



St Andrew's Church

Chilton Moor

Parish Magazine July 2025

50p



Welcome from St Andrew's

Dear friends,

As we turn the page and look ahead to what lies before us, we're reminded of the heart of our church, a place of faith, friendship, and reaching out in love.

Here at St Andrew's, we're not just a building or a Sunday gathering, we're a growing community of people learning to follow Jesus, to care for one another, and to make His love known.

Our mission is to serve Jesus in Fence Houses and Chilton Moor, and to grow so that St Andrew's shines as a beacon of hope in the community.

Whether that's through a kind word to a neighbour, a moment of prayer, or lending a helping hand, we believe God uses the ordinary to do something extraordinary.

In these pages, you'll find reflections to encourage you, stories that celebrate the life of the church, and ways you can get involved in helping our community flourish. Whether you've been part of St Andrew's for many years or are just beginning to explore faith, you are truly welcome, just as you are.

Together, we hope to be a people who love deeply, serve faithfully, and shine brightly for Christ in the everyday places we live and work. Let us continue to walk this journey of faith side by side, trusting in God's guidance, grace, and goodness.

With every blessing,
The Magazine Team
St Andrew's Church

Vicar's Letter July

Rev John



I wonder what in your life brings you joy. Proper joy. Not just a temporary lift, but what it is that gives you a firm foundation. We're entering into Summer and at least as I write this it's a lovely summers day, it's still, not too hot yet, just what I would pick if I was in control of the weather. Who knows what it will be like when you read this, we may be in the middle of a heat wave with hosepipe bans, or we may have had days on end of rain, and you're concerned that someone somewhere is building a boat. But we know that having at least decent weather can be a source of joy as we're able to go out and make the most of the countryside around us, spend time in nature, and that can be

wonderful.

But there are also other things which can bring joy. And faith for me is one of the those things which does just that, when times are tough when life feels like there is only rain, faith is what I hold onto when it feels like we haven't seen the sun in months. And in those moments it's often the words of Psalm 121 I turn to. It opens like this.

*I lift up my eyes to the hills—
from where will my help come?
My help comes from the Lord,
who made heaven and earth.*

When the wind and the snow come, I can still have joy because God who made the hills, who made the rain, and thunder cares for me, and he can be my firm foundation of hope.

We hope that your summer is well underway!

Filling our church magazine in the summer months can be a challenge, with all our normal church activities on hold. But no worries, because there is plenty to choose from in our current issue, which should keep you happy until the September issue, including,

- Rising attendance at churches across the country
- A new film on helping you find your vocation
- Nicene Creed – what we believe about Jesus
- The benefits of drinking both tea and coffee
- Where do cricket bats come from?

We wish you a happy, restful and peaceful Summer. Warm wishes

The Magazine Team

Rev John

The 'father' of modern British policing

It was 175 years ago, on 2nd July 1850, that Robert Peel, who was Prime Minister from 1834 to 35 and from 1841 to 46, died. He founded the Metropolitan Police Service and is seen as the father of modern British policing.

Peel, born in Bury, was one of 11 children of the first Sir Robert Peel, who as well as being a textile manufacturer was also an MP and moved his family down to London. He had his son educated at Harrow and Oxford, where he got a double first; he then entered Parliament and married Julia Floyd: they had seven children.

Home Secretary twice in the 1820s, Peel founded the Metropolitan Police in 1829, reforming criminal law to emphasise rehabilitation and creating a new kind of police officer, nicknamed a 'bobby' or a 'peeler' for obvious reasons. A committed Christian and member of the Church of England, Peel became involved with the dispute about employment of Roman Catholics (and non-conformists) in public office – initially supporting the status quo but later changing his views and backing legislation such as the Roman Catholic Relief Act of 1829, partly in order to avoid what he called "civil strife".

He is also known for – in 1846 – repealing the Corn Laws, which had imposed high tariffs on imported grain; and for being one of the founders of the modern Conservative Party. He held old-fashioned views, however, on the function of ministers of the crown, who he regarded as primarily servants of the state.

Peel was an outstanding debater, but rather shy and could be autocratic, which may have been why Queen Victoria allegedly found him difficult. Having survived a failed assassination attempt by a paranoid stalker in 1843 (his personal secretary was killed by mistake), Peel died at the age of 62 after injuring himself when falling from his horse.

From stained glass to medieval graffiti: annual conservation grants for churches revealed

More than £260,000 was distributed by the Church of England last year to support conservation of historic items and works of art in parish churches. They ranged from stained glass and organs to curtains, a carpet and an 18th century Bible famous for its misprints. In all, there were 124 projects in 33 dioceses, including wall paintings, monuments, church bells and even medieval graffiti.

The conservation grants programme is administered by the Church of England's Cathedral and church buildings department from funds provided by The Pilgrim Trust, the Radcliffe Trust, the Anglican Parish Churches Fund, The Oswald Allen Fund, the Gunnis Fund and the Church of England Net Zero Fund. This year, the conservation grants scheme is being extended, thanks to the support of the National Lottery Heritage Fund.

Vocations film and online service highlight God's personal call to each of us

A former insurance worker and a priest who once worked in sales will speak of the sense of peace and purpose in finding their vocation in life, in a recently launched new film and online service.

The 'Is it You?' film, www.churchofengland.org/faith-life/vocations and the Church of England's national online service, www.youtube.com/watch?v=zwJtoV9Weeg for Vocations Sunday will highlight the individual nature of each person's vocation in life – and the sense of peace and purpose that hearing God's call can bring.

