

# St Andrew

## Chilton Moor



Parish Magazine November 2023

50p

Sunday 12<sup>th</sup> November Remembrance Sunday

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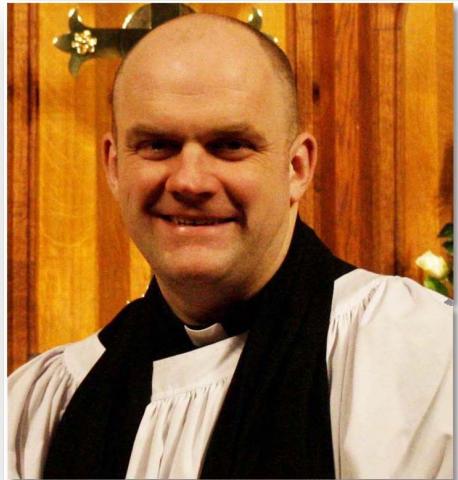
[https://twitter.com/st\\_chilton](https://twitter.com/st_chilton)

Next Issue The deadline for material to be submitted to the Editor for consideration for inclusion in the next month magazine is the 10<sup>th</sup> of the previous month. Items for submission can be left at St Andrew or  
E: [www.standrews-chiltonmoor.church](http://www.standrews-chiltonmoor.church)



# Vicar's Letter November 2023

From Rev John



It's was impossible to ignore what is happening in Israel and as I write this we're not long after the massive explosion at the Ahli Arab Hospital, something so terrible so horrendous it defies explanation. It's fair to say there are claims and counter claims over who did what. I think it's clear to me the ammunition wasn't intended for the hospital whoever fired it. And that wherever it came from it went off target. But that is no comfort to the families mourning loved ones, no excuse for whoever did fire it. The people injured in this blast now have no hospital to go to. It's a hospital which is funded by the international Anglican Communion and run by the diocese of Jerusalem, a neutral place in a warzone, caring for as the Bishop of Norwich put it the poorest of the poor.

With the invasion of Ukraine it was easy to know which side to be on, there was one aggressor, and one people who wanted to defend their land. This is so much more complex, both sides have some degree of right on their side, and both sides have done things which are horrendous.

But it was this incident which highlights so much of what is wrong, of tensions which both sides in their own ways have escalated over so many years, ways in which both sides have acted wrongly. We need to find a peaceful way forward, and far bigger brains than mine have not found a solution of what that might be. But we know we need to bring healing to our world. Not just in our bodies, but healing of our broken relationships, healing for our broken world.

There isn't anything else I can do to help the people of the Middle East than pray. One thing we can do in our places and in our communities is to stand up against Antisemitism and Islamophobia, of making sure that we are people who bring healing and hope rather than increasing divisions. But we can change our part of the world by bringing healing to our relationships, by being people of peace to those around us. And if we do that, peace, and healing will spread. It's the only way to change our world.

*With Grace & Peace, Rev John*

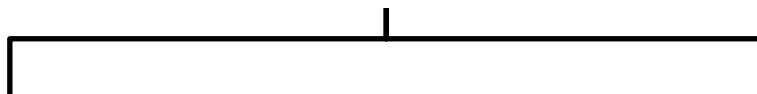


# Happy Birthday, King Charles!

King Charles was born 75 years ago this month, on 14<sup>th</sup> November 1948, at Buckingham Palace in London. He was the longest-serving monarch-in-waiting in British history and did not ascend the throne until he was 73, following the death of his mother in September 2022.

Charles was crowned in the first coronation in seven decades, on 6<sup>th</sup> May 2023. His current title is King of the United Kingdom of Great Britain and Northern Ireland.

But King Charles has also become head of the Commonwealth, an association of 56 independent countries and 2.5 billion people. For 14 of these countries, as well as the UK, the King is head of state. These countries are known as the Commonwealth realms. They are Australia, Antigua and Barbuda, the Bahamas, Belize, Canada, Grenada, Jamaica, New Zealand, Papua New Guinea, St Christopher and Nevis, St Lucia, St Vincent and the Grenadines, Solomon Islands, and Tuvalu.



The month of Remembrance may be especially poignant this year. Russia's invasion of Ukraine grinds on, and now there is trouble between Azerbaijan and Armenia. Millions of people's lives are being turned upside down, with no hope of peace and security in sight. It is indeed a time for Christians everywhere to pray for peace, based on justice and mercy.

But this month also brings us some notable anniversaries:

It is King Charles' 75<sup>th</sup> birthday.

It is 60 years since the National Service concluded its work.

And 26<sup>th</sup> November, the Sunday of Christ the King reminds us that this world with its evil and unfairness will not be allowed to go on forever. Jesus Christ has overcome death and will return to us one day. And HIS Kingdom will be one of justice and righteousness, with no more tears, and He will reign forever. Amen!

May the Lord bless you and keep you, amid any personal uncertainties you may be facing. Hope you enjoy. The Parish Magazine Team.



# 12<sup>th</sup> November, The poppies of Remembrance Sunday

In late 1914, WW1 erupted across Northern France and Flanders. Great swathes of previously green fields and forests were blasted and bombed, leaving them bleak and barren, with seemingly every living thing destroyed.

