



A New Congregation - Telephone Worship

When the pandemic struck and we were not able to go into Church, unsure how long it would last, maybe a few weeks or a month - we looked for a low-tech temporary solution for people without internet access. We came up with a teleconference to join together in groups of up to 50. We thought most people have access to a phone and this would work for people without the internet. We have learned lessons on what will and won't work along the way and reached a point where this was a permanent option rather than a temporary solution, and we could offer the Circuit a morning and evening telephone service.

As the Covid situation changed David Gray has been able to move the Ravensworth Road morning service back into Church with an in person and telephone congregation. At Centenary we decided to stay on the phone with the odd special services back in Church with the option to dial into worship. We have people who join every Sunday and those who join us occasionally. While mostly from Churches in our own Circuit, we have others from adjoining Circuits and other denominations joining.



It's very interesting how a forced change has developed into something positive and we wonder why we didn't do it before. Over the years we have developed into a congregation to support each other and offer the voice of friendship. There are many in our phone congregation that would not recognise each other in the street unless they heard a voice they are now familiar with on the phone. We often dial in early for a little chat before the service to see how each other are. At the end of the service we normally unmute and say the grace together. It sounds like the tower of Babel with voices cutting across each other but what a lovely feeling to know you are not alone and have your friends around you and God present with you.

Most Sundays we use around 25-30 of our 50 lines so there is still space for you to come and join us. Our evening congregation now averages around 34 people and we are thankful to Rev Janet Capstick and all our ministers and Local preachers for their help and to Christine who always provides our music.

If you want to know how to join us see the plan for dial in details or drop and email to info@centenarymc.org.uk.

Stopping Point - Wednesday's 1-1.30pm on Zoom

Revds Trevor and Janet Capstick begin stopping point with a brief opening prayer and welcome, often a bible verse to ponder, before Trevor reads a few short passages from Ben O'Rourke's very helpful book "Finding Your Hidden Treasure: the way of silent prayer" (Darton, Longman & Todd, 2010). Then we hold 15-20 minutes of silent prayer, before we say the Lord's Prayer and the Grace together, and say our goodbyes.

There are about 8 others joining regularly, mainly from this Circuit, but often 1 or 2 from elsewhere in the District. The group would love other people to know about it and join in!

This brief half hour gathering started on Zoom in January 2021 - one older lady who attends every week has said it has been one of the spiritual activities which has helped her most during these difficult Covid times.

The practice of silent or contemplative prayer is sometimes called "centring prayer" or "prayer of the heart", and has been practised throughout the Christian Church's history. Maybe not too often by Methodists? We hope to change that.

We believe the regular daily practice of holding some silence is very beneficial to people's wellbeing. Mother Teresa once said: "The more we receive in silent prayer, the more we can give in active life." And Desmond Tutu, in commending a lovely book on the practice of contemplative prayer ("Into the Silent Land" by Martin Laird, DLT, 2006), said "I tried it and it works. Try it."

If you would like to know more about this group, or would like to join in, please contact Trevor (trevorcapstick88@gmail.com) or Janet (revjanc@btinternet.com), or ring us on 0191 413 2494. You'll be very welcome - the more the merrier!

Facing Depression Together

PeerTalk®

Find out more at:

- ☎ 07719 562 617
- 🌐 peertalk.org.uk
- 📧 @peer_talk
- 📧 @peertalk1
- 📧 enquiries@peertalk.org.uk
- 📧 peertalkcharity.org.uk

SUMMER NEWSLETTER

2022

Letter from the Acting Superintendent

Dear friends,

As summer approaches and holidays are booked, this time of year especially gives us the chance to take a sidestep from the usual day to day routine.

It is when we have that opportunity that we can afford ourselves a chance to reset, reflect, reassess, and relax!

We wish Rev Ann Varker well as she takes her sidestep from the usual routine, as she has her sabbatical this summer. Sabbaticals are side steps for ministers, and any other professions that are fortunate enough to have them. I wish everyone could take one, for the benefits are many, not only for the individual but also for those whom they serve. People come back refreshed, inspired with new ideas energised with new possibilities and clearer vision.

Though not all of the results of a sabbatical can be achieved on a holiday, most of us are refreshed from that sidestep from the norm. As we celebrate the Queen's Platinum Jubilee, we have been given an extra-long weekend to celebrate and maybe even reflect on her faithful service to the country over the decades*. Though the Queen still does a 40-hour week aged 96, she also takes herself away to Balmoral every summer, for a much-earned rest. A sidestep from the usual routine.

My youngest sister's firm have recently introduced a "Wellness Wednesday", where each employee is offered the gift of an hour's paid leave every week. This has proven to be a great success, an affirmation of the workers and an opportunity to simply BE.

It is not three months, nor two weeks, but simply a one-hour sidestep, just to be, which has helped enormously with the staff morale, and well-being. I cannot help but wonder if, once a week, or 30 minutes a day, if we just took a sidestep from the usual routine to be quiet with God, how much that could enrich our lives, church, community, and world.

