

Gateway

August 2022



St Michael's, Alnwick

The magazine for the people of the Church and the Town



WEEKLY WORSHIP

SUNDAYS AT ST. MICHAEL'S

8.30am

HOLY COMMUNION (Said)

A quiet celebration of Holy Communion with a sermon. Using Common Worship except for the third Sunday of the month when the Book of Common prayer is used.

10.00am

THE PARISH COMMUNION

Usually sung with hymns and a sermon and using Common Worship. The main service of the day followed by tea/coffee and the chance to meet up with others.

On the first Sunday of the month the worship will be more informal, using a variety of resources and 'thinking outside the box'.

This service will be live-streamed on YouTube each week.

6.00pm

EVENING WORSHIP

On the first Sunday of the month a traditional Sung Evensong according to the Book of Common Prayer with sermon.

Second, Third and Fifth Sundays are Said Evensong

On Fourth Sundays a rotation of Compline, Iona and Taizé style worship.

WEDNESDAYS ST. MICHAEL'S

10.15am

HOLY COMMUNION

A said service followed by tea/coffee and the opportunity for fellowship.

DENWICK CHAPEL

A small chapel-of-ease built by the Duke of Northumberland in 1872. In normal times, a service of matins or Holy Communion once a month. Following the pandemic the provision of services is under review.

Thought for the Month

Worrying Times

Jesus lived in worrying times

JUDEA WAS an Occupied Country. A satellite of Rome. The Roman Empire had a very efficient secret service- better even than Nazi Germany had.

Judea was a Police State, established by Herod the Great, It was divided on his death in 4 BC. Herod Archelaus ruled Galilee. The area round Jerusalem was governed by a succession of Governors from Rome, including Pontius Pilate who sentenced Jesus to be crucified.

We live in worrying times.

Climate change. Which is already bad and looks like getting worse for our children and grandchildren.

Warfare in Ukraine. Our country is trying to help but dare not do much more in case it triggers a Third World War.

Famine. Ukraine has been the breadbasket for the world but now the destruction of the crops and the blocking of export channels mean there is not enough food to feed the world.

Government. A bit of a shambles. Politicians seeking power after Johnson goes. Farmers unable to attract workers to get the harvest in.

Inflation. So many people in our country haven't got enough money to feed and warm their homes, or put fuel into their cars.

Covid. We can be thankful that the current Covid variant is no longer so dangerous as the first variant was in the beginning, when we were locked down, but nevertheless we still had the highest death rate in Europe. Alas this latest Covid variant is much easier to catch.

What can we do about worrying?

My mother was a worrier. She was always worrying about something. We, the children, exaggerated and said that if she had nothing to worry about, she worried about having nothing to worry about!

In 1940, the year of the blitz, when our troops were not winning any battles, when Germany was sinking far too many of the ships which were

Continued on page 5

Principal Sunday Readings

Sunday	Holy Communion	Evensong
7th August Trinity 8	Genesis 15.1-6 Hebrews 11.1-3,8-16 Luke 12.32-40	Isaiah 11.10-12. end 2 Corinthians 1.1-22
14th August Trinity 9	Jeremiah 23.23-29 Hebrews 11.29-12.2 Luke 12.49-56	Isaiah 28.9-22 2 Corinthians 8.1-9
21st August Trinity 10	Isaiah 58. 9b-end Hebrews 12.18-end Luke 13.10-17	Isaiah 30.8-21 2 Corinthians 9
28th August Trinity 11	Proverbs 25.6-7 Hebrews 13.1-8,15-16 Luke 14.1, 7-14	Isaiah 33.13-22 John 3.22-36

From the Registers

Baptism

17.7.22 Archie Thompson

Funerals

1.7.22 David Purves
13.7.22 Peter William Brown
25.7.22 Brian Mason

Marriages

1.7.22 Stephen Edward Henry and Sarah Jane Ramsay
16.7.22 Alex Tully and Samantha Robinson

trying to bring food from America; people worried about the future. Winston Churchill said *“It is not given to human beings – happily for them, for otherwise life would be intolerable – to foresee or predict to any large extent the unfolding course of events”*.

