



Church



The magazine of **A**llen Memorial
and **T**rinity Methodist Churches



**A little rain too
please.**

July / August 2018

Ministers Muse

Welcome to summer.... Do longer days make a difference to you? It used to make a difference to my children when they were younger. Daylight meant it was time to be awake, up and about, even if it was 4 am. In one of our popular hymns we sing *'awake, awake to love and work, the lark is in the sky, to give and give and give again what God has given thee.'* Everyone says there are not enough hours in a day or days in a week. There is always so much to do.

Some people rise very early and fill their days with activity, others take their time to awake but still manage to fit a lot in. Some of us find it difficult now to rise and do very much, if anything. I don't think God looks at us to see how much house work we have done or how clean is our kitchen. I think God looks at what we have done to help others, how we have made someone feel happy or helped them in their sadness. Helping others is not always a very physical activity. Sitting chatting with a friend or neighbour, whether in person or on the phone can make a big difference to someone's life. To let someone know you care and you are thinking of them and praying for them can help them face another day they may not want to. Sharing our good news enables others to share our joy too. Many prophets were called by God to share news, not all of it good. Jesus used Isaiah's words to tell the people what he was called to do. I, and many others, have used these words too.

Jesus said,

*"The Spirit of the Lord is upon me,
because he has chosen me to bring good news to the poor.
He has sent me to proclaim liberty to the captives and recovery of sight to the blind,
to set free the oppressed and announce that the time has come
when the Lord will save his people."*

God calls us to do our best. To make life a little easier for someone and to be a friend. Jesus is our example and if we follow him we will be the best we can be.

Our church is always asking for people to help in various ways. If you think God is calling you to be active in our church speak to one of the stewards, they will be overjoyed to answer your questions.

There are different things still happening over the summer including the 'Holiday at Home' at Trinity Wallsend in August. Register to come along and enjoy a lovely meal, entertainment and good company. See Deacon Gail or myself for a registration form.
(See page 20 for more info)

In October we will share in harvest celebrations and our gift day to enable the church to continue serving God in our community.

With best wishes for a lovely summer,

Your friend and minister, *Janet*

Deacons Muse

Dear Friends

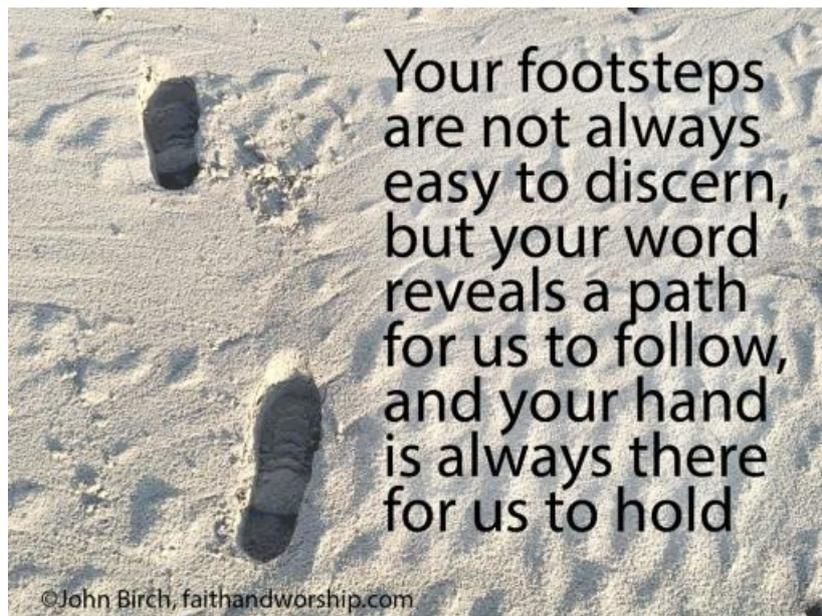
Paul's first letter to the Corinthians chapter 12 says:

'For just as the body is one and has many members, and all the members of the body, though many, are one body, so it is with Christ. For in the one Spirit we were all baptized into one body—Jews or Greeks, slaves or free—and we were all made to drink of one Spirit.'

The sun is beating down on us and we are enjoying warm sunny days as the hymn says, 'Summer suns are glowing.' Yet, we know this wonderful weather will in time come to an end.

Our sisters and brothers in Allen Memorial made a brave decision at their church council meeting 'to cease to meet.' Over the next few weeks there will be different meetings at which decisions will be made and we trust in God who will be our guide.

And for Trinity there will be change as 'new beginnings' emerge. We know God will equip us for the journey ahead as we seek to continue to serve and build God's kingdom here in Wallsend.



*Faithful God,
In all our endings there are new beginnings,
Be our guide in these weeks ahead, through all the changes to come.
Enable us to have hearts that are open to your Spirit,
give us ears to hear your voice and eyes to see you in other people.*

In fellowship,

Deacon Gail

Prayers for the World

I dwell for a moment on the Presence of God around me,
In every part of my body, and deep within my being.
God is not foreign to my freedom.
Instead the Spirit breathes life into my most intimate desires,
Gently nudging me towards all that is good.
I ask for the grace to let myself be enfolded by the Spirit.

