



# NEWSTAND

THE MAGAZINE OF ST. ANDREW'S URC



*Where do you find Jesus?*

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# St. Andrew's United Reformed Church

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monkseatonurc

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# Is Christ just with you in Church on Sunday?

*Ensuring you have Jesus with you everywhere and in everything you do*



This month's cover photo and the one on this page were taken by Sophie whilst out for a walk this week, where she had taken a small holding cross with her. These were made available to all who attended the Good Friday ecumenical service — I have mine in my pocket as a constant reminder that Christ is with me in everything I do and everywhere I go. It's important that we have our own reminders of Christ's eternal presence; that everything we do and every decision we make should be in his image.

The world today is so often influenced, not by Christ's teachings, but by those of the country and world's elite as frequently presented through the similarly self-(pre)serving right-wing press. That is far away from the ideals of a socialist middle-eastern man from a working class background who went about ultimately taking us back to God's original plan (as seen in the early chapters of Genesis) of Love for everyone — no ifs, no buts. That's not to say we should all turn into Communists either, where

everyone (supposedly) has the same — those ideologies, when we look at places like Russia and China, show a similar elite, controlling all the money and resulting in a large number of their own populace living in poverty and under an increasingly authoritarian regime. Indeed, when you look at the ideologies of the “extreme” right and left wings, you actually find they are not far apart, but actually very close; more like a horseshoe or circle than a straight line.

So as Christians, we shouldn't be taking our lead from those who only look to serving themselves, doing the minimum to make it seem as if they are helping others and then relying on donations to charities to pickup the shortfall. Instead we should look to those who want to ensure we can live our lives in comfort; where people aren't so poor that they can't feed themselves; where, when they fall ill, they are able to access the healthcare they need. Indeed we need to be more like Jesus.

Blessings,  
Tim

# Activities Team update

*Dates for the diary in  
May and beyond*



## Mini Fair

Many thanks to all who supported the Mini Fair on Saturday 9th April. It was a very sociable morning with a good number of lovely customers resulting in £736 being raised for church funds and charity.

## Coffee Morning – Saturday 7th May, 10 am to noon

Do come along if you can and join us for a chat over a cup of coffee/tea or soft drink. All are welcome.

## Film Club - Friday 13th May, 2 pm

This month we will be screening the award-winning film *Belfast* written and directed by Kenneth Branagh. The heart-warming film chronicles the life of a working-class Ulster Protestant family from the perspective of their nine-year



old son Buddy during The Troubles in Belfast, Northern Ireland.

## Poetry and Plonk Evening – Saturday 14th May, 7 pm

These evenings provide an opportunity either to take part or just listen to a wide variety of poems while enjoying a glass of wine or soft drink. Tickets are available at £5 (to include wine/soft drinks and nibbles).

## Dates for the Diary

**The Queen's Platinum Jubilee** – We are invited to share in celebrating at St Peter's on Saturday 4th June from 12 noon – 4 pm.

**St Andrew's 90th Anniversary** – As part of our celebrations we are planning to have a church lunch on **Sunday 19th June** and the Flower Team have organised a concert by the Darling Dollies on **Saturday 25th June**.

*Ann Hammond*

# Wednesday Prayers at 10

## *An Eastertide Prayer*



Image by congerdesign from Pixabay

Open our eyes,  
We long to see You.

As we wonder at Your resurrection,  
at the hope You have given us,  
we remember the appearances  
You made to those close to You,  
and we pray that our eyes, too  
may be open to Your presence.

Open our eyes,  
we long to see You.

We think of Thomas  
so full of doubt.  
Yet he recognised his need to be  
reassured of Your presence.

We offer You our concerns for the  
world.

Sometimes it is hard to see Your  
presence in events that unfold.

Comfort us and take away our  
doubt as we pray for  
reconciliation and hope in the  
world.

Open our eyes,  
we long to see You.

We think of Peter, the rock on  
which You built Your Church, so full  
of assurance and commitment  
and then so afraid and upset to  
have betrayed You.

Yet You appeared to reassure him  
of Your love and commanded him  
to feed Your lambs.

We offer You the Church  
worldwide, and the church here  
at St. Andrew's, Monkseaton.

Give us reassurance and  
openness to Your guiding  
direction.

Open our eyes,  
we long to see You.

We think of the women who went  
to Your tomb, so sad and wanting  
to be near You, even in their  
disillusionment.

