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March 2024

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Please note that your £5 subscription is now due for 2024. Please make payment via our treasurer Celia or via the person who delivers your magazine.

Many thanks.

Letter from Rev Margaret:

Dear Reader

When I am out for my dog's early morning walk I always go down Callerton Road and I pass the house where my mother-in-law lived in the 1930s. She was married from that house in 1939 and we have a copy of the only photo taken that day, at the front door, when the newlywed couple arrived back home for their



wedding reception. One morning as I passed the house and looked at the door it made me think of houses where blue plaques have been put up to commemorate some famous person who lived there at some time. When I got back in the house I mentioned it to Brian and we pondered on the places we would put up a blue plaque to remember the significant events in our lives. I'm sure we all have those places that are important to us.

My thoughts went on, thinking of how our churches hold special memories for people. On the times when photos of St Mary's or St Michael's have been posted on the local Facebook pages they have attracted lots of 'likes' and comments. Most of the comments are memories of past connections with the church(es). 'My parents were married there in 19..'; 'l/my children were christened there': 'I went to Sunday School and I remember so and so who was a Sunday School teacher'; 'I was in the choir and I remember...' And so it goes on — one person's memory leading on to a whole thread of comments and memories from more people. I have my own significant life event connections — christened in St Mary's (as were my husband and son) and married there; confirmed and ordained priest in St Michael's (where my son and daughter-in-law were also married).

It's nice for us to have and share those memories, but church buildings are not there to just remind us of the past, but to think of the present. Ancient churches and cathedrals receive lots of visitors who admire the grand architecture, the wonderful stained-glass windows, the paintings, the statues - and people enjoy the peace and ambience found in them. During my sabbatical in 2014 Brian and I visited many cathedrals around the country – I called them 'sacred spaces'. These places were built for the glory of God – to draw our thoughts, our eyes, up - up to the one whose presence goes far beyond the

buildings – to God who is omni-present. And all churches remind us that there is a community of people in each locality, who gather there to worship and pray.

Many people pass churches every day and probably never even notice them, they are so familiar that we don't think about them. Christmas is a time when more people are drawn to church to hear the story of Jesus' birth and sing the familiar carols. For lots of people it's an important part of their Christmas tradition and celebration.

But the most important Christian festival is Easter, this year on the last day of this month. There are fewer people who attend Easter services than there are at Christmas. Perhaps this is because it's not a time when family gatherings happen so much and for children it's more about the Easter eggs and less about the story – whereas at Christmas they also have the excitement of their Nativity plays. Yet Jesus said more about his death and resurrection than he did about his birth. He said, '"And I, as I am lifted up from the earth, will attract everyone to me and gather them around me." He put it this way to show how he was going to be put to death.' *John chapter 12 verse 32*

During Holy Week we travel with Jesus from Palm Sunday, when he was hailed by the people as he rode into Jerusalem on a donkey, to Good Friday when he was 'lifted up' on the cross where he suffered an agonising death, then to Easter day when we celebrate his resurrection, conquering death, having shown us just how much love he has for all people.

So, as we remember our sweet memories of church connections of the past, may our minds be drawn up to Jesus and the events of Holy Week and Easter. Without Easter there would be no Christmas to

celebrate. The more people there are, the bigger the celebration –St Mary's and St Michael's are the churches of all the people of the parish and all are welcome. Details of Church services and events are published on the parish website and on community Facebook pages.

Hope to see you there.

Yours Margaret

Wedding Photo at Callerton Road



Dear all,

I have been with you two months now and the time has gone so quickly. I have been to church services at St. Mary's and St. Michael's. I've taken part in Messy Church, Noah's Ark, Prayer meetings and the fantastic coffee shop time afterwards. There have been Carol Services, school nativities



and the singing of carols in the local care homes. I have met people in their homes for communion. I have even tried haggis for the first time at a Burn's night (although it was vegetarian!). I have had a great time getting to know you and being with you. I want to thank you for accepting me and

Sunday Service Information

9.30am St Michael's 11am St Mary's 6pm (4th Sunday) St Mary's

Thursday 10am The Parish Hall 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

making me part of the family straight away.

