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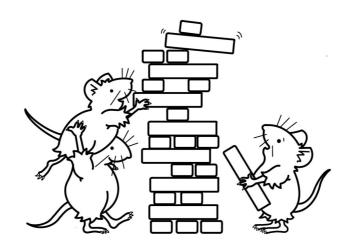
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Letter from Rev Allison:

In the build up to the Olympics, I watched a documentary about Daley Thompson who was, in my biased opinion, the greatest sports person in history. He was my hero when I was younger and still is today. He loved to be controversial and everyone will have their own opinion on incidents such as



his description of this conversation with Princess Anne (if you've never watched this, some people think it is insulting to the monarchy, some that it is hilariously funny and others that it's both).

But what is undeniable about Daley Thompson is his extraordinary sporting achievements: his Olympic gold medals, his world records, his nine years unbeaten in the decathlon (possibly the world's toughest event). He only achieved this through total dedication: the reason he gave for beating his great rival, Jurgen Hingsen, is that he trained three times on Christmas Day, while Hingsen only trained twice. On the documentary he said that at one period in his life he became 'self-absorbed' and that's probably true of most people who become the best in the world at anything: they have to focus on their own achievements to the exclusion of almost everything else.

I watched the documentary while I was having some downtime after the church had all got together to give a deep clean to St Michael's. It's safe to say that the cleaning was a very different type of event to an Olympic Decathlon! It was great that so many people came but also that everybody made the contribution that they were best able to: those who were good at indoor work cleaned, when people grew tired they made refreshments for

others, those with special pieces of kit brought them along to remove cobwebs and Jamie used his extraordinary strength to bring tables across from the church hall (he asked me to say that).

The tables were being brought across in preparation for another big event where we needed the help of many people: the St Michael's open day. At the time of writing, this event has yet to happen, but it's another one where we need everyone to make a contribution according to their ability: people with craft skills to lead craft activities, people serving refreshments, Pete to show people how to get up the tower, bell ringers to teach people how to ring the smaller bells, sporty types to lead the Olympic themed games, Bishop Helen-Ann to give a talk and lots of people to help the children make parachutes for their teddies. So again, it will be very much about working as a team.

Of course, the Olympics is not just made up of individual events but there are also plenty involving teams: the team that wins is likely to be the one where everyone is committed to each other (although not dropping the baton can also be important). However, the key thing that distinguishes Christians from Olympians is that we are not working for our own glory but that of God. When we all work together for this purpose – each of us using our gifts as we are able – we build his kingdom. We don't do this for our own glory; a worldwide audience will never watch while the us national anthem is played as it does for Gold medal winners. But we do it for the one who truly deserves the glory, Jesus Christ, who came to earth to live, die and rise again for our salvation.

"And let us consider how we can spur one another on to love and good deeds." Hebrews 10:24

Rev Allison

From the Registers:

Baptisms:

28th July, St Mary's, Olivia and Frankie Walker



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 Family Communion

3rd Sunday: Communion

4th Sunday: Morning Praise (am) & Contemporary

Worship (pm)

5th Sunday: JOINT SERVICE 10am



AUGUST:

National Allotments Week - 12th to 18th August

We like allotments. In fact, as a nation, more than 250,000 of us have one, and reckon that it enriches our lives. This year the theme of National Allotments Week (NAW) is biodiversity. The NAW will encourage allotment holders with tips of how to increase pollinators and wildlife, how to do ecofriendly pest control,



companion planting, soil health and much more! Allotments stem originally from the General Enclosure Act of 1845. Traditionally, they were popular among older, retired men, but in recent years that profile has changed. Now fewer than half of all plot-holders are retired, and many, many more are being run by women, who share the plot with their partners/families.

<u>Ultra-processed foods 'should have tobacco-style warning labels'</u>

Ultra-processed foods are as dangerous to your health as cigarettes. They should be made to carry a tobacco-style 'front of pack' warning. So says a leading nutritionist, condemning both UPFs and cigarettes as "life-threatening products made by profit-hungry corporations."

Prof Carlos Monteiro, professor of nutrition and public health at the University of Sao Paulo, was speaking at the recent International Congress on Obesity. He warned that UPFs have been linked to 32 types of major illness, including cancer, diabetes, kidney and heart disease. To make things worse, UPFs are now so popular that they are "pushing aside" all other food groups. The scientist said that the business model for such foods is based on cheap production and overconsumption, driving an obesity pandemic. So, how do you recognise a UPF? Put simply, is it a food where your greatgrandmother would have recognised all the ingredients? If not, it's probably a UPF. People in the UK are among the biggest eaters of ultra-processed food. In 2023, it made up 57% of calories consumed by the average adult, and 65% for children. The most commonly eaten ultra-processed foods in the UK are: factory-made bread (11% of calories in a typical diet)

