

Thought for the Month

I love my garden and I have always enjoyed gardening. But I'm a fair-weather gardener. Too hot, too cold, too wet, too tired too busy and when I had to have a back operation last year I realised that my garden was never going to be perfect, at least not the way I thought it should be. It became a source of stress, guilt and frustration. So, reluctantly accepting my limitations , I took out all the labour-intensive perennials that needed staking and dead heading, banned bedding except in pots and instead planted low maintenance , mainly evergreen shrubs and bushes. Nowadays when I look out onto my garden I see many beautiful shades of green with the occasional burst of colour when various bushes come into flower. My garden lifts my spirits every single day and although I never seem to have time to sit in it, it is once again my happy place. I have stopped worrying about the weeds that creep under the shrubs despite a covering of forest bark and, although I cannot seem to make my peace with dandelions or that sticky goose grass stuff I am beginning to feel that a weed is in fact a plant 'growing in the wrong place'. Some of them are even quite pretty.

It strikes me that nowadays we are all under pressure to be perfect. Have perfect bodies, perfect homes, a perfect lifestyle. We are expected to be perfect parents, perfect partners , even perfect cooks. I see evidence of this everywhere. Eating disorders , personal debt , burn out and stress at work.

Could there be a message in what I learnt in my garden? Not everything has to be perfect. My garden is still a place of joy despite its imperfections. Perhaps it's time that we stopped tormenting ourselves by trying to be perfect and celebrate instead that we are human, part of God's creation, most wonderfully and marvellously made.

Jill Bramwell

Alfresco

We love to dine alfresco
(We love to eat outside)
Roast chicken on the patio
With salad on the side!

For in the warmth of summer
You really cannot beat
A meal in the open air
It is the place to eat!

A barbie or a salad
Or a fresh takeaway
A picnic in the countryside
Just makes a summer day!

The birds a-singing in the trees
Bright flowers feast our eyes
The only thing that's not to like
Is beating off the flies!

By Nigel Beeton

DO YOU KNOW ANYONE WHO WOULD BENEFIT FROM ACCESS TO A FOODBANK?

The Riverside Parishes Churches have combined forces to provide food parcels to local residents who may be struggling to put food on the table in these difficult times.

For more information in confidence
call Jill Bramwell on 07818 418499 or 01325 721863

From the Parish Records

Weddings

10th June 23

Rupert David Spence Ormston to
Fiona Amy Collis-Hamilton



WHAT'S ON OFFER FOR OUR YOUNGSTERS?



All Saints Church Young Peoples activities

10.30am every Sunday

Hurworth Friday Hangout & Friday Night Drop In

All Saints Church Centre

The Charities of Middleton One Row

invite application for funds

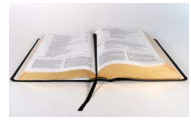
from individuals or organisations for a community project in the Middleton St George or Hurworth area which fulfils their aims:

“to further religious and other charitable work in the locality”.

Please send an email to charitiesmor@gmail.com detailing your proposed project, or for a discussion



Church Services in Hurworth,



Middleton St George, Low Dinsdale and Girsby

July 2023

Sun 2 nd	Hurworth	10.30 ^{AM}	Holy Communion
	MSG Academy	10.00 ^{AM}	Holy Communion
Thurs 6 th	Hurworth	8.00 ^{AM}	Morning Prayer
Sun 9 th	Hurworth	8.00 ^{AM}	Holy Communion
	MSG Academy	10.00 ^{AM}	Service of the Word
	Hurworth	10.30 ^{AM}	Morning Worship
Thurs 13 th	Hurworth	8.00 ^{AM}	Morning Prayer
Sun 16 th	Hurworth	8.00 ^{AM}	Holy Communion
	Hurworth	10.30 ^{AM}	All Age Worship
	MSG Academy	10.00 ^{AM}	Service of the Word
	Dinsdale	11.00 ^{AM}	Morning Prayer
Thurs 20 th	Hurworth	8.00 ^{AM}	Morning Prayer
Sun 23 rd	Hurworth	8.00 ^{AM}	Morning Prayer
	Hurworth	10.30 ^{AM}	Morning Worship
	MSG Academy	10.00 ^{AM}	Service of the Word
Thurs 27 th	Hurworth	8.00 ^{AM}	Morning Prayer
Sun 30 th	Hurworth	10.30 ^{AM}	Morning Prayer
	MSG Academy	10.00 ^{AM}	Service of the Word



