



#### 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 June Rev Christine



ear sisters and brothers

I am about to begin some adoption leave, a break away from my work in both my NHS role and my parish role. This comes at the end of quite a challenging few months,

during which my partner and I moved from being foster carers to prospective adopters and finally to becoming legal parents again, something that we never envisaged. God works in our lives in ways far beyond our understanding that is for sure!

Taking time out isn't something that I am very good at as Fr. John will testify and I approach this time of difference with some trepidation. I feel sure that this is

the case for many people reading this, especially following something that has turned your life upside down and caused you stress. The need to carry on as usual and keep yourself busy is usually the first instinct because then you don't have to think about what just happened and how it has affected you emotionally.

In the Bible we read many instances of Jesus stepping away from everything to spend time alone to be with God and to pray – Luke 4:42, Luke 5:16, Matthew 14:13, Mark 1:35, Mark 3:13, Mark 6:31-32, Matthew 14:23, Matthew 15:29 and I feel sure that there are more.

In this, as in all things, Jesus sets us a good example – divine, yet also human, he knows that in order to face the task ahead he needs to withdraw, reflect and pray. For many of us total withdrawal from our daily lives is not a long-term option but stepping away from our usual work or routine can be just as helpful and healing. And it is something that can help us adjust to a new way of being, a new shape to our lives after a change that has been planned our unplanned. My own situation comes to my mind but also retirement, bereavement and breakdown of relationship – any significant change for good or bad needs to be reflected upon and absorbed.

I feel sure that I will miss my work in the parish and the people that I usually encounter but I also know that taking the time to rest (not that a TODDLER gives you much time to rest!) and reflect should bring me back in September rejuvenated and ready to continue with added zest and enthusiasm. I pray that those of you who need to take some time out to reflect and heal can follow our Lord's example and step away from the busyness. With every blessing Rev'd Christine

# Barnabas – a very likeable disciple

his month we remember St Barnabas, whose real name was Joseph, a wealthy Levite from Cyprus. However, he was better known by his nickname which means 'Son of Encouragement' (Acts 4:36). Throughout Acts we see him encouraging others in different ways.

Barnabas was an example of *generous giving* (Acts 4:36-7), when he sold property and offered the money to the church for those in need. In the midst of an already caring and sharing community, he was singled out as a symbol of generosity. Are we known as somebody who is generous to those in need around us?

Barnabas later *encouraged a new Christian* in the person of Paul (Acts 9:27). After Paul's conversion and knowing his reputation, Barnabas came alongside him and brought him into the fellowship of the church. Are we ready to help those who are new in the faith to find a place in our church?

Finally, Barnabas was sent to the church in Antioch where he 'saw the evidence of the grace of God' (Acts 11:23). It was a church which brought Jewish and Gentile believers together for the first time. Like Barnabas, do we rejoice when we see God doing new things in people's lives? Are we also willing to embrace these things and facilitate change?

Encouragement is one of the spiritual gifts in the New Testament (Romans 12:8). It can be greatly undervalued but still is crucial in growing the church. Like Barnabas, will we nurture gifting; strengthen the doubters and those tempted to give up; show generosity to God's people and beyond the church; alongside strengthening people to move beyond their own comfort zones to help those in need?

Let's be prepared to ask the following questions: 'Are there people alongside us who will encourage us?' and 'How can we be encouragers to others?'

#### Miscellaneous observations

Don't put a question mark where God puts a full stop.

Are you wrinkled with burdens? Come to the church for a facelift.

When praying, don't give God instructions – just report for duty.

God grades on the cross, not the curve.

To forget a wrong is the best revenge.

The last ten years of life are the best, because we are freest from illusions and fullest of experience. – *Benjamin Jowett* 

The evening of a well-spent life brings its lamps with it. – Joseph Joubert

No wise man ever wished to be younger. - Jonathan Swift.

Leisure is a beautiful garment, but it will not do for constant wear. Anon

Grandmother-grandchild relationships are simple. Grandmas are short on criticism and long on love.

It is what you do when you have nothing to do that reveals what you are. - Anon

Page 2

# Mini is named the best-ever British car

hat is your favourite British car? Think of the Land Rover, Aston Martin, McLaren, Bentley and Rolls Royce. Then think of the Mini.

That is what a group of judges for the Auto Express did recently, and they chose the Mini.

Their verdict? "Put simply, we reckon no other British- built vehicle better represents the relevant, innovative and pioneering UK automotive industry quite like the world's original small car."

Phil McNamara, editor at large, Auto Express, adds: "there was only ever going to be one winner



of our Top 50 Brit cars rundown. The Mini was crowned undisputed champion."