Curate in Charge of St John's Park, Sheffield, the Revd Luke Graham, appeals viewers to consider what God is calling them to do in life, regardless of age. He tells of his own call nine years ago when he left his sales job, realising that God was calling him to lead a church.

"Knowing that I am where God wants me and doing what He has called me to do, gives me a sense of peace and a sense of purpose," he says.

Former insurance worker Iain Nash describes a 'real sense of purpose' on finding his vocation as a children's and families minister at St Michael's Church in Stoke Gifford, Bristol.

His message is echoed by Marcia Grant-Che, a business studies teacher who is a Reader – or non-ordained minister – in St Oswald's Church in Norbury, south west London.

"I just felt such a sense of peace that I just knew it was God's voice," she says, describing her call to become a lay minister.

The online service features participants from the Ministry Experience Scheme, the year-long placement run by the Church of England for young adults that has attracted more than 900 people over the last decade.

The Dean of Sheffield, Abi Thompson, who was baptised and confirmed at 18 years old, speaks of how singing sacred music in a choir as a university student helped her to sense God's call in her life.

She says: "It was a very slow progression for me towards going away to train for ordination, but it was music that did it, it was the business of singing, what that made me feel, and the sense that God was present in that, and communicating to me through the action of singing in a choir."

The Bishop of Chester, the Rt Revd Mark Tanner, will emphasise the unique nature of each person's vocation in his sermon for the online service.

"God is not in the sausage factory business, He is not in the business of taking you and making you just like everybody else," he says.

"He is not in the business of repeating with you what He has done with other people. He calls you by name, He has a purpose for you and He longs to work with you."

The Revd Canon Mel Takacs, of Bristol Cathedral, describes how she felt a calling to ordination only a year after becoming a Christian.



“This isn’t a journey that you take alone, please do speak to someone, there is no other feeling quite like finding your place in God’s world and your own calling,” she says.

The Revd Jonathan Lloyd, Vicar of St Michael’s with St Mary’s Church in St Albans, describes how there had once been a time when becoming a priest was the ‘last job I would have imagined myself doing in the whole world.’

“It took one conversation, one little step, to open a door which I didn’t even know was there,” he said.

The Rev Helen Fraser, Head of Vocations for the Church of England, said: “I am confident that God continues to equip his Church by calling people from all walks of life to serve and lead in worshipping communities.

“If you have a sense that might be you, please don’t squash it to the back of your mind. Please have courage to take a next step.

“That’s likely to involve learning more about vocations to ministry, talking to trusted friends and your church leader or looking up your diocesan vocations team.

“There’s also lots of information and a contact form on the Church of England website, www.churchofengland.org/faith-life/vocations. If you are setting out on this journey, please be assured of our prayers in the National Vocations Team.”

The national online service for Vocations Sunday, <https://www.churchofengland.org/prayer-and-worship/join-us-church-online/weekly-online-services> will be broadcast on Facebook and YouTube on Sunday at 09:00.



The Archdeacon's Visitation Service at St Barnabas Church, Burnmoor

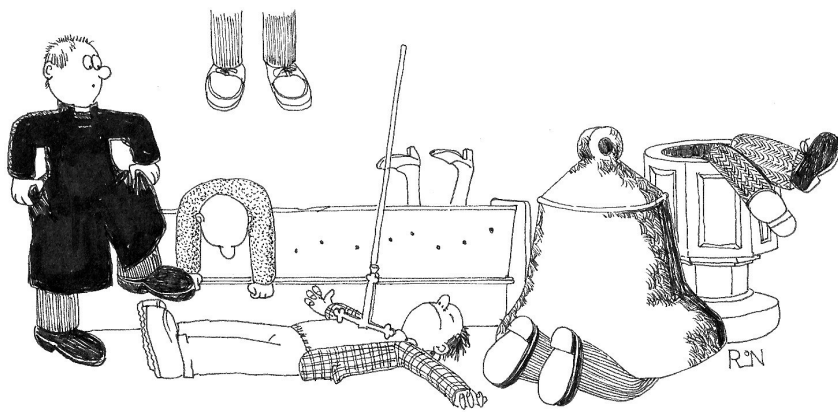
From Liz, our new Church Warden

The Archdeacon's Visitation Service was held on June 11th 2025, at St Barnabas Church in Burnmoor. It was a meaningful occasion as I officially took up my new role as Church Warden at St Andrew’s Church in Chilton Moor.

I am excited to begin this new chapter and look forward to fulfilling my responsibilities with the guidance and support of Reverend John Estall, as well as the dedicated members of the PCC. My training will begin in July at Durham's Cuthbert House, where I will gain further insight into the role.

The role of Church Warden is both challenging and rewarding, but I am eager to take on the responsibility and will give my best to serve the congregation and community.





It was a normal Sunday Morning in Midsomer Parish Church



"It's not a new stained-glass window – the Youth Club put its skateboard ramp too close to the church's west wall!"

Vote carried

The vicar was ill in hospital and so the churchwarden went to visit. Trying to cheer him up, the churchwarden said: "We missed you at PCC last night. We even put forward a resolution to wish you a speedy recovery. It was passed by 14 votes to 12."

Preaching hazards

Showing your new parish that you are a forceful preacher may not always be a good idea, as the Revd Sydney Smith found out when he first arrived at All Saints Church in Foston in 1806. "When I began to thump the pulpit cushion on my first coming to Foston, the accumulated dust of 150 years made such a cloud that for some minutes I lost sight of the congregation."

