



September 2021  
Volume 87 Issue 9

## *“She told him that she loved him”*

Well, that's it for another year! The summer is nearly over, the daylight is getting shorter and the fresh chill of autumn is upon us. Hopefully some of you managed to have some semblance of a holiday, whether as a “staycation”, further afield in the UK or even overseas (Covid restrictions permitting of course). As a family we have been lucky to have had our own staycation with my Mum, Sister and Nephew coming to visit at the start of August — their first trip North since December 2017 (just before my Dad had his dementia confirmed and after which we have always gone down to visit them instead). We got to spend some precious time together visiting the glorious Northumberland coastline and even paying a visit to the amusements by the Spanish City. We've also recently spent a lovely day on Holy Island, cut-off from the mainland by the tide and spending time just walking and feeling closer to God in what really is a “thin place”. Hopefully we will get a couple more nights slightly further afield before Andrew and Sophie start back at school in a few weeks' time. It just makes us realise that we are starting to be able to, carefully, get into this new “normal”.

As a church we can now officially start with our new “normal”, at least for the time being, as we enter vacancy with the completion of the new church profile, which we hope will be accepted at the next Church Meeting.



The bay near Emmanuel Head on Holy Island

We hope and pray that, God willing, there will be a Minister interested in joining St. Andrew's to help us fulfil that profile and lead us into the future. We may get many interested candidates, but we can ultimately call only one. I personally hope that person will be the “only” one who can symbolically fit into my opening phrase — “She told him that she loved him”. You can put the word “only” anywhere in the phrase and get a subtly different new phrase each time. The words of the original phrase, like us at St. Andrew's, are all still there as we always have been, but depending where the “only” fits can really affect how we might need to change, what we will become, and how others seeking the Love and Faith of Christ Jesus will see us.

Take care everyone — God is with us!

Tim

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

<http://standrewsmonkseatonurc.org.uk>

   [monkseatonurc](https://www.monkseatonurc.org.uk)

## Activities Team

### Mini Market – Thank you!

A very big thank you to all who supported our Mini Market in so many ways. We had generous financial donations, plus stock from a variety of sources and a lot of help on the day. We were blessed with a sunny morning and took £320 on the day itself plus further amounts from later sales resulting in a grand total of just over £700.

### Poetry & Plonk Evening

Our last event before the first lockdown in 2020 was a Poetry Evening and it so happens that our first “indoor” social event since then will be a Poetry Evening on Saturday 11th September at 7.00 pm. Tickets at £5 (to include wine and nibbles) are now available and we look forward to a socially distanced evening sharing favourite poems.

### Film Club

We also intend to resume screenings at our monthly Film Club. *Downton Abbey* was cancelled in March 2020 so we look forward to being able to show it on Friday 17th September at 2.00 pm, with socially distanced seating arrangements.

### Help required!

We are looking for help from someone experienced in using eBay to assist in selling two small items for church funds. If you are able to assist please contact Ann Hammond (07866 690604).



**Ann Hammond**

My grateful thanks to everyone who has sent me cards, messages and telephoned following my stay in hospital. The church flowers were a beautiful addition. The offending toe is healing but I will be out of commission for some time yet. It's lovely to have such good friends at St. Andrew's.

*Derek Stembridge*

We would like to thank everyone for the good wishes and cards that we received on the occasion of our Golden Wedding and also for the lovely flower arrangement sent from St Andrew's.

With thanks,  
*Sue and Kevin Ames*

## Return to normal?

As life appears to be returning to normal or a 'New Normal', whatever that may be, here at St Andrew's changes are taking place.

In making these changes we do have the safety of the congregation as a first priority with sanitising, face coverings and personal space still important issues. We appreciate that whatever we do will not suit everybody. Singing remains the most difficult issue to resolve and one where different decisions are being taken by various choirs and churches. I am sure your Elder would be interested in your thoughts.

