



St. Andrew's URC
Monkseaton, Whitley Bay

NEWSTAND

Volume 85, Issue 8

August 2019

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**KEEP
CALM
AND
FOLLOW
JESUS**

NEWSTAND is the church magazine of
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If you would like NEWSTAND in larger print
please contact Carole Mallett or Tim Cooke.
You can also download it from the website.



You may know that my most recent area of research and teaching is congregational trauma. I have been working with a team from the University of Exeter, funded by Templeton World Charities, for the last three years on this topic. One of the most wonderful and theological things I've learned in our study of trauma is this: that human beings are literally made for love! (NB 1 John 4:7ff) When you think about it, we all know this. Human infants thrive when they are given physical touch and emotional contact. The human nervous system at all ages hums and heals when we are in calm, caring sync with another human nervous system. While that is our natural state for flourishing, much of what happens in life gets in the way of calm, caring connectedness with each other. Augustine would call it original sin when people cause the distress; I think of it as human fallibility. The further wonder of how we are made is that we are born learners. Thanks to the neuroplasticity in our brains, we can learn what doesn't work and what does, and we can alter our attitudes and behaviours to maximise well-being for ourselves and others. I am not saying that it is easy, only that it is possible. I've had to learn some lessons over and over!

There are **three C's** that every individual and congregation needs in the immediate aftermath of a traumatising event: **Calm, Communication and Caring**. It turns out that these three ways of being are habits of the heart that strengthen the well-being and resilience of a congregation at any time in its life together. And they are things that we can learn to do or improve. Like any human action, the more we practise it, the easier it becomes.

More Awful Authors (thanks to Neil Cockburn for these)

In my musings for the first three months, I'll concentrate on one C per month. This month: **Calm**. Not in the sense of David Cameron's infamous *Calm down, dear!* But in the sense of calm being a state of being we cultivate within ourselves, and that we can draw on when most needed. Calm is something we can infect people with, not impose upon them. It is not a way of avoiding an issue. Rather it is a way of equipping oneself to deal with what life throws at you. A calmed brain and body have the capacity to learn and to heal.

When I was in seminary we were taught to be a "non-anxious presence". A worthy goal, no doubt, but sometimes literally impossible. Caught up in the emotion or distress of a situation, our brains lose contact with the rational part that helps us think through things and achieve calmness. Now my goal is to be a less anxious presence; to remind myself often and particularly in times of stress that there is always a little place of peace in my heart that I can connect with. Call it the peace that passes understanding, the gift Christ gives (John 14:27). Often I only need to breathe deeply (repeatedly) to access that place. Again, the more I practise it, the easier it comes.

Human beings are wonderfully diverse. What will bring you calm will be different than what brings your neighbour, friend, or even your partner to peace. What works for you? A walk on the seashore? A piece of music? A cuddle? I invite you, this month, to just notice: notice what brings you peace and calm; savour it when it happens; soak it up and bask in it. It is a gift God intends you to enjoy.

In Christian love and friendship,

Carla

A visit to the dentist – *Phil McAvity*



We are the first church in Northern Synod to be offered and to accept a Transitional Minister. What's it all about?

Transitional ministry is a time-limited, focused form of ministry that is practiced widely in the United States amongst Presbyterians and the United Church of Christ (which has Congregational antecedents) and that is offered in the Church of Scotland and in a few places in England. It was created to give churches leadership for an intentional time of healing and reflection.

Situations where transitional ministry (also called interim ministry) can be helpful include: after a very long pastorate; after a brief pastorate; when the minister leaves in difficult or surprising circumstances, including death; when a congregation is conflict-riven; or when the pattern of ministry is changing and the church needs to adapt. Northern Synod offered us a Transitional Minister because Matthew's leaving was a shock and engendered diverse and complex feelings of hurt, betrayal, guilt and more. Our period of transitional ministry is intended to help us to heal and to make sense of what happened, so that we will in time be able to engage a new permanent minister. Leaving the feelings underground to fester could complicate and make life difficult for the new minister and get in the way of the church fulfilling its vocation.