Life is busy, Lord: often my best intentions are left undone.
But I know that you are with me in all I say and do,
And in everyone I meet with daily.
I pray for the grace to be alive to your presence;
I pray for the grace to be present for others,
In the name of Christ and to his praise and glory, Amen.

Based on prayers found at sacredspace.ie

A Prayer of the Church

*“Arise, my love, my fair one,
And come away; for the winter is past, the rain is over and gone.
The flowers appear on the earth; the time of singing has come,
and the voice of the turtledove is heard in our land.
The fig tree puts forth its figs, and the vines are in blossom;
They give forth fragrance.
Arise, my love, my fair one, and come away”.*

Song of Songs 2, verses 10-13 NRSV

The rain may not be gone, but summer is certainly here. The signs of growth and the promises of fruit are everywhere; pray to be fruitful in your own walk of faith.

Prayers for Allen Memorial and Trinity

Living Lord, go with us into the world. Stand by us when we are weak. Hold us and save us from falling; love us in spite of our sin and fill us with the power of your resurrection, that we may be channels of your light in our neighbour's darkness.

*No matter who you are or what you have done;
No matter where you are or what you are facing;
No matter how you feel or whether you understand it;
The truth is this: you can go in hope, joy and peace.
For Christ has come! Amen*

8 ways Fairtrade farmers protect the environment

by Heather Nicholson

Farmers say climate change is one of the number one threats they face. Millions of farmers around the world who rely on agriculture for their livelihoods are among the worst affected.

Environmental protection is ingrained in Fairtrade. To sell Fairtrade products, farmers have to improve soil and water quality, manage pests, avoid using harmful chemicals, manage waste, reduce their greenhouse gas emissions and protect biodiversity. Here's eight ways Fairtrade supports farmers to survive climate change threats and reduce their own carbon footprint.

1. Reforestation projects to store carbon

Many Fairtrade co-operatives choose to invest their Fairtrade Premium in reforestation projects. Planting trees on cleared, degraded land prevents soil erosion and reduces climate change by binding and storing carbon dioxide. The trees also improve biodiversity, protect soils, and provide a habitat for indigenous wildlife. Sireet OEP in East Africa planted 150k trees in a year alone.

2. Prohibiting harmful agrochemicals

Fairtrade prohibits the use of certain agrochemicals that are harmful to the environment and encourages farmers to reduce their use of pesticides. Vietnam is known worldwide for exporting large volumes of coffee, and farmers often suffer the negative environmental impact of using chemical pesticides. Eakiet, one of the first Fairtrade cooperatives in Vietnam, is based in a region enriched with natural resources and several national parks. Through training, the co-operative has stopped using pesticides and herbicides. If there is an outbreak of insects, they use high-pressure water to remove them. They continuously weed and prune their trees during the rainy season when the risk of pests and disease increases.

3. Growing trees and crops together

Growing trees and several kinds of crops together increases families' farm yields and, with it, their access to food and income. Trees provide shade for crops and when the leaves fall and decompose, they make the soil more fertile and crops get a better yield. It also enables diversified food production and helps to improve families' intake of nutritional food, which is especially important for persons living with HIV.

4. Climate change adaptation training

Fairtrade promotes training on climate change mitigation for farmers. For example, some training offers advice on switching to environmentally friendly practices, such as developing nutrient-rich soils that support healthy plants and encouraging wildlife to help control pests and diseases.

In 2013, organic banana producers from Piura in Peru were hit by a severe outbreak of the 'red rust thrips' pest, believed to be triggered by climate change. This affected 40 percent of farms and reduced exports by 30 percent. In partnership with a German retailer, a local

university and a banana co-operative, Fairtrade implemented a project to train farmers to find solutions to the outbreak, such as increasing biodiversity and using local plants to repel the insects. By the end of the project, red rust thrips were under control and the amount of discarded crop was at a minimum.

5. Wildlife conservation projects

Coobana Co-operative in Panama use a slice of the Fairtrade Premium they earn from selling bananas to protect endangered turtles that hatch on beaches nearby. With this money, they invest in a local NGO, patrol the beaches at night during hatching season and clean up the shoreline. River-dwelling manatees have also won the support of Coobana Co-operative. A separate fund helps protect and feed the local population of manatees who suffer from the high levels of pollution found in the rivers.

6. Fairtrade Carbon Credits

Carbon credits in essence are tonnes of carbon dioxide that have been prevented from entering or have been removed from the atmosphere. Companies can purchase credits to take responsibility for the emissions they produce. These credits can be earned by smallholder farmers through sustainability projects such as reforestation and switching to biogas stoves. The funding for these projects is covered by the carbon credits and the farmers receive a Fairtrade Premium.