But then in the Spring of 1915, something beautiful began to come out of all the destruction. Tens of thousands of bright red Flanders poppies began to put out tentative shoots across the endless vistas of mud. These resilient little flowers had actually flourished in the middle of so much chaos and destruction, because their seeds grow when exposed to sunlight, through disturbances to soil.

We all know that these endless fields of cheerful poppies, growing in the midst of such misery and destruction, were what inspired the Canadian doctor, Lieutenant Colonel John McCrae, to write the now

famous poem 'In Flanders Fields'.

And it was McCrae's poem which inspired an American academic named Moina Michael to adopt the poppy in memory of those who had fallen in the war. She got it adopted as an official symbol of Remembrance across

the United States, and worked with others who were trying to do the same in Canada, Australia, and the UK.

A French woman, Anna Guérin who was in the UK in 1921, caught the same vision, and planned to sell the poppies in London. There she met Earl Haig, the founder of the Royal British Legion, who was persuaded to adopt the poppy as its emblem in the UK.

The Royal British Legion, which had been formed in 1921, ordered nine million poppies and sold them on 11 November that year. Ever since then, the red poppy has been a symbol of Remembrance, of support for the Armed Forces community, and also of hope for a peaceful future.



# Remembering the National Service – 60 years on

This year marks 60 years since the end of National Service. The Royal British Legion and the nation will be celebrating all that a generation of young men did for this country during those years, when conscription became just a part of growing up.

National Service drew in a staggering number of young men – more than two million of them were conscripted between the end of the Second World War and May 1963, when the last serviceman was demobbed.

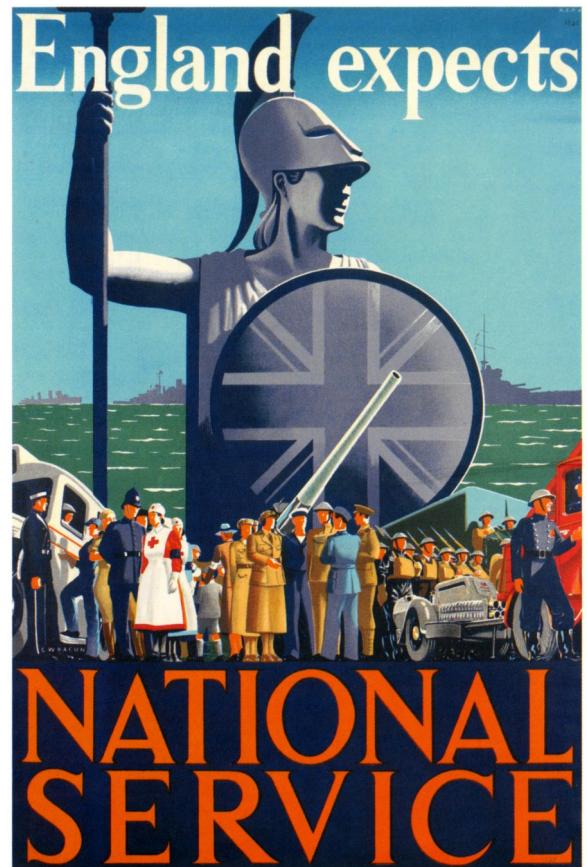
Conscription had come about following the war, when there was a huge demand for military resources in Britain. Young service men were badly needed to retain the Empire, and to contribute to the occupation of Germany and Japan. Yet low birth rates in Britain in the 1930s meant there were fewer young men available for military service.

And so the 1947 National Service Act was brought in as a solution. It meant that young men aged 18 – 26 were required to serve in the Armed Forces for 18 months.

They were sent to posts in the UK and to British garrisons around the world. Some fought on the front lines, and some worked as clerks.

Some taught in the Education Corps, and some were on sentry duty.

For many of them, it would have been the first time they lived away from their family, let alone left the country. So the National Service made great demands on them – and left them with a wide range of experiences.



# Introducing Our New Ordinand

Dearly beloved brethren,

I am Pontus Bramberg, a first-year ordinand (trainee vicar) at Cranmer Hall, Durham. Some of you may have already seen me around your churches and I am very excited to be joining the parishes of Great Lumley, Chilton Moor, and East and West Rainton for my term-time placement during the university terms of Michaelmas and Epiphany (so essentially until just before Easter 2024). Most of the time, at least during the earlier part of my placement, I will be working with your vicar: the Rev'd Fr John Estall. I will be with your parishes on Sundays and on one weekday each week (this is likely to be different every week). For a little bit of background on me, I grew up in northern Sweden (so I find the North East quite warm) and moved to Durham in 2020 to study Theology. While at university, I entered the discernment process for ordained ministry with the diocese of Durham and, after working with various churches in the diocese last year, returned to Durham to begin my ordination training (which, God willing, is due to be finished in 2026). When I am neither studying nor on placement (if there were any such time), I enjoy reading, walking around Durham and attending Choral Evensong. I am looking forward to getting to know everyone and pray for God's blessing to rest upon each and every one of you.

*Yours in Christ,  
Pontus Bramberg*

## The People's Kitchen

As Christmas quietly creeps up on us it's time to think of those less well off than ourselves and who would welcome some Christmas spirit. The People's Kitchen is a worthwhile charity based in Newcastle which we have supported before by giving individual donations of £5 in order to provide three course Christmas lunches for homeless or vulnerable persons.

