



**Prince of Peace**  
**The Most High God**  
**The LORD is peace**  
**Father Son Holy Spirit**  
**The LORD who provides**  
**The God of Eternity**  
**Wonderful Counsellor**  
**THE ANCIENT OF DAYS**  
**The LORD of hosts**

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**FACEBOOK: @NewburnParish**

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## Letter from Rev Malcolm:

Dear Friends,

It seems unbelievable that we are here in September already! We are beginning the months that end in “(em)ber”, which will take us up to the end of the year, and into 2025!

Many of us love this month, with its warm days, maybe an Indian summer, and ripe fruits. It's a great time to be out in the fresh air, with still bright skies, and changing colours all around us. For me, this is a favourite time to be outdoors in what remains of the summer, enjoying the harvested fields, walking and spending time in the woods, or beside a river, or in the hills. Gardens are still a nice place to sit and enjoy the last of the summer days.

Then will come winter, with the fun of Christmas and family times. Dark nights mean sitting round what was, when I was a child, a log fire. Times of stories, togetherness, times of playing board games, telling jokes and having fun. Then the New Year with all its hopes and promises and new resolutions!

Best of all, the nights will be growing shorter. The sun rises earlier. Light returns and new growth. Flowers and trees bursting into bud. New birds arriving for the summer and for nesting time. Warmer days again. My favourite time of all is the Spring, with the coloured blossom and new foliage, when the rain and the fog go away, and all seems fresh again.

And so, back to summer, long days and short nights. Holiday time, camping again (yes! I still like to go camping!!), exploring new places, maybe some time in another country or by the sea somewhere, eating out, barbecues, picnics.

The summer has always been a good season. There was a time when in July I could go out at 5.00 in the morning, with the bike that I built for myself, and set out on a 100-mile ride entirely in the daylight, and be back before dark, with memories of hills and vales, woods and river valleys, a pint in



the pub, and a lot of fresh air!

So, each season of the year has its things to love and enjoy. We build up memories of family outings and times together, and so much to thank God for.

In many ways, this reflects the seasons of our life. I myself was born in December, so my life began in the dark days of winter. Indeed, I was born in the middle of a London air-raid, so I could say I came into the world in the dark days of war. For me, the winter, being filled with darkness, is a time to endure, to wait for the longer, brighter times. It reminds me that parts of our life are difficult, uphill, trying, testing, and we wish they were over. For some of us, winter is a time of hibernation, when we close our eyes and long to move on. Then comes the Spring. The Springtime of our lives is when we begin to grow up. I can remember this. After being a refugee, evacuated from my home to a ghastly place where we didn't want to be, it was a time to return, to breathe a sigh of relief that the house was damaged but still standing. Home to a new beginning, growing, learning, starting school, reading and expanding experience of the world and of life. The summer follows! Oh, how wonderful for me, at the age of 5 or 6, to go on a holiday in the country! Just 5 miles away from my home. But a world and a half away. So, the summer of life is when we blossom and grow, when we are healthy and well, invigorated by our own health and strength. As a child, it was the freedom of climbing trees and wandering freely everywhere I wanted. Exploring, not restricted by war or illness, is the bonus of our middle years when we can physically do almost anything we want to do, no holds barring!

Then we reach our maturer years, the autumn of our days. These are rich with achievement, and experience which we can now pass on to our grandchildren, who we can also pass back to their parents!! A few aches and pains appear, like thorns on the blackberry bushes, so annoying to remove. We begin to recognize our own limitations, but we soldier on, with a smile on our faces!

Inevitably, winter returns, with limiting days. We can't do what once we did. But we can still do some things and do them well. It's a time to recognise that our bodies are weakening, and soon, our time will come, when God will call us in, time to go home, the crowning of our days.

All of this is part of God's plan for us. So good if we feel part of His plan, not fighting it, but rejoicing in His presence. Into Your hands I commit my Spirit. Go well into the future, without fear. Smile as you march on. There is nothing to fear. Live well. Pray as you go. Trust God. And all will be well.

Love to you all, and God Bless,  
Malcolm.