In other words “Don’t waste energy trying to predict the far future. Cope with what is happening now” or in simple English “God is around, so good things happen; and he copes when bad things happen”

What did Jesus say to his followers after the miracle of the feeding of the five thousand? see St Luke Chapter 10 verses 1 - 17

Jesus said

“We have really good news for the people we meet.

This is God's world.

He can do what he chooses.

You have seen God do miracles through me.

Healing People, encouraging them with hope when they feel depressed and down. People have been able to see God in action through me.

This is wonderful news. And it is **because you have seen this, that you have joined our group.**

Now you are going to see God working **through you**, doing miracles **through you**. At the moment some of you may think that this is impossible. But I need your help because the job is too big for me on my own. So I am going to get you in thirty six groups of two to go to all the places that I hope to visit. I will teach how to go, **you just learn to trust that God is with you**, supporting you. So you don't take money with you or food and drink. No spare clothes. Just take the message.

God is around, so good things happen. Learn to trust God”.

The Bible St Luke chapter 10 verse 17 tells us that it worked. When the 36 pairs came back, they were buzzing with excitement. **It worked!** “Lord even the demons submit to us in your name.”

What does Jesus say to us? Think ahead but don't waste energy worrying. God is around, so deepen your trust in Him and help our world to flourish.

Martin Turner

Graffiti Community Drop-in Day

AS SOON as we knew the extent of the graffiti which was removed from the tower roof during the restoration of the tower, we knew that it was essential to find ways of exhibiting it, researching it and reaching out to the community to discover projects that might be inspired by it.

This had to be a learning curve, so with the help of fundraising consultant Katherine Williams, a drop-in day was carefully planned. The samples of graffiti which we must retain had been tagged and catalogued by John Buglass, the archaeologist. This was laid out as it would have been seen on the roof and in the same order as in the catalogue.

During the morning of Tuesday 12th July year 5 from St Michael's school came to explore the St Michael's Graffiti Mystery. They were asked to investigate the 'what, how, where, who and why'. It was explained to them the nature of the lead, how the graffiti was inscribed into it and that there are a variety of designs. Gloved up and showing excited interest they examined the graffiti before creating their own designs on the foil lids of baking trays. There were lots of questions about the names written in the graffiti and particularly about the Patterson family, the ships, the cockerel and the key. Exploration continued in the churchyard where names on gravestones matched those they had found in the graffiti and queries asked as to how access was gained to the tower roof. After a break they heard some of the stories of people who lived in the mid eighteenth century and they were asked for their ideas of why the names might have been left in such an inaccessible place. Before they left groups were encouraged to write their own questions about things they would like to learn about the graffiti or questions they would like to ask the artists. These were displayed to encourage visitors in the afternoon to think of their questions and produce ideas of how the project might move forward.

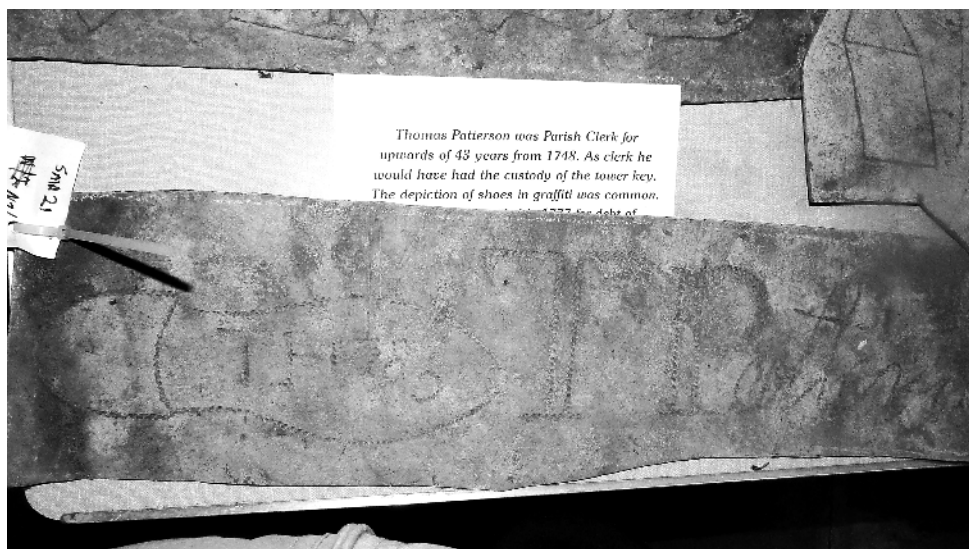


During the afternoon session individuals and groups from across the community came to view the examples of graffiti. There was enthusiastic interest from, among others, town and county councillors, the castle

