

Trinity News



**August / September
2026**

Minister's Muse

Obstacles and guides

Overgrown paths can be a particular challenge at this time of year, especially if I walk along quieter, less used paths. The peace is great, but it means a proportionate increase in nettles, brambles and thistles. My walking pole gets used to thrash a way through. A Swiss Army Knife version of the walking pole is called for, with scythe and secateurs, or perhaps a strimmer. (Any budding inventors in our midst?) And it's hard to see where the path goes when it's so overgrown. Add in stiles missing their steps, and rickety bridges, walking can be a challenge sometimes.

It set me off pondering, as it does... I thought about the challenges of living – the equivalent to nettles, brambles and thistles on our journey of life. At the moment, plastics and their impact on the environment, particularly the ocean, has been highlighted. (Who knew what nurdles were?) For others, health and illness block the path. I wonder what obstacles are in your way. When I'm out walking, and the path is not obvious, I rely on map and compass, and their modern equivalent – an app on my iPhone. They show me the route I should take. For a few years I was lucky enough to have the 'pathfinding beagle' with me. Sandie was very good at sniffing out the path, finding where most people have passed, then forging her way through the undergrowth, leaving me to follow in her wake. (Patch is less keen on overgrown paths and prefers me to clear the way!) As I'd have hold of the other end of Sandie's lead, we had to go the same way, and I had to trust she was leading me along the right path. In life, we have guides to show us the way: the Bible, other people who have trodden a similar route, those who are wiser than we are. But we need to trust that they are leading us the right way, even when the path is not obvious.



It's not unusual for me to sing as I walk, and coming to mind is, 'Father hear the prayer we offer... in our wanderings be our guide ... through endeavor, failure, danger, Saviour be thou at our side.

I'll leave you to take this theme of obstacles and guides in your own direction, as I continue my reflections, and we'll see where my ramblings take me next time...

In the meantime:

may God bless you in your wanderings,
may Jesus go with you as your guide,
and may the Holy Spirit give you strength for the journey.

Rev Helen White

Bible a Month: China

“Make sure that your endurance carries you all the way without failing, so that you may be perfect and complete, lacking nothing” James 1, vs4 (GNB)

China is a vast country and covers around 3.7 million sq miles. (The UK is 94,058). It has borders with North Korea, Russia, Mongolia, Kazakhstan, Kyrgyzstan, Pakistan and India. It has a population on 1.4 billion. The main languages are standard Chinese or Mandarin – plus many others. The literacy rate, people who can read and write, is 97%

If you are a regular reader of Bible mission stories from China, you may remember that there is an average of just one ordained minister for every 6,700 Christians in that vast nation. One pastor may serve many churches, especially in rural areas, often travelling long distances and traversing difficult terrain to reach congregations.

Your support of the training and resourcing of Chinese pastors and lay preachers is so important as demand for the gospel grows.

And your regular giving is crucial for long-term projects that need great planning and many years of hard work, such as translations into China’s many minority languages. Just over £100 provides food, accommodation and living expenses for a translator for an entire week, and the same amount can provide nine pastors with a Chinese Study Bible.

Thank you for your amazing long term support and prayers for Bible mission in China.

Prayers

- Pray that all pastors, lay preachers and Bible students will be greatly blessed by receiving the Chinese Study Bible.
- Please pray that Bible Society’s online Chinese language scripture resource hub SPARKS will be of great help to the Chinese Church both in mainland China and worldwide.
- Ask God to protect Christians in China as many face increasing restrictions as they seek to share the gospel.

God’s sharp sword in China

“It is like a “spiritual weapon” prepared by God for ministry” said Wen Li, as she looked through the Chinese Study Bible (CSB) which was produced thanks to the generosity of Bible Society supporters.

“It enables me to grasp biblical truth in greater depth and helps me communicate God’s word more accurately. I am so thankful” said Li.

Li, 38, a preacher in northern China, refers to the CSB frequently for sermon preparation, Bible study facilitation and for personal and family devotions. As many as 10,000 Study Bibles will be distributed to pastors and lay preachers in China this year. Many of these church workers are very poor, surviving on low salaries and travelling far to spread the good news. They need all the support you can give them. Detailed study notes in the CSB help church workers like Li to gain deeper insights and greater clarity.

