



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



50p

June 2023

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FACEBOOK: @NewburnParish

Contents

Contact Details	Page 2
Contents page	Page 3
Letter from the Clergy	Page 4-5
From the Registers	Page 6
Service information	Page 6
Abridged Synod Report	Page 7-8
Eco Church Focus	Page 9-11
Prayers	Page 12-13
Blucher Methodist Church concert poster	Page 14
Holy Island trip	Page 15
Spiritual Disciplines—Simplicity article	Page 16
What makes June so special? article	Page 17
Bethany / Youth Group / Noah's Ark info	Page 18
Eco-Fair poster	Page 19
God the 3 in 1—Trinity article	Page 20
Celebrating Fatherhood article	Page 21
Spotlight on Health articles	Page 22
Bible wordplays	Page 23
Poet's Corner	Page 24-25
Adverts	Page 25-27
Clergy & Magazine info	Back Cover



Letter from Rev Allison:



Caleb The Rainbow Baby.



As many of you know, Jamie and I have a new grandson, Caleb. He is our third grandchild and our daughter Kelly's first baby. We have been overwhelmed by the cards and gifts but even more grateful for the people who have been praying for Kelly and the baby. It's been a long and difficult road for her to be a mother and one that we have prayed and prayed about, but there have been times when we have felt unable to and it's in those times that we've been particularly grateful for the prayers of others.

Becoming parents has not been easy for Kelly and her partner Carl. After many years of trying and having IVF, we thought that all was going to be well when Kelly became pregnant in the autumn of 2021. Then, just before Christmas, she had her twelve week scan and discovered that the baby didn't have a heartbeat. There will be many of you reading this who won't need me to tell you what a terrible loss this was.

How could we react to this? We had prayed for this baby to be well and it seemed that God had ignored our prayers. It was a sad and confusing time.

Kelly had other losses and then, became pregnant again. Of course, we were thrilled but our joy once again turned to despair when she thought that she had lost the baby. I remember crying and crying as I drove to a meeting in Morpeth. (I know I probably shouldn't have been driving). It was then that I drove straight through rainbow and in the right side of the windscreen the rainbow was flashing there for approximately 3 miles.. at this point I said ok Lord I am going to claim that rainbow promise and pray for a miracle that the baby would still be ok.. I had hope, but still had tears.

Of course, we all know about the significance of the rainbow in the Bible, a sign of God's promise to Noah that he would never flood the earth again. But it wasn't until I watched a programme about being a midwife with Emma Willis that I discovered that babies born after loss are known as rainbow babies. So I prayed again that this was a promise from God..

Kelly then had the wonderful news that she had been wrong: she had not miscarried, and the baby was still there. There were still many difficulties along the way; we prayed every day and were so grateful to our friends who were praying as well. So we came to Tuesday 25th April at 6 a.m., when our landline rang and Jamie had a very brief, to the point conversation with Kelly:

Hello, Jamie Harding.

My waters have broken.

I'll just get Mum. ALLISON – KELLY'S WATERS HAVE BROKEN!

There was still some more drama to come but Caleb was born the next day and, despite arriving very early, all seems to be going well with him.

We thank God continually for Caleb's safe arrival. We feel that our prayers, and those of others, have been answered. But what do we say to other people who have prayed fervently for a baby and never had one? Or to those who have longed for something else and never received it? There is no easy answer to these questions and I certainly don't have one. I'm not going to come out with some glib comment like 'God has answered, just not in the way that you were expecting.' I really just don't know why we had the joy of God giving us what we had longed for while others who have prayed just as hard have not got their dream.

Although I have been a Christian for over 30 years, and a Minister for 10, prayer remains a mystery to me; there is so much about it that I don't understand. The only thing I can be certain of is that God loves to hear our voice and longs for us to share our deepest desires with Him. As it says in 1 Chronicles 16:11

*Look to the Lord and his strength;
seek his face always.*

So thank you to all of those of you who prayed when we weren't able to. We have been carried by your care, your love and your prayer.