The angels appeared proclaiming the good news of Your resurrection; and the women, full of joy, rushed back to tell the good news.

We offer ourselves and ask for Your reassurance to help us reach out to the communities we live in.

We pray that we will make a difference to other people's lives by sharing all that You have given us; that, through grace, lives may be changed by Your presence.

Open our eyes,  
we long to see You.

We think of Mary, who loved You so much, and took risks to be close to You.

We think of how You recognised her need to see You — and You spoke her name.

We name before You now those we know to be in special need at this time — those who are sick, lonely and afraid.

Enfold them with Your love and presence.

Be close to each of them, and to others not known to us.

Open our eyes,  
we long to see You.

We think of Cleopas and his friend, who walked their lonely road to Emmaus, a journey of sadness after all the events of that last week.

You walked beside them and shared with them, opening their eyes to Your presence in the breaking of the bread at supper. Journey alongside all those who are bereaved at this time.

Open our eyes,  
we long to see You.

We remember those who journeyed with us and have moved into Your eternal presence where their eyes are fully opened to Your love and glory.

We thank You Lord for Your presence with us now and always.  
AMEN

*From Ruth Bowne "Fire & Bread"  
and amended.*

*Submitted by the Hope 4 Team*

# St. Andrew's 58 Society

Mr David Grosch Miller —

“Mayflower – Flight or Fancy?”



*David gave a very interesting and detailed talk on the Trials and Tribulations of the Separatists who eventually boarded the Mayflower destined for Virginia in the New World.*

In 1608, prior to embarking on the Mayflower, the pilgrims — a congregation of disgruntled English Protestants from the village of Scrooby, Nottinghamshire — left England and moved to Leyden, a town in Holland. These “Separatists” did not want to pledge allegiance to the Church of England, which they believed was nearly as corrupt and idolatrous as the Catholic Church it had replaced. The Separatists hoped that in Holland, they would be free to worship as they liked. In fact, the Separatists did find religious freedom in Holland, and found a secular life that was more difficult to navigate than they'd anticipated. For one thing, Dutch craft guilds excluded the migrants, so they were relegated to menial, low-paying jobs. Even worse was Holland's easy going, cosmopolitan atmosphere, which proved alarmingly seductive to some of the Separatists' children. For the strict, devout Separatists, this was the last straw. They decided to move again, this time to a place without government interference or worldly

distraction — the “New World” across the Atlantic Ocean.

In August 1620, a group of about 40 Separatists joined a much larger group of secular colonists — “Strangers” to the Separatists — and set sail from Southampton, England on two merchant ships: the Mayflower and the Speedwell. The Speedwell began to leak almost immediately and the ships headed back to port in Plymouth. The travellers squeezed themselves and their belongings onto the Mayflower, a cargo ship about 80 feet long, 24 feet wide and capable of carrying 180 tons of cargo. The Mayflower set sail once again under the direction of Captain Christopher Jones.

Because of the delay caused by the leaky Speedwell, the Mayflower had to cross the Atlantic at the height of storm season. Of the 102 passengers on the Mayflower, there were 50 men, 19 women, and 33 young adults and children. Just 41 were true Separatists seeking freedom from the Church of England. As a result, the journey was horribly unpleasant. Many of the passengers were so seasick they could scarcely get up, and the waves were so rough that one “Stranger” was swept overboard.

After sixty-six days, or roughly two miserable months at sea, the ship finally reached the New World. There, the Mayflower's passengers found an abandoned Indian village and not much else as they had landed in Cape Cod and not Virginia.

Prior to their journey, seeking the right to worship as they wished, the Pilgrims had signed a contract with the Virginia Company to settle on land near the Hudson River, which was then part of northern Virginia. The Virginia Company was a trading company chartered by King James I with the goal of colonizing parts of the eastern coast of the New World. London stockholders had financed the Separatists' voyage with the understanding they'd be repaid in profits from the new settlement. When the Separatists landed in Massachusetts instead of Virginia, discord began before the colonists even left the ship. The strangers argued the Virginia Company contract was void. They felt since the Mayflower had landed outside of Virginia Company territory, they were no longer bound to the company's charter. The defiant Strangers refused to recognize any rules since there was no official government over them. In order to establish themselves as a legitimate colony, 41 of the Separatists and Strangers drafted and signed a document they called the Mayflower Compact that promised to create a "civil Body Politick" governed by elected officials and "just and equal laws." It also swore allegiance to the

English king. It was the first document to establish self-government in the New World and this early attempt at democracy set the stage for future colonists seeking independence from the British.