The charity provides somewhere warm to come and get showered and enjoy a Christmas meal in the company of others

Please can you help by donating £5 so that someone can at least have one Happy day over this Christmas. Donations can be passed on via magazine distributors or to any member of the church congregation.

There has been a lot of sadness in the world leading up to Christmas and it would be comforting to know that we have been able to help someone less fortunate than ourselves.



*Thank you.  
Christine Baxter*

# The Two Minutes Silence

by David Pickup, a solicitor.

*Remember, Lord, Your great mercy and love, for they are from of old. Do not remember the sins of my youth and my rebellious ways; according to Your love remember me, for You, Lord, are good. (Psalm 25:5-7)*

I love the Psalms, as they cover every emotion and religious experience, from despair to praise and from fear to rejoicing. Some say they are difficult, but life is difficult, and so the book of Psalms is great for dipping into and finding the right one for you. This one is about remembering – remembering the past failures in our lives, and dealing with them.

What do you think about during the Two Minutes' Silence on Remembrance Sunday? Perhaps you do not think about anything. I find it helpful to make an effort to think about the war dead. I used to do some research into local men who were casualties. I had some photos taken from newspapers or sent home. These memories added some personalities and characteristics to the names on memorials.

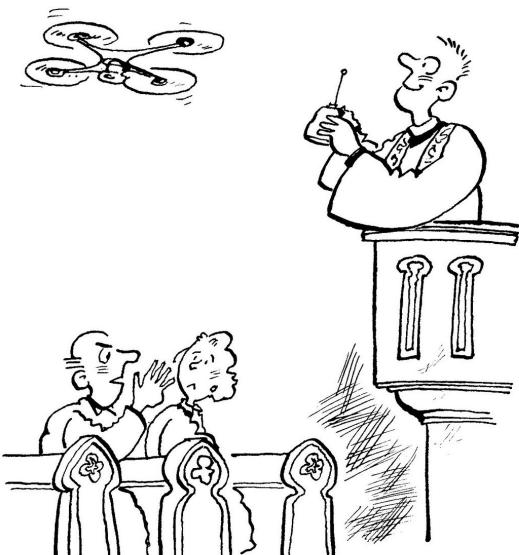
I also think of members of my own family, who lived through the wars, and the experiences they had. Most did not go off to serve away from home, but lived through the blackouts, blitz, and evacuation and rationing. My grandfather left a photo of some comrades and had written on the back a request to 'keep this safe'. And so we have, for over one hundred years! I also remember, with thanks, the comparatively peaceful lives we have had.

There are some things we do not want to remember, usually bad things we have done or had done to us. When we turn our memories over to God, we are asking God to be merciful and loving, for although we make mistakes we can appeal to His enduring love.





Rev John got a little carried away with the Church's new state of the art PA system



*...his constant droning from the pulpit is really getting on my nerves!*

#### THESE ARE ACTUAL COMPLAINTS RECEIVED BY A LEADING HOLIDAY OPERATOR FROM DISSATISFIED CUSTOMERS:

1. "They should not allow topless sunbathing on the beach. It was very distracting for my husband who just wanted to relax."
2. "On my holiday to Goa in India, I was disgusted to find that almost every restaurant served curry. I don't like spicy food."
3. "We went on holiday to Spain and had a problem with the taxi drivers as they were all Spanish."
4. "We booked an excursion to a water park but no-one told us we had to bring our own swimsuits and towels. We assumed it would be included in the price."
5. "The beach was too sandy. We had to clean everything when we returned to our room."
6. "We found the sand was not like the sand in the brochure. Your brochure shows the sand as white but it was more yellow."
7. "It's lazy of the local shopkeepers in Puerto Vallarta to close in the afternoons. I often needed to buy

things during 'siesta' time -- this should be banned."

8. "I think it should be explained in the brochure that the local convenience store does not sell proper biscuits like custard creams or ginger nuts."
9. "It took us nine hours to fly home from Jamaica to England. It took the Americans only three hours to get home. This seems unfair."
11. "When we were in Spain, there were too many Spanish people there. The receptionist spoke Spanish, the food was Spanish. No one told us that there would be so many foreigners."
12. "We had to line up outside to catch the boat and there was no air-conditioning."
14. "It is your duty as a tour operator to advise us of noisy or unruly guests before we travel."
15. "My fiancée and I requested twin-beds when we booked, but instead we were placed in a room with a king bed. We now hold you responsible and want to be re-reimbursed for the fact that I became pregnant. This would not have happened if you had put us in the room that we booked."

# Church Finances

Michael Baxter , Treasurer

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

SEPTEMBER (to the nearest £)			
INCOME		EXPENDITURE	
Regular giving	£715	Parish share	£1,000
Donations to church funds	£194	Cleaner	£143
Collections	£35	Gas/Electricity bills	£35
Hire of hall	£85	Service sheets/wafers/wine etc	£10
Fundraising	£4	Magazine printing etc	£61
PCC fees for occasional services	£330	Electrical works/inspection	£1,176
Donations to charities	£263	Tree felling	£300
		Insurance premium	£1,948
<b>SEPTEMBER TOTAL</b>	<b>£1,626</b>		<b>£4,673</b>
<b>YEAR TOTALS TO END SEPTEMBER</b>	<b>£17,280</b>		<b>£17,485</b>

*Michael Baxter  
Treasurer*



## Prayer for November 2023

Father God,

November is not many people's favourite month, unless there is a birthday or a delight in bonfires. Short days, sometimes dismal weather can lower our mood. The days of springtime optimism and summer sunshine seem a long way away, whether we look back or forward.