Church Services in Hurworth,



Middleton St George, Low Dinsdale and Girsby

August 2023

Thurs 3 rd	Hurworth	8.00 _{AM}	Morning Prayer
Sun 6 th	Hurworth	10.30 _{AM}	Holy Communion
	MSG Academy	10.00 _{AM}	Service of the Word
Thurs 10 th	Hurworth	8.00 _{AM}	Morning Prayer
Sun 13 th	Hurworth	8.00 _{AM}	Holy Communion
	MSG Academy	10.00 _{AM}	Service of the Word
	Hurworth	10.30 _{AM}	Morning Worship
Thurs 17 th	Hurworth	8.00 _{AM}	Morning Prayer
Sun 20 th	Hurworth	8.00 _{AM}	Holy Communion
	Hurworth	10.30 _{AM}	All Age Worship
	MSG Academy	10.00 _{AM}	Holy Communion
Sun 27 th	Hurworth	8.00 _{AM}	Morning Prayer
	Hurworth	10.30 _{AM}	Morning Worship
	MSG Academy	10.00 _{AM}	Service of the Word
Thurs 31 st	Hurworth	8.00 _{AM}	Morning Prayer

ZOOM WORSHIP

The 10.30 Services at All Saints Hurworth are available on Zoom. For joining instructions contact:
juliahclarke@aol.com

SUMMER CONCERT

RHAPSODY CHOIR/BELLA CANTA CHOIR

Wednesday 19th July 23 @ 7.00pm

at All Saints Church Hurworth

Tickets £5 from Linda on 07751 765359

Or Penny on 07544 403632

THE HURWORTH ROGERS CHARITABLE TRUST Supporting The Community

Hurworth community groups and residents are welcome to apply to the Trust.

We give grants to a broad range of projects and to individual residents in need who are:

Elderly

Have mental health issues

Young people wishing to achieve their physical, intellectual or spiritual potential

Or, feel that something would be beneficial to the common good of the people of Hurworth

Applying to the Trust is very straightforward.

If you think the trust may be able to help you or your community project please contact:

Mrs Milly Stoney, Trust Sec, 2 West End. Hurworth
milly.stoney@outlook.com

The Trust is always delighted to receive donations which will further support the community

TIME FOR A SMILE

What you need

A Sunday School teacher had just concluded her lesson and wanted to make sure she had made her point. She said, "Can anyone tell me what you must do before you can obtain forgiveness of sin?"

There was a short pause and then, from the back of the room, a small boy spoke up. "Sin?"

A prayer for July

Loving Father,

July brings long days and summer pleasures, for many, but not for all. Lord, we pray for those who are finding life to be a struggle; for families with no hope of a holiday this year; for parents who don't know how they will feed their children during the upcoming long school break; for those who are lonely, or discouraged, or isolated, or afraid.

Lord, we pray for justice and compassion from those in positions of power and responsibility.

And please Lord, show us how to help, how to be part of the solution. May we, as your children, reflect your loving kindness wherever we can. May your Kingdom come on earth, through us.

In Jesus' name.

Amen

By Daphne Kitching

Observations on our Christian faith...

God made the country, and man made the town. – William Cowper

What your heart possesses, your life expresses. – Anon

Prayer is the original wireless communication. – Anon

Beauty is the gift of God. – Aristotle

God enters by a private door into every individual. – Anon

Perhaps the straight and narrow path would be wider if more people used it. – Kay Ingram

Hurworth Village Diary

July 23

Sat 15th July Music for All - Outdoor Music Event The Grange
Tickets £10 (under 16's FOC) 18.00 - 22.00
Ring 720840 or visit the Grange bar for tickets

Sat 22nd - Sun 23rd History of Hurworth Exhibition Village Hall
Refreshments by donation Free entry, 10.30am - 4.30pm

Aug 23

Sun 20th Art Class Exhibition Village Hall
Refreshments by donation Free entry. 10.00am - 4.00pm



Georgie's Coffee Stop

invites everyone to join our St George and St Laurence Church team on the 2nd Saturday of the month from 10am - 12 noon in MSG Community Centre



Coffee, Tea, Home Made Cakes etc £1 each
Come for a friendly gathering, activities for children
All Welcome

**In July we meet on Saturday 15th July and
in August on Saturday 12th**

Diabetes timebomb: NHS to offer 'soup and shakes' diet

The NHS is to roll out a 'soup and shakes' diet across the UK, aimed at the tens of thousands of patients who are fighting Type 2 diabetes.

Health officials said every part of the country will be offering the regime by next March, as the NHS tries to tackle what has been called Britain's 'diabetes timebomb'.