During their first winter in America, more than half of the Plymouth colonists died from malnutrition, disease and exposure to the harsh New England weather. In fact, without the help of the area's native people, it is likely that none of the colonists would have survived.

At the end of the next summer, the Plymouth colonists celebrated their first successful harvest with a three-day festival of thanksgiving. This feast is still commemorated as the first Thanksgiving, though it did not occur on the fourth Thursday in November as it does today, but sometime between late September and mid-November 1621. The colonists were outnumbered two to one by their guests.

Eventually, the Plymouth colonists were absorbed into the Puritan Massachusetts Bay Colony. The Mayflower Separatists and their descendants remained convinced that they alone had been specially chosen by God to act as a beacon for Christians around the world.

David's talk was presented in such way that all the issues affecting the separatists were fully explained, which was appreciated and enjoyed by all who attended.

**John Thorpe**

# May the Fourth be with you!

*And many other days of  
note this month*

*4th May has been adopted as "Star Wars Day" in light of the play on words of the well know phrase from the franchise, but there are many other dates of note during the month.*

Traditionally in the UK, May begins with maypole celebrations that date back 2,000 years to about the time that Christianity began in the Middle East. Roman soldiers occupying the UK celebrated the change from the cold dark days of winter to the coming spring and summer, a type of climate they were probably more familiar with. Their response was to dance around decorated trees to thank Flora, the Roman goddess of flowering plants. However, sadly, today, in some parts of our world, May Day celebrations are by the military with parades and displays of their tools of war, rather than the gifts of God.

One of the greatest of God's gifts is our own birth and this is remembered in the International Day of the Midwife on 5 May. Sponsored by the World Health Organisation, this year's theme is: 'Midwives with women: celebrate, demonstrate, mobilize, unite.' The aim, says WHO, is to emphasize the importance of mobilizing communities and maintaining provision of essential health services, particularly as

countries continue to respond to the Covid pandemic.

Coupled with this is Maternal Mental Health Awareness (2-8 May) Week, which is dedicated to talking about mental health problems during and after pregnancy. Its aim is to raise public and professional awareness of perinatal mental health problems, advocating for women affected by it, changing attitudes, and helping families access the information, care, and support they need to recover.

Our minds are then focussed on the needs of children and their wellbeing with Foster Care Fortnight™ from 9-22 May, in the middle of which is the National Children's Day on 16 May. Organised by the Fostering Network, the campaign began in 1977 to 'showcase the commitment, passion and dedication of foster carers.' It also supports fostering services to highlight the need for more foster carers. Thousands of new families are needed every year to care for children, with the greatest need being for foster carers for older children, sibling groups, disabled children and unaccompanied asylum seeking children. The reports we have been receiving from the Ukraine war suggest that this demand could be substantially increased.

Image by Sue Rickhus from Pixabay



May is also the month when awareness of issues that can not only affect the young, but people of all ages. For example, The Stroke Association has designated May as its annual stroke awareness month, which is being promoted with the headline 'Make May Purple'. The aim is to increase awareness of stroke, stroke prevention and treatment and to raise funds for much needed research into this condition and support for stroke survivors.

May has also been declared the international measure your blood pressure month, and the international skin cancer awareness month. Led by the International Society of Hypertension this campaign has, in the past 3 years, screened around 4 million people in 100 countries and found over a million people with inadequately treated hypertension. The international skin cancer campaign aims to raise awareness of the dangers of unprotected sun exposure and educate people about the ways to help prevent skin cancer.

Also in May is the Big Asthma Bake Sale, so look out for, and support, groups baking and selling cakes to raise money for Asthma and Lung UK, a registered charity that funds vital research into this widespread complaint that affects the lives of over 8 million adults and children, that's about 12% of the population. From 3-8 May it is also deaf awareness week and from 17-22 May, Dementia Awareness week — two further issues that are also widespread, not only among the elderly, but for people of all ages.

May is also about looking after our own health. Yes, May is walking month when we are all encouraged to step outside our cosy homes and enjoy the beauty of the open countryside in spring, which is a gift from God who created it for our health and pleasure!

