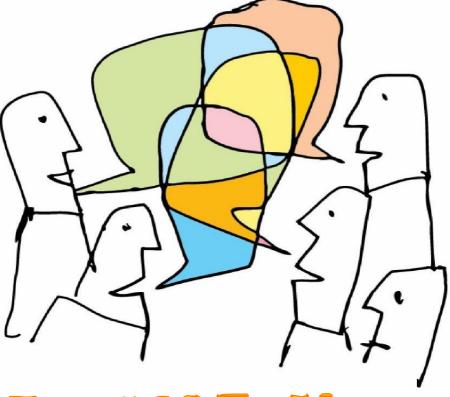


NEWSTAND

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But LISTEN 400

NEWSTAND is the church magazine of St Andrew's United Reformed Church, Eastfield Avenue, Monkseaton, Whitley Bay. NE25 8LU Church Payphone: 0191 297 1184

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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.



First I must say what a pleasure and privilege it is to be with you. The warmth of your welcome has been delightful and I am enjoying getting to

know you. Thank you.

This month we'll look at the second of the three C's (Calming, Communication, Caring) that are the **habits of the heart** that strengthen a congregation: **Communication**. It's something we do naturally all the time, but perhaps not something we give much thought to.

As a congregation, communication is key to keeping people informed and connecting us to one another. Clear communication helps prevent speculation and rumour and plays a role in calming an anxious situation. Because there are so many of us who are connected to St Andrew's in diverse ways, information has to be communicated in several different ways and repetitively: Newstand, announcements, church meetings, the wonderful screen in the entrance. I've been impressed with the efforts made to keep people as informed as possible.

But communication is also a two-way street. It's not just the leadership telling us what is going on, it's also us engaging with each other and participating in the life of the church. It's about being present to one another, listening as well as sharing, and being honest in a kind way.

Perhaps it starts with **how we speak to ourselves**. Are we kind and compassionate in our self-talk? Sarah Peyton in her book *Your Resonant Self* writes about the healing capacity of our self-talk. When we meet ourselves with warmth and

More Awful Authors (thanks to Neil Cockburn for these)

compassion, our brains actually begin to heal from the effects of childhood or other trauma.

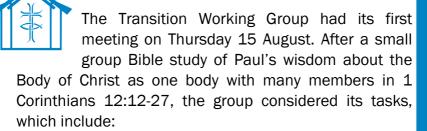
How and what we communicate with others has an impact on them and on the whole congregation. The writer of the Letter of James really goes to town on the potential for destruction our speech can have: ...the tongue is a small member, yet it boasts of great exploits. How great a forest is set ablaze by a small fire! And the tongue is a fire (James 3:5-6). Equally our speaking can have a healing effect. Addressing others with warmth and compassion enables them to heal and to thrive.

Finally **listening** is probably even more important than speaking. Next month I'll say more about the power of listening in caring. But for now, consider the last time someone really listened to you and sought to understand. How did you feel afterwards? Listening that seeks to understand is the foundation of good relationships, in the family, among friends and in the church. To really listen is a great gift that anyone can offer. We have to let go of ourselves to do it, to make the space for the other. But it is always worth it.

Being present to one another and speaking the truth in love, the whole body is built up for the love and service of God (Ephesians 4:15-16). Simple (but not always easy) communication practices are indeed a life-giving habit of the heart. May it be so among us.

In Christian love and friendship,

Carla



- Developing goals for the transitional ministry. These goals will go to the Elders meeting on 12 Sept and to the church meeting on 26 September, for the church to decide what it will work on in Carla's time.
- Thinking of ways to work on those goals and implementing the strategies through the autumn and winter.
- Being a link between the congregation and the Working Group.
- Involving the congregation in clarifying the identity and mission of the church so that at the end of the transitional ministry, the church will have a good sense of who it is and what we are looking for in a minister.
- Modelling responsible participation, healthy and supportive relationships, and faithful witness.

After exploring active listening, the Group set about thinking about goal setting. The question that drives our work is this:

What does St Andrew's need at this point in time in our life together?