September will, however, see further opening up with the return to St Andrew's of the Uniformed Organisations for their weekly

meetings as well as the first church social events, a Poetry and Plonk Evening and the return of the Film Club (details elsewhere in Newstand).

On Sunday 12th September we will be holding a Church Meeting following the service. Our last church meeting was in November 2019! Two attempts previously to arrange such meetings were thwarted by lockdowns. This meeting will mainly be to agree the Profile that the Pastorate Call Group has prepared in readiness for the declaration of the vacancy here at St Andrew's. The Profile will be circulated in advance of the meeting by email or a hard copy for those without an email facility.

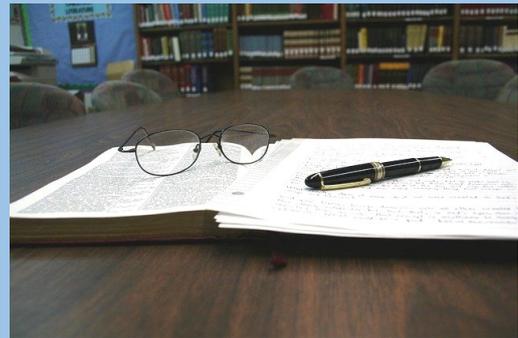
**Ray Hammond**

## Reminder — Bible Study

The Bible Study Group will resume on Tuesday 14th September at 10.30 - 11.30 via Zoom and we shall be looking at Paul's Epistle to the Romans.

If you are already part of the group, we will send you the details and link automatically.

If you would like to join the group, you will be very welcome. Please contact Alison Mood, [alison.mood@talktalk.net](mailto:alison.mood@talktalk.net) / 07988908540 or Ann Sinclair [eannsinclair@tiscali.co.uk](mailto:eannsinclair@tiscali.co.uk) / 07932732531 for any further information.



I would like to thank everyone for the beautiful flower arrangement I received on the occasion of my 80th birthday. I had a lovely day with all the local family ending with birthday dinner treat at 1910 restaurant at Spanish City.

*Mary Christopher*

I would like to say a BIG THANK YOU! For my beautiful flowers and all my lovely cards for my special birthday. It's such a special church to be part of, with such caring people. Thank You again.

With all my love,  
*Carol Turnbull*

## Real Inspiration by *John Farrow*

It is often said that if you need to tackle a difficult task you will require two things – inspiration and perspiration. For me, inspiration is required to launch into a new venture, while perspiration often enables me to stick at it.

A few years ago, I tried my hand at hymn-writing. I had a theme in mind, and I resorted to prayer to help me to focus. Once I took the first step, I knew I would have to keep going until I had finished. I was moderately successful, but I haven't contacted any publishers yet!

This exercise set me thinking about the two people who have inspired me most with their hymn-writing. Between them, they must have written about 15,000 hymns and songs. One was Charles Wesley, who was able to weave into many of his hymns the vital aspects of Christian doctrine - and in such a wonderful way.

But it is the second person who captured my interest for different reasons. She was Fanny Crosby and last year we celebrated the 200<sup>th</sup> anniversary of her birth. She lived near New York, she lost her sight when she was 6 months old and lived to the age of 94. The records tell us she wrote over 8,000 Christian hymns and songs, plus poems and cantatas. Much of her work seems to have disappeared over the years, but many of her hymns are still sung throughout the world today. Two of these confirm that she certainly found inspiration through her faith in Jesus. One of them is 'To God be the glory, great things he has done' and the other is 'Blessed Assurance, Jesus is mine.' Fanny Crosby married Alexander van Alstyne, a blind musician, so some hymn books credit her as Frances Jane van Alstyne. For me, though, she will always be the inspirational Fanny Crosby.

## Do it now! by *John Farrow*

Whenever I receive a magazine, which will be one of several each month that drop through my letter-box, I used to promise myself that I must read it - and then I would put it to one side until I had more time! Oh dear! The pile simply got bigger and bigger. Eventually I realised that the pile was getting so big that there was no hope of catching up and I ended up putting several magazines at a time in our paper recycling box.