It was in the late 1950s that the British Motor Corporation (BMC) asked car designer Alec Issigonis to come up with a sub-three-metre compact car that could accommodate a family of four. The result was the Mini, soon beloved of the public, celebrities and even (in a modified version) racing drivers.

The modern version of a Mini Cooper is nearly 90cm longer than the original, and prices starts at about £25,000.

#### Miscellaneous observations

Don't put a question mark where God puts a full stop.

Are you wrinkled with burdens? Come to the church for a facelift.

When praying, don't give God instructions – just report for duty.

God grades on the cross, not the curve.

To forget a wrong is the best revenge.

The last ten years of life are the best, because we are freest from illusions and fullest of experience. – *Benjamin Jowett* 

The evening of a well-spent life brings its lamps with it. – *Joseph Joubert* No wise man ever wished to be younger. – *Jonathan Swift*.

Leisure is a beautiful garment, but it will not do for constant wear. *Anon* Grandmother-grandchild relationships are simple. Grandmas are short on criticism and long on love.

It is what you do when you have nothing to do that reveals what you are. – *Anon* 

# Kitchener and that poster from the First World War

ome 175 years ago, on 24<sup>th</sup> June 1850, Herbert Kitchener, the 1<sup>st</sup> Earl Kitchener, was born. This Irish-born British Army officer and politician became Secretary of War during the First World War, when

he appeared on an iconic poster asking people to join the army.

Kitchener already had a fearsome reputation, having been responsible for big colonial victories in Sudan and South Africa. He was very widely admired by the British people, though his cool personality and eagerness to push his men to the limit made him disliked by fellow officers. But he was also described as a godly man "who did noble deeds and obtained noble results".



He had been on leave in England in June 1914 when he reluctantly accepted an appointment to the Cabinet as Secretary of State for War and was promoted to Field Marshal. Most people expected a short war, but Kitchener did not; he went about enlisting a great number of volunteers – a campaign symbolised for most people by Alfred Leete's poster using Kitchener's own face with the slogan '*Your country needs you*'.



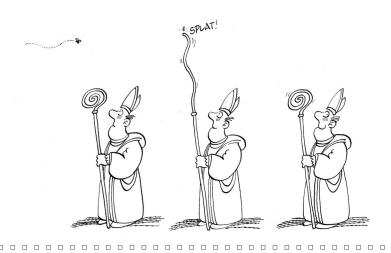
He organised British armies on a scale never seen before, but he was not to see victory. His life ended suddenly when he was drowned after the cruiser HMS Hampshire, taking him on a mission to Russia, was sunk in 1916 by a German mine. His body was never recovered, and the wreck is now a war grave. His death has been likened to the deaths of President Kennedy and Princess Diana – everyone remembered where they were when they heard the news.

A memorial fund launched by the Lord Mayor of London raised £500,000 to help war casualties and continues today. A Kitchener memorial was built by the people of Orkney on the cliff edge at Marwick Head.



"Well, no, I'm not dressing like this to create common ground with today's youth culture – I've always worn a hoody."

It's weird, being the same age as old people.



#### Encore!

The new curate had visited the local prison and taken along his electric guitar. He was so pleased with the applause that he responded: 'Thank you very much for your appreciation. I so hope that I will see you all back here again next year."

#### Notices in a church newssheet:

- Organist required: to work with small but trying priest and congregation. - The Low Self Esteem Support Group meets Thursday. Please use the back door. Weight Watchers to meet at 7pm in the church Please use large double hall. door at the side entrance. There will be a shared supper at church this Sunday - with prayer and medication to follow. The minister would appreciate it if the ladies of the congregation would lend him their electric girdles for the pancake breakfast next Sunday. The students will be presenting Shakespeare's Hamlet RON in the church basement Friday Keith was very strict about confetti in the churchyard at 7pm. The congregation is invited to attend this tragedy.



Many Congratulations to Naniel Luke Gorster and Olivia Margaret Candler, married in the Chapel at Lartington Hall, Varnard Castle on Wednesday 28<sup>th</sup> May 2025.

Daniel is our Churchwarden Stephen and Nicola's Nephew.

The Bride and Groom asked Stephen to take some of their flowers to Church for Grandparents Bill and Sylvia Forster and Auntie Doreen



# "If You Could Dine with Five ...."

n 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, Jean Campbell.

Given the infinite richness of diversity of choice the final selection must be a very personal one. The personalities of the chosen ones is such that our most interesting and extremely valuable evening should ensure.