The Cavalryman — *Rhoda Norse*

LILY JAMES MICHEL HUISMAN GLEN POWELL JESSICA BROWN FINDLAY KATHERINE PARKINSON MATTHEW GOODE WITH TOM COURTENAY & PENELOPE WILTON

FROM THE PRODUCERS OF
THE BEST EXOTIC MARIGOLD HOTEL
AND THE MAZUR KAPLAN COMPANY



BASED ON THE BEST-SELLING NOVEL

• A FILM BY •
THE GUERNSEY
LITERARY & POTATO
PEEL PIE SOCIETY
MIKE NEWELL

Set in 1946, the plot follows a London-based writer who begins exchanging letters with a resident on the island of Guernsey, which was under German occupation during World War II.



**Friday 9th August
2.00pm**

**All profits from the Film Club are in aid of
church funds and charitable works.**

Synod offered us Carla Grosch-Miller as our transitional minister because of her work with congregational trauma and her years of experience in pastoral ministry. She is learning about transitional ministry by reading and in conversation with a retired Anglican priest in Durham who did transitional ministry for five years in two settings in the Northeast. She will be supported by a Transition Support Group (TSG) through Synod made up of a minister from Pastoral Committee, another experienced minister and an elder from outside St Andrew's. Her work with us includes worship leadership about three times a month; attendance at the Elders' meeting; working with a Transitional Work Group (TWG, not to be confused with the TSG) that will create aims, objectives and events; and pastoral visiting that meets the aims and objectives. It is hoped that our Transitional Work Group will be able to report on their direction at our September Church Meeting.

This period of transitional ministry runs from 15 July through Easter Sunday (a proper gestational period! – new life on the horizon), with a review in January to assess whether the work is on course or if an extension would be helpful. When the period ends, a Vacancy Committee will be formed and an Interim Moderator will be assigned to St Andrew's. At that point a church profile will begin to be pulled together and the vacancy process begins in earnest.

This month the elders are working with Carla to set up our Transitional Work Group. Please hold Carla and the TWG in

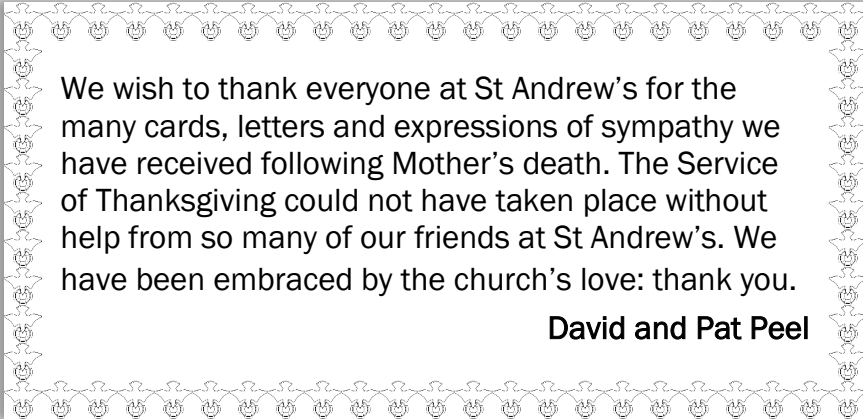
A continental breakfast – Roland Coffey

your prayers, that this time we have together will be productive and pleasing to God. The work of the TWG will be reported regularly in Newstand; don't hesitate to share with Carla or any member of the as yet unformed TWG any questions or concerns.

Finally, this all sounds so serious. Carla assures us that it will be fun too. We'll get to know each other even better, and learn lots about congregational dynamics and the healing power of compassionate listening.

*"Church is not an organisation you join;
it is a family where you belong,
a home where you are loved
and a hospital where you find healing."*

Nicky Gumbel



We wish to thank everyone at St Andrew's for the many cards, letters and expressions of sympathy we have received following Mother's death. The Service of Thanksgiving could not have taken place without help from so many of our friends at St Andrew's. We have been embraced by the church's love: thank you.

David and Pat Peel

Where's my hat? — *Sonia Head*

This month’s “It happened to me!” is from Heather Carr and her meeting with a long lost acquaintance.

We moved back to Whitley Bay in Millennium year and on a visit to the Playhouse spotted three ladies. One I knew but could not place!

I then met Ingrid Connacher in Whitley Bay who asked “If I had found a church yet”. I knew Ingrid from Wideopen days and knew Gordon was at St Andrew’s in Monkseaton.