The CSB has deepened Li’s own faith: she shared how the study notes on Matthew 6,vs 33 (“But seek ye first the kingdom of God and his righteousness, and all these things will be added to you” ESV) have helped her to prioritise her faith and not be overburdened by worldly worries. “When facing life’s pressures such as work or relationships, this note reminds me to seek solutions from a God-centred perspective, drawing strength and direction from him “ she said.

Bit of a Quiz to keep those brain cells working.

1. Which team beat Arsenal in this years Champions League?
2. What is the highest grossing film of all time?
3. What is the official colour of an airplane's black box?
4. Snails are known for moving slowly, but how long can they hibernate?
5. What is the gemstone for September?
6. How many sides does an Icosagon have?
7. Glenridding and Pooley Bridge stand at opposite ends of which lake, the 2nd largest in the Lake District?
8. What is the last word in the New Testament?
9. Where was Marc Cohen walking to in his blue suede shoes?
10. St George is the patron saint of England. But in which country is he buried?
11. Which drink when translated into English means Aunt Mary?
12. What British car sold by the British Motor Company, first sold in 1959 for £500, making a loss of £35 on each car?
13. What type of flower does the vanilla pod come from?
14. Who coined the phrase, "The world is my oyster" ?
15. Name the show, film, or book in which the following dogs appear: (3 answers). Toto, Eddie, Spotty dog.
16. What are the names of the 2 Fat Ladies?
17. The following line is from a song- give the artist and title. "It's 9 o'clock on a Saturday, the regular crowd shuffles in"
18. What is the Spanish word for fox as well as a masked swordsman?
19. What are you doing if you Pandiculate?
20. In Roman numerals, how many players are there in a Rugby Union team?

With thanks to LIVErNEWS, the Liver Patient Support Newsletter of LiverNorth, a charity which operates from Freeman Hospital and is run entirely by unpaid volunteers.

Answers page 10

Journey

My dad worked at the shipyard. And when the yards closed every July for two weeks my family would go on holiday to Stoke Fleming in Devon. I remember my mam collecting tins of food each week and storing them in a large box ready to take with us.

One particular holiday, my friend Elaine came with us. We were both 11 years of age. The journey took about 10 hours, and when we arrived, we all helped to put up the tent. I remember the tent had three large bedrooms. Elaine and I just used to lie on our beds reading the summer editions of the Beano and Dandy and draw pictures of our favourite characters. We would go exploring many a day, looking at the tiny glow worms that would shine down the path leading to the toilet block. We spent hours looking for a four leaf clover but never found one. We made friends with some boys who were called Peter and John. We had such fun walking down to Blackpool Sands and to Slapton Sands. We discovered Slapton Sands had a nudist colony. We would go into the boys' tent and read a book called More Rugby Songs. We laughed so much our sides hurt, and the air bed went down.

At night, my mam and dad took us to the pub called The Green Dragon. We would have pop and crisps while my mam and dad would have pints of scrumpy cider. I would sneak a drink of scrumpy when they weren't looking.

Stoke Fleming was a quirky little village with two pubs at the top and bottom of the road. As well as the Green Dragon there was the London Inn. At the London Inn you could get scampi in a basket, and we ate in the barn sitting on hay bales as the bar was crowded. To me, this was the best food ever. Also, in the village there was a baker's and a general store and that was it.

A local man called Sandy, who my dad got to know over the years, had his own allotment. We would go to his allotment and pick all our fruit and vegetables ourselves. Most of the strawberries went into our mouths and didn't make it back to the tent.

I remember going to a place called Bee Sands, where we waited for the boats coming in. We bought a large cock crab for tea. The cock crab is the male crab, whereas the female crabs were known for being full of water. I can still hear my dad saying that was right, and other pearls of wisdom too. We got the crab back to the tent, and my dad was teasing it with his car keys- and- you guessed- the crab got the keys with his nippers and it took a good 30 minutes to get the keys back!

