

# NEWSTAND *Lite*



10th edition, 02 August 2020

**I**t was a pleasure and privilege to be able to participate in the wedding of Laura Watkin and Rory Wood last month, making sure the correct music played at the right moment and that Gordon could be heard by the intimate group of 30 family members and friends. It also gave a taste for what things will be like when we return to St. Andrew's in September, with socially distanced seating, one-way systems, masks and hand sanitiser, minimal music, no singing and of course, no handshakes! It really is going to be a different way of worship, but, with God's ever present love and grace, we will be able to unite in renewing and improving our faith in him.

There's a full article on "Return to Worship" on page 7. As you'll read in that, with so few people being able to be present in the church itself, we hope that those of you who cannot join with us will be able to feel presence of the Holy Spirit through the written and "broadcast" versions of the services. If you have access to the Internet, please do subscribe to the church "YouTube" channel by going to [www.youtube.com](http://www.youtube.com), searching for "Monkseaton URC" and clicking the big red "Subscribe" button.

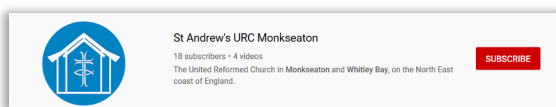
In addition to details for our return to St. Andrew's, this edition of *Newstand Lite* has your contributions for what you've been up to during lockdown, including Carole's tales of a stumble, an unexpected walk and a surprise deposit. Alongside Minister's Musings and Tuesday Prayers at 9:30, I've also included the Pastoral Prayer Sheet for August and a young person's commentary on the 23rd Psalm, which will hopefully keep your spiritual light burning bright. These are complemented by a not too tricky word search and a few funnies.

However, the most important update is a more personal one. With mention of renewing and improving things, I'm able to bring the latest news on the bathroom in the Cooke house. In short, it's half tiled, has half a toilet (no cistern!), no basin and an upturned bath in the middle of it. So pretty much unusable at the moment! Work is ongoing and with luck in a week or two we'll have a fully working bath suite.

And with that said, I had better get back on with getting that bath the right way up!

Stay safe everyone, God is with us, and soon we will be together in His house!

**Tim**



**St. Andrew's United Reformed Church**  
Eastfield Avenue, Monkseaton, Whitley Bay, NE25 8LU

<http://standrewsmonseatonurc.org.uk>



## A Bible Wordsearch

Thanks to Ann and Ray for this one. You can find more of these on the Internet at <https://biblepuzzles.com>. Answer sheet available on request!

Q G O X V E G A S S E M N R N T M  
R E Y A R P R E V E L A T I O N S  
O G N O I T A T P M E T S K V D I  
B R E V E R O F L R U F J Z A Q T  
L Z V F J G O O D N E W S H U F P  
K R A G P R A P V I A T D C O V A  
I P E B B I S R A E L Z G X L L B  
A K H T K I N G D O M S A P G S Y  
M T P J A N B B N E G T T R I Q S  
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R U O I V A S I E X R O E A S T K  
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V S A L V A T I O N H K C E G L N  
D O G M J E R U S A L E M K F W V

BAPTISM  
BIBLE  
CHRIST  
CREATION  
EARTH  
FOREVER

GARDEN OF EDEN  
GENESIS  
GLORY  
GOD  
GOOD NEWS  
HEAVEN  
HOLY  
ISRAEL  
JERUSALEM  
KINGDOM  
LIFE  
MARY

MESSAGE  
MOSES  
NAZARETH  
PRAYER  
RESURRECTION  
REVELATION

SALVATION  
SAVIOUR  
SIN  
SPIRIT  
TEMPTATION  
WATER

Please do send in your feedback, amusing stories, photos, poems, prayers, thank you notes, reflections, memories and anything else you think fitting to include in *Newstand Life*. They can be emailed to [standrewsnewstand@gmail.com](mailto:standrewsnewstand@gmail.com) or posted to Tim Cooke, 4, Kingfisher Way, Blyth, NE24 3QR

## Minister's Musings

Dear Friends,

As I write this it is four months since lockdown entered not just our vocabulary but our everyday life. Things have eased: golfers are golfing, shoppers are shopping, diners are dining, households are bubbling – all in a socially distanced way we hope. So far the infection and death rates from Covid-19 are remaining relatively low. It's hard to get a wholly positive vibe from that. Every death is a tragedy; the preferred death rate is 0. Of course the current state could have changed by the time you read this. Sigh.