7. Switching to Green Energy Fuels

Deforestation for firewood is a big issue in Ethiopia. The rapid deforestation is directly related to poverty. As people need to sustain their livelihoods, 46 percent of felling is due to daily energy needs. Traditionally, many people cook over an open-fire, which is both harmful to the environment and women's health. The use of solid fuel open fires and leaky stoves causes an estimated 4.3 million premature deaths each year. Smoke kills more people than TB, HIV/AIDS and malaria combined. Oromia Co-operative in Ethiopia have taken part in the carbon credit initiative to purchase biogas stoves.

This project equipped 10,000 coffee farmers with 20,000 efficient cookstoves. The new stoves reduce the use of firewood by 50 percent, the release of harmful soot particles by 24 - 45 percent, and carbon emissions up to 70 percent. Powered by cow dung, these biogas stoves create by-products which can be used as organic fertiliser on the farm.

8. Reducing water usage

COOCAFE co-operative in Costa Rica spent some of their Fairtrade Premium on a new water treatment system in processing plants. This new system has reduced water use from 2,000-3,000 litres per 225 kg of coffee to 200 litres.

When you buy Fairtrade, you are supporting farmers to survive the often devastating impact of climate change.

Bible a Month : Ghana

“Jesus said, “Let the little children come to me and do not hinder them, for to such belongs the kingdom of heaven” Matthew 19, v14. (ESV)

Ghana is a country in Western Africa; its southern coastline borders on the Atlantic Ocean, and it has land borders with Cote d’Ivoire, Burkina Faso and Togo. It covers an area of 238,000 sq km, which is approx. 98% of the UK. It has a population of 27.5 million-approximately 42% of that of the UK. The literacy rate is 76% and languages include English, Asante, Ewe, Fante, plus other local languages.

Over 71% of the population of Ghana identifies as Christian and yet each year our team in Ghana receive almost 2,000 letters from young people requesting Scriptures. Furthermore, head teachers report rising problems in society such as family break down and incidents of bullying, drug abuse and robbery.

Thanks to Bible a Month gifts, the Bible Society team in Ghana has been able to respond to head teachers requesting assistance in increasing the Bible knowledge of children. The Bible storytelling project in schools is changing attitudes as young people like David and Irene (see the eyewitness story) apply what they learn to their lives.

The project is able to expand. Over the last year, another 54 new volunteers have been trained to work in 8 new schools and the vision over the coming year is to extend the project into another 3 regions in Ghana.

Prayer Pointers

- Give thanks for children like David and Irene. May they continue to grow in faith and trust in the Lord.
- Ask God to bless the crucial relationship between churches and our team in Ghana, raising up new volunteers to expand the Bible storytelling project into new regions and schools.
- Thank God that head teachers are turning to the Bible and relying on the power of God to transform the lives of the children in their care and their society.
- Pray for the African Biblical Leadership Initiative in Ghana as it seeks to promote Biblical values and principles in wider society. Pray for the forum taking place in July 2018 as it works to influence young leaders in academia, government and corporate organisations.

Thank you so much for your support for the Bible Society, which is bringing the Bible to life at home and around the world.

Eyewitness Account from Ghana: Bible Storytelling

By Andrea Rhodes, Global Mission Team

It's a hot, humid day as we drive alongside the sparkling sea in downtown Accra, Ghana. I'm on my way to visit the Bible storytelling project in the Evangelical Presbyterian Church School. As our team waits for a break in the traffic to turn into the school compound, we hear the sound of children singing; morning assembly is already underway.

We are welcomed at the door of the large school hall by head teacher, John Kwame Amponay. He explains that volunteers have been running weekly Bible storytelling assemblies at the school for just over a year, with tremendous results.

"It has drawn many of them to the Word of God. I can see a real difference in their attitude to their fellow pupils and teachers. It's come at the right time- there are many ills in this country, such as family problems, armed robbery, drugs. This program will help the children know how to live in society. I'm so grateful for that"

About 250-300 children, all smartly dressed in green school uniforms, fill the wooden benches of the hall. They turn to look curiously at their visitors but soon turn back to the storytelling volunteers at the front with eager anticipation.

Today's story is about David and Goliath. As the story is read out, several children come to the front in paper helmets, wearing cardboard armour and carrying makeshift shields. They are the Philistines and the tall boy playing Goliath towers above them all. A small boy- appropriately called David, steps forward to play his part. As he defeats Goliath and stands over his body, the hall erupts and cheers.

Following the story there's a short time for reflection and a prayer. I am struck by how seriously and passionately the children pray. Some are standing, some sitting but all are completely absorbed in the prayer. A few quietly mouth prayers of their own. The assembly ends and the room is full of energy. I ask the children what they thought of the story.

"David saw that the giant was so big but knew that God was bigger than Goliath" said David, 11, who played his namesake. He loves acting and especially likes the story of David and Goliath. When I ask him what he and the other children learn from these weekly sessions, he thinks a bit and then answers, "To be humble and to respect God"

Irene is 14, and in her final year at the school before she moves onto the senior high school. "I really love it" she says. "I didn't know much about the Bible before but when it is dramatized here, it brings the stories to life. My parents have noticed a real difference in me. I never used to read the Bible but now I want to go home and read the story we've just learnt about. I read the Bible a lot now."