Help us Lord, whatever the month, whatever our circumstances, whatever our mood, to know the reality of Your presence and peace; to treasure each new day and know it is transformed by You into the most precious and beautiful gift. Help us not to waste a single one of them, Lord. Thank You so much for November days.

In Jesus' name, Amen.



*By Daphne Kitching*

# All in the month of November

100 years ago: on 8<sup>th</sup> Nov 1923 that Christian Barnard, South African cardiac surgeon was born. He carried out the first successful human heart transplant in 1967. (Died 2001.)

Also 100 years ago, on 11<sup>th</sup> Nov 1923 that the eternal flame at the Tomb of the Unknown Soldier under the Arc de Triomphe in Paris was lit. It was the first modern-day eternal flame in Europe.

80 years ago, from 28<sup>th</sup> Nov to 1<sup>st</sup> Dec 1943 that the Tehran Conference in Iran was held. US President Franklin D Roosevelt, British Prime minister Winston Churchill and Soviet Leader Joseph Stalin met to discuss plans for a second front against Nazi Germany. This led to the D-Day assault on Normandy and the Allied invasion of occupied Europe, starting in June 1944.

75 years ago, on 4<sup>th</sup> Nov 1948 that American-born British poet and playwright T S Eliot won the 1948 Nobel Prize in Literature.

Also 75 years ago, on 14<sup>th</sup> Nov 1948 that Charles, King of England, was born.

Also 60 years ago, on 22<sup>nd</sup> Nov 1963 that CS Lewis, Irish-born British novelist, literary critic and academic, died. Best known for this book on Christian apologetics, and the Chronicles of Narnia.

50 years ago, on 13<sup>th</sup> Nov 1973 that Britain declared a state of emergency as a strike by coal miners caused supplies to dwindle. A 3-Day Week was introduced to conserve supplies.

40 years ago, on 14<sup>th</sup> Nov 1983 that British Defence Secretary Michael Heseltine announced that the first American Cruise missiles had arrived at Greenham Common airbase.

30 years ago, on 1<sup>st</sup> Nov 1993 that the Maastricht Treaty came into effect, establishing the European Union. (EU).

20 years ago, on 22<sup>nd</sup> Nov 2003 that England won the Rugby World Cup for the first time.

15 years ago, on 14<sup>th</sup> – 15<sup>th</sup> Nov 2008 that the first G20 Summit was held in Washington DC. It was established as a result of the 2008 financial crisis.

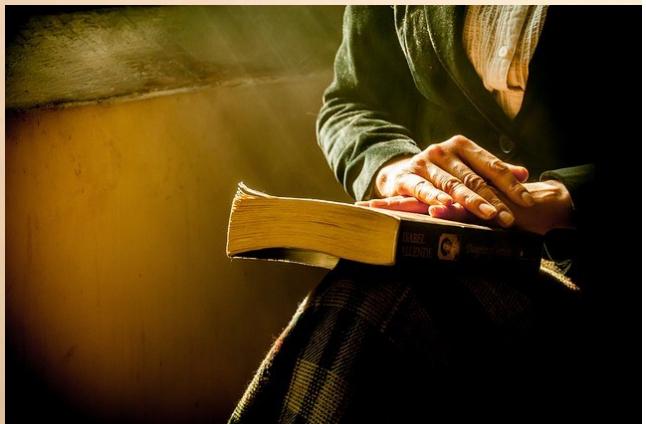


Some morning & evening prayers for you to use from  
Rev Christine  
Photos courtesy of Christine Dacres



The night has passed and the day lies open before us; let us pray with one heart and mind: O secret Christ, Lord of the rose of dawn, hide me within thy silent peace, that throughout the turmoil of the day, I may abide within the quiet of the daybreak. Amen

Grant us restful sleep this night, O Lord. Surround us with the light of your love and protection so that all evil is kept away. Keep safe, all those we love and all those known only to you who live in fear. And bring us to the daybreak refreshed and ready to serve you. Amen



# The Open Book

We had our regular visit into West Rainton Primary school with our Open the Book Team and as usual we received a warm welcome from the staff and pupils. Today we told the story of David and Goliath with Pupils taking on some of the parts and a special guest appearance from Revd. Christine's partner as Goliath. As a team it is such a joy to go into our local schools to share Bible stories in this way - is God calling you to join us?



# PARISH NEWS

ST. ANDREW'S, CHILTON MOOR   CHRIST CHURCH, GREAT LUMLEY   ST. CUTHBERT'S, EAST RAINTON  
ST. MARY'S, WEST RAINTON

NOVEMBER 2023

## **Wednesday 1<sup>st</sup> November**

10.30am Midweek Eucharist – Christ Church. 1.30pm Midweek Eucharist- St Andrews.

## **Friday 3<sup>rd</sup> November**

7pm MU host Bethany Gospel Choir at St Andrew's. No charge, retiring collection for Charity.

## **Sunday 5<sup>th</sup> November 2023**

9.15am St Cuthberts. 9.30am Christ Church. 10.30am St Andrews. 11am St Marys.

