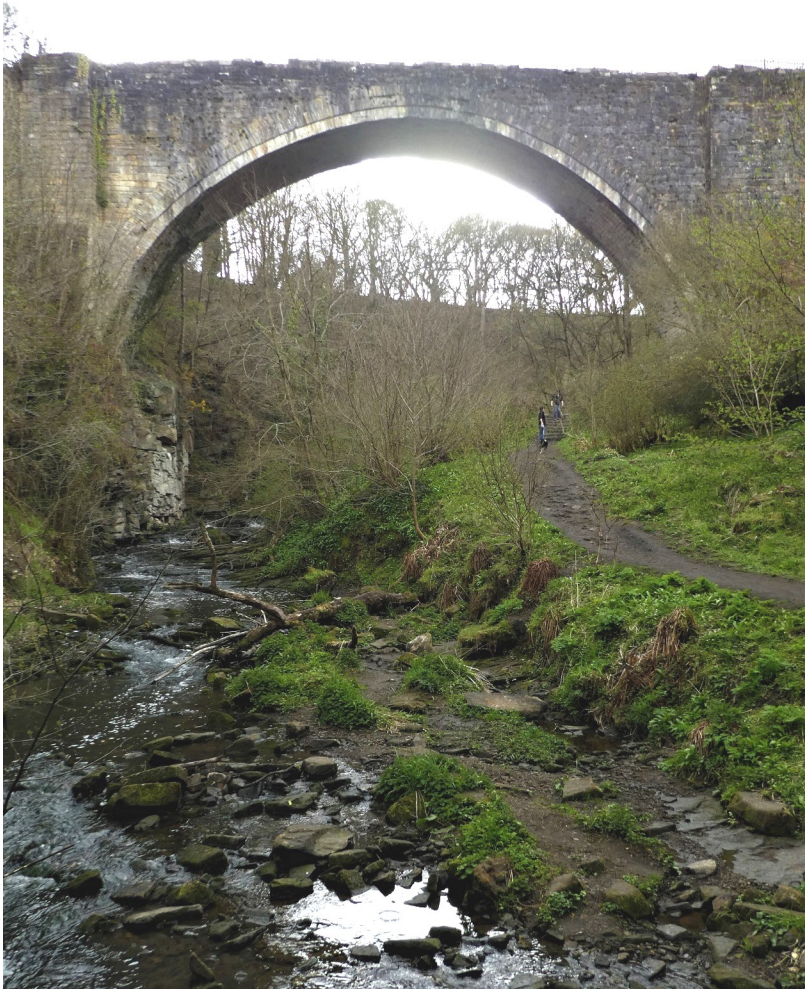




# NEWSTAND

THE MAGAZINE OF ST. ANDREW'S URC



*How are you bridging the gap to God?*

Volume 88 Issue 11 — November 2022

# St. Andrew's United Reformed Church

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monkseatonurc

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# Filling in the gaps

*Who is bridging the gap to get closer to God?*

Whilst compiling this month's *Newstand*, in addition to this article, which is always the last I manage to write, I found myself stuck for what to include on one completely blank page. I searched through my regular source of "filler" material — a monthly email from "The Association for Church Editors", but that already had proved its worth and other articles weren't really suitable. However, one topic it included did inspire me to look elsewhere and I was able to fill in empty space with another hopefully enjoyable article (can you work out which one?). On that topic, please do send in your own short or longer articles (400-450 words max., if possible) that may be of interest to other readers of *Newstand*.

I similarly had a gap in my knowledge a few weeks ago whilst at work and trying to determine why I could not get two bits of computer equipment to communicate with each other. I thought I had obtained all the correct cables, but after several hours was still not getting anywhere. It was on re-reading the instructions I realised I had misread one particular requirement for the cables and once I had obtained the correct ones, everything worked perfectly.



Mohamed Hassan/Pixabay

We sometimes get similar situations at St. Andrew's, where those who are on rotas or who regularly perform certain roles are not available and we have a gap. How do we fill those holes? Perhaps it's just a case of someone else on a rota being able to step in, or perhaps whatever that person did just doesn't get done on that occasion, but how long could we cope with that situation? Do we perhaps rely too much on people being available and not having much of a contingency when they are not for any reason?