Miscellaneous observations on life today

If you can't shine, at least twinkle! – Alistair Begg

Worry is like a rocking chair; it will give you something to do, but it won't get you anywhere. – Anon

People who cannot bear to be alone are the worst company. – A Guignon

You are only what you are when no one is looking. – R C Edwards

You must not always expect the wind to be at your back all the way to heaven. – William Tiptaft

Age: the only thing that comes to us without effort. – Anon

If you will be cherished when you are old, be courteous while you are young. – John Lyly

The Nicene Creed part 2: Who is Jesus?

We believe in one Lord, Jesus Christ, the only Son of God, eternally begotten of the Father, God from God, Light from Light, true God from true God, begotten, not made, of one Being with the Father; through him all things were made.

This month we are looking at what the Nicene Creed affirms about the person of Jesus Christ.

'We believe in one Lord, Jesus Christ, the only Son of God': Jesus is presented as the unique Son of God. This reflects the big debate at the time, which was to counter the teachings of Arius, who taught that Jesus was the first and greatest of God's creatures, but not the same as God the Father.

Today we can be more concerned about Jesus' authority as a moral teacher, neglecting that Jesus the man is also truly God. *'We have seen His glory, the glory of the one and only Son, who came from the Father'* (John 1:14).

'eternally begotten of the Father, God from God, Light from Light, true God from true God, begotten, not made, of one Being with the Father': These words affirm the divinity of Jesus. The phrase *'begotten not made'* is crucial in understanding Jesus as the unique Son of the Father, who existed eternally of the same divine nature as the Father.

'In the beginning was the Word, and the Word was with God, and the Word was God. He was with God in the beginning' (John 1:1,2). It is a powerful reminder that our belief revolves around trusting a person, not simply in a set of beliefs and moral teaching.

'through Him all things were made': The Creed affirms that Jesus the Son cannot be made, because through Him all things were made and only God can create from nothing.

'Through Him all things were made; without Him nothing was made that has been made.' (John 1:3). This implies that our world was made good, with a purpose in which we can share.

Also, Jesus has the last word in promising to bring everything in heaven and on earth together at the end of time under His Lordship (Ephesians 1:10). This makes a real difference to how we see and treat God's Creation and those created in God's image.

In response to this, can we say that Jesus is Lord of every area of our life?



"If You Could Dine with Five"

In each issue, we're inviting a member of our church community to answer this thought-provoking question:

"If you could invite any five people—past or present—to join you for dinner, who would you choose, and why?"

These could be historical figures, saints, authors, family members, historical icons, loved ones, or anyone who inspires you, or anyone who's made an impact on your faith, your life, or the world. We'd love to hear who *you* would choose and what you might talk about around the table. What a dinner that would be—filled with deep questions, heartfelt stories, and the kind of laughter that lingers. Who knows—you may inspire someone else in the congregation with your answers!

Feel free to share a few lines about each person—just a little explanation to help us understand why they've earned a seat at your table.

This month it's our dear friend and our Church Warden Stephen Forster

I confess to a bit of cheating here as I have dined with most of the people on my list and know them to be such great company that the chance to share a meal and enjoy time together again would be a fantastic dinner.

Nadim and Tanya Ednan-Laperouse. I'm asking for a two for one place here. Following the tragic death of their 16 year old daughter Natasha onboard a aeroplane after suffering an allergic reaction to food, Nadim and Tanya have dedicated their energies to change the way we think and respond to food allergies and they are both incredibly inspirational. And they are such lovely people, spending time with them both is an absolute privilege and joy. The humility and grace they have shown in improving the world for others following such a tragic loss has to be a lesson for us all and has created a wonderful legacy for Natasha's short life that most of us could never achieve. Learn more about their foundation NARF by following this link. www.narf.org.uk

Professor Greta Defeyter from Northumbria University has a brain the size of England, I have come to know Greta well through my work with LACA the school food people. She is originally from South Africa and has had such an amazing life story that it alone would qualify her for her academic leadership and role as Dean of Human Sciences at the University. Her work in researching and improving the lives of under privileged people in our region has earned her a reputation and role as a "change maker" behind the scenes in the DfE and Government. She is enormous fun, self deprecating and happy to laugh at her own mistakes and shortcomings and will fill the gap in any conversation.



Prue Leith brings infectious excitement to a meal table. Her enormous wealth of knowledge about great food is matched by her enjoyment of eating and drinking lovely things. Prue reaches out and chats easily with everyone round the table, she is likely to reach over and ask to share something she likes the look of on your plate but equally will say “try this it’s delicious” with something from her own portion. She is a delightful lady and makes you feel you really matter when you are with her.

I love listening and watching the band Coldplay, to have Chris Martin their lead singer at the table would be amazing, despite his huge talent, energy and fame, he appears to be such a gentle person whenever he is interviewed, that to learn more about him, and his life at a meal table would be immense, and if we have a piano in the room we might hope for a slice of Paradise for dessert.