What's her favourite story? "The one about the burning bush, when God tells Moses to go to Pharaoh and convince him to let his people go", she says. She was struck by how Moses went on to fulfil this daunting task despite many difficulties.

"It taught me about faithfulness and commitment. That I should be committed to my work and faithful to God, whatever I do."

I was touched as the children shared their insights with me. It's clear this project is making a big impact. Thanks to your gifts to the Bible Society, the stories in the Bible are transforming lives and igniting an enthusiasm to live for God. When you see the children's response it makes it all worth it.

From the Bible a Month newsletter, June/July 2018.

Operation Christmas Child - Natalia's Story

The teenage years can be a challenging time for many young people, but Natalia faces more challenges than most.



Natalia collecting logs to heat their home

Growing up in a remote village in Moldova, Natalia lives with her father Vasilli, mother Clava and elder brother Arin. Their house is comfortable but basic, with no running water and limited space, meaning their lounge doubles as a bedroom. They are grateful to have some internal heating but this can be intermittent and when the heating fails they rely on a log burner to keep warm in the colder months.

A year ago, Natalia's mother Clava became seriously ill and fell into a coma.

Natalia recalls, *'It was very difficult in my family. My mum was at the hospital in a coma. I felt very lonely at school.'*

One day a friend invited her to attend a special event at a nearby church and she was excited to accept their invitation.

'I'd always wanted to go to church, but I didn't know how to approach it,' she explained.

At the event Natalia was overjoyed to receive a shoebox gift. Her favourite item was an eye-catching Christmas card with a beautiful angel on

the front. She loved exploring the many gifts inside her shoebox and was particularly happy to receive brand new hairbands and school supplies.

At the outreach event Natalia heard how much God loved her and how he gave The Greatest Gift of all – Jesus. She was intrigued and keen to learn more. When the local church partners invited her to take part in a follow up Bible study programme called [The Greatest Journey](#), in order to discover more about Jesus, she was delighted to go along.



Local partners share the Good News of Jesus



Natalia with her family

She enjoyed the fun, interactive sessions and spending time with her new friends. During one session the group learned about prayer. Natalia began praying for her mother and their lives began to change.

She recounts, *'We went and prayed for my mother in hospital. We cried as we were praying for her bad health situation... My mother was healed and today she joins us at church too. We have prayer times together and read the Bible together every evening.'*

Local Pastor and Operation Christmas Child ministry partner Ivan Sacara, speaks of many similar stories where whole families have found faith and hope through a simple shoebox gift. He said, *‘During my experience as a local pastor, I see children who after receiving their shoebox gift now attend church. Through them we are able to reach their families and share the gospel with them.’*

Viorica received a shoebox gift as a child and now teaches [The Greatest Journey](#) programme in her local community. She said, *‘The Greatest Journey is a brilliant course that teaches children all about Jesus and it teaches them about God’s love... This course has offered Natalia the chance to find the Lord. I’m sure God will bless her in the future.’*

Overheard at Church

A church was having difficulty getting people for the tea and coffee rota. The ladies of the church said more men should help. “Nonsense, that’s women’s work” replied one gruff gentleman, “Where does it say in the Bible that men make the tea?”. One lady quietly opened the New Testament and pointed to *Hebrews*.

Young Darren was rather tired of the long sermon in church so he whispered to his mother, “If we give him the money now, can we go?”

A young couple took their little daughter to a nativity service to hear the story about Mary, Joseph and the baby Jesus. Before the service they were enjoying refreshments in the church hall and their little toddler was scrutinising the table of food. “Mummy” she said, “Where’s the baby cheeses?”

At a wedding the Rev’d William A. Spooner was heard to proclaim, “It is kisstomary to cuss the bride”. And on another occasion, “The Lord is a shoving leopard”.

“Two women called at my door and asked what bread I ate” said one woman to another. “When I said white, she gave me a lecture on the benefits of eating brown bread.....I think they were Hovis Witnesses!”

“I don’t understand why we always sing him at church” said a little girl. “Why can’t we sing some hers?”

“Vicar, we need to book a funeral with you” said a couple. “We want a nice Christian burial, but nothing religious”

And some church signs.....

- Faithbook: You have one new friend request from Jesus.
- Wireless communication is nothing new. This church has been praying for centuries.
- This church is prayer-conditioned.

From Bloopers and Blessings, published by the Leprosy Mission.

Leprosy Champions

There are more than a million people physically and emotionally scarred by leprosy in India today. The Leprosy Mission has equipped more than 500 Leprosy Champions who will reach out to almost 10,000 people affected by the disease. The Mission's CREATE project trains up Champions to seek justice for people who have been mistreated because of leprosy. The European Union agreed to give more than £1 million to support this project if the Leprosy Mission raised £390,000 – and this has been achieved.

The Champions, who are leprosy affected themselves, have been trained in human rights, public speaking and lobbying local governments. They stand up for others.

