

RYHOPE VIEWS



October 2025

St Paul's Church Magazine £1.50
Large print available on request



CONTACTS & SERVICES

Reverend David Chadwick

St Paul's Vicarage
Ryhope Street North
Sunderland
SR2 0HH
0191 523 7884

revchad14@hotmail.com

Church Warden

James McDowall
0191 528 8375
07833 307 515

Mcdowall.james1@sky.com

Safeguarding Officer & Lay Minister of the Word

Elaine Shanks

elaine.shanks@icloud.com

Magazine Editor/Digital Lead

Joanne Nolan

ryhopeview@outlook.com

Ryhope Choir

Led by Tony Bowler
Thursdays from 6pm - 7pm

[Facebook Group: Ryhope Choir](#)

REGULAR SERVICES

Eucharist/Holy Communion

Sundays at 8am and 10:15am
Wednesdays at 9:30am

Eucharist at Bede House Care Home

The last Tuesday of the month at 11am

Evensong

1st Sunday of the month at 6pm

A Sacred Space

Every other Monday 2pm - 4pm

Office Hour/Enquiries

Tuesdays 6pm – 7pm

St Paul's S.H.O.P.

Supporting & **H**elping **O**ur **P**arish

24 Ryhope Street South
Sunderland
SR2 0RW

Opening Times:

Monday 10am to 4pm
Tuesday 10am to 4pm
Wednesday **CLOSED**
Thursday 10am to 4pm
Friday 10am to 4pm

Closed:

Wednesdays, Bank Holidays & Weekends

Please visit our main website for more details

www.achurchnearyou.com/ryhope

CONTENTS

- 4 View from the Vicarage
- 6 Prayer for October
- 7 From the Registers
- 8 Church Calendar
- 11 Holy Days
- 12 Recruitment
- 13 News
- 18 Looking at God
- 22 Looking at the Church
- 27 Reflections from the Pews:
Articles from local writers.
- 36 Community Pages
- 40 Fun Pages
- 45 Solutions
- 46 Safeguarding & Mental Health
- 48 The Rev & the Robin



Submissions

We would love to hear from you with your thoughts and reflections, poetry, or short stories. Please email us on ryhopeview@outlook.com

If you don't have access to email, speak to Reverend David or Joanne Nolan.

VIEW FROM THE VICARAGE

Dear All,

One of the nice gifts I've been given during my time in Ryhope is a bird bath. It's great because I can look out of the kitchen window and see the birds washing themselves and having a drink. I also have a bird feeder, so they get something to eat too. So, there's been times when the garden just outside the kitchen window has been a hive of activity. Birds of all sorts come and go and it's great to see them. But that's when I remember to feed them and change the water. Sometimes I can get so distracted that I forget about the birds for weeks at a time. And it takes all the birds to disappear before I'm brought back to my senses. I think to myself, 'Where have all the birds gone?' And then I remember that I haven't done my duty by them, and they've gone somewhere else where they might be better served. Or perhaps something worse has happened to them.

I remember once reading a website about best practice when it comes to feeding birds. It suggested feeding them everyday and replenishing their water. Apparently, birds are creatures of habit and develop a dependency on us. So, failing to deliver the goods can be more than an inconvenience to them. It can be like losing a lifeline. Maybe I need to buck up my ideas.

If birds can develop a dependence upon us, it's also the case with our fellow human beings. People, as well as birds, also depend upon us for their daily bread. Of course, that's obvious with regards to our families. But we have wider social responsibilities too.

Jesus has a parable all about this. It's the Parable of the Rich Man and Lazarus. For your information, this is the only story that Jesus tells where one of the characters has a name. Lazarus means 'God has helped' which is just as well as no one else helps him in the story.

The story goes that there is a rich man who feasts sumptuously every day. And every day Lazarus sits begging at his gate, just hoping that some of the rich man's scraps might fall from his table. Well, just as I can be oblivious to those birds, the Rich man is also oblivious to Lazarus, who eventually dies and is taken away by angels to be with Abraham. The Rich man also dies and finds himself in Hades, maybe because of his lack of generosity to Lazarus. In the afterlife the tables have turned: Lazarus is comforted for all the pains he had endured while the Rich man is in agony. Perhaps the story would have been different if the Rich man had had his eyes opened to the plight of Lazarus in his midst.

Really, Jesus is telling this story against us. The poor are always with us and sometimes they are nearer than we think. But are we aware of them? Or are our minds preoccupied with other things? Sometimes our own problems make us oblivious to the needs of others. In many ways we can be like the Rich man.

Last year I spent some nights in Glasgow. I went for a walk past Troon Church. Outside there's a bench on which is seated the statue of a homeless man. He looks like the sort of person that people would walk past regularly. But closer inspection reveals his identity. It's Jesus himself. It's there to remind us that what we do to the least of our brothers and sister we also do to him. And that includes being oblivious to them.

May God gives us eyes to see the needs of others in our midst.