## **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





**NEWBURN PARISH**



**VARIETY  
NIGHT**

**FUN FOR ALL THE FAMILY!**



**SATURDAY 14TH  
SEPTEMBER  
7PM**

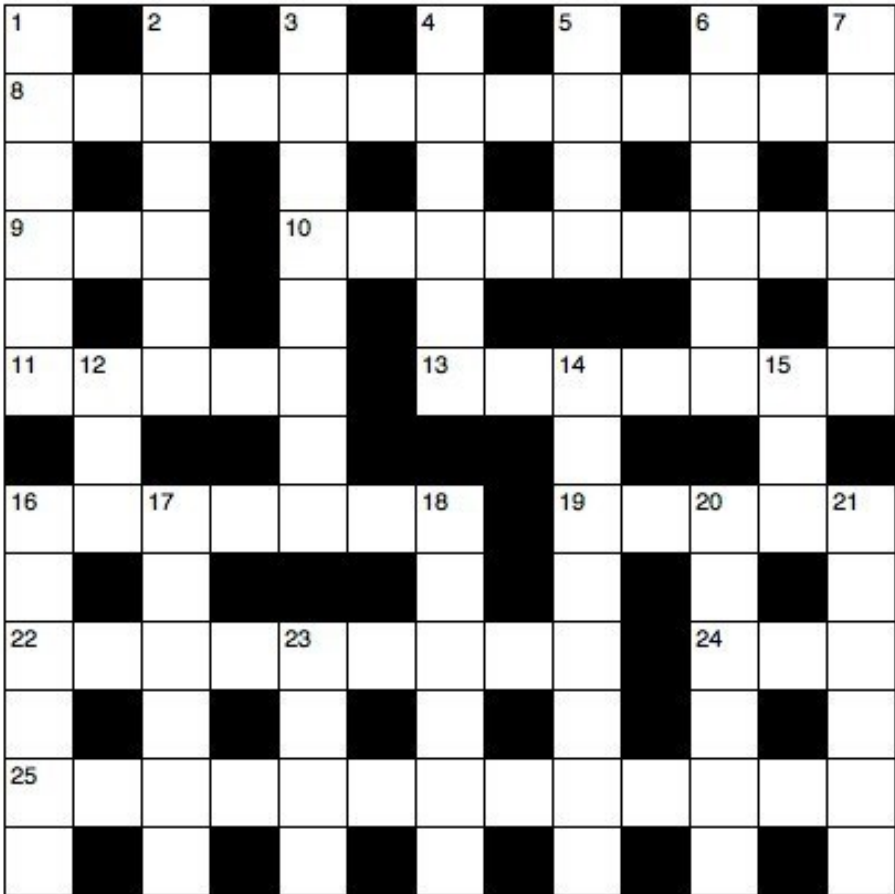
**DOORS OPEN 6.30PM**



**ST MARY'S CHURCH  
THROCKLEY**

**ADULTS £5, CHILDREN £1**

**ADVANCE TICKETS AVAILABLE FROM  
CHURCH OR PAY ON THE DOOR**



Across

8 Where the ark of the covenant was kept for 20 years  
(1 Samuel 7:1) (7,6)

9 One of the parts of the body on which blood and oil  
were put in the ritual cleansing from infectious skin diseases  
(Leviticus 14:14–17) (3)

10 Uncomfortable (3,2,4) 11 'Yet I have loved Jacob,  
but Esau I have —' (Malachi 1:3) (5)

13 Where Paul said farewell to the elders of the church in  
Ephesus (Acts 20:17) (7)



- 16 'Jesus bent down and — to write on the ground with his finger' (John 8:6) (7)
- 19 Prophet from Moresheth (Jeremiah 26:18) (5)
- 22 Comes between Exodus and Numbers (9)
- 24 and 2 Down 'Then Elkanah went home to Ramah, but the boy ministered before the Lord under — the — ' (1 Samuel 2:11) (3,6)
- 25 There was no room for them in the inn (Luke 2:7) (4,3,6)

