



NEWSTAND

THE MAGAZINE OF ST. ANDREW'S URC



Prayers at Home — Postcards from the Edge — And lots more

Time to reflect on the impression you will leave

Volume 90 Issue 9 — September 2024

St. Andrew's United Reformed Church

Eastfield Avenue, Monkseaton, Whitley Bay, NE25 8LU

<http://standrewsmonkseatonurc.org.uk>



monkseatonurc

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Musing from the Manse

To Everything There is a Season

I'm sure I am not alone in being amazed at how quickly this year is passing. As we prepare for the start of the new academic year, it feels like only yesterday I was planning services for Easter! And now it's September!

I have been thinking about Ecclesiastes 3:1-8 at the moment as I prepare some opening devotions for some Elders Away Days. These are powerful verses that speak to the natural rhythms and seasons of life. "To everything there is a season, and a time for every purpose under heaven," begins this poetic reflection, reminding us that life is a series of cycles, each with its own meaning and importance.

The verses that follow spell out these contrasts: a time to be born and a time to die, a time to plant and a time to uproot, a time to weep and a time to laugh, among others. These pairs represent the full spectrum of human experience, encompassing joy and sorrow, beginnings and endings, action and stillness. The message is clear: life is a balance of opposites, and each moment has its rightful place in the grand tapestry of existence.

This passage encourages us to accept life's ebb and flow. We often resist change, clinging to moments of comfort or trying to rush through periods of difficulty. Yet, Ecclesiastes 3:1-8 teaches us that each phase has a



purpose. Whether we are in a time of growth, loss, celebration, or mourning, it is essential to embrace it fully. By doing so, we can find peace and wisdom, knowing that each season contributes to the wholeness of life.

More than that, this scripture invites us to trust in God. While we may not always understand why certain events unfold, Ecclesiastes reassures us that everything happens in its appointed time. This perspective can help us navigate life's uncertainties with greater faith and patience, recognizing that even the most challenging times are part of a divine plan.

As we reflect on Ecclesiastes 3:1-8, consider how its wisdom applies to your own life, and to the life of the church. What season are we in, and how can we embrace it with open hearts? By acknowledging the purpose in every time, we can live with greater intentionality and grace.

Louise

Activities Team update

More things to look forward to!



Film Club - Friday 13th September, 2.00 pm.

This month's film is *Goodnight Mister Tom (PG)* starring John Thaw. It's a heart-warming WW2 drama about a gruff widower who takes in a shy evacuee from London and it's a classic story of friendship and love.

Macmillan Coffee Morning – Saturday 14th September, 10 am – 12 noon

Una Ketteridge is masterminding this charity Coffee Morning and we look forward to lots of support for this very worthy cause. There will be the usual raffle plus cakes, crafts and bric-a-brac. Do come along if you can to browse (and hopefully buy!), meet friends and enjoy a cup of coffee/tea or soft drink.

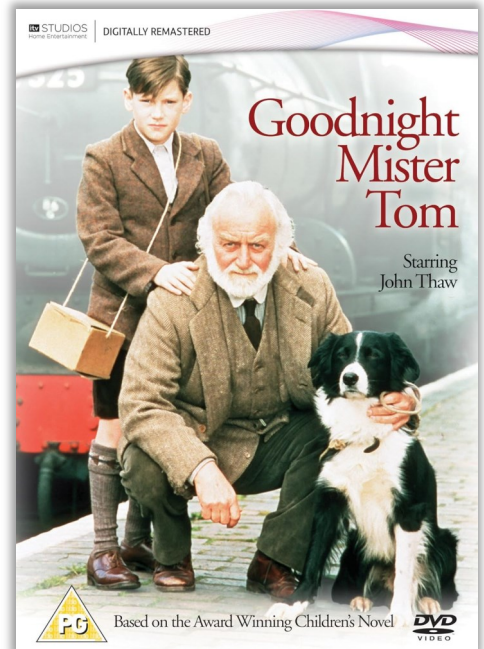
Poetry Evening – Saturday 21st September, 7 pm

These evenings provide an opportunity either to take part or just listen to a wide variety of poems (everything from Spike Milligan to Shakespeare) 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:

- **Art Exhibition and Sale – Saturday 5th October**
- **Film Club – Friday 11th 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*



Opening Words

Loving God,
we come to You
in a time of prayer,
in a time to find peace;
in a time to come close to You.

