



When I think about what You have created, the moon and  
all the stars You put in their places, what are people  
that You care so much for them? Psalm 8:3-4

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**FACEBOOK: @NewburnParish**

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## Letter from Rev Margaret:

Dear Readers

Once again, I am writing my letter while on holiday – this time I am in the Lake District and as I gaze through the window of our holiday cabin I see the beautiful hills surrounding Keswick. The scene brings to my mind the words of Psalm 121



*I lift up my eyes to the hills - where does my help come from?  
My help comes from the Lord, the maker of heaven and earth.*

This psalm is one of a group called the Songs of Ascents. These were the psalms sung by pilgrims travelling through the hill country as they made their way to worship at the temple in Jerusalem. A modern hymn (1968!) based on Psalm 121 begins 'I lift my eyes to the quiet hills'. Every day for the past year we have seen on our TV screens reports of the terrible situation in the Middle East. I don't suppose there are any quiet hills in that region now, where there is the constant threat of incoming missiles.

This month we will be remembering those of our own nation who left home and family to go to war in another country and who didn't come back. We can imagine the situations they were in – the terrible noise of shells, bombs, gun fire – again no quiet hills to look to, to remind them that help comes from the Lord.

For my husband's father his war lasted just 4 days. After landing in France on 7<sup>th</sup> June 1944, he was killed on 11<sup>th</sup> June in a battle with the enemy. Some of his comrades were taken prisoner and in a history of 46 RM Commando one of those prisoners, Roy Harris, told of how he and his fellow prisoners were marched off to stand in front of a high wall. SS men set up a machine gun on its tripod and pointed its barrel towards them. He wrote, 'It's so strange what goes through your head at this moment...we have already heard about Hitler's order of shooting Commandos on sight. I look around at my comrades wondering what is going

through their heads. We all seem remarkably calm. I suppose each trying to come to terms with themselves in this short space of time left to us’.

He was surprised at what followed – a German officer arrived on the scene and ordered that the machine-gun be removed. They were reprieved at the last minute. He wrote, ‘It is an unbelievably wonderful feeling to be suddenly given hope to live after you have consoled yourself with imminent death. It is an experience which has accompanied me my whole life and convinced me to follow my father’s footsteps and become a clergyman myself.’

He had later found that at the height of the battle and also the time when they were standing in front of the machine-gun, his father back in England had an overwhelming feeling, a conviction that his son was in great danger. So he went into his study, shut the door and prayed until he felt a weight lift from him, and he was convinced that the danger had passed. When they later compared notes they found that the time of his father going into his study to pray and the times of the height of the battle and his being stood in front of the wall facing execution coincided perfectly.

*Where does my help come from? My help comes from the Lord, the maker of heaven and earth.*

There are times when each one of us will face problems in our lives, times when we struggle, times when we are overwhelmed by the circumstances that we find ourselves in. Times when our heads are full of noise and we can’t find peace.

Jesus says, ‘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. For my yoke is easy and my burden is light.’

Matthew 11:28-30

Yours  
*Margaret*



## From the Registers

Weddings:

Mr & Mrs Megginson, 4/10/24  
at St Michael's



Funerals:

Cliff Westwood funeral 2/10/24 aged 90yrs  
Carol Smith funeral 30/10/24 aged 79yrs