We can also find there are gaps in our own faith and understanding of God. When that happens we all hopefully turn to the Bible and prayer to help improve our understanding and fill those gaps. That isn't something we need to do alone — we can turn to our fellow Christians, individually or better still through collective study, and through them find our prayers answered and the gaps that prevent us getting closer to God being filled.

And, of course, the greatest way the gap that stopped us from getting close to God was filled was through Christ's sacrifice on the cross and we will be eternally grateful to him for it.

With every blessing,  
Tim

# Activities Team update

*Looking forward to November and beyond*



## **Coffee Morning – Saturday 5th November, 10.00 am to 12 noon**

This provides an opportunity to meet up with friends over a cup of coffee. There will be the usual bric-a-brac stall plus a raffle.

## **Film Club – Friday 11th November, 2.00 pm**



The film to be shown in November will be *Downton Abbey: A New Era* (PG). The film follows the Crawleys and their staff as they welcome a movie crew

and their glamorous stars to Downton for the filming of a new

silent movie, while other members of the family go on a grand adventure to the South of France.

## **Poetry & Plonk Evening – Saturday 19th November, 7.00 pm**

We look forward to another sociable evening of poems shared amongst friends with a glass of wine or soft drink.

## **Christmas Fair – Saturday 3rd December, 10.00 am – 2.00 pm**

Do come along if you can to the Christmas Fair to do some Christmas shopping or just to enjoy St Andrew's renowned refreshments. Stalls will include bric-a-brac, books, jewellery, nearly new clothes, cakes etc.

*Ann Hammond*

## **December Newstand**

The next edition of Newstand will be out on 27th November. Please have contributions to Tim by 21st November.

# Midweek Prayers at 10

*Join hands with love in the world*



## **Opening Words**

Come and sit in quietness,  
let us be at peace,  
whatever time it is in our busy lives.  
Let us come to be at peace  
with God.

## **Prayer of Confession**

God of love and mercy,  
You call us and draw us  
into fellowship with You.

Forgive us, when we stumble in the  
darkness as though You were not  
beside us.

Forgive us for denying the hope that is  
within us as though we are beyond  
Your reach; for chaining ourselves to  
other ways.

Forgive us, for compromising the  
justice we should seek, and hindering  
the peace we could make.

God of love and mercy,  
You offer us forgiveness,  
and freedom.  
You offer us Your love and grace.  
May we come forward willingly  
to be Your servants  
and through our actions and prayers  
seek justice and peace.  
In Christ's name. **AMEN**

## **The Lord's Prayer**

We come before You, Lord, and  
humbly pray the prayer that Jesus

taught his disciples:

Our Father which art in heaven,  
hallowed be thy name ... For thine is  
the kingdom, the power and the glory  
for ever and ever. AMEN

## **Prayer of Intercession**

Lord God, hear our prayer  
as we hold before You those who are  
suffering in Your world today.

Across the world there are so many  
people caught up in the horrors of  
war.

In Ukraine, the devastation of cities,  
towns and villages, has become one  
of the many killing fields of the twenty  
first century.

We pray for the peacemakers,  
for those who rescue and care for  
the injured, and comfort the  
bereaved.

We pray for everyone on earth  
caught up in war.

Every man.

Every woman.

Every child.

Across the world there are so many  
people caught up in the destruction  
of their lands, their homes, and their  
families through severe famine and  
horrendous floods.

In the twenty first century there are so  
many people starving and homeless.

We pray for the people who care for

those in desperate need of food,  
shelter and medicine.  
We pray for everyone on earth  
caught up in disasters.  
Every man.  
Every woman.  
Every child.

Across our nation people are  
suffering.  
Feeding families and paying bills  
has stretched family budgets to  
breaking point.  
We pray for those making policy  
changes and pray they show great  
integrity in their decisions.  
We pray for those who work tirelessly  
to support people who are suffering.  
We pray for every man.  
Every woman.  
Every child.

Lord God, we bring to You, our  
prayers.  
Give us strength and courage  
to stand up,  
to shout out  
for peace and justice.  
We pray for the peace of the world.  
For every man.  
Every woman.  
Every child.  
In the name of the Prince of Peace,  
Your Son, our Saviour Jesus Christ.

