



October 2020

Volume 86 Issue 10

It has been such a joy to be able to return to church in September and join with everyone, both in the church building and elsewhere through the power of the Internet. Hopefully all those present or watching from afar have been able to feel the power of the Holy Spirit renewing their faith through the words and music that we have been able to share. We must hope and pray that the latest changes in restrictions allow us to continue to share in worship and that we do not see the resurgence in numbers of people being affected by Covid-19 that are predicted.

Thank you to everyone who has sent in material for this month's edition, either directly or via others; I really am most grateful. I have been so inundated that I've got more material than I have space, so will have to leave you in suspense for some of the interesting things that have been happening to others for another edition.

You may notice the dropping of the "Lite" from the title of the magazine. As we venture into the "new normal" and are back to monthly editions of *Newstand* then it seemed appropriate to return to the usual title. The format of the magazine is being kept the same as the *Lite* version, at least for the time being, as it seemed to be well received from those who gave feedback.

There may be some further tweaks to the format over the coming months but in general I hope to keep it similar to this.

You may remember the "new normal" for me included doing DIY to keep my mind occupied, and more recently as relief from some of the pressures of "the day job". The most recent project, started back in early July, has finally been completed with a new look bathroom. I now just need to clear the patio and back bedroom of all the waste created by the

two projects, and then relocate Sophie to another bedroom so that we can redecorate her room — thankfully a much less arduous task (at least for now!). The DIY journey, like my faith journey, continues unabated!



Stay safe everyone — God is with us!

Tim

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   [monkseatonurc](https://www.facebook.com/monkseatonurc)

## Bible Study for times like these

I (Carla) will be running a four week Zoom Bible Study on **Tuesdays** from noon to 1pm on the Psalms. Why the Psalms? They are the prayerbook of the Jewish people, so complete in expressing human emotion and circumstance that the editors of the New Testament adopted them wholesale. Many were written in times of adversity. They provide a dose of realism about how life can be. In the first session we'll look at the Book of Psalms as a whole. In the following weeks we will explore the most prevalent types of psalms within the Book. Here is the schedule:

20 October	12 noon	The People's Prayerbook
27 October	12 noon	Psalms of Praise
3 November	12 noon	Psalms of Pain
10 November	12 noon	Psalms of Promise

It is not necessary to attend all four; this is a drop-in Bible Study. Come when you can. If you have never used Zoom, I can give you some assistance in setting it up. It is actually very easy once you get the hang of it. All you need is an internet connection and a laptop, iPad or other tablet, or smart phone.

To sign up, email me at [cagroschmiller@yahoo.co.uk](mailto:cagroschmiller@yahoo.co.uk) before the first session so that I can send you the Zoom invitation and any background material.

## New features

We are trialling two new features this month to include for the rest of the year. Both call for you sharing something of yourself if you are willing.

The first is **JOY!** – a chance for you to tell us what has given you joy recently by submitting a photograph and a few paragraphs (250-450 words) saying more.

The second is **What I've been reading** – a book review of something you have read since March that you have enjoyed, found helpful or was thought-provoking. The word limit is 400-500 words, or less if you don't need that many.

Carla is sub-editing these so to volunteer, give her a call on 07427 838 370 or email her at [cagroschmiller@yahoo.co.uk](mailto:cagroschmiller@yahoo.co.uk).

*You can find the first two articles elsewhere in this edition of Newstand, with thanks to Edith Corby and Pat Wardle for their submissions.*

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. 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

### On true colours

Autumn is upon us. On my morning walk I see the progression of trees beginning to turn. From the end of August on, first I saw one golden tree, then parts of two more, then more and more each day. The colours we see in the leaves of autumn are their true colours. In the spring and summer chlorophyll makes leaves green, masking other pigments. The leaves are busy capturing the sun's rays for the energy to manufacture the tree's food. Come autumn with fewer daylight hours and cooler temperatures, the veins in the leaves gradually close off and chlorophyll reduces. Then we see the leaves' true colours.

Perhaps there is a metaphor here. As we age our true colours emerge. We become more comfortable in our skin, accepting not only who we are but also the changes that are happening in our bodies. It's not always easy. I have had to struggle from time to time to accept and adapt to my increasing limitations and the wear and tear showing up in wrinkles, 'bingo wings' and bulging discs in my back.

I love the thought that our true colours flare as we accept who we really are – our gifts and our limitations. As it is for each of us, so too it is for the church. Our job as the people of God is to accept who we really are and the world as it really is. As we do that, the true colours of the church emerge.

Who are we? We are the people of God called into partnership for the redeeming of these times and the flourishing of life. I've said it before and will no doubt say it again: as Archbishop Desmond Tutu translated the wisdom of St Augustine – *Without us, God*

*will not. Without God, we cannot.* We are partners, albeit junior partners, in God's great works of love on the earth.

What's going on in the world? These days we are very aware of the dangers facing the human family. As we celebrate the Harvest (on Sunday 4 October), we would fail to be faithful if we didn't recognise the stresses and strains that the human family have put onto our planet. From 1960 to 2000, the human population doubled. It doubled! Earth has lost about 2/3's of its fish, mammals, birds and reptiles since 1970. The destruction of wild animals' natural habitats by encroaching human populations has increased zoonosis – the leaping of diseases like Covid-19 from

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animal to human populations. Global warming is causing increases in extreme weather events and the rise of sea levels; huge swathes of the west coast of the US caught fire this past month. We're in trouble, there is no doubt about it.

We may struggle to accept this but it's a struggle worth engaging. The earth needs our true colours to emerge. As Paul wrote, *the creation waits with eager longing for the revealing of the children of God* (Romans 8:19).

As we enter autumn, let us struggle and strive to let our true colours show in whatever way we can. And may the earth be blessed by our efforts.

In Christian love,  
*Carla*

## Update on St. Andrew's 58 Society

As it is now obvious, that there is no way that St Andrew's 58 Society could resume meetings during the remainder of 2020 and it is possible that the new restrictions may be in force until next Spring, the committee has taken the decision to suspend the 58 Society for the entire 2020 - 2021 season. Hopefully we will be able to recommence in a year's time - October 2021, for the 2021 - 2022 season.

Please pass this information on to any member of the 58 Society, that you are aware of, who may not read the Church magazine.

The Secretary will inform all non church members by letter.

Thank you,  
*The St Andrew's 58 Society Committee*

## Harvest Festival Service

Our service on Sunday 4th October will be a Harvest Festival Service.

Once again we are supporting the People's Kitchen with money and gifts. Full details of items required can be found on page 11 and baskets are now available in the reception area to receive your gifts.

*Catriona*

## Newstand Distribution

Covid 19 has necessitated various changes to Newstand, one of them being that for those subscribers who normally collect their magazine from the pigeonholes, this practice has unfortunately had to be discontinued. Instead, our team of distributors will deliver your copy directly to your home, in line with the system still used by several of our members.

As mentioned in the 30th August issue of *Newstand Lite*, from now on we will be reverting to delivering only to those people with a subscription. For non-subscribers we hope to have a small number of copies available on Sundays to be handed out and payment taken, but this will have to be outside of the building, with strict social distancing in place, as we can no longer leave a supply on the shelf in the vestibule.

If you are interested in taking out a subscription (which will entitle you either to receive a paper copy or have a copy emailed to you) please contact me by telephone on 0191 2521723 or by email at [carole.54@btinternet.com](mailto:carole.54@btinternet.com).

*Carole Mallett*

## Wednesday Prayers at 9.30

### Opening Sentences

**A**lmighty God, whether we come to prayer in the morning or evening we come as we are, bringing with us our hopes, fears and our stories knowing we are in Your presence.

Make us ready to receive Your grace.

AMEN

### Prayers of Adoration

God of love and grace, we come with thankful hearts accepting that without You we are nothing. We are ever thankful for Your love and care for us, a love that comes to everyone who turns to You and accepts You, a love that is beyond measure. We come before You now to glorify Your name.

### Prayer of Confession

Forgiving God, remind us of Your presence, when we shut our ears so You cannot be heard. Soothe us with Your embrace when we are battling on every front and fear seems to be winning. Confront us with your wisdom when we put ourselves before others, when we have lost all perspective of the needs of others. Confront us with Your presence when we no longer feel You near us.

In the fullness of time:  
hold us, help us, heal us.

AMEN *(Rachel Poolman, amended)*

and let us say the prayer that Jesus Christ 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

Look at your fingers and use them as a guide for your prayers

We come before You Lord in prayer:

Look at your thumb, strong and positive, used for the "thumbs-up" when things are going well ... so, give thanks for all you want to celebrate, for successes, for pleasures, for love, for life, for good things.

Look at your "index finger", the one you use for pointing ... so, pray for those who give us directions, that their pointing might be of benefit to us all.

Look at your middle finger, the longest one ... so, pray for the big people, those with responsibilities, role-models, politicians, those whom we need to stand tall as our examples of good leadership.

Look at your "ring finger", the weakest one ... so, pray for those who struggle with life, past, present and future, through weakness of body, mind or spirit, who need support of those around them day by day.

Look at your little finger, the smallest, the last one ... so, in humility, pray for yourself – after you've prayed look at your hands, give thanks to God whose loving hands are your strength and support, and pray that these hands of yours can offer loving service in His name for the good of all:

'Loving God, these hands are my prayers, and Your hands are the response.'

We offer these prayers in the name of our Lord and Saviour Jesus Christ.

AMEN *(Tom Gordon Prestonpans, amended)*

### Blessing

The grace of God's presence be around and within us now and forever more.

AMEN



## Activities Team

We obviously have no opportunity at the moment to have actual social fundraising events but there are two ways that church funds can still be supported as follows:

### Helping Hands

A reminder about our Helping Hands scheme at St Andrew's which was started in 2007 in support of the Development Fund and has generated a considerable amount of money over the years. It was described in Newstand at the time as follows: "Many of us do favours of all types for our fellow church members and friends and the recipients of favours sometimes give the 'worker' a bottle of wine, flowers etc to say 'thank you' for a kind deed. We can turn this into an extra dimension of giving to the Development Fund. Recipients of jobs done, favours given, etc could give a donation through the Action Team for the Development Fund."

Donations are still coming in and now go through the Activities Team to church funds. I can deliver a 'Helping Hands' envelope to anyone who would like one. Just give me a call on 0191 252 3319.

### Pens!

We now have a new supply of the pens which sold so well last year and, again, if anyone would like one (£1 each) please give me a call.

*Ann Hammond*

## Worship at St. Andrew's

Many thanks to all who have come to the services at St Andrew's since we reopened and so willingly fallen in with the rules and regulations that we have had to put in place due to Covid-19, all of which are designed to keep us all safe - it was good to see you.

To those of you who do not as yet feel comfortable in coming we look forward to the time when you will, just a phone call beforehand is all that is needed to help with the seating arrangements.

Tel. 0191 252 3319 or Ann's mobile 0786 6690604

*Ray*

*A big thank you to Catriona and Joan for the delivery to me of a lovely bunch of flowers on Sunday 2nd August. It was a wonderful surprise. It is very reassuring to be kept in contact with St. Andrew's via the receiving of flowers, Newstand Lite, and catch-up phone calls with my Elder, Iain, and Carla. All these things are very much appreciated.*

*Thank you, Margaret Park*

## Whitley Bay and District Churches Together

### WB&D CHURCHES TOGETHER

WBDCT has a Facebook page, which is a great place to check in and see what local churches are up to. There you can find information about Christmas gift bags, the Salvation Army toy collection, and other activities and services. Future WBDCT projects that are in the works include a Service of Solace (virtual or live) in months to come for all who have lost loved ones in the region from March onwards and the possibility of a virtual Christmas Carol service with evangelist Jay John.

Whitley Bay Street Pastors have not resumed patrolling as it is not safe for the volunteers. SWEP (Severe Weather Emergency Protocol) has been informed by the Council that they will not be able to provide community sleeping for homeless people unless a building can be found that has individual bedrooms, a kitchen, showers and toilets. The Bay Foodbank will include hygiene packs with food parcels for the next 6-12 weeks so that people in need

have disinfectant wipes, face masks, hand sanitiser and female hygiene items. Churches Against Poverty is recruiting a new manager and hopes to be reopening the debt centre soon. In the meantime referrals for phone assistance can be made (0800 328 0006) and churches can download and run the *Kickstart* course for people struggling with Covid-related and other financial problems. North Tyneside Council has discretionary housing payments funds to help people in private or council housing. The Whitley Bay Big Local community centre (158 Whitley Road) is looking for more volunteers, as are many local charities as workers go back to work and young people to school. The Big Local has a substantial grant to do some additional arts and creativity programming. At the next meeting, we will hear about Parish Nursing and the possibility of a North Tyneside Centre for Parish Nursing. Your Churches Together representatives are: Revd Dr Carla A. Grosch-Miller and Mrs. Valerie Taylor.

### Phone a Church Friend

*Please don't hesitate to phone a church friend.*

If there's someone you've not seen and you'd like to say hello, call them! If you don't have their phone number, and you can't find it in the directory, please ring me on 0191 2521723 or email me on [carole.54@btinternet.com](mailto:carole.54@btinternet.com).

Data protection laws require that I check first with the person you wish to contact and obtain their permission to give out their number, but I'm happy to do that, then I'll come back to you with the information.

I'm sure your friend will be pleased to hear from you!

*Carole Mallett*



## What brings me Joy – Edith’s “pots”

When asked what had brought me joy in this year of virus and lockdown difficulties, I have enjoyed writing the date. I like the pattern of the numbers, 2020. In the classroom for so many years the first act of the day was to write the date on the blackboard!

However, more substantially, there was one day when I experienced, in the words of one of our former ministers, “not a coincidence but a God-incidence” which still is giving delight. When my curtains were opened, outside the patio door there were bags of bedding plants. I had mentioned my problem to a friend just when they were about to buy plants for their own garden.

What had happened to me was that the carer who had looked after my “pots” for several years had left. The carer for the day was willing to help but, just as we were ready to go out in the afternoon, another friend approached expecting to have a “long distance” conversation. Soon I was outside sitting on my four-wheeler walker and the pair of them went to work. Removal of debris revealed plants that had survived the winter and in the time available almost all the new plants were put in.

Then came the time of waiting. Nature takes its own time and this year there was fine weather, sunshine and rain, so the young plants grew well. Then flowers – how many? What colours? They came in abundance, lovely shades of pink and red. Old and new blended together beautifully

All through the summer there have been pots full of glorious blossoms which have needed very little watering. Unfortunately, visitors have been fewer than usual but those who have called have admired them. In addition, one or two carers, with no experience of gardening, have taken interest, having helped with the final planting.

The wind and heavy rain late in August caused a lot of damage but only one group died and the remainder are again covered in flowers in mid-September. The largest planter contains busy lizzies, a particular delight because this plant itself was struck by infection several years ago and has not been available for some time.

Yes, 2020, the year of the difficult coronavirus, has been one of frustration and has sorely tried my patience, but I have looked on natural colour all the summer and what a blessing to have been obliged to record this beauty in writing, especially in a week which otherwise would have been dominated by concern for my sight and mobility. Thank you Carla! Another “God-incidence”? Another coming together of the jigsaw of life for which I am grateful.

*Edith Corby*



## Summary of the Transition Working Group (TWG) Meeting held on 14 September 2020

We discussed how the last six months have been for us - up and down, sometimes full of energy and pleased to catch up on house and garden jobs; sometimes shocked with sudden onset of Covid 19 pandemic and frightened by the consequences, experiencing many emotions in such challenging times, but we are surviving and adapting and pleased to be safe.

Missed family and friends and Church Worship and contact. Gaining strength from being 'all in it together'. Opportunity to 'regroup' and reflect.

We have all appreciated the constant feeling of staying connected and communicating with St Andrew's and the church family through Newstand Life. Also, Tim's amazing technical skills, weekly phone calls from our Elders, Carla's Minister's Musings and weekly Sunday Reflections and Ann Sinclair's too, and now returning to church or tuning into the service from home via the livestream link.

We read together Isaiah 40 v 1-31, well worth reading or revisiting if you are unfamiliar with this passage. It has many similarities to our current situation, gives food for thought and creates a certain sense of comfort.

Our past trauma is now history, but we have a new one, due to the World Corona Virus Pandemic.

We discussed at length the need to 'stay connected', in different ways and at varying levels, to meet the needs of all our congregation. How important it is to understand how people feel and what they feel safe to do and develop ways in which everybody feels confident to talk about their fears and their needs and feel included.

These are some of the ideas:

- Bible Study
- Computers
- Zoom Meetings - perhaps a Zoom Coffee Morning
- Garden Visits - visiting face to face in the

garden, or at the gate. People could request a visit. Even in the winter months, this could be possible on a mild, dry day,

- Phone a church friend for a chat

A questionnaire to encourage people who like to write rather than voice their feelings. This may encourage people to ask sensitive questions - 'When will we get a new minister?' or express their feelings - 'I don't feel safe with anyone singing in church'. There could be a feedback page in the Newstand, to address views and questions, which would be expressed anonymously.

We talked about returning to church and how different it is, but there was a very positive response.

The attendance is good and better than other churches in our area. However, there are people who are not confident to return to church, so we must reach out to these people, respect that people have different levels of safety and risk and reassure them and help them to connect in other ways.

There was some concern about singing being a health risk, but the streamed hymn was appreciated.

Also, perhaps we all need to make sure we don't stray from our allocated seat to give someone a message, once we sit down.

There had been some congestion, the first week outside, when the service finished, but this had been addressed and the second week, people moved quickly into other parts of the Church vicinity and adhered to social distancing rules.

We enjoyed renewed contact with each other through Zoom and felt it was a good way to hold our TWG meetings.

Next meeting of the TWG, is, Monday, 2nd November at 2pm on Zoom.

As always, please don't hesitate to talk to any of us about our work.

*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*

## What I've been reading

**Pat Wardle gives her review of "THE PRISON DOCTOR: My time inside Britain's most notorious jails", by Dr Amanda Brown.**

After working in her own GP Practice for many years, Dr Amanda Brown decided to change direction and went to work as a doctor within the Prison service. She worked in three different jails: a teenage Detention Centre, Wormwood Scrubs and Bronzefield Prison. I have visited people in Wormwood Scrubs myself and was intimidated by the clanking of locks and keys and also the noise of those who objected to being locked up so could not imagine working there as a GP. However Dr Brown came to see her role as the Doctor in all these institutions as never to judge but to give all the residents the same respect as patients in any local surgery.

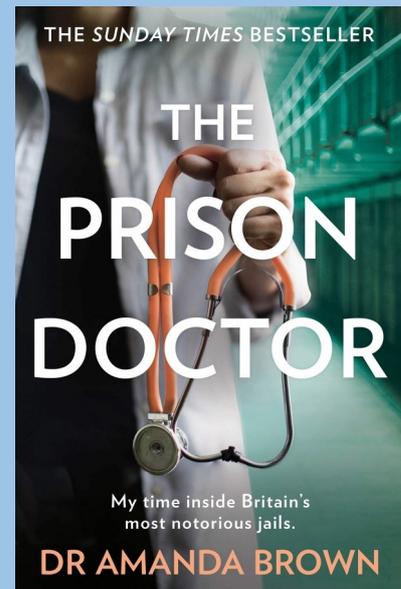
At the Teenage Detention Centre she discovered that the UK has the most juveniles locked up in Europe and the worst re-offending rate at 82 per cent. Dr Brown did not know why the young people were there...only their medical history. What she discovered was that many of those detained had been brought up in care, had no supportive families or very unstable parenting. These findings made Dr Brown much more appreciative of her own home and freedom to enjoy the walks in the woods and fields where she lived and of her own upbringing.

Aged 55, Dr Brown made the move to Wormwood Scrubs, a huge Victorian prison for men including some very violent criminals. Here, of course, some were genuinely very ill and had to be hospitalised. Some were injured by other prisoners. Many were affected by drugs but still their diabetes and other conditions needed to be cared for. She realised that to save a very sick person was a joy for her. How glad I am that someone with her skills was able to help these residents.

Dr Brown's next place of work was at HMP Bronzefield where many of the women she met had addiction problems, were suffering mental health problems or had become institutionalised. Some of these women felt safer in prison than anywhere else. Dr Brown also found that the women who admitted they had committed a crime, "I did the crime so I'll do the time", appeared to cope better than those in denial.

When I finished reading the book I noted that the author, Dr Amanda Brown, said, "I never had so much job satisfaction in all of my life and I couldn't have been more fulfilled. I hope I was making a difference." That comment gave me a lot of joy. For some who have been locked up for some misdemeanour to value the care given by a Doctor pleased me very much.

Perhaps we all hope we can "make a difference".



## Church Calendar for October

<b>Sunday</b>	<b>4</b>	<b>Morning Worship with Harvest Thanksgiving;</b>	<b>11.00 am</b>
Thursday	8	Elders' Meeting (via Zoom)	7.00 pm
Friday	9	Executive Team Meeting	10.00 am
<b>Sunday</b>	<b>11</b>	<b>Morning Worship; Revd Trevor Jamison</b>	<b>11.00 am</b>
<b>Sunday</b>	<b>18</b>	<b>Morning Worship; Dr Ann Sinclair</b>	<b>11.00 am</b>
<b>Sunday</b>	<b>25</b>	<b>Morning Worship; Revd Dr Carla Grosch-Miller</b>	<b>11.00 am</b>

A short Act of Worship will be held in the church every Wednesday at 9.30 am, followed by an opportunity for private prayer between 10.00 and 11.00 am.

### The People's Kitchen – Harvest Wish List

Dear Supporter,

In readiness for your harvest festival, please find a list of the items we use at The People's Kitchen. Alternatively, some supporters may prefer to make a financial gift and we also accept supermarket points cards. **Sweets** are also very acceptable.

We gratefully receive all gifts but please note that due to the generosity of previous donors, **we currently have high volumes of some items, particularly pasta and baked beans, and these items are therefore not needed.**



Main Meals	Tinned meat – stewing steak, mince & onions, corned beef, tinned beef, meat balls, PEK pork, ham, burgers, Irish stew, chicken curry, minced beef chilli, Bolognese
Cooking Ingredients	Sugar, flour, dried rice, ground white pepper, cooking oil, dumpling mix, sage & onion stuffing, brown sauce, Chinese, Thai, Mexican, Indian and cream cooking sauces, mixed spice, desiccated coconut, cooking chocolate, beef, chicken and onion gravy granules
Drinks	Dilute orange, coffee, instant drinking chocolate, tea, individual cans of pop or bottles/cartons of juice
Breakfast	Individual packs of cereals, individual packs of chocolate biscuits
Puddings	Tinned or instant custard, tinned rice, peaches, fruit cocktail, apricots, mandarin oranges, pears, pineapple, jams & golden syrup, honey, large tins of evaporated milk, long life milk
Tinned Veg.	Mixed veg, garden peas, processed peas, potatoes
Soup	Lentil, lentil and bacon, vegetable, mushroom (condensed), leek & potato, Scotch broth
Toiletries	Deodorants, shower gel, shampoo, shaving cream/gel, men's & ladies razors
Clothing	New tracksuit bottoms, t/shirts, boxer shorts, jumpers, waterproof jackets, jeans small, medium, large, sleeping bags
Household	Blue J cloths, red J cloths, green J cloths, large pan scrubs, large freezer bags, washing powder/tablets (preferably non scented), kitchen rolls, washing up liquid
Take-away bags	Crisps, chocolate bars, biscuits

# Prayers and thoughts for this moment



*As you come into church, and as you go about your daily lives and enter places where a mask is required, think of these words.*

Lord, as I put on my mask, let it be a filter for my words to pass through as well as my breathing.

Let through only words which are helpful breathings of love and stop those things in my speech that will be harmful to others.

Protect me also, O Lord, from the harmful things others may say to me.

Help me to realise that we may be a carrier of bitterness, thoughtlessness, judgement and prejudice without realising, and that some people are more word-vulnerable than others.

Give me grace to love those who cannot, or will not, filter to protect others, and special grace to them, because they go through the world unprotected.

Help me to be prepared to adapt and be brave and transparent so that all may have chance to hear.

Lord, be a mask to my mouth and pin our ears forward for listening.

Amen

*Rev. Caroline Beckett*