us to help our clergy, but also for them to help themselves.

An essential point was that everyone needs to be more aware that all clergy are entitled to one day off and one 'light' day per week. In our case, Allison's day off is a Friday and her 'light' day is a Saturday. These can be interchangeable if there is an event or meeting on a Friday which requires Allison's attendance. Miriam's days are yet to be confirmed. Secondly, the importance of delegation and shared leadership. We have a number of people within the church who can help with any queries you might have; the Pastoral Care Team, the Parish Events Group, and the church wardens.

As a PCC, we decided to ask everyone to be mindful of the above points, to reach out to others first (who can refer you to the clergy if necessary), to limit contact with the clergy on their days off, and finally to be aware that their personal mobile phone numbers are not 'work phones', therefore the vicarage landline and email addresses should be the first method of communication. Please take this as a constructive and practical way to join us in caring for our clergy going forward.

Helen Dawson, PCC Secretary

'On Holiday with Jesus'

August is the month when schools are off and many of us go on holiday. This year will be very different, with many opting for a 'staycation'! The good news is that Jesus offers us a true rest: 'Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.' (Matthew 11: 28-29). Are you feeling tired or burdened and in need of a holiday? Jesus invites you to spend it with Him!

The Invitation: Our holiday destination is Jesus Himself: 'Come to me, all you who are weary and burdened.' We can come just as we are, with all the burdens and sadness we carry from the last 18 months. Jesus doesn't offer a 'quick fix' to deal with our issues; He simply offers Himself!

The Promise: Jesus promises us the gift of refreshing, sustaining and everlasting rest. When we go on holiday, we usually look forward to doing very little and yet this is not the kind of rest Jesus offers. His rest involves taking up His yoke and learning from Him! A yoke was the wooden collar that ran across the shoulders of a pair of oxen to enable them to work the fields. Jesus says: 'My yokes fit well. They do not rub your neck and shoulders. Come to Me and get yoked to Me. Make an act of loyal obedience and trust in Me. And you will find a deep peace and satisfaction that you could never find anywhere else. I have come for you!'

What's so amazing about this holiday is that you can get rest by simply staying at home!

Canon Paul Hardingham





⇒ Download and use "Ecosia" - a search engine (just like Google) which uses the profit made from searches to plant trees where they are needed most.

- ⇒ Grow your own food—July and August are the months for 'bumper crops'
- ⇒ Make Compost—If you have let your food go that little bit too far past its 'best by' then you need to be sure to compost it rather than putting it in the bin. Not only will this help create a natural fertiliser and keep your garden green, it'll also reduce the amount of waste going to landfill - and as it won't break down anaerobically, there will not be a build-up of methane gas.



Prayers for August- compiled by Gill Reed

- 1. Lord, help us to remember to start every day with you, to put us in the right frame of mind, so that we do everything as unto you.
- 2. Pray for the NHS and everyone employed within it in every capacity as they catch up with the backlog and treat current Covid patients
- 3. Pray for the safety of our children out of school. Keep them safe until September
- 4. Thank you Father for your abundant mercy, love and creative power, and your forgiveness to us personally and to mankind
- 5. Help us daily to play our part with the issue of climate change
- 6. Pray for those with long-term chronic illness and those who look after them
- Pray for those involved in catch up schemes for children who have missed out on schooling and fallen behind in their work
- 8. Pray for all those in and out of the public eye whose marriage is going through a difficult time
- 9. Pray that when we are uncertain or needing guidance, we put our trust in you Lord
- 10. Pray for safety for all those travelling during the holiday period, that they depart and return home without incident.
- 11. Pray for all charities worldwide. Grant them help to continue their vital work, supporting the needy, thus obeying your commandment
- 12. Pray our activities in the parish will be able to start up soon.
- 13. Pray for those with addictions and those supporting them
- 14. Give grateful thanks for our lovely clean water
- 15. Pray for refugees worldwide, fleeing from persecution, poverty and homelessness.
- 16. Give thanks for all volunteers in our churches doing the most important and menial tasks for the glory of God
- 17. Pray for comfort to those who are grieving over the loss

of loved ones

- 18. Pray for the opportunity and desire to speak to others about God's love and forgiveness.
- 19. Our Lord commanded us to help and pray for all those in prison, in small cells 23 hours a day.
- 20. 120,000 Faith Packs were given to prisoners, many have been on Alpha Courses. Pray for hearts opening to your word, so lives are changed forever upon release
- 21. Pray for social workers as schools are closed. Children are at home needing food, patience, support and firmness
- 22. Pray for those involved in safeguarding our churches—a big responsibility
- 23. Pray daily for our hearts and minds to open to God's voice and His will in our lives
- 24. Pray for food banks as families struggle to feed extra mouths in the school holidays
- 25. Pray for God to open our eyes to show grave to others instead of being judgemental
- 26. Pray for Western world governments to contribute more to vaccines for poorer countries
- 27. Pray for guidance from the Holy Spirit to respond with compassion and justice for the oppressed
- 28. Give thanks and pray for Allison and Miriam and protect them daily as they work to your honour and glory in our parish.
- 29. Pray for the opening of hearts of governments worldwide to address the issue of climate change and do whatever is required
- 30. Pray for all those who have mental health issues. May our clergy be given training and as Christians we too can help and show compassion
- 31. Pray we give daily thanks to the Lord with all our hearts for the marvellous things he has done. May we be filled with joy and sing praise to his name.

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