**AMEN**

### **Blessing**

Loving God, inspire us to work for a  
world of peace and justice where all  
may know Your great love and grace.

**AMEN**

*Submitted by Hope 4 Team.*

## **Old friends return**

*The building changes;  
the welcome stays  
the same*

Sheila Fettes was delighted and  
'overwhelmed' with the warm  
reception she was given at  
St. Andrew's a few weeks ago.

Sheila and her husband Don were  
active Elders and Sheila was  
Covenant Secretary in the 1970s.



They were both sorely missed when  
they moved south with Don's work  
in 1979.

Sheila spoke of the many changes  
to the building, but the warmth of  
welcome was the same.

***Ann Sinclair***

# Peace in the world

## *God's promise to us all*



As we approach November, we hold in our thoughts Remembrance Day and Remembrance Sunday, to think back to the awful tragedies of WW1 and remember those who gave their lives for others, to bring peace. Only it wasn't the war to end all wars, another world war followed and wars between nations have continued ever since. More than ever this year, time now to think of peace in our sorrowful world.

As Christians, we often say the words: 'Peace be with you' -but what do we mean by the word peace? What does the word peace mean to you? Is it time for yourself, even a few moments? Time to be with family and friends? These are helpful ways to begin to think of the word peace... a time to feel that all is well, of contentment of being well, perhaps a time of wholeness.

But the word peace can relate to wider issues. The world, at this time in our history, is not at peace. The war between Ukraine and Russia comes first to our thoughts. However, there are other nations suffering through

war, famine and floods made worse through environmental damage caused by human activity through greed and injustice. The most fundamental elements of life, such as shelter, water and medicine are in so many countries simply not there.

But this is nothing new.

Turn back the pages of the Bible and in the Old Testament and the New Testament we can find story upon story of how the characters and the people of the nation of Israel struggled to find peace and the very basics of human life.

In the Book of Leviticus, we can find the story of how the people of Israel fled from captivity in Egypt and wandered for years to find a place where they could find peace, a place to settle and to be safe. In Leviticus 26: 3-6 the Lord promises all this... all the different aspects of being at peace and no one shall be afraid:

<sup>3</sup>If you follow my decrees and are careful to obey my commands,

<sup>4</sup>I will send you rain in its season, and the ground will yield its crops and the trees their

fruit. <sup>5</sup>Your threshing will continue until grape harvest and the grape harvest will continue until planting, and you will eat all the food you want and live in safety in your land.

<sup>6</sup>'I will grant peace in the land, and you will lie down and no one will make you afraid. I will remove wild beasts from the land, and the sword will not pass through your country.' (NIV).

Peace, God promised 'peace in the land' and for all aspects of life for the people of Israel. Peace here is grounded in the relationship between God and the people of Israel, in the covenant relationship. This is a peace that is not dependent on an exchange between God and the people - of doing one thing in exchange for another but in

obedience to God, and it is the fruits of that relationship that create the environment for peace.

That message comes across to us today. How can we be at peace if our neighbours around the world are not? Peace has to be for everyone and that is through deepening our relationship with God; of the compassion and love for our global neighbours to make God's world a better place, a renewed earth, a renewed heaven on earth. In November, 'remembering' is a major presence in our thoughts and prayers and we remember in the presence of God for the coming of the Kingdom... for justice and for peace for all.

Blessings,

**Ann Sinclair**  
**(Inspiration from J. Philip Newell —**  
**Each Day and Night)**

## **Church Meeting – Sunday 20th Nov 2022**

The next church meeting will be held following the 11 am service on Sunday 20th November. The agenda will be posted up in the reception area and vestibule prior to the meeting.

Included in the agenda will be the Election of Elders. Those coming to the end of their current term of

office are: Catriona Fenwick, Sue Ames, Hazel Hall, Iain Ord and Tim Cooke.

A notice will be posted up in the Reception Area to enable nominations to be made prior to the meeting.

Regards,

**Ray**  
**Church Secretary**



# Growing in the world

## More news of former Junior Church members

It is wonderful to see how some of our Jr Church children have grown up and what they are doing now. Recently I wrote of Andrew Cooke and Laura Fleetham and their recent successes and this month is no different. There is even more exciting news of past members of Jr Church now they have grown up!