So on a June Sunday in 2001 I took myself to St Andrew’s and of course met Paul and Sheila who I knew, and Valerie, who asked “was I going to come back”. I then noticed the lady from the Playhouse pinning up the Strawberry Tea notice, and thought this would be something to go to and asked Paul about it. I shook hands with Douglas, as he was at the door, and off I went home, having enjoyed the St Andrew’s Experience.

On coming home, the phone rang and an excited Ann Hammond, introduced herself, as Paul had told her the “new” lady was Heather Soulsby from Blyth. So that closed a gap of over 40 years since we had last met in the same class at Secretarial College. As they say “the rest is history”.

Incidentally one of the other ladies at the Playhouse was our dear friend Joy Adamson.

Please keep the articles coming!

Did Common Sense die?

Ingrid Connacher writes in response to last months “Sign of the times” submission on the apparent demise of common sense.



I would like to reply to the so-called “lament for common sense” in the last Newstand.

Oh dear, oh dear, how very sad and negative!

I don’t believe that “common sense” has died. I think that we at St. Andrew’s have loads of it. If it has then sadly what is trying to replace it is a desire to be furiously offended by patently preposterous reports in some media – how many 6 year olds have been charged with sexual harassment in our country? NONE! (I’ve checked!) Why would we want to believe this? The same for children being suspended for using mouthwash.

Yet these, and all the other ridiculous claims, are meant to be believed and used as an excuse to rail against... something... but what I’m not quite sure. Just anything to make us angry.

We really must try to believe in people’s intrinsic good, remain positive, and do our very best not to believe such obviously absurd claims, which are designed to divide us and make us angry with who? I really don’t know.

Let’s get a grip and cheer up!

Ingrid Connacher

Tolstoy – Warren Peace

The harvest of the Spirit is love, joy, peace, patience, kindness, goodness, fidelity, gentleness and self-control – Galatians 15.22

Kindness is all around us. It is the spontaneous expression of love in small things, the unconscious revelation of God at work in all of us. It is a “natural” human quality that can shame and reverse those other natural qualities of greed, envy and self-serving.

Kindness is the lubricant of human transactions, unplanned, unsung, uncontrolled, easing the awkward moment, smoothing the rough pathways, rounding the sharp corners. It is the cement, strong but flexible, that binds the loosely linked strands of human community.

Kindness is the deflater of anger, the neutraliser of enmity, the oil to pour on troubled waters tossed by the storms of human egos.

It is the unofficial sower, scattering modest seeds of reconciliation, helping in small ways to restore lost trust and heal broken relationships.

Kindness is the flower of the divine spark in the human spirit that blossoms unexpectedly in the wasteland of human selfishness and destruction. It is like the summer sun shining on a garden, revealing the many – splendoured beauty of God’s creation interpreted by human handiwork. Let us pray for that flowering of kindness that is

unselfconscious and unconstrained, when it becomes natural to help and seek ways of helping, without feeling good and without claiming brownie points, to “practise random acts of kindness and senseless deeds of mercy” as the counter-force to a sick and selfish world.

Membership Sunday – for Christine 1st March 2015

Submitted by Heather Carr

Activities Team



Looking ahead to September – tickets at £5 are now available for a **Poetry and Plonk Evening** to be held on **Saturday 7th September at 7.00 pm**. This provides an opportunity for people to share their favourite poems with others while enjoying a glass of wine (or soft drink).

Dates for the diary:

- **Saturday 5th October**
Annual Art Exhibition, 10am – 2pm
- **Monday 14th October**
Harvest Afternoon Service, 2pm
- **Saturday 16th November**
Annual Church Fair, 10am – 2pm

Ann Hammond

At the eleventh hour – *Justin Time*

ST. ANDREW'S 100 CLUB

June Draw

93 numbers went into the draw on 30th June.

The Winners were:

| | | | |
|-----|--------|--------------|---------|
| 1st | No. 74 | Allan Walton | £139.50 |
| 2nd | No. 84 | Olive Fisher | £69.72 |
| 3rd | No. 30 | Phil Brown | £23.25 |

£232.50 was given to Church funds.

The “100 Club” is a fund raising activity for Church funds.

Each member pays £5 per month
and the money is allocated as follows:

50% to Church funds

50% towards prize money (split 30% / 15% / 5%)

A monthly draw is held at a Church event or on the
last Sunday of the month during morning coffee.