- pre-packaged meals (8%)
- breakfast cereals (4%)
- sausages and other reconstituted meat products (4%)
- confectionery (4%)
- biscuits (4%)
- pastries, buns and cakes (3%)
- factory-made chips and fries (3%)
- soft drinks, fruit drinks and fruit juices (3%)
- salty snacks including crisps (2%)
- sauces, dressings and gravy (2%)

(What is ultra-processed food and what does it mean for my health? - BBC Food)

A Rocha UK's Easy Eco Tips 2024 Calendar

AUGUST: Assist local wildlife during very hot weather. Provide hedgehogs with hedgehog biscuits (available at many pet stores and online) or dog biscuits (small/ crumbed) as their prey of slugs, snails and worms diminishes, and ensure a safe exit for them and other small mammals if you have a garden pond. Help garden birds by maintaining a filled bird bath and supplying supplementary food including black sunflower seeds, pinhead oatmeal, soaked sultanas, raisins, currants, mealworms, waxworms, and a nutritious seed mixture, when natural supplies become scarce.

International Bat Night - 24th August

August is the perfect month to look out for bats, when our soft, warm twilight evenings are full of the tiny flying insects that attract them.

But these days bats need our help, and so this annual celebration will include a good few 'bat events' this month. If you like bats, you may enjoy one of the events being arranged by local bat groups, wildlife trusts, countryside rangers and other organisations across the country.

To help you get started, the website, https://www.bats.org.uk/support-bats/international-bat-night, is full of useful information. It explains the natural environment that bats need, and how you might help to conserve their dwindling numbers.

What gardening can do for your brain

People who spend time gardening may have better brain function in later life than those who do not. Such are the findings of a recent study at the University of Edinburgh.

The authors of the study observe that gardening involves: "not only physical exertion but creativity and planning. Engaging in gardening projects, learning about plants, and general garden upkeep, involve complex cognitive processes such as memory and executive function.

"Consistent with the 'use it or lose it' framework of cognitive function, more engagement in gardening may be directly associated with a lower risk of cognitive decline."

As one doctor said: "People often don't realise the wide range of benefits that gardening can bring. For example, digging, planting and pulling weeds will increase hand strength, which research has shown can also boost brain health.

"Growing your own food can help you eat a healthier diet; another key factor. And staying connected to other people is beneficial for brain health, so community allotments are a great place to socialise, reducing loneliness and isolation."

The researchers want more study into the possible benefits of gardening, hoping it might help against cognitive decline.

St Michael's Open Day Review:

There was coffee and cake, things to make, and fun crafts. We made a fire torch using paper and tin foil, and we threw beanbags at cans, they made a really loud noise when they fell down. We made an Olympic flag with paint and tubes. We made our parachutes at home, but there was loads of knitted bears there for kids to make their own. There was so many bears all colours.

There was a picture story on the big screen and we saw ourselves on it.

We did the mini bells, we've done it before but it was still good fun. We didn't go up the tower but Daddy showed lots of people the big bells. We had cake and juice and played with Bailey. It was really exciting when the teddies parachuted down. We liked watching them all. Two got stuck on the roof and Jake's got stuck in the window! We didn't win the prize but we got a medal from Allison.

We really enjoyed the open day, can we do it again?

By Elodie (8), Flo (6) and Ottilie (3).

St Michael's Open Day Photos:













Prayers for Aug

Heavenly Father, as our children and their teachers are now enjoying their holidays, may these weeks be filled with gentleness, patience, joy and love as families spend precious time together. We bring before you all those children from broken homes, those in families relying on food banks, those entitled to free school meals, all those children living in homes where relationships are difficult and anxious and homes struggling with the rising cost of living. May we be mindful that we are commanded to share our resources with those in need: Acts 2:42-45.

Heavenly Father, we pray for public sector workers who are called out to rescue those in need during the school holidays, ie lifeboat crews, ambulance workers, the police and NHS staff, who work unsocial hours and often in life-threatening circumstances. Psalm 69:32-33. Let all who seek God's help live in joy. For the Lord hears the cries of his needy ones.

Heavenly Father, although we are living in relative safety and security, may we be mindful of those oppressed by the many conflicts all over the world.

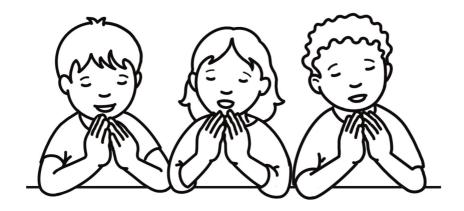
If you would like to join the Annual Magazine Prayer Rota, or ever

ust by Gill Reed

Especially in Gaza we pray for peace among the children of Abraham, where Jew and Muslim and Christian are oppressed by their history and their hate. Restrain the wicked and strengthen the peacemakers.