Rights and State Benefits

Over 4,000 people affected by leprosy now have access to rights and state benefits- which has drastically changed lives. Many have received the pensions and food rations they are entitled to, meaning they no longer have to beg on the street for their next meal. These are people who have all too often experienced leprosy-fuelled prejudice to the extent that they dare not even challenge a bus driver refusing them access after seeing their hands have been clawed by leprosy. Thanks to the CREATE project they can now get on a bus with an official pass giving them discounted or free travel.

Electricity Battle

Through the CREATE project a leprosy affected lady called Bhagwan led the fight for an electricity connection by appealing to the district magistrate, local government official and the chief electrical engineer. Their incredible commitment paid off and six leprosy colonies were finally connected in September. For the first time, the communities have light and electricity to their homes. Before, the children struggled to do their homework because of fading light and women would be trying to cook in the dark. This is very dangerous as often they have numb hands and feet because of leprosy and could cut or burn themselves without knowing. The community feels so much safer now it is lit up at night.

Clean Drinking Water

The authorities in the city of Champa refused to provide a fresh drinking water supply to its leprosy community- an injustice made all the more painful because the water providing piped drinking water to the city is located at the far end of the leprosy colony. So instead, the women of the leprosy community of 4,000 – many badly disabled- had to walk more than two miles each day to fetch drinking water.

But after nine years of injustice, Leprosy Champion Sharidah, inspired 300 members of her community- mainly women- to stage protests around the water tower, demanding change. Because of their courageous efforts and engineer was sent to provide a clean water supply to the whole leprosy community.

Special disability carriages

Many people with disabilities struggle to travel by train in India. Indian trains are often so overcrowded that people can be seen hanging off the sides of the carriages. Whilst this may be acceptable to someone who is able-bodied, many people with disabilities find Indian trains impossible to board. But thanks to disability groups supported by the CREATE project, every train in the entire state of Tamil Nadu now has a disability carriage. Tamil Nadu had a population of 68 million people- larger than the UK.

Prayers

- Praise God that since the 1980's millions of people have been cured through multidrug therapy. Give thanks for the provision of the medication to help those diagnosed and for the tireless commitment of all who work in difficult conditions to bless and heal leprosy-affected people around the world.
- Give thanks for the generous support of thousands of people in the UK which enables the work of the Leprosy Mission to take place.
- Pray for a continued reduction in stigma so that leprosy affected people will be happy to seek the cure.

“Jesus went throughout Galilee, teaching in the synagogues, proclaiming the good news of the kingdom, and healing every disease and sickness among the people.” Matthew 4: 23 (NIV)

Simple Formula for Living

Live beneath your means.
Return everything you borrow.
Stop blaming other people.
Admit it when you make a mistake.
Give clothes not worn to charity.
Do something nice.
Listen more; talk less.
Every day take a 30 min walk.
Strive for excellence, not perfection.
Be on time. Don't make excuses.
Don't argue. Get organised.
Be kind to unkind people.
Let someone cut ahead of you in the queue.

Take time to be alone.
Cultivate good manners.
Be humble.
Realise and accept that life isn't fair.
Know when to keep your mouth shut.
Go an entire day without criticizing anyone.
Learn from the past. Plan for the future.
Live in the present.
Don't sweat the small stuff.
It's all small stuff.

Author unknown.

Don't Hold Your Breath

The phrase 'Don't hold your breath' as we know, refers to the fact that something is very unlikely to happen. We shouldn't expect a certain result or we will probably be disappointed. The truth is that holding your breath can, in extreme cases, be quite dangerous. I know someone who as a young child, used to hold his breath when he cried. This was a cause of constant concern for his parents.

Whenever he started to cry, they had to watch him to make sure that within a few seconds at most he would start breathing again.

Otherwise they would need to take some action to make him stop holding his breath. Holding your breath like this could cause serious physical harm.

Breathing is something we do without even thinking. We breathe in fresh air so that oxygen can be extracted from it by the lungs and pumped around our bodies through our blood stream. The air is made up of many things but mainly oxygen, nitrogen and carbon dioxide. The lungs processing this air we have just breathed in, as well as extracting the oxygen that our body needs to stay alive, also expels the unwanted carbon dioxide as we breathe out. So, no matter what we are doing, our bodies perform the act of breathing in and out, taking in what we need and expelling what our bodies reject. It's the same with eating. We need to feed our bodies with energy but with everything we eat there is some waste that must be expelled in order to remain healthy.



We take into our lives so much, not only in the daily, physical bodily functions that keep us alive but in the things that we acquire. The trouble is that we humans have a habit of hoarding stuff, 'holding our breath' as it were with material things. Those who have moved house will know just how much we accumulate without even realising it. Some people move into a bigger house so they can have more room to stash their accumulated stuff - and then get more. It would probably be cheaper to 'breathe' with our material wealth and as we take in more maybe we should get rid of stuff that we no longer need or use. Some things might have

been useful at one time but are no longer necessary. And yet we hold on to them!

Saddest of all though is when people hold on to negative emotions or memories. Holding onto to such feelings can really be harmful to our spirits. If something is no longer needed, breathe it out or you run the risk of becoming hurt and damaged. We want to be blessed by God and often experience such blessing but at the same time seem unwilling to let go and breathe out the negative resentments, attitudes, disappointments and grudges. Holding your breath can be harmful, physically, materially, emotionally and spiritually. Breathe in the fresh air of God but don't forget to breathe out what you no longer need or what negatively affects your spirit. You'll feel better for it.