Follow this link to listen to Paradise.

www.youtube.com/watch?v=1G4isv_Fylg

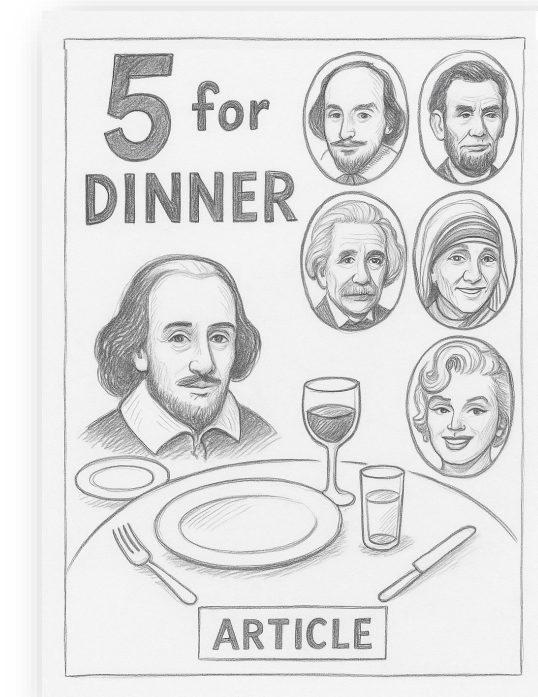
The chance of another meal at the Fisherman’s Lodge which was in Jesmond Dene, Newcastle with my Auntie Doreen when she was fit and healthy would be amazing. She was my best friend, my guide, my mentor, my favourite person. Not always the easiest lady to please she had high expectations, could be challenging, but was kind, thoughtful, supportive generous and caring for so many people but especially those she loved.

She would always have at least four books on the go, she used to say it kept her brain healthy to be thinking of different topics or plots she skilfully brought this to life when she would launch into

three or four of her own stories weaving together elaborate twists and turns but always coming back to the original point she would be making. I miss her and would so much love to see her again, hear her voice and share more precious time with her. And anyway seeing Auntie Doreen, Prue Leith and Greta around the same table would be a huge entertainment they are all such amazing characters.

I don’t want to keep my wonderful guests to myself. My wife Nicola and daughter Sarah with her boyfriend Seb would have to join us at the table, Nicola keeps me right, and I would want to share the time and enjoyment I know I would have with my other guests with those I love most, so could my “dine with five” possibly have ten seats at our table please?

Thank you Stephen, of course you could have more seats, what a dinner party that would be.



Where do cricket bats come from?

We see them, off and on, all summer: cricket bats. But did you ever wonder how they are made?

The timber comes from mature willow trees, each of which should give about 30 bats. It is first cut into rounds, and clefts are split out.

Each cleft is then rough sawn, and waxed at the ends, to stop moisture loss. The clefts are air or kiln dried before being cut into a basic blade shape. The craftsman puts the springiest part of the bat in the centre.

Next, comes 'pressing the blade'. This is when the willow fibres are compressed, to strengthen the timber so that it can withstand the impact of the ball.

Then, the handle is fitted by glue. It is made of cane and rubber strips, and set slightly forward, for a perfect pick up.

The bat is then shaped by a hand-drawn knife and smoothed by a wooden plane. The shoulders of the bat are blended with the spoke-shave, and then the bat is sanded.

Finally, there is the process of minding, polishing and labelling. This is where the bat is mounted in a lathe, controlled via a foot treadle. The handle is bound, using twine and glue. The blade is then finely waxed, to a satin finish. Finally, grips are fitted onto the handle, and labels are applied.



All in the month of July

It was:

250 years ago, on 1st July 1775 that the British Parliament brought in the New England Restraining Act. This forbade its North American colonies from trading with anyone other than Britain, Ireland, and the British West Indies. The colonies were also forbidden to fish in the Atlantic without permission.

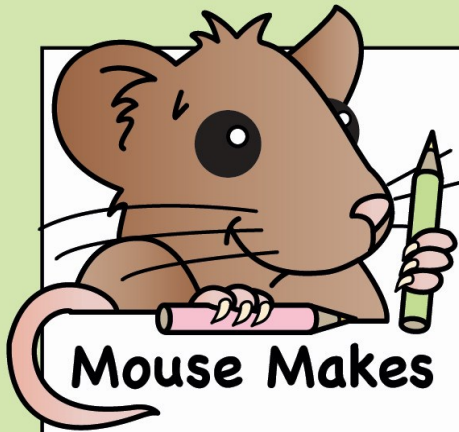
175 years ago, on 2nd July 1850 that Robert Peel, Prime Minister (1834-35, 1841-46) died. He founded the Metropolitan Police Service and is seen as the father of modern British policing.

150 years ago, on 26th July 1875 that Carl Jung, Swiss psychiatrist and psychoanalyst was born. He was the founder of analytical psychology.

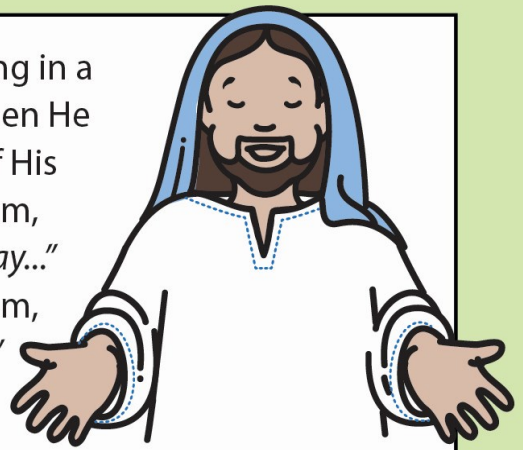
125 years ago, on 2nd July 1900 that the premiere of Finnish composer Jean Sibelius's tone poem *Finlandia* (Opus 26) was given in Helsinki.

