

# Welcome to our weekly News and Diary from the parishes of Gateshead Fell, Harlow Green and Windy Nook

14th September 2025

**Sabbath Check in** A few months ago, in May, a group of us met over 4 weeks to explore Sabbath - thinking about **Stopping, Resting, Delighting** and **Worshipping**. We explored ways to find that time in our busy lives and for each of us it looked different. There was no one size fits all approach but it did make us all think about times when we can put time aside.

We **Stop** because God built a rhythm of rest into the fabric of creation.

We **Rest** because Sabbath isn't just a time off to take a long nap — it's a form of resistance that requires us to fight powerful forces that war against Sabbath spirituality

We **Delight** because Sabbath is a time set aside to celebrate our life with God in his world, and it is designed to be done in community — a life-giving time of delight.

We **Worship** because Sabbath isn't just a day to stop, rest, and throw a feast in community — it's a holy day set apart and dedicated to God himself.

Many of us have a Sunday as a Sabbath Day - are you giving yourself time to be?

## **Maybe this mediation would help?**

Slowly pray this descending prayer out loud to begin your Sabbath...

Be still and know that I am God.

Be still and know that I am.

Be still and know that I.

Be still and know that.

Be still and know.

Be still and.

Be still.

Be...

**Sunday 21st September - Cafe church at St Albans followed by a shared lunch** - all are welcome to join us for the whole service or for the shared lunch after your service in your church. We begin to eat at about 11.45am. It is also the Sunday when some of us bring Pot Noodles to be given out to the homeless through the Oasis Community Housing drop in.



**Monday 22nd September St Albans Cafe 10am to 12pm -**

We will be raising funds for Macmillan Cancer Support at the Cafe at St Albans - Donations for raffle prizes and tombola will be gratefully accepted.

**Tuesday 30th September 7pm** Rev Kathryn Bagnall is licensed as Archdeacon of our Archdeaconary at Sunderland Minster - Danie has spaces in her car.

**Sunday 5th October** Rev Danie is installed as a non residential Canon of Durham Cathedral at Evensong 3.30pm - all welcome (seated for 3.15pm)

**Sunday 12th October Harvest** at St Johns 8am and 9.30am, St Ninians 10am and Messy Church (2pm to 4pm)

**Sunday 12th October 6pm** Danie Licensed at St Ninians and team is commissioned - all welcome.

**Upcoming PCC Meetings**

St Albans 13th October 2025 7pm

St Johns 29th September 2025 7pm



**Arts and Crafts - Monday afternoons  
St Albans 1pm to 3.30pm**

We have a group of people who meet each Monday afternoon in church and complete their own projects while chatting together and putting the world to rights. If you want to come along whether you have a project on or not then you would be made very welcome. Tea, coffee and biscuits are provided. We do ask for a donation towards the electricity - but if this is a barrier to you coming then please do not let it be. Ask for Pam when you arrive and she and the others will be delighted to welcome you.

## What is happening across our parishes this week?

### Week beginning Sunday 14th September

Sunday services 14th September	8am BCP Service at St Johns 9.30am Service at St Johns 10am Service at St Ninians 10.30am Service at St Albans
Monday	7am Morning Prayer at St Johns 1pm – 3.30pm Arts & Crafts at St Albans 4pm Evening Prayer at St Albans
Tuesday	9am Morning Prayer at <b>St Johns</b> (change of venue) 10am - 1pm Place of Welcome at St Johns 8.45pm Men's Fellowship at Greencroft Club
Wednesday	9am Morning Prayer at <b>St Albans</b> (change of venue) 12.30pm - Church Luncheon at the Stone Trough - all welcome.
Thursday	9am Morning Prayer at St Ninians
Sunday - 14th September	8am BCP Service at St Johns 9.30am Service at St Johns 10am Service at St Ninians 10.30am Cafe Service at St Albans 11.45am Shared Lunch at St Albans



**We are Inclusive Churches which celebrate and affirm every person and do not discriminate. If we can do anything to enable you to enjoy worshipping with us more then please let us know.**

If you feel that you need something to help you worship or want a space that is not already available please do let us know - we have spaces where you can sit and draw, sit quietly or fiddle with things - if knitting in your seat makes you happy then do it - if drawing works for you then please go for it and if you need to wander about then again please do. We want you to do whatever means you can engage with God.

## Prayers you may want to use this week

### Collect

Almighty God, you search us and know us: may we rely on you in strength and rest on you in weakness, now and in all our days; through Jesus Christ our Lord. **Amen**

### Parish Waymark Prayer

God of life - you make all things new.

Revive your church in our parishes.

Inspire our worship, release our gifts, and give us courage to follow where you lead.

Jesus, help us to know you better and draw us deeper into your presence.

Fill us with your Spirit so we can share your love and hope with all, and walk in the world as beacons of your light. Amen.

### Prayers for those in our community

#### For healing

Connor Buckley (aged 8), Jenny Devine, Betty Elliott, Paul Fawcus (age 1), Lindsay Forster, Joseph Gallagher, George Lackenby, Simon Shaw, Karl and Christina Smith, Iris Taylor, John Watts, Betty White.

### Our clergy team is:

**Rector** - Rev Danie Lindley (07902477474), **Associate Priest** - Rev Ken Coulson (07596534635), **Curates** - Rev John Mayes (07791615821) and Rev Elaine Grant (07356073876)

### Our churchwardens are:

**St Albans** Lynn Coulson and Rob Watts

**St Johns:** Catherine Mayes and Yvonne Stonebank

**St Ninians:** Linda Smith

### Our Parish Safeguarding officers are

**St Albans and St Ninians:** Lynn Coulson

**St Johns:** Catherine Mayes

Contact us on [stalbanswn@gmail.com](mailto:stalbanswn@gmail.com); [stjohnsgf@gmail.com](mailto:stjohnsgf@gmail.com);  
[stninianshg@gmail.com](mailto:stninianshg@gmail.com)