*Your friend and vicar,
David.*



A chance meeting with Rev'd David Goodacre whilst on holiday in Keswick. Rev'd Goodacre was the Vicar of Ryhope from 1975 to 1981.

Prayer for October

Dear Lord,

In this autumn season, when the harvest is gathered, we thank You for Your provision for us. We have so much, and yet we see terrible images of starving children on our televisions and smartphones and in our newspapers.

Lord, prompt us to do what we can to change things, whether that is by writing a letter or email to someone with influence, or by contributing in some way to aid agencies.

Lord, we ask You to touch the hearts of those leaders of nations whose decisions cause such hunger and suffering. Soften those hard hearts, Lord. Fill them with Your compassion. May there be a new harvest of love - and a kinder world.

*In Jesus name,
Amen.*

By Daphne Kitching



From the Registers

Weddings



September

6th Joseph Long Teri-Leigh Burton

26th Brandon Allison & Vanessa Tuazon

What God has joined together, let no man tear asunder.

Funerals

September

8th Kathleen Sowerby

23rd James William Andrews

25th David Minto

29th Michael Patterson

30th Charles Thomas Swan



Rest eternal grant unto them O Lord.

Church Calendar

October

5th Harvest Festival - 10:15am

Evening Prayer - 6pm

6th Sacred Space - 2pm to 4pm

Our Father - Three sessions on the Lord's Prayer - 7pm

11th Parish Day Out to Holy Island

13th Our Father - 7pm

20th Our Father - 7pm

St Paul's Church, Ryhope Presents

Our Father

Three sessions on the Lord's Prayer

With

The Rev'd Dr David Bryan,
The Rev'd David Chadwick
& Lay Minister Elaine Shanks

Monday 6th, 13th and 20th October, at 7pm
All are welcome



Sacred Space

With Lay Minister Elaine Shanks

6th October
20th October
3rd November
10th November

A quiet time and place to pray,
meditate and be with God.

Alternate Mondays at 2pm - 4pm

St Paul's Church

Church Calendar

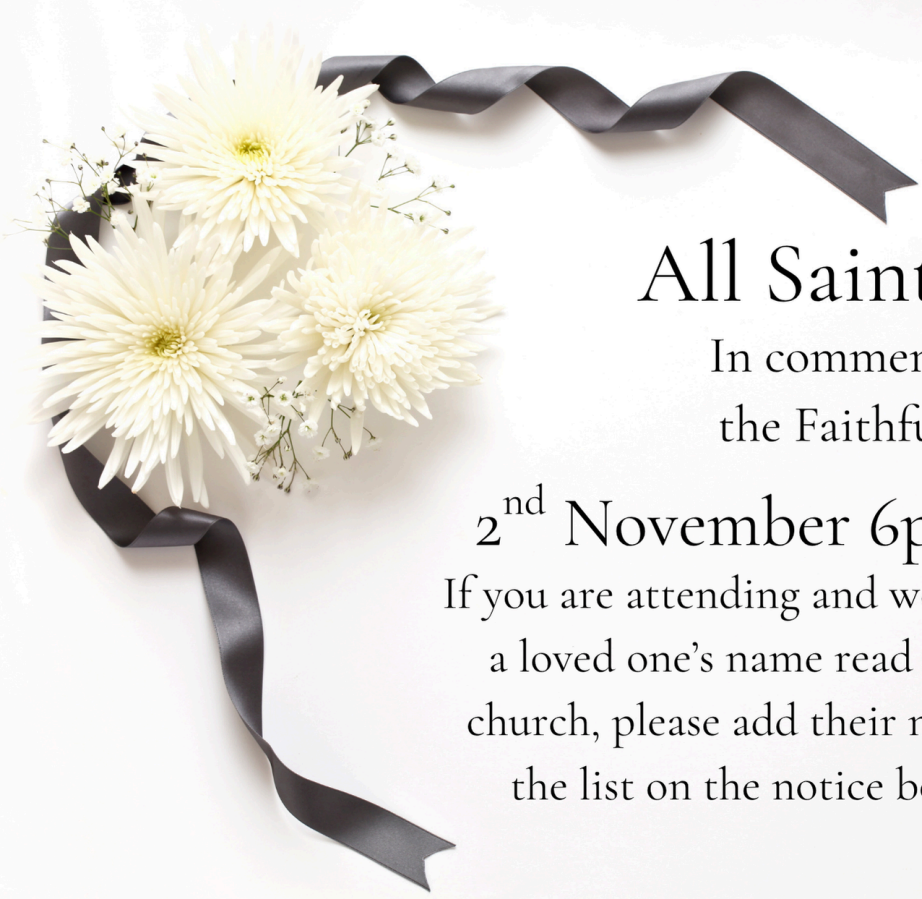
November

1st Christmas Fayre - 11am

2nd All Saints

Commemoration of the Faithful Departed - 6pm

3rd Sacred Space 2pm - 4pm



All Saints Service

In commemoration of
the Faithful Departed

2nd November 6pm

If you are attending and would like
a loved one's name read out in
church, please add their name to
the list on the notice board.