4pm Evensong, Christ Church, Lumley

## **Monday 6<sup>th</sup> November 2023**

Coffee Event St Cuthbert's Church Hall 2pm

## **Tuesday 7<sup>th</sup> November 2023**

Bible Reflection for our group of churches, St Andrew's Chilton Moor – 6.30pm

## **Wednesday 8<sup>th</sup> November 2023**

10.30am Midweek Eucharist – Christ Church. 1.30pm Midweek Eucharist – St Andrew's.

## **Saturday 11<sup>th</sup> November 2023**

10am Coffee Morning- Christ Church, Great Lumley

## **Sunday 12<sup>th</sup> November 2023 Remembrance Sunday**

9.15am St Cuthberts. 9.30am Christ Church. 10.30am St Andrews. 11am St Mary's.

## **Wednesday 15<sup>th</sup> November 2023**

10.30am Midweek Eucharist – Christ Church. 1.30pm midweek Eucharist – St Andrew's.

## **Sunday 19<sup>th</sup> November 2023**

9.15am St Cuthbert's. 9.30am Christ Church. 10.30am St Andrew's. 11.00am St Mary's.

## **Wednesday 22<sup>nd</sup> November 2023**

10.30am Midweek Eucharist – Christ Church. 1.30pm Midweek Eucharist- St Andrew's

## **Sunday 26<sup>th</sup> November 2023**

9.15am St Cuthbert's. 9.30am Christ Church. 10.30am St Andrew's. 11.00am Café Church – St Mary's.

## **Wednesday 29<sup>th</sup> November 2023**

10.30am Midweek Eucharist – Christ Church. 1.30pm Midweek Eucharist – St Andrew's.

## **Advance Notice for December**

**Saturday 2<sup>nd</sup> November 2023** 10am Coffee Morning – St Andrews

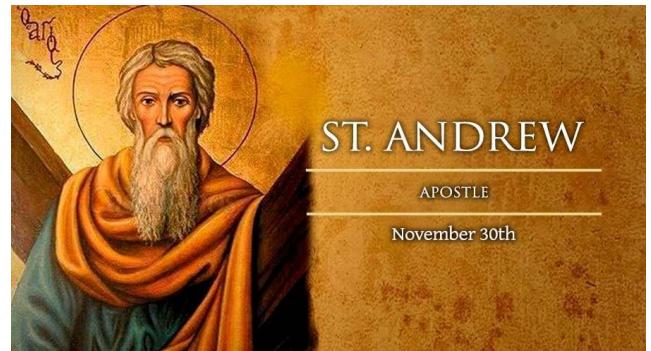
**Sunday 3<sup>rd</sup> December 2023** 4pm Christ Church, Great Lumley – Group Advent Carol Service, with joint choir and refreshments.

# 30<sup>th</sup> November: St Andrew's Day – first disciple of Jesus

Andrew, whose feast day ends the Christian year on 30<sup>th</sup> November, is probably best known to us as the patron saint of Scotland, though his only connection with the country is that some of his bones were reputedly transported in the 8<sup>th</sup> century to Fife and preserved at a church in a place now named St Andrews.

In fact, there are so many legends about him all over Europe and the Middle East that it's safest to stick to what the Gospels tell us – though the strong tradition that he was martyred by crucifixion is probably true and is perpetuated in the 'St Andrew's Cross', the 'saltyre' of Scotland.

The Gospels record that he was one of the first disciples of Jesus, and the very first to bring someone else to Christ – his own brother. Like many fervent Jews at the time Andrew and an unnamed companion had been drawn to the desert, to be taught by the charismatic prophet known to us as John the Baptist. Many thought that he was the long-promised Messiah, but John insisted that he was not. 'I am the voice crying in the wilderness,' he told the crowds. 'Prepare the way of the Lord! One comes after me who is greater than I am.'

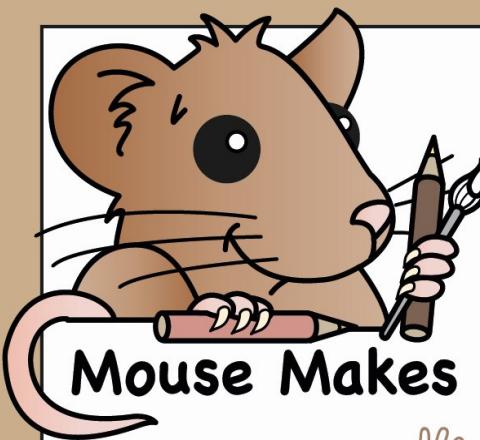


So when one day John pointed out Jesus to Andrew and his friend and described Him as the 'Lamb of God', the two young men assumed that the next stage of their spiritual search was about to unfold. So, as Jesus made off, they followed Him.

All the more strange, then (though, on reflection, very true to human nature) that when Jesus turned and asked them what they were 'seeking', all they could come up with was a lame enquiry about his current place of residence: 'where are you staying?' Or, perhaps, they were hinting that what they were seeking could not be dealt with in a brief conversation. If they could come to His lodgings, perhaps their burning questions might be answered.

The reply of Jesus was the most straight-forward invitation anyone can receive: 'Come and see'. Come and see what I'm like, what I do, the sort of person I am. What an invitation!