After the fear of infection, illness or death, it's the unpredictability that may be the hardest to bear with day by day. Our brains like certainty. Deep inside them our amygdala (the early warning system of the brain) continue to scan the environment every 12-100 milliseconds asking *Am I safe? Do I belong?* We're all revved up with nowhere to go most of the time. We don't know what will happen next, though we suspect it won't be good news.

How do we live with a level of uncertainty and anxiety day by day? The spirituality of the present moment commends itself. In the language of King James, *Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof (Matthew 6:34).* In plain speak, *Don't worry about tomorrow. Today's trouble is enough for today.*

This biblical thought is reflected in the research about resilience. Resilience is a

person's ability to cope with and bounce back from adversity. It is not, as used to be assumed, something one either has or doesn't. We're not necessarily born with it. Resilience is something we can learn. And one of its tools is staying grounded in the present moment.

The other qualities cultivated by highly resilient people also look familiar to people of faith:

**"Resilience is something we can learn. And one of its tools is staying grounded in the present moment."**

- A positive, realistic outlook that looks for opportunities in bleak situations
- A moral compass
- A belief in something greater than themselves
- Altruism – concern for others
- Acceptance of what cannot be changed and focussing energy on what can

- A mission, a meaning, a purpose
- A social support system

As we continue to ride the Covid-19 wave of unpredictability and as we prepare for some of us to return to worship in the church building, these characteristics will serve us well. No, public worship in the church will not be the same. But our trust in God, our concern for others, our focussing on what can be done, our mission, and our love for each other and God will see us through the coming weeks and months, come what may. Thanks be to God!

*In Christian love*

**Carla**

## Everyone's favourite psalm

People all over Britain once entered a competition to write a short Bible commentary. The winner, a teenage girl from Norwich, chose Psalm 23 (NIV). Here's the famous psalm for you to explore, and then read what she wrote:

- <sup>1</sup> The Lord is my shepherd, I shall not be in want.
- <sup>2</sup> He makes me lie down in green pastures, he leads me beside quiet waters,
- <sup>3</sup> He restores my soul. He guides me in paths of righteousness for his name's sake.
- <sup>4</sup> Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff they comfort me.
- <sup>5</sup> You prepare a table before me in the presence of my enemies. You anoint my head with oil, my cup overflows.
- <sup>6</sup> Surely goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord for ever.

### PREPARE:

Find a quiet moment and a quiet place. Get comfortable, close your eyes and just be still in God's presence, ready for today's message of assurance.

### EXPLORE:

'I will dwell in the house of the Lord for ever' — David seems pretty confident about his future. Most people today struggle with fear or anxiety about the future — so what's this man got that we haven't?

David uses two images in the psalm to express his relationship with God.

1. Verses 1-4 show God as a shepherd. The Shepherd provides (vs 2-3) - feel the peace in those words! He also protects (vs 4), David wasn't scared because he knew that God was on his side. But what affects me most is this — 'I shall not be in want'.

It's hard in our 'want-centred' culture not to feel that you need more to be complete. But David cuts right through this, simply saying that God, his Shepherd, is enough. With him we need nothing else.

2. The second image (vs 5-6) is an extravagant host. David is honoured and his 'cup overflows'. God is amazingly generous! Look at the last two lines of the Psalm - it's the best cure for anxiety and fear. Not only do we know a God who is our loving Shepherd and extravagant host, but our future is with him. Let's give him the praise!

### RESPOND:

Anyone can be in a hurry, anyone can be anxious. Today, improve your quality of life by putting your confidence in your Shepherd and accepting in your heart that God is enough.

*Via a committee member of the Association for Church Editors*

## Tuesday Prayers at 9.30

### Gathering Words

Remembering when we were able to gather as a congregation, we come together now in our homes.

Remembering how Jesus drew the crowds around Him, we come together in prayer knowing He draws us close also.

### Prayer of Approach and Confession

Lord God, right now the world and our lives are out of joint. These are strange times we are going through, but You can see what we are really like.