Congratulations to the younger daughter of Sue and Kevin Ames, Katy, and Joss Guy on their engagement! Wonderful news! We wish them every happiness in the future!

Barbara and Keith Watson's granddaughter Laura and her husband Rory, who were married at St Andrew's 2020, brought their son Luca Philip to be baptised by Revd. Gordon Connacher on 16th October. It was so lovely to have Rory and Laura's family and friends there and so many from



Katy Ames/Joss Guy

St. Andrew's Church family. The church was full! It was touchingly beautiful to share in the Sacrament of Baptism and Luca behaved beautifully during the service, although with a leaning towards 'digesting' the Order of Service. Laura and Rory hosted a wonderful party afterwards at Tynemouth Rugby Club and had clearly put a lot of work into making the day special for everyone.

Such happy occasions in the lives of some who grew up as Jr Church members; it is so good to know they continue to be part of St Andrew's Church Family.

**Ann Sinclair**  
**(Former Jr Church Secretary)**



Laura Wood



# Mind your language!

*But don't take things too literally in this bar*



- An Oxford comma walks into a bar where it spends the evening watching the television, getting drunk, and smoking cigars.
- A dangling participle walks into a bar. Enjoying a cocktail and chatting with the bartender, the evening passes pleasantly.
- A bar was walked into by the passive voice.
- An oxymoron walked into a bar, and the silence was deafening.
- Two quotation marks walk into a "bar."
- A malapropism walks into a bar, looking for all intensive purposes like a wolf in cheap clothing, muttering epitaphs and casting dispersions on his magnificent other, who takes him for granite.
- Hyperbole totally rips into this insane bar and absolutely destroys everything.
- A question mark walks into a bar?
- A non sequitur walks into a bar. In a strong wind, even turkeys can fly.
- A mixed metaphor walks into a bar, seeing the handwriting on the wall but hoping to nip it in the bud.
- A comma splice walks into a bar, it has a drink and then leaves.
- Three intransitive verbs walk into a bar. They sit. They converse. They depart.
- A synonym strolls into a tavern.
- At the end of the day, a cliché walks into a bar -- fresh as a daisy, cute as a button, and sharp as a tack.
- A run-on sentence walks into a bar it starts flirting. With a cute little sentence fragment.
- Falling slowly, softly falling, the chiasmus collapses to the bar floor.
- A figure of speech literally walks into a bar and ends up getting figuratively hammered.
- An allusion walks into a bar, despite the fact that alcohol is its Achilles heel.
- The subjunctive would have walked into a bar, had it only known.
- The past, present, and future walked into a bar. It was tense.

# 58 Society

## St. Andrew's Speakers group



M. ACCELERATOR/Unsplash

On Monday 17th October, Professor Neville Harris spoke to us about the very colourful life of John Mortimer; barrister, dramatist, screenwriter and author. Although he was a prolific writer, Mortimer is best known for creating Rumpole of the Bailey, which was televised from 1978-92 and enjoyed huge success.

### Future Meetings

31st October:  
A Funny Thing Happened,  
Revd Bill Miller.

14th November:  
From Phlegm to Haemorrhoids –  
Ancient Greek Medicine,  
Dr. Peter Jones.

28th November:  
Call the Midwife  
Una Ketteridge.

All meetings start at 7.30pm and all are welcome.

**Sue Ames**

## Recipe of the month

### Zesty Turkey One Pan

#### Ingredients

- ½ tbsp olive oil
- 4 turkey breast steaks, total about 500g
- 12 fl oz chicken stock
- Zest and juice of 2 lemons
- 1 oz capers, rinsed and chopped
- 4 tomatoes, roughly chopped
- Large handful fresh curly parsley, roughly chopped



#### Method

Heat the olive oil in a large frying pan over high heat and add the turkey steaks. Fry for 2 minutes, turning once, to brown the steaks. Add the stock, lemon zest and juice, the capers, tomatoes and some seasoning. Simmer for 8 minutes until the turkey is cooked through. Add the parsley and check the seasoning. Serve with rice, seasonal vegetables or salad.