When someone comes in for such a short time it would be easy to keep them at arms length - knowing that they would be leaving shortly. But I have not experienced that in the Newburn Parish. You have welcomed me into your hearts and lives and I am humbled and thankful for that. Your warmth and feeling of real community is what I first noticed about being with you. And the community that you share is not limited to your church family; I have seen evidence of it reaching out into the areas and communities in which you live.

This is not something to take lightly. We have a tendency to dismiss love and community and focus on more measurable things but God's priority is always love and community. The whole purpose of salvation is to put us right with God and with others so that we can live together in peace and wholeness.

1 John 4:12 says, "No-one has seen God; but if we love one another, God lives in us and his love is made complete in us." So, as you love and care for one another, choosing to spend time with each other, the invisible God can be seen through that love. It is so visible, that in Acts 2:42-47 we see that as people came together and lived in community and prayer, more and more people were added to their number.

So my prayer for you is that this will happen in Newburn and Throckley. That your love and commitment for each other will continue to grow so that God may be seen and people added to your number. As I look to the future I hope this is something that I will be able to find, or help develop, in my own parish. It has been a privilege to join in with all the things that you are doing and learn from you all.

Thank you once again, Ali McCarthy



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MARCH:

World Water Day, 22nd March: World Water Day became a UN observance day in 1993. It wants to focus attention on the global water crisis, and raise awareness of the 2.2 billion



people still living without access to safe water. It hopes to inspire action to tackle the water and sanitation crisis. This year, World Water Day 2024 will focus on the theme, 'Leveraging Water for Peace'. Every year, World Water Day raises awareness and inspires action to tackle the water and sanitation crisis. In 2024, the theme of World Water Day is 'Leveraging water for peace' and the World Water Day campaign is simply called 'Water for Peace.



'Water for Peace' explained:

Water can create peace or spark conflict. When water is scarce or polluted, or when people have unequal or no access, tensions can rise between communities and countries. More than 3 billion people worldwide depend on water that crosses national borders. Yet, out of 153 countries that share rivers, lakes and aquifers with

their neighbours, only 24 countries report having cooperation agreements for all their shared water. As climate change impacts increase, there is an urgent need, within and between countries, to unite around protecting and conserving our most precious resource. As populations grow, water will become increasingly important in the fight against poverty and the deterioration of the environment. Cooperation on water can build vital resilience to extreme weather events and help populations to mitigate and adapt to a changing climate. Public health and prosperity, food and energy systems, economic productivity and environmental integrity all rely on a well functioning and

equitably managed water cycle. This means that non-discrimination and equality in ensuring access to water and sanitation can have a positive ripple effect across society. Peaceful cooperation around water can flow into peaceful cooperation in all sectors. By working together to balance everyone's human rights and needs, water can be a



stabilizing force and a catalyst for sustainable development. Over time, there have been many more incidences of cooperation than conflict over water, but there is much more to do. We must act upon the realization that water is not only a resource to be used and competed over – it is a human right, intrinsic to every aspect of life. At the local and national level, different water users – particularly water and sanitation utilities,



energy, food and industry – must cooperate through an integrated water resources management approach and promote a circular economy that fulfils people's human rights. At the basin level, countries should develop agreements and set up institutions to peacefully manage water resources that cross international borders. Cooperation on transboundary waters is essential for

peace and prosperity. Governments should cooperate bilaterally, regionally or globally, for example through signing up to and implementing the United Nations Water Convention and Watercourses Convention. We all have a part to play. As individuals, we can use water more carefully, reducing stress on the environment and water infrastructure. We can also hold elected officials, companies, organizations and others to account for their obligations and promises on water. In our working lives, we can also ensure that all our activities are done responsibly and protect water resources and ecosystems, according to the law. We all need to unite around water and use water for peace, laying the foundations of a more stable and prosperous tomorrow

Connect with God's creation over Lent

As we begin the season of Lent this week, Lord, open our eyes each day to see something new and wonderful in your world, so we may choose to be more considerate towards your creation during this time of reflection and beyond.

Week One – Bring nature into your home or garden. What could you grow inside your home, in the garden or even at church? Plant a herb or flower as a reminder of our responsibility to steward God's earth. As you tend to this plant, prayerfully ask God how you might nurture nature better at home over the Lent period and beyond.

Week Two – Connect with creation in a new way. Time spent enjoying God's creation will help set your mind and seek the things that are above. Bring your sketch or note book, your Bible, or whatever helps you connect with our heavenly Father. Or perhaps God is inviting you to just bring yourself (with some extra layers!). Note all the signs of the season. Use this time to reflect on the changing season and what we can be thankful for.