archivist, representatives of the Civic Society and the U3A, the Duchess's Community High School, experts in interpretation of historic artefacts and of course our parishioners. They left their comments on our 'graffiti wall' with interesting suggestions as to how groups might use the graffiti as a source for a project. These ranged from researching family history, or that of named individuals depicted in the examples, to creative writing or drama; from artwork to using some of the decorative designs as inspiration for a variety of textile works. Several people signed up to be kept informed of progress.

We are very grateful to Katherine Williams who guided us through the day, to all who helped in any way and to the Mothers Union for the excellent refreshments.

Jean Darby



Transfiguration

The story is told in Matthew (17:1-9), Mark (9:1-9) and Luke (9:28-36).

IT WAS a time when Jesus' ministry was popular, when people were seeking Him out. But on this day, He made time to take Peter, James and John, His closest disciples, up a high mountain. In the fourth century, Cyrillic of Jerusalem identified it as Mount Tabor (and there is a great church up there today), but others believe it more likely to have been Mount Hermon, which rises to about 9,000 feet, and overlooks Caesarea Philippi.

High up on the mountain, Jesus was suddenly transfigured before His friends. His face began to shine as the sun, His garments became white and dazzling. Elijah and Moses, of all people, suddenly appeared, and talked with Him. A bright cloud overshadowed the disciples.

Peter was staggered, but, enthusiast that he was – immediately suggested building three tabernacles on that holy place, one for Jesus, one for Moses, and one for Elijah. But God's 'tabernacling', God's dwelling with mankind, does not any longer depend upon building a shrine. It depends on the presence of Jesus, instead. And so a cloud covered them, and a Voice spoke out of the cloud, saying that Jesus was His beloved Son, whom the disciple should 'hear'. God's dwelling with

mankind depends upon our listening to Jesus.

Then, just as suddenly, it is all over. What did it mean? Why Moses and Elijah? Well, these two men represent the Law and the Prophets of the Old Covenant, or Old Testament. But now they are handing on the baton, if you like: for both the Law and the Prophets found their true and final fulfilment in Jesus, the Messiah.

Why on top of a mountain? In Exodus we read that Moses went up Mount Sinai to receive the sacred covenant from Yahweh in the form of the Ten Commandments. Now Jesus goes up and is told about the 'sealing' of the New Covenant, or New Testament of God with man, which will be accomplished by His coming death in Jerusalem.

That day made a lifelong impact on the disciples. Peter mentions it in his second letter, 2 Peter 1:16 – 19 – invariably the reading for this day.

The Eastern Churches have long held the Transfiguration as a feast as important as Christmas, Epiphany, Ascension and Pentecost. But it took a long time for the West to observe the Transfiguration. The Prayer Book included it among the calendar dates, but there was no liturgical provision for it until the 19th century.

Rose of Lima

HOW WILL you become a better person than you are now? Have you ever denied yourself in order to try and please God? No matter what your dedication, it is unlikely that your efforts will ever have outshone those of Rose of Lima (1586 – 1617), who in 1671 became the first saint of America, and patron of South America.

Rose was born in Lima, Peru, in 1586, into a Spanish family that had once been rich. Rose was an intensely spiritual person, and spent hours in contemplation of Jesus and St Mary, and took the ‘Blessed Sacrament’ on a daily basis. She devoted herself to prayer and simple acts of mortification. In those days ‘mortification’ of the flesh was seen as a way of keeping your earthly appetites under control, and therefore drawing nearer to God.

At 20, Rose joined the Third order of St Dominic, taking as her model Catherine of Siena. Her love of God continued, as did her charity to others, but now a darker side to her spirituality began to grow. Rose lived as a recluse in a hut, and increased her acts of mortification. She wanted to suffer, because she thought it would bring her closer to God.