ST PAUL'S CHURCH

Christmas Fayre

RAFFLE

GIFTS

TOYS

CAKES

CRAFTS

BOOKS

**LIVE
MUSIC**

TOMBOLA

**11AM SATURDAY
1ST NOVEMBER**



Holy Days

October

- 1 Remigius, Bishop of Rheims, Apostle of the Franks, 533
Anthony Ashley Cooper, Earl of Shaftesbury, Social Reformer, 1885
- 3 George Bell, Bishop of Chichester, Ecumenist, Peacemaker, 1958
- 4 Francis of Assisi, Friar, Deacon, Founder of the Friars Minor, 1226
- 6 William Tyndale, Translator of the Scriptures, Reformation Martyr, 1536
- 9 Denys, Bishop of Paris, and his Companions, Martyrs, c.250
Robert Grosseteste, Bishop of Lincoln, Philosopher, Scientist, 1253
- 10 Paulinus, Bishop of York, Missionary, 644
Thomas Traherne, Poet, Spiritual Writer, 1674
- 11 Ethelburga, Abbess of Barking, 675
James the Deacon, companion of Paulinus, 7th century
- 12 Wilfrid of Ripon, Bishop, Missionary, 709
Elizabeth Fry, Prison Reformer, 1845
Edith Cavell, Nurse, 1915
- 13 Edward the Confessor, King of England, 1066
- 15 Teresa of Avila, Teacher of the Faith, 1582
- 16 Nicholas Ridley, Bishop of London, and Hugh Latimer, Bishop of Worcester, Reformation Martyrs, 1555
- 17 Ignatius, Bishop of Antioch, Martyr, c.107
- 18 Luke the Evangelist**
- 19 Henry Martyn, Translator of the Scriptures, Missionary in India and Persia, 1812
- 25 Crispin and Crispinian, Martyrs at Rome, c.287
- 26 Alfred the Great, King of the West Saxons, Scholar, 899
Cedd, Abbot of Lastingham, Bishop of the East Saxons, 664
- 28 Simon and Jude, Apostles**
- 29 James Hannington, Bishop of Eastern Equatorial Africa, Martyr in Uganda, 1885
- 31 Martin Luther, Reformer, 1546

Alternative dates

Chad may be celebrated with Cedd on 26 October instead of 2 March.

November

1 All Saints' Day

- 2 Commemoration of the Faithful Departed (All Souls' Day)
- 3 Richard Hooker, Priest, Anglican Apologist, Teacher of the Faith, 1600
Martin of Porres, Friar, 1639
- 6 Leonard, Hermit, 6th century
William Temple, Archbishop of Canterbury, Teacher of the Faith, 1944
- 7 Willibrord of York, Bishop, Apostle of Frisia, 739

Volunteers Needed

Did you know that the church is run almost entirely by unpaid volunteers?
Could you dedicate some of your spare time to help our church run smoothly?

We are looking for help in the following postions:

Cleaners

Servers

to serve communion
wine in services

Shop Volunteers

for our charity shop on
Ryhope Street South

Readers

to read the weekly Bible passages

Intercessors

to present the weekly
prayers of intercession

Tea Servers

to serve refreshments after
services every 2nd and 4th Sunday

**if you would like to join any of the rota please
add your name to the sign up sheet on the notice board.**

CALLING ALL FILM STARS!

We are looking for volunteers to help with recording a series of readings for Advent. The readings are based on Bible verses with a short reflection, one for each day of advent. The films will be shown on our main web site and on social media.

If you would like to help out please speak to Rev'd David or Joanne, or email ryhopeview@outlook.com

JOY

News

Durham Diocese eNews is packed with the latest news, events, resources and information from the Diocese and is delivered directly into your inbox each month! It's a great way to keep up to speed with everything going on in the Diocese and beyond, so please do [sign-up](https://durhamdiocese.org/diocesan-news/enews/) to receive yours! <https://durhamdiocese.org/diocesan-news/enews/>

Welcoming our new Archdeacon of Sunderland

On Tuesday 30 September, many gathered to celebrate the institution of The Revd Canon Katherine Bagnall as the new Archdeacon of Sunderland.

Bishop Sarah led the service, which took place at Sunderland Minster. Katherine was accompanied by her husband Derek and their beloved cocker spaniel, Louie.

Prior to her appointment, Katherine said:

"I am delighted to be taking up the post of Archdeacon of Sunderland. The Diocese of Durham has been home to me throughout my ministry and it is where I feel God is continuing to call me to be a 'courageous and creative spiritual leader'.



The Rt Revd Sarah Mullally to become 106th Archbishop of Canterbury

His Majesty The King has approved the nomination of the Bishop of London, the Rt Revd and Rt Hon Dame Sarah Mullally, as the next Archbishop of Canterbury, Downing Street has announced.

