



CROSSWAYS

A MONTHLY NEWSLETTER FOR ST PAUL'S AND WHITWORTH

Harvest Thanksgiving and Prayer

By Revd Canon Matt Tarling

MANY of you will give thanks to God (or say 'Grace') for food before a meal. It's good way to acknowledge that everything we have comes from the hand of God. Harvest time is a season in which we choose to give thanks not only at meal times but more broadly. We know that we have food to eat but we are also grateful for the multitude of other good things we enjoy.

A number of pre-meal graces that I have heard go something like this.

"Lord, we thank you for this food. Make us mindful of those who are without food today."

This reminds me that as soon as we thank God for all that we have, we cannot but remember

that there are many who find themselves in need. This is true all year round and everywhere in the world. It's why at Harvest time we express our thanksgiving by giving food to Spennymoor Foodbank. In our thankfulness we want others to benefit from what we can give. I would also encourage you to think of ways to express that thankfulness for the benefit of those who face food and other poverty around the world. Tearfund is an agency which works all over the world and their "vision is to see people freed from poverty, living transformed lives, and fulfilling their God-given potential." Perhaps a financial offering this harvest time could help.



Photo: Unsplash

An article in 'Silver' magazine (www.silvermagazine.co.uk) suggests that a dose of 'Vitamin G' is good for our health. What do they mean by 'Vitamin G'? This is what they say,

"Now, older and humbled by life's unex-

pected twists and turns, I've come to see gratitude as my daily dose of something we all need. Through personal experience and a deep dive into the science, I've learned that gratitude isn't just a feel-good buzzword. It's a scientifically backed

continued on page 2

PARISH

CHURCH

SERVICES

ST PAUL'S CHURCH

Sundays: 10.30am Holy Communion ('All Together' non-communion on first Sunday)
(live-streamed at www.facebook.com/stpaulsspennymoor)

Wednesdays: 9.30am Holy Communion

Fridays: 10am Play Church (term-time only)

WHITWORTH CHURCH

Sundays: 9am Holy Communion

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Harvest Thanksgiving and Prayer

continued from front page

elixir for overall health and well-being." (www.silvermagazine.co.uk/the-scientific-health-benefits-of-feeling-gratitude)

Scientific studies have actually identified ways in which gratitude (the 'G' in Vitamin G!) increases life satisfaction and lowers stress.

However, we know from the fact that God gives us all we need and the presence of harvest thanksgiving in the annual calendar that gratitude is good for us! God made us as people who benefit from saying thank you! So can I encourage you to take time be thankful to God today. May it be like Vitamin G for you and bless you!

Churches' Pastoral Team

THE Pastoral Team exists to support the care we give to one another in our churches. When we're together for services you can spot the Pastoral Team members by their lanyard badges containing their name and photo.

If you would like to speak to someone about any matter, be prayed with or have a visit at home, please speak to one of the team. If you have a concern about a congregation member who you think could need some support, feel free to speak to the pastoral team. Members of the team are safely recruited and safeguarding trained. They take your care and confidentiality seriously and work in collaboration with the clergy. To get in touch via email you can contact:

pastoralteam@stpaulsspennymoor.co.uk or call the vicarage on 01388 327603.

Confirmation

WOULD you or someone you know be interested in Confirmation? It's an opportunity to reaffirm the promises made at our baptism and declare the Christian faith for ourselves. Confirmation begins with a short course exploring the Christian faith followed by a special service in November. At the service the acting Bishop of Durham, the Rt Revd Sarah Clark, will confirm the faith of those making their declaration. It can be an important step in the journey of faith. To find out more, speak to Matt on 01388 327603.



LADIES AT ST PAUL'S

ALL WELCOME
WEDNESDAY EVENINGS
7.30 - 9.30 PM

October 8th Swap Shop

Please bring any new and unused gifts that other people might be able to use. There will be chance to take a different gift instead that you can use yourself. Any left over gifts will be donated to a local Christmas gift appeal.

Location:
St Paul's Centre, Cafe Area

Contact : ladies@stpaulsspennymoor.co.uk



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Annual Shoebox Appeal

OPERATION

Christmas Child is a project of Samaritan's Purse and is a hands-on way for you to bless children in need across the world by filling shoeboxes with toys, personal care items, school supplies, and fun gifts.