I felt I had to do something, so I now tell myself that if I don't have time to read a magazine now, I am unlikely ever to find the time later. So, I adopted my own personal motto which is 'Do it now!' When the various magazines arrive, usually monthly, instead of them piling up to be read later, I flick through each one when it arrives to see if there is an article that catches my eye and I will either read it there and then - or at least I will take it to bed and read it that same night. Also, when I read a magazine article, I have a pen handy to mark things which trigger something special. As far as possible I make a point of passing magazines on to friends, who are mostly very happy to have them. Of the many thousands of magazines which are discarded for recycling each month, I wonder how many of them are hardly ever read and, worse still, never opened.

*John Farrow is the immediate past chairman of the Association for Church Editors. Although not from the region, he does have a link to it through his sister-in-law who lives in Cullercoats, and regularly visits the area.*

## Dancing for the Lord? by Bob Peters

*Praise the LORD.  
Praise God in his sanctuary.  
Praise him in his mighty heavens.  
Praise him for his acts of power.  
Praise him for his surpassing greatness.  
Praise him with the sounding of the trumpet,  
Praise him with the harp and lyre,  
Praise him with timbrel and dancing,  
Praise him with the strings and pipe,  
Praise him with the clash of cymbals,  
Praise him with resounding cymbals.  
Let everything that has breath praise the LORD.  
Praise the LORD! (Psalm 150 NIV)*

There are several glimpses of heaven in the Bible where we can read that it is like a great mansion filled with rooms for each of us, or it is like a beautiful walled garden or paradise, or a grand wedding feast, but my favourite is in Psalm 150 which is, appropriately, the last psalm in the Book of Psalms.

A Hebrew scholar once described Psalm 150 to me as being a symmetrical poem, meaning that it revolves around a central word which he assured me is more obvious in the original Hebrew. The first and the last lines have the same message and if you read down the poem from the top, or up the poem from the bottom, the messages in each line are the same until you reach the word at the centre. This symmetrical structure naturally focuses our mind on that central word.

A good way to picture this is to imagine that you are in a vast stadium, far larger than anything seen in the Olympics, or anywhere else on earth. You enter the stadium at top tier with all the rows of seats sloping downwards away from you. Your eyes and thoughts are naturally focused on the central stage where all the action is.

All around the top tier of seats in this huge arena are vast choirs of people singing praises to God. In the next tiers down are people playing wind instruments – Psalm 150 talks of trumpets and pipes depending on whether you are reading from the top down, or the bottom up. Below them in the next tier are the stringed instruments described as strings, harps, and lyres. Then we

come to the percussionists where we find timbrels and clashing cymbals. Finally, at the very centre of this vast arena, on the stage, surrounded by the cacophony of sound from the singers and musicians there are people dancing.

Whatever you feel about dancing in church – and I am someone who feels very uncomfortable about it, I would rather be one of the percussionists! – it is an important part of worship in the Bible and, as Psalm 150 suggests, it is at the centre of Heaven.

The Bible gives us many examples of people dancing for the Lord such as *Ecclesiastes 3:4* which tells us there is 'a time to weep and a time to laugh, a time to mourn and a time to dance'; *Jeremiah 31:4* says God will rebuild Israel and the people 'will take up your timbrels and go out to dance with the joyful'; *Jeremiah 31:13* says the time will come when 'young women will dance and be glad, young men and old as well.'

Probably the best known example is found in *2 Samuel 6: 14-17*, 'Wearing a linen ephod, David was dancing before the LORD with all his might, while he and all Israel were bringing up the ark of the LORD with shouts and the sound of trumpets. As the ark of the LORD was entering the City of David, Michal daughter of Saul, watched from a window. And when she saw King David leaping and dancing before the LORD, she despised him in her heart.'