Loving God, meet with us,
surround us with Your love,
as we open ourselves
in prayer to You.

In this time and space,
reshape our thinking,
rekindle our loving,
remake our living in You.
Loving God, hear our prayers. AMEN

Prayers of Confession and Assurance

Lord,
there are times when we forget why
we are here and think only of
ourselves and not of You; our minds
are full of so many things that take
over our lives and giving You glory is
not our first thought.

Lord,
how easy it is for us to take You for
granted. We confess the things we do
and say, do not echo the love of
Jesus.

Lord,
You provide us with all our needs
yet our self-centredness is a poor
example of how as the people of
God we are intended to live.

Lord,
we ask Your forgiveness, renewal and
blessing and the assurance that Your
arms are always open to us, holding
us and welcoming us home. AMEN

*In the words that Jesus taught His
disciples we say The Lord's Prayer:*

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

Reflecting on the Harvest Moon... a Thanksgiving Prayer for Harvest

Lord, we thank You for the Earth that
feeds us, clothes us, and shelters us.

For the air to breathe...thank You
Lord,
for water to drink...thank You Lord,
for food to eat...thank You Lord,
for shelter and warmth...thank You
Lord,
for the beauty of the Earth...thank
You Lord.

Forgive us that we are careless with the Earth, polluting and harming it. Earth is suffering environmental damage through high temperatures, melting icebergs, scarred landscapes and polluted land and seas — teach us to care for the Earth as You care for us. AMEN

Prayer of Intercession/Concern

Gracious God,
You have called each of us to be a channel of grace and a sign of hope to a world that is troubled and torn with violence, greed, anger, division and hatred.

In Your grace and hope we pray for reconciliation where healing is a stranger; where poverty and injustice mark the lives of so many, where prejudice distorts and nations stand against nations.

Gracious God,
Your light shines in the darkest of places, breaking barriers, making contacts and pulling down walls, searching to give those with a voice the courage and strength to speak out for justice and peace.

We pray for a place of reconciliation, a place of healing in a bruised world.

Gracious God,
of healing and peace, each of us has the ability to be channels of peace through prayer and actions, even in small lives, as new creations in Christ, may we go forward to witness Your renewing love to

overcome the barriers that divide and the coming of Your kingdom.

We offer these prayers in the name of Your Son, our Lord Jesus Christ.
AMEN

A closing prayer

Lord, take my life, my small life and illuminate it: that everything I say and do may reflect the light of Your glory.

Lord, take my life, my small life, and imprint it: that everything I say and do may reveal the image of Your love.

Lord, take my life, my small life, and inspire it: that everything I say and do may resonate with the power of Your Spirit.

Lord, take my life, my small life, and indwell it: that everything I say and do may radiate Your life, Your glorious life. AMEN

Blessing

May the grace of Jesus Christ, the love of God and the fellowship of the Holy Spirit be with each of us now and those we love forever more.
AMEN

Ann Sinclair

*Inspiration Bare Feet and Buttercups,
Ruth Burgess; 500 Prayers for the
Christian Year David Clowes*

Postcards from the edge

A tale of Peter Rabbit and his visit back to the Lakes

In May 2024 I had a most unusual holiday because one of my companions was a knitted Peter Rabbit. He was made by my daughter, whose idea it was to take Peter Rabbit back to his homeland. He took great delight in the train journey across to Carlisle and then down to Penrith, followed by a very scenic bus ride to Windermere.

Peter was beside himself with excitement when he knew that we were to visit Hill Top, the first Lake District home of his creator, Beatrix Potter. He attracted much attention during the visit, even before we went in – several ladies were very keen to take his photo, so he posed very nicely for them by the entrance!



Inside the house, Peter soon caught the attention of the staff on duty, who seemed charmed by him and were very helpful in finding places where he could pose for more photos. Peter was most excited by the garden, however, especially when he spotted some succulent young lettuces growing... though he checked out the watering can in case he should suddenly need to hide from any angry gardeners!

Altogether, Peter's company made for a rather unusual but fun holiday!

Una Ketteridge



Time to take notice!

Church Meeting, Afternoon Service and Gentle Exercise Class



Openclipartvectors / Pixabay

The next church meeting is scheduled to take place during coffee following the service on Sunday 15th September 2024.