I remember my dad put the crab into a bucket outside the tent. When we came to cook the crab, he had climbed out of the bucket and made off! We had everyone looking for the crab and we did eventually find him.

I remember one night when I was asleep a noise disturbed me. I poked Elaine and said, "Will you stop snoring" and mam shouted, "Karen, stop snoring- you will wake up everyone" I replied, "It's not me mam". We got up early to see what the noise was, and there were about 3 sheep scratching their behinds on the barbecue and running all over the place. I did not eat lamb burgers again. I said to my mam, "Thanks, so I sound like a sheep when I snore!" That summer was just a great adventure. No computers, no mobile phones, and I will remember it forever.

Karen Marchetto

Karen was born in Wallsend and now lives in North Tyneside. Karen took up wiring after retirement. This narrative is from "Reflective Collection"- by Wallsend Writers, who are a group of writers based at Wallsend and Battlehill libraries.

Prayers of intercession

Lord God, we look to you for your leading in all that we do. Give us discernment and direction we pray.

Life is full of decisions to be made, large and small. One large decision we make in life is that of our marriage partner. Just as you led Abraham's servant your way resulting in Rebekah and Isaac coming together, we pray for all couples contemplating marriage plans.

Lord, we pray for all on the cusp of this decision. And ask that you lead them your way.

Lord God, we pray for those who have decided to walk a dark path, and those who have been coerced onto such a path. We think of those lost in a world of drugs, those lost and held in the grip of human trafficking, and those caught up in a never-ending cycle of violence. Light up your path, Lord God. Open their eyes to see, their minds to know and understand.

Lord, touch the lives of the lost, that they may be drawn to go your way and commit their lives to you.

Lord God, we pray for your church today. We lift to you all those in roles of ministry. May they look and act on your word for your people, and look not to their own ideas, the demands of the world or society's trends. May your word be paramount as all seek to discern your leading.

Lord, lead your church the way you want it to go. Guide us your way, Lord.

Lord God, after yet another Prime Minister resignation we pray for much-needed stability for our country. This country needs your direction, Lord. May you reign in power over this land. Put the right people in government and have Christian values central in all decisions.

Lord, we pray for all whose actions affect our daily life. May you shine your light and lead them and this country your way.

Lord God, we pray for the world, for all caught up in conflict. We pray for your hand on peace talks, Lord. We pray for the war in Ukraine and the end to hostilities worldwide. Strengthen the innocent caught up amid the rubble of broken lives and provide nourishment for body and soul.

Lord God, we pray for the devastation wrought by the twin earthquakes in Venezuela. We pray for the rescue teams. Lord, rebuild the shattered lives of those devastated by war, famine or earthquakes.

Lord, we pray for all people crying out for help. Speak peace, grant sustenance and restore your world. May the light of your love shine brightly in our world as you lead us your way.

Amen.

Mam Said ...



My sister has recently made contact with a lady who used to live near to us when we were all growing up. That started us reminiscing about her and her family. One day, the lady who lived 3 doors away from us (the said lady's mother) came and knocked on the door of our home. She wanted to talk to Mam. She was obviously upset about something. Mam invited her in, put the kettle on and 'suggested' to us that we should go outside or upstairs and do something. We knew that *that* meant that we were not to be around when they were talking adult

stuff! The woman's young teenage daughter (who had recently contacted my sister) had told her that she was pregnant, and I'm talking about the late 50s early 60s - not at all acceptable! Mam sat and listened. They drank tea and talked for quite a while before the woman went back to her house a little less stressed. That young teenage daughter, now more than 50 years on, is a mother and grandmother and still very happily married to her childhood sweetheart. The thing about Mam was that our home was open to anyone who needed help, whoever they were. My sister and I smiled at the thought that she probably knew some intimate secret about most of our neighbours who had at some point confided in her. She didn't preach at people or spout Bible verses at them, didn't invite them to accompany us to church on Sunday, didn't even criticise them and *never* repeated a confidence. Whenever we made some snide comment about anyone, her reply was always, 'God loves everybody and so should we. It's not our place to judge. Our job is to help.' She didn't just believe in God's all-embracing love, she lived it.