75 years ago, on 5th July 1950 that the Law of Return was passed in Israel. It granted all Jews the right to immigrate to Israel.

Also 75 years ago, on 11th July 1950 that the first episode of the BBC children's TV show *Andy Pandy* was broadcast in the UK.



"Now Jesus was praying in a certain place, and when He had finished, one of His disciples said to Him, 'Lord, teach us to pray...' And He said to them, 'When you pray, say....'"



Our _____
in _____,
hallowed be your
_____, your
_____ come,
your _____ be done,
on _____ as it is in
_____.
Give us today our daily
_____.
_____ us our
S _____ as we forgive
those who sin against us.
Lead us not into

but _____
us from _____.
For the kingdom,
the _____ and
the _____ are
yours now and forever.
Amen

D	T	E	O	P	R	G	O	D
F	E	E	B	R	E	A	D	I
O	M	G	T	O	P	P	G	S
R	P	W	R	T	E	O	L	C
G	T	L	E	E	N	W	O	I
I	A	O	S	C	T	E	R	P
V	T	R	P	T	A	R	Y	L
E	I	D	A	I	N	A	M	E
N	O	S	S	O	C	D	A	S
E	N	P	S	N	E	V	F	W
S	K	P	E	V	I	L	A	I
S	I	R	S	I	N	S	T	L
Y	N	A	E	A	R	T	H	L
G	Y	H	E	A	V	E	N	
I	D	E	L	I	V	E	R	E
F	O	R	G	I	V	E	V	E
A	M	E	N	W	O	R	L	D
I	L	F	L	J	E	S	U	S



Fill in the missing words of the Lord's Prayer then find them and these extra words in the word search:
LORD'S PRAYER
DISCIPLES
JESUS
GOD
WORLD
NEEDS
FORGIVENESS
TRESPASSES
PROTECTION
REPENTANCE



The versions of **The Lord's Prayer** we say today come from the Gospels of Matthew and Luke.
Which version do you use in your church?



Read
Matthew 6:9-15
and
Luke 11:1-4





Mother's Union St Andrew's

We meet at 2pm on the third Thursday of the month. We welcome new members.



A Prayer for Outreach in Our Community
Gracious and loving God,
As the days grow longer and the sun shines more brightly,
We thank You for the season of summer—
For the beauty of creation in full bloom,
For the joy of rest, renewal, and time with loved ones.

Bless our community in this season:
Keep safe those who travel,
Refresh those who are weary,
And comfort those who find these months lonely or challenging.

May our gardens, parks, and streets be places of peace and welcome.
May laughter ring out from homes and fields,
And may kindness flourish among neighbours and friends.

Help us to use this time well—
To deepen our relationships,
To open our hearts to those in need,
And to grow in faith and gratitude.

As we enjoy the warmth of summer,
May we always be mindful of the warmth of Your love,
Guiding us through every season of life.
In Jesus' name we pray, Amen.

Beetle

The Beetle Drive is on the second Thursday of the month in Churchill Square Community Centre from 2-4pm for an afternoon of fun and games. New members are more than welcome to come along and join in.

Jean Campbell



There is a welcoming and inclusive worship service featuring contemporary music that resonates with all ages and backgrounds taking place at St Cuthbert's Church, East Rainton at 4:00 pm on the third Sunday of each month in the Church Hall. This service is designed to bring together members and visitors from all four of our Churches. It offers a meaningful and uplifting experience for everyone and you will find a space to connect, celebrate, and grow in faith as part of our shared community.

Staring at beautiful objects really does spark inspiration

Next time you see something beautiful – pause for a moment and simply enjoy it. Especially if it counts as ‘art’.

For recent research has found that contemplating beautiful works of art really can inspire you.

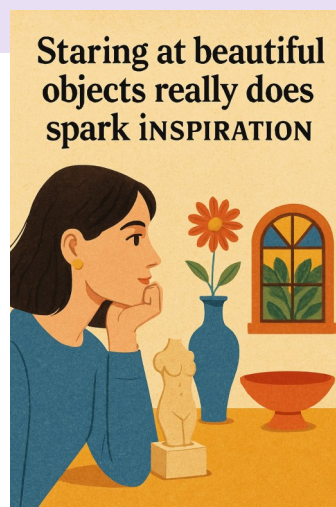
Researchers at the University of Cambridge have found that beautiful art can induce ‘psychological distancing’. This is the process of zooming out on your thoughts, in order to gain better clarity on your life.

One professor at Cambridge put it this way: “Many philosophers throughout history have suggested that engaging with aesthetic beauty invokes a special kind of psychological state.”

So, visiting an art museum “is not just a pleasant way to spend an afternoon, it may actually change how we think about our lives.” Beauty appreciation seems to “help people detach from their immediate practical concerns and adopt a broader, more abstract perspective.”

“Admiring the beauty of art may be the ideal way to trigger the abstract cognitive processes increasingly lost in a world of screens and smartphones.”

Researchers say this shows the importance of public art venues. The findings were published in the journal *Empirical Studies of the Arts*.



Sea Sunday, held on the 13th of July

Sea Sunday is a special day dedicated to recognising and praying for the well-being of seafarers and their families around the world. Organized by maritime ministries such as the Mission to Seafarers, Stella Maris (Apostleship of the Sea), and the Sailors' Society, this day highlights the vital and often overlooked role of those who work at sea. Whether transporting goods, fishing, or serving on passenger vessels, seafarers spend long months away from loved ones and face many hardships including isolation, dangerous weather conditions, and the pressures of global trade.