Scottish Landmarks — Aisla Craig

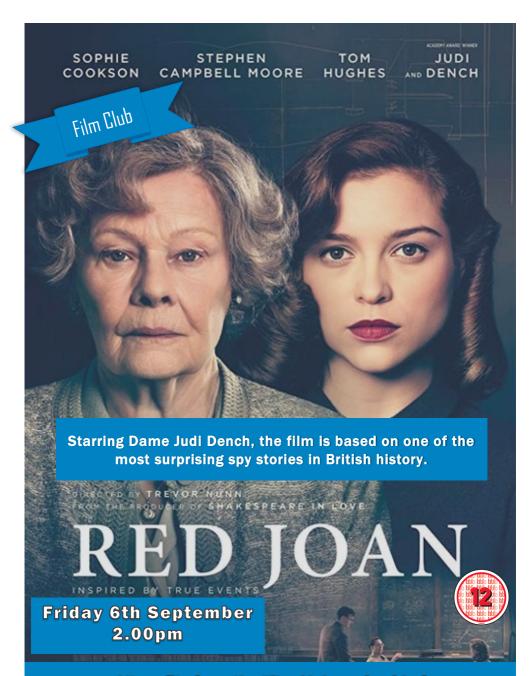
We identified five areas: cohesion and pulling together for a common aim; pastoral care; participation and engagement; spiritual nurture; and reconciliation and healing. We also discussed the need for honesty and guidance to avoid repetition of past events; communication and celebration of achievements of 2020 Hopes; and the challenge of resistance to change.

We will meet again on Thursday evening, 5 September, to refine our goals and think about how to implement them.

If you have a question or comment, please talk to a Working Group member. We are: Sue Ames, Robin Christopher, Catriona Fenwick, Chris Hales, Hazel Hall, Ray Hammond, Jenny Hooper, Una Ketteridge, Rhoda Lee, Alison Mood, Celia Purves, Eddie Thompson, John Thorpe and Joan Yarrow.



The Mindreader — Claire Voyant



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

For the first three Sundays in September, there will be an Enquirer's Membership Class after worship from



12:45-1:45pm in the Minor Hall. Sandwiches will be provided. The topics will be:

1 Sept The History of the URC:

What makes us who we are

8 Sept URC-flavoured Christianity:

What's important to us; Worship & the Bible

15 Sept Belonging to a URC:

How decisions are made;

What membership means

Anyone interested in considering membership at St Andrew's is welcome. If you decide that you want to join St Andrew's, your name will be given to the church meeting on 26 Sept and new members will be taken in on a Communion Sunday thereafter.

Please indicate your intention to attend to Ray Hammond and to Carla (cagroschmiller@yahoo.co.uk), for catering and preparation purposes.



St. Andrew's Carpet Bowling Club starts its winter season on Thursday September 5th at 2pm.

Mary Christopher, Secretary

Bingo Sessions — Tom Bowler

This month's "It happened to me!" is from Geoff Mills and his recounting of a significant incident whilst on duty with Newcastle City Police.

I joined Newcastle City Police Force in 1962 and was stationed in the East end of the City. On amalgamation with Northumberland Constabulary in 1969 I was transferred to Wallsend where I was allocated a beat covering an area south of the High street including the ship yards which I patrolled in a Panda car (Hillman Imp. Do you remember those?).

It was 5.30 am and having done one last tour of my area was looking forward to finishing a quiet night at 6am. It was a cold wet dismal night in winter where even nocturnal creatures stay in their lairs and I was not expecting anything untoward to happen. Suddenly, as I emerged from the tunnel under Wallsend railway station I was confronted by a female figure dressed in white diaphanous night clothing standing by the roadside looking totally bewildered.

My first thought was that she was an escapee from an old folk's home, a regular occurrence, so stopped to speak to and comfort her and return her from whence she came. However she ran over to me and said "My husband has just died can you help me?".

Not something I was expecting, but that's what I was there for.

I walked with her back to her home, reporting to the station what was happening on the way. In the house I found her husband sitting in a wooden chair in the middle of the room

A cold winter's morning — Jack Frost

facing the fireplace. The fire had been made up ready to light. It was his habit to get up early, get ready for work at the ship yard, and then light the fire ready for his wife when she came downstairs. However on this occasion his time had come, he had sat down and passed away in the sitting position. There were no suspicious circumstances but as his death was sudden and unexpected procedures had to be gone through and a doctor to be called to certify death. There was nothing more for me to do until that had been done other than to comfort his wife. It was then whilst she was sitting there looking at her now covered husband that she said something from her heart that lived with me for the rest of my life. This was before the full impact of what had occurred hit her and the tears had started to flow.

"He has been a good husband to me!"

Simple words that, for me, had more meaning and an expression of love than any eulogy I have heard since.

During my Police service I was involved in so many incidents, many of similar nature, many good, many bad, the memories of some of which have been hard to suppress. However this incident has stayed with me throughout and caused me to try to live my life in a manner that I hoped would cause a loved one to say that of me. Sadly my wife died before me so no one will ever know. I hope she might have thought that of me. I certainly did of her!

Please keep the articles coming!