The 106th Archbishop of Canterbury since Saint Augustine arrived in Kent from Rome in 597, Bishop Sarah will be the first woman to hold the office. She will be installed in a service at Canterbury Cathedral in March 2026.



Read these articles in full here:

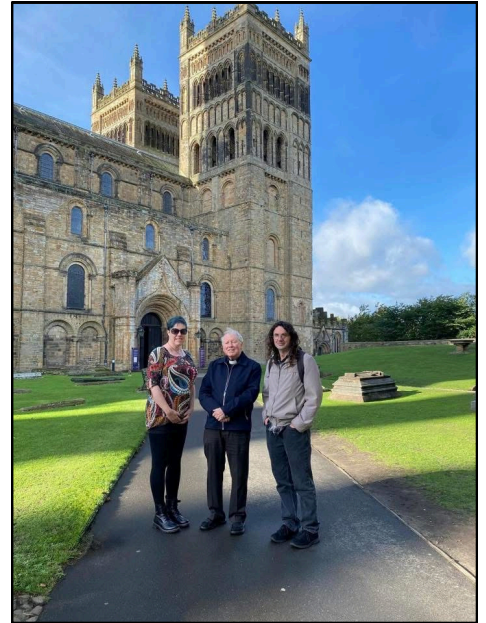
<https://www.durhamdiocese.org/diocesan-news/>

Licensing service at Durham Cathedral and Authorisation as a Lay Minister of The Word.

By Elaine Shanks

On the morning of 13th September I was authorised as a lay minister of the word at Durham Cathedral at a service presided over by Bishop Sarah, the Acting Bishop of Durham.

There were around twenty people being licensed as well as three other authorised lay ministers of the word (catchily called ALMOWs) being authorised alongside me and who had also attended Lindisfarne College of Theology near Durham for the past year for our training. We had undertaken modules on the Gospels, the Book of Genesis, preaching, creating services and spirituality as well as my favourite module on prayer which led me to a new passion for Lectio Divina. Our training also involved learning on the job with sermons preached throughout the course and a chance to see what the work of a vicar involves, just in case anybody was interested in that life path in the future.



Elaine with Rev'd David Kennedy and Mark Rostron

The service was very emotional, especially when the Bishop shook our hands and congratulated us, and I was moved by the love and support of the people from our PCC and congregation, including Rev'd David Kennedy, who attended to support me on the day. I will miss my Wednesday evenings with a great group of people learning about Biblical Hebrew and how to pray when your kids want their dinner making.

I am very privileged to be able to serve the parish of St Paul's Ryhope and it has very much become my home in the years I have lived here. I pray that God will guide me in my work and that I will recognise His voice in everything I do.



Bishop Sarah with all of the candidates



Ry Ry Ryhope Beach

By Elaine Shanks



Several months ago I was at the weekly Ryhope choir session and we were singing an adaptation of Rockaway Beach by the Ramones which was changed to Ryhope Beach. Singing the song and thinking about the trip to the beach in the song I suddenly thought how good it would be to make a video for it including features of our wonderful village on a trip down to the beach.

Fast forward to this summer, on 16th August members of the choir gathered together in our usual performance attire of red and black for a couple of hours to film the video at the church, on the village green, at bus stops, at the tunnel to the beach and finally on the famous Ryhope beach itself. The video was a fun and silly accompaniment to the song with skits such as getting the whole choir into Tony's tiny car, carrying beach balls and Louise posing enthusiastically with a guitar throughout. Harrison Bolt filmed the video for us with Tony's storyboard.



The music to accompany the video was recorded in the weeks before with small groups of choir members recording in Tony's music room at his house. Judith's young granddaughter, Poppy, closed the song with a hauntingly cute version of the song which Judith had recorded on her phone and which we all agreed needed to be included in the final version.

The whole experience was hugely enjoyable and we had a great time singing, dressing up and acting throughout. I love it when a plan comes together.

Ryhope choir is on Thursdays 6-7pm at St Paul's Church, Ryhope.

You can watch the video on our Youtube channel along with a behind the scenes video of the day filming around Ryhope. www.youtube.com/@StPaulsChurchRyhope

Is There a Spiritual Revival Going on Among Our Young People?

A leading Roman Catholic professor of Pastoral Theology at the University of Vienna thinks that this may well be so. For the Revd Paul Zulehner says that while Church is still losing young people, it is also gaining them.

“We’re clearly witnessing a protest against mainstream secularisation, as groups of youngsters yearn for re-spiritualisation or re-enchantment. Many are looking for meaning beyond material success, when such perceptions have become enfeebled in our pluralistic societies.”

Professor Zulehner was speaking to the Church Times after the recent Roman Catholic Church’s Jubilee of Youth, which attracted a million-strong gathering in Rome, led by Pope Leo XIV.

Meanwhile, in Britain, Youth for Christ, an international evangelical youth ministry, has reported that weekly church attendance by young people had doubled from four to eight percent in five years. YFC said that half of young people were now declaring a belief in God, and 96 per cent express an openness to “supernatural experience”.