Week Three – Discover the great outdoors with company. Meet up with a friend or several for an extended or brisk wintery walk together. You could visit an outstanding area of beauty in the UK or keep it local and soak up the seasonal sights on your doorstep in your nearest green space. Bring along a notepad and pens to write about or draw something that inspires you in nature and share your ideas and reflections.

Week Four – Plan a Wild Time! Plan something completely wild in nature for later this year. Experience kayaking, wild camping, forest school, forest church... Make sure to take the opportunity to really enjoy what nature has to offer beyond Lent. Break out of your normal routine and join a volunteer work party or take to the water for wild swimming. Whatever you do – do something different and have fun!

Week Five – Join us to protect and restore nature together. How can we make small changes in our everyday lives that can make a big difference to others and for your world? Contribute to positive change as part of an A Rocha UK community, as a church (Eco Church) and as an individual or family (Wild Christian).

Week Six - Be still in nature. During Holy Week, find a quiet spot outdoors and reflect on what Holy Week means to you. Surrounded by the beauty and creativity of nature, the shortcomings of humanity and our need for repentance are often clearer, but so also is the power and timelessness of God. Bring before him your own concerns and the needs of the natural world. Continue to pray with us via our weekly prayer diary at: arocha.org.uk/get-involved/pray

Easter Sunday – The Easter hope of reconciliation is good news for all. May we celebrate anew Christ's commitment in relating to his creation; that the Godman Jesus would enter into the deepest pains and realities of the flesh in order to restore the relationship between Creator and creature. By this restorative work all creation is reconciled to its intended delight, finding peace and mutual flourishing.















A Rocha UK's Easy Eco Tips 2024 Calendar

MARCH: Celebrate Spring.

Immerse yourself in the sights and sounds of the season – breathe in the fragrance of blossoms, observe budding catkins, note different bird songs, spot footprints, or use the Pl@ntNet app to identify spring flowers. Nature can boost our happiness, so spend time in your garden, on your balcony, and in local green spaces. Dedicate quality time to appreciate creation's beauty, and thank God for the hope that spring can bring.

Congratulations!!

Three years after achieving our Bronze Award, we have now been awarded the Silver Eco-Church Award for both churches.

For those asking what's the point of it? and what does it show?

The point is, in the face of accelerating climate

change and species loss, we need more than ever to take action now to protect and care for nature today. It shows that we as a Parish care immensely about the world that our God created. It shows that we are committed to nature conservation as an expression of our Christian mission. It shows that we support our Diocese: the Newcastle Diocese has

registered to become an Eco Diocese and to attain a Bronze Diocese award 10% of churches in the diocese need to register and 5% of them need to be in receipt of awards.

Thank you to all those who have supported us in implementing changes to improve, to those who have tried something new, or who have been challenged in their thinking/practice. If we keep making small changes, collectively we **will** make a difference.

Prayers for March by

Dear God,

You and I know this is now an awful world. You gave us a lovely world but us humans have messed it up; with storms that destroy buildings and lives, people who are struggling to get food and water, and most of this world of ours is at war with each other, killing people and destroying their homes. We at Newburn and Throckley churches know that you are guiding us along your path to your kingdom so could you paint your rainbow in the sky to let the others know you still and always will care about us.

Bless the Noah's Ark families. Let the parents know that when they bring their children to Noah's Ark, they are bringing them to a place where they are loved and cared for. Bless the children, we hope they have a lovely happy time with us and when the parents take them home we hope that they have had a carefree and relaxing day. Amen (Ken Ladzrie).

Lord Jesus thank you that you love us. I ask that you would have compassion and bring healing to everyone who is sick. God I thank you that you are in control of everything that happens from our first breath to our last sigh.

We pray for peace in the world for all the suffering and injustice that is happening today, in the middle east, and Ukraine, and all conflict in the world. Amen

Spring is just around the corner, the flowers will be blooming, the bird songs will be returning and fields will be planted and the trees will be full of new life. We thank you Lord for all the new life you gave us on the resurrection of your Son, Jesus Christ. Amen

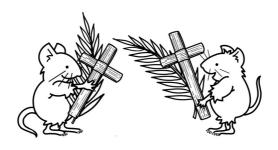
(Margaret Bowers).