From <http://www.goodhousekeeping.com>

# Remember, Remember...

## *The 3rd of November?*



Francis Taylor/Unsplash

What has no heart, bones, eyes, or brain, is made up of 95% water, and yet is still a remarkably efficient ocean predator? Answer: the jellyfish.

While special days for raising awareness of the many serious issues facing the world — the climate, underprivileged people, the hungry, deprived children, homeless and those with physical and mental health problems, and so on — have an important role in changing the lives of millions of people, animals, and the world in which we live, there are some 'special' days that remain a mystery. Held on 3 November each year is probably the strangest ever, World Jellyfish Day.

No-one seems to know why it was started, or who started it. There does not seem to be any underlying commercial reason other than perhaps boosting the number of visitors to aquariums, and no-one knows what we are meant to do to celebrate it other than going to the seaside and trying to see one.

However, jellyfish have been around for between 500 million to 700 million years, they appeared on Earth more than 250 million years before the first dinosaurs, but because they are boneless, soft-bodied and almost all

water, their fossils are extremely rare. While they are common throughout the world, and especially in the warm waters around the Middle East, they are not specifically mentioned in the Bible - but then few sea creatures are named in the Bible.

More than 2,000 different species have been identified and some scientists believe there could be as many as 300,000 more!

They come in many different sizes – some as large as 200 feet long – and they have an amazing variety of beautiful colours and shapes. Only a relatively small number of species, about 70, can be harmful to humans.

Perhaps the humble jellyfish is entitled to much more than one special day a year for us to ponder in awe on the amazing beauty and longevity of God's creativity.

***via The Association for Church Editors***



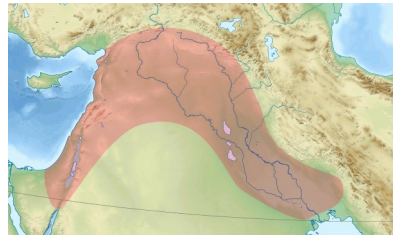
W.J.de Vasconcellos/Unsplash

# Biblical History Group

## *Putting The Word into context*

A reminder that the first meeting of the Biblical History Group will take place on Monday 31st October 2-3pm in the Lounge, please note the change of venue, and thereafter once a month.

Under the guidance of Rhoda Lee, we will be exploring the "Fertile



Wikipedia/Sémhur/derivative  
work: Rafy/CC BY-SA 3.0

Crescent", the area covered by the great river systems of the Tigris and Euphrates, starting with the Early Bronze Age (3000 - 2000 BC).

We look forward to seeing you.

**Rhoda Lee & Ann Sinclair**

## Church Register

### DEATH

#### FISHER

Olive Menmuir, aged 97 years,  
on 12<sup>th</sup> October 2022.

Service and committal at  
Whitley Bay on 21<sup>st</sup> October  
conducted by Mrs Valerie Taylor.

### BAPTISM

#### WOOD

In church on 16<sup>th</sup> October 2022,  
by Revd Gordon Connacher  
assisted by Dr Ann Sinclair,  
Luca Philip, infant son of  
Rory and Laura Wood.

# These are a few of my favourite hymns

## *Beauty in Sound*



Tim and I regularly “tune in”, so to speak, to a YouTube channel called “Beauty in Sound”, which is run by an organist called Richard McVeigh. He has a regular live stream on Sunday evening from 8pm that includes hymns requested during the previous week and during the stream itself. It also includes a “my 5 favourite hymns” spot. I was lucky enough to have mine featured a few weeks ago.

I love a good tune, but when music and words combine perfectly, I get lost in prayer.... My choices, I think, reflect my faith based commitment to inclusion and social justice:

Number 5: The Kingdom of God (Tune: Out Skerries)

I realise that many will sing these words to another tune, but I think this one carries them so well.

Number 4: Beauty for Brokenness (Graham Kendrick)

A more modern worship song rather than a hymn and one I've always thought "not an organ piece" until I sat in our Cathedral and heard our Assistant Director of Music play it. It is the chorus that gets to me whenever I sing it "God of the poor, friend of the weak, give us compassion we pray..."