Are you more like King David, or Michal? Or perhaps you are more like me, you can see the beauty of dancing and appreciate its role in worship but would still rather play the drums! Thankfully, God gives different gifts to different people, and we should encourage others to use their gifts even if we don't fully appreciate the beauty of them.

One day, I hope that I will be given a ticket for that arena in Heaven and I hope to see you there – either on the dance floor, in the choir, or in the orchestra!

*Bob Peters is a licensed Lay Reader and Vice-chairman of the Association for Church Editors.*

It was with sadness that we learnt of the passing of Mary Stobbs on 11th July 2021 at the good age of 92. Mary was one of the original members of St. Andrew's Friendship Club going back 25 years. She was on the committee and was always there when help was required to make certain yearly celebration meals at Christmas and Easter. The bring and buy meeting always had goodies baked by Mary. As she got older she was still at every meeting, stopping first at the food bank container and then the raffle prize.

Despite not being a member of St. Andrew's she supported coffee mornings, craft fairs and concerts over many years. She was a lovely friendly lady and will be missed.

*Christine Ridley*

## Good Luck to Julie and Steve

Three of us 'braved' the journey to North Yorkshire to celebrate the opening of Julie and Steve's lovely gallery near Aysgarth Falls on the edge of the Yorkshire Dales. The journey was actually very easy.

I hope many people from St. Andrew's remember Julie's memorable paintings for the G & S scenery, as well as her own art contributions to the yearly exhibition.

She and Steve have bravely taken on an amazing task to make a new life together, making a very rundown property into something very special.

Their gallery is wonderful and I recommend a visit! Also, the little Tea Room just opposite is gorgeous.

If you are interested, and I hope you are, you can find more by searching online for YORE MILL CRAFT SHOP, or just follow signs to Aysgarth Falls, near Leyburn, North Yorkshire.

*Joan Blanchfield*



Julie and Steve, with Julie's daughter, Emily

## A few wise words

- It is much better to hold out a hand than point a finger.
- It is much easier to get older than it is to get wiser.
- It is no use walking anywhere to preach, unless we preach as we walk. (Francis of Assisi)
- Letting the cat out of the bag is a whole lot easier than putting it back in.
- Life is like a ten-speed bicycle. Most of us have gears we never use.
- There's a lot of satisfaction in finishing things that have been started.

## Wednesday Prayers at 10

***The Earth is the Lord's and all the good things in it, the whole world and those who live in it.***

(Psalm 24:1 NIV)



### **Opening prayer**

Creator God, in the stillness of these moments, we are held together in Your caring hands.

Gentle God, You invite us to behold the wonders of Your creation, You call us to step into Your embrace and caress us with acceptance.

Be with us now as we come to share this time in Your presence. **AMEN**

### **In a Prayer of Confession**

Creator God, You fill the earth and sea and sky with life. Forgive us our neglect of Your creation: the choking waste of our pollution, the damage done by careless habits. Help us to change our lives, to lift our voice for lasting change and to live well and gently on the earth.

To the glory of your Son, the Living Word through whom You made this fragile world.

**AMEN**

*(Rt Revd. S Croft, Bishop of Oxford, amended)*

### **In the Prayer our Lord Jesus taught his disciples:**

Our Father who art in heaven...for thine is the kingdom, the power and the glory forever and ever. **AMEN**

### **In a Prayer of Thanksgiving**

Lord, we thank You for the earth that feeds us, clothes us and shelters us; for the air to breathe, for water to drink.

We thank You for the beauty of the earth. Grant us the wisdom to care for Your great creation. **AMEN**

### **In a Prayer of Intercession**

Creator God, You entrust the earth to our care.

We pray for those who make decisions about the resources of the earth.

We pray that we may use all Your gifts responsibly: for those who work on the land and sea, in cities and industries, for artists and scientists, that through their work we may see creation afresh.