From the Blog of Mavis Andradez

Breathe In
Positivity
Breathe Out
Negativity

Smile!!

- My wife said I was useless at fixing electrical appliances. Well she's in for a shock.
- My budgie broke his leg today so I made him a little splint out of a couple of matches. You should have seen his little face light up when he tried to walk on the sandpaper.
- I have decided to write all my jokes in capitals from now on. This one was written in London.
- Tea is for mugs.
- Looks like Battersea Dogs Home is going into administration. They're calling in the retrievers.
- Keep seeing Mickey Mouse and Donald Duck at the bottom of my bed. Doctor says it's Disney spells.
- I'm thinking of selling my John Lennon collection on eBay. Imagine all the PayPal.
- When I was little bullies used to beat me with telephones. I was always on the receiving end.
- Phoned the ramblers club- and this bloke just went on and on.
- Errrrrrgh! I've accidentally eaten some cat food!!! Don't ask meow!
- My mate used liquorice as bait when he went fishing. He caught all sorts!
- A girl agreed to go out with me after I gave her a bottle of tonic water. Schwopped her off her feet.
- Science reveals that women have cleaner minds than men....due to the fact that they change them every 10 seconds or so.
- I received a report from a friend in the USA regarding the bad weather. He lives in Boston and for the last 2 days they've had non-stop snow, temperatures of minus 16 and gale force winds of up to 60 mph. They are totally isolated and his mother in law hasn't done anything else other than looking through the kitchen window. He was saying that if it carries on like that he will have no option but to let her in.
- A lorry load of snooker tables has crashed on the M25. The driver is under a rest, and the cues go on for miles.

With thanks to LIVErNEWS, the Liver Patient Support Newsletter.

And finally- A Preachers Prayer as he/she starts worship : **O fill me with the righteous stuff and tell me when I've said enough.**

Saving Lives in the Rubble

Dr Javid Abdelmoneim recently returned from the Syrian city of Raqqa, which was taken from Islamic State forces in October. He spent a month working in a small clinic set up by Medecins Sans Frontieres (“Without Borders”) in one of the few houses left standing in the city.

I’m an A & E specialist in London and I’m used to dealing with major trauma cases: car crashes, stabbings, the occasional gunshot wound. But in one month in Raqqa, I treated more severely wounded people than I’ve seen in the past three years in A & E.

Raqqa has been mostly destroyed, with vast areas razed to the ground. Everywhere you look are burnt out buildings and rubble. The streets are littered with improvised explosive devices and landmines.

MSF opened an emergency room in Raqqa within 3 weeks of the end of the offensive. It’s just an ordinary house but we’ve been inundated with patients. About 55 blast victims arrived each week- about 8 a day. Some had shrapnel wounds; others had limbs blown off. Our job was to stabilise patients, stop the bleeding, wash their wounds, splint their broken bones, give them strong painkillers, start them on antibiotics- all with the aim of transferring them to our hospital in Tal Abyad, two hours drive away.

The improvised explosive devices had been planted throughout the city, many of them quite sophisticated, with heat and motion sensors and trip wires, operating on time delays. They’d been planted in houses, in cupboards, under beds- everywhere you could think of. We heard stories of men returning to their homes in Raqqa to prepare them for their families. They’d enter a house, trip a time-delayed device without knowing it, and then, three days later, when the whole family had arrived, the device would go off. The former residents of the city are coming back in waves- it’s clear there are going to be many more casualties.

Apart from blast victims, there were other “ordinary” emergency room patients. I’d see someone with diabetes, but because they’d not had a regular supply of insulin for years because of the war, they’d have catastrophic diabetic complications- leg ulcers, high blood sugar. We’d see pregnant women with no antenatal care who had uncontrolled high blood pressure causing them to have seizures. As the city is mostly rubble, with plenty of uncleared roads, we saw a lot of car accidents. And a lot of burns from diesel stoves as that’s the only fuel available for heating. We did our best to patch people up.

I was proud to be part of MSF, playing a part in helping to take medical help to those in need. *Dr Javid Abdelmoneim. Article from “Without Borders” the newsletter of MSF.*

*****Medecins Sans Frontieres/Doctors Without Borders (MSF) is a leading emergency medical humanitarian aid organisation. It helps people affected by armed conflict, epidemics, and natural or man made disasters, without discrimination and irrespective of race, religion creed, gender, or political affiliation . It works in more than 70 countries.***

500 Words

500 words is now one of the most successful story-writing competitions for young people in the world. Entrants write an original story on any subject or theme. The one below was written by Aoife Maddock, for the 10-13 year old section. It came 2nd overall in the competition and shows a remarkable understanding of the world today, from God's prospective. All the stories from the competition are freely available in the Internet.