The report also said that the number of younger people claiming to pray regularly had also increased sharply, although it is still small. 65 per cent said that they now viewed churches “positively”, compared with just eight per cent in 2020 — defying “every prediction about declining religious engagement”.

Professor Zulehner added that while many young people are sceptical about institutional Churches, they have found a “medium and language” through social media for sharing their religious interests.

He told Church Times: “Gospel influences are at work through Instagram, TikTok, and the networks today’s youngsters rely on, which may ultimately prove as important in finding followers for Christ as the Church’s leaders and traditions.”

Families are living in 'daily anxiety' about finances, says Christians Against Poverty

Many parents on low incomes are worried about how they will cope financially this winter.

A recent report from CAP, Child Poverty: Insights into the real challenges families across the UK are facing, found that "the weight of responsibility and pressure to provide for children is a heavy burden" for many, and that "parents sometimes go without, so their children have what they need."

One of CAP's clients, Nicole, admits that "I used to have to skip meals sometimes so they could eat, and I'd just have some of the leftovers. Being in debt takes over your life. A lot of anxiety comes with it. I used to have physical panic attacks."

CAP's policy and public-affairs manager, Juliette Flach, says: "Families and single parents' financial situations and incomes can change significantly over time. Job loss, a relationship breakdown, or health issues can all mean some parents who could once afford the basics for their children may no longer be able to." _

<https://capuk.org/>

Church-run bereavement course having 'profound and wide-reaching impact'

A church-run bereavement course is having a "profound and wide-reaching impact on adults of all ages," according to a recent independent evaluation.

The Bereavement Journey, run by the Christian charity AtaLoss, is "addressing a national need for bereavement support", and is "ideal for the significant majority — 85-90 per cent — of bereaved people who do not require or will not benefit from a clinical intervention".

AtaLoss was founded in 2016 by the Revd Yvonne Tulloch, a former Canon for Mission at Coventry Cathedral, whose husband died suddenly in 2008. She says: "We are a society where people have grown up not expecting death and where we have lost the art of support."

The course is made up of seven sessions of films and peer-group discussion. It is currently being run by churches in more than 400 communities across the UK.

<https://www.ataloss.org/>

Looking at God

The Friend at Midnight

by Canon Paul Hardingham

As we remember St Luke this month, let's note that one of the major themes in his gospel is prayer. Jesus tells the Parable of the Friend at Midnight ([Luke 11:5-8](#)) in the context of teaching His disciples to pray (1).

Pray Shamelessly:

In the parable a man approaches his friend at midnight and asking: 'Friend, lend me three loaves, for a friend of mine has arrived on a journey, and I have nothing to set before him' (5-6). Despite the hour, the rules of hospitality mean that this is not an unreasonable request. Jesus says, 'though he will not get up and give him anything because he is his friend, yet because of the man's boldness he will rise and give him whatever he needs' (8). Jesus is telling us to approach our heavenly Father in 'shameless boldness' with our needs. As adopted children we should have no hesitancy in coming to talk with our Father. It is not God who is reluctant to answer, but we to ask. Do we pray with shameless boldness?

Pray Persistently:

Like children we should be persistent in our requests: 'Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you.' (9). All three verbs indicate a continual habit: 'Keep on asking...seeking...knocking'. We will not be content simply to ask once and then move on. Jesus tells us to bring our prayers to God persistently. Do we give up too easily in prayer?

Pray Expectantly:

'For everyone who asks receives, and the one who seeks finds, and to the one who knocks it will be opened.' (10). Are we expectant in our prayers, believing that God delights in meeting our requests? Why not begin this adventure of prayer today!



What's the **Big Idea?**

An Introduction to the Books of the New Testament: **Galatians**

Canon Paul Hardingham continues his series on the books of the Bible

'Paul's letter to the [Galatians](#) has been described as the 'Magna Carta of Christian Liberty', because it emphasises the freedom that we have through faith in Jesus Christ. Paul vigorously defends the truth that people are justified ('made right with God') by faith in Jesus Christ alone. Our standing with God is not determined by what we do, but by dependence on what Christ has done.

It is generally believed that Paul wrote this letter in 48/9AD to the churches in the southern area of Galatia, which he planted on his first missionary journey. It was written before the Council of Jerusalem ([Acts 15](#)), making it the earliest of Paul's letters.

In response, Paul defends his apostolic authority and presents the true gospel, by emphasising the unique importance of Christ and His cross in salvation. He argues that 'a person is justified not by the works of the law but through faith in Jesus Christ' ([2:16](#)). He appeals especially to the examples of Abraham ([3:6-9](#)) and Hagar and Sarah ([4:21-31](#)), who stand in contrast as being a 'slave' under the law and 'free' in Christ.

'It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.' ([5:1](#)). We are justified through faith alone and it is by faith alone that we live out our new life in the freedom of the Spirit.