Further information about all the campaigns mentioned in this article, and how to support them, can be found by searching online.

## Charity Scheme

### *Giving our support for 2022*

There is still time to make suggestions of charities, preferably with a local connection, to receive the 10% charity money which will be raised from social events held during 2022 (to be presented in 2023). Please give nominations to me, with some background information on the charity if possible, as soon as you receive this copy of Newstand!

**Ray Hammond**

# Recipe of the month

## Food for Ascension Day

Ascension Day (26th May) traditions in some parts of the world include eating organic, healthy, and nutritious food, and avoiding processed foods, white sugar, and white flour. It often means eating vegetarian and simple fruit dishes, although poultry is the preferred food in some places. Our recipe this month is published with this in mind. It can be served hot or cold.

### Chick Peas Italienne

#### *Ingredients*

- 1 can of chick peas
- 1 large onion, chopped
- 1 clove garlic, crushed
- 3 tablespoons of olive oil

- ½ tablespoon tomato paste
- 1 can of chopped tomatoes
- 1 teaspoon of brown sugar
- a good pinch of cinnamon
- ½ teaspoon of dried oregano or basil
- salt and pepper
- 2 tablespoons of chopped parsley

#### *Method*

Drain and rinse the chick peas. Sauté the onion and garlic in the oil until soft and translucent. Stir in the tomato paste and chopped tomato, sugar, spices, and herbs. Bring to the boil and cook until the sauce reduces and thickens. Season to taste and mix with the chick peas. Sprinkle with parsley to serve.

You don't stop laughing when you grow old;  
you grow old when you stop laughing.

There are two parts to wisdom:  
knowing what to say and knowing when not to say it.

If you must talk before a service,  
make sure you include the Lord in the conversation.

I prefer the most unfair peace to the most righteous war.  
(Cicero, 106-43 BC)

It matters not how a man dies, but how he lives. (Samuel Johnson)

For every minute you remain angry,  
you give up 60 seconds of peace of mind.

Ambitious people climb, but faithful people build. (Julia Ward Howe)

# Words of thanks

## *From them to you*



I am sure that many of you reading Newstand will, with me, want to express our sincere gratitude for the wonderful Ministry we received during Lent and Easter this year.

After two strange Covid influenced years, the leading of worship at St Andrew's this year was exceptional. It was all backed up by the flower team, soup makers, IT providers and musicians.

All the services were thought provoking. The Friday Lent services led by Val Taylor with themes of Doors, Keys, Bibles and Timepieces caused me to look around my home and how it is used. The Maundy Thursday Tenebrae service led by Ann Sinclair and the team was extremely moving and some tears were shed.

Then, on Good Friday the Worship Group led the service so well, including some unaccompanied singing led by Lucy.

This was followed by the Ecumenical service outside the Ship/Black Horse and welcome refreshments in the Methodist church.

Easter Sunday Sunrise Service was attended by the early risers and then at St Andrew's, with Val Taylor (at short notice) taking the service, as Revd Ron Forster had Covid, and Alex on the organ, St Andrew's congregation raised the roof with triumphant Easter hymns.

Every service was very well prepared and delivered; thoughtful, helpful and challenging.

Many thanks ALL of you.

**Pat Wardle**

Margaret, Rachel and Andrew would like to thank everyone for the love, prayers, cards, flowers and support given during Richard's illness and subsequently his death. Thanks to all who attended the funeral and gave such a warm welcome to visitors. It was greatly appreciated by all of our family.

**Margaret Varley**

# Elders and Stewards on duty in May

<b>Vestry:</b>	Hazel Hall
<b>Reception:</b>	Chris Hales
<b>Communion:</b>	Carole Mallett
<b>Stewards:</b>	Vestibule Celia Purves (8th Christine and Jo Lynch) Finance Pat Wardle

## From the Church Register

### DEATH

VARLEY      John Richard Elliott, aged 75 years, on 20th March 2022.  
Committal at Tynemouth on 11th April, followed by service at St Andrew's, conducted by Family and Friends with very grateful thanks for all those who helped to hold it together, and wonderful support from the folks of St Andrew's.

### MARRIAGE

ANDERSON – COCKBURN      On 16th April 2022, by Dr Ann Sinclair,  
John-Joe Anderson to Chloe Cockburn.