Heavenly Father, we give you grateful thanks for our many blessings, may we never forget that the whole earth is yours and everything in it. We give you thanks for our homes and pray that you will always be at home in our homes and hearts. May we all make room in our lives and in our days to know you and your love. We commend this world, our families and ourselves to your unfailing love.

Amen.



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

What's the Big Idea? - an Introduction to the Books of the Old Testament: 1 & 2 Samuel

1 & 2 Samuel was originally a single work, which focuses on Samuel, Saul and David, around 1,000 BC, mid-way between Abraham and Jesus. It was Samuel who established the monarchy in Israel after the period of the judges. He was commanded by God to give the people a king, although their request is seen as a rejection of God's rule over Israel (8:7). The people simply wanted to be like other nations, however their king was still subject to God's law and the word of the prophet. Although Samuel anointed Saul, he soon showed an unwillingness to submit to these requirements, leading to his rejection as king (15:23). God chose David as Saul's successor, and 1 Samuel depicts David's years of waiting until the right time arrived to claim the throne

2 Samuel depicts David's rule, in which the nation prospers and its enemies are defeated. The promise of the perfect king is fulfilled in Jesus Himself, as David's descendant. The second half of the book depicts the darker side of David's reign, describing his weaknesses and failures, including his adultery with Bathsheba and the rebellion of his son Absalom.

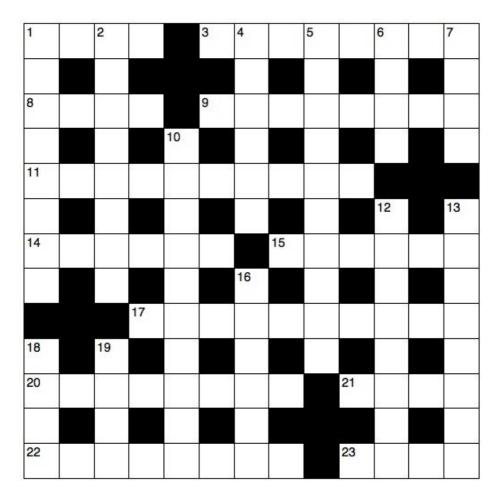
Nevertheless, David remained a man after God's own heart: 'The LORD does not look at the things man looks at. Man looks at the outward appearance, but the LORD looks at the heart.' (1 Samuel 16:7). The characters in this book are not always great examples of faith, however, 'They do not show us how we should live but how in fact we do live, authenticating the reality of our daily experience as the stuff that God uses to work his purposes of salvation in us and in the world.' (Eugene Peterson).

NEWBURN PARISH PRESENTS



SATURDAY SEPT 14TH 7PM

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MORE DETAILS TO FOLLOW



Across

- 1 and 3 Two of the disciples who witnessed the transfiguration of Jesus (Luke 9:28) (4,3,5)
- 3 See 1 Across
- 8 'Let us draw to God with a sincere heart in full assurance of faith' (Hebrews 10:22) (4)
- 9 O Simon is (anag.) (8)
- 11 Form of government under the direct rule of God or his agents (10)
- 14 How Jesus found his disciples when he returned to them after praying in Gethsemane (Luke 22:45) (6)

- 15 In The Pilgrim's Progress, the name of the meadow into which Christian strayed, which led to Doubting Castle (2-4)
- 17 Glad sin rat (anag.) (10)
- 20 Spinal column (Leviticus 3:9) (8)
- 21 Valley of the Balsam Tree with a reputation of being a waterless place (Psalm 84:6) (4)
- 22 'The oracle of Balaam son of Beor, the oracle of one sees clearly' (Numbers 24:3) (5,3)
- 23 Adam and Eve's third son (Genesis 4:25) (4)

Down

- 1 David's great friend (1 Samuel 20:17) (8)
- 2 'The Lord... will bring me safely to his kingdom' (2 Timothy 4:18) (8)
- 4 'I, Daniel, mourned for three weeks. I ate no choice food; or wine touched my lips' (Daniel 10:3) (2,4)
- 5 Seeking to vindicate (Job 32:2) (10)
- 6 Female servant (Isaiah 24:2) (4)
- 7 'For Christ died for once for all' (1 Peter 3:18) (4)
- 10 'Offering spiritual sacrifices to God through Jesus Christ' (1 Peter 2:5) (10)
- 12 Jesus said that some people had renounced this 'because of the kingdom of heaven' (Matthew 19:12) (8)
- 13 One of the three men thrown into the furnace for refusing to worship Nebuchadnezzar's golden image (Daniel 3:20) (8)
- 16 'You have of good things laid up for many years. Take life easy; eat, drink and be merry' (Luke 12:19) (6)
- 18 'There before me was a white horse! Its rider held , and he was given a crown' (Revelation 6:2) (1,3)
- 19 Equipment to Charity Hospitals Overseas (1,1,1,1)

Summer Holidays

'Summertime and the living is easy.' George Gershwin's words could be aptly applied to August, when many of us take holidays. It's a month to focus on summertime (weather permitting!!): family and barbeques; the beach and ice cream; long days with no school! It's a time to wind down from the hectic pace of normal routine.