She embraced every penance that she could think of, and yet still she suffered at times a feeling of

terrible loneliness and desolation, for God seemed far away. Then she would pray: “Lord, increase my sufferings, and with them increase your love in my heart.” Sometimes she would indeed feel God near her, and then she would be in ecstasy for hours.

It is hard to explain why Rose thought she needed to inflict needless suffering on herself in order to get closer to God. One scholar has suggested that perhaps Rose wanted to “make reparation for the widespread sin and corruption” in her society at the time. She had said once that she wanted to pay for the sin of the idolatry of her countrymen.

Again, this is hard to understand because the Bible never once says that any human being can ‘make payment’ to God for the sins of another person. We may grieve over the sins of others, but only Christ can offer them forgiveness. Only He has died for them.

In Uganda a number of years ago a nun asked a bishop for help. “I have done penance all my life. I have tried so hard to please God – but I still don’t feel any joy. What am I doing wrong?” The Bishop said gently: “Because, dear sister, you are hoping to find joy in what you have done for God. I am joyful because I have discovered what Jesus has done for me.”



St. Michael's C of E First School

Head Teacher: Mr G Johnston MEd NPQH

01665 602850

Howling Lane

Alnwick



Colegio Español del Año

Queen's Commonwealth Baton Relay

15th July 2022

Thank-you to The Alnwick Gardens for inviting us today to join them for a day full of activities and fun before watching the 'Queens Baton Relay' pass through for the 'Commonwealth Games'

We all had a super day!



Smile

Little bits of loveliness growing from next to nothing



Flower Festival

After a 2 year absence the Flower Festival is back! The date is August 4th to August 7th This year is a little different as it will be a joint event with St Paul's Church with the title "Give Thanks".



We have so much to be thankful for, the Queen's Jubilee, the end of Covid restrictions, the Lindisfarne Gospels coming home this autumn, a special anniversary, our Ukrainian guests arriving here safely, the freedom we have to worship in this historic church and so much more. I expect you will be able to think of your own reasons to be thankful so why not sponsor an arrangement to celebrate.

Please contact Michelle Duff (01665 605 663) to book a place. Michelle can also partner you with an arranger if you wish.

The preview evening will be on Wednesday 3rd August, Tickets £5.

The Festival will conclude with a Big Sing at 6 pm on the Sunday evening.

Sing hosanna!

Some people don't feel they can sing loudly in church, as they find keeping in tune difficult (if not impossible). This poem is dedicated to them.

Praise the Lord in merry song,
Praise Him, praise Him all day long.
But what of me?
I cannot sing –
I have no melody to bring.
But in the Bible, joy of joys,
The Lord says: "Make a joyful noise!"

Author unknown

A Hole or a Door

Hopi Indian Chief White Eagle commented a few days ago on the current situation:

THIS MOMENT humanity is experiencing can be seen as a door or a hole. The decision to fall in the hole or walk through the door is up to you. If you consume the news 24 hours a day, with negative energy, constantly nervous, with pessimism, you will fall into this hole. But if you take the opportunity to look at yourself, to rethink life and death, to take care of yourself and others, then you will walk through the portal.

Take care of your home, take care of your body. Connect with your spiritual home. When you take care of yourself, you take care of everyone at the same time. Do not underestimate the spiritual dimension of this crisis. Take the perspective of an eagle that sees everything from above with a broader view. There is a social question in this crisis, but also a spiritual question. The two go hand in hand. Without the social dimension we fall into fanaticism. Without the spiritual dimension, we fall into pessimism and futility. Are you ready to face this crisis? Grab your toolbox and use all the tools at your disposal. Learn resistance from the example of Indian and African peoples: we have been and are exterminated. But we never stopped singing, dancing, lighting a fire and rejoicing.

Don't feel guilty for feeling blessed in these troubled times. Being sad or angry doesn't help at all. Resistance is resistance through joy! You have the right to be strong and positive. And there's no other way to do it than to maintain a beautiful, happy, bright posture. Has nothing to do with alienation (ignorance of the world). It's a resistance strategy. When we cross the threshold, we have a new world-view because we faced our fears and difficulties. This is all you can do now: - Serenity in the storm - Keep calm, pray everyday - Make a habit of meeting the sacred everyday. Show resistance through art, joy, trust and love.

Hopi Indian Chief White Eagle

Everything is wonderful

My face in the mirror isn't wrinkled or drawn.