## St. Andrew's 100 Club

*You have to be in it to win it!*

The January draw took place on Sunday 30th January when Marilyn Walton drew the following numbers:

1)	Number 6	Ann Sinclair	£117.00
2)	Number 48	Florence Hudson	£58.50
3)	Number 92	Elizabeth Morley	£19.50

With £195.00 going to Church Funds.

**Kathleen Hopper**

# Northern Synod Prayer Diary

*Joining in our weekly prayers  
with the wider URC*



1	Synod Lay Preaching Commissioner, Dr Ann Sinclair, and our resource of lay preachers across our Synod. For our hospitals, medical centres and clinics, for everyone who works for our NHS; Hospital Chaplains; all in hospital chaplaincy.
8	The work of Christian Aid and those congregations supporting Christian Aid partners through Commitment for Life in Bangladesh, South America, Israel and The Occupied Palestinian Territories, and for generous giving during Christian Aid Week.
15	Grindon Mission Project; Stockton Road URC, Sunderland; Roker URC; CRCW Alison Dalton.
22	Mr Matt Knowles, our Synod's Safeguarding Advisor shared with Yorkshire Synod.
29	Those training for the ministry from Northern Synod: Felicity Barker, Lisa Wilson, Louise Sanders and Roberta Ritson.

## From the Book of Remembrance

*Remembering those who have gone before us*

Annie Adamson Saunders  
Dr. James Fraser M.B.Ch.B.  
Vera W. B. Heighton  
Stanley & Margaret Joyce Ord  
Peter Hawkins Morley  
Margaret (Peggy) Thomson Smith

John Williams  
Elizabeth Carmen Patterson  
Janet Norrie Caldwell  
Frank Packer  
John Blaney Walton  
Bill Waugh

# Church Calendar for May

*Sunday services are broadcast via YouTube for those not able to attend in person (search for "monkseatonurc").*

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

*A short Act of Worship takes place in the reception area on Wednesdays at 10.00 am, followed by Open Door Coffee Morning from 10.30 am until 12 pm.*

<b>Sunday</b>	<b>1</b>	<b>Communion Service: Mrs Hannah Middleton and Mrs Valerie Taylor</b>	<b>11.00 am</b>
Friday	6	Executive Team Meeting	10.00 am
Saturday	7	Coffee Morning	10.00 am
<b>Sunday</b>	<b>8</b>	<b>Morning Worship: Dr Ann Sinclair</b>	<b>11.00 am</b>
Monday	9	Activities Team Meeting	2.00 pm
Tuesday	10	Finance Team Meeting	10.00 am
Thursday	12	Pastoral Team Meeting, followed by Elders' Meeting	7.00 pm
Friday	13	Film Club – 'Belfast'	2.00 pm
Saturday	14	Poetry Evening	7.00 pm
<b>Sunday</b>	<b>15</b>	<b>Morning Worship: Revd Ted Marley</b>	<b>11.00 am</b>
<b>Sunday</b>	<b>15</b>	<b>(until Saturday 21<sup>st</sup>) Christian Aid Week</b>	
<b>Sunday</b>	<b>22</b>	<b>Morning Worship: Mrs Louise Kemp</b>	<b>11.00 am</b>
Tuesday	24	Worship Group Meeting (note change of date)	7.00 pm
<b>Sunday</b>	<b>29</b>	<b>Morning Worship: Mrs Helen Cooper</b>	<b>11.00 am</b>

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

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# Pause in this moment

A place for  
prayers,  
thoughts  
and poems

## **A Sonnet for Ascension Day**

*by Malcolm Guite*

We saw his light break through the cloud of  
glory  
Whilst we were rooted still in time and place  
As earth became a part of Heaven's story  
And heaven opened to his human face.  
We saw him go and yet we were not parted  
He took us with him to the heart of things  
The heart that broke for all the broken-  
hearted  
Is whole and Heaven-centred now, and  
sings,  
Sings in the strength that rises out of  
weakness,  
Sings through the clouds that veil him from  
our sight,  
Whilst we ourselves become his clouds of  
witness  
And sing the waning darkness into light,  
His light in us, and ours in him concealed,  
Which all creation waits to see revealed

Malcolm describes himself as a poet-priest  
and is a chaplain of Girton College, Cambridge.

This sonnet is drawn from his collection  
'Sounding Seasons', published by Canterbury Press.  
It is available through Amazon and on Kindle