The results of their response were in this case life-changing – for themselves, and for many other people. Andrew brought his brother, Peter, to Jesus. The next day Jesus met Philip and called him to 'follow'. Philip then brought Nathaniel. The little apostolic band who would carry the message of Jesus to the whole world was being formed. They came, they saw, they were won over! And right at the front of the column, as it were, was Andrew, the first disciple of Jesus.



"Do not be anxious about anything,  
but in every situation, by  
\_\_\_\_\_ and  
\_\_\_\_\_

with thanksgiving, present your  
\_\_\_\_\_ to God."

*Philippians 4:6-7 NIV*

"The  
\_\_\_\_\_ is

to all who  
\_\_\_\_\_ on him in

"*Psalm 145:18*

"For where two or three

in my name, there  
I am with them."  
*Matthew 18:20*

PRAY FOR OTHERS



SAY SORRY



PRAY FOR YOURSELF



THANK GOD



FOR MY FAMILY



PRAY FOR FRIENDS



PRAY FOR THE NEEDY



PRAY FOR THE SICK



PRAY FOR THE CHURCH

PRAISE GOD



Look up the  
Bible verses,  
fill in the  
blanks then  
find them in the  
word search

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

Find these  
words too:

APPROACH  
MEDITATE  
HEAR • LISTEN  
BLESS • PRAISE  
FORGIVE • NAME  
CRY OUT • AMEN

"  
\_\_\_\_\_  
aways,  
continually,  
\_\_\_\_\_

in all circumstances."  
*1 Thessalonians 5:16-18*



"Therefore,

your sins to one another and  
\_\_\_\_\_ for one another,  
that you may be healed."

*James 5:16*

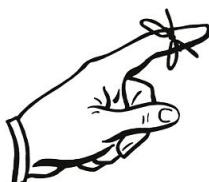
"  
\_\_\_\_\_  
yourselves

to prayer, being  
watchful and  
thankful."  
*Colossians 4:2*



## MOTHERS UNION ST. ANDREW'S

It was decided to change the time of the meeting from an evening to an afternoon at 2.00pm on the third Thursday of the month. We hope this will be convenient to all members, and maybe we could welcome new members.



We are holding an Advent Coffee Morning on Saturday 2<sup>nd</sup> December 10.00 to 11.30am. Every one welcome and all proceeds to Church funds

## 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*



The craft class meet in the Church Annexe every Monday from 2-4pm

In the cycle of prayer for our village & community.

We bless you, that the peace of God that passes all understanding may reign over your homes. Bless our marriages, that they may be strong and whole, bless the partners in each marriage, that the relationship between them may be loving, forgiving, merciful and strong. Bless every intergenerational relationship within each household, that there may be

peace and love and understanding flowing between each one.

Bless those in our communities who are feeling alone or isolated at this time. In Jesus' name we bless every network of wholesome and supportive friendship, bless innovative ways to connect and support one another. Bless our relationships that they may be strengthened and deepened during this season. Amen.

Friday 3<sup>rd</sup> November 7pm  
MU host Bethany Gospel Choir at St Andrew's  
No charge, retiring collection for Charity

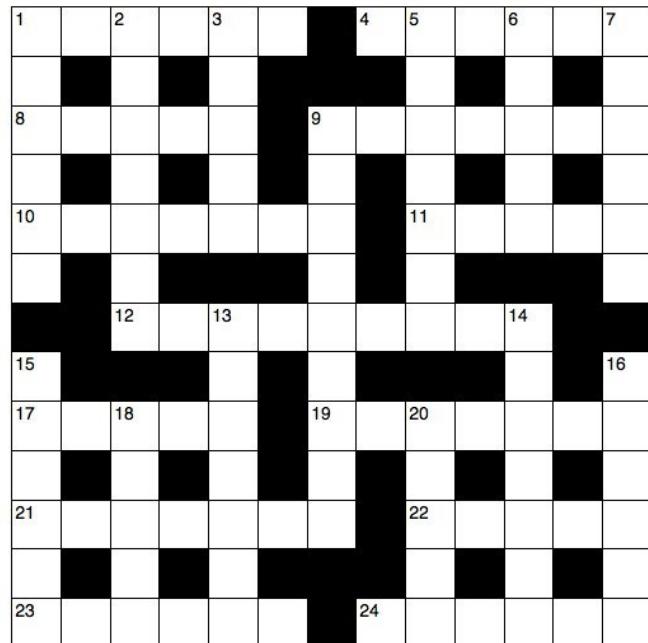
# November Crossword

## Across

- 1 ‘The Lord Jesus... took bread, and when he had given — , he broke it’ (1 Corinthians 11:24) (6)
- 4 ‘He has taken me to the banquet hall, and his — over me is love’ (Song of Songs 2:4) (6)
- 8 Surrey town that hosts the National Christian Resources Exhibition (5)
- 9 Also known as Abednego (Daniel 1:7) (7)
- 10 Liken (Isaiah 40:18) (7)
- 11 A son of Etam, descendant of Judah (1 Chronicles 4:3) (5)
- 12 A part of the temple where the blood of a young bull was to be smeared (Ezekiel 45:19) (9)
- 17 ‘They make many promises, take false — and make agreements’ (Hosea 10:4) (5)
- 19 Roman province to which Paul returned after evangelizing it on his first missionary journey (Acts 16:6) (7)
- 21 Material used to make baby Moses’ basket (Exodus 2:3) (7)
- 22 ‘And feeble as — , in thee do we trust, nor find thee to fail’ (5)
- 23 ‘The watchman opens the gate for him, and the sheep — to his voice’ (John 10:3) (6)
- 24 Stalk carrying the sponge of wine vinegar given to Christ on the cross (John 19:29) (6)