Number 3: Here in this place - Gather us In (Marty Haugen)

Again a more modern piece by an American hymn writer best known for the hymn "All are welcome". I love Marty's work and this one reminds me of a service

I jointly led for Northumberland Pride in 2019 in which I wrote and led a prayer of lament. Again, one line in particular brings it home to me - "Give us the courage to enter the song".

Number 2: How shall I sing that majesty (Coe Fen)

I remember the first time I sang this. It wasn't a special service or occasion but I remember thinking "Wow! What a tune!" That said, there's also a line in particular that stands out (there's definitely a theme developing in my choices here!). "Thou art a sea without a shore, a sun without a sphere". Such a vivid description of God.

Number 1: When I survey the wondrous Cross (Rockingham)

It's the last verse: "Were the whole realm of nature mine, that were a present far too small. Love so amazing, so divine, demands my soul, my life, my all". For me, this hymn is the perfect example of a tune carrying words to perfection. The way it soars in just the right place hits me in the heart every time I hear it and I can't sing it without ending up with tears streaming down my face. I'm a fairly accepting and tolerant person (I think!) but singing these words to any other tune is unacceptable!

If you have the access, please do check "Beauty in Sound" on YouTube as it is a wonderful end to the weekend.

**Lucy Cooke**

*We sometimes have "Songs of Praise" at St. Andrew's but what are your "Top 5" and why?*

# For those seeking answers

*Hopefully you got them all*



Gerd Altmann / Pixabay

## Word tree

From the following descriptions, find the words, changing one letter each time to get the next:

- Something you wear      **Ring**
- Skin of fruit              **Rind**
- Moving air                 **Wind**
- An alcoholic drink       **Wine**
- A trailing plant            **Vine**

## Making a difference

Add a single word to the end of each word in these three groups to get new words:

- Land, Water, Hall — **Mark**
- Heat, Back, Key — **Stroke**
- Coffee, Kitchen, Times — **Table**

## Ends and Beginnings

Add a three letter word to the end of the first word and start of the second to come up with two new words:

- Tops-**Oil**-Skin
- Hear-**Ten**-Ant
- Post-**Age**-Less

## Odd one out

Which of these is the odd one out and why?

- Team mate
- **Inefficiencies** — *all the others have repeated letters*
- Reappear
- Signings
- Appeases
- Intestines

## Charity at Christmas

With the high cost of posting Christmas cards to the many friends we often see in church we are suggesting that you might want to donate to the church Charity Fund instead and sign "The Big Christmas Card" that will be available in the reception area in December.

A box will be available by the card for donations or they can be given to Kevin Ames.

**Joan Blanchfield**

# For those seeking more questions

*A new selection*



Gerd Altmann / Pixabay

## Something to take away

Removing a letter from the first word gives the second word obtained from these definitions:

- Having ambition / Medication
- Long tooth / Keen follower
- Music for a voice / Relative

## You need better batteries!

Alice, Bob, Cathy and Dave are on a night walk with a torch that only lasts 15 minutes when they come to a bridge. Up to two of them can cross at any time. Alice takes 1 minute to cross, Bob 2 minutes, Cathy 3 minutes and Dave 4 minutes. How can they all safely cross the bridge before the torch goes out?

## I want this in writing

What links all these words?:

- Old
- Little
- Bleak
- Hard
- Great

## All the King's horses

There are a number of grooms holding a number of horses. Between them they have 22 heads and 72 feet. How many grooms and how many horses are there?

*Can you come up with better questions? Please send them to Tim!*

## St. Andrew's 100 Club

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

The September draw took place on Harvest Sunday, 25th September, when Dorothy Wilson drew the following numbers:

1)	Number 74	Allan Walton	£118.50
2)	Number 10	Una Ketteridge	£59.25
3)	Number 72	Kate McMullen	£19.75

With £197.50 going to Church Funds.



**Kathleen Hopper**





# Northern Synod Prayer Diary

*Joining in our weekly prayers  
with the wider URC*



6	PCM, their churches of the Central Presbytery and the Presbytery of the North. The Anglican Bishop of Whitby, the Rt Revd Paul Ferguson. International Day of Prayer for Persecuted Christians.
13	Remembrance Sunday; Zion URC, Northallerton; Northgate URC, Darlington; Keld and Low Row URC.
20	Women Against Violence Sunday. St Margaret's URC, South Shields.
27	World Aids Day December 1 <sup>st</sup> . St Andrew's LEP (Methodist/URC), Benton; Revd Gavin Hume (Methodist); The Church of the Good Shepherd LEP (Anglican/Methodist/URC), Battle Hill; Revd Julie Mooney (Anglican).

## From the Book of Remembrance

*Remembering those who have gone before us*

Alexander McPhee	William Caldwell	Jennifer Buckle
Elsie Marston Mallett	Kenneth Hooper	Dorothy Joan Jackson
George Albert Winton	Thomas Pallister	Dorothy June Paul
Ernest Frank Merrick	William Johnstone	Joan Clarkin
Albert Bright	Garven	Dorothy Lowdon
Captain Jack Young	Angela Greenwood	Mavis Doreen Brown
Jessie Winton	Lopez	Derek Stemberidge

# Church Calendar for November

Sunday services are broadcast via YouTube for those not able to attend in person or just to watch again in your own time (search for “monkseatonurc”).

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

**Midweek Worship:** Tuesday 10 am followed by Open Door Coffee Morning.

**Open Door Coffee Morning:** Thursday 10.30 am - Noon.

Thursday	3	Italian class	10.00am
<b>Friday</b>	<b>4</b>	<b>Executive Team Meeting</b>	<b>10.00am</b>
		<b>Bible Study via Zoom</b>	<b>10.30am</b>
Saturday	5	Coffee Morning	10.00am
<b>Sunday</b>	<b>6</b>	<b>Communion Service; Revd Philip Gray</b>	<b>11.00am</b>
Monday	7	Activities Team Meeting	2.00pm
Tuesday	8	Finance Team Meeting	10.30am
Thursday	10	Italian class	10.00am
		Elders' Meeting	7.30pm
<b>Friday</b>	<b>11</b>	<b>Bible Study via Zoom</b>	<b>10.30am</b>
		Film Club – ‘Downton Abbey – A New Era’	2.00pm
Saturday	12	Ecumenical Act of Remembrance outside “The Ship Inn”	10.45am
<b>Sunday</b>	<b>13</b>	<b>‘Let’s Sing’</b>	<b>9.30am</b>
		<b>Prayer Group</b>	<b>10.15am</b>
		<b>Remembrance Sunday Parade Service; Mrs Lucy Cooke</b>	<b>10.45am</b>
		<b><u>NOTE TIME</u></b>	
Monday	14	Fifty Eight Society – ‘From Phlegm to Haemorrhoids’	7.30pm
Thursday	17	Italian class	10.00am
Saturday	19	Poetry Evening	7.00pm
<b>Sunday</b>	<b>20</b>	<b>Morning Worship; Mr Andy Lie. Church Meeting follows service.</b>	<b>11.00am</b>
Thursday	24	Italian class	10.00am
<b>Sunday</b>	<b>27</b>	<b>Morning Worship; Mr Charles and Mrs Alison Jolly</b>	<b>11.00am</b>
<b>Monday</b>	<b>28</b>	<b>Biblical History Class</b>	<b>2.00pm</b>
		58 Society – ‘Call the Midwife’	7.30pm

# Pause in this moment

A place for  
prayers,  
thoughts  
and poems

## Refreshing Rest

Rest in the Lord, wait patiently  
For Him, fret not, nor troubled be  
At those who prosper in their ways  
With evil plans they spend their days  
They shall not last always

Cease from anger, and wrath forsake  
They only more troubles do make  
Fret not yourself to do evil  
But continue, serve God, do well  
And of His goodness tell

For evildoers shall have end  
Shall not e'er to wicked works tend  
But they that upon the Lord wait  
Shall inherit the earth not late  
By God's grace, not by fate

A little while, then the wicked  
Shall not be, and then it be said  
They not here, though you may them seek  
They gone, and so it be the meek  
Shall thrive and not be weak

And they shall then themselves delight  
In abundance of peace, and light  
Of the Lord which shall on them shine  
With His heavenly rays divine  
All be clear, bright, and fine

*Steven Rolling*

*based on Psalm 37:7-11 and the tune  
St Margaret – 'O love that will not let me go'*