Peter Ustinov Playwright, Director, Actor, Wit, Raconteur and Personality extraordinaire will in his most affable manner ensure A buoyant and interesting evening.

Franklin Delano Roosevelt. America's president during World War 2. A political giant as opposed to today's midgets'. He boasts considerable charm and worldly knowledge and would be an asset to any table.

David Attenborough. Champion of the natural world, Filmmaker, Author, Presenter and TV presenter. An admired member of the human race.

Lauren Bacal. A beautiful, elegant, witty and stylish reminder of the 'Golden Era of Hollywood'. Once Mrs Humphrey Bogart and Mrs Jason Robards and nearly Mrs Frank Sinatra, Miss Bacal would be a goldmine of wonderful anecdotes.

And finally to add to an already stimulating mix. Cassius Clay (Muhammad Ali) a great World Heavyweight Boxing Champion and Olympic Boxing Gold Medal winner. Always in the headlines as a champion for the rights of Afro Americans and causes dear to his heart. He comes with an impish sense of humour too. So sit back and enjoy your dinner, the food will be good as will be the company.

Jean

Thank you , that is very interesting. It would be a great dinner party.

# A statement following the death of Pope Francis

he Archbishop of York has issued a statement following the news of the death of Pope Francis today. Here are excerpts from that statement:

"Let us walk together, work together, pray together.' These are the words Pope Francis said to me when we met in 2023. They sum up his vision for the church, both the Roman Catholic Church but also ecumenically.

"Francis' s whole life and ministry was centred on Jesus who comes among us, not to be served, but to serve. We saw that in Francis's service of the poor, his love of neighbour especially the displaced, migrant, the asylum seeker, his deep compassion for the wellbeing of the earth and his desire to build the church in new ways. Francis showed us how to follow Jesus, and encouraged us to go and do likewise.



Pope Francis – Credit: Casa Rosada, Wikimedia Commons

"His encyclicals and teachings were supported by his deeds and actions. His whole life was instantly recognisable as those of one who followed Jesus.

"Pope Francis was acutely aware of the divisions between our churches, and I remember the powerful work he did with the then Archbishop of Canterbury, Justin Welby, and the Moderator of the Church of Scotland in promoting peacebuilding in South Sudan.

"I remember, in the brief times I spent with him, how this holy man of God was also witty, lively, good to be with, and the warmth of his personality and interest in others shone out from him. May he rest in peace and rise in glory.

# Understanding the Trinity

Trinity Sunday has its place in our liturgical calendar (15<sup>th</sup> June), yet we do not often hear sermons on the Trinity. The term 'Trinity' isn't found in the Bible, and the Early Church took nearly 400 years to come up with a clear understanding of it.

However, there are hints of trinitarian language in the New Testament, e.g. Jesus instructs His disciples to baptise 'in the name of the Father and of the Son and of the Holy Spirit' (Matt 28:19). Our understanding of the Trinity arises from God's activity in our world, as reflected in the creedal questions:

'Do you believe and trust in God the Father, source of all being and life, the One for whom we exist?

Do you believe and trust in God the Son, who took our human nature, died for us and rose again?

Do you believe and trust in God the Holy Spirit, who gives life to the people of God and makes Christ known in the world?

So why should the Trinity be important for us? If 'God is love' (1 John 4:8) it means that the Father, Son, and Holy Spirit are in a community of love together. Their relationship has been expressed as a divine dance, as they interact with one another, expressing love for each another and complementing the work each one has to do. As people made in God's image, we are called to live this community of love in our lives and churches.

The Trinity also provides the basis for our mission, 'As the Father has sent Me, so send I you.' Just as God the Father sent Jesus into the world, so Jesus sends us into the world to do the Father's work, against and appendixed by

world to do the Father's work, equipped and accompanied by the Holy Spirit. In sharing God's love, we share the life of the Trinity. Augustine spoke about the Spirit being the love between God the Father and the Son.

'At the heart of reality lies the love between the Father and the Son. The Spirit unites us with Christ so that we begin to experience the same depth of love that exists between the Father and the Son.' (Graham Tomlin).



#### M

# Open Farm Sunday – 17th June

o you have any farms near to where you live? Then this month, they might just provide you with an interesting day out!

For June brings Open Farm Sunday, which can be a "fab-u-lous oppor-tu-ni-ty for the public to dis-cov-er the cru-cial work farm-ers do in pro-duc-ing food, nur-tur-ing nature, and protect-ing the envi-ron-ment for future generations."

