



**ST. MARY'S  
CHURCH**  
LONG NEWTON



**St Mary's  
News** Issue 11  
September 2015

A warm welcome to the 11th issue of St Mary's News, we aim to keep you informed of the events taking place in the Church Community leading up-to Harvest. The next issue will be distributed in December giving details of Church events leading up to Christmas, with a further issue being delivered in March.

### **That's Heavy!**

They say that worrying doesn't take away tomorrow's problems, only today's peace. But I seem to meet people every day who are weighed down by anxiety for one reason or another.

I heard recently about a psychologist who did seminars on stress management. In one class, she raised a glass of water and asked: "How heavy is this glass of water?" Answers called out ranged from 20g to 250g.

She replied, "The absolute weight doesn't matter. It depends entirely on how long I hold it. If I hold it for a few seconds, it's not a problem. If I hold it for half an hour, I'll have an ache in my arm. If I hold it for a day, my arm will feel numb and paralyzed. In each case, the weight of the glass doesn't change, but the longer I hold it, the heavier it becomes to me. And that's all that matters in my world."

She continued, "The stresses and worries in life are like that glass of water. Think about them for a brief moment and nothing happens. But if you dwell on them all day long, you will feel paralyzed – incapable of doing anything."

Perhaps this is one reason why it says in the Bible, "Cast your cares on God, because he cares for you." At all times, not least seasons of prolonged stress and anxiety, one could do worse.

With Best Wishes and Prayers, Rev. John Lambert

## **Forthcoming Dates and Events in St Mary's Church** all welcome to join in any of these events

Weekly Sunday service at 10.30 am

20th September at 3.30pm	Messy Church
4th October at 10.30am	Family Harvest Service
1st November at 3.30pm	Bereavement Service
8th November at 10.30am	Remembrance Sunday
15th November at 3.30pm	Messy Church
29th November at 4.00pm	Christingle

### **Weekly Events**

Tuesday - Tuesday@10, informal service in church  
Wednesday - Little Ted in Church at 9.15am  
Thursday - Drop In at Wilson Centre from 10.00am  
Monthly Event - 2nd Thursday, Community lunch in Wilson

Why not take a look at St Mary's Church Website for further details of events and contacts

[www.stmaryslongnewton.co.uk](http://www.stmaryslongnewton.co.uk)

Find us on Facebook



**Messy Church:** St Mary's will be holding 'Messy Church' at 3.30pm on Sunday September 20th. Messy Church will involve - learning through craft or play, sung worship and shared food. So why not bring along your children or grandchildren and find out more.

### **TryPraying**

"I'm trying" children shout.

"Try harder" reply their parents.

Sometimes, unfortunately, our best "try" just isn't enough. That's why, in May this year, a nationwide initiative was launched; TryPraying.

TryPraying is based around a booklet that helps us to pray. The booklet guides you, over the space of a week, on ways to pray – how, where, why – as it aims to help us overcome the common issues people have when trying to pray.

The booklets are still available (free, with a recommended donation of £1) from the back of St Mary's. If you would like any more information or would like to take a booklet home then please take one.

At the end of your week you are asked to set the booklet free by passing it on to someone who you feel may also benefit from TryPraying.

### **Long Newton Music**

The next concert presented by Long Newton Music will take place at St Mary's on Saturday 10<sup>th</sup> October at 7.30pm (doors open at 7.00pm). This concert will feature two highly accomplished musicians, Gemma Kost (cello) and Jonathan Musgrave (piano) in a programme of Russian music. Tickets are £10 from 01740 630519

### **St Mary's Paths**

Over the past couple of years the church paths had deteriorated such that they were muddy and slippery in wet weather. But, if you have visited St Mary's in the last few months, no doubt you will have been impressed by the smart new path leading up to the church and around to the garden of remembrance. This has been a major project for St Mary's and our thanks go to all those in Long Newton and beyond who contributed so generously towards the cost of the new paths.

### **Little Ted and Me—Margaret Taylor**

I was already looking for something workwise and asked Tom Whitfield for a reference as I was interested in working in the Teesside Hospice shop but when Tom said they needed some more volunteers at Little Ted I decided to give it a go. Little Ted is held in the seating area of the church after chairs are cleared away and the area secured. A special flooring is put down for the children to play on with the toys. There is a quiet area with tables, crayons and pencils for drawing. Towards the end, music is played for the children to dance to and coffee is made for the Mums/Grandparents. The children line up for their juice and biscuits (their choice, not ours!). Some weeks there may only be 6 children but at other times there could be as many as 18. The music which is played is catchy and related to God and the children love singing. Some children do not settle at first but they soon enjoy coming and I love working with the children as they all have different personalities.

### **Godzone Report Summer term 2015**

Twice a term, the school comes to church in the afternoon for GodZone, when we have times of worship, learning and prayer together, and also a time where we split up and move around the church to various activity Zones. Parents and carers are welcome too.

In June, we had our annual outdoor GodZone, when we explored the theme of "I'm special because God has a plan for me". The children split into seven groups; each had an event to plan for, and they each visited in turn seven sites in the village to do an activity and collect something to do with their plan.

Then we all met up on the green for a short time of worship, learning (about the prophet Jeremiah) and prayer, before we finished with ice creams. Again, we enjoyed good weather, and didn't need to implement Plan B in the church.

In July, it was back to the usual format in church, where the theme was "I'm special because God moves on with me", since next term all the children will be moving on in some way, not just those moving to a new school. We learned about how God moved on with the children of Israel after they escaped from Egypt, and we were joined by Kathryn Belmont, the Youth Pastor from All Saints, to give help and advice to those moving on to secondary school. And next term, please remember that all adults are welcome too, especially but not exclusively those who have a connection with the school.