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

the Noah's Ark team

The World Day of Prayer (Ephesians ch 4, 1-3) with the theme of love was dedicated to women. We are reminded of the cost of war that women endure in Ukraine, Palestine, Yemen and Afghanistan. Afghan women have no right to an education after the age of 12 and are not allowed to work unless sponsored by a man- Please pray for peace to prevail. Amen Isn't it wonderful when Spring arrives and the snowdrops push through the cold dark earth. Birds start to build their nests, new born lambs and warm sunshine await Easter, with the gift of Jesus. The joy of Palm Sunday then the sorrow of Good Friday, then the resurrection miracle! Amen (Liz Walker)

Lord, we thank you for all the parents, grandparents and carers who come to Noah's Ark with their babies and toddlers. We give thanks for the safe space for the children to play together and learn and sing about your love. Lord, as spring approaches and new growth appears around us we pray for peace to grow in the world. Amen (Linda Frazer).



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

30 years since the ordination of women

It was 30 years ago this month, on 12th March 1994, that the first 32 women were ordained as priests in the Church of England. The service was officiated by Bishop Barry Rogerson at Bristol Cathedral.

Bishop Rogerson ordained the women in alphabetical order, so Angela Berners-Wilson was the very first woman to be ordained. She was a university chaplain.

The youngest woman to be ordained that day was aged 30. The oldest was 69. By 2004, ten years on, one of the women priests had died, and 14 had retired.

Bishop Rogerson reckoned it would take 10 years before the first woman would be ordained as a bishop. In the end, it took 21 years.

Then Libby Lane was ordained the first female bishop in the Church of England. She became Bishop of Stockport, a suffragan bishop in the Diocese of Chester.

The first woman to be ordained a diocesan bishop was the Rt Revd Rachel Treweek, Bishop of Gloucester, appointed on 26 March 2015

There are currently 25 women bishops in the Church of England.

Why we should be like donkeys

Are you a pet-lover? Many people own a dog, a cat or a budgie, but most of us don't own a donkey! Yet in Bible times, donkeys were essential to daily life. They did everything from helping to grind corn, to ploughing, to carrying people, to transporting their belongings. Despite their small frame, donkeys are surprisingly tough. They can survive on poor fodder, can travel an average of 20 miles a day.

There are two occasions in the Christian calendar where donkeys walk into the picture. At Christmas, Mary travelled the 100 miles from Nazareth to Bethlehem on a donkey. And although a donkey doesn't get a specific mention in the manger story, that same one that transported her was probably there; where else would it have been?

On Palm Sunday Jesus entered Jerusalem riding on a donkey. Jesus deliberately chose this animal rather than a horse. Why? In Bible times, the horse was associated with war, conquest and worldly might. But the donkey was a symbol of peace and humility. So, Jesus used this animal to show that He had come with the dignity of the king of peace. His entry into the Holy City also fulfilled Zechariah's prophecy concerning the Messiah.

Donkeys are hardworking and undemanding. They wait for their master to put them to the work He has chosen for them. And, remarkably, each one bears the mark of the Cross on their backs!

Perhaps that is something we should learn—to wait for Jesus our Master, to be always obedient to Him, to serve Him with all our hearts, and to bear the mark of His grace in our lives.

Lester Amann

What's the Big Idea? An Introduction to the Books of the Bible: Exodus:

This month we are looking at Exodus, the second book of the Old Testament. Its name means departure, reminding us that Israel's flight out of slavery in Egypt is the major focus of the book.

Exodus is a book of two halves! The first part (chapters 1-19 & 32-34) is the story of an oppressed people who are delivered from slavery into a life of freedom. The second half (chapters 20 -31 & 35-40) consists of detailed instructions about the life and worship of God's people.

The book introduces us to their *salvation* or deliverance, as *story*. God's promises to Abraham are fulfilled as the people journey to the Promised Land. He also renews His covenant with them at Sinai, expressed in the Ten Commandments (20: 1-17).

At the heart of Exodus is the person of God Himself. In chapter 3 God reveals His name as YHWH or 'I am who I am' (3:14) to Moses. This is the name by which God is known throughout the Old Testament, expressed in the title 'the LORD'. To know God's name is to know Him, as well as His character i.e. His justice, truthfulness, mercy, faithfulness and holiness. He is the God who controls history, delivering the people out of Egypt, while the death of the Passover lamb points us to Jesus' death on the cross (1 Corinthians 5:7).

God's promises of help remain true for us today: 'Do not be afraid. Stand firm and you will see the deliverance the LORD will bring you today' Exodus 14:13.

'This Exodus story continues to be a major means that God uses to draw men and women in trouble out of the mess of history into the kingdom of salvation.' (Eugene Peterson).

Canon Paul Hardingham

Reflecting Faith: Lychgates

On the moors near to where I used to live in West Yorkshire, there were a couple of large stones with crosses marked on them. Many people thought that they were boundary or marker stones, and in so far as they marked the way towards the oldest church in that area they were. To be more exact, they were on the route towards the oldest churchyard.

In ages past bodies were carried by hand, sometimes over long distances, and there were restrictions placed on where they could be laid to allow the bearers to rest. These two stones were 'resting' stones.



When a body arrived at the church for burial, it would again be put down while the administrative formalities were carried out, and again the bearers could rest. So, a resting stone was placed at the edge or start of the consecrated land around the church.

The priest conducting the funeral would meet the cortege here, not originally out of respect, but rather to receive the required legal certificate for burial before he allowed them to enter the church grounds.

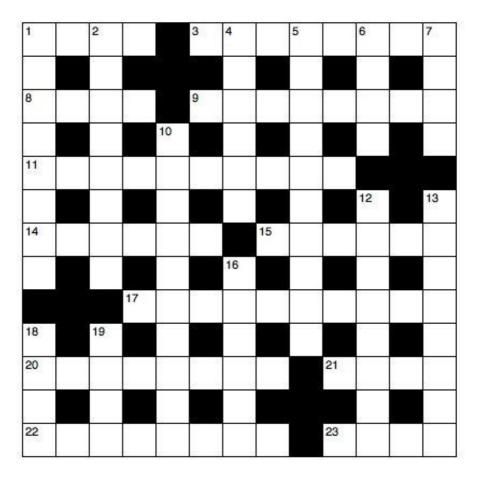
Because of typical English weather - rain and wind - it was usually sheltered, and benches were built for the bearers. There would also be a cross within the construction to signify the start of holy land. This is what today we call the 'lych-gate'; lych coming from the anglo-saxon word *lich* or *lic*, related to the modern German word *leich*e, all meaning corpse.

Few old lychgates remain today, as many were destroyed or damaged after the Reformation, and most of those that survived were constructed of timber and have since decayed. In the eighteenth century, when the use for the resting stones and thus lychgates declined, many were removed and replaced with gates, often retaining the shelter as it continues to be a meeting place for the priest to receive funeral parties.

This month

Try and visit a lychgate this month and actually spend a few moments under its shelter. Have a think about what burdens you want to lay down. What do you need to be sheltered from?

Revd Dr Jo White



Across

- 1 Made from the fruit of the vine, symbol of the blood of Christ (4)
- 3 'You are to set an ambush behind the city. Don't go very far from it. All of you be on — ' (Joshua 8:4) (3,5)
- 8 Seep (4)
- 9 Celebrated by Jesus on the night of his betrayal (Luke 22:15) (8)
- 11 One of the supposed sites of Christ's burial place

- in Jerusalem (6,4)
- 14 'A city on a hill be hidden' (Matthew 5:14) (6)
- 15 He inherited Elijah's mantle (2 Kings 2:12–13) (6)
- 17 Where Jesus prayed 'Not as I will, but as you will' (Matthew 26:36, 39) (10)
- 20 'Only in his home town and in his — is a prophet without honour' (Matthew 13:57) (3,5)
- 21 Sail (anag.) (4)
- 22 How Jesus was punished before his crucifixion (Matthew 27:26) (8)
- 23 Eye sore (4)

Down

- 1 Can't grow (anag.) (5,3)
- 2 A servant girl to Peter, 'You also were with that , Jesus' (Mark 14:67) (8)
- 4 Well-being (Proverbs 3:8) (6)
- 5 Pentecostal denomination, of God (10)
- 6 One of the 'obvious' acts of the sinful nature (Galatians 5:19, 21) (4)
- 7 'I preached that they should repent and to God' (Acts 26:20) (4)
- 10 ' — , the world will not see me any more, but you will see me' (John 14:19) (6,4)
- 12 He betrayed Jesus: Judas (Luke 6:16) (8)
- 13 Jesus to Peter: ' — of my sheep' (John 21:16) (4,4)
- 16 The centurion said, 'Surely this man was — of God' (Mark 15:39) (3,3)
- 18 Baked bread (Mark 8:14) (4)
- 19 'Blessing and honour, glory and power, be Him' (Handel's Messiah) (4)



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



Mother's Day or Mothering Sunday?