Yuletide greetings — Mary Christmas

The dates of the Monday afternoon services for the remainder of 2019 are as follows:

- 9th September (hosted and led by the Worship Group)
- 14th October (hosted by the Activities Team and led by the Worship Group)
- 16th December (hosted by the Activities Team and led by the Worship Group)

Although these services are organised with particular regard to those people who find it difficult to attend worship on a Sunday morning, EVERYONE is welcome. The services normally last for around 30 minutes, and are followed by refreshments and fellowship.

Carole Mallett for Worship Group



DATE FOR YOUR DIARY

The next Church Meeting is to be held on Thursday 26th September at 7.30 pm. Refreshments will be served from 7.00 pm. Please attend if you can. The Agenda will be displayed in the Church Vestibule before the Meeting.

Ray Hammond, Church Secretary

The crocodile family — Al Ligator

Poetry and Plonk Evening on Saturday 7th September at 7.00 pm. Tickets are still available from Ray Hammond. This promises to be an interesting and entertaining evening when people will be sharing their favourite poems with others while enjoying a glass of wine (or soft drink).

Looking ahead to October, St Andrew's Art Club will be holding their annual **Art Exhibition** on **Saturday 5th October, 10.00 am – 2.00 pm.** As usual, there will be an opportunity to browse and/or buy plus enjoy coffee and light lunches.

Dates for the diary:

Monday 14th October - Harvest Afternoon Service, 2 pm Saturday 26th October - Games Evening, 4.30 pm Saturday 16th November - Annual Church Fair, 10am - 2pm Ann Hammond

It has been the fourth successful year of the Holiday Activities Club and we would like to thank all our volunteers for their wonderful help. The many children and their carers truly enjoyed each and every time they were with us.

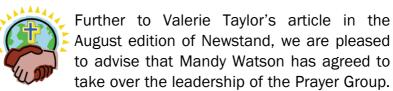
There were four churches involved and many of the families were able to come to most of the sessions which meant that the children made lots of new friends. That was so obvious by the noise they made!

The undertaker's parlour — Myra Mains



\$\times\$ \$\t

Joan Blanchfield.



Mandy already leads the monthly Praise Service, and we are extremely grateful to her for taking on this additional role. The Prayer Group will therefore continue to meet every month, but will revert to the FIRST Sunday (instead of the second Sunday) and at 10.15 am (instead of 10.30) in the Meeting Room (instead of the Lounge). Anyone who would like to pray, or be prayed for, will be welcome, and it's ok to bring a coffee into the room with you.

Our sincere thanks go to Valerie for all the time and effort she has put into leading this group during the last four years, and it's good to know that 'the baton is being passed on' into Mandy's capable hands.

Carole Mallett, for Worship Group

Partytime! — Phil McGlass

ST. ANDREW'S 100 CLUB

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July Draw

93 numbers went into the draw on 27th July.

The Winners were:

1st No. 109 Barbara Burgess £139.50

2nd No. 99 Geoff Hopper £69.72

3rd No. 88 Susan Clark £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:

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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)

The cloakroom attendant — Angus McCoatup

St Andrew's 58 Society

Established 1958

2019/20 Season

We would like to extend a warm invitation, to come, visit and hopefully join one of the longest established clubs in the area.

We have a new and exciting programme of Speakers for the forthcoming season, with the following booked as the first three meetings:

- Macmillan Nurses Olwyn Sheldon October 7th
- Green Christians Rev'd Trevor Jamison October 21st
- Nostalgic Views of the North John and Sheila Moreels
 - November 4th

You are most welcome to attend on a guest basis for £2 for your first two visits, or to join for the whole season for only £12.

Meetings are held in the Main Hall on Monday evenings starting at 7.30pm, followed by a cuppa and a biscuit (or two), along with a chance to have a good natter.

We are looking forward to seeing you!

Celia Purves

Insurance - Justin Case

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.

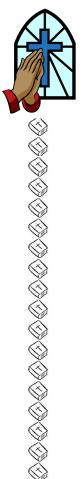


1	The work of the URC (Northern Province Trust Ltd) and Convenor, Revd David Grosch-Miller and Secretary, Dr Andrew Hamnett.
8	St James's URC, Newcastle; St Andrew's URC, Kenton; West Denton URC.
15	Longframlington URC; Rothbury URC; St Andrew's URC, Glanton; Revd Ed Butlin.
22	Peacemaking Sunday.
29	PCM, Lay training and evening classes at Khovo in Maputo; Northern Baptist Regional Minister, Revd Dr John Claydon; Synod Meeting (5 October); Moderator's Secretary, Mrs Wendy Watson; Trust Officer, Mr Andrew Atkinson; Finance Officer, Mrs Helen Hogg.