## 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

# Shop Small, Love Local, Support us!



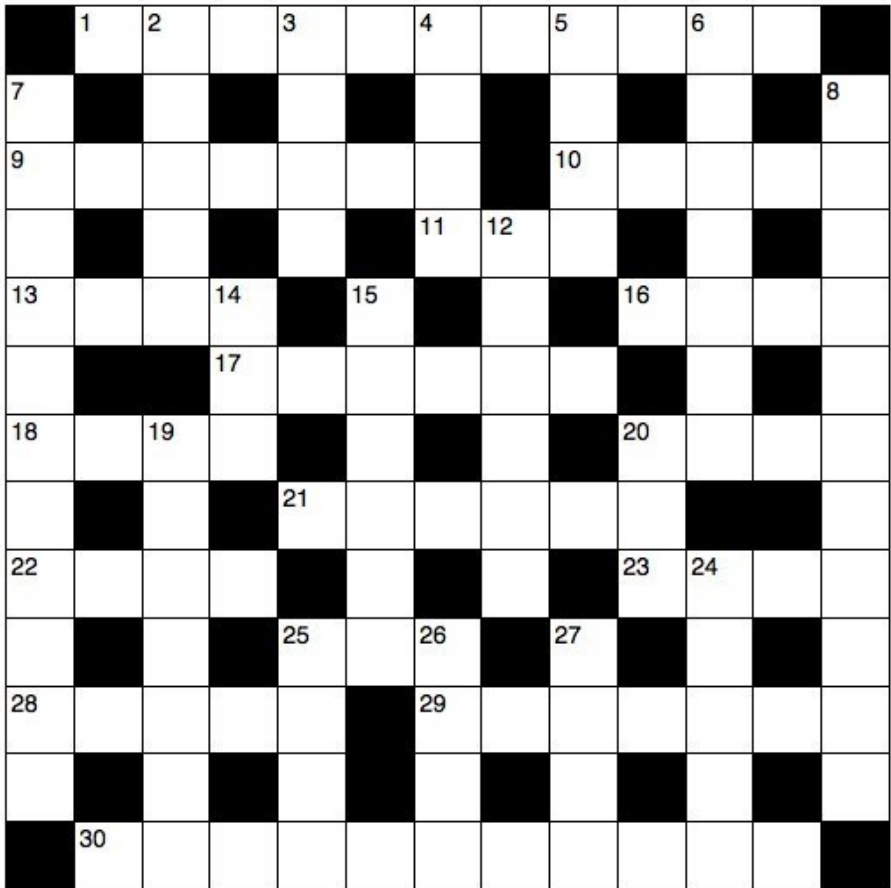
Want to invest in your community?  
Strengthen your local economy?  
Have a better shopping experience?  
Reduce your environmental  
footprint?

**Then come along to  
Newburn Parish Hall  
Sat 16th November**

**10am - 12pm**



**FREE ENTRY**



**Across**

1 In David's battle with the Arameans, 700 of these were killed (2 Samuel 10:18) (11)

9 'No — , impure or greedy person has any inheritance in the kingdom of God' (Ephesians 5:5) (7)

10 City on the banks of the River Nile (5)

11 Stamped addressed envelope (1,1,1)

13 Taverns (4)

16 'Be on your guard; stand — in the faith' (1 Corinthians 16:13) (4)

17 'He will not always — , nor will he harbour his anger for



ever' (Psalm 103:9) (6)  
 18 and 27 Down Where the magi came from and what guided them (Matthew 2:1–2) (4,4)  
 20 Ancient Celtic alphabet of 20 characters (4)  
 21 She married Esau when he was 40 years old (Genesis 26:34) (6)  
 22 A great-grandson of Noah (Genesis 10:7) (4)  
 23 Title accorded to certain Roman Catholic clerics (abbrev.) (4)  
 25 'My house will be a house of prayer; but you have made it a — of robbers' (Luke 19:46) (3)  
 28 Annie (anag.) (5)  
 29 Plead with (Zechariah 7:2) (7)  
 30 Tenth foundation of the new Jerusalem (Revelation 21:20) (11)

## Down

2 'We have a building from God, an eternal house in heaven, not built by — hands' (2 Corinthians 5:1) (5)  
 3 Uncommon excellence (Proverbs 20:15) (4)  
 4 'You have exalted my horn like that of a wild ox; fine — have been poured upon me' (Psalm 92:10) (4)  
 5 — Homo ('Behold the Man') (4)  
 6 'He has given proof of this to all men by — him from the dead' (Acts 17:31) (7)  
 7 'Our — is in heaven' (Philippians 3:20) (11)  
 8 'This is a day you are to — ' (Exodus 12:14) (11)  
 12 Assault (Psalm 17:9) (6)  
 14 'Jesus found a young donkey and — upon it' (John 12:14) (3)  
 15 Liverpool dialect (6)  
 19 'Remember the — day by keeping it holy' (Exodus 20:8) (7)  
 20 Nineteenth-century German physicist after whom the unit of electrical resistance is named (3)  
 24 Nazirites were not allowed to eat this part of a grape (Numbers 6:4) (5)  
 25 'If anyone would come after me, he must — himself and take up his cross and follow me' (Mark 8:34) (4)  
 26 Evil Roman emperor from AD54 to 68, responsible for condemning hundreds of Christians to cruel deaths (4)  
 27 See 18 Across

# ECO CHURCH FOCUS

## NOVEMBER:

World Vegan Month – 1st – 30th November 2024

November is a big month for The Vegan Society. They are the world's oldest vegan charity, which started in November 1944 when the founding members coined the word 'vegan'. The first World Vegan Day was created to mark the 50th anniversary of the society, held on 1 November 1994. This was later extended to become World Vegan Week and, as we now know it, World Vegan Month. Every November, World Vegan Month is celebrated worldwide as a time to shine a light on the vegan movement. It is important to understand that veganism is not just a diet, but a compassionate lifestyle choice where you do not consume or use any animal products, as far as possible and practicable in this non-vegan world. This means that vegans, for example, will not wear leather or suede, and will not use beauty products with ingredients derived from animals. There are a number of reasons why someone may choose to become vegan; for many, it will be because they do not wish to cause any animal suffering through their choices, while for others it may be because they understand that veganism is better for the environment.