Whatever, whenever and wherever your summer "sidestep" ends up being, may you be refreshed, restored and rejuvenated for life's journey.

Every blessing, Janet

(Rev Janet Capstick, Minister for Crawcrook, Spoor and Greenside Cafe Church)

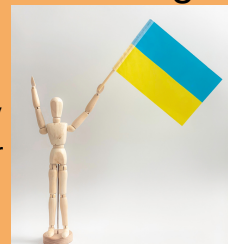
*The Queen reminded us, in her 2016 Christmas broadcast, that: "Jesus Christ lived obscurely for most of his life, and never travelled far. He was maligned and rejected by many, though he had done no wrong. And yet, billions of people now follow his teaching and find in him the guiding light for their lives. I am one of them because Christ's example helps me see the value of doing small things with great love, whoever does them and whatever they themselves believe."

<https://www.womanalive.co.uk/our-queen-70-years-of-faith-and-service/5879.article>

** Stopping point is a weekly opportunity for 30minutes of silence, see article on page 4.

Sunniside Fundraising

On Sunday 19th March, Sunniside hosted a community fundraising event for Ukraine, raising a total of £797!



Warm Welcome at Blaydon



Head down to Blaydon on Monday, 10-12 for their Warm Welcome mornings. Free hot drinks and toast available for all.

Ryton Ladies Group

The Ladies Group meets every other Wednesday at 2pm and hosts varied speakers over the year. The final meeting before the summer break is 29th June (resuming Sept).



Fellside Coffee Morning



Fellside's regular Community Charity Coffee Morning raised £297 for MS Research on 28th May. Thank you to the people of Fellside for the kind donations.



Congratulations SRMC on Achieving Eco Church - Silver Award



Eco church is an ecumenical framework that enables churches to review their environmental performance against a range of criteria. There are 5 aspects: Worship and Teaching, Buildings, Land, Lifestyle, and Community.

Churches undertake a self assessment and submit an application. Depending on the score a Bronze, Silver or Gold is achieved.

SRMC achieved bronze in 2020 and a team from all areas of the church has worked throughout lockdown to steadily improve performance.

As a Circuit we encourage all our churches to consider the environmental impact they have, if your church would like to become an Eco Church more details can be found at <https://ecochurch.arocha.org.uk/> and Keith Stamp from SRMC is happy to talk through what is involved (please email Jenny on admin@swtyneside.org.uk for assistance and can pass on your details).

Junior Church on Zoom

Junior Church on Zoom runs on a Wednesday evening during the school term- time. New member are always welcome.

Sessions are aimed at primary school age children.

Do tell children you know about it. Children don't have to already attend a church and they don't have to live in the circuit.

Please contact Sam at sam.cree@swtyneside.org.uk for more information. The Zoom link isn't made public, so attendees will need to email to request it.



Upcoming Events

IT'S YOUR MOVE

Your Secondary School Survival Guide!

Sunday 26th June, 6:30-8pm
at Ryton Methodist Church

A time for Year 6 children to come together and discuss what moving to Secondary School might be like.

- *Pizza Meal
- *Meet others
- *Games & discussions

Book in with Sam Cree before 20th June:
sam.cree@swtyneside.org.uk

Join Sam Cree for an

Online Quiz Night
Saturday 9th July

**Aimed at adults, but families are welcome*
**Teams will be created using breakout rooms*

On Zoom, 7pm

Contact Sam for details:
sam.cree@swtyneside.org.uk

Made with PosterMyWall.com

Youth Night

Sunday 12th June, 6:30-8pm
Ryton Methodist Church

- *Food (Pizza and Hot dogs)
- *Games
- *Time to socialise

For all secondary school age
Cost £1

Book with Sam:
sam.cree@swtyneside.org.uk /
07429165186

Celebrating the Platinum Jubilee Around the Circuit



Green Fingers at Greenside

Greenside Café Church planted 70 trees which were given by Gateshead Council to mark the Queens Jubilee as part of the Queen's Green Canopy, which invited people "to plant a tree for e jubilee". There was a great turn out to help. The day finished with refreshments served in Greenside Community Centre - a long lasting way to celebrate and to be enjoyed and remembered for years to come.

Fellside (below) held a special Jubilee service followed by a celebratory faith lunch!



An afternoon tea party was held at **Centenary**, after all the preparations, here it is (above) awaiting the attendees.

Local MP Joined Jubilee Cream Tea Celebrations at Ryton



Ryton held an afternoon of Jubilee celebrations for the community, with free colouring activities and crafts for the local children (left), all washed down with tea and cream scones! The local MP for Blaydon, Liz Twist, paid a visit to the event and seemed to enjoy the festivities, she is photographed (right) with two members of the Girls Brigade which meets at Ryton church on Monday evenings during term time, and is for girls aged 4-13. If you would like more information on the Girls Brigade please email: sam.cree@swtyneside.org.uk