The news recently has had much to concern us about terrorism, war and persecution. Many are sharing thoughts and prayers for Christians who are in such a position in Iran, and rightly so. How dreadful that they should be threatened with death just because they don't want to accept the religious biases of their captors. I couldn't help thinking though about many centuries ago when Christians did the same thing. We are often reminded of the crusades and how still today they are remembered by many but we sometimes forget about the persecution of those of other faiths during the Spanish Inquisition and hardly ever think about the thousands of Incas who were slaughtered because they couldn't understand the Trinity and didn't want to embrace Christianity. They were a peace-loving race of people who had a very good way of life when they were suddenly invaded by a people who had travelled thousands of miles across the ocean, killing and stealing as they went. All who didn't accept their way of Christianity were mercilessly annihilated. The verse 'he who is without sin let him cast the first stone.' comes to mind.

The death of Atahualpa, ruler of the Incas



I am not saying that we shouldn't be concerned and intercede for those we love, those who belong to our particular religious group. Of course we should. But sometimes I think it is easy to feel that somehow God is more concerned about Christians than others. We often



don't give a second thought about a situation unless some westerner or Christian is involved as though somehow it's not as bad if someone from another religion is suffering but woe betide if it happens to a Christian! Let us be clear, God is not a Christian. God is God. God

doesn't love Christians more than he loves anyone of another religion. It's like, yes, but God leans more in favour of Christians than other religions surely. After all we accept his son as Saviour, others don't. The story of the Prodigal Son tells us differently. God loves all whether we accept his ways or not, remain within his household or reject him. We are all equal in the eyes of God and he never stops loving us, no matter what. Jesus cried out to God to forgive those who killed him. God is Love, all-encompassing and unconditional Love. Of course He hates the persecution of Christians. He also hates the persecution of Muslims, Jews, Hindus, Buddhists or any other religious group. People suffer persecution for many reasons. How many times have we heard of a young woman being killed to restore some idea of 'family honour' when she didn't want to marry the man of her parents' choice? The 200 young schoolgirls are still missing in Nigeria, taken into captivity just because they were female and seeking to be educated and going to school. Homosexuals are being killed in parts of the world just because of their sexuality. There are those who are persecuted because of their nationality/tribe or shunned and left to die because of some disability.

God's love is all-embracing, all-inclusive, unconditional. I ask God that he will help me to not be narrow-minded, thinking only of my own particular religious group but to see all people as he sees them, be concerned for all his creation, wherever they are and pray for *all* who are persecuted for whatever reason. As Mam said, 'God loves everybody and so should we.'

From the blog of Mavis Andradez

The Methodist Church

Net Zero Officer

Newcastle upon Tyne Methodist District
www.newcastlemethodistdistrict.org

- District Office (NE12 8AW) with the potential for some home working in agreement with Line Manager
- £14.55-£16.63** per hour, depending on experience/skills
- Part-time, 5 tear fixed term contract
- Closes: **17th August 2026, Midday**
- 32** hours per month, worked flexibility in agreement with Line Manager

Applicants should be sympathetic to the ethos of the Methodist Church in Great Britain and share its dedication to environmental justice and sustainability

For further information and to request an application form please contact the District Administrator, Diane Whitfield on admin@newcastlemethodistdistrict.org. If you would value an informal conversation about what the role involves, then please contact Diane who will be happy to arrange this.

The Methodist Church

District Missional Property Manager

Newcastle upon Tyne Methodist District
www.newcastlemethodistdistrict.org

- District Office (NE12 8AW) with the potential for some home working in agreement with Line Manager
- £14.55-£16.63** per hour, depending on experience/skills
- Part-time, permanent
- Closes: **17th August 2026, Midday**
- 15** hours per week, worked flexibility in agreement with Line Manager

A specific faith is an essential requirement for this role and in accordance with the Equality Act 2010 it is an occupational requirement that the successful applicant is a practising Christian

For further information and to request an application form please contact the District Administrator, Diane Whitfield on admin@newcastlemethodistdistrict.org. If you would value an informal conversation about what the role involves, then please contact Diane who will be happy to arrange this.

Parliamo Ashington

Some of you may remember the Scottish comedian Stanley Baxter and his jokes about the Glaswegian incomprehensible accent with translations into English. Phrases such as scummindooninbuckets- its coming down in buckets.

Newcastle has a distinctive accent. So does Blyth, or Bedlington, and Ashington. Here is a list of some Ashington words, with their English translations:

Word	English meaning	Ashington meaning
Ale	Beer	Everyone
Birth	Being born	The two of us
Braid	Woven hair	Used for toast
Clerk	Office worker	Instrument of time
Crayon	Drawing stick	Large lifting device
Creche	Nursery	Car accident
Deed	Legal document	Deceased
Fern	Plant	Telephone
Fuel	Petrol etc	Idiot
Girly	Feminine	Keeper in goal
Herb	Plant	Top of the cooker
Hurt	Injure	High temperature
Kerb	Edge of path	Young scout
Jerk	Sharp pull	Humorous tale
Ketch	Yacht	Capture in hands
Laird	Scottish nobleman	Boy
Nerd	Un-cool person	Show agreement with head

From The Bridge, the magazine of St Johns United Reformed Church

If only....

If only we'd invested 30 years ago.....

Looking back, we could all have been millionaires if we'd invested early in the everyday items that have quietly become essential to modern life. Just think about how many of these are everywhere now....

- Cardboard boxes- used in their millions by online retailers, takeaways and deliveries.
- Kitchen roll- once a novelty, now a staple in every home.
- Roller shutters- now protecting shops on almost every high street
- Illuminated LED signs- especially the bright red, white and blue ones for barbers, nail bars and more.
- Hand car washes- they seem to pop up everywhere.
- Rechargeable batteries- powering phones, cars, tools, scooters and more.
- XXXL clothing- for men, women and children, usually with a designer logo attached.

- Wipes- for every possible purpose (must be bio-degradable !)
- Tattoos- along with all the equipment that goes with them.
- Convenience foods- Pot Noodles, Cup a soup and the like.
- Tablets and smartphones- now part of everyday life.
- Electric bikes and scooters- increasingly common on our streets
- Solar panels- appearing on more and more rooftops
- USB ports- in cars, buses, trains, hotels and even wall sockets.

Perhaps the next big investment opportunity will be tattoo removal clinics??

(Ed's note: I wish I had invested in traffic cones and road signs!)

It also raises an interesting question: are we actually better off because of all these "necessities" or were we happier without them? And while we're thinking about change....what essentials have disappeared? I'll start: phone boxes, walk in GP appointments, bus conductors.

Over to you.....!

From an article in LIVErNEWS, the Liver Patient Support Newsletter. With thanks.

Environmental and Social Justice Newsletter July 2026

from Kath Wade on behalf of

Wallsend Churches Working Together

National Emergency Briefing on Climate and Nature

I am sharing this article in the Guardian about the National Emergency Briefing and the call for a televised screening of the film.

[MPs call on UK government to host televised emergency briefing on climate crisis](https://www.theguardian.com/environment/2026/jul/10/mps-government-televised-emergency-briefing-climate-emergency)
(<https://www.theguardian.com/environment/2026/jul/10/mps-government-televised-emergency-briefing-climate-emergency>)

All the information needed to organise a screening is available from the link below. I hope we are all keen to support this major initiative explaining the realities of climate change and nature destruction as well as the solutions which exist.

<https://www.nebriefing.org/host-the-film> (<https://www.nebriefing.org/host-the-film>)

Full information:

[National Emergency Briefing on climate & nature](https://www.nebriefing.org/) (<https://www.nebriefing.org/>)

Please also sign and share this petition calling for a televised briefing:

[Hold a UK-wide briefing on climate and nature risks - Petitions](https://petition.parliament.uk/petitions/767687#main-content)
(<https://petition.parliament.uk/petitions/767687#main-content>)

Debt Justice

Some of the world's poorest countries are in a deepening debt crisis, forced to pay ever higher interest rates to wealthy lenders. Money that could be spent on healthcare and education is flowing out of countries that can least afford it. Governments have an impossible choice between serving their people or paying their creditors. Millions are suffering the effects, in teachers not being paid, hospitals going without medicines and countries being unable to rebuild after disasters.