If you are interested in joining the “100 Club”,
please contact:

Kathleen Hopper (2522345)

Local Radio — Alison Tometro

Spelling mistake?

At the foot of recent Orders of Service some of the more observant amongst you may have noticed what seems to be a spelling mistake! However, that is not quite the case. In relation to where we get our licence from regarding the singing and playing of certain hymns and songs, there have been two companies involved: CCLI (Christian Copyright Licensing International) and Calamus. Recently Calamus has been taken over by an American company called 'One License'. Therefore that is the reason we now have an American spelling of the word 'licence' in relation to the name of the new company.

Personal lockers – a reminder!

In the storeroom, between the Lounge and the Vestry, there is the unit with four lockers.

These lockers are available for the safe keeping of personal belongings, only whilst the owner is on the premises.

They are **NOT** to be used for long term storage.

Ray Hammond

What is charity?

It is silence - when your words would hurt.
It is patience - when your neighbour is curt.
It is deafness - when a scandal flows.
It is thoughtfulness - for others' woes.
It is promptness - when duty calls.
It is courage - when misfortune falls.

The prisoner – J. L. Bird



Summer is a time of long light evenings, and light is a very important concept in Christian life. At the very beginning...in the Book of Genesis:

'Then God said, "Let there be light" and there was light. And God saw that the light was good.' (Genesis 1: 3-4)

Here in the UK the summer solstice has just passed but we can still enjoy the wonderful light and warmth from the sun until late in the evenings. Dark winter nights seem far away.

'The Lord is my light and my salvation' (Psalm 27:1)

Fear is a dark shadow that can envelope and imprison us within ourselves. Everyone can, at some time, be a prisoner of fear...fear of rejection, misunderstanding, uncertainty, anxiety or ill health. But we can conquer fear by trusting in the Lord. Light brings warmth and comfort; light shines into dark corners. Light always shines even through storms.

'Your Word is a lamp to guide my feet and a light to my path' (Psalm 119:105)

To walk in the woods, we need a light to guide us so we don't trip up or fall, we need a light to guide us through life that sometimes can be dark. Scripture can be that light and show us the way ahead.

'Jesus spoke to the people once more and said, "I am the light of the world, if you follow me, you won't have to walk in darkness, because you will have the light that leads to life."' (John 8:12)

Spring weather — April Shower

When we follow Jesus, the true light, He removes the darkness of sin from our lives. He lights the path ahead of us so we can see how to live in Him.

Enjoy the long light evenings of summer and thank God for the light, the light of the summer days, the long light evening skies and the light that is our Lord Jesus Christ. Let the light of Christ guide your life!

In Prayer:

We give thanks for the joy of creation:
for all that is made and given;
For all the things we shape and create:
For the springing forth of new vision.
We give thanks for the vitality of re-creation:
For times of rest and stillness that renew us;
For times of play and laughter that refreshes us;
for all that nourishes and restores our spirits.
We give thanks for the rhythm of the seasons:
For all that grows, blossoms and fades;
For the seeds that are buried and spring again;
For the constant renewal of life from the earth.
We celebrate the flowering of hope,
We give thanks for the fruits of the earth
We praise God for the goodness of growth.
AMEN

amended from Bare Feet and Buttercups by Jan Berry.

Submitted by Hope 4 Team



Yes, that's what prayer and praying is all about. During the last four years I've held a Prayer Group once a month before the morning service. We've prayed for members of the congregation and others who have been struggling mentally and physically; we've made a prayer bracelet – a wonderful aid or tool 'to get us into prayer' – which was inspired by a Swedish pastor and instigated at St Andrew's by Matthew.

But I feel I must 'pass the baton on', perhaps someone reading this might get the incentive to take up that 'baton'.

You know praying is just a conversation with God – waiting on God – but in a conversation we must remember it's a two way process – both in listening and serving.

Prayer is sustaining, encouraging, nurturing, exciting and engaging. It is the lifeblood of the church. Do you struggle to pray? Why? Is it because our prayers don't seem to be answered in the way we hope or expect? Remember praying is a conversation with God – we must learn to listen!

