



St. Alban's Earsdon



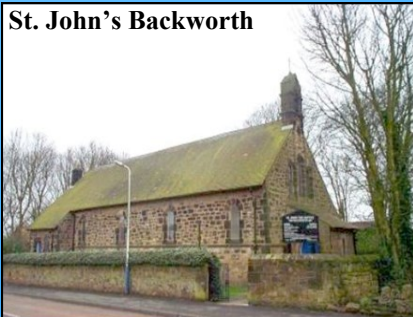
CHURCH VIEWS

June

2026

£1.00

St. John's Backworth



**Immaculate Heart of Mary,
Parish of Our Lady Star of the Sea**



THOUGHT FOR THE MONTH

JUNE 2026

Dear All,

If you discovered that just one aspect of human living delivered all the benefits I'm about to list, I'm sure you'd want to find out more...

1. Slower ageing
2. Better preservation of memory
3. A 43% lower risk of developing dementia
4. Increased grey matter in the brain
5. Lower pain after an operation
6. Optimised lung function and reduced breathlessness
7. Reduced depression and anxiety
8. Enhanced speech and language skills
9. Reduced severity of autism symptoms
10. Better recovery of bodily function after a stroke
11. An earlier release home from hospital for premature babies
12. Improvements in good cholesterol
13. Healed wounds
14. Reduced risk of inflammation
15. Better gait and balance

No, it's not some amazing new wonder-drug. According to Daisy Fancourt in her 2026 book 'Art Cure' all fifteen of these benefits can be the result of *regular engagement with the arts*.

The human body is astonishing. We're discovering new things about ourselves all the time. And according to 'Art Cure' these are the things we can be doing to give ourselves the benefits that Daisy Fancourt lists...

1. Listening to music
2. Visiting galleries
3. Exploring museums
4. Enjoying exhibitions
5. Going to the theatre
6. Attending concerts
7. Playing an instrument
8. Reading for pleasure
9. Doing textiles and crafts
10. Cooking
11. Creative writing
12. Visiting a library
13. Taking dance or acting lessons
14. Joining a book group
15. Dancing

There's *so much* in 'Art Cure' to rivet the attention. And I haven't got endless space. So let me just quote a few things I learned from Daisy Fancourt...

When people are engaged in arts activities every week they age more slowly. This effect gets stronger as we age. For artsy adults over forty, their biological age is around a year younger. Adults over the age of fifty who regularly go to museums, live music events, galleries, exhibitions or the theatre present as four years younger than those who never engage.

Music leads to significantly lower post-operative pain, both immediately after surgery and in the hours that follow. Music activates a region of the brainstem that helps reduce the perception of pain and suppresses a region of the spinal cord that transmits pain signals from the body to the brain.

Premature babies exposed to music have lower, calmer heart and breathing rates. In all, they got their target of managing full oral feeds a week earlier and left hospital an average of nine days sooner. At a cost of over £1,700 per day to keep a baby in intensive care, that's a good outcome not only for the families but for the health service too.

There are some other interesting financial gains in 'Art Cure'... *Participating in the arts was estimated to be worth £1,500 per person per year; going to arts events was worth £2,047; and visiting museums was worth £3,228. Some of these effects are worth more than participating in sports (£1,538 per person per year).*

Those who were regularly engaged in cultural activities had a 43 percent lower risk of developing dementia. A team of economists estimated that this effect was saving the NHS £110 million per year and saving social care £660 million per year, with the total society-wide impact valued at £1.5 billion per year.

And some good news for those of us who regularly sing hymns in church...

Singing supports our lungs. We stand up straighter as we sing, which helps to optimise lung function. Singing also helps to regulate the air pressure in our lungs, helping us to clear our airways. The respiratory benefits of singing are valuable to everybody, but they become particularly important for anyone experiencing lung problems. Studies involving over 1,500 patients with long COVID who took part in a singing programme led by English National Opera found that after six weeks there were multiple improvements, including reduced breathlessness when climbing stairs.

So much more I could say, but I'm running out of space. Suffice it to say that I read 'Art Cure' with my eyes out on stalks. It woke me up to engage more fully with all the wonderful opportunities that surround us all the time. How about you?

With love,

Tim x

'A book for our times'
Gillian Anderson

'Everyone should read this'
Xand van Tulleken

'A revelation'
Melvyn Bragg

**Art
Cure**

**Daisy
Fancourt**

**The
Science
of How
the Arts
Transform
Our Health**

Cornerstone Press

St Alban's & St John's



Open Gardens



Tickets £5.00 - contact Joan
0191 2529239

The first of St Alban's Open Gardens Season begins this Saturday, 6th June. Season tickets are £5.00 and give the details of all the gardens opened up by St Alban's & St John's church parishioners, including locations and dates.