### Down

- 1 Rough drawing (2 Kings 16:10) (6)
- 2 See 24 Across
- 3 Underground literature (including Christian books) circulated in the Soviet Union (8)
- 4 Lo, mash (anag.) (6)
- 5 The Bible's shortest verse: 'Jesus — ' (John 11:35) (4)
- 6 'Can a mother forget the baby at her — and have no compassion on the child she has borne?' (Isaiah 49:15) (6)
- 7 Can be seen in a dying fire (Psalm 102:3) (6)
- 12 'Send me, therefore, a man... experienced in the — of engraving, to work in Judah and Jerusalem' (2 Chronicles 2:7) (3)
- 14 Second city of Cyprus (8)
- 15 United Nations Association (1,1,1)
- 16 One of the women who first heard that Jesus had risen from the dead (Mark 16:1) (6)
- 17 Braved (anag.) (6)
- 18 — of Evangelism, outreach initiative in the 1990s (6)
- 20 'Woe to those who are wise in their own eyes and — in their own sight' (Isaiah 5:21) (6)
- 21 'Neither — nor depth... will be able to separate us from the love of God' (Romans 8:39) (6)
- 23 What Jesus shed in 5 Down (4)

# ECO CHURCH FOCUS

## **SEPTEMBER:**

### Second Hand September – 1st-30th September

This campaign is a month-long annual celebration by Oxfam to promote buying second hand and reduce waste. By buying second hand, we can reduce our carbon footprint.

### Organic September – 1st-30th September

This annual campaign is led by the [Soil Association](#) who work tirelessly to raise awareness of the benefits organic farming. This isn't just important for our health, but the planet too. This environmental day is one for the diary. Artificial fertilisers are depleting the nutrients we need in our soils to grow food.

### Zero Waste Week – 2nd-6th September

This environmental campaign focuses on helping and encouraging homes, schools, businesses and community groups to find ways on how to reduce waste that is destined for landfill. Check out their website to see how to get involved.

### World Car Free Day – 22nd September 2024

This annual event is led by [Living Streets](#), promoting and encouraging us to leave our car sat home and allowing everyone to experience traffic-free roads. Their [website](#) has some great examples of how other people travelled to celebrate World Car Free Day.

### World Rivers Day – 22nd September 2024

Held annually on the fourth Sunday in September, is to celebrate our waterways. It focuses on the numerous benefits of our rivers, aims to boost public awareness, and promotes better care of rivers worldwide. Rivers in nearly every nation confront various challenges, and it's only through our active engagement that we can safeguard their well-being in the future.

## Walking is a great way to exercise

You may be young or old, working endless hours, or retired. But there is one exercise you can still undertake almost anywhere, for however long or short a time: walking.

According to health specialists, the simple act of walking “ticks so many boxes – improving our brain, mental and musculoskeletal fitness, as well as our physical fitness.”

Here are five reasons why:

1. **Walking raises your heart rate and makes you breathe faster:** It gives you the benefit of a moderate aerobic workout – without the stress on your joints. As for your blood sugar levels, consider this: after a meal your blood sugar level rises and your pancreas releases insulin to bring it down. But even a five-minute walk can help by blunting the spike in blood sugar. Try and keep your pace brisk – aim for 100 to 130 steps a minute.
2. **Walking improves your bone density:** Walking briskly engages the muscles along the back side of your body – the glutes, hamstrings and calves. They in turn put a bit of pull on your bones, which stimulates your bones to produce osteoblasts, which improves your bone density and reduces your risk of osteoporosis.
3. **Walking improves your mood:** It stimulates your parasympathetic nervous system (nerves that relax the body during stress) and stimulates your amygdala (that part of you which controls your emotions). And if you can walk near water (rivers, coast, in the rain) you get exposed to negative ions in the air. These electrically charged molecules are excellent for your mental health.
4. **Walking helps your brain:** You will sleep better, and your brain will be in better shape for memory and cognition. Walking also stimulates creative thinking – studies have found walking is a great time for problem-solving.
5. **Walking helps your body shape :** An instant way to look younger is to stand tall. So walk with your head up, shoulders back, and lengthen your back, to stand up straighter. And with firmer muscles, your overall body shape will improve, which in turn will boost your confidence!

## Prayers for

Heavenly Father,

Here we are in September – a beautiful month at the end of the summer, but before the autumn has taken hold. A month of excitement and new starts for many, a month when courage is needed for our children and young people.

Lord we pray for courage, compassion and integrity for our new Prime Minister and our new government. We pray for justice and peace in our country and in the world.

Help us Lord, to know that you are Lord of September; you are Lord and giver of every new month, every new day, every new minute. Help us to put our trust in you for our adventures and for our mundane everyday routines.