The agenda for the meeting will be posted up the previous week.

Ray Hammond

On Monday 9 September at 2 pm in the church, there will be another of our afternoon services of seasonal hymns, readings and prayers, followed by refreshments of tea/coffee and cake. Organised by the Worship Group and Activities Team, these afternoons provide a further opportunity for a more informal style of worship, together with friendship, chat and the sampling of Una's delicious home-made cakes.

Please do come along if you can, and bring your friends!

Carole Mallett

Frank Selby is starting a Gentle Exercise Class at the church on Tuesday 3rd September from 11 am. Those attending can either take part while sitting or standing, whichever is preferred. The class could last up to an hour but participants can leave earlier if they wish.

St. Andrew's 100 Club

You have to be in it to win it!

The July draw took place on Sunday 28th of July when John MacLennan drew the following numbers:



Abbie Fyre / Pixabay

1) No 32	Ingrid Connacher	£127.50
2) No15	Meg Dickinson	£63.75
3) No52	Celia Purves	£21.25

With £212.50 going to Church funds

Kathleen Hopper

Awareness

Another original reflection by
Tom Gordon from Swallows Nest



Ria / Pixabay

“The whole idea of compassion is based on a keen awareness of the interdependence of all these living beings, which are all part of one another, all involved in one another.”

Thomas Merton, his final address, at a conference on East-West monastic dialogue, delivered two hours before his death, December 1968.

My granny was a skilled knitter of men’s socks. Four knitting needles, odd balls of wool, sitting by a roaring fire, and she would knit all day long, given the chance. The completed socks would be folded in tissue-paper and placed under the cushions of her sofa, to be nicely pressed by every bottom that ever sat there. My granny could tell, just by looking at you, the size of the socks that would fit your feet. “You’ll be a nine,” she’d say to the minister when he visited. “I’ve got exactly the right size of socks for you.” How she did it, I have no idea. But it was amazing!

I have a friend who is unwell at present. A lady I know recognised that he was unwell before any illness was diagnosed – and her diagnosis was pretty accurate too. How did she do that? I have no idea. But, like my granny with the size of men’s feet, she clearly had the gift of “reading” someone, and seeing more than the rest of us could see. I worked with a

nurse in the hospice who was aware that I looked stressed even before I allowed myself to acknowledge that stress. And it wasn’t just me who benefitted from her sensitivity. She would often take me aside and say something like, “I don’t know what it is, but I think Mrs Smith in room 3 is struggling. Perhaps you could pop in and ... well ... you’ll know what to do.” It was about reading people. Her compassion was “based on a keen awareness” of who people were, arising out of something in her “interdependence” with them, as Thomas Merton rightly highlighted. I’ll never be able to assess the size of men’s feet, and I can’t knit socks anyway. I’ll leave such skills to people like my granny. But reading people, offering compassion based on an awareness of the needs of those around me? Now that’s a skill that would be well worth developing further – and for all of us too!

A prayer for today

Lord, help me keep my eyes and mind open, to be aware of the needs of others. Amen

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<https://swallowsnestnet.wordpress.com/>

The poster features a dark, textured wooden background. At the top, there are several autumn leaves in shades of orange, red, and yellow, along with clusters of red berries. A white, torn-edge paper rectangle is centered on the page. The word "Harvest" is written in a large, white, cursive font across the top of this rectangle. Below it, the words "Coffee Morning" and "and Festival" are written in a smaller, orange, cursive font. A small yellow leaf is tucked under the bottom right corner of the white rectangle. Below the white rectangle, the text "Coffee Morning" is written in a white, serif font, followed by "Saturday 28th September" and "10am - Noon" in the same font. Further down, "Harvest Festival Service" is written in a white, serif font, followed by "Sunday 29th September" and "11am". At the bottom, the text "All Harvest gifts will be taken to" and "The People's Kitchen" is written in a white, serif font. The bottom of the poster is decorated with more autumn leaves and red berries.

Harvest

Coffee Morning
and Festival

Coffee Morning
Saturday 28th September
10am - Noon

Harvest Festival Service
Sunday 29th September
11am

*All Harvest gifts will be taken to
The People's Kitchen*

To my Dear Daughter

*A lesson for young and old
on getting on in life*



Deborah Hudson / Pixabay

To My Dear Daughter

I thought I should write to you and say the day you see I'm getting old, I ask you to please be patient, but most of all try to understand what I am going through. If, when we talk, I repeat the same things lots of times, don't interrupt to say, "You said the same thing a minute ago".