The Nicene Creed **part 5:** The Person of the **Holy Spirit**

*Our series on the Nicene Creed continues this month.
Canon Paul Hardingham considers a bedrock of our Christian belief:
that Jesus is the Son of God*

We believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son. With the Father and the Son He is worshipped and glorified. He has spoken through the Prophets.

This month we are considering what the Nicene Creed says about the Holy Spirit.

'We believe in the Holy Spirit, the Lord, the giver of life': The original version of the Nicene Creed ended simply 'We believe in the Holy Spirit.' However, the phrase 'the Lord, the giver of life' was added to counter the teachings of Macedonius (Bishop of Constantinople), who viewed the Holy Spirit as a creation of the Son. The Holy Spirit is part of the Trinity who shapes us, according to Christ's image, through His fruit and gifts: 'the Spirit gives life...we are being transformed into His image with ever-increasing glory, which comes from the Lord, who is the Spirit.' ([2 Corinthians 3:6,18](#)).

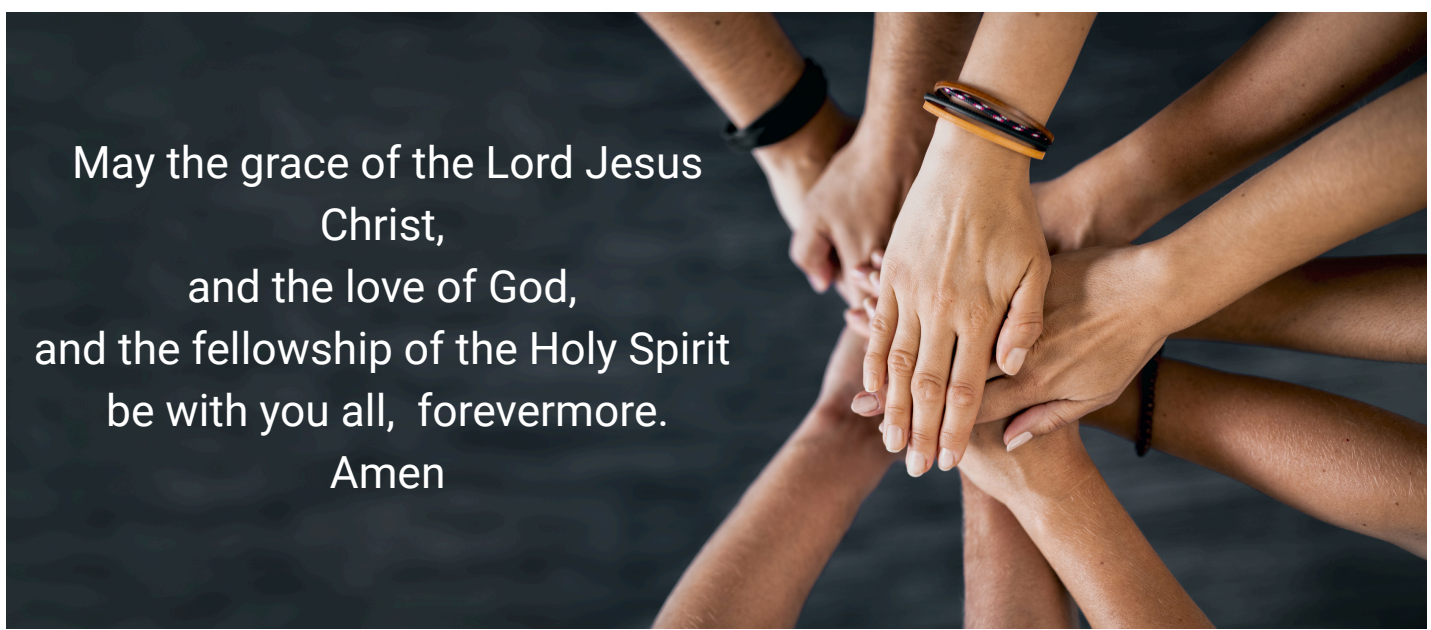
**We
Believe**

‘who proceeds from the Father and the Son. With the Father and the Son He is worshipped and glorified’: In the late 6th century the Latin churches added the phrase ‘and the Son’ (the Filioque Clause), which was rejected by the Orthodox Churches. Augustine described the Spirit as ‘love proceeding’ from the Father and the Son, so we can know God: ‘When the Advocate comes, whom I will send to you from the Father, the Spirit of truth who goes out from the Father, He will testify about me.’ ([John 15:26](#)).

The Creed is clear that the Holy Spirit is due equal status and worship with the Father and the Son, as a distinct divine person: ‘May the grace of the Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit be with you all.’ ([2 Corinthians 13:14](#)).

‘He has spoken through the Prophets’: Why does the Creed include this activity of the Spirit? It is not just referring to the OT prophets, but the whole of Scripture. He has inspired Scripture, so that we have God’s word communicated by human writers: ‘All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness’ ([2 Timothy 3:16](#)). When we read the Bible, the Spirit enables us to hear what God is saying to us.

In what areas of life have you felt the Holy Spirit at work in you?