You are our generous, loving Father and promise that you will never leave us or forsake us when we trust in you, through Jesus Christ, our Lord and Saviour.

Amen.

Heavenly Father,

This time of year feels hard. Harsher weather rolls in, the days feel shorter with less light, and it seems that loss and tough changes are prevalent. Help us not to grow idle, or weary, or give up hope. Let us work hard to bear fruit and to bring glory to your kingdom. We ask for the strength and guidance to be diligent and good stewards of our time and resources. Let us not be like the son who sleeps during the harvest, but rather, we pray you would use us now, keeping our eyes open and alert to the work you have for us. Bless the fruit of our labour and help us to bring glory and honour to you in all we do.

Amen.

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

# September

Heavenly Father,  
What an honour it is to know you, to follow you, and to be used as a vessel you work through. Empower us by your Spirit to do the necessary work for your kingdom; being sent as the workers into your harvest field. This time of year serves as a reminder that we not only harvest the fruits of the land, but also, for your kingdom, God. Embolden us to share the Gospel, to be a witness, to share our testimonies, and to encourage others to come to know you as their Lord and Savior. Let the words we say and the things we do be a witness to who you are. Send us out to fulfil the great commission with excitement and courage. Thank you, Father, for giving great meaning and purpose to our lives.  
Amen.

Gracious and loving Lord,  
Thank you for the seasons we can count on, find routine in, and that will never cease while the earth remains. As we enter into autumn, when the cooler winds drift in and the days grow shorter, draw us closer to you. Let us feel your warm and loving presence. May we imagine ourselves in your arms, close to your heart, surrounded by your light, and find comfort in your consistency when the world around us seems to be constantly changing. Thank you for your lovingkindness that engulfs us and your light that drives the darkness away. We praise you for being a God who loves us and takes care of us. We are grateful you are with us in all circumstances and seasons.  
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 Kings**

1 & 2 Kings is a single literary work telling the history of Israel's monarchy from the end of David's reign until the Babylonian exile following the fall of Jerusalem (586 BC). After Solomon's reign, Israel was divided into two kingdoms: Israel to the north and Judah in the south. In the north 20 rulers reigned over 210 years until the fall of Samaria (722 BC).

In the southern kingdom there were also 20 rulers, spanning a period of 345 years.

This account is not like reading a modern history book. The author views the story through the lens of God's relationship with His people. The welfare of Israel depended on their leaders' trust and obedience in God, e.g. Solomon building the Temple, as well as listening to the prophets e.g. Elijah and Elisha. The kings who receive the most attention are those whose disobedience is greatest (e.g. Ahab and Manasseh) or those who truly follow God (eg. Hezekiah and Josiah).

The book ends with exile in Babylon, fulfilling God's warning of the consequences of disobedience for both kingdoms (cf Dt 28:64–68). However, this doesn't mean that there is no hope for the future. At the end of the book, Jehoiachin is released from prison in Babylon, and he is given a place of honour (2Ki 25:27-30). The future remains open for God to fulfill His promises to the house of David.

'We begin to realise that if God's sovereignty is never cancelled out by the so deeply sin-flawed leaders ('kings') in both our culture and our church, we can quite cheerfully exult in God's sovereignty as it is being exercised in all the circumstantial details of the actual present.' (E Peterson).

*Canon Paul Hardingham*

## England's largest festival of history and culture – 6<sup>th</sup>-15<sup>th</sup> September

Heritage Open Days is England's largest community-led festival of history and culture, involving thousands of local volunteers and organisations.

Every year in September (6<sup>th</sup> to 15<sup>th</sup>) it brings people together to celebrate their heritage, community and history. Stories are told, traditions explored, and histories brought to life. It's your chance to see unexpected places and try out new experiences – and it's all FREE!

For more details on what's on offer this year, go to:  
<https://www.heritageopendays.org.uk>



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.

To book a slot on a tower tour please get in touch with Helen Dawson, or message the parish Facebook page.





JOIN US FOR

# HYMNS AND PIMMS

(OTHER DRINKS  
WILL BE AVAILABLE)



29 SEPT

ST MARY'S CHURCH,  
THROCKLEY

4PM

TO REQUEST A HYMN  
PLEASE GET IN TOUCH  
WITH ALLISON



## Back to school

This month more than 10.7 million children will be going back to school. That means that millions of households across the country are now busy preparing for the big day.