This is a lovely summer event, especially good when the weather is nice! Cathryn opens her garden first, between 10.30am and 12.30pm.

Come along and enjoy each garden with a chat and a cuppa. Tickets available at St Alban's church, or contact Joan on 0191 2529239.

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A special baptism

All baptisms are special, but on Saturday May 2nd St Alban's hosted one that was just that little bit extra-special. Jovi-Jax Beever is a little brother for Arlo, Sonny and Loulabelle. The children's parents, Gary and Hannah, were married at St Alban's. So there's been a succession of significant events for this family.

At the beginning of Jovi's service, Arlo (now 9) read a poem he had



written specially for the occasion. We have Hannah's permission to publish it here...

Arlo reading his poem at Jovi's baptism

The happy scene afterwards



Today we gather, all as one,
To welcome you, our youngest one,
A precious boy, so small, so new,
Dear little Jovi, this is for you.

You are our fourth, our baby brother,
A gift to us like no other,
With two big brothers by your side,
And a sister beaming with love and pride.

Though you are tiny in our arms,
You've filled the world with endless charms,
With every giggle and cheeky smile,
You make each moment more worthwhile.

As your oldest brother, here I stand,
Promising to guide you, hand in hand,
To watch you grow, to help you through,
And to always look out for you.

Through first steps, words, and all you'll do,
We'll be right there beside you,
To laugh with you and help you see,
The best of who you're meant to be.

On this your christening day so true,
We make this promise now to you,
To love, protect and always care,
And show you God is everywhere.

So little brother, safe and warm,
In loving hearts and family's arms,
Remember this as your life begins,
You're surrounded by love that never ends.

Arlo Beever, 9, 2.5.2026

Weather Outlook for the month of June 2026.

Direct from the Captain's Charts.

General outlook.

The North East England weather prediction for June indicates a changeable and unsettled start with Atlantic weather systems bringing showers and occasional spells of rain.

During the mid-month, conditions are expected to become drier and more settled as high pressure builds, with temperatures rising above average.

The first quarter of June.

A more changeable period than we have seen of late, as Atlantic weather systems move in from the west giving rise to a mixture of drier spells and intermittent showers, or longer periods of rain. The rain will be heaviest in the west and northwest, with drier conditions more likely towards the south and east of the region. Temperatures will be near-normal overall, eastern areas will be warmest. It will also be breezy at times, especially across northwestern areas.

The remainder of June.

Changeable and variable at first due to Atlantic Frontal Systems occasionally bringing showers or longer spells of rain. High pressure will become more dominant during mid-June bringing drier and more settled conditions, although some showery interludes are still possible. Temperatures are expected to be near normal at first, but likely to rise above average later.

During the past days we have seen above average sunshine with very high temperatures, be mindful of the damaging effects of prolonged exposure to UV radiation especially during the mid part of the day and protect yourself accordingly by wearing suitable clothing and applying sunscreen also consider wearing good quality eye protection (sunglasses) in accordance with your Optometrist recommendations.

Most weather apps have a daily UV level prediction for your area.

David Gibson.
27th May 2026.

Sent in by Rob Gowdy...

Here is Barbara from St John's church at Backworth with a beautiful and delicious Pentecostal cake for the Children's church.

Oh to be young again so we could share in it.



Cancelled.

Unfortunately this show has had to be cancelled. If you have paid for tickets but not yet had the payment refunded, please contact Liz.

Cancelled.

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2534111

You are welcome to bring along your own drinks,
but please take your empties away with you.

CHURCH VIEWS FOR JUNE 2026 FROM THE PARISH OF OUR LADY, STAR OF THE SEA

Bishop Seamus - Diamond Jubilee Celebration



Bishop Emeritus of Hexham and Newcastle Seamus Cunningham will celebrate his sixty years of priesthood with a Mass of Thanksgiving at St Mary's Church, Bridge Street, Sunderland, at 11.00am on Saturday 12 June, followed by refreshments in the Parish Centre. In our partnership of parishes we remember him particularly as parish priest of St Oswin's in Tynemouth and St Mary's, Cullercoats, from 1998 until his appointment as 13th Bishop of Hexham and Newcastle in March 2009.

Born in County Mayo, he was ordained in Waterford and became curate at St Joseph's in Brooms, at that time still a mining village, in County Durham. In 1971 he moved to English Martyrs parish in Newcastle. It was the beginning of his service north of the Tyne, where he held an increasingly important series of appointments in Diocesan education. His preparation for those was a year of study at Corpus Christi College in London, after which he took up his post as Diocesan Religious Education Adviser based at St Mary's Cathedral and visiting schools throughout the Diocese. In 1978 he succeeded Fr Leo Pyle as Director of Religious Education, to which he added the role of Chaplain at St Mary's Training College in Fenham.