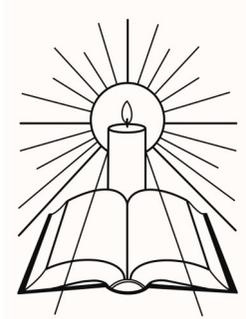
Rev Allison.

From the Registers:

Funerals:

Betty Hartshorne 88yrs funeral 15th May

Dr Walter Rand 97yrs funeral 24th May



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



A snapshot of a Synod Report by Bishop Helen-Ann, edited by Rev Allison:

I want us to try to put ourselves with the disciples on the day of Ascension. We might feel perplexed at Jesus' departure, but we might also know (as the disciples did) that with Jesus' mandate firmly embedded in our hearts, there is plenty to be getting on with in the here and now. Jesus has not gone away; it is our understanding of his identity and the meaning of his resurrection in our lives that has deepened. The disciples don't just stand there staring literally into space, they got on with the task at hand, with renewed enthusiasm, energy and commitment. Our new bishop, Helen-Ann, has provided some of her thoughts about what the task at hand is for us in the Diocese of Newcastle and I'm sharing a shorter my edited version of these thoughts with you now. There is no doubt that the Church faces ongoing challenges of sustainability. But, despite the difficulties and challenges that we face, we are called to search for the last, lost and least, valuing all God's children in equal measure, driven by a vision of how the world can be, not just how it is. King Charles' Coronation reminded us how the Church of England has a unique vocation to be the Church *for* England, and as such a Christian presence in every community. The parish structure is a treasure, although how we can resource it sustainably is a question that never goes away. The language we use is important; 'growing church bringing hope' has served us well, but it's now time to retire its use with gratitude. Bishop Helen-Ann invites us to be outward-facing in our approach, mindful of how others may

interpret the words and phrases we use and the values we proclaim.

We should be a church that is:

SEEKING through being open to God's transforming love in our **worship**;

SHARING through being generous with God's transforming gifts in our **hospitality**;

SENDING through being engaged in God's transforming work in the world in our **service**.

Seeking, Sharing, Sending is I hope an invitation to connect and strengthen communities and partnerships in mission in our worship, hospitality, and service.

These values of **seeking, sharing, and sending** can come about when we respect and acknowledge the different situations of the different parts of the Diocese, when we make effective partnerships and when we do not allow silos to grow up between us. The desire is to enable every person to live and tell the good news of Jesus Christ, grounded in the five marks of mission. It will change us and our expectations, and I encourage each of us to be open to that change. We have an amazing story to share about Jesus, and of God's love for every person and place, and the heritage of our Northern saints. We should be able to engage and grow a church that is younger and more diverse in every parish of Newcastle. This can be achieved if we are always turning outwards in mission and ministry. The Bishop invites us – as her sisters and brothers in Christ – to take ownership of this vision, to make it real for us and for all our communities, churches, chaplaincies, schools, parishes, and benefices, **seeking, sharing and sending** together.

ECO CHURCH FOCUS

Spotlight on June:

30 Days Wild – 1st to 30th June 2023

[30 Days Wild](#), run by The Wildlife Trust, is the UK's biggest nature challenge. Here, people are invited to sign-up and try one 'random act of wildness' every day, for 30 days in June. This could be something involved, such as planting wildflower seeds or going on a bug hunt. Or it could be something more sedate, such as listening to birdsong, admiring a tree, or sketching, drawing or painting nature. Sign up and you'll receive a digital pack full of fantastic ideas to wild your June. There are also options for schools, care homes and businesses to take part.

World Environment Day – 5th June 2023

[World Environment Day](#) is an international day for encouraging worldwide awareness and action to protect our environment. Led by the United Nations Environment Programme (UNEP) and held annually since 1973, the event has grown to be the largest global platform for environmental outreach. Here millions of people from across the world engage in online and in-person events to protect the planet.

World Ocean's Day – 8th June 2023, & National Ocean's Week 4th-10th June 2023.

[World Oceans Day](#) seeks to raise awareness of the major role the oceans have in everyday life. As well as being the lungs of our planet, our oceans are also an important source of food and medicine and a critical

part of the biosphere.