Every year, local people respond to this appeal with great enthusiasm and once again you can make a difference to children's lives this Christmas. A limited number of boxes are available in church, along with leaflets as to how to support the appeal and we ask that boxes are returned by the end of October. The mission of Operation Christmas Child is to demonstrate God's love in a tangible way to children in need around the world.

Whitworth Church
Invites you to an Autumn Musical Evening on Saturday 18th October 2025 at 7.30pm.
We are delighted to welcome The Rhapsody Choir for an evening of music, song and light refreshments.
Tickets are £9.00
Please call 0191 3780974 or 01388 816643
Parking available at the rear of Whitworth Hall

Spennymoor Town Council's Town Mayor's **Civic Service** **Sunday 5th October 2025 at 3.00 pm** **St. Paul's Church Spennymoor**



With Music performed by
Spennymoor Town Band
Witness Choir - Rainbow Singers
St. Paul's Choir - Jill Jackson & Fr. Steven Leightell

Harvest in our churches

WHITWORTH and St Paul's Churches will be celebrating Harvest on Sunday 12th October at the 9am and 10:30am services respectively.

Once again we'll be taking donations of food for the Spennymoor Foodbank and if anyone would like to support the appeal, please bring along items such as cereals, fruit juice, semi skimmed long life milk, soups, tins of vegetables, baked beans, tins of spaghetti, dried pasta etc. As we're also approaching the Christmas season, you may like to include children's chocolate selection boxes as a little extra something special

If you're not able to bring items to church on the 12th October, they can also be taken directly to the St Paul's Centre on weekday mornings. Thank you for any support you can give to this harvest appeal and for your generosity to the foodbank throughout the year.

<p>CLEMS SPENNYMOOR</p> <p>16 Clyde Tce Spennymoor 815451</p>	<p>ADVERTISE IN THIS SPACE FOR JUST £10 PER YEAR!</p> <p>Email us at: office@stpaulsspennymoor.co.uk</p>	<p>Derek Taylor and Son Est. 1972 Corgi Reg. Gas Services</p> <p>Tel. 814982</p>	<p>Wedding/Family Celebrations at the Town Hall in Spennymoor "for Ramside quality at Town Hall prices"</p> <p>01388 815276</p> <p>www.parishes.durham.gov.uk/spennymoor enquiries@spennymoortowncouncil.gov.uk</p>
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FOR YOUR PRAYERS

For our clergy, vicar Matt and curate Lee.

For those who volunteer in our churches in many different ways.

For the work of the foodbank and those who volunteer supporting those in need.

For peace, reconciliation and unity across our nation following rising tensions over the issue of immigration.

For peace across the world in areas of conflict.

For our mission partners, David and Azaria in Guatemala and Adam in Japan.

PRAYER FOR OCTOBER

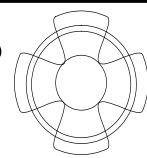
Circle us Lord. Circle our family and friends with the love of the gospel. Keep them in peace and security.

Guard those of our loved ones who are vulnerable, strengthen those who are struggling; encourage those who are on the brink of something new. May the deep peace of the Prince of Peace keep them all. Amen.

Source: The Intercessions Handbook



Parish Registers



HOLY BAPTISM

St Paul's

14th September	Matthew Stanley
28th September	Neave Smith
28th September	Tallulah Turgoose
28th September	Delilah Turgoose

Whitworth

14th September	Heather May Whitcombe Laws
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HOLY MATRIMONY

St Paul's

13th September	Lewis Hodgson and Lucy Harrison
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CHRISTIAN FUNERALS

Wear Valley Crematorium

4th September	Clifford (Cliff) Holliday
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St Paul's

22nd September	Rita Taylor
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Remembering loved ones



A SERVICE of Remembrance and Thanksgiving for All Souls will take place on Monday 3rd November at 7pm in St Paul's Church. During the service there will be an opportunity to light a candle in memory of loved ones no longer with us and hear their name read out in a period of prayer and reflection. We are inviting relatives of those we've taken funerals for over the past year and for others attending the service they will be able to add loved ones' names to those being remembered.

St Paul's preserves



NORMA Downs has been busy once again making her ever-popular preserves and a limited supply is now available to buy at St Paul's - but be quick, they will be snapped up very quickly!

Follow our churches online

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www.facebook.com/stpaulsspennymoor