Throughout the Bible the importance of prayer is emphasised. In the Old Testament we are reminded in Exodus how Moses spoke to God as one would speak to a friend. In Job, he professes his anguish to God. In Psalms, we can find lament and sadness but we are also reminded that God can 'search us and know us'. Then in the gospel passages we are repeatedly reminded of the importance Jesus puts on prayer, so much so he gave us a starting point after his disciples asked him how to pray. Look it up – Luke Chapter 11 vv 1-4. He then goes on to explain his words. It makes good reading! We can also find it in Matthew Chapter 6 vv 7-15. Oh dear, I'm sorry if this article 'smacks' of a sermon!

All I can say is that after four years I have developed my 'Holy Habit' and I hope the few who attended the meetings have developed their 'Holy Habit'.

God bless you all,

Valerie Taylor

Prayer of Lament for Pride



The following prayer, written by Lucy Cooke, was used as part of the Service for Northumberland Pride 2019, held at St George's URC, Morpeth on 29th May.

Lord, we come together in this place of safety, security and acceptance, to celebrate the love that you have for us;
Love which embraces and enfolds us.
Love which knows no boundaries, limitations or restrictions.
Love which is freely given without condition or expectation.

We choose to respond by modelling your love
in the way we express our love for you and for each other,
embracing and enfolding those around us
in a love which mirrors your love for us.

However, we recognise and lament, that there are still places
where the sense of safety, security and acceptance we feel
today in this place are not guaranteed for everyone.

We recognise and lament the intolerance, discrimination and
pain experienced at the hands of those in positions of trust,
those who should be relied upon to offer love,
acceptance and healing.

We recognise and lament, that there are places in our world where
LGBTQ+ people face the daily risk of imprisonment and death for
nothing other than being who they are, loving who they love.

We recognise and lament that LGBTQ+ people across the globe, in
our own country and even in our own communities, are, through the
words and actions of denominations, church fellowships and
individuals within faith communities, prevented from knowing the
extent of Your love and Grace.

A day at the seaside — Sandy Beach

We recognise and lament that acts of discrimination and the infliction of real hurt, personal damage and pain continue to be perpetuated in Your name.

We recognise together, the journeys that each of us have travelled to come to this place and we lament together, the suffering and pain that each of us has experienced along the way.

We each bring a part of ourselves now to join together in love, celebration and affirmation of the many things that come together to make us who we are.

Lord, whose light resolutely shines brightly into the darkest recesses of our hearts and minds, light up our collective heart today.

For all, who are yet to find their home and their place in your family, we come together in love, celebration and affirmation.

For all, who feel lost, broken and bruised,
we come together in love, celebration and affirmation.

For all, who have felt ostracised, disconnected and rejected,
we come together in love, celebration and affirmation.

Amen.



Our days
are happier
when we
give people
a bit of
our heart
rather
than a piece
of our mind.

Bath time – *Terry Towelling*

We remember in our prayers week by week the churches of the Synod, Synod officers, groups and committees. We also remember significant dates in the church and world calendars.



| | |
|----|--|
| 4 | The work of Pastoral Committee and Convenor, Revd Stephen Collinson. The Anglican Bishop of Durham, the Rt Revd Paul Butler. |
| 11 | Ponteland URC; St John's URC, Wideopen; St Aidan's URC, Hexham; Horsley URC. |
| 18 | St George's URC, Morpeth; Great Bavington URC; Widdrington URC. |
| 25 | The RC Bishop of Middlesbrough, the Rt Revd Terry Draine. |

Deaths

| | |
|----------|--|
| JOHNSON | James Eric, on 13th June 2019, aged 82 years. Service and committal at Whitley Bay on 21st June, conducted by Revd Gordon Connacher. |
| PEEL | Marjorie, on 24th June 2019, aged 97 years. Committal at Tynemouth on 9th July, followed by service at St Andrew's, conducted by Revd John Durell. |
| LAYBOURN | Sarah, on 13th July 2019, aged 98 years. Service and committal at Whitley Bay on 22nd July, conducted by Mrs Valerie Taylor. |

Baptisms

| | |
|--------|---|
| DOBSON | In church, by Mrs Valerie Taylor, on 30th June 2019, Lily Jane Olive, infant daughter of Warren Dobson and Natasha Green. |
|--------|---|

The Greek takeaway – Donna Kebab



*The names of those we remember
this month are*

Ada Corby

Rene Bridges

George Dudgeon Russell

Annie (Nancy) Adamson Saunders

Molly Yarrow

Robert Foster Barbour

Betty and Norman Buckle

Irene Jane Pallister

If you would like a name adding to the Book of Remembrance, to be entered in the copy in the church and this version in Newstand, as well as being included in prayers on Communion Sunday, please contact Tim Cooke (details inside back cover), or complete a form in the church.