His role in education continued as Spiritual Director to students at Ushaw College from 1984 until he became one of our local parish priests in 1998. The late Bishop Kevin Dunn took the opportunity to appoint him Vicar General of the Diocese. After Bishop Dunn's untimely death in March 2008, Canon Seamus was appointed Diocesan Administrator and then on 20 March 2009 he was consecrated Bishop of Hexham and Newcastle, which he remained until his retirement in 2019. .

He had greatly enjoyed his time as a local parish priest, becoming a familiar figure in the area particularly on his daily morning walk along the seafront. He later said how surprised he had been at the number of neighbours, who were not parishioners, who congratulated him on his appointment as Bishop.

The celebration of his Diamond Jubilee in Sunderland will be yet another milestone in his long and distinguished service to the North East.

Building Programmes



As the scaffolding disappears from St Edward's after the successful work on the front of the church, and the main entrance comes back into use, more scaffolding will go up at St Mary's in Cullercoats for work on the roof. 'As one door opens, another door closes.' Isn't that the wrong way round?

Meanwhile St Mary's Cathedral is closed for renovation and its services are scattered at St Michael's, St Dominic's and also St Andrews'. Mercifully we never had to become itinerant.

At Ushaw...

If you are looking for something different this month there are more than ninety wedding dresses on display at Ushaw dating



from the 9th Century to today. You could also spend some time in the gardens - enjoy the rhododendrons, they're brilliant.



and further afield....

Lindisfarne is always worth visiting and, if you wish to make it a pilgrimage as well, the Stella Maris Pilgrimage will take place on Saturday 6 June. Details are on their website.



In August, the SVP are looking for young adult volunteers (18+) to help with their summer camp at their purpose-built centre on the island. Volunteers will have to be DBS checked of course. Training will be given. More information from Barbara Taws on barbarat@svp.org.uk.

Gerry Latimer, Parish of Our Lady Star of the Sea

Parish Mass Times

St Edward's: Sunday 9.30am, Tuesday & Friday 10.00am.

Immaculate Heart of Mary: Saturday Vigil 6.00pm, Wednesday Word and Communion at 10.00am.

St Mary's: Sunday 11.00am, Thursday 10.00am, Saturday 10.00am.

Headlines from the Annual Meeting

The Earsdon and Backworth Annual Meeting took place in St Alban's after the 10.30 service on Sunday May 10th.

Rob Gowdy was re-elected as churchwarden (proposed by Judith Jenkins and seconded by Yvonne Davies). Meanwhile, Craig Thornton was elected as churchwarden for the first time (proposed by Liz York and seconded by Janet Dobson). We are very grateful to Rob and to Craig for all that they do.

Treasurer Rob Swindells gave his finance report...

- Financial giving is reducing year-on-year, partly due to a number of deaths in the congregation. Church expenses meanwhile remain about the same.
- We are well behind on our Parish Share payments to the diocese. This is partly due to large sums of money owing to us which we are working to retrieve.
- Fund-raising in 2025 raised about £7,700. We can all play our part by supporting events.

Secretary Rob Gowdy gave his report on the workings of the Church Council...

- Unanimous approval had been given for blessing same-sex relationships. These blessings would take place at our main Sunday services.
- The Council approved a new partnership deal with the village of Majeleko in Tanzania.

Jean Bingham, Catherine Chandler, Keith Slone and Max Taylor were each elected for a three-year term onto the Church Council.

Vicar Tim Mayfield gave his report...

- We are a congregation in mourning following the deaths of much-loved members of our congregation.
- We are now working to a three-year plan 'Seeds of Life'
- The Netty Project is fully paid for. This is particularly significant as at last year's Annual Meeting there was real anxiety about how the new facilities could be paid for.

Earsdon and Backworth churchwardens Rob Gowdy [left] and Craig Thornton. Rob and Craig are officially sworn in at a special service at St John's Killingworth on June 11th.



Sorry Pam H and others who look for the church mouse.... it's holiday time again.



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St. Alban's and St. John's

Diary Page for June 2026

Sunday	7th	<u>The First Sunday after Trinity</u>	
		9.00am Holy Communion	St John's
		10.30am Holy Communion	St Alban's
Sunday	14th	<u>The 2nd Sunday after Trinity</u>	
		9.00am Holy Communion	St John's
		10.30am Holy Communion	St Alban's
Thursday	18th	9.30am Holy Communion	St John's
Sunday	21st	<u>The 3rd Sunday after Trinity</u>	
		9.00am Holy Communion	St John's
		10.30am Holy Communion	St Alban's
Sunday	28th	<u>The 4th Sunday after Trinity</u>	
		9.00am Holy Communion	St John's
		10.30am Holy Communion	St Alban's

Zoom Prayers

A reminder that Morning Prayer is often held during the week. We meet from 9am to 9.30am on Zoom. Let Revd Tim know if you'd like him to send you the link.