National Tree Week -23rd November – 1st December 2024

Led by the Tree Council, it's their largest annual event celebrating our trees. This annual event encourages thousands of people in Britain to come together to plant trees, marking the start to tree planting season.

### **Eco-Tips Calendar:**

**NOVEMBER:** Green your home. Combat climate change and reduce heating costs by identifying and sealing drafts around your home. Find the gaps that let the cold air in and warm air out (think keyholes, letterboxes, cracks around the edges or bottoms of windows and doors, loft hatches, floorboards, etc.) and fix these gaps using the correct materials and online tutorials. Additionally, place foil or radiator panels to reflect heat into your room. Pray for those who might be experiencing the cold this winter.

**The key to longer life? Keep calm and carry on**

Scientists have long known that mental resilience, or our ability to bounce back in the face of trouble and adversity, has a powerful effect on us for the good. Such resilience has been linked to preventing disease, keeping chronic illnesses at bay, and helping us recover after trauma.

Now it seems that our capacity to cope with and adapt to challenging life events may even delay our risk of dying for many years.

Scientists at the University of Sun Yat-sen, in Shenzhen China, have done extensive research into the health records of more than 10,000 Americans who had signed up for the US Health and Retirement Study. They found that those who scored high on qualities such as perseverance, calmness, a sense of purpose, self-reliance and stoicism had a much lower death rate than others who scored lower.

Writing in the journal *BMJ Mental Health*, the authors said: "Exposure to adversity, such as poverty or significant life events like job loss or bereavement, often leads to disruptions in psychological functioning. However, individuals differ in their ability to overcome and adapt to adversity, with some exhibiting resilience while others struggle."

The Bible urges us to not try and cope with life on our own. Instead, it reminds us that God is always our refuge, 'a very present help in trouble'.

Psalm 55 says: 'Cast your burden upon the LORD and He will sustain you; He will never allow the righteous to be shaken.' Now that sounds like resilience - with some heavenly back-up!

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### **Upcoming Events:**

**As part of our Eco-Church journey, we need to host regular events to support local businesses and environmental charities. Saturday 16th November is a busy day for the Parish. During the day we are hosting a Small Business Fair (see advert on page 7). We have Ellie returning with her baked goods, two different beaded jewellery stalls, Love Dogs Throckley, greetings cards, the Corbridge Truffle Company (yum!), and various other personalised items, crocheted items and lots of others. We will be serving tea and coffee, come along to support the businesses and enjoy a hot cuppa! In the evening, the same day we are having the annual Tearfund Quiz night, (see poster on page 14). Come and join a team, or bring your friends along and enjoy a great night of questions and good company. Bring your own food and drink for yourself or to share with your team.**

# Prayers for November

Just because you have wandered away from God, it does not mean God has wandered away from you. We are never lost.

## A Prayer for Remembrance.

Lord, in all humbleness, I give thanks for all the men, women and children, who have been killed defending this country. Be with all those who have to live with the physical and mental scars of fighting. Be with all those families who have lost a loved one, or who have to live with the consequences of war. We thank you Lord, for all those who came to our aid in our time of need and who suffered by doing so. We treasure their memory and remember the lives that could have been. Amen.

## A Prayer for God to be our guide.

Lord, you gave us the mountains and the hills: the forests and the woods; the oceans and the lakes, the rivers and the streams. Lord, as I walk by them and enjoy them, I feel your presence. Keep me on the track you want me to walk on. Be my guide and walk with me and lead me safely to you. Help me never to stray away from you, or to get lost, and Lord, should I do so, stay with me so I can find a way back. Amen

## A Prayer to count your blessings and remember those less fortunate.

Lord, I thank you for the countless blessings you have bestowed upon me. I thank you for the roof above my head, for the fire in the hearth, for the food on my plate and the drink in my cup. Thank you for my health, my job and that I have money in my purse. Thank you for my family, my friends, for my loved ones and for the neighbours who look out for me. You have indeed blessed me. Tonight Lord, be with all those who have no roof to

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

## er by Colin Stafford

sleep under, no food to eat or drink or to refresh their thirst.  
Those who are alone, those who live with terror and abuse,  
those who cannot keep themselves warm and those who are ill.  
Lord be their protector and help me to see them. Amen.