Marriage

SMITH – MACKINTOSH In church on 3rd Aug 2019 at 12 noon, David Kenneth Smith and Sarah Julie Mackintosh. Service conducted by Revd Trevor Jamison.

Still a spinster? — Maria Mann





The names of those we remember this month are

Iohn Coull

Amelia Ann Owen

John R.F. Lochrane

Margaret J. Lochrane

James Porterfield

Mabel Jane MacLennan

Rene Cummergen

Mary Milroy Williams

Dennis Forster

Thelma and John Dodd

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.

The successful advertising executive — Bill Boards

Monthly Duties		
Elders	Vestry: B. Watson Reception: I. Ord Communion: H. Hall	
Stewards	C. Lynch, S. Anderson.	
Flowers	1/15-Una & Ingrid, 8-Ann S, 22-Jenny, 29-Hazel & Celia	

Weekly Duties			
Sun 01-Sep-19	Readers: G. Mills, C. Mallett Prayers of Concern: Andrew Cooke	Organ: Paul	
Tues 03-Sep-19	Prayers: Una Ketteridge		
Sun 08-Sep-19	Readers: A. Cockburn, J. Hooper Prayers of Concern: Una Ketteridge	Organ: Pete	
Tues 10-Sep-19	Prayers: Ray Hammond		
Sun 15-Sep-19	Readers: A. Mood, C. Hales Prayers of Concern: Barbara Burgess	Organ: Helen	
Tues 17-Sep-19	Prayers: Carole Mallet		
Sun 22-Sep-19	Readers: J. Jackson, V. Taylor Prayers of Concern: Hazel Hall	Organ: Pete	
Tues 24-Sep-19	Prayers: Sandra Pine		
Sun 29-Sep-19	Readers: S. Anderson, J. Blanchfield Prayers of Concern: Val Taylor	Organ: Alex	
Tues 01-0ct-19	Prayers: Ann Sinclair		

Newstand Dates		
Next edition, published last Sunday of month:	Sunday 29 Sept 2019	
Hardcopy contributions in Editor's box by	Sunday 22 Sept 2019	
Email copy to standrewsnewstand@gmail.com	Monday 23 Sept 2019	
Earlier contributions are appreciated!		

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Gift Aid Secretary	17 Kelso Drive, North Shields, NE29 9NS	251 3016	
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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 September / October 2019

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

Sunday	1	Praise Service; Praise Team	9.30 am
		Prayer Group	10.15 am
		Communion Service; Revd Dr Carla Grosch-Miller	11.00 am
		Enquirer's Membership Class -	12.45 pm
		The History of the URC	
Monday	2	Activities Team Meeting	2.00 pm
Tuesday	3	Executive Team Meeting	10.00 am
Thursday	5	Transitional Working Group Meeting	7.00 pm
Friday	6	Film Club - 'Red Joan'	2.00 pm
Saturday	7	Poetry and Plonk Evening	7.00 pm
Sunday	8	Morning Worship; Revd Dr Carla Grosch-Miller	11.00 am
		Enquirer's Membership Class -	12.45 pm
		URC-flavoured Christianity	
		Messy Church	3.30 pm
Monday	9	Afternoon Service hosted and led by	2.00 pm
		the Worship Group	
Thursday	12	Pastoral Team Meeting and Elders' Meeting	7.00 pm
Friday	13	Friendship Club re-starts	2.00 pm
Sunday	15	Communion Service; Dr Ann Sinclair	9.30 am
		Morning Worship; Revd Dr Carla Grosch-Miller	11.00 am
		Enquirer's Membership Class -	12.45 pm
		Belonging to a URC	
Tuesday	17	Worship Group Meeting	6.30 pm
Sunday	22	Morning Worship; Revd Philip Gray	11.00 am
		Joint Service with St Columba's	6.30 pm
		at St Andrew's	
Friday	27	Friendship Club	2.00 pm
Sunday	29	Morning Worship; Worship Group	11.00 am
		OCTOBER 2019	T 40 00
Tuesday	1	Executive Team Meeting	10.00 am
Friday	4	Film Club (Film tba)	2.00 pm
Saturday	5	Art Exhibition	10.00 am
Sunday	6	Praise Service; Praise Team	9.30 am
		Prayer Group	10.15 am
		Communion Service; Mrs Valerie Taylor	11.00 am
Friday	11	Friendship Club	2.00 pm
Saturday	12	Harvest Coffee Morning	10.00 am