So says the website, www.farmsunday.org . And on the day, nearly 200 farms throughout the country will be welcoming the public to come and see their farms. From Inverness to Cornwall, about 170 farms will be putting on guided tours, self-guided walking routes and static displays as part of the event. Visitors will be able to take part in a national pollinators survey. This will involve standing near a crop area for five minutes to count pollinating insects before doing a comparative count in a different habitat.

The day is organised by the group Linking Environment And Farming (LEAF).



# Ordination season is underway

E

very summer the C of E ordains its new deacons and priests. The services are traditionally held during Petertide (29<sup>th</sup> June), a feast day that remembers the martyrdom of Saint Peter. He was the fisherman who became a devoted disciple of Jesus, and who then went on to be an instrumental figure in the early Church in Jerusalem.

Although the ordinations this summer will be held in a variety of cathedrals across the country, those being ordained will have certain important things in common:

- They will have felt called by God to serve as a deacon or priest.
- They will have passed a rigorous selection process.
- They will have completed a two-to-three-year training course (diploma or degree) at one the of theological education institutes (TEIs) based around the country.

And so here they are now – called, accepted, trained and soon to be set apart for this specialised ministry. If you know a deacon or a priest, pray for them and their families this month, as they begin a lifetime of public service to God.

# Father's Day – what we most value in our fathers

ather's Day is 15<sup>th</sup> June – a day to honour and appreciate our fathers and father figures, such as grandfathers and fathers-in-law. Many of us will make a special effort to see them on the day.

No two fathers are alike, of course, but various polls across the internet reveal some interesting similarities of what people

have most valued in their dad.

These traits include: being dependable, approachable, protective, patient, affectionate, honest, willing to listen, compassionate, and having spent time with them when they were young.

That's quite a list! People whose fathers had even some of those strengths have a lot to be thankful for. Thankfully, our Father in Heaven certainly has all HAPPY Regs

those traits. Jesus said the Father is totally dependable and protective of us, longs for us to turn to Him, and is full of compassion and love. And we are to call Him 'Abba' – Daddy!



#### 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,

You have called us to be the light of the world and the salt of the earth.

We thank You for placing us within this community,

and for the opportunity to share Your love with our neighbours.

Fill our hearts with compassion,

our minds with wisdom,

and our hands with generosity.

Help us to see Christ in every person we meet, and to serve with humility and grace.

Bless our outreach efforts, Lord—

may they bear fruit in building relationships,

offering hope, and drawing others closer to You.

Guide us as we listen to the needs around us,

and give us the courage to respond with faith and love.

May Your Spirit lead us always,

that through our words and deeds,

Your Kingdom may grow in this place.

In Jesus' name we pray,

Amen

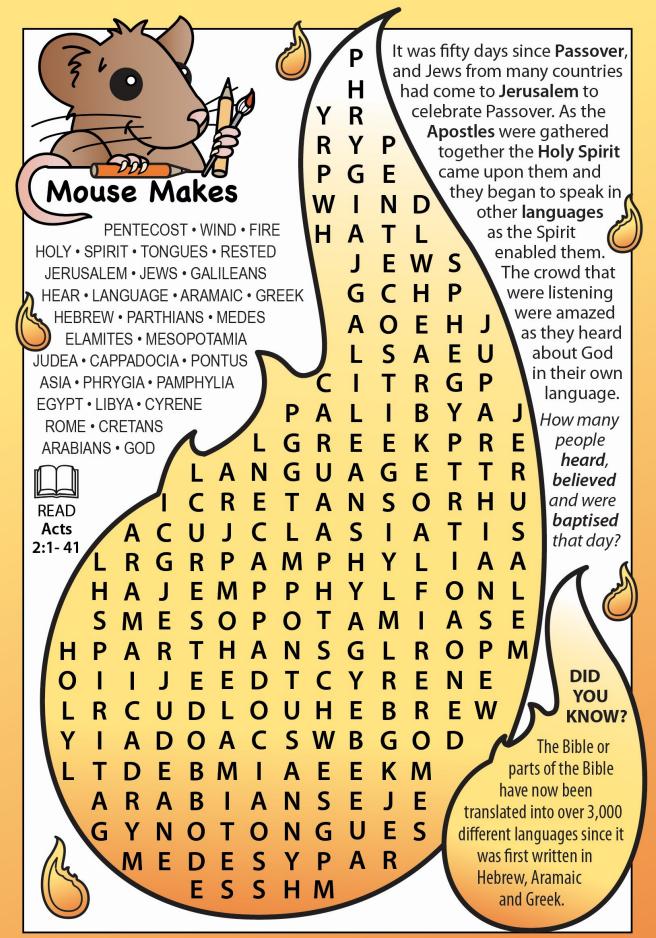
#### Beetle

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 we come 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 o 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.



Jun25© deborah noble • parishpump.co.uk

# The simple pleasures of Ordinary Time

ne great phrase of the Church of England, which is little-known but carries a wealth of rich meaning, is 'ordinary time'. While the seasons of Christmas, Epiphany, Lent, Easter, Pentecost and Advent all have their fixtures and moments for focus and concentration, the bulk of the summer months is 'ordinary time'! A very evocative phase – nothing particularly to focus on or to celebrate.

Just because it is 'ordinary', it does not mean it is not important or of no significance to how God wants us to use our lives. For most of us life is lived between high and low points: we look forward to something on the horizon or we are seeking to recover from something. So, it should be no surprise that ordinary time is the longest season in the Church calendar. Abraham Lincoln once said that: "God must love ordinary people because He made so many of them"!

Ordinary people, it seems to me, need 'ordinary time'. Sundays and weekdays inbetween, to sense God's presence with us in the day-to-day mundane, and ordinary comings and goings of life. He is there in the heights of resurrection joy and celebration. He is with us in the vulnerability and frailty of human weakness, modelled in the incarnation. He is with us in our efforts to discipline ourselves and be moulded by him (Lent) but He is also with us whenever we are conscious of life just being ordinary. When our eyes are opened to these things, we will see what an extraordinary God we have!

# Like Father, Like Son

ead Ringer is the odd phrase we use when referring to someone who looks like somebody else. Sometimes, instead, we say 'spitting image' when we see a likeness or similarity between one person and another.

This month includes Fathers' Day (15<sup>th</sup> June) and is an occasion when dads are particularly remembered by their children. As far as the boys are concerned, how many have heard someone say 'Oh, you really look like your father'?

One day, Jesus was talking to His disciples and said, "Whoever has seen Me has seen the Father" (Jn 14:9) What an amazing statement! Jesus was saying that He was the dead ringer or spitting image of God! At another time Jesus said, "I am in the Father and the Father is in Me." (Jn 14.10) These words must have shocked His hearers, for He was saying that He was equal with God. No one had said anything like this before, but certainly His miracles were proof that He was different. No-one else could do what He was doing. Some people wondered—could He really be who He said He was? So Jesus attempted to make His position clear and said, "If you knew Me you would know the Father also." (Jn 8:19) The people were being urged to know Jesus more. They had to look, listen and believe. Were His deeds of God or not? They had to decide! Today, we all stand in a similar position. Who is Jesus? Do we look at Him and say 'Yes, this is God in the flesh' or 'No, He was just a good person — but also perhaps, deluded or crazy?'

Thomas, the disciple with the nickname 'doubter', exclaimed: "My Lord and *my God*" (Jn 20:28). Thomas was convinced that he was in the presence of God, in human form. And when the Apostle Paul wrote to the church at Colossae he said clearly: 'It was by God's own decision that the Son has in Himself the full nature of God' (*Colossians 1:19*). Like Father, like Son!

# May Crossword

#### Across

8 Laban complained he had not been allowed to kiss them when Jacob fled with his family (Genesis 31:28) (13)

9 In favour of (3)

10 'The child's father and mother — at what was said about him' (Luke 2:33) (9)

11 Swagger (Psalm 12:8) (5)

13 'Terrors — him on every side and dog his every step' (Job 18:11) (7)

16 Bay bits (anag.) (7)

19 Preach, address an audience, speak in public (5)

22 Holy Communion (9)

24 'On their way to — out the land, Joshua instructed them, "Go and make a survey of the land" (Joshua 18:8) (3)

25 Joseph advised Pharaoh to appoint these to administer his grain storage plan (Genesis 41:34) (13)

#### Down

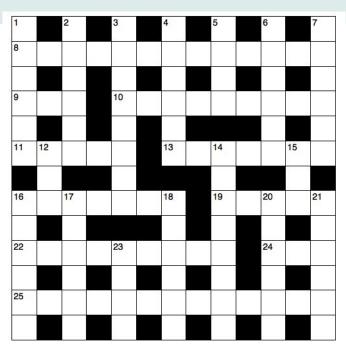
1 'Assyria's pride will be brought down and — sceptre will pass away' (Zechariah 10:11)
(6)

2 'And Jesus grew in wisdom and stature, and in — with God and men' (Luke 2:52) (6)
3 The descendants of Esau (Genesis 36:9) (8)

4 The components of the crown that Jesus was made to wear before his crucifixion (John 19:2) (6)

5 Colour of cloth which was to cover holy objects in the tabernacle when moving camp (Numbers 4:6–12) (4)

6 One of the gold articles plundered from the Midianites offered to the Lord by the Israelite army 'to make atonement' (Numbers



#### 31:50) (6)

7 'The fathers have eaten sour grapes, and the children's teeth are set — — ' (Jeremiah 31:29) (2,4)

12 Ate (anag.) (3)

14 'We ourselves... groan inwardly as we wait eagerly for our — as sons' (Romans 8:23) (8)

15 Abram's nephew (Genesis 14:12) (3)

16 Rupture (Job 30:14) (6)

17 'Yet to all who received him... he gave the right to — children of God' (John 1:12)(6)

18 'I... asked him the true meaning of all — .

— he told me and gave me the interpretation of these things' (Daniel 7:16) (4,2)

20 Military units (Exodus 14:20) (6)

21 'Joseph her husband was a righteous man and did not want to — her to public disgrace' (Matthew 1:19) (6)

23 Diva (anag.) (4)

# Prayer for June 2025

Dear Lord,

June is the loveliest month, with long days and the beauty of summer all around us. Thank you that, in the church's year this month, we remember one of the loveliest of your followers – Barnabas, known as the Son of Encouragement.

He encouraged the believers in Antioch to *remain true to the Lord* with all their hearts. Through his ministry of encouragement, a great number of people were brought to know you.

Lord, we all thrive when we are encouraged. And we, your people, so need to be encouraged today in this world which can seem so confusing and discouraging.

So, thank you for those who have encouraged us in the past, and for those who encourage us now. Help us to read your living unchanging Word and to remain true to you with all our hearts. Help us to be a *Barnabas* to those we know who might be struggling. May we bear fruit in our discipleship. In Jesus' name. Amen.

By Daphne Kitching

## **Church Finances**

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

APRIL			
(to the nearest £)			
INCOME		EXPENDITURE	
Regular giving	£706	Parish share	£1,000
Donations to church funds	£235	Cleaner	£139
Collections	£97	Gas/Electricity bills	£156
Hire of hall	£380	Service sheets/wafers/wine etc	£7
Magazine sales/ad fees	£45	Boiler service	£81
		Organist fee	£60
		Magazine printing etc	£51
		Clergy expenses	£34
APRIL TOTAL	£1,463		£1,528

Michael Baxter, Treasurer

Page 15



# How many steps a day is enough?

Counting steps has, for many of us, become a part of our lives. We feel triumphant when we hit 10,000, and guilty when we notch up less than 2,000 a day.

But daily steps, which are really no more than regular daily exercise, are not just a gimmick.

Medical research has found that your daily step count, especially when taken over years, really can make a huge difference to your health and life expectancy. The Government's official statistics cite physical inactivity as responsible for one in six otherwise preventable deaths.

So how many steps do you need to achieve different levels of protection?

2,000 to 3,000 steps a day – or just over a mile. This can help reduce your risk of heart disease.

4,000 to 5,000 steps – can reduce risk of chronic disease and helps reduce risk of cognitive decline. (People who walked this far were found to have a 25 per cent lower risk of dementia.) As a scientist at the European University of Madrid, said: "This is likely because of improved blood flow to the brain, reduced brain inflammation, better metabolism of glucose in the brain, and an increase in beneficial brain chemicals which stimulate neuron growth."

7,000 to 8,000 steps, about three miles, can provide a 31 per cent lower risk of depression, and it can also lower your risk of cardiovascular disease by 51 per cent.

10,000 steps – about five miles, achieves a wide range of health benefits. But even

just 8,800 steps a day has been found to reduce risk of premature death from many diseases by 60 per cent.

As a scientist at the University of Sydney explained: "It's about setting initial targets that are achievable, and then gradually working your way up to more daily steps, as you build up your capacity to handle more activity."



Page 16

# Farms, In the 1940/50s

By John Harvey

will probably get bits of this wrong as it was in the late 40, s, early fifties, when i was 7 till 14 yrs. And my memory fades. In my village Middle Rainton, we only had Grange Farm run by .Yeoman's family, He run a Dairy herd along with a few pigs and other livestock.