Countries often had no choice but to take loans on unfavourable terms, and have often paid back the debt several times over but will never clear it because of extortionate interest rates. It's the worst debt crisis for a generation. Greedy private lenders like banks, hedge funds and oil traders have already made billions off the debt crisis. And despite the growing global pressure for a meaningful response, wealthy countries have so far failed to act.

CAFOD have a petition calling on the prime minister to

1. pass legislation to require private lenders to participate in debt relief on the same terms as other lenders so they can no longer make huge profits from countries struggling with unsustainable debts.

and

2. lead urgent reform on the global debt system by using the UK's G20 presidency to bring governments together to fix the broken global debt system and guarantee fast, fair and effective debt relief for countries in crisis.

Sign the petition here:

<https://action.cafod.org.uk/page/189582/petition/1>

Debt Justice have a similar petition:

<https://act.debtjustice.org.uk/stop-debt-vultures-1>

And you can read what they have to say at the following link:

<https://debtjustice.org.uk/campaigns/stop-the-debt-vultures>

Quiz Answers:

- | | |
|-------------------------------|---|
| 1. PSG – Paris Saint Germain. | 12. Mini |
| 2. Avatar | 13. Orchid |
| 3. Orange | 14. Shakespeare |
| 4. Up to 3 years | 15. Toto- Wizard of Oz: Eddie- Frasier: Spotty Dog- the Woodentops. |
| 5. Sapphire | 16. Jennifer Patterson & Clarissa Dickson-Wright |
| 6. 20. | 17. Billy Joel- Piano Man |
| 7. Ullswater | 18. Zorro |
| 8. Amen | 19. Yawning |
| 9. Memphis | 20. XV (15) |
| 10. Israel | |
| 11. Tia Maria | |

Memories of Mick

My earliest memories of Mick are from the Meth. He was called big Mick and acted like the bouncer - any bother was soon sorted.

Pamela

I will always remember Mick for how often he would tease me. Particularly the time at church when he got hold of me and turned me upside down to put me in the kitchen sink. Since that day he would often threaten to do a repeat if I didn't behave.

Such memories of a friend who has been taken from us too soon.



1957 - 2026

Margaret

I first remember Michael Watson (his mam and mine never called him anything else) as the little boy I took to school more than 60 years ago. Mick remained a part of my life from then on. We never came home from coffee mornings without Mick offering us a lift and in later times he was the first person I called if I needed a plug changed, or a handle fixed and it was never a problem to him. He gave his time to others willingly.

His youth work over many years came from his love of children which was obvious to anyone who saw his interaction with them. Mick will have touched many, many lives over his years as a youth club leader and will be missed by many, both young and old. Mick Watson will never be forgotten.

Susan B

The original Gentle Giant, always kidding the youth club kids on that he could only eat one of them at a time. One of his favourite sayings was "I hate kids". He ran the youth club with me for over 40 years and helped in the Boys Brigade before that. Not bad for someone that hates kids!!! I wonder how many children Mick helped during that time.

Micks work in Trinity was endless, at one time a Church Steward and was a Property Steward for many years. I don't think I could list the many works at Trinity that Mick was involved in. Until recently, if it needed strength, Mick was your man. Replacing the boiler house sump. Laying the concrete path behind the hall. And many, many more.

For many years Mick helped with the Good Friday PA System at the park and could be seen going around handing out song sheets.

And behind that "Big Mick" facade was a very caring person.

Alan B

Fairtrade Foundation Press Release.

The Fairtrade Foundation welcomes Andy Burnham as the new Leader of the Labour Party and Prime Minister, and urges his government in their first 100 days to ensure UK businesses behave responsibly by setting out a clear path to a mandatory Human Rights and Environmental Due Diligence (HREDD) law.