The purpose of this environmental awareness day is to inform the public of the impact of human actions on the ocean. It also seeks to develop a worldwide movement of citizens for the ocean and mobilise and unite the world's population on a project for the sustainable management of the world's ocean.

The National Week of the Ocean is held each year during the second week of June. It aims to spotlight the threats faced by marine habitats and species, and also to offer some solutions on how to solve them.

The health of the oceans is critical to the health of our planet. The ocean makes up about 70% of the world's surface, and supplies about 50% of oxygen in the world. It acts as a vital source of carbon and even regulates the weather. It is the main source of protein for more than a billion people around the world, and as such, is essential to the economy of many nations, with an estimated 40 million people likely to be employed by ocean-based industries by 2030. More information at: <https://worldoceanday.org>

The Great Big Green Week – 10th to 18th June 2023

[The Great Big Green Week](#) is the UK's biggest celebration of community action to tackle climate change and protect nature. Here you can host an event in your community, or find an event to attend in your local area– our closest event is at the Star and Shadow Cinema, 10th June, 11am-5pm.

Sustainable Gastronomy Day – 18th June 2023

[Sustainable Gastronomy Day](#) is a day organised by the UN that celebrates seasonal ingredients and producers. It also seeks to raise awareness of the

need to preserve wildlife as well as our culinary traditions. The day encourages us all to choose and cook food in a way that considers all it takes for food to get from fields to our plates. This includes how the food is grown and transported, through to what ingredients we choose and where we buy them from.

World Rainforest Day – 22nd June 2023

[World Rainforest Day](#) recognises standing, healthy forests as one of the most powerful and cost-effective climate change mitigation tools we have, and creates a global movement to protect and restore them. Each year a summit brings together rainforest guardians to explore solutions for forest ecosystems under threat, to help conserve our rainforests. Founded by The Climate Coalition, and supported by the WWF, RSPB, The National Trust, Muslim Charities Forum, the Fairtrade Foundation, Islamic Relief, Manchester United Foundation, and The Women's Institute, it represents some of the biggest environmental and social charities around.



Prayers for June compi

Prayerful Thoughts and reflections:

Lord our God, may the words of these songs
help us as we spend time with You in prayer this
month

If I could live for you Lord today
If I could follow your wonderful way,
Then all of my life would be me and not you,
And none of your glory would ever shine
through.

Since I first met you Lord I knew you were the
way
I tried hard to follow in your footsteps each day.
But somehow my life didn't glorify You,
So make me a channel and you live through me

Take each new day Lord whatever's in store,
Take my whole being and into me pour
Your power, your spirit, oh make me anew,
For no one can change me Lord Jesus, but you.

(From Youth Praise books 1 & 2 edited by
Bishop Michael Baughan)

led by Mary Weatherall.

May the mind of Christ my Saviour
Live in me from day to day
By His love and power controlling
All I do or say.

May the Word of God dwell richly
In my heart from hour to hour
So that all may see I triumph
Only through your power.

May I run the race before me
Strong and brave to face the foe
Looking only unto Jesus
As I onward go.

(Kate Barclay Wilkinson. From 'Singing the
Faith')

Loving Father, we ask that you would pour your
Spirit upon us and cleanse us from all that is not
of You. Enable us to walk in the forgiveness You
have given us, and extend it to others. Bless us
Lord, that we may be a blessing to others.
In Jesus' name, Amen

Blucher Methodist Church invite you to:



City Temple
Salvation Army Band
and Songsters concert.