Regular bedtime routines are back, packed lunches are planned, uniforms are washed and ready to go.

Some parents find it helpful to take children to the park for a good walk, or to go for rides on bikes or scooters in the final days of summer. The exercise will relieve stress, and help the children settle better at night.

For younger, perhaps anxious children, hugs are also very important. For all children, it is good to get them into the habit of feeling gratitude towards God for the positive things that happen in their daily lives, and for all the things that they already have.

While it is normal to feel a bit anxious before going back to school, there are things that parents can do to help. Praying with their children and reading a bit of a child's story Bible to them each night will encourage their faith and remind them that they don't have to face the ups and downs of school life all on their own.



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



## Noah's Ark Playgroup

Wednesday 10-11.30am  
(school term time only)

Newburn Parish Hall

£1.50 per family,  
Refreshments provided



## Sycamore Gap Art Prints

Members of the public are now able to feel the rings of the felled Sycamore Gap tree, thanks to a new art exhibition.

The 200-year-old sycamore was cut down last year in a “malicious act of vandalism”. But it has now been ‘brought to life’ through a series of five prints, created from a disc of the trunk.

The prints are on display at four locations along Hadrian’s Wall. until 1 September ,before all five prints go on display together at The Queen’s Hall, Hexham, from 6 September until 19 October. One of them, named Access, has been hand pressed, so that the 3D shape of the wood and tree rings became embossed on the paper. Visitors can touch the print and feel the rings.

The National Trust explains that the art exhibition is only part of an attempt to “ensure there is an enduring legacy of the tree informed by the huge public response to its loss.”

The five bespoke prints have been named ‘Heartwood.’ They were taken from a 90cm disc of the original tree. They show every tree ring, groove and detail from the cross-section of the almost heart-shaped trunk.



©National Trust Images/The House of Hues

## Reflections on the word “Image”.

Canon Paul Hardingham, in his article in the Jan/Feb parish magazine, referred to our “being created in God’s image” (Gen 1 v 27). This started me thinking about what this really means. The Good News version of the Bible says “created to resemble God”, or “in His likeness”. Let’s start simply with a dictionary definition of ‘Image’ - a picture or object of someone or something, an Impression. So an image can be either a mental picture or a physical object, something we can see, hold or touch. (I am thinking here of a picture: a cross, crucifix, stained glass image or a statue). I like people-watching; it fascinates me. We are so different; in size, shape, colour, height, age and ability. However, there is one thing we all have in common, we are all created in the image of God. It is amazing! What does it mean to be created in His image, to be like Him? Well it is definitely not in a physical, bodily sense. No, there are other ways.

In creativity. God is the Creator, but He created us to be creative. A man and a woman in love can create a new life, a special God-given gift. Artists create something new, e.g. a painting, a piece of music, a piece of china, or pottery, embroidery, jewellery, bespoke furniture; the list is endless. When a group of like-minded people get together they can create a loving home, a welcoming caring Church and various other community hubs.

That is not all, God has given us a heart to love, a mind to think, reason and remember, and to communicate with Himself and with one another. In God’s first act of creation He made a move to communicate with us through the material world: “The heaven declares the Glory of God day to day, night to night speak to each other without words” (Psalm 19). The greatest act of communication was through Jesus Christ, His Son, the Word made flesh and dwelling among us (John 1 v 14). We look at a picture of God’s relationship with us, the horizontal beam signifies our relationship with one another, sharing God’s love through words and actions. We communicate with God the Father and God the Son through God the Holy Spirit. The TRINITY is a mystery; I don’t think we will fully understand it this side of eternity, but I know in my heart it is so. I can say Amen to that. Do you know what ‘Amen’ means? It means “It is so” .

*Mary Weatherall*

Editor’s Note: Re-printed due to sizing error in the last magazine. This is much easier to read! Apologies to Mary. Helen

# 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-washed 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*  
31/10/20

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## THE GRANGE CENTRE

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Website: [www.thegrangecentre.co.uk](http://www.thegrangecentre.co.uk)  
Email: [john@thegrangecentre.co.uk](mailto: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.

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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](mailto: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.