## Down

- 1 Elijah dug one round the altar he built on Mount Carmel and filled it with water (1 Kings 18:32) (6)



- 2 ‘I am not — of the gospel, because it is the power of God for the salvation of everyone who believes’ (Romans 1:16) (7)
- 3 Buddhist term relating to belief in reincarnation (5)
- 5 Damascus disciple who, at God’s command, restored the sight of the blinded Saul of Tarsus (Acts 9:12) (7)
- 6 and 16 Horses: their sound (Jeremiah 50:11) (5) and their gait (Joel 2:4) (6)
- 7 A three (anag.) (6)
- 9 Athenian council addressed memorably by Paul (Acts 17:22) (9)
- 13 Abide by (Galatians 3:5) (7)
- 14 Persian princes (Daniel 3:2) (7)
- 15 Force (Galatians 6:12) (6)
- 16 See 6 Down (6)
- 18 Paste (anag.) (5)
- 20 How the cedars of Lebanon are described (Isaiah 2:13) (5)

# 26<sup>th</sup> November: The excitement of the Sunday of Christ the King

The last Sunday in November is the last Sunday of the church year, and in some ways the most

important. Why? Because everything else in the Christian year looks BACK on what happened 2000 years ago. The Sunday of Christ the King looks FORWARD to what we can expect next.... the return one day of Jesus Christ to this earth, as King of Kings.

Does the idea of Jesus of Nazareth literally returning to earth seem a bit quaint to accept, in our computerised world of e-mails and the internet? Well, that is what the Bible says will happen – *it is promised more than 250 times!*

The Bible is quite clear: the return of the Lord Jesus Christ as King of Kings will take place personally, powerfully, bodily, visibly, publicly – and INSTANTLY. (Read Matthew 24:30,31, or I Thessalonians 4:13 – 5:3.) Here are words of Jesus Himself:

*For the Son of Man in his day will be like the lightning, which flashes and lights up the sky from one end to the other. (Luke 17:24)*

This will be no local story for a BBC TV reporter to cover if he gets time. That day he won't be interviewing the Carpenter of Nazareth, wearing Galilean homespun. Jesus will be in His incandescent brilliance as the 'Son of Man' – a bit of a challenge even for TV reporters! Certainly when Peter, James and John were witness to their familiar Master 'transfigured', as the same irradiated Person – in a dramatic preview of Christ's triumphant final rule (Luke 9:28-36), they did not feel very confident.

The martyred Stephen, about to die, had a similar glimpse: "Behold I see the heavens opened, and the Son of Man standing at the right hand of God" (Acts 7:56). The exiled apostle John on the island of Patmos saw the same figure: "...His face was like the sun shining in full strength" (Revelation 1:16.)

When Christ one day returns, the whole world will finally witness this same spectacle (Revelation 1:7). His return will mark the end of history,



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as we know it. It will inaugurate the final Judgment. It will re-unite the Lord with His Church on earth.

Jesus' return to us will bring about the new heaven and the new earth. Pain, death, persecution, privation and sorrow will all be banished. The entire edifice of evil that has raised itself against the rule of God will be dismantled in a moment.

We have been warned all along not to place a date or a time upon the Second Coming of Christ. (Matthew 24:42-44) Sadly, many people ignore this warning and waste endless time in calculations. The way in which we should be spending our days before the end is to work, watch and witness to our Lord Jesus – whether or not ours is a world of computers, e-mail and all the rest!

In the meantime, where is Jesus now? The Bible writers tells us that Jesus has returned to the place of privilege and power, and is 'seated at the right hand' of the Father (Ephesians 1:20-21; Colossians 3:1; Hebrews 1:3), and is waiting for the Father's timing for Him to return to earth in glory (Mark 13:26-27,32), to raise the dead (1 Thessalonians 4:13-18), and give them their resurrection bodies (1 Corinthians 15:35-44).

Jesus will never be a baby again. He is now Christ the King – today, tomorrow, forever.

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## Cathedrals in the UK

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Since 2000 the Church of England (C of E) has been collecting and publishing details about its Cathedrals. The attendance figures are vivid reminders of the effects of Covid-19.

In the seven years from 2013 to 2019, the average total annual regular attendance in the C of E Cathedrals was 511,000 people. Three years later, in 2021, it was exactly half that, at 255,000.

This excludes the many special services held such as for schools, Diocesan services, graduation services or others, which totalled over two million people in 2019, though halving again in 2021.

Christmas attendance in 2019 was 670,000 and 270,000 in 2021. Most Cathedrals also offer on-line services, and these have continued since the cessation of lockdown restrictions.

Church of England Cathedrals had some 9.7 million visitors in 2019. In 2021 it was 4.6 million .There is some apprehension about whether numbers will have returned when the 2022 figures are known.