We pray for all who speak up for tomorrow's world, for the care of forests, land and seas, for those who put tools into the hands of the poor to till the land and safely harvest their crops.

We pray for those who protest against intolerable working conditions, for those who stand up against oppression, for those who speak out against military harassment.

We pray for those who are willing to question the sources of our wealth and for those who seek compassion and fair trade for all people.

Creator God, help us to act now for the good of future generations and all Your creatures founded on the covenant of Your love.

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

**AMEN**

### **Blessing**

May the grace of our Lord Jesus Christ, the love of God and the fellowship of the Holy Spirit be with us all, now and evermore. Amen.

*Submitted by the Hope 4 Team*

To you all I would like to say Thank You for all the cards and kind thoughts we received on the loss of our Shirley.

To all who attended the church service I would like to say a big Thank You; it showed she was well loved. I would also like to say thanks to Val Taylor; she did us proud as a family. To all who helped with the seating, etc., Thank You.

God Bless all,  
Bob, Olga and family.

Early in July, Catriona brought me the lovely flowers from church (hopefully she wasn't too traumatised by my husband in his shorts!).

I would like to thank everyone for the cards, prayers, love and best wishes that have been sent as I recover from surgery. I am making improvements, but we still have a long journey ahead of us.

My love and thanks to everyone.

God Bless you all,  
Margaret Park.

## **GOLD — God with L in it!**

Gold is THE precious metal. It is the same yesterday, today and for ever. It never tarnishes or loses its brightness. Gold is always used for the highest award, the top prize, the winner's medal, the greatest in the land.

*'All King Solomon's goblets ... and household articles were pure gold. Nothing was made of silver because silver was considered of little value in Solomon's days.'* (1 Kings 10:21)

It is no accident that most people who wear a wedding ring choose one made of gold. The unbroken circle stands for the couple's unbroken love, and the gold is symbolic of unchanging fidelity. Nuns wear a ring as a symbol of being brides of Christ.

Gold is like silver, in that it is a soft metal. So it is not used for tools or weapons, but for jewellery, precious ornaments and tableware,

or to gild other materials with a wafer-thin layer of gold leaf.

Gold is also important, in very tiny quantities, for the conductivity in the electronic equipment we increasingly depend on today.

In archery or darts the centre of the target is gold. In our lives we should aim for God to be at the heart of all that we are or do.

GOLD is the metal to symbolise GOD.

Gold is GOD with L - for love, or for learner, or for lost - enclosed within it.

Do you know you are held by God? Enclosed by God's love, to learn of love and to never be lost, but always be held in the palm of his hand?

*From "Glimpses and Glances", a collection of pieces by Deidre Morris.*

## Rainbows by *Kate Marsden* of *Shirley Methodist Church*

We saw so many rainbows this time last year didn't we? Remember all the children stuck at home who put rainbows in their windows or left painted stones in our parks? We needed to hope for better things.

### **A whole year on and we are still needing rainbows.**

Rainbows appear as perfect arcs, often during a rainstorm when the sun shines on to water droplets, shattering its white light into an array of brilliant colours. They are a relatively common meteorological phenomenon, seen since the dawn of time. Rainbows feature in so many stories, myths and legends worldwide. In Genesis we read God's promise to Noah - *'Never again will the waters become a flood to destroy all life. Whenever the rainbow appears in the clouds, I will see it and remember the everlasting covenant between God and all living creatures of every kind on the earth'*.

Who hasn't thought, as a child, about the pot of gold left by leprechauns at the end of the rainbow? Sadly of course we now know, as adults, that it is unattainable - yet another childish dream shattered! Dorothy sang *'Somewhere over the rainbow, dreams come true'* and *'troubles melt like lemon drops'*. But this magical place cannot be found: *'Birds fly over the rainbow - why then, oh why, can't I?'*

Some cultures see the rainbow as a bridge. For the Ancient Greeks it is Iris, a beautiful young maiden who is a link between the heavens and earth. Some Indonesian societies believe that a rainbow is a celestial river used by souls as they journey to the spiritual realm.