However, while summer is a season, it is also a state of mind. We all have periods in life, which are summer-like, when life goes well. How can we walk by faith in the summers or good times of our spiritual lives?

Summer Distinctives: When we go through times of sickness, financial pressure, difficult relationships and other problems, we more easily focus on God. In a spiritual summer season, we can subtly find ourselves enjoying the gifts without acknowledging the Giver! The greatest danger in the summertime season of life is to forget the One who is responsible for the good things we are enjoying.

Summer Distractions: Our normal routine revolves around clocks and calendars, but we can easily get distracted when we break these disciplined routines. In the spiritual summer seasons of life, there is a temptation to miss out on our regular times with God in Bible reading and prayer! Things that make summer seasons enjoyable can also become big distractions. Summer Directives: How can we make the most of this summer season and keep focused on God? We need to maintain a gratitude attitude: thankful to God for all His blessings: 'When you have eaten and are satisfied, praise the Lord your God for the good land He has given you. Be careful that you do not forget the Lord your God.' (Deuteronomy 8:10/11).

So let's stay close and stay grateful to God in this summer season of life!

Canon Paul Hardingham



None of his training had prepared Gary for this ...



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



Noah's Ark Playgroup

Wednesday 10-11.30am (school term time only) Newburn Parish Hall

£1.50 per family, Refreshments provided



The Good Shepherd

Psalm 23 is well loved, and its paraphrased words are often sung in the popular hymn *The Lord's My Shepherd*.

At the time of Jesus, these labourers were everywhere, as sheep were a common commodity. So when Jesus described a shepherd, He was referring to someone the people all knew about.

Our Lord's description of a shepherd helped His hearers to understand Jesus, as they were aware that sheep were valuable. A good shepherd made sure sheep were protected and fed. If they got into danger, they had to be rescued. A hireling would not be so considerate. He would abandon the sheep when faced with dangerous animals or aggressive thieves! Only a good shepherd would risk his life in caring for the flock

In His parable (John 10:1-18) Jesus goes a step further talking about a good shepherd as He is speaking about Himself. Sheep know their owner and follow him, and Jesus wants us to know and follow Him. Sheep can get lost and end up in trouble. Jesus came to our rescue and is indeed our Saviour. A shepherd knows each sheep by name and Jesus knows *us* individually too. We can trust Him with our lives.

Jesus said that just as a shepherd is willing to die caring for his sheep, He too would die – looking ahead to His crucifixion. This would secure our salvation and provide a Home with Him. Jesus also said that there are other sheep of interest to Him! He speaks of being the shepherd of all nations, not just the Jews. His love extends to everyone.

These words of Jesus are so important. Give thanks that Jesus died for us and now awaits for us to be with Him. We belong to Him, we are His people, we are His flock.

by Lester Amann

Reflecting Faith: Church towers

Last month I wrote about the 612 newly built churches in towns around 1818 - 1830 that cost a total of one and a half million pounds, following the huge population move from the countryside to living in towns.

This month I wanted to think about the highest part of the church building - the tower. This is the aspect that is most recognisable from a distance; the element that almost defines the church building. The structures of all buildings are dependent on the materials available, the architectural knowledge, the purpose, the fashion of the day as well as the finance available.

This month:

Have a look at a church tower near you. Perhaps you can get to see inside it? How is it attached to the main body of the building? Is it at one end, central etc? What is it used for today and what do you think its original purpose was or purposes were?

Revd Dr Jo White





We are opening the church and bell tower at St Michael's as part of Heritage Week on Saturday 7th September. 10am-1pm. Refreshments will be available

Poet's Corner

The Visitor

She came to me in silence No words between us were spoken A few seconds passed between us And the moment was broken We became very close Over the past few years We shared lots of laughter And a few tears Like our mum she was always singing Trying to cheer me up when times were bad She wouldn't want me to feel alone or sad I knew at once who my visitor was On that very cold winters' day The sky looked heavy with a threat of snow I felt her arms fold around me Bringing me a warm and pleasant glow She'll be forever in my memory The coming years won't fade her My very dearly loved sister Dorothy Ada.

Audrey Nelson July 2024

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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.