Just listen to me please. Try to remember the times when you were little and I would read you the same story night after night, until you fell asleep.

When I don't want to take a bath, don't be mad and don't embarrass me. Remember I had to run after you making excuses and trying to get you to take a shower when you were just a little girl. And when you see how ignorant I am when it comes to new technology, give me time to learn and don't look at me with eyebrows raised. Remember, honey, I patiently taught you to do many things, like eating properly, getting dressed, doing your hair and dealing with things like this every day.

So, the day you see I'm getting old, I ask you to please be patient, but most of all, try to understand. If I occasionally lose track of what you are talking about, give me time and don't be impatient or arrogant. Just know in your heart that the most important thing for me is to be with you. And when my old, tired legs don't let me move as quickly as before, give me your hand the same way as I offered mine to you when you first walked.

When those days come, don't feel sad, just be with me and understand me with love while I get to the end of my days. I'll cherish and thank you for the gift of time and the joy we shared. With a big smile and the love and hugs I've always had for you, I just want you to know how much I love you.

From your Mum. X

Author unknown

Use whatever God-given talents you possess; the world would be a poorer place if the only birds were those that can sing the best.

**It's time for
Coffee Morning
and you're
invited**



**Saturday
14th September
10am — Noon**

Every cake and every coffee matters

Cancer can disrupt someone's whole life. Coffee Mornings like this mean we can do whatever it takes to help people with cancer live life as fully as they can. The money you raise today will go towards:

Physical support

We provide specialist nurses and information on cancer, side effects such as hair loss, exercise and nutrition, so each and every day is a bit more bearable.

Financial support

We provide benefits advice, grants and a team of experts who are on hand to help make sure money is one less thing for people with cancer to worry about.

Emotional support

We provide free specialist counselling and local support groups so people with cancer can talk and get help with how they're feeling.



Macmillan Cancer Support, registered charity in England and Wales (261017), Scotland (SC039907) and the Isle of Man (604). Also operating in Northern Ireland. Printed on sustainable material. Please recycle. #MacmillanCancerSupport



Una would be very grateful for any contributions towards the cake stall at the Macmillan Coffee Morning to be held on Saturday 14th September at 10am. Many thanks.

Speak to me if you have any queries.

Una

A tale of two tyres

How a raffle prize led to a fraught few days in the Lakes



This tale starts with a trip to "Taste of Northumbria" in Alnwick back in May when they were celebrating their 10th birthday. They had advertised that for every item purchased you got a strip of raffle tickets and, with a few new things on offer we left with a few bags of goodies and 12 strips of tickets (my bank balance has just about forgiven me!). Later that day we were delighted to find we won not only the first but also the second prizes! First prize was a two night bed and breakfast stay at one of the hotels in the "Classic Lodges" group, so we duly booked into the Lakeside Hotel and Spa in Newby Bridge at the southern end of Lake Windermere.

Fast forward to the start of July and we drove across on Monday, spending a relaxing afternoon sitting on the bank of Windermere and later relaxing in the spa, before a wonderful evening meal in their fine dining restaurant. All a wonderful stay so far.

On Tuesday we went to Furness Abbey and then down onto Walney Island to the nature reserve where you can see across Morecambe Bay to Blackpool.

And then on the way back to the hotel we hit a bit of a snag, or rather a

pot hole that burst both nearside tyres. Fortunately we were less than $\frac{1}{4}$ mile from the hotel and managed to get into the carpark before the tyres completely deflated. After several phone calls starting with a failed attempt to get the RAC to come out, we eventually got things sorted through Polestar who arranged for the car to be taken to the nearest Volvo dealer to get the tyres replaced and a hire care to get us home on Wednesday. The hire car wasn't available till 5pm so we had a trip on Windermere up to Bowness and back before the 120 mile drive back home.

The tyres took over a week to get sorted, but we were stuck with trying to get the car back as it was going to take several more days for Polestar or Volvo to arrange that. We therefore had another trip back to the South Lakes, this time in Lucy's Zoe, to collect my car. At least that meant we got to go to Tebay services on the M6, which has to be one of the best services we've ever been to, and also into Kendal for lunch, which we've not been to in 25 years since we spent our honeymoon there.