Dear Gods & Deities Inc,

It is with much regret that I have chosen to resign from my position as Lead Deity of Area 25541, specifically, Earth. I have learnt very much from my time at Gods & Deities Inc. and will cherish the relationships I have formed with the beings there forever. This was not an easy decision to make, but I believe it is in the best interests of my career advancement and development as a sentient being. I have thoroughly enjoyed my time working for you.

Actually, you know what? That's a lie. I have not enjoyed my time at Gods and Deities Inc. at all. Would you like to know why? Humans.

I understand it's unprofessional of me to complain about my clients in such a personal manner, but they're just so frustrating. I have done everything in my power to please them, you know. My creative team and I have worked as best we can with them- but I've never met a species that is quite so needy!

First of all, they're the only species to fight among themselves so pettily. War after war, I can barely get a word in edgewise; all in my name, might I add. I don't want war, why would I want war? That doesn't even make sense! If they'd listen for just one moment, they'd realise it's not in my best interests and it's certainly not in theirs, it's nothing but a waste of time and money.

Another thing, never have I worked a job where I've received so much abuse! Anything they mess up, they blame on me- which is hardly fair. Do they really think it's my job to sit around and ruin their day? I'm tired of them overestimating my power, I can't solve world hunger! They caused world hunger! It's clear they've mistaken me for the universal caretaker, here to sweep up their messes. There's no working with them, there's no splitting the load. They expect everything of me and I get nothing in return.

One last thing, this one really irks me, but would it kill them just to listen? For once? I've considered going vengeful, multiple times. They complain about my standoffishness, my refusal to step in when the going gets tough, but when I try to give advice they won't take it! I feel I have been very clear about my expectations of our partnership. They take one step forward, only to take another two back, do you have any idea how infuriating that is? The spark I once had has been replaced by a resentful disinterest, and whose fault is that?

I apologise, this letter has stretched out longer than anticipated, but I really needed to get that off my chest. I hope now my sudden resignation does not seem so irrational, and that Gods & Deities Inc. prospers in the future. Whomever you choose as my successor, I sincerely wish them the best of luck.

They're going to need it.

Seen on a notice board at a local hospital.

When I wander

When I wander don't tell me to come and sit down.

Wander with me.

It may be because I am hungry, thirsty, need the toilet.

Or maybe I just need to stretch my legs.

When I call for my mother (even though I'm ninety!)
don't tell me she has died.

Reassure me, cuddle me, ask me about her.

It may be that I am looking for the security that my mother once gave me.

When I shout out please don't ask me to be quiet...or walk by.

I am trying to tell you something, but have difficulty in telling you what.

Be patient. Try to find out. I may be in pain.

When I become agitated or appear angry, please don't reach for the drugs first.

I am trying to tell you something. It may be too hot, too bright, too noisy.

Or maybe it's because I miss my loved ones. Try to find out first.

When I don't eat my dinner or drink my tea it may be because I've forgotten how to.

Show me what to do, remind me. It may be that I just need to hold my knife and fork

I may know what to do then.

When I push you away while you're trying to help me wash or get dressed,
maybe it's because I have forgotten what you have said.

Keep telling me what you are doing over and over and over.

Maybe others will think you're the one that needs the help!

With all my thoughts and maybes, perhaps it will be you who reaches my thoughts,
understands my fears, and will make me feel safe.

Maybe it will be you who I need to thank.

If only I knew how.

(Anonymous poem)

Points to Ponder

- Be grateful for every second of every day that you get to spend with the people you love. Life is so very precious.
- A lot of problems in this world would disappear if we talked with each other instead of about each other.
- Trust God's plan even when you don't understand the path. *Without Walls Ministry.*
- So much darkness. Offer whatever light you can.
- Do not be dismayed by the brokenness of the world. All things break. And all things can be mended. Not with time, as they say, but with intention. So go. Love intentionally, extravagantly, unconditionally. The broken world waits in darkness for the light that is you.
L.R. Knost. Clergy Coaching Network
- It takes courage to let go of the familiar and embrace the new.
- Some call it multi-tasking. I call it doing something else while I try to remember what I was doing in the first place.
- Don't compare yourself to other Christians. Compare yourself to Christ. He's the one you're following.
- Some people think that to be strong is to never feel pain. In reality, the strongest people are the ones who feel it, understand it, accept and learn from it. *The Gift Books.com*
- Don't start the day with the broken pieces of yesterday. Every day is a fresh start. Each day is a new beginning. Every morning we wake up if the first day of our new life. *Simple Reminders.com*
- Even the darkest night will end and the sun will rise. *Victor Hugo*

N.B. Most of the above are freely available on the Internet and cannot be attributed to any particular author.

Trinity Shoe Box Appeal 2018

Each month we are asking for donations of items to go in our Shoe Boxes.

This month we are asking for Face Cloths, Soap, Skipping Ropes, Balls, Dominoes, Children's Card Games and any Small Children's Games.

Our continued thanks to everyone who contributes to this very worthy cause.