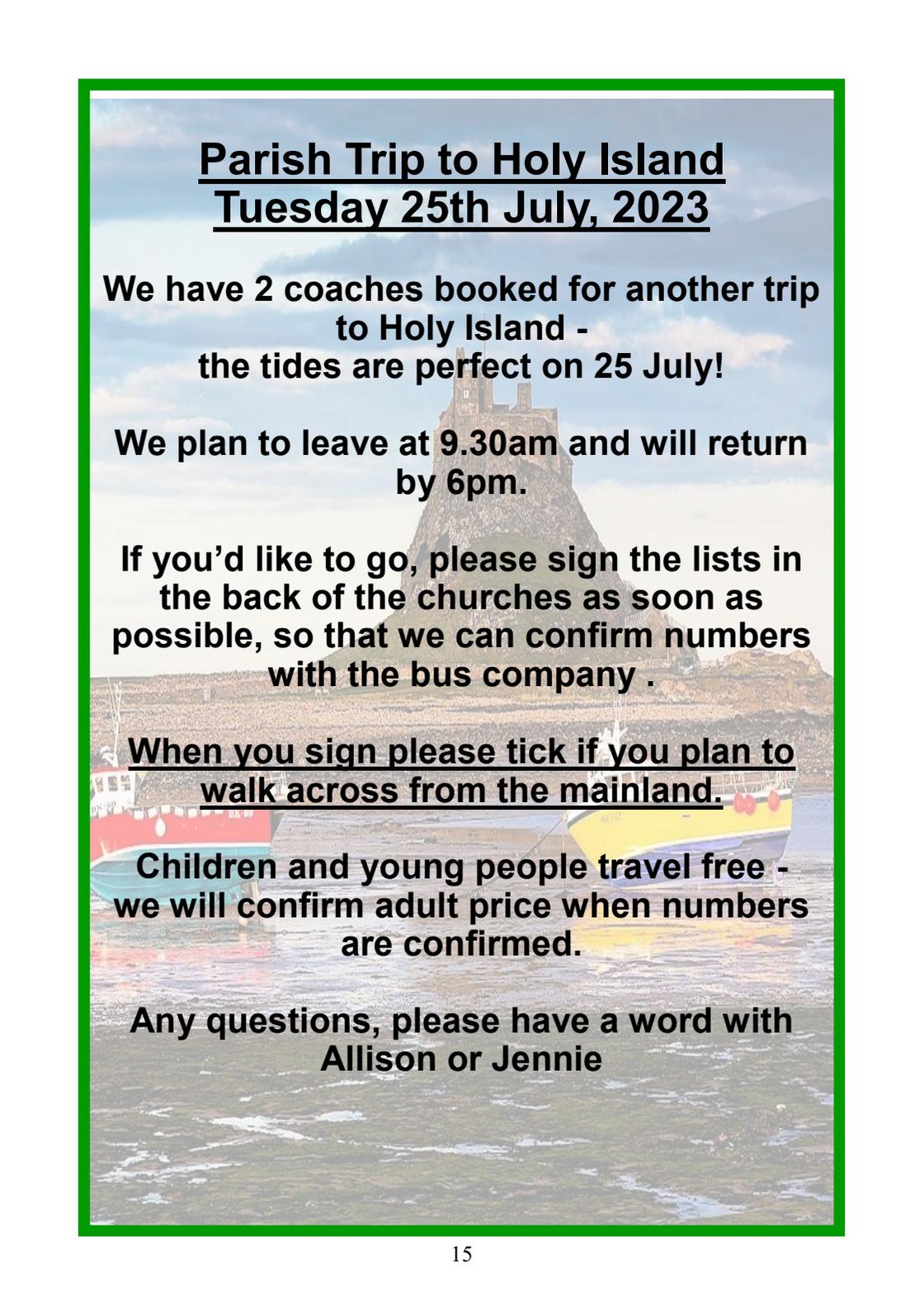
Wednesday 21st June 2023
7.30pm—9.30pm

Refreshments at the close.

Suggested donation of £3 per
person, to be sent to Christian
Aid.

For more info,
please contact
Ruth Vickers on
07519 252813





Parish Trip to Holy Island
Tuesday 25th July, 2023

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

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

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

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

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

**Any questions, please have a word with
Allison or Jennie**

Spiritual Disciplines: Simplicity

‘Clutter is not just the stuff on your floor. It’s anything that stands between you and the life you want to be living.’ (Peter Walsh).

The spiritual discipline of **simplicity** is about living more simply and ensuring that possessions don’t end up possessing us! Jesus expresses the heart of simplicity in the Sermon on the Mount (Matthew 6:19-34). He emphasises trusting God, not worrying about material things but *‘seeking first his kingdom and his righteousness,’* (Matthew 6:33).