And that's our "Postcard from the Edge"! Let us know how your holidays have gone.

Tim and Lucy

Come, rest a while and “be”...

**... with others
... with yourself
... with God.**



Friday 27th September 2024 - 10.30am - 4.30pm
St Cuthbert's Centre - Holy Island
(causeway open 12.55am - 10.10am & 1.55pm - 10.35pm)

You are invited to join us for a day of peace, space and a chance to rest a while with God.

Your base for the day will be the St Cuthbert's Centre - the URC's presence on the island. You will be guided and accompanied throughout the day, though you will be free to use the time in any way you choose, at your own pace.

The day is free to attend and light refreshments will be available - please bring a packed lunch or be prepared to seek out sustenance on the island!



To find out more, or to book a place please get in touch:

Lucy Cooke
Learning and Development Officer
lucy.cooke@urc-northernsynod.org or 07752 385 197

The future's bright

News of a former Junior Church member



Freepik

Congratulations to Laura Fleetham on gaining 3 As, one in an extended project, and a C in her A-level results. Laura will be taking up a place at Northumbria University to study for a BSc in Adult Nursing. Very well done!

In prayer:

Bless all who will be taking up a place at university and college and those returning:

a time to study and a time for adult decision; a time for hard work and a time for fun;

a time to make new friends, a time for discipline and organisation, and a time for freedom;

a time to grow, and a time to discover yourself and trust in God's guidance. AMEN

Ann Sinclair
(Hilary Allen and amended)

A prayer for writing

The first fruits

When I bring You the first fruits,
You get what You get;
You get my energy,
my imagination,
my scribbling,
my experimentation
my dreams,
You get the raw me.

Part of me would prefer to bring
You the finished article;
the tried and tested formula,
the buffed and polished carving,
the machine that I know will not
work.



Jcomp / Freepik

But that is not what You ask for;
You want to be in the making,
in the messiness,
the uncertainty,
the laughter and the pain.
God of the first fruits,
here I am.
Come and work with me always.
Amen

Ruth Burgess
Bare Feet and Buttercups (2008)
Ann Sinclair

It's going to be souper

Bob's recipe for the perfect homemade soup



September is here and so it's almost time for homemade soup.

I have a soup maker made by Tower; it's a bit like an electric kettle in appearance. I use it a lot.

I buy a lot of different veg — carrots, turnip, parsnip. I dice these and bag them up into 1/2lb bags, which I then freeze, making it more handy when I next want to make more soup.

I layer the contents mixed to the max mark on the side of the soup maker and add stock, 1/2 teaspoon of parsley, and a touch of salt and pepper.

Then it's just a case of switching the soup maker on and in 20 minutes it cooks and blends the perfect soup to enjoy.

Bob Corrigan

We would like to thank our kind friends at St. Andrew's for the lovely flowers that we received on our Diamond Wedding Anniversary.

Joy and Chris Campbell



From the Book of Remembrance

Remembering those who have gone before us

John Coull
Amelia Ann Owen
John R. F. Lochrane
Margaret J. Lochrane
James Porterfield
Mabel Jane MacLennan

Rene Cumbergen
Mary Milroy Williams
Dennis Forster
Thelma and John Dodd
Dorothy Grandison

Prayer Diary and Lectionary

Weekly prayers and lectionary readings from the URC



1	Churches: St Columba's, North Shields; Minister: Revd Dr Trevor Jamison. St Andrew's, Crook, LEP; Minister: Revd Christopher Humble. Our second world partner: the United Church of Christ.	Song of Solomon 2:8-13 Psalm 45:1-2, 6-9 James 1:17-27 Mark 7:1-8, 14-15, 21-23
8	Racial Justice Sunday. Our Racial Justice Advocate: Pat Poinen.	Proverbs 22:1-2, 8-9, 22-23 Psalm 125 James 2:1-10, 14-17 Mark 7:24-37
15	Ecumenical Colleagues: Newcastle Methodist District Chair: Revd Stephen Lindridge; Darlington Methodist District Chair: Revd Richard Andrew; Roman Catholic Bishops of Middlesbrough: Rt Revd Terry Drainey; Hexham and Newcastle: Rt Revd Stephen Wright.	Proverbs 1:20-33 Psalm 19 James 3:1-12 Mark 8:27-38
22	International Day of Peace (21 st). Aspirations for peace.	Proverbs 31:10-31 Psalm 1 James 3:13 – 4:3, 7-8a Mark 9:30-37
29	Churches: Trinity, Gosforth LEP; Minister: Revd Alex Mabbs.	Esther 7:1-6, 9-10; 9:20-22 Psalm 124 James 5:13-20 Mark 9:38-50

September Rota

*It's a new academic year
for some and a new rota
for others*



Elders	Vestry: Catriona Fenwick Reception: Chris Hales Communion: Val Taylor
Stewards	Vestibule: Christine Lynch; Finance: Susan Anderson
Sunday 1st	Organ: Helen Storey Prayers: Andrew Cooke Readers: Celia Purves/Andrew Cooke
Tuesday 3rd	Prayers: Ann Sinclair
Sunday 8th	Organ: Helen Prayers: Val Taylor Readers: Val Taylor/Chris Hales
Tuesday 10th	Prayers: Ray Hammond
Sunday 15th	Organ: Hymnal Prayers: Una Ketteridge Readers: Susan Clarke/ Paul Hartley
Tuesday 17th	Prayers: Carole Moore
Sunday 22nd	Organ: Alex Prayers: Chris Hales Readers: Jenny Hooper/ Kevin Ames
Tuesday 24th	Prayers: Una Ketteridge
Sunday 29th	Organ: Paul Hartley Prayers: Hazel Hall Readers: Sandra Pine/ Ann Hammond

October Newstand

The next edition of Newstand will be out on 29th September.

Please have contributions to Tim **by 23rd September.**

Church Calendar for September

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.

Sunday	1	Communion Service; Revd Louise Sanders. Followed by charity cheque presentation.	11.00 am
		Evening Worship; Revd Louise Sanders	6.30 pm
Tuesday	3	Start of Gentle Exercise Class	11.00 am
Friday	6	Executive Team Meeting	10.00 am
Saturday	7	NO COFFEE MORNING TODAY (now on 14 th)	
		Elders' Training Day at Rothbury	10.00 am
Sunday	8	Morning Worship; Dr Ann Sinclair	11.00 am
Monday	9	Afternoon Service followed by refreshments; Worship Group/Activities Team	2.00 pm
Tuesday	10	Finance Team Meeting	10.30 am
		Gentle Exercise Class	11.00 am
Thursday	12	Pastoral Team Meeting followed by Elders' Meeting	7.00 pm
Friday	13	Film Club – 'Goodnight Mr Tom'	2.00 pm
Saturday	14	Coffee Morning in aid of Macmillan Cancer Care	10.00 am
Sunday	15	'Let's Sing' – Mandy Watson	10.00 am
		Prayer Group – Mandy Watson	10.30 am
		Morning Worship; Revd Louise Sanders. CHURCH MEETING DURING COFFEE	11.00 am
Tuesday	17	Gentle Exercise Class	11.00 am
Saturday	21	Poetry Evening	7.00 pm
Sunday	22	Communion Service: Dr Ann Sinclair	9.30 am
		Morning Worship Revd Louise Sanders	11.00 am
Tuesday	24	Gentle Exercise Class	11.00 am
Saturday	28	Harvest Coffee Morning	10.00 am
Sunday	29	Harvest Parade Service; Revd Louise Sanders	11.00 am
OCTOBER 2024			
Tuesday	1	Gentle Exercise Class	11.00 am
Friday	4	Executive Team Meeting	10.00 am
Saturday	5	Art Exhibition	10.00 am
Sunday	6	Communion Service; Revd Louise Sanders	11.00 am
		Joint Service with St Columba's at St Andrew's	6.30 pm

Pause in this moment

A place for
prayers,
thoughts
and poems

I bind my heart this tide
To the Galilean's side,
To the wounds of Calvary,
To the Christ who died for me.

I bind my soul this day
To the brother far away,
And the brother near at hand,
In this town, and in this land.

I bind my heart to thrall
To the God, the Lord of all,
To the God, the poor man's friend,
And the Christ whom He did send.

I bind myself to peace,
To make strife and envy cease,
God, knit Thou sure the cord
Of my thralldom to my Lord!

*Lauchlan M. Watt (1867-1957)
Also found in CH4 No. 508*