My house isn't dirty, the cobwebs are gone.

My garden looks lovely and so does my lawn.

I think I might not put my glasses back on.

Climate Change and The Earth

Keeping our homes clean

ACCORDING TO one website, (www.circularonline.co.uk), here in the UK we throw away **468 million** empty plastic spray bottles every year. And in addition of course there are all the other cleaning products which come in plastic containers. Thankfully, there are several things we could do to help the situation.

1. Take empty bottles along to 'World of Difference' on Fenkle Street to be refilled. There are a large range of products to choose from, loo cleaner, all purpose cleaner and many more, (as well as hand soap, shampoo etc). Any size or shape of container, jar etc. can be taken to be refilled as the various products are sold by weight. They smell lovely and do a good job!

2. Bulk buy larger amounts to refill our old empty bottles. Washing up liquid, hand soap etc can be bought in 5 Litre containers. Reputable companies which readers may like to consider are BioD (available from Traidcraft), ecozone and ecover, although there are many, many more. (Even deodorant is now available in refill form!). Although these larger amounts also come in plastic containers, over all, less plastic is used than when buying lots of little ones. In addition, companies which make the more environmentally friendly products often use either 100% recycled plastic or a percentage of it, in their packaging which is much less likely to be the case than when purchasing from the supermarket shelf.

The Big Green Smile website is well worth looking at. Here there is a huge collection of brands 'under one roof' as it were. Cleaning, beauty, baby care products are all there, as well as degradable plastic bags, bin liners cling film etc.

www.biggreensmile.com [https://biod.co.uk](http://biod.co.uk)

www.ecozone.com

www.ecover.com

3. Making our own cleaning products is another way we can help to cut down on plastic waste and we can use simple ingredients which are much less harmful to our water ways.

Home made window cleaner is one that many people will already be

familiar with. It is extremely easy to make and does a very good job. There are many recipes on the internet (and indeed in those 1940/50 'how to be a good housewife' books which some of us may still have lying around!) They all use either lemon juice, white vinegar or rubbing alcohol as the main grime attacking agent. After testing a few different recipes, the following has been found to do a very acceptable job, using easily accessible ingredients:

2 cups water

¼ cup white vinegar

1or 2 drops washing up liquid (literally)

Optional - 1 or 2 drops of essential oil to give a pleasant smell.

(Happily this doesn't produce any smearing on the glass as you might expect).

Pour everything into an old spray bottle and give a gentle shake before each use.....and that's one less plastic bottle having to be made, transported and recycled.

One final word:

The very first thing we can do so easily, before any of the above, is to use just a little less of everything, from washing up liquid to loo cleaner, from hand soap to shampoo. Everything we use around our homes has used energy at every level to bring it to our door and sadly most of it comes in plastic. Cutting down on what we need to buy makes a difference throughout the chain and, as with so many other environmental 'dos' it saves our pockets. What's not to like !

If not us, who? If not now, when?

There are times when God asks nothing of His children except silence, patience and tears. — *Charles Seymour Robinson*

Soup for the Food Bank

We are all aware of the increased need for the Food Bank. Recently I approached the Food Bank here in Alnwick (near the old Drama Centre on Lindisfarne Road) to ask whether a pack containing a recipe and the ingredients for a lentil and vegetable soup might be helpful. The response was positive, the packs have been well received and clients now ask if any are available! One friend has given some, but if a number of us could help create a steady availability, then this would give families an easy-to-prepare, nutritious meal.

THIS IS my recipe for lentil soup, the ingredients for which can be assembled, together with a copy of the recipe, as a donation for the food bank. I and a friend have donated several on three occasions now, and are told that they are very popular and that clients are asking if there are any more available! If others would be willing to offer such packs, it would boost supplies for those struggling to provide healthy food on a reduced budget.

Nellie Shrimpton

LENTIL SOUP PACK - Nutritious, satisfying, tasty!

Ingredients/contents of pack

- 1 Stock cube
- 6 oz / 170 g lentils
- 2 onions
- 1 clove garlic
- 2 carrots
- 2 sticks celery
- 1 large potato
- 1 sprig rosemary (or a 'twist' of a little dried rosemary if fresh is not available.)