‘The Christian Discipline of simplicity is an inward reality that results in an outward life-style. Both the inward and the outward aspects of simplicity are essential.’ (Richard Foster).

What happens in our hearts impacts the way we live our lives. But what does this look like in practice? Richard Foster lists a number of outward expressions of simplicity in his book ***Celebration of Discipline***.

These include:

- Buy things for their usefulness rather their status value eg cars, clothes.

- Reject anything that is addictive to us eg drinks, TV, social media.

- Develop the habit of giving things away to others who need them.

- Don’t get caught up with buying the latest electronic gadget.

- Develop a deeper appreciation of creation.

How can we simplify our life?

Step 1: Find something that needs simplifying eg decluttering the house or limiting the time consuming TV or social media. It’s about stopping whatever prevents us from making the kingdom of God our top priority.

Step 2: Take time to reflect and write down how we will embrace simplicity in that area eg. stop using the phone one hour before bed and keeping it outside the bedroom.

Step 3: Ask someone to keep us accountable!

‘Always remember the essence of Christian holiness is simplicity and purity: one design, one desire: entire devotion to God.’ (John Wesley)

by Canon Paul Hardingham

What makes June so special?

June is the month of light – the month of the summer solstice, when millions of people in northernmost Europe stay out late to enjoy the sight of the midnight sun. To have light and glory where there is usually darkness is something we celebrate, we welcome.

In John 9 Jesus said: “I am the light of the world.” He wasn’t comparing Himself to the summer solstice, but preaching at a Jewish occasion which celebrated light every bit as much. It was the Feast of Tabernacles (John 7:14), which was a celebration not only of God’s provision of water, but also of the light of God’s presence with the Israelites in the wilderness.

During the Feast of Tabernacles there was a joyful celebration. The priests would light four huge lamps in the Court of Women. The flames would reach as high as the temple walls and would provide a light that could be seen all throughout Jerusalem. Men of deep piety would dance throughout the night for the entire week of celebrating. A choir, accompanied by an orchestra of instruments, would sing psalms like Psalm 27, which declare “The Lord is my light and my salvation.”

At the height of this grand celebration, the Lord Jesus had the temerity to stand and say that HE was the light that was foreshadowed by the light for the Israelites in the wilderness. The Jewish leaders were furious, and tried to stone Him to death. Jesus did not fight back, He simply illustrated His claim to be the Light of the World by immediately giving sight to a man born blind. (John 9).

In the 20 centuries since then, the Word of God, when it is proclaimed, has drawn people out of the darkness and into the light of Jesus. The Word is, as the psalmist said, “a lamp to my feet and a light for my path” (Psalm 119:105). David said, “In your light we see light” (Psalm 36:9b). Today, by the light of the Word of God, we can see Jesus as He is: truly the Light of the World.

The Revd Dr Roger Roberts, pastor of International Baptist Church Brussels.

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

Our June meeting is on 18th in the Parish Hall. Then we hope we will see some of you on the Parish Outing to Holy Island on Tuesday 25th July. Do get your names down as soon as possible and please say whether or not you intend to walk across to the island. Carla and Dan escorted some of you last year and it looked good! There is no meeting in August.

Noah's Ark Playgroup

Wednesday 10-11.30am
(school term time only)

Newburn Parish Hall

£1.50 per family,
Refreshments provided



NEWBURN PARISH ECO-FAIR

SATURDAY

12TH AUGUST 2023

1PM - 3PM

ST MARY'S CHURCHYARD,
THROCKLEY

Stalls confirmed already:

Sun of Seitan (Vegan street food)

Tyne Rivers Trust

Greenpeace

Silk flowers and cards and paper gifts,

Dog treats and products,

Adult & Baby knitwear,

Sea glass jewellery,

Olive wood products,

Painted wooden products

and much more!

SHOP SMALL, LOVE LOCAL, BE SUSTAINABLE!