St. Alban's and St. John's

Sunday Gospel Readings for June 2026 :

7th

Matthew 9.35-10.7

14th

Matthew 10.24-39

21st

John 12.24-36

28th

Matthew 11.25-end

Sneak Previews...

Our next all-age worship [The 'J' Team] will be on Sunday June 7th. We'll explore what it means to be part of Jesus' team. We'll also be dedicating our brand new children's activity area that morning.

Our two Dedication Festivals will fall on Sunday June 21st. We'll mark the birth of John the Baptist at 9am at St John's, and commemorate the martyrdom of St Alban at the 10.30 service.

New church website

You might like to note that work has been done to boost our presence on 'A Church Near You'. For example, you can now find electronic copies of magazines and pewsheets here.

Type 'St Alban's Earsdon' into your browser. Then click on 'A Church Near You – St Alban's Earsdon, Whitley Bay'. Click on 'News and Notices' on the menu down the left hand side. Then at the top of that page, click on 'Notice sheets'



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Home visits available on request.

Please note - all material for next month's magazine
(July 2026) will need to be in before
Tuesday 23rd June. Thank you, *Jean*.

Backworth Park Primary School – a good OFSTED

Backworth Park Primary School recently had an excellent OFSTED report. Gone are the days (thankfully) of the one-word summary. In its place, seven aspects of the school are rated. Attendance and Behaviour, Early Years, Inclusion, Leadership and Governance, Personal Development and Wellbeing were all graded as 'Strong Standard'. This is the second-highest rating after 'Exceptional'.

Meanwhile, Achievement and 'Curriculum and Teaching' were both rated as 'Expected Standard'. None of these seven areas, then, was rated as 'Needs Attention' or 'Urgent Improvement'. We congratulate all involved in the life of Backworth Park.

Vicar Tim continues to enjoy leading Tuesday assemblies at the school. And on Tuesday May 19th he and Barbara Golightly hosted a visit to St John's Church by Year 1. The children explored three stories Jesus told: 'The Good Samaritan', 'The Lost Sheep' and 'The House on the Rock'.

St Alban's Ramblers are back again for the summer.

This a friendly group of people who meet on Tuesday evenings outside the vicarage in Earsdon, at 7.00 pm.

The walks are varied, sometimes along a coastal path, or maybe a beautiful countryside ramble, and often include something of interest along the way. One thing is sure - there is usually a welcome hostelry visit at the end!

Just turn up outside the vicarage if you'd like to join in, you'd be very welcome.

For further information, please speak to Rob on 07841 986 019.



SUDOKU

Complete the 9x9 grid with digits so that each column, each row, and each of the nine 3x3 blocks contains all of the digits from 1 to 9.

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 * If you have any suggestions, comments or requests *
 * regarding the magazine, or for anyone thinking of *
 * sending in their contribution for publication, please *
 * email it to **magazine@StAlbansEarsdon.org.uk** *
 * or call **Jean** on **0191 2377273**. *
 * *****

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Wordsearch June 2026

Visit of the Blessed Virgin Mary to Elizabeth

Mary - the virgin mother of Jesus. Her visit to Elizabeth, when both were pregnant, is a moving account of two humble, ordinary women, suddenly caught up in a great event that would shape world history. Their trusting faith in God and acceptance of His will, shine through.

After Jesus is born, Mary makes few appearances: when the family visits Jerusalem and she loses her Son on the way home; when she urges Him to help the wedding party in Cana with its wine problem; and when Jesus gives her into the keeping of the beloved disciple when He is dying on the cross. Mary's last appearance is in Acts, just before Pentecost.

Mary, chosen to be the mother of Jesus Christ, one who is both God and Man, holds a unique place in history. Down the centuries that have followed, the Church has paid special honour to Mary – and well deserved it is. “All generations shall call me blessed...”

Mary
Virgin
Mother
Elizabeth
Pregnant
Ordinary
World
History
Great, Church
Event
Family
Jerusalem
Wedding
Cana, blessed
Wine
Beloved
Disciples
Dying
Cross
Keeping
Unique
Place
Centuries

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Tel 252 3919

Safeguarding Officer

Tracey Gray. Tel: 07767 382 744

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Tel: 268 4334

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Parish Priest

Mgr. Andrew Faley

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Tel: 252 8021

Email olss.whitleybay@diocesehn.org.uk. Parish Office Tel: 252 7066

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