The Mothers' Union has launched 'Make A Mother's Day', its annual Mothering Sunday fundraising campaign. It hopes to raise funds to support the MU's global community projects, which "transform lives every day."

The MU says: "We know how important mothers, caregivers and grandmothers are, and how much they do to help their children, families and communities thrive, often unnoticed and without thanks." And so, for Mothering Sunday (10th March) the MU is asking people to buy a 'Gift of Dignity', to help empower women in developing countries to transform their lives, and to reach their full potential. "When buying these life-changing gifts, you will receive a card that explains your gift along with a Mothering Sunday greetings card, which you can give to a loved one. You are also able to give a gift in memory of someone special."

The Mothers' Union has been running the 'Make A Mother's Day' campaign since 2006, to celebrate all mothers and caregivers - how they nurture, love and help us to flourish. To find our more visit the Mothers' Union website:

https://mueshop.org/collections/make-a-mothers-day-2024

Mothering Sunday, the fourth Sunday in Lent, is the day for honouring our Mother Church, and has been celebrated since the Middle Ages.

In Britain, Mothers' Day is held on Mothering Sunday, so the two days are often merged in people's minds.

If you ask Google for ideas of how to be nice to your church on that day, you won't find much. But if you want to be kind to your mother that day, you will be spoilt for choice. High on all the lists are suggestions for taking her to lunch, giving flowers, a card, or paying for her to have a day doing something she loves.

Whatever you choose to do, probably the best thing to give your mother must surely be yourself: some time and some love. Remind her of the funny and touching stories of your childhood and thank her for all the things that she did for you. Give her some good company and show her some gratitude. Let her know that you love her and appreciate her.

Remember that the Commandment 'Honour thy father and mother' was the first commandment that came with a promise of blessing on you, if you obey.

Poet's Corner

The Crossroad

The road was hard, no turning back, The way ordained by mighty God. 'Your will, not mine' was all He said, As humbly down that path He trod.

The crowd that cheered Him once with palms Began to shout for Him to die, They chose Barabbas in his stead And with one voice cried 'Crucify!'

Between two thieves on Calvary's hill They put to death the Prince of Life One cried for help, the other cursed. The first was promised Paradise.

This promise now is for us all: Christ gave His life to set us free. The Cross divides, it always will -The question is: what side are we?

By Megan Carter

The Gardener

Spring's a time for planting in the warming earth

Seeds and saplings growing at this time of birth.

Carefully we tend them, pulling out each weed

Watering and weeding every plant and seed.

Yet we are just helpers – nothing done alone For without our Father, nothing will be grown; He's the Creator, He alone can bring Growth into our gardens each succeeding spring.

Let us praise our Maker who makes life appear, Praise Him in the springtime, and throughout the year; Praise Him for all nature – ev'ry tree and flower Gaze upon the garden, praise Him every hour!



God the gracious gardener cares for more than plants As to us, His children every breath He grants. He that for salvation gave His only Son, Do not fail to praise Him for all that He's done.

By Nigel Beeton

A Drying Day

The branches are swaying Replete with their fresh-growing leaves The wind-music playing – The breeze singing soft in the breeze.

The sun on our faces
The first sunny warmth of the year;
The frost it displaces,
The first signs of spring now appear.

We won't need our dryer
This day will be breezy but fine;
No rack by the fire –
We'll hang out our clothes on the line!

This day is a treasure, We watch as our shirts dance and play; There's no better pleasure Than the breeze on a spring drying day!

By Nigel Beeton



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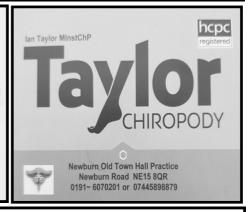
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Two Sundays before the last Sunday of the month

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.

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