Preachers and Services

Allen Memorial

Trinity

July				
1 st	10.45 a.m.	Mr Michael Ball.	10.45 a.m.	Canon Peter Dodd.
	6 p.m.	Local arrangement.		
8 th	10.45 a.m.	Rev Janet Jackson	10.45 a.m.	Rev Glynn Lister Communion Service
	6 p.m.	Rev Janet Jackson Communion Service		
15 th	10.45 a.m.	Deacon Gail Morgan	10.45 a.m.	Mr Michael Ball.
	6 p.m.	Rev Julie Mooney		
22 nd	10.45 a.m.	Rev Janet Jackson Communion Service.	10.45 a.m.	Mrs Pauline Newman.
	6 p.m.	Rev Alison Wilkinson		
29 th	10.45 a.m.	Mr David Stabler	10.45 a.m.	Mr Adam Wilkinson
	6 p.m.	Deacon Gail Morgan		
August				
5 th	10.45 a.m.	Mr Tim Rogers	10.45 a.m.	Rev Paul Cleever-Thorpe
	6 p.m.	Rev Paul Cleever-Thorpe		
12 th	10.45 a.m.	Mrs Pat Gurr	10.45 a.m.	Rev Janet Jackson Communion Service.
	6 p.m.	Rev Harold Stuteley		
19 th	10.45 a.m.	Rev Malcolm Newman	10.45 a.m.	Deacon Gail Morgan
	6 p.m.	Rev Janet Jackson Communion Service.		
26 th	10.45 a.m.	Rev Glynn Lister Communion Service	10.45 a.m.	Rev Janet Jackson
	6 p.m.	Pastor Tom Leighton		

Trinity Door Stewards Rota

(All 10-45 a.m. unless otherwise noted)

July

1st Mr R Falcus.
8th Mr L Lawson
14th Mrs J Scott.
21st Mrs S Aston.
27th Mrs S Filmer.

August

5th Mrs L Morgan.
12th Mrs D Kirkley
19th Mrs M Mills
26th Mrs M McCullough.

September

2nd Mr R Falcus.

Allen Memorial Door Rota

Ann Humphries/Dorothy Kerr

Allen Memorial Messy Church

Thursday 12th July 3:30- 5:30pm
Worship, Crafts, Food

Allen Memorial Prayer Corner

Wednesday 18th July 6:00-7:00pm
Come along for a time of Prayer.
All welcome .

Trinity Fellowship Group

Thursday 12th July at 2 p.m.

Allen Memorial Steward Rota

July

1st Martin Edworthy
8th Alan Emery
15th Anne Gallagher
22nd Martin Edworthy
29th Alan Emery

August

5th Anne Gallagher
12th Martin Edworthy
19th Alan Emery
26th Anne Gallagher

Trinity

Audio Visual Operators

Church Steward

July

1 st	Susan / Lynda	Mark Burdon
8 th	Alan Barker	Bill Filmer
15 th	Mark Burdon	Alan Barker
22 nd	Susan / Lynda	Susan Bewley
29 th	Mark Burdon	Mark Burdon
August 5 th	Alan Barker	Bill Filmer
12 th	Mark Burdon	Alan Barker
19 th	Susan / Lynda	Susan Bewley
26 th	Mark Burdon	Mark Burdon

Trinity Coffee Morning Rota

July

7th Maureen Mills &
Lorna Morgan

14th Sylvia Aston &
Janis Duff

21st Mick & Zoe Watson

28th Susan Bewley &
Lynda McQuillan

August

No Coffee Morning during August

Sept

1st Maureen Mills &
Lorna Morgan

Holiday at Home

For those over 55 in our Community

The first Holiday at Home is happening in Wallsend.

If you would welcome going on 'holiday,' where you can relax, meet friends, enjoy good food and have fun, then we would love to meet you.

Where: Trinity Methodist Church

When: Tuesday 21st August

Wednesday 22nd August

Thursday 23rd August

For more details please contact:

Deacon Gail on 0191 276 1745 or
email: gail.morgan@methodist.org.uk

Open the Book

At Richardson Dees School

Thursday 7th July 1:00pm

Articles By?

All articles for the September edition of AT Church MUST be handed in by Sunday 26th August.

Trinity Flower Rota

Sunday 1st July

Janis Duff

Sunday 8th July

Lorna Morgan

Sunday 15th July

No donor at time of print

Sunday 22nd July

Allan & Pamela Fender

Sunday 29th July

Bill & Shirley Filmer

Sunday 5th August

Sylvia Aston

Sunday 12th August

Alan & Dorothy Barker

Sunday 19th August

Allan & Pamela Fender

Sunday 26th August

No donor at time of print

During the last month our Communion Table Flowers have brought their beauty and our thoughts and prayers to Agnes & Bill Paterson, Susan Bewley, Maureen Mills, Camille Lawson and Shirley Filmer.

Help Needed

As some of you will know, I'm having another operation on my ankles in mid-August.

As last time, this will mean being stuck in a wheel chair or using walking aids for a couple of months.

When it comes to copying our magazine, I will need quite a bit of help. Particularly for the September magazine requiring printing in late August when I'll probably be stuck at home.

If you can help please see me to find out what will be required.

Alan.