We used to sing, to the tune music while you work. Music while you work Old man Yeoman bought a shirt Arthur wore it Seamore tore it

Music while you work

It was a daily ritual to go to the farm for our milk in a Billy can Pint, Half, or Gill, coming home we found we could swing the cans overhead quickly without spilling the milk, find a good excuse if you failed and spilt it. The village is now long gone but the Grange farm is still there. Now the land below and to the west side of Middle Rainton was framed by Fred Handley from Marks Lane, West Rainton. Much more interesting. He grew fields of Wheat, Barley, Oats Potatoes Turnips, and one year a field of Beans, which we ate and another year a field of Peas, even better for us kids to scrounge, and the very first time that I saw Kale being grown. Turnips we ate raw, and hollowed out at Halloween, with eyes nose and mouth, and a candle inside.

Fred Handley was a good friend of the Wilsons with whome I lived, and would pop in our house on occasions. He would also explain to me what and why they did things; we had several horses and would buy our hay from him. This was kept in a Haystack, and involved cutting it from the stack with a long handled sort of tool with a crescent blade at the end of the handle that was very sharp.

The time of using horses was nearly over and tractors were in common use, but a horse and farm cart was still used for Turnip snagging, this involved pulling the turnip up by is roots. By its leaves. Then chop off the root with a turnip snagger, like a bill hook, with the root removed, swing the turnip up to the waggon, and in the process, chop off the leaves, in one action, so the turnip was hoyed into the waggon, and you left holding the leaves, looked easy but needed a lot of practice. There were a lot of turnips in a field to do. The horse just stood till it was told to move on. The corn when ripe was cut using a Reaper Binder pulled by a tractor. This fine tool had several big wooden slats that revolved horizontally, pulling the corn stalks down over the oncoming blades, it then collocated the stalks and corn, into a sheaf, and tied it with binder twine, and (this twine was versatile and used to tie everything on the farm.)

This sheaf's were collected and stood in stooks; about five on each side leaning into each other, corn head at the top, Here there were left for a few days to dry. The stubble that was left used to cut our ankles as kids in short trouser. The corn was collected by tractor and trailer and brought in for stacking. Corn stacks were built, when these stacks competed would be thatched on top to keep them dry.

(P)

Now we had several horses, as well as pigs, hens, ducks, so of course we had Rats, we had a terrier to keep these down, as well as rat traps. In order to train a dog to kill rats (they do it naturally anyway, but some are a lot better than others) we would catch live rats in a cage trap. Take them into a field with short grass, release them and let the dog catch and kill them. Cruel possibly, but this was 70 years ago, and attitudes were different.

Now came the time to thresh the corn stack. I remember this taking place, in a field beside the lane between West and Middle Rainton. The field was where the path crossed over the old abandoned railway line on Middle Rainton side on the right hand side. First by law the farmer had to erect 10ft high netting on poles, all around the stack to prevent the rats living in it from escaping. Next a big red Threshing Machine would be brought into the net circle, and a tractor. A belt was attached to the pulley on the tractor to the threshing machine. This belt may or may not have a twist in it. According to which direction it had to go, (twisting the belt reversed the drive to direction.) The farmer invited some people with a good ratter to come along and help.

Tractor started up, threshing machine got going, and the sheaves of corn from the stack hoyed into the machine. Stalks came out one way, the chaff from the corn another, and the clean grains of corn into waiting sacks. Also the rats came out of the stack by the dozen, some very large. We tied our trousers at the bottom to prevent them going up your leg. The dogs chased and caught, and killed them, a good dog needed only one bite to the back of the neck, the rat squealed ,the dog would shake, and let go and on after another. The rat kept moving, but it was a goner. The rats could run very fast and jump about six ft in the air, long day's hard work.

Potatoes, we got paid to pick them during school holidays, 2shilling a day. Or Tattie picking as we called it. We were given some sacking to tie around out waist and taken by tractor a trailer to the field. Here we were allocated a stint between two boys, a stretch of about 25 ft that was our area to pick. The tractor went up and down the rows, turning the potatoes from the ground, you picked them up, put them in the sacking tied to your waist, and when full emptied into sort of basket. Another tractor and trailer came and emptied these baskets. You had very little time to pick your stint before the tractor came back down; get behind in it was really hard back breaking work. Whole families would do this together, also a few men, and lots of women and some girls. The work was hard but the banter was great.

The potatoes were first riddled, the small ones were steamed for the pigs, and any showing green were kept for sets. And most sold. The rest of the potatoes were taken to an open field with a slope on the ground; here they were stored in potatoes pits (Clamp). Each pit would be about 80ft long, and 10 ft wide, going down the slope of the ground, the potatoes were stacked it in a long pile to a height of about 5ft so ending up with a pile about 10ft at the bottom, going to a height of about 5ft and 80ft long. This was then covered with about 18inches of straw, now around the outside a trench was cut right around the pile. The soil from the trench covering the straw over the potatoes, to protect from frost. The trench to take the rainwater away down the slope of the ground. These were left until spring when the pit was opened and the potatoes taken away to be sold.