Marie Rumsby, Advocacy Director at the Fairtrade Foundation, said: “The people working hard every day to grow our food deserve fair pay, safe working conditions and protection from the growing risks in global supply chains.

“The Prime Minister has previously voiced his view on fair pay for workers. In his first 100 days, the Prime Minister should set out a clear path to a new Human Rights and Environmental Due Diligence law. Done right, this would stop the UK from becoming a dumping ground for unethical products, protect people and planet, strengthen UK trade and resilience, and give responsible businesses the clarity they need to act.”

Fairtrade says that stronger rules are needed to tackle human rights and environmental risks that are too often deeply connected in global supply chains, from unfair pay and forced labour to deforestation and climate damage. A mandatory due diligence law would help prevent harm before it happens, support smallholder farmers and workers in the Global South and fill critical gaps in current legislation. It would also bring the UK into line with emerging international standards.

There is also growing public demand for transparency and fairness in supply chains. Fairtrade research shows that 76% of people in the UK believe businesses should be required to show evidence that they protect human rights and reduce environmental harm, while its campaign petition has reached over 100,000 signatures.

Marie continued: “Other economies are already moving ahead. The UK must not fall behind. A strong HREDD law would improve the UK’s international reputation on human rights and the environment, while helping responsible businesses compete on a level playing field.

Note:

The Fairtrade Foundation seeks to tackle the causes of poverty and exploitation by promoting fairness and sustainability in global trade. Fairtrade works with more than 2 million farmers and workers in over 70 countries across Africa, Asia and Latin America, and most of the UK’s major retailers and brands, supporting them to source their products on fairer and more sustainable terms.

Points to Ponder

- Today I close the door to the past, open the door to the future, take a deep breath, step on through and start a new chapter in my life.
- Happiness is not about getting all you want, it is about enjoying all you have.
- Every morning I wake up choosing to believe it will be a good day. Life is precious and unpredictable, so I refuse to waste it on a bad one.
- The most dangerous anger comes from someone with a good heart. They stay quiet, they stay kind, they let things slide. Until one day....they've had enough.
- Take a little time today to notice the small things, a quiet moment, a kind word, a shared smile. Life isn't only made of big milestones; sometimes the smallest moments are the ones that gently hold us together.
- One of the hardest things to do is accept there's nothing else you can do. But it can also be the most freeing if it helps you focus less on what you can't control and more on what you can.
- We can't help everyone, but everyone can help someone. A small act of kindness can reach places only compassion can heal. Never underestimate the power of simply being gentle, and kind. You might be the light someone needs today.
- There are 2 types of tired. One that requires rest, and one that requires peace. *The Simplicity Habit*
- If you wait until you feel better to start living, you may end up waiting forever. Go live your life. Do it sad; do it while broken and scared. Do it anxious. Do it uncertain. Because healing doesn't always come after the experience. Sometimes the experience is what heals you.
- Some friends are just human medicine. You spend an hour with them and everything feels better.
- I don't want to fight, argue, or be petty with whatever time I have left. I just want to live, love, be loved and be at peace. *My positive outlooks*
- Life can sometimes feel like we're going round in circles but not every journey has to race towards a finish line. Sometimes the joy is simply in the moments we collect along the way.

Smile !

(Warning- some awful jokes)

- I walked past a man who kept saying, “1,3,5,7,9....1,3,5,7,9.” I thought, how odd.
- Patient: Well, you see the problem is that obesity runs in the family.
Doctor: No, the problem is that nobody runs in your family.
- Weight loss goal. To be able to clip my toenails and breathe at the same time.
- There’s a fine line between a numerator and a denominator. Only a fraction of people will find this funny.
- Whilst Alan Turing was decoding the Enigma machine, his sister Kay was busy making tea and sandwiches.
- I dropped a tub of margarine on my foot 2 weeks ago. It still hurts. I can’t believe its not better....
- During the war, my grandfather served as the regimental Christmas tree. He didn’t see much action but he was highly decorated.
- Put my hair in a bun today. Got sacked from Greggs.
- When my wife is mad at me I tighten all the jar lids so she has to talk to me.
- I’ve just invented a bird proof lid for milk bottles. It’s impeccable.
- Someone asked me “Where is the city of Anchorage?” I said I don’t know, but my wife might know. “Aal ask her”
- I think my wife is putting super glue on the handles of my antique pistol collection. I challenged her about it and she denied it but I’m sticking to my guns.....
- You know its cold outside when you go outside and its cold!
- Your call is important to us. Please hold until your call is no longer important to you!
- People always talk about the eye of the tiger. No one talks about the other four letters!
- Who remembers knocking on doors and running away? We called it knocky door ginger. These days its called Parcel Force.

What's On at Trinity (August/September 2026)

Regular Events

Please note that a lot of events may not be on during August.

Day	Event	Contact	What Age
Sunday	10.45 Worship Service in church	alan@trinitymethodist.church	All Ages
	11 a.m. Forward in Faith Worship in the hall.	tchawana82@gmail.com	All Ages
Monday	1p.m. Trinity Tea Dance	alan@trinitymethodist.church In the hall	Any but mostly 50+
Tuesday	12 noon. Hand in Hand	materialworld123@yahoo.co.uk In the hall, kitchen and lounge	65 +
	5.15 – 8.30 Girls Brigade In the hall	pam_9@outlook.com N:vestigate - Reception to Year 2 and N:gage - Year 3 to Year 5 @ 5.15 - 6.45 N:counta - Year 6 to Year 8 and N:spire Year 9 + @ 7 - 8.30	Reception to Year 9 5 to 14 years
Wednesday	Bloom Baby Classes	northtyneside@bloombabyclasses.com https://www.bloombabyclasses.com/bloomnorthtyneside In the hall	Classes are 10am Caterpillar Club 0-6 months, 11am busy bees 6-15 months contact Emma on 077925 91979
	5 - 9 p.m. Squirrels, Beavers, Cubs and Scouts.	Gemma.milbanke@northumberlandscouts.org.uk In the hall	4-14
Thursday	Bloom + Shooting stars nursery	Bloom + Shooting stars nursery	9-12.30, 30th April-16th July. contact Emma on 077925 91979
	Fellowship Group 12 to 2 p.m. 3 rd Thursday each month	Usually in the lounge.	Any Age
Friday	1.30 p.m. Line Dancing	stephencmp@aol.com In the hall – Doors open at 1.15 pm	Any but mostly 50+
	6.30 Trinity Youth Club	alan@trinitymethodist.church In the hall and lounge	8 to 10s
Saturday	Blue Door Drop In 10 to 12 noon	alan@trinitymethodist.church In the lounge. This is a Warm Space with sandwiches etc provided free by the Local Council when available.	All Ages

Sunday Rota's

Sunday	Door Steward	Flower Rota	Flowers Donated To
Aug 2 nd	Janis	Jean Trewick	During the past months our church flowers have brought their beauty and our prayers to Janis Duff, Betty Craigen, Helen White, Lorna Morgan, Pam Emery, Louisa Morley and Joan Harvey.
9 th	Anne H	Sylvia Aston	
16 th	Sylvia Aston	No Donor at print time	
23 rd	Allan Fender	Pamela & Allan Fender	
30 th	Louisa & Joan	Maureen Mills	
Sept 6 th	Derek	No Donor at print time	
13 th	Janis	No Donor at print time	
20 th	Anne H	No Donor at print time	
27 th	Sylvia Aston	Shirley Filmer	
Oct 4 th	Allan Fender	Susan Bewley	

Sunday	Preachers	Church Steward
Aug 2 nd	Mr David Stabler	Pamela
9 th	Rev Helen White. Communion.	Mark
16 th	Canon Peter Dodd.	Susan
23 rd	Rev Alison Wilkinson	Pamela
30 th	Mr Michael Ball	Mark
Sept 6 th	Ms Kate Laws.	Susan
13 th	Rev Helen White. Communion.	Pamela
20 th	Mr David Stabler and Dr Frank Lai	Mark
27 th	Rev Marie Attwood	Susan
Oct 4 th	Mr Keith Jones	Pamela