Pilot schemes report an average of two stone in weight loss in three months. Clinical trials seem to show that this will be enough to reverse about half of diabetes cases. The 'soups and shakes' diet is a 'total diet replacement' product, which aims to deliver 800 to 900 calories a day for 12 weeks.

Professor Jonathan Valabhji, the NHS England's national clinical director for diabetes and obesity, says: "Research is clear that weight loss, where indicated, goes a long way to helping people stay well and avoiding preventable illness, and in many cases, it can be the trigger for putting Type 2 diabetes into remission."

TIME FOR A SMILE

Grandchildren

Grandchildren don't stay young forever, which is good because grandfathers have only so many horsy rides in them. – Gene Perret

Swim?

If a lot of swimming is so good for your shape, then why do the whales look the way they do?

Hurworth Churches Working Together

James 1:19 My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry,²⁰ because human anger does not produce the righteousness that God desires.

A few weeks ago on the train back from Scotland the seat next to me was free, and I was nearing my last stop at Darlington station.

There had been a free seat next to me and across from me as well. And sitting across from me was a young mom and her small child, and she had struggled to get him to sleep for most of the 5 hour trip, and so finally got him to sleep in her arms, (I remember those days, my daughters are now in their teens).

A lady came on, and lo and behold her designated seat was the one right next to the young mom, where the young mom would have to get up, and move, possibly waking the small child, and then holding the child in a single seat while sleeping.

I saw this play out so I offered my seat, it was easier for me to get up, and of course the next stop was my stop. No problem because the journey was short.

And as I embarked off the train, I wondered if we could apply that statement to our lives at times. My journey is so short anyway, let me be the one inconvenienced and move.

Our journey is so short anyway, let me be the first to offer forgiveness and grace.

Our journey is so short anyway, why do we feel it is necessary to sometimes argue over insignificant things and make them big things.

Our journey together is so short anyway, so why darken the journey with small insignificant quarrels, or petty arguments.

Our journey is short anyway so yes be inconvenienced for a while in the name of peace and journeying together.

James encourages us to be quick to listen, slow to speak and slow to become angry, good advice whether you are religious or not, great advice for family and community living.

The journey is so short anyway. Where we can... let's quickly forgive, be slow to anger, swift to love and fill our days with gratitude and gladness. Our time is so short, we never know if the next stop is ours.

Rev Brian Hutton

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Newsletter Information

This Newsletter is compiled and printed by members of All Saints Church Hurworth and distributed by a team of volunteers in the spirit of Christians Working Together in Hurworth and the surrounding villages.

Appropriate copy is always welcome as are offers to assist with the distribution to our growing community.

All copy for the Newsletter, including events, articles for publication, advertisement design or payment **MUST** be received by 10th of the previous month at the latest, or inclusion may not be possible

Advertising rates are as follows :-

Quarter page - 1 insertion £16, 5 (half year) £75 10 (I year) £145

Half page insertions £32 each, £140 per half year

Editors Contact details :-

Denis Pinnegar - Email denispinnegar@aol.com

Tel 01325 720835

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The Riverside Parishes are currently in Interregnum and as such awaiting the appointment of a new Priest in Charge.

If you wish to seek advice or guidance on church related matters please direct your enquiries to one of the members of the team listed below:

Hurworth Church Wardens

Email addresses :

Julia Clarke 01325 720662

juliahclarke@aol.com

Lay Reader

Paul Mallett 01325 722089

mallett26@hotmail.com

Authorised Pastoral Assistant

Jill Bramwell 01325 721863

bramwelljill@hotmail.com

Hurworth Baptisms -initial contact:

Jill Bramwell 01325 721863

bramwelljill@hotmail.com

Hurworth Weddings - initial contact:

Enid Thompson 01325 720746

enid.thompson@gmail.com

Hurworth Funerals -initial contact:

Enid Thompson 01325 720746

enid.thompson@gmail.com

Dinsdale Church Warden

Reuben Robson 01325 332439

bridgetmaclean@supanet.com

Girsby Church Wardens

Allen Harrison 01609 881534

harrisoncanda@hotmail.co.uk

Jane Alderson 01609 881305

pommiegrannie@gmail.com

Middleton St George Church Wardens

Dave McKittrick 07963 678021

djmckittrick1@hotmail.com

Roger Sansom 01325 401850

roger@sansomfamily.org

(For Baptisms, Weddings and Funerals in Dinsdale, Girsby & MSG please contact the appropriate Church Warden initially)

“Where there is only one set of footprints, that is where I have carried you”.