# **Christ Church Lumley**



#### Houghton-le-Spring's Independent Bookshop

Come and find your next big read at Featherbed Books. We stock a wide variety of new books for all ages including classics, modern fiction, fantasy, romance sagas and translated Japanese literature. We have a book ordering service for any books not in stock.

We also stock a collection of books themed gifts such as pins and notebooks as well as a selection of Seaglass Art pictures. Additionally we have greeting cards and wrapping paper available too

> 104 Newbottle Street Houghton-le-Spring DH4 4AJ www.featherbedbooks.co.uk 07501 92284 922840



featherbed

books

YOOKED ON BOO

Advertise in Our Church Magazine! Connect with Your Local Community

Promote your business, service, or event in our **St Andrew's Church Magazine** — a trusted publication warmly received by our

congregation and wider local area.

Affordable Advertising Engaged, Loyal Readership Support Community & Church Life

Whether you're a small business, tradesperson, or offering local services — this is a great opportunity to grow your reach and support a good cause.

Interested? Get in touch at: info@standrew-chiltonmoor.church





### @ Burnmoor CC

Fabulous food Bringing back Sunday Lunch

Appetiser Maincourse Desert Beverages



Chester Road Burnmoor, Houghton-Le-Spring County Durham | DH4 6EX 0191 3852749 www.burnmoorcc.org.uk

# GLORIA HAIR STYLIST

For All Your Hairdressing Needs

Unisex

11 North View Chilton Moor Houghton-le\_spring Tyne & Wear DH4 5NN

Tel: 0191 385 2346

Pensioner Specials Tues & Wed Marie Mastaglio Bsc Dip. Pod. M



For An Appointment

0191 3902122 0796 9633823

# GIBSON & WOOD

#### Funeral Directors

Private Chapel Of Rest Family Funeral Directors All Areas Covered 24 Hour Service

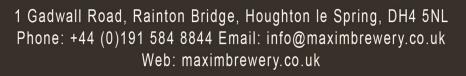
Exchange Building Railway Street Hetton-Le-Hole Tyne & Wear DH6 9HY Telephone: 0191 517 2221

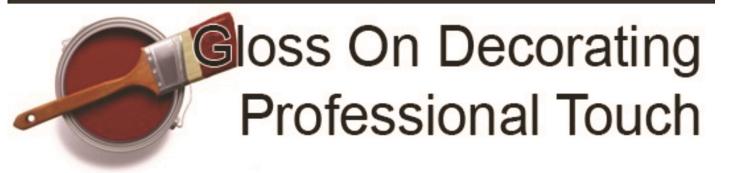
Peace Of Mind In Your Time Of Need

# MAXIM BREWERY



# The Taste of the North Since 1901





# nigelkennerly66@hotmail.co.uk

17 Lambton Street Chester-le-Street DH3 3NH 0191 4523453 07980029258



# "Serving the community with care and compassion"

Telephone:

## 0191 385 7213

9 North View Terrace, Chilton Moor, Houghton, DH4 5NN

## 0191 526 5800

30 Station Road, Hetton Le Hole, DH5 0AT

## 0191 526 3499

73 High Street, Easington Lane, DH5 0JR

Treat us as famíly... we will always be there when you need us

## Pre-Payment Plans Available 24 Hour Service All Area

W: www.greysfunerals.co.uk E: info@greysfunerals.co.uk







Vicar	Reverend John Estall M: 075254788336
	H: 0191 3882228
	E: revjohn@standrews-chiltonmoor.church
Vicar	Reverend Christine Britcliffe
	M: 07761327326
	E: revchristine@standrews-chiltonmoor.church
Warden	Stephen Forster
	M: 07831156120
	E: wardenstephen@standrews-chiltonmoor.church
Secretary	Barbara Hall
	secretary@standrews-chiltonmoor.church
Treasurer	Michael Baxter
	treasurer@standrews-chiltonmoor.church

For information concerning Weddings, Funerals and Baptisms, please contact Reverend John

Webwww.standrews-chiltonmoor.churchFacebook@StAndrewsChiltonMoor

St Andrew Parish Magazine Items for submission can be left at St Andrew or E: info@standrews-chiltonmoor.church





Please visit our website

# www.standrews-chiltonmoor.church



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 un able to get to Church give n to someone to bring for you.

Visit Request Name of person requesting a visit
Address
Telephone number
Request made by