Churches and communities across the globe mark Sea Sunday with special services, collections, and events to raise awareness and offer support. It is a moment to give thanks for the men and women who keep international commerce moving and to reflect on the challenges they face. On this day, many are encouraged to pray not only for seafarers' physical safety but also for their mental and spiritual well-being, recognizing their essential contribution to daily life and the global economy.

CofE attendance rises for fourth year

Attendance at C of E churches grew for the fourth year in a row last year.

The overall number of regular worshippers across the Church of England's congregations grew to 1.02 million in 2024, a rise of 1.2 per cent, according to an early snapshot of the annual Statistics for Mission findings.

It was the second year in a row in which the Church of England's 'worshipping community' – the combined number of regular members of local congregations – has stood above a million since the Covid-19 pandemic.

The numbers in the pews on a typical Sunday was up by a further 1.5 per cent to 582,000 in 2024, extending rises over recent years.

And overall, the in-person attendance across the week edged upwards by 1.2 per cent in a year, and stood at just over 701,000 last year, according to the early figures.

The increase was driven by a recovery in attendance by adults (over 16), among whom average Sunday attendance was up by 1.8 per cent, and weekly attendance rose by 1.5 per cent.

While the overall figures show that in-person attendance has not fully reached pre-pandemic levels, the figures suggest it is moving closer to the pre-pandemic trend.

The preliminary snapshot of Statistics for Mission returns follows separate figures which show there has also been a sharp increase in traffic on the Church of England's church-finder website, AChurchNearYou.com.

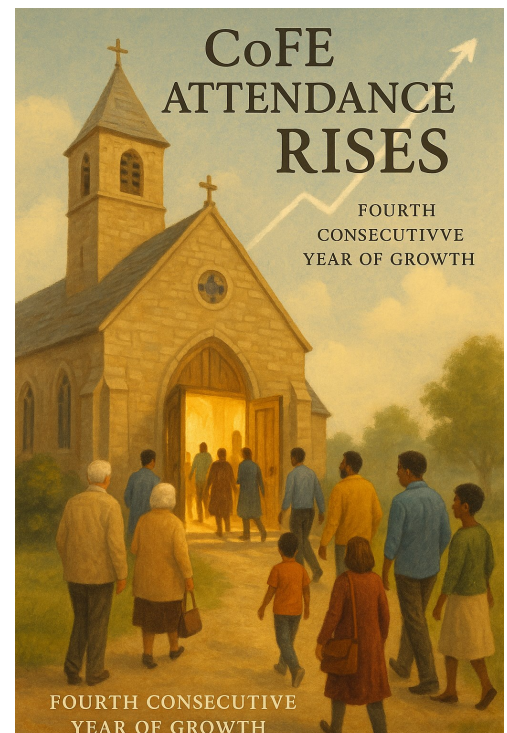
The number of page visits to AChurchNearYou.com jumped by 55 per cent last year to almost 200 million as people searched for their local congregation.

The Archbishop of York, Stephen Cottrell, said: "The Church of England exists to share the good news of Jesus Christ. So it is encouraging to see further signs that more people are coming to faith in Jesus Christ and having their lives changed.

"Although this is just a snapshot and we don't know the ages of those who have started attending church in the past year, other evidence suggests that many of these are young adults.

Debbie Clinton, the Church of England's Director for Vision and Strategy, said: "Our statistics are much more than numbers, each represents an individual. In 2024 we have heard and seen exciting stories of growth in parishes, in our estates and in post-industrial and coastal towns.

"Nationally we aim to ensure that each young person has a flourishing children, youth and families' ministry within reach of them, we are seeing growth in the number of churches with more than 25 young people attending."



July Crossword

Across

1 'I pray that out of his glorious — he may strengthen you with power through his Spirit in your inner being' (Ephesians 3:16) (6)

4 'Saul's father Kish and — father Ner were sons of Abiel' (1 Samuel 14:51) (6)

7 'Praise the Lord, O my —' (Psalm 103:1) (4)

8 See 5 Down

9 Laws (1 Kings 11:33) (8)

13 'Who of you by worrying can — a single hour to his life?' (Luke 12:25) (3)

16 Artistry (Exodus 31:5) (13)

17 'Your young men will see visions, your — men will dream dreams' (Acts 2:17) (3)

19 How David described his Lord (Psalm 19:14) (8)

24 'If this city is built and its — — restored, you will be left with nothing in Trans-Euphrates' (Ezra 4:16) (5,3)

25 'The holy Scriptures, which are able to make you — for salvation through faith in Christ Jesus' (2 Timothy 3:15) (4)