Monthly Duties

| | |
|-----------------|---|
| Elders | Vestry: A.Hammond Reception: V.Taylor Communion: C.Hales |
| Stewards | S.Pine, A.Stembridge |
| Flowers | Ann H & Jenny |

Weekly Duties

| | | |
|-----------------------|---|-----------------------|
| Sun 04-Aug-19 | Readers: C. Purves, M. Christopher Prayers of Concern: Barbara Burgess | Organ: Paul |
| Tues 06-Aug-19 | Prayers: Sandra Pine | |
| Sun 11-Aug-19 | Readers: U. Ketteridge, A. Stembridge Prayers of Concern: Hazel Hall | Organ: Pete |
| Tues 13-Aug-19 | Prayers: Ann Sinclair | |
| Sun 18-Aug-19 | Readers: G. & J. Yarrow Prayers of Concern: Chris Hales | Organ: Alex |
| Tues 20-Aug-19 | Prayers: Barbara Burgess | |
| Sun 25-Aug-19 | Readers: H. Hall, A. Cooke Prayers of Concern: Chris Hales | Organ: Pete |
| Tues 27-Aug-19 | Prayers: Kathleen Hopper | |

Newstand Dates

| | |
|---|--------------------|
| Next edition, published last Sunday of month: | Sunday 25 Aug 2019 |
| Hardcopy contributions in Editor's box by | Sunday 17 Aug 2019 |
| Email copy to standrewsnewstand@gmail.com | Monday 18 Aug 2019 |
| Earlier contributions are appreciated! | |

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Disclaimer: Details of events, contacts and other material were correct at time of publication based on information received by the Newstand publishing team.

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Open Door Coffee Mornings
every Tuesday and Thursday
from 10am to Noon

CHURCH CALENDAR

August /September 2019

A short **Act of Worship** is
held in the Church Foyer
every Tuesday at 9.30am

| | | | |
|-----------------------|-----------|---|-----------------|
| Thursday | 1 | Summer Activities Club for children | 12 noon |
| Sunday | 4 | Praise Service; Praise Team | 9.30 am |
| | | Communion Service; Revd Dr Carla Grosch-Miller | 11.00 am |
| Tuesday | 6 | Executive Team Meeting | 10.00 am |
| Thursday | 8 | Summer Activities Club for children | 12 noon |
| Friday | 9 | Film Clib – The Guernsey Literary and Potato Peel Society | 2.00 pm |
| Sunday | 11 | Joint Worship with St Peter's at St Andrew's; <u>NOTE EARLIER TIME</u> Mr Andy Lie & Revd Peter Dobson | 10.30 am |
| | | No Messy Church this month | |
| Monday | 12 | Summer Afternoon Service hosted and led by the Worship Group | 2.00 pm |
| Thursday | 15 | Summer Activities Club for children | 12 noon |
| Sunday | 18 | No 9.30 Communion Service this month | |
| | | Morning Worship; Revd Dr Carla Grosch-Miller | 11.00 am |
| Monday | 19 |) | |
| until | |) Work Week – sign up in church | |
| Friday | 23 |) | |
| Tuesday | 20 | Finance and Development Management Teams Meeting | 10.00 am |
| Thursday | 22 | Summer Activities Club for children | 12 noon |
| Sunday | 25 | Morning Worship; Revd Dr Carla Grosch-Miller | 11.00 am |
| Thursday | 29 | Summer Activities Club for children (final session) | 12 noon |
| SEPTEMBER 2019 | | | |
| Sunday | 1 | Praise Service; Praise Team | 9.30 am |
| | | Communion Service; Revd Dr Carla Grosch-Miller | 11.00 am |
| Tuesday | 3 | Executive Team Meeting | 10.00 am |
| Saturday | 7 | Poetry and Plonk Evening | 7.00 pm |
| Sunday | 8 | Morning Worship; Revd Dr Carla Grosch-Miller | 11.00 am |
| | | Messy Church | 3.30 pm |