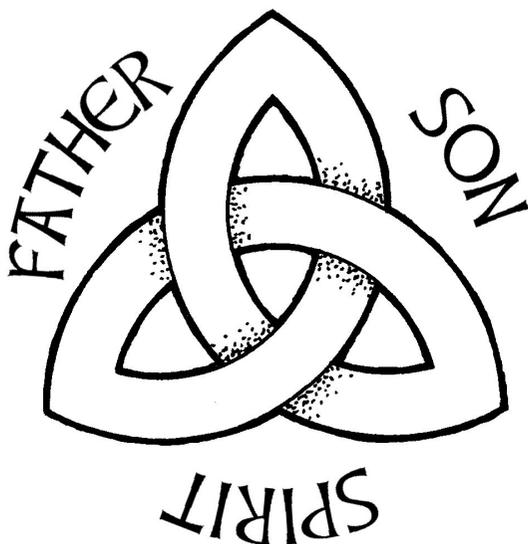
God - the Three in One

This month we celebrate Trinity Sunday. The doctrine of the Trinity is one of the most important of the Christian faith, for it goes to the very heart of what God is like. The Bible is quite clear: there is one God, but He is revealed in three 'persons' – the Father, the Son, and the Holy Spirit.

Have you ever wondered at what point in the Bible God is revealed as being more than one person? Well, you don't have to read very far: only to Genesis 1:26, where God (Elohim – a plural noun) says: Let US make man in OUR image. (Gen. 1:26)

The Bible reveals a pattern: God the Father lives in heaven and has never been seen. God the Son became the incarnate Jesus Christ, who made known to us the Father, and God the Holy Spirit, who is unseen, has been sent to live within and to equip His people, the Church.

The Trinity is basic to our salvation – for these three persons in the one Godhead have combined to save us from our sins: it is the WILL of the Father, the saving WORK of the Son, and the indwelling WITNESS of the Holy Spirit. (John 14:16, 23-26).



Celebrating Fatherhood

'What is a Christian? The richest answer I know is that a Christian is one who has God as Father. If you want to know how well a person understands Christianity, find out how much he makes of the thought of being God's child and having God as his Father.' (J I Packer, *Knowing God*)

The month we celebrate fathers on Father's Day. Unlike Mothering Sunday, this doesn't have a distinctly Christian origin. However, it does provide an opportunity to celebrate God's fatherhood and what it means for us.

At His baptism, as Jesus came out of the water: *'heaven was opened, and He saw the Spirit of God descending like a dove and alighting on Him. And a voice from heaven said, 'This is my Son, whom I love; with Him I am well pleased.'* (Matthew 3:16,17). What can we learn about Jesus' relationship with His Father, the role of fathers and our relationship with God?

The Father's presence

When Jesus was baptized, the Father made His presence real by the Holy Spirit. It's the Spirit who enables us to call God *'daddy'* (abba, Galatians 4:6). God is with us and knows our joys and sorrows, fears and trials. In this way, dads can relate to their children.

The Father's love

The Father described His Son as *'beloved'*, who like us, is subject to His unconditional love. Dads should be constant in assuring their children of their love.

The Father's pleasure

The Father tells Jesus that He is *'well pleased'* with Him. We also need to hear this, if we feel that we are disappointing God or letting Him down. This can arise with harsh words spoken by our parents. Fathers should use every opportunity to demonstrate their pleasure in their children, especially when things go wrong.

By Canon Paul Hardingham

Spotlight on Health:

When a little bit more exercise can help a lot

A recent study suggests that for every additional 500 steps you take each day, you may be lowering the risk of heart issues by 14 per cent.

To put it another way, this recent study found that adults who took fewer than 2,000 steps a day were 77 per cent more likely to experience a cardiovascular event in the following three years than those who took about 4,500 steps a day.

“We were surprised to find that every additional quarter of a mile, or 500 steps, of walking had such a strong benefit to heart health,” said one professor of epidemiology at the University of Alabama. “While we do not want to diminish the importance of higher intensity physical activity, encouraging small increases in the number of daily steps also has significant cardiovascular benefits.

How more protein could help prevent your midlife spread

Eating more protein can help prevent your midlife spread, partly by suppressing your appetite. A recent study has found that people eat 210 calories *more* per day than when they are on a low-protein diet.