May the grace of the Lord Jesus
Christ,
and the love of God,
and the fellowship of the Holy Spirit
be with you all, forevermore.
Amen

Looking at The Church

Share a Little Light this Halloween



Some parents aren't sure quite what to feel about Hallowe'en – is it just harmless fun, or are there aspects of it that don't fit in with how we want to see the world?

A child's christening service is very honest about the reality of good and evil, and Hallowe'en can be a good time to talk about those things and how the love of Jesus can be a 'Light in the darkness' for everyone.

The word 'hallowe'en' actually means 'the eve of all hallows' day' – in other words, the night before the church's festival celebrating All Saints. A Saint is sometimes thought to be an exceptionally holy person – someone really special, who did extraordinary things because of their faith in God.

The famous saints are all amazing examples of what it's like to live God's way. But in the Bible, St Paul calls all Christians saints – a saint is simply a friend of God, who seeks to live their life according to God's purposes. When someone is christened, they truly become a Saint, so All Saints' Day is a celebration of the whole family of God.

If you'd like to mark Hallowe'en, these are some ideas that will bless others as well as being fun too.

What's happening in church? Some churches hold special events around this time of year. There might be a 'Light Party' with fun activities for children and young people – these events are a lovely way to focus on all that's life-giving and positive around All Hallows.

Some churches also have a special service for All Souls Day – a time when we remember our loved ones who have died. There might be an opportunity to go and light a candle to remember someone – even small children grieve in their own way and may find comfort in this simple action.



Carve a pumpkin. Did you know that gargoyles (the scary looking faces carved in stone on churches) were originally made in medieval times to scare away evil spirits? The pumpkins with scary faces carved into them at Hallowe'en are a bit like that.

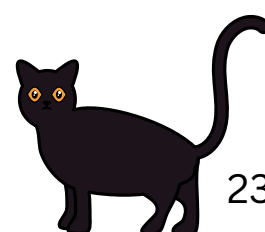
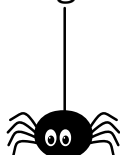
But Christians believe that you can't fight evil with evil – you can only fight evil with good, and that good will always win in the end. So why not see if you can carve a friendly looking pumpkin this year, as a sign that you and your family are going to be a force for good this Hallowe'en? (And you can always use the offcuts from your pumpkin to make delicious soup!)

You can do the same with Hallowe'en costumes. Superheroes make a great, positive alternative to scary witches and ghosts.

Give a treat. Not everyone is comfortable with the idea of children going round to neighbours' and just asking for treats. But if you don't want them to miss out on something their friends are doing, why not have a family baking session, and take a tray of cookies with you if you go out with them? Even little children can help stick a smiley face on an iced biscuit. That way, you have something lovely to give away to your neighbours, too!

Safety first. Many children's fancy dress costumes are highly flammable. Please, don't ever use real candles around your front door or in your pumpkins; use the small battery-powered candles instead. If you can afford to buy a multi-pack of these electric candles, you could lend them to your friends and neighbours.

Say a goodnight prayer. Even if you've steered clear of scary costumes, and even if your child has loved the evening, it can be reassuring to have a goodnight prayer that reminds them that love, and light, and good, are always going to be stronger than fear and evil.



The ancient service of Compline (Night Prayer) has been used as this reminder for centuries, and many of its prayers are still well known today:

Visit this place, O Lord,
we pray and drive far from it all snares of the enemy;
let Your holy angels dwell with us to preserve us in peace;
and let Your blessing be upon us always,
through Jesus Christ our Lord.
Amen.

Or, in a simpler children's version:

Be with us, Lord, and take away all fear,
may your angels protect us and give us peace.
And bless us always.
Amen.

You can use these lovely prayers any time when you need a reminder that God is with you – especially at the end of a difficult day, or when something sad has happened, or when your family is worried about something.

Article taken from www.churchofenglandchristenings.org with permission.



All Saints Service
Commemoration of the
Faithful Departed is at 6pm
on Sunday 2nd November
At St Paul's Church
Ryhope

God in The Sciences

Continuing the Celebration!

Dr Ruth Bancewiczis, based at The Faraday Institute for Science and Religion in Cambridge, writes on the positive relationship between Science and Christian faith.

On 6th-13th October this year many people around the world will be celebrating the Jewish festival of Tabernacles, or Sukkot. They will celebrate the Harvest, and also remember God bringing the Israelites out of Egypt and through 40 years in the desert.

The biblical book of [Deuteronomy](#) contains a description of what Tabernacles should have been like back then. "Celebrate... for seven days. Be joyful... you, your sons and daughters, your male and female servants, and the Levites, the foreigners, the fatherless and the widows who live in your towns."

These festivals were not just a celebration, but also an expression of gratitude to God: "celebrate the festival to the Lord your God...For the Lord your God will bless you in all your harvest and in all the work of your hands, and your joy will be complete." Tabernacles was a proper holiday, with two whole days off normal work and seven days of feasting.