### A Prayer for forgiveness.

Lord, forgive me this night for all I have done and said which has hurt others. For all I said and did so out of stupidity, ignorance, maliciousness and meanness. And I ask that all those who I have hurt forgive me. Lord give me the grace to forgive all those who have hurt me, whether this was out of stupidity, ignorance, maliciousness or meanness. Amen.

### A Prayer for when we walk away from God.

Lord, I have wandered away from you, but you have never let me get lost. I know you are still with me, and that you remain by my side. Forgive me Lord, I wish to return to you. Bring me back to the route you set out for me, walk with me as my friend and my guide, now and forevermore. Amen.

### A Prayer for our planet.

Lord, you gave us this planet to watch us grow. You made it unique amongst all other planets and very special. You gave it to us for our pleasure and for our survival. But it shames us that we are giving you it back, ruined. Lord, we have polluted it, destroyed it ecologically and caused irreparable damage to it. Lord we did this out of ignorance, deliberate greed, for political success, through a lack of consideration for others and pride. Help us to put this right. Help us to treasure this planet and the wondrous gift you gave us. Amen.

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



**Saturday 16<sup>th</sup> November**

**7pm**

**Newburn Parish Hall, NE15 8LS**

**Come along and join a team, or bring your own team with you,  
And enjoy a fun quiz night to raise money for Tearfund.**

**£1 minimum donation per person to enter the quiz.**

**Bring your own food and drink, see you there!**

[tearfund.org/quiz](https://tearfund.org/quiz)

Tearfund, 100 Church Road, Teddington, TW11 8QE, United Kingdom

+44 (0)20 3906 3906 [info@tearfund.org](mailto:info@tearfund.org) [@](#) [/Tearfund](#)

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## Remembrance – and gratitude

This year Remembrance includes several significant dates from past wars. 2024 marks the 110th anniversary of the start of World War I.

2024 marks 80 years since D-Day. The Normandy Landings of 6<sup>th</sup> June were the largest seaborne invasion in history, and began the Allied invasion of Normandy, which led to the liberation of France and laid the foundations of the Allied victory on the Western Front.

2024 marks the 80<sup>th</sup> anniversary of the Battle of Monte Cassino in Italy, the bloodiest battle of the Italian Campaign, when Allied forces finally broke through the Germans' notorious 'Gustav Line' and freed Route Six and the way to Rome.

2024 marks the 80<sup>th</sup> anniversary of the battles for Kohima and Imphal, where in northeast India the Imperial Japanese Army was held off by much smaller numbers of British and Indian troops. In Kohima alone, the defenders held off a staggering 25 Japanese attacks over 14 days in appalling conditions. When Indian troops arrived to relieve the defenders, the Japanese encirclement was broken. Amongst the liberators was Havildar Major Rajindar Singh Dhatt of the Royal Indian Army Service Corps, from the Punjab.

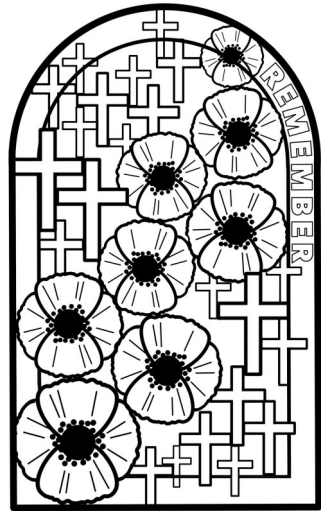
2024 also marks the 80<sup>th</sup> anniversary of Operation Market Garden in the Netherlands, when the Allies managed to free Eindhoven and Nijmegen, but famously failed to capture the bridge at Arnhem. (The story is told in the film *A Bridge too Far*)

As the British Legion says, "While D-Day was fundamental to the allied victory, the Second World War was not won on any single day – or battle – and we will recognise and pay tribute to all who served from the British Armed Forces, Commonwealth and allied nations, such as those who served in the Battles of Monte Cassino, Imphal and Kohima, Operation Market Garden and the Scheldt.

This year the British Legion is also looking beyond the Second World War, to Kosovo and Afghanistan.

It wants to pay tribute to those who served and currently serve in Kosovo 25 years after the deployment of the NATO peacekeeping force, KFOR, and to those who served in Afghanistan, as this year marks 10 years since the end of Operation Herrick.

*Remembrance Sunday this year falls on 10<sup>th</sup> November, and Remembrance Day on Monday 11<sup>th</sup>.*



## What's the Big Idea? - an Introduction to the Gospel of Mark:

Mark is the second of the synoptic gospels, along with Matthew and Luke. Traditionally this gospel is ascribed to John Mark, a close associate of Peter. It was written for Gentile readers, probably in Rome during Nero's persecution of the church (c AD 64-7).

Mark unveils Jesus' public ministry with the words: *'the beginning of the gospel about Jesus Christ, the Son of God'* (1:1). The gospel provides a succinct and vivid account of Jesus' ministry, concentrating on what Jesus did rather than what He said. Mark moves quickly from one episode to another, often using the word *'immediately'* which is characteristic of his gospel.

For Mark, understanding the true identity of Jesus is fundamental to his gospel. Jesus asks the disciples, *'Who do people say I am?'* (8:27), to which Peter replies, *'You are the Christ'*. This is evident in Jesus' role as teacher, the call for discipleship and the account of Jesus' death and resurrection, which occupies the last third of the gospel.

A key verse which helps us to understand the nature of Jesus' mission and how we might live in the light of it is: *'Instead, whoever wants to become great among you must be your servant, and whoever wants to be first must be slave of all. For even the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many.'* (10:44,45). As the Suffering Servant, Jesus gave His life on the cross, that we might know and share his love.

Mark is understandably in a hurry to tell us about Jesus: the one who reveals the truth of God to us, that we might live in reality not ignorance!

*Canon Paul Hardingham*



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SATURDAY 30<sup>TH</sup> NOVEMBER

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10AM-1PM

NEWBURN PARISH HALL,  
NE15 8LS

Raffle, Tombola, Bottle Stall,  
Cake Stall, Kids Crafts,  
Mrs Christmas,  
and much more!

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



# Reflecting Faith: Wall Paintings

Prior to the Reformation, English churches were highly decorated with interior wall paintings. As one author wrote, '*They were aglow with colour and images covering every flat surface*'.

Painting pictures seems to be a basic part of people. We see that in newly discovered caves where people from the distant past have made sketches and created art works.

Pictures are more than just communicating a 'flat' story.

Just as we all have our preferred ways of learning – listening, watching, reading, practising – so I suspect we also have for explaining. How much more so, then, when we want to get across really important information; and it doesn't get much more serious than telling others about God.

Of course, we know the Early Church, at the very beginning, followed the Jewish tradition of not drawing a likeness of God and hence they used signs and symbols. But that didn't stop them from drawing pictures about everything else: stories from the Bible, lives of the saints, and so on. There was no shortage of pictures to be drawn.

There are not many English churches which still have wall paintings, but if you visit an Orthodox church in the UK or if you get the opportunity to enter one when on the Continent, you will see that every inch (centimetre) of the inside plaster is likely to be covered in wall paintings. Quite literally, painting on the wall!

Today, instead of painting on the wall in the UK, we seem to be increasing the number of banners that hang on them, and changing them often, to match the church calendar.

***This month:*** Have a look at the wall paintings or banners in your own or a different church. What do you think the designers were trying to say? What message do they give you that words alone could not have accomplished?

*The Revd Dr Jo White*

## **Poet's Corner**

### **A Fun Puzzle**

I take my daily papers  
They help to quell my rage!  
(I ignore the usual capers -  
And go to the back page!)

What are the MPs doing?  
I really do not care!  
Who are the pop stars wooing?  
It's not my kind of fare!

What football teams are scoring  
Just tends to pass me by,  
It's not that it is boring  
It fails to catch my eye!

The news, the sport, the weather  
All from my eyes are hid,  
I ignore them altogether –  
And seek that crossword grid!

I'm always quite contented,  
Come rain or shining sun,  
I'm glad that they invented  
A puzzle that's such fun!

*By Nigel Beeton*



## In Flanders Fields

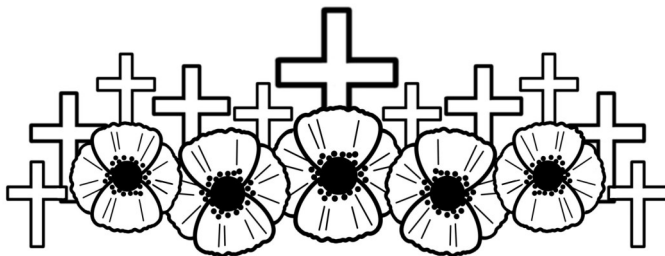
In Flanders' fields the poppies blow  
Between the crosses, row on row,  
That mark our place: and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.

We are the dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved and were loved, and now we lie  
In Flanders' fields.

Take up our quarrel with the foe;  
To you from failing hands we throw  
The torch; be yours to hold it high,  
If ye break faith with us who die  
We shall not sleep, though poppies grow  
In Flanders' Fields.

This poem can be found at:

<https://www.britishlegion.org.uk/get-involved/remembrance/about-remembrance/in-flanders-field>



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

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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](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.