Method

- Peel and chop finely the garlic.
- Peel and chop or slice the onion.
- Peel and slice or chop the carrots.
- Trim the ends of the celery and wash each stick before slicing them thinly.

Peel and chop the potato into small chunks.

In a large pan, heat about 1 litre of water to boiling point, add the lentils, simmer for a few minutes, stirring to ensure that they don't stick to the bottom of the pan. After about ten minutes, add the stock cube (crumbled), the prepared vegetables and the sprig of rosemary, bring back to the boil and reduce to a simmer. Continue to stir occasionally (preferably with a flat-ended spatula or spoon to gently scrape the bottom of the pan.)

Simmer for another 45 minutes or more. The soup is ready when the lentils and potato have thickened the soup. Check for seasoning, adding salt and pepper to taste. If you have a suitable electric mixer, you can liquidise the soup, but lumpy is good! Serve with crusty bread if available.

Additions,

- Before adding the vegetables, gently soften the onion and garlic in butter.
- If you have any spare bacon, or bacon off-cuts from your butcher or supermarket, you could fry those and add them to the soup, though lentils are themselves a source of protein.
- For a spicy version, you can begin by gently frying half a teaspoonful of mild curry powder (I use cumin and coriander to avoid too strong a spiciness) just before adding the onion and garlic.



Working from Rest

AUGUST SEES many of us taking holidays to get some well-earned rest from working. But what is the biblical relationship between rest and work? The Bible shows us that we are to work from rest, not rest from work. How is this working out in our current experience?

When God created human beings on the 6th day, the next full day was a day of rest before the work began: 'Then God blessed the seventh day and made it holy, because on it He rested from all the work of creating that He had done.' (Genesis 2:3). Sunday is a day of rest at the beginning of the week.

Jesus lived out this rhythm of rest and work in His own ministry: 'Very early in the morning, Jesus got up and went off to a solitary place, where He prayed' He then told His disciples: 'Let us go somewhere else so that I can preach there also. That is why I have come.' (Mark 1:35-38).

Here is a rhythm for our own lives: 'I am the vine; you are the branches. If you remain in Me and I in you, you will bear much fruit' (John 15:5). Our work/fruitfulness arises out of the time we abide/rest in Jesus. He will then show us what aspects of our lives need pruning: 'while every branch that does bear fruit He prunes so that it will be even more fruitful.' (2).

Let's use this month to reflect on how this pattern is working in our lives:

Are we spending enough time 'abiding' in Jesus?

Are we putting our energies into the right balance of rest and work?

Are there unproductive areas of our lives and churches that need pruning?

Remember God created us as human beings not just human doings!!

Canon Paul Hardingham



Who's Who

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Vacant

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COMMUNION

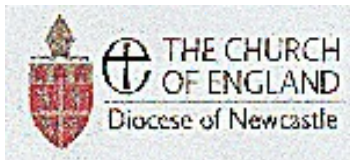
for the SICK and HOUSEBOUND
can be arranged by contacting
Pat Taylor 01665 603811

BAPTISMS and WEDDINGS

Please apply to the Churchwardens

To hire the PARISH HALL

Phone Mariana on 07562 418837 or E-mail bookstmichael@gmail.com



Staying connected during this pandemic

At the Cathedral

<https://www.newcastle.anglican.org/coronavirus/live.streaming>

Newcastle Cathedral ministry team

<https://www.facebook.com/NewcastleCathedral>. Facebook live stream of morning prayer led from home by one of the ministry team daily Monday to Friday at 8.30 am <https://tinyurl.com/NclCathedral>

Subscribe to their channel on YouTube for notifications of the Daily Reflections (also Monday to Friday).

At St Michael's Alnwick

The Church is now open for private prayer from 1 pm to 4 pm. Entry through the Duke's Door.

On Sundays at 8.30 am, 10 am and 6 pm, we are able to worship in person in church. The 10 am Eucharist will still be live-streamed for all those joining us from home. On Wednesdays there is a celebration of the Eucharist at 10.15 am.

For other services see page 2.

Copies of **The Gateway** can be obtained from St Michael's Church or ordered for delivery in **small** or **large print**

Phone The Parish Office 602797 leave a message or E-mail
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please visit our website at www.alnwickanglican.com