# Our Group of Churches Christmas Appeal

My youngest daughter Kathryn volunteers at a local animal rescue/shelter called Pawz for

Thought based in North Hylton. Alongside cats, dogs, rabbits and Guinea pigs they take in a lot of wildlife, predominantly hedgehogs and birds. They are a registered charity and most of the work with the animals is done by volunteers. They do their very best to rehome the domestic animals and to release the wild animals when they are well enough. Kathryn often works with the hedgehogs and there are usually around 100 but currently 164! Each one needs to be fed, cleaned out (they are very messy), be weighed and be given medication; if they have ringworm they need to be washed everyday too. There's a lot of work involved, and the place runs on a shoestring. As a family we thought it would be nice to donate some of the things that are needed to keep the place running as a Christmas present and then I thought 'why not see if the four congregations want to come on board with this!' So, during November and December I would like to ask you all to consider donating items for Pawz for Thought as our Christmas appeal, these include:

Whiskers poultry in jelly cat food (for hedgehogs) other cat food pouches, dry cat foods, kitchen rolls, washing up liquid, puppy pads, laundry washing pods, rabbit & Guinea pig food, bird feed. Things we can donate second hand: blankets, sheets, towels and newspaper (preferably shredded if you have the time). These can be brought along to church ready to be dropped off, or collected from your home (speak to Revd. Christine about that) to give the charity some Christmas joy. Have a look at their website: [www.pawzforthought.org](http://www.pawzforthought.org)

*Let's make a difference this Christmas best wishes Revd. Christine*



Dogs For Adoption



Cats For Adoption



Rabbits For Adoption



Other Animals For Adoption

# Why keeping a stiff upper lip may not be such a bad idea after all

What do you do with your negative feelings and experiences?

Burying them and ‘carrying on’ has long gone out of fashion. Nowadays we are encouraged to express our fears and traumas, get them into the open, and not let them ‘fester’ in our subconscious.

But now researchers at the University of Cambridge have found evidence that talking about our traumas and problems might not be doing all that much good. It might be better to simply move on with our lives.

As one doctor said: “We’re all familiar with the Freudian idea that if we suppress our feelings or thoughts, then these thoughts remain in our unconscious, influencing our behaviour and well-being perniciously. The whole point of psychotherapy is to dredge up these thoughts so one can deal with them and rob them of their power.”

But according to the findings, it seems that suppressing negative thoughts might actually improve our mental health, among those of us who have post-traumatic stress disorder (PTSD).

As one psychologist explained: “What we found runs counter to the accepted narrative. This study challenges a widely accepted consensus in the therapeutic community that suppressing negative thoughts is harmful.”

It may be that the reality is more nuanced, and that suppression of negative experiences “does not always lead to negative outcomes.”

The Bible encourages us to acknowledge the pain of our bad experiences, but then to take them to God in prayer. He does not want us to bear the bad memories on our own, but instead He can heal us. ‘*Cast all your anxiety on Him because He cares for you.*’ (1 Peter 5:7)



## Why go to church?

A church-goer complained to his minister: “I’ve been coming to church every Sunday for 30 years, and in that time I have heard thousands of sermons, but for the life of me, I can’t think of a single one now. So, I think I have wasted my time.”

The minister thought for a moment and replied: “I’ve been married for 30 years, and my wife and I have cooked thousands of meals. For the life of me I can’t recall the entire menu of a single one of those meals now. But I do know that each one nourished us and gave us strength to carry on living. If we had not had those meals, but snacked on rubbish instead, we would have been stunted and eventually starved. Without regular Christian nourishment, we also will starve – spiritually.”

# St Andrew's Church Annexe "In the Heart of the Community"

St Andrew's Church Annexe is a friendly and vibrant community building, we would encourage anyone wishing to use it.

Providing flexible meeting space for use by local community and volunteer groups, including regular activities for children and adults.

Offering an ideal venue for family parties, conferences, coffee mornings or other get-togethers, Craft groups and Church groups.

Situated in the grounds of St Andrew, the Annexe is attached to the Church, is within easy reach of good public transport links and close to the A690 and A1(M).

There is a fully functional kitchen has been recently re-furbished and has ample parking.

Please email [info@standrews-chiltonmoor.church](mailto:info@standrews-chiltonmoor.church)



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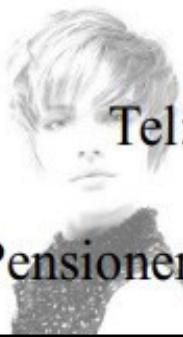
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## Christian Worship In Fence Houses

For regular worshippers and for anyone who wants to find out more. All are welcome.

**St Andrew:** Sunday: 10.30am. Parish Eucharist  
(Communion)  
Wednesday: 1.30pm Holy Communion

## Christian Activities In Fence Houses

Tuesday: (2<sup>nd</sup>) 6.30pm Women's Institute Dubmire Club)  
Monday: Quilting Group (St Andrew)  
Thursday: (3<sup>rd</sup>) 2pm. Mothers Union (St Andrew)  
(4<sup>th</sup>) Beetle Drive (St Andrew)  
Churchill Square Community Room

### **St John:**

Sunday : Afternoon Worship 3pm-4pm  
Monday: Toddlers' Play 9.30am-11.30am  
Thursday: Cake and Company 1.30pm-4pm  
Saturday: Coffee Morning  
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