26 Intended destination of arrows (Lamentations 3:12) (6)

27 Eve hit (anag.) (6)

Down

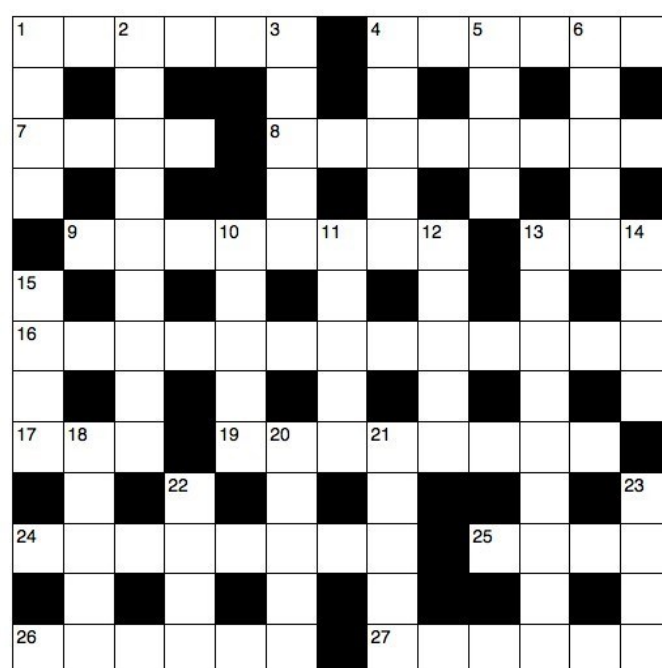
1 'For I am gentle and humble in heart, and you will find — for your souls' (Matthew 11:29) (4)

2 Where Peter was when he denied Christ three times (Luke 22:55) (9)

3 Remarkable early 20th-century Indian evangelist, a convert from Hinduism, — Sundar Singh (5)

4 'Now the king had put the officer on whose — — leaned in charge of the gate' (2 Kings 7:17) (3,2)

5 and 8 Across The Lover describes this



facial feature of the Beloved thus: 'Your — is like the tower of Lebanon looking towards —' (Song of Songs 7:4) (4,8)

6 'Stand firm then, with the belt of truth buckled — your waist' (Ephesians 6:14) (5)

10 Trout (anag.) (5)

11 Easily frightened (1 Thessalonians 5:14) (5)

12 The ability to perceive (Ecclesiastes 10:3) (5)

13 One of the clans descended from Benjamin (Numbers 26:38) (9)

14 "It is one of the Twelve," he replied, "one who — bread into the bowl with me" (Mark 14:20) (4)

15 Resound (Zephaniah 2:14) (4)

18 Traditional seat of the Dalai Lama (5)

20 Precise (John 4:53) (5)

21 Build (Ezekiel 4:2) (5)

22 Beat harshly (Acts 22:25) (4)

23 Darius, who succeeded Belshazzar as king of the Babylonians, was one (Daniel 5:31) (4)

Prayer for July 2025

Lord, in this month, we, your church, remember Thomas. Thomas, who asked questions and doubted when he didn't see You with his own eyes. And Lord, You walked through those locked doors of his questions and doubts specifically to meet his needs.

Help us to come to you, honestly, with our questions and doubts, knowing that You understand and will meet our needs too. Help us to recognize You with eyes of faith – the only One who can help us.

May we declare, with Thomas, in humility, devotion and thankfulness, 'My Lord and my God!'. We pray in your powerful name, Lord Jesus. Amen.

By Daphne Kitching



Church Finances

I set out below the income and expenditure of the Church during May 2025.

MAY			
(to the nearest £)			
INCOME		EXPENDITURE	
Regular giving	£765	Parish share	£1,000
Donations to church funds	£59	Cleaner	£168
Collections	£124	Magazine printing etc	£69
Hire of hall	£150	Gas/Electricity bills	£324
Fees for funerals etc	£56	Service sheets/wafers/ wine etc	£15
Magazine sales/ad fees	£240	Youth club expenses	£33
Book sales	£14	Flowers	£56
MAY TOTAL	£1,408		£1,665

Michael Baxter, Treasurer

A Tale of Two Brews

Why you should drink coffee
When you drink your morning cup of coffee, you are not the only one who is enjoying it.

Recent studies have found that the billions of friendly microbes living in your gut are also given a cheering boost. And that means better overall health for you – and even a longer life.

It seems that coffee not only contains compounds that nourish our probiotic beneficial bacteria, but the caffeine even helps them to increase in number. Coffee also contains polyphenols, plant compounds which acts as anti-inflammatory antioxidants.

But is there a best way to prepare and serve your coffee? Scientists believe that black coffee is the best for you, while coffee with cream and sugar is the worst. The study appeared in the journal *Nutrients*.

Why you should drink tea

There is a popular greeting card which says: 'All things are possible with a cup of tea'. And for many of us, that is almost always true.

Tea comes from the *Camellia sinensis* plant, which is often blended with other plants for different flavours, such as Earl Grey or chai. Tea is the UK's favourite hot beverage, which besides from cheering us up, has cancer-fighting properties and can improve our heart and gut health.

So here's what's good about tea:

Tea is rich in polyphenols, which have antioxidant effects on the body, and can reduce inflammation. Milk does not hurt their absorption, so add milk if you like! Tea has flavanols, which helps your blood to flow and lowers your blood pressure. One study at Harvard found that drinking three to four cups a day means you are less likely to have a heart attack.

Tea is prebiotic, which means it promotes healthier kinds of bacteria in your gut, which helps with your digestion, your respiratory system, and your immune system. Tea lowers blood sugar, and even the risk of Type 2 diabetes, due to the polyphenols. Tea may reduce your risk of cancer. Again, the polyphenols are your friends here, as they may be slowing the development of certain types of cancer.

Tea helps you concentrate. Coffee may speed you up, but it can also give you the jitters. Tea contains around 40-50 mg of caffeine, which is only half the amount



found in coffee.

But tea also has an amino acid called 'L-theanine', which helps produce a feeling of 'calm concentration', by lowering stress and improving mental focus.