Sometimes we know very well when we have gone wrong, sometimes we just know that Your holiness is beyond us.

Help us in our prayer to give You honour, and in our silence to wait for You to speak.

Lord God, have mercy on us.

Forgive what is wrong, strengthen what is right, and guide us in the right way, for the sake of Jesus Christ our Saviour. Through Jesus Christ, Your living Word.

AMEN

And let us come together to say the prayer that Jesus taught His disciples...Our Father, who art in heaven...For thine is the kingdom, the power and the glory for ever and ever.

AMEN

### Prayers of Intercession

Lord God, we come before You with our concerns and our fears, with people on our hearts; hear our prayers to renew our faith and come close to all who call upon You, as we do.

Lord God, when we are frightened, give us courage; when we are disturbed, bring us calm; when we sit in darkness,

show us the beginnings of dawn; when we want to retreat and be quiet, nudge us back to bring life to others; when we are tempted to hoard what we have, open our hands to share.

Lord God, again and again remind us that we have power to heal the earth and its people.

May we use that power: for those who are bowed down, that God may lift them up;

for those who are hungry, that they find food and the nourishment they need; for those who struggle with poor air and dirty water, that the policy and practice of governments and others in charge may change; for those who are sick, and those

in the caring professions; for those who call for help, that they find You near at hand; for those who struggle to find paid employment, and those who take decisions which affect work; for those who struggle with God, that they find themselves, and find God; for those enduring violence that they find relief, and the blessing of peace.

Lord God, Your Son endured shame, torture, and violence from those who misunderstood Your will. Work in the hearts of angry people, that hatred may turn to gentleness, bitterness to calm, and fear to faith.

Lord God, accept these prayers in the name of Your Son, our Lord and Saviour Jesus Christ.

AMEN.

### Blessing

May the Father, Son and Holy Spirit be near us and sustain us for evermore.

AMEN





## Some longer tales of lockdown

One of the ways in which I have coped with lockdown is by doing a lot of walking. Not marathon distances I hasten to add, but I take a walk most days for around 2 hours, walking being considered one of the best and safest forms of exercise – or is it? I began to wonder about this a few weeks ago, after trying to social distance between a couple walking slowly ahead of me, a young lady jogging rather quickly behind me, a car coming along the road in each direction, and my wish to cross the road anyway. The cars having got past, I glanced over my left shoulder to see how close the jogger was, and stepped off the kerb, only to trip over a traffic hump and fall flat on my face. The lady jogger stopped to see if I was all right, as also did the gentleman driver of one of the cars, however apart from smarting knees and a slightly sore chin I felt ok, so got quickly to my feet. Deciding that it was wisest to keep walking, and being on Hillheads Road at the time, I walked up to the roundabout at the top, and along Seatonville Road. As I approached the corner where the Regal cinema used to be, I was nearly knocked off my feet (again), this time by a man on a bicycle cycling very quickly along the pavement. On pointing out that he should be on the road, he used a reply which is not suitable for publication in Newstand, and accelerated away along the pavement with his hands in his pockets.

The following week, when the bruising on my knees and chin was starting to fade, I had a 'Click and Collect' slot booked at Tesco in North Shields. Sadly, the battery in my car chose that day to die (well, it WAS 13 years old, so I suppose it was living on borrowed time). Preparing to set off for Tesco therefore, the car wouldn't start, however from Cauldwell Lane I managed to get the W3 bus which very conveniently dropped me off just beside Tesco. As I was getting off, (this was at 4.50 pm) I asked the driver what time I could get a bus back, and he said,

"You can't – this is the last bus of the day". The lady on duty at Tesco was very helpful, packed my groceries into four carrier bags and told me just to leave anything I couldn't carry, whereupon she would credit the money back to me. I decided to walk up to the Coast Road, hoping that I'd be able to get a 308 bus as far as the Foxhunters, from where I could walk home. It was a hot, sunny day, and after I'd sat at the bus stop for twenty minutes with no sign of ANY bus, never mind the 308, I began to get uneasy about the condition of my frozen fish, so decided to walk to the next stop. There was still no sign of a bus, so I continued from stop to stop, resting for a few minutes at each one, till I got to the bottom of the Coast Road and half way along Lynn Road, at which point I decided to try and ring for a taxi. Unfortunately, due to the traffic noise, I couldn't hear what the automated voice on the taxi company's phone was telling me, so I set off again along the remainder of Lynn Road and down Rake Lane. Near the hospital, a 308 bus sailed past, but by then I was between two stops and would have had to get off the bus at the next one anyway, so I just kept walking until I eventually arrived home. I think my arms are a bit longer now, but happily I managed to get the fish into the freezer before it defrosted.

My most recent mishap occurred a few days ago, when during a very enjoyable afternoon tea in a friend's garden, I initially thought someone had emptied a tin of paint over me. However, I'd actually been splattered by what I feel sure must have been an albatross, judging by the mess I was in. It even necessitated a hastily borrowed change of clothing.

I do hope that one result of my time in lockdown is NOT that I'm becoming accident prone!

**Carole Mallett**

# Return to Worship

## Sunday Services

Good news! We are planning to return for congregational worship on Sunday 6th September at 11.00 am. The worship will be led by Mrs Valerie Taylor as the Revd Carla A Grosch-Miller is away.

However, **please be aware**, it has to be very different. The picture of a possible layout is shown below, which shows how the required 'Social Distancing' can be maintained. This allows for approximately 34 people to attend in the church.

Conditions applying to opening are:

- The sacrament of Holy Communion will not be available on 6th September
- Services will last around 30 to 35 minutes
- Pre-booking will be essential (more details in next edition of Newstand)
- There will be no collection of offerings during the service; donation bowls will be available at entrance and exit points
- Social distancing of 2 metres should be adhered to when approaching the church and inside
- Face coverings must be worn and masks will be available if required
- On entering the building the hand sanitiser should be used and you will then be 'checked in'
- You will go straight into the church
- There will be no choice of seats, we will fill up from the front
- There will be no singing
- At the end of the service you will leave by the Woodleigh Road door, following the organist and minister or worship leader
- A toilet will be available for emergency use.

We will endeavour to arrange seating to accommodate couples or families and if numbers wishing to attend exceed those allowed in the church we will provide for an 'overflow' in the Main Hall. It is hoped to stream and record the services and also to have paper copies available for those unable to attend.

## Mid-week Service and Private Prayer

From Wednesday 9th September it is hoped to provide a short service of worship at 9.30 am. This is replacing the former Tuesday morning service. The points listed under 'Sunday Services', from Social distancing will also apply to this service.

Following the service the church will remain open for private prayer until 11.00 am.

We hope to see you in September.

Take care and keep safe,

Ray



## Ramblings of an old friend of St Andrew's

Although I'm not a fully paid up member of St Andrew's, I have during lockdown been delighted to receive copies of Newstand Lite, firstly by my friend Christine Clarkin, then by post via Ann Hammond (the bridesmaid 45 years ago!)

This year marks the 50th anniversary since I heard of St Andrew's, via my joining the Young Conservatives in Whitley Bay and meeting wonderful friends, quite a few of whom had connections with St Andrew's. Who could forget Jane Workman and her wonderful Jumble Sales? Cynthia Workman was a very close friend and together we would look into the bags for the best stuff for our young children. Ann Hammond was, and still is, my best friend so who else to ask to be my bridesmaid at my wedding 45 years ago. Together we have been through the highs and lows of life. Ray was an usher on that day.

Through the years I have met many new friends at St Andrew's social events. As I said at the start, I'm not a fully paid up member but St Andrew's and its members will always have a place in my heart.

**Gracie Johnson**

## Natural relief during lockdown

Like many of us I have felt very fortunate to have a garden during the past few months and to have more time to watch and appreciate nature springing back to life during spring and early summer.

Not being a great gardener I have never grown anything from seed apart from mustard and cress as a child! However for Mother's Day I received a trough and packet of wild flower seeds. I have had so much pleasure every day watching the shoots popping up on the window sill then on the patio as the flowers appeared. Also last year at a friend's funeral we were given packets of sunflower seeds to plant and remember her. Unfortunately I mislaid mine so didn't plant them last year and not having green fingers I wasn't sure if they would still germinate this year. I planted them in a large pot and was amazed when shoots appeared within a couple of days and grew rapidly. They are now five feet tall and I'm looking forward to the flowers appearing soon. It has been a lovely way to remember a friend who, like the sunflowers was definitely as colourful and always brought a smile to your face.

Nature never ceases to amaze and I've definitely been inspired to search the seed stand at the garden centre next spring.

**Susan Anderson**



## Christian Aid

Thank you all for your contributions to our Christian Aid collection. We raised the sum of £555, plus other donations which were paid directly into the Christian Aid bank account. Most of our contributions were eligible for Gift Aid, giving us a total of over £700 for the charity. This is an excellent amount, and thank you again.



## Church Offertory

Almost all of the Christian Aid donations were made by sending a cheque to my address, and me then paying them into the bank. Initially I was not in favour of this method for the Church offertory, because it would have involved me regularly venturing out into the wide dangerous world, and visiting our bank, which at the time had restricted opening hours, etc. Now, however, the rules have changed, and so, after the success with the Christian Aid collection, if anyone wishes to make their offertory by cheque, it would be most welcome.



Please make your cheque payable to ' St. Andrews United Reformed Church ', and post it to me at:  
17 Kelso Drive, North Shields, NE29 9NS.

Thank you,  
Kevin Ames

## Thank You

A big thank you to Carla and the elders for their phone calls during the past few months. We have all appreciated the regular contact helping us to still feel part of St Andrew's during this difficult time. We have also been very fortunate to have Tim producing such a great version of Newstand so regularly. We are blessed to be part of such a caring community at St Andrew's.

**Susan Anderson**

When we fully return to the new normal...



Meanwhile, somewhere in the country...

## Church Register

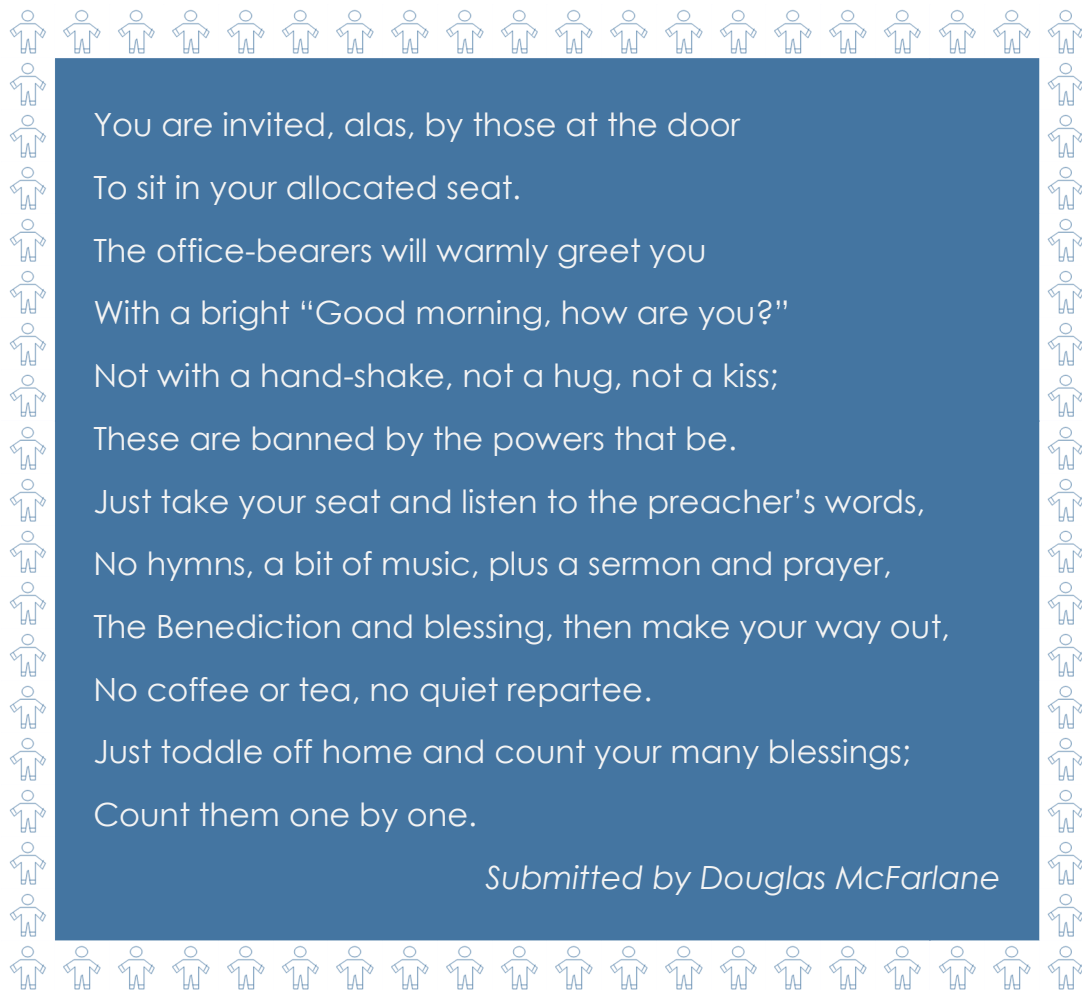
### Marriage

WOOD – WATKIN

On 18<sup>th</sup> July 2020, in church  
by Revd Gordon Connacher,  
Rory Wood to Laura Ann Watkin.



*Fortunately Laura did manage to get in!*



Husband and I went shopping with masks. He wandered off  
but I found him again. Got home, took masks off. Brought  
home wrong husband. Stay alert people!



# Pastoral Prayer Sheet

## for August 2020

*This is offered as a resource for pastoral visitors and others to use during the month*

God is our strength and refuge,  
Our present help in trouble;  
And we therefore will not fear,  
Though the earth should change!  
Though mountains shake and tremble,  
Though swirling floods are raging,  
God the Lord of hosts is with us evermore.

*Words from Psalm 46*

### **Reading – Matthew 11 : 16 – 19**

“To what will I compare this generation? It is like children sitting in the market places and calling to one another, ‘We played the flute for you, and you did not dance; we wailed and you did not mourn.’ For John came neither eating nor drinking and they say, ‘He has a demon’; the Son of Man came eating and drinking, and they say, ‘Look, a glutton and a drunkard, a friend of tax collectors and sinners!’ Yet wisdom is vindicated by her deeds.”

### **Reflection**

How sad Jesus must have been to see the men behaving like children in the village square. One group saying “Let’s play at weddings” and the other replying that they didn’t feel happy today. The first group says, “O.K., let’s play at funerals”, the response to that is, “We don’t feel sad today.” No matter what was suggested they didn’t want to do it.

Something like the situation we have just experienced. Britain had to do something as a united country, but England had some plans so also did Scotland and the other two regions. How must Jesus feel about our country today? We are on one island, yet we cannot agree with each other. Each blaming the other for the spread of the virus. There is only one thing to do – we must put our trust and faith in our Lord Jesus Christ.

### **Hymn/Prayer**

I do not know what lies ahead,  
The way I cannot see;  
Yet One stands near to be my guide,  
He’ll show the way to me.

I do not know how many days  
Of life are mine to spend;  
But One who knows and cares for me  
Will keep me to the end.

I do not know the course ahead,  
What joys and griefs are there;  
But One is there who fully knows,  
I’ll trust His loving care.

*No.269 from Mission Praise*

*This month’s prayer sheet compiled by  
Douglas McFarlane*



# Prayers and thoughts for this moment

## **A prayer for racial equality**

Lord God, Creator of all people, may your son who suffered the inhumanity of the cross, comfort us in our anxiety and in our horror, in times that take our breath away.

May your Holy Spirit inspire us to repentance and to action in dismantling the virus of racism from within the Church, our nation and our world.

Amen

*Rev Canon Jeremy Blunden, Rochester Diocese bishop's advisor for Black, Asian and Minority Ethnic (BAME)*

## **For the Christian community**

We are not people of fear:  
we are people of courage.

We are not people who protect our own safety:  
we are people who protect our neighbours' safety.

We are not people of greed:  
we are people of generosity.

We are your people God,  
giving and loving,  
wherever we are,  
whatever it costs  
for as long as it takes  
wherever you call us.

*Barbara Glasson, President of the Methodist Conference*