Yet most of us aren't eating enough protein. A study from the University of Sheffield found less than half of over-65s studied met the official UK reference nutrient intake (RNI) of 0.8 grams of protein per kilogram (2.2lb) of their body weight per day – or about 50g a day for a 10st person.

Adding an egg, smoked salmon, authentic Greek yogurt, nuts, or half a can of beans on two slices of wholewheat toast and a 250ml glass of milk, can all help.

The great thing about protein is that it is so filling you might not need to snack. But if you are still peckish, avoid biscuits, chocolate and crisps, and instead choose nuts and seeds, cooked chicken, a bowl of Greek yogurt or a small piece of cheese.

And finally, a bit of word play from The Bible:

The Bible in 50 words

God made
Adam bit
Noah arked
Abraham split
Joseph ruled
Jacob fooled
Bush talked
Moses balked
Pharaoh plagued
People walked
Sea divided
Tablets guided
Promise landed
Saul freaked
David peaked
Prophets warned
Jesus born
God walked
Love talked
Anger crucified
Hope died
Love rose
Spirit flamed
Word spread
God remained.

Everything I need to know... I learned from Noah's Ark

1. Don't miss the boat.
2. Remember that we are all in the same boat.
3. Plan ahead. It wasn't raining when Noah built the Ark.
4. Stay fit. When you're very old Someone may ask you to do something really big.
5. Don't listen to critics. Just get on with the job needing to be done.
 6. Build your future on high ground.
 7. For safety's sake, travel in pairs.
8. Speed isn't always an advantage. The snails were on board with the cheetahs.
 9. When you're stressed, float awhile.
10. No matter the storm, when you are with God, there's always a rainbow waiting.

Poet's Corner

THE PLONKER

When you read this poem,
You'll think I'm bonkers.
Riding a bike at 71 years of age,
I must be Queen of the Plonkers.
It could have been so very much worse,
I'm such a silly plank.
I dare not imagine the outcome if I'd been,
Cycling down Wickham Bank.

I was pedalling along in no great rush,
When suddenly I found myself attached to a bush.
3 young lads dragged me from my thorny hell,
My daughter Catherine will have a tale to tell!

Thankfully I didn't come to much harm,
But I did cause some damage to the top of my arm.
Catherine is treating me like an invalid.
"For Pete's sake Catherine, I'm not a kid!
I've reached an age when I can do as I like,
AND I JUST CAN'T WAIT TO GET BACK ON MY BIKE!!"

Audrey Nelson, 2006

The Wonder of Creation

The rising sun that streaks the sky with colour,
Each day we see more marvels that unfold,
Nature has a palette like no other -
Creation is a wonder to behold.

And can it be this happened all by chance,
Or did some cosmic force become involved?
A Power operating out of time
That has a greater story to be told.

Our Universe defies all understanding,
Its vastness reaching endlessly in space,
Eternity - we find it hard to fathom
Or of One perhaps who set it all in place.



A Deity beyond the realms of time?
We do our best to try and understand -
Of a mighty hand that flung the stars to flight
Could be the hand still beckoning to man.

By Megan Carter

The Trinity

Praise to the Father and the Son
And to the Holy Ghost.
Praise to the Holy Trinity
From Earth and Heaven's Host;
For they shall be eternally
A triune mystery!

The Father God, creative one
Who gave the world its form,
He knew us from the mists of time
Ere we were even born.
He made us all and it was He
Who lit the earth's first dawn!

"Let there be Light", the Word of God
He spoke and it was done!
Though He was God, He took our
flesh

As Jesus, God's own Son.
He came to earth and died for us
And life o'er death He won!

The Spirit broods on waters deep –
No depth too deep for Him.
He breathes into the soul of man
And leaves no room for sin.
We'll live with Him eternally
If we just let Him in!

Praise to the Father and the Son
And to the Holy Ghost.
Praise to the Holy Trinity
From Earth and Heaven's Host;
For they shall be eternally
A triune mystery!

By Nigel Beeton



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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 £4.40 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



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.