In one Japanese myth, the creators of the world descend on a rainbow - known as the Bridge of Heaven - to create land from the ocean of chaos.



The rainbow-serpent is a very important and powerful spirit throughout Aboriginal Dreamtime culture; thought to be the oldest continuous religious belief in the world, and depicted in rock art dating back at least 10,000 years. The Aboriginal people of North Queensland, Australia believe that the rainbow is put in the sky by enemies, so causing the precious rain to stop falling.

Buddhists believe that you can become a spiritual rainbow body - the highest state that can be reached before Nirvana. Hindu legend has the rainbow as an archer's bow used by Indra, the god of thunder and war. For some Chinese, it was a crack in the sky, made by five coloured stones cast by the mother goddess, Nüwa.

While some cultures marvel at and worship rainbows, others fear them. Some Meso-American societies believe they are bad omens and hide their children away when they see them. The Karen people of Burma believe a rainbow is a dangerous demon that eats children; whereas Bulgarian legend has it that walking under a rainbow causes someone to change gender.

More recently, the rainbow has been used to reflect diversity in sexuality, becoming the symbol of the Gay Movement. The artist, Gilbert Baker, first created the rainbow flag in 1978; it is used to depict pride, defiance and also hope for respect, acceptance, and equal rights.

### **We are still needing rainbows.**

# Northern Synod Prayer Diary — September 2021

5	Climate Sunday. Green Apostle Revd Trevor Jamison and the congregation he serves – St Columba's, North Shields. The work of the URC (Northern Province Trust Ltd) and Convenor, Revd David Grosch-Miller, and Trust Secretary, Mr Willie Duncan.
12	Education Sunday. St James's URC, Newcastle; St Andrew's URC, Kenton; Jesmond URC; West End URC.
19	Longframlington URC; Rothbury URC; St Andrew's URC, Glanton; Revd Ed Butlin.
26	Peace-making Sunday. PCM, Lay training and evening classes at Khovo in Maputo. Northern Baptist Regional Minister, Revd Dr John Claydon.

## From our Book of Remembrance

Please remember in your prayers this month those who have gone before us.

John 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

Dorothy Grandison

Sheila Ann Lowrie

Margaret Norman Lee



## Church Register

**DEATH**

**CORRIGALL**

on 11<sup>th</sup> July 2021,

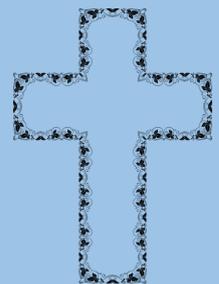
Shirley, aged 86 years.

Interment at Whitley Bay on

27<sup>th</sup> July, followed by service

at St Andrew's, conducted by

Mrs Valerie Taylor.



October Newstand published Sunday 26th September.

Submissions in person or by post to Tim Cooke, 4, Kingfisher Way, Blyth, NE24 3QR,  
or email to [standrewsnewstand@gmail.com](mailto:standrewsnewstand@gmail.com) no later than 20th September.