Farming looks very different today. Very few of us have had to sweat long hours over crops, so we're not as ready for (or deserving of) a rest and a party as our ancestors were at this time of year. That might be even more the case in future, as the agri-tech revolution unfolds. For example, small autonomous tractors are already becoming available that do less damage to the soil and make better use of steep or oddly shaped fields.

Many arable farms already hire contractors to do the routine work with large specialist GPS-equipped machinery. In future years those people might find themselves using very different kinds of high-tech kit, acting more as land-management advisors, helping farmers to gather data and to find ways of improving soil quality, biodiversity and the water cycle.

I'm very grateful for the food that arrives on my shelves. Instead of worrying about whether or not we earned it, our modern-day Tabernacles or Harvest celebration could include ways of encouraging those involved in agriculture and developing new agricultural technologies, as well as enjoying how we can learn about and benefit from God's creation through Science.

So, after you celebrate Harvest at church, why not follow it up with a trip to a local farm this month? Why not learn from the ancient Israelites, and follow it up with a meal together? It stands to reason that those of us who live in countries where food is plentiful and cheap could do with being proportionately more generous in our gratitude and giving. Should we throw better parties? Probably!



Reflections from the Pews

With June Davis - St Paul's Open Doors representative

We are pleased to announce that our writer and church member June is St Paul's representative for Open Doors. June will regularly be leading us in prayer and bringing us news of those in need around the world.

Please do speak to June if you would like to know more or get involved; or you can email her at: junedavis674@gmail.com

Every day, millions of Christians risk their lives to follow Jesus. In more than 70 countries, Open Doors supports them by supplying Bibles, providing emergency relief and helping persecuted believers stand strong for the long-term. In the UK and Ireland, Open Doors helps the church to pray, give and speak out for those who share our faith but not our freedom.

You can find out more about Open Door's work at: www.opendoorsuk.org.



Open Doors

www.opendoorsuk.org

Open Doors helps Christians in over 70 countries, from training leaders to raising awareness about global persecution

Blessed are those who are persecuted for righteousness sake, for theirs is the kingdom of heaven.

Matthew 5: 10-12.

THE COST OF OWNING A BIBLE

Contact St Paul's representative for more information

June Davis: junedavis674@gmail.com

Persecution On The Rise

by June Davis

People have been arrested and detained by authorities in a police operation against church activities in East China. Pastors, Christians and all people of faith were arrested in church gatherings, workplaces and homes. A local Open Doors partner says the church has come to a standstill. More than 80 groups have ceased meeting. Of fourteen churches only a few remain.

We pray that God will comfort and strength those affected by these actions. That the remaining churches will see the holy spirit move in a powerful way and that they feel the Lords presence through it all. Ming who was detained and badly beaten was threatened not to aVend any further church meetings is now missing and open doors partner's cannot find him. Lord Jesus we pray for Ming. For his safety and well being. Will you surround him in your love. Strengthen and heal his weary body, body, mind and spirit,

in Jesus most precious name, Amen.

Wayne's personal battle with homelessness began in 2019, when violence and racism drove him from his home in Northeast London. With nowhere safe to go his benefits ceased and he was forced into rough sleeping.

Determined to help others he connected with aid organisations and gathered together a team of Christian activists to petition the government. Only for them to tell him that homelessness couldn't be solved even within a decade. However along came COVID and everyone was magically cleared off the streets so it can indeed be done if the will is there to do it.

In 2021 a family tragedy sent Wayne over seas, when he returned he stayed with his sister in Sheffield. He felt a calling to Advocacy work. He has since developed counselling and evangelism programs helping individuals to navigate services. He continues to move between sofa surfing and rough sleeping.

In faith he urges the public to step up and push for real change because government approach isn't working. He is an inspired young man driven by faith to help those that can't help themselves.

May God bless him in all that he does for others.

May we work together in the strength and direction of the Lord to love one another as he has loved us.

The Lord Is My Shepherd, I lack nothing.

by June Davis

Dr Joseph Parker a Pastor at Temple Church in London. One day he walked into his pulpit and read the above words. After a long pause he closed his bible, looked at the congregation and said "Friends that is enough!"

And he is right. When God is your shepherd you lack nothing. Even in the worst circumstances, you need fear no evil because he is always there with us. With God there is no lack of ability or resources to care for us in every situation ([philippians 4 : 19](#)).

It's the reason Paul said that although he had nothing. He possessed everything ([2 Corinthians 6 : 10](#)). We need nothing but God himself.

The Bible tells us, he spared not his own Son, but delivered him up for us all, how shall he not with him also freely give us all things? ([Romans 8.32](#)). God has given us his greatest treasure.

We need to remember these things, God in his great wisdom leads and directs us and when the time is right the answer will come. He gives us commandments and until we obey them, the answer won't come. Faith is crucial in receiving answers. Jesus said " I tell you, you can pray for anything, and if you believe you will receive it. It will be yours" ([Mark 11 : 24](#)).



Damaