



# NEWSTAND

THE MAGAZINE OF ST. ANDREW'S URC



*Faithfully Flourishing in our art*

*Midweek Prayers — Church Meeting — Churches Together  
and lots more inside*

Volume 90 Issue 7 — July 2024

# St. Andrew's United Reformed Church

Eastfield Avenue, Monkseaton, Whitley Bay, NE25 8LU

<http://standrewsmonkseatonurc.org.uk>



monkseatonurc

## Church Contacts

Minister	Revd Louise Sanders louise.sanders208@gmail.com	01670 225539 /
	6 St. Leonard's Walk, Lancaster Park, Morpeth, NE61 3SZ	07537 848492
Secretary	Mr Raymond Hammond, anrray@talktalk.net	252 3319
	3 Cauldwell Close, Whitley Bay, NE25 8LP	
Assistant Secretaries	Mrs Ann Hammond	252 3319
	3 Cauldwell Close, Whitley Bay, NE25 8LP	
	Miss Carole Mallett	252 1723
	54 Brantwood Avenue, Whitley Bay, NE25 8NJ	
Treasurer and Gift Aid Secretary	Mr Kevin Ames	251 3016
	17 Kelso Drive, North Shields, NE29 9NS	
Assistant Treasurer	Mrs Jenny Hooper	—
	15 Brislee Ave, Tynemouth, NE30 2SQ	
Hall Lettings	Ray & Ann Hammond, anrray@talktalk.net	252 3319
	3 Cauldwell Close, Whitley Bay, NE25 8LP	
Newstand Business Manager	Miss Carole Mallett	252 1723
	54 Brantwood Avenue, Whitley Bay, NE25 8NJ	
Newstand Editor/ Web/Social Media	Tim Cooke, standrewsnewstand@gmail.com	01670
	4, Kingfisher Way, Blyth, NE24 3QR	354834
Safeguarding Officer	Mrs Sue Ames	251 3016
	17 Kelso Drive, North Shields, NE29 9NS	

# Musing from the Manse

## 'Feeling the love'



Image by Freepik

I am preparing to attend my first EM2 (Education for Ministry Stage 2) residential weekend, and I have been asked to take with me an A5 image that represents my past year in ministry. These will all be joined together to form a tablecloth as a focal point for our gathering. This has given me time to reflect on the last twelve months and it seems impossible to me that I have now been with you for almost twelve months.

Last year at this time I was planning the service for July 29th when I would be ordained and inducted, as well as preparing to say my farewells to the three churches in the Coquet Valley that I had spent my 4th year placement with. In many ways it feels like yesterday, and in other ways it feels like a very long time ago!

The image I have chosen to take with me is the one I have shared at the top of this article. Before I came to be with you, the then moderator, Dave Herbert led a service at St. Andrew's where he spoke of my upcoming arrival with you, and he said he felt that I had been 'knitted together for St. Andrew's', and those words have stayed with me since I heard them. At the time I took comfort in them, as it felt right that God had chosen St. Andrew's for me to begin my ministry with. And now, twelve months later, they mean even more and the

image above perfectly illustrates this. I have felt only love and support from the congregation since the day I arrived. St. Andrew's has given me gentle guidance and affirmation as I have navigated my first year of ministry with you and found my feet.

Whenever I have felt inadequate and not up to the task, Dave's words have given me confidence, and the love and acceptance I have received from the congregation, reminds me that God has given me everything I need to be the person he has called me to be.

So as the anniversary of my ordination approaches I would like to thank you all so much for the love and support which has made my first year of ministry such a blessing. It has been a privilege to be amongst you through happy times such as Christmas and Easter, but also during sad times, as we have lost loved members of the congregation and family members.

Thank you for putting up with some of the slightly crazy things I have experimented with during worship, such as eggshells and bubbles, not to mention new hymns and hymn books!

I look forward with excitement to the next twelve months as we continue to bring our praise and worship to God as we serve together in community.

God bless

*Louise*

# Activities Team update

More things to look forward to!

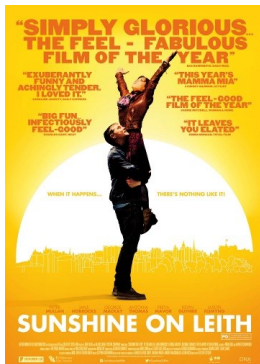


## Coffee Morning – Saturday 6th July, 10 am – 12 noon

Good news! We are now able to hold our usual monthly Coffee Morning as Synod have had to reschedule their booking of the church premises to a date in 2025 so we look forward to meeting with friends old and new over a cup of coffee/tea or soft drink.