Tea improves sleep – due to the polyphenols, L-theanine, theaflavins, thearubigins, and gamma-aminobutyric acid (GABA), which help lower stress and create calm.

Finally, black tea or green tea? Without going into some complicated science, it seems that they are equally healthy to drink. Black tea has more caffeine, which may help if you need more energy!



Me Granda, Matty Wilson

By John Harvey

We continue the interesting and humorous stories by our friend John

Mathew Wilson, Born 1891, at No; 4. Hopper St; Houghton Le Spring .The fifth child of George and Margaret Wilson's eleven children. His early working years were spent with a horse and cart selling fresh fish to help support the family. Then in September 1915 one of Margaret's Irish friends, Catherin whose husband Michael Bones, had just been killed in France, so leaving her a widow with four young children to support, Peggy and Freda Bones, also two of whom later died. So Margaret (asked) her son Mathew (now aged 24) to marry and support the widow, this was arranged and they married 18 months later in Feb 1916.



It was never a really happy marriage, but they got on with it together, and stuck it out

through thick and thin all their lives. They had two children. My Mum Ann Wilson, known as Nancy, and my uncle Austen. All four children got on well together and stayed friends for all their lives. At first they lived together in rented accommodation in Houghton, Matty still selling fish from a horse and cart. But after being single for so long he had become a drinker, and on occasions would a after the selling the fish then go into a pub for the rest of the afternoon, before returning home a bit worse for wear He never kept Kate or the children short of money or mistreat them in any way, but the drinking was slowly getting worse.

Well then the Fish and Chip shop, next to the school in Newbottle Street., (opposite the Lambton Arms) went up for rent with a place to live above the shop. They were lucky to get this and run it, Matty kept his fish round and Kate and Peggy run the shop.

Matty would come home and straight into The Lambton Arms, to play dominoes and have a few pints, when he should have being preparing the fish for Kate to fry, This just went on and on. Well then one day she sent the girls over a couple of times for him. "Tell her I will be over when I finish this game "he said, but never came. Kate who was just a bit of a temper, picked up the fish and a knife, walked over the road, into the bar (no women allowed in the public bar at this time) plonked the wet fish on the dominoes board, "if you can't



come home to do it, then fillet it here and bring it over" much to the other men's amusement. This had the desired effect, and though he never gave up drink and dominoes, things began to improve.

In the mid thirties they bought a house in East Rainton village with a large yard at the back, just over the road from Summer House Farm. There they opened a Fish and Chip shop again, the girls now a lot older were able to run it themselves. Matty in the mean time became a demolition, and scrap man. He always said churches were the best, lots of good stuff in there he said. The scrap trade he runs from the big back yard. It was a delight for me to hunt about among the scrap, as well as parts of cars and Lorries. He still continued drinking, but now only a few ½ pints of bottled Guinness, mostly in the Tavern, just over the green from his house or in the Traveller's Rest, at the top of Rainton Bank. Where when before it was closed and were playing dominoes, they still would call double three Matty Wilson.

Move on to 1947, I am seven years old and being brought up by my great gran. (Matty's mother) in Middle Rainton. He was great with me, always called me son. Nothing too much trouble for him to do, make me a cart from old pram wheels, no problem. Anything I wanted fixing or mending, off the Granda. As I grew to about 13, he would take me in the pub with him. ½ pint of brown ale and a packet of salted crisps. (Salt was in blue paper package) there I sat with the men, brought the round of beer to them, and played a hand if someone went to the toilet. He still went to the Lambton Arms, (knew the owners well) just shut the doors at afternoon closing time, and stayed in there with some of the miners who had just come off shift. The landlady took the two of us into the back for dinner with them. Now he took me out collecting scrap with him around Fence Houses, stop by the station for a ½ Guinness then off again. We went around the council tip down by the Hazard Pit, getting scrap, me looking for bike wheels and frames to make up a bicycle. And him looking for bits of brass or copper.

When the family came to visit, at night he took all the children to bed with him, (you cannot do this now) he was a typical Wilson, and loved children, always ready to play. He was the go to man in the village, anything that needed fixing; then Matty was your man. Clever with his hands and tools, wood, Lorries, even making keys. The two daughters Peggy and Freda from the first marriage had married and moved out. Peggy to run the grocery shops in the village with Billy her husband, Freda to Darlington. With her husband Joe Johnston. When Freda and Peggy were at home, with their mum Kate, they would have a large frame stretched over with sacking in the room. Designs were drawn on it, and everyone would be busy making hooky mats and chatting as we worked. My mam married just before the war, and lived with my Gt Gran in Middle Rainton, working in the ROF at Aycliffe. Dad was away until 1946. When he came home I was six, and wondered who this strange man was. They down south to live, and get a job leaving me as I said with my Great Gran who brought me up as her own son. Austin never married and stayed at home all his life. A very kind man. Who drove Lorries for a living, and later became the Hetton milkman. Kate my gran died in 1955 aged only 63. and Matty followed her in 1961 aged 70. Leaving Austin alone in the house. He was later re-housed in a bungalow in Lloyds' Avenue East Rainton.

John Harvey

Would you please mention John's wife, Eileen, in your prayers who is quite poorly?



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We hope that this system will help to meet our visit requests and visiting in general. If you would like a visit or know anyone who would like one, please fill in the slip opposite.

Cut out the slip and hand it into Church or, if you are unable to get to Church give it to someone to bring for you.

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Name of person requesting a visit

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