## Church Calendar for September

**NOTE: Sunday services will still be broadcast via Zoom and YouTube for those not able to attend in person.**

**Following Sunday morning worship, refreshments are served in the Main Hall.**

<b>Wednesday</b>	<b>1</b>	<b>Midweek Act of Worship, followed by coffee time (all via Zoom)</b>	<b>10.00 am</b>
Friday	3	Executive Team Meeting (at the church)	10.00 am
<b>Sunday</b>	<b>5</b>	<b>Morning Worship: Dr Ann Sinclair</b>	<b>11.00 am</b>
Monday	6	Activities Team Meeting (at the church)	2.00 pm
<b>Wednesday</b>	<b>8</b>	<b>Midweek Act of Worship, followed by coffee time (all via Zoom)</b>	<b>10.00 am</b>
Thursday	9	Joint Elders' Meeting with St Columba's (at St Andrew's)	7.00 pm
Saturday	11	Poetry Evening (in the Main Hall)	7.00 pm
<b>Sunday</b>	<b>12</b>	<b>Morning Worship: Mrs Valerie Taylor.</b>	<b>11.00 am</b>
Tuesday	14	Finance Team Meeting (at the church)	10.00 am
<b>Wednesday</b>	<b>15</b>	<b>Midweek Act of Worship, followed by coffee time (all via Zoom)</b>	<b>10.00 am</b>
Friday	17	Film Club – 'Downton Abbey' (in the Main Hall)	2.00 pm
<b>Sunday</b>	<b>19</b>	<b>Morning Worship: Mrs Lucy Cooke</b>	<b>11.00 am</b>
<b>Wednesday</b>	<b>22</b>	<b>Midweek Act of Worship, followed by coffee time (all via Zoom)</b>	<b>10.00 am</b>
<b>Sunday</b>	<b>26</b>	<b>Morning Worship: Mrs Louise Kemp</b>	<b>11.00 am</b>
<b>Wednesday</b>	<b>29</b>	<b>Midweek Act of Worship, followed by coffee time (all via Zoom)</b>	<b>10.00 am</b>

### Church Contacts

Secretary	Mr Raymond Hammond, <a href="mailto:anrray@talktalk.net">anrray@talktalk.net</a> 3 Cauldwell Close, Whitley Bay, NE25 8LP	252 3319
Assistant Secretaries	Mrs Ann Hammond 3 Cauldwell Close, Whitley Bay, NE25 8LP	252 3319
	Miss Carole Mallett 54 Brantwood Avenue, Whitley Bay, NE25 8NJ	252 1723
Treasurer and Gift Aid Secretary	Mr Kevin Ames 17 Kelso Drive, North Shields, NE29 9NS	251 3016
Assistant Treasurer	Mrs Jenny Hooper 15 Brislee Ave, Tynemouth, NE30 2SQ	—
Hall Lettings	Ray & Ann Hammond, <a href="mailto:anrray@talktalk.net">anrray@talktalk.net</a> 3 Cauldwell Close, Whitley Bay, NE25 8LP	252 3319
Newstand Business Manager	Miss Carole Mallett 54 Brantwood Avenue, Whitley Bay, NE25 8NJ	252 1723
Newstand Editor, Website and Social Media	Tim Cooke, <a href="mailto:standrewsnewstand@gmail.com">standrewsnewstand@gmail.com</a> 4, Kingfisher Way, Blyth, NE24 3QR	01670 354834
Safeguarding Officer	Lucy Cooke, <a href="mailto:cookelucy@live.co.uk">cookelucy@live.co.uk</a> 4, Kingfisher Way, Blyth, NE24 3QR	01670 354834

# Prayers, thoughts and poems for this moment

## Take time

*by Shirley Fry*

Take time to watch the clouds unroll  
Their feathery strands across the sky.  
Take time to watch the little ants,  
The fluttering of a butterfly.

Take time to listen to the birds,  
To breathe the scent of dampened grass.  
Take time to share sweet nature's gifts  
And you will find your troubles pass.

## Depth

If our lives have become shallow,  
Deepen them.  
If our principles have become shabby,  
Repair them.  
If our ideas have become tarnished,  
Restore them.  
If our hopes have become faded,  
Revive them.  
If our loyalties have become dim,  
Brighten them.  
If our values have become confused,  
Clarify them.  
If our purposes have become blurred,  
Sharpen them .  
If our horizons have become contracted,  
Widen them.  
If our hearts have become chilled by  
indifference, fear and disappointment,  
Warm them with mercy, faith and love,  
For ourselves and each other.

*Written by a young person receiving support through the  
street work programme of the Children's Society.*