## Film Club - Friday 12th July, 2.00 pm.

This month's film is *Sunshine on Leith* (PG). Home is where the heart is for two soldiers returning from duty in Afghanistan to their lifelong residence in Leith. This is a jubilant, heartfelt musical about the power of love, home and family and features the music of *The Proclaimers*.



## Quiz Evening with Fish and Chip Supper – Saturday 20th July, 6.00 pm

Iain Ord has once again kindly compiled a quiz for us (we're hoping the questions aren't too difficult!) so

we look forward to an evening of fun and friendship plus fish and chips. Tickets at £10 are available from Ray Hammond.

## Play Reading

The Play Reading Evening scheduled for this month has been postponed to a future date to be confirmed.

## Coffee Morning with Craft Stalls – Saturday 3rd August, 10 am – 12 noon

We're hoping lots of folk will turn up for this Coffee Morning which will have extra stalls of various crafts. Do come along if you can to browse, meet friends and hopefully buy!

## Dates for the diary:

- Macmillan Coffee Morning – Saturday 14th September
- Art Exhibition – Saturday 5th October
- Evening with Newcastle Concert Band – Saturday 19th October
- Church Fair – Saturday 16th November

**Ann Hammond**

# Prayers at Home

*Bringing ourselves together  
in a moment of peace*



Wallpaperflare.com

## Opening words

In the stillness of this time we are held in this moment together.

May we feel Your presence around us in the stillness of this time. AMEN

## Prayer of Confession

God of our journeying, forgive us when we are afraid to let go of what is safe and familiar.

Reach out and touch us, may we be made whole through the holiness of God the Father, the humility of Christ the Son, and the healing power of the Holy Spirit. AMEN

## In Assurance of Forgiveness

God is on your side. God who wills for your life and all that makes you strong and who makes you fully alive.

To all who turn to God, God grants you forgiveness. AMEN

## Meditation on the Lord's Prayer

*Our Father in heaven:*

Father, I sense You in the busyness and the frustrations of life, in laughter and tears, in conflict and peace-making in the world.

Open our eyes to glimpses of Your heaven.

*Hallowed be Your name,*

You call my name, You call me to worship — to sing and pray, to shout and proclaim, to give praise to Your name.

*Your kingdom come,*

You call me to be Your servant, to be Your love in the world, to further Your kingdom on earth. Show me, guide me, how to serve You.

*Your will be done,*

This is my daily prayer.  
What is Your will for Your people?  
What is Your will for me?  
I listen for Your voice;  
show me the path to follow.

*On earth as it is in heaven.*

May I love Your will in the small acts of living and in the way I respond to Your call.

May I work Your will here and now on earth, with a vision of Your glory, the inspiration of Your kingdom before me.

*Give us this day our daily bread:*

You provide for my needs, my food and shelter; give me strength to serve You, wisdom and knowledge, so I may share Your Gospel, love and compassion, so I may live and work Your good news.

*Forgive us our sins as we forgive  
those who sin against us;*

Forgive me for those days and years,  
those perplexing times, when I failed  
to respond to Your call; for times  
when I doubt Your power to equip  
me for the task; for holding back  
when I should step forward; for  
remaining silent when I should speak.  
May I forgive those who hurt me,  
who doubt me, or overlook me.

*Lead us not into temptation,*

May I not be tempted to divorce  
action from prayer, nor prayer from  
action. May I not give way to  
complacency, nor undue fear, nor  
arrogance, nor timidity.

*But deliver us from evil.*

Help me keep to the path that leads  
to You, and to avoid patterns of  
living that keep me from You.

*For Yours is the kingdom, the power,  
and the glory for ever and ever.*

As Your servant, may I share in the  
growth of Your kingdom; may I sing  
and work to Your praise and glory.

Father in heaven, let Your power  
work in my life. AMEN

*Judy Dinnen , Bare Feet and  
Buttercups (Wild Goose Publications,  
2008) and amended*

## **Prayers of Intercession**

As we prepare as a nation for a  
General Election in the United  
Kingdom:

Lord God, we hold before You the  
people of our nation who powerfully  
influence the life of this nation; who  
frame and administer public policies  
and our laws.

May they all recognise their  
responsibility to the nation.

May they defend the cause of the  
needy, the abandoned, the poor  
and the weak.

May they listen and give voice for  
those who cannot speak out.

May those in high office bear their  
burdens and seek wisdom in the  
ways of justice and truth.

Lord God, we pray for a world in  
which humanity fails so often.

We pray for those in power around  
the world at this time, give them  
vision and integrity that they may use  
their office to make decisions in their  
service of their people, to be  
influenced by what is good and fair,  
for what is true, not false for the  
welfare and peace of all for the  
glory of Your name Lord God. AMEN

## **Blessing**

May you hold onto the depth of  
God's love, the breadth of God's  
power, the depth of God's grace  
and peace. AMEN

*Inspired by Bare Feet and Buttercups,  
Ruth Burgess & The SPCK Book of  
Christian Prayer.*

**Ann Sinclair**



# A Grand Day Out

## Faithful Flourishing at The Auckland Project

## *Faithful Flourishing*

*A Northern Synod festival of faith, fellowship & fun!*

*Saturday 15th June 2024*

*10am - 4.30pm*

*The Auckland Project, Bishop Auckland*

The folks from St. Columba's and St. Andrew's joined forces on a grand day out on 15th June to the Faith Museum & the Auckland Project, in Bishop Auckland. Waiting on the coach to collect St. Andrew's folks - Cauldwell Lane was busy to the point someone came out of the hair dressers and asked what we were all doing! Once on board the coach, with a warm welcome from the St. Columba's folks and the organiser Mathew Hall, we were off across the borders to County Durham.

experiences before we all split up again to go on with the Grand Day Out. This included, for some, a visit to a tearoom sharing conversations over cake, coffee, tea and hot chocolate. We all came together for closing worship, although by then it was raining that didn't put the singing together off.



Arriving there, we all split into our chosen groups...a visit to the art gallery, discussion groups, singing groups and painting stained glass groups, to name a few. However, coming around a table — usual URC practice — some were able to meet at the lunch location and share

It was a Grand Day Out, sharing time together with the folks from St. Columba's and others around the Synod catching up with folks and meeting new people.

Thanks go to Lucy Cooke, Northern Synod Training & Development Officer for all the work planning and bringing the Grand Day Out together.

**Ann Sinclair**

*There's a few more pictures  
on the next page.*



Carla Grosch-Miller leads the "Poetry & Prayer" workshop.



"What would you ask Jesus?" with Floss Barker, CRCW at Wooler URC.



Jane from the Wild Goose Resource Group leads the Singing workshop.



A few of the finished "stained glass" pieces.



"Faith in Art" with Gemma from The Auckland Project.

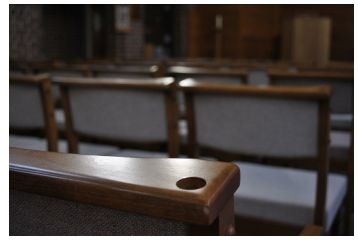


Jane leading singing during final worship.



# Church Meeting

*A précis of meeting held after church on 16 June 2024*



Copies of the Minutes are displayed on the Notice Board in the vestibule of the Church. In case you were not able to be present here is a précis of the meeting.

Attendance: 40 members, 2 others.  
Apologies for absence: 17.

## **Church Secretary** reported:

- Meetings held since the March meeting: Elders once, Executive Team thrice, Pastoral Team once and Worship Group twice.
- Routine servicing and maintenance undertaken, also new water heater in servery and main toilet drains unblocked.
- Activities Team pleased with support, from church and community, for social events organised. Looking forward to forthcoming 'regular' and other events.
- Premises continue to be well used and facilities offered appreciated by users.
- Welcome additions to worship - 9.30 am communion service reintroduced on fourth Sunday and new evening service on first Sunday. 'Lets Sing' continues on third Sunday – alternative to regular weekly service. Why not

give them a try!

- Approaching first anniversary of Louise joining us – appreciation expressed for all she is doing.
- Development Fund used to: 1) engage Graham Hatt of Gritstone Project Management to oversee building work required by Quinquennial Inspection and 2) cover running costs of newly appointed Pioneer Youth Worker – a joint post with St. Columba's funded by Northern Synod.
- Sale of Beech Grove Manse fallen through, but a previous interested party keen to proceed and sale progressing [update — new buyer's offer accepted].
- Grateful thanks to all who contribute, in whatever way, to enabling St. Andrew's to continue to be a presence in this area.

## **Treasurer** reported:

- Continuing to overspend each month as expected and shown in the budget.
- Deficit for 2024 projected as £44k as income falls and expenditure rises.
- Development Fund continues to be used to fill the gap.

### Minister reported:

- On the recent 'changes', i.e., church chair realignment, new hymn books and stopping printed Orders of Service.
- Explanation of Pioneer Youth Worker role.
- Proposed visit by Rothbury congregation on Sunday 7th July.
- The forthcoming joint Bible Study five weeks from 22nd July.

### New Member:

- Agreed that Mrs Kath Keen be welcomed into membership.

Date of next meeting: Sunday 15th September 2024 in the Main Hall following morning worship and during coffee.

**Ray Hammond**  
**Church Secretary**

## Words of thanks

I would like to thank my friends at St. Andrew's for all the concern, beautiful cards, flowers and chocolates I have received since my freak accident resulting in me having to have a hip replacement. Alison fell with me but thankfully only suffered a sprained ankle.

Due to a mistake in my medication it resulted in me spending two weeks in hospital so I was way behind with my physio, I am working hard now to get back to normal and hope it isn't too long before Alison and I are back amongst you all.

Thank you all so much.  
Christine Ridley

## St. Andrew's 100 Club

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

The May draw took place on 26th May when Ian Gordon drew the following numbers:

- 1) No 19 Ann Hammond £127.50
- 2) No 73 Joyce Coulson £63.75
- 3) No 30 Phil Brown. £21.25

With £212.50 going to Church funds

**Kathleen Hopper**



# Whitley Bay Churches Together

# Whitley Bay & District CHURCHES+TOGETHER

## Report on May meeting

Report of Meeting of Churches Together in Whitley Bay held on 16th May 2024 at St. Andrew's URC (our church).

Our new Chairman – Revd Janet Appleby – opened the meeting with a prayer.

Present: 15 people including Coryn Stehouwer, the North East Churches Acting Together Regional Officer. This is a newly appointed position. Her aim is to contact as many groups of Churches Together, build up a website and produce newsletters. Her job is funded ecumenically. She, in her short talk, emphasised her interest in environmental issues.

We then had an update on:

- CAP (Christians Against Poverty) instigated by Whitley Bay Baptist Church.
- Whitley Bay Street Pastors – now only patrolling in Tynemouth.

- SWEPE (Severe Weather Emergency Protocol) active between November to March and offering overnight B&B for the homeless.
- The Bay Foodbank – the report emphasised the increase in demand. The demand is about 177 emergency parcels every week.

There was talk about holding a General Election Hustings but that has been overtaken by current events i.e. the General Election on 4th July!

The last item that was mentioned was an Art Exhibition being held at St. Mary's Church of England Church on 23rd June 2024 closing at 4 pm with an ecumenical service.

We then closed with the saying of the Grace together.

**Valerie Taylor**  
**(St. Andrew's Representative)**

## The Frugal Lutheran

The frugal Lutheran walked into the house panting and almost completely exhausted. "What happened, dear?" inquired his wife. "It's a great new idea I have to be a better steward of our resources," he

gasped. "I ran all the way home from the stewardship committee meeting behind the bus and saved £2."

"That wasn't very bright," replied his flustered wife. "Why didn't you run behind a taxi and save £15?"

# Get me to the Church on time

*Childhood memories that come back to bite you*



Today some of you walk, most come by car - but think back to post-war Britain in the 1940s when petrol rationing was still in force.

On a nice Sunday morning to save some of those precious coupons we would walk down to the River Tay where the Gamekeeper kept his little rowing boat and be rowed across to Church. An idyllic way to go to Church you think?

Noooooo!! because in that Gamekeeper's large pockets he always had some ferrets — vicious little animals with beady eyes and exceedingly sharp teeth. I was terrified they would escape. Then there was the return journey — with a big brother laughing at my fear.

Give me my car any Sunday!

**Marilyn Walton**

# Stephen Miller

*Medal winning Paralympian with links to St. Andrew's retires*



The first person I was introduced to when I came back to St. Andrew's URC, was Shirley Corrigan. I am sure those who knew her will understand how welcoming she was! I then became a friend of Bob and their family.

I have just seen the announcement that their nephew, Stephen, is retiring from his amazing athletic career winning so many Olympic medals!

He was always so happy to help with our Holiday Club, visiting with all his Olympic medals and answering many questions! I know he inspired many children !

I am sure that Bob will agree that his nephew deserves to be remembered by us all from St. Andrew's URC!

We wish him all the very best for the future.

**Joan Blanchfield**

*Have you got any memories you'd like to share?  
Please do send them in.*



# Christian Aid Week

*Generous donations lead to a grand total*



Christian Aid Week this year ran from Sunday May 12th to Saturday May 18th, and as usual, St. Andrew's rose to the occasion.

The regular monthly Coffee Morning was dedicated to Christian Aid, and raised £370.

Then, during the official week, envelopes were available at the Church service, and they provided a further £410. (I have to say that Sue and I had help with the envelopes – our granddaughter Rosie thoroughly

enjoyed ripping them open, and also sorting the 'bits of paper' into piles of blue, brown, and especially purple.)

The £780 is our best total for a while, and will be paid into the Christian Aid bank account as soon as possible, to join all the other collections from across the country.

Thank you all again for your support during this week.

**Sue and Kevin**  
**Christian Aid co-ordinators**

## Words of thanks

I should like to thank my St. Andrew's family for all the love, prayers and support you have shown me and my family since my daughter, Jane, suffered a stroke just before Easter.

Your support for me has helped not only me but Jane, Ross, Nick and Tom at this difficult time as they knew I had such love from all at St. Andrew's.

I am pleased to say Jane is recovering slowly with love and care from all her family, her three brothers, and all the help from our wonderful NHS.

My gratitude to you all is enormous.

Thank you.

**Pat Wardle**

# Summer Bible Study a 5 week course

## Exploring the first letter of John

Led by Trevor Jamison & Louise Sanders



*Image by vecstock on Freepik*

**St Andrew's URC Monkseaton:**  
**Mondays at 2pm**  
July 22, 29, August 5, 12, 19

**Online Zoom: Mondays from 7.15pm**  
July 22, 29, August 5, 12, 19  
Meeting ID: 827 7096 6099

**St Columba's URC North Shields:**  
**Thursdays at 7.15pm**  
July 25, August 1, 8, 15, 22

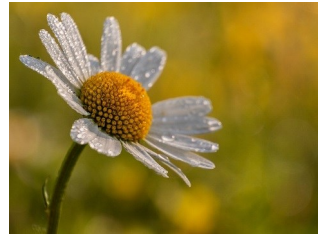
**Choose a day or venue that suits you and come along when or where you can.  
Feel free to mix and match the venue or time that suits your schedule.**

For more information, please contact either:  
Rev Dr Trevor Jamison: [minister.northshieldsURC@gmail.com](mailto:minister.northshieldsURC@gmail.com)

Rev Louise Sanders: [louise.sanders208@gmail.com](mailto:louise.sanders208@gmail.com)

# Service

An original reflection by Tom Gordon from SwallowsNestNet



Martin Heitto / Pixabay

**“Small service is true service while it lasts: Of humblest friends, bright Creature! scorn not one; The Daisy, by the shadow that it casts, Protects the lingering dew drop from the Sun.”**

*William Wordsworth,  
'To a Child, Written in Her Album'*

William Wordsworth's idea of the Daisy sheltering a dewdrop from the Sun is a lovely one – though I would have to check with a horticulturist whether this is actually true in practice and not just a nice, romantic metaphor. But, accurate or not, romantic or otherwise, the poet's point is a good one – small acts of service should be praised and never scorned.

I was at a wedding recently, and spent time talking to the bride's grandfather, a man in his early nineties, confined to a wheelchair. Once we'd got past the small-talk, I noticed a lapel badge that had “Veteran” emblazoned on it. “Were you in the forces?” I asked. “Ah, yes indeed. You've noticed the badge. Royal Signals. Two years National Service. Never got out of the UK. But I did my bit, minister. I did my bit.”

That phrase, “I did my bit” stuck with me, and spilled over into the next conversation which was with one of the bridesmaids. She told me she was a Nursery Assistant working with

Special Needs children. “I love them to bits,” she said. “I'm not trained or anything. I just help out, play with them and stuff. But they're lovely. I don't do much, really, but I just try to help wherever I can.” “But you do your bit,” I replied. “Aye, I suppose,” she mused. “I do my bit, right enough, and every bit matters.”

In remembering that wedding, and these two casual but significant conversations, this “Thought for the Day” writes itself. In the forces doing your National Service in the 1950s or working in a Nursery with Special Needs children today, every “bit” matters. Whatever “bit” is your task to fulfil, the same could and should be said of you. “Small service is true service while it lasts.” If we all do our bit in whatever sphere of service we find ourselves, and if every “bit” is valued and not scorned for its smallness or its simplicity, how much more would get done, how much pleasure would we find in our humble tasks, and how much benefit would ensue?

## **A prayer for today**

Lord, you believe in the little “bit” that is me.

Help me to believe in the value of each little “bit” I do for others. Amen

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# Turn, turn, turn

*To everything there is a season*



Back in the 1960's, my Saturday afternoons were often spent with a couple of school friends, listening to the current hit records of the day. We played the latest songs by the Searchers, Hollies, Beach Boys and Roy Orbison (amongst others), while enacting our own version of "Juke Box Jury"!

One record that we seemed to play quite a lot was by an American group, The Byrds, and it eventually reached the dizzy heights of number 26 in the UK charts of October 1965. "So what has this to do with the Bible", I hear you ask.

Back then, single records were made of vinyl and spun on a turntable at 45 revolutions per minute. Labels were stuck in the centre, showing the name of the song and the record company, as well as details of the composers and performers. What struck me about this particular label was that, just below the name of the song, was printed, "Words from the Book of Ecclesiastes". When I returned home, I checked the passage in my King James Bible and sure enough, apart from a couple of lines and a few slight changes to fit the metre of the tune, the lyrics were virtually identical to the passage in my Bible.

The song was "Turn! Turn! Turn!" and the writer who adapted the Bible passage was the American folk-singer and songwriter, Pete Seeger. Since the Byrds took it into the charts, the song has been recorded by many other artists over the years, but for me the definitive version will always be the recording by the Byrds, with Roger McGuinn's jangly guitar sound, that resonated around my friend's front room all those years ago.

Reading the Bible passage many times over has made me realise that God does have a plan for our lives and that "To everything there is a season, and a time to every purpose under heaven."

One of my sons read the passage at my wife's funeral, during which the packed church fell silent.

"There is a time for everything, and a season for every activity under the heavens."

**Alan Rickards**  
**Magazine Editor**  
**St. Luke's Church,**  
**Holmes Chapel, Cheshire**  
**via ACE**



# Prayer Diary and Lectionary

*Weekly prayers and lectionary readings from the URC*



7	General Assembly (12 <sup>th</sup> – 15 <sup>th</sup> ), pray for the preparation needed, for open hearts, wise minds and fruitful discussions. Moderator: Revd Dr Tessa Henry-Robinson. Church House staff.	2 Samuel 5:1-5,9-10; Psalm 48; 2 Corinthians 12.2-10; Mark 6.1-13
14	Churches: Robert Stewart Memorial; St. Cuthbert's, Heaton; St. George's, High Heaton; Minister: Revd Dr Grant Wilson. West Denton.	2 Samuel 6:1-5,12b-19; Psalm 24; Ephesians 1.3-14; Mark 6.14-29
21	Refugee week (17 <sup>th</sup> – 23 <sup>rd</sup> ). Pray for all displaced, seeking safety and security.	2 Samuel 7:1-14a; Psalm 89:20-37; Ephesians 2.11-22; Mark 6.30-34,53-56
28	Praying for all those who give selflessly to the church, i.e. flower-arrangers, coffee makers and so many more.	2 Samuel 11:1-15; Psalm 14; Ephesians 3.14-21; John 6.1-21

You'll have noticed the inclusion of the Lectionary Readings in the past few copies of Newstand. Hopefully you will find it useful to be able to follow what the readings each week will be. Note that worship leaders may not use all of them, or may use different readings if they are more appropriate to their theme, but they are here for your own worship time.

# It's Holiday Time!

*So if you're down on the rota and going away, make sure to swap with someone*



<b>Elders:</b>	<b>Vestry</b> <b>Reception</b> <b>Communion</b>	Iain Ord Hazel Hall Jennifer Fleetham
<b>Stewards</b>	<b>Vestibule</b> <b>Finance</b>	Geoff Mills Andrew Cooke
<b>Tuesday 2nd</b>	<b>Prayers</b>	Ann Sinclair
<b>Sunday 7th</b>	<b>Organ</b> <b>Readers</b> <b>Prayers</b>	Helen Storey Ann and Ray Hammond Hazel Hall
<b>Tuesday 9th</b>	<b>Prayers</b>	Louise Sanders
<b>Sunday 14th</b>	<b>Organ</b> <b>Readers</b> <b>Prayers</b>	Helen Storey Kathleen Hopper; Catriona Fenwick Ann Hammond
<b>Tuesday 16th</b>	<b>Prayers</b>	Carole Mallett
<b>Sunday 21st</b>	<b>Organ</b> <b>Readers</b> <b>Prayers</b>	Paul Hartley Hazel Hall; Alison Mood Una Ketteridge
<b>Tuesday 23rd</b>	<b>Prayers</b>	Carole Mallett
<b>Sunday 28th</b>	<b>Organ</b> <b>Readers</b> <b>Prayers</b>	Alex Geoff Mills; Carole Mallett Andrew Cooke
<b>Tuesday 30th</b>	<b>Prayers</b>	Una Ketteridge

# Church Calendar for July / August

Sunday services are streamed 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.

Friday	5	Executive Team Meeting	10.00 am
Saturday	6	Coffee Morning	10.00 am
<b>Sunday</b>	<b>7</b>	<b>Communion Service; Revd Louise Sanders</b>	<b>11.00 am</b>
		<b>Evening Worship; Revd Louise Sanders</b>	<b>6.30 pm</b>
Tuesday	9	Finance Team Meeting	10,30 am
Thursday	11	Elders' Meeting	7.00 pm
Friday	12	Film Club - 'Sunshine on Leith'	2.00 pm
<b>Sunday</b>	<b>14</b>	<b>Morning Worship; Mrs Valerie Taylor</b>	<b>11.00 am</b>
Saturday	20	Quiz Evening with Fish & Chips Supper	6.00 pm
<b>Sunday</b>	<b>21</b>	<b>'Let's Sing' – Mandy Watson</b>	<b>10.00 am</b>
		<b>Prayer Group – Mandy Watson</b>	<b>10.30 am</b>
		<b>Morning Worship; Revd Louise Sanders</b>	<b>11.00 am</b>
<b>Monday</b>	<b>22</b>	<b>Bible Study at St. Andrew's</b>	<b>2.00 pm</b>
		<b>Bible Study via Zoom</b>	<b>7.15 pm</b>
<b>Thursday</b>	<b>25</b>	<b>Bible Study at St. Columba's</b>	<b>7.15 pm</b>
<b>Sunday</b>	<b>28</b>	<b>Communion Service: Mrs Valerie Taylor</b>	<b>9.30 am</b>
		<b>Morning Worship; Worship Group</b>	<b>11.00 am</b>
<b>Monday</b>	<b>29</b>	Activities Team Meeting	2.00 pm
		<b>Bible Study at St. Andrew's</b>	<b>2.00 pm</b>
		<b>Bible Study via Zoom</b>	<b>7.15 pm</b>
<b>AUGUST 2024</b>			
Thursday	1	Bible Study at St. Columba's	7.15 pm
Friday	2	Executive Team Meeting	10.00 am
Saturday	3	Coffee Morning with craft stalls	10.00 am
<b>Sunday</b>	<b>4</b>	<b>Communion Service; Revd Louise Sanders</b>	<b>11.00 am</b>
		<b>Evening Worship; Revd Louise Sanders</b>	<b>6.30 pm</b>

## August Newstand

The next edition of Newstand will be out on 28th July.

Please have contributions to Tim **by 22nd July**.

# Pause in this moment

A place for  
prayers,  
thoughts  
and poems

You know I believe Lord  
my faith is strong,  
it's just at this moment  
my life's going wrong.

I know you are good, Lord.  
I know I am heard ...  
but just at this moment  
I can't find a word

My body hurts and my mind's in a whirl,  
I feel somehow like a little lost girl.  
I need you now more than any day –  
but somehow Lord,  
“I just can't pray.”

I look to you Lord,  
thoughts tumbling my head....  
I know you are with me,  
for this you have said....  
So hold me, enfold me,  
and just for today,  
please accept dear Lord  
this is all I can say.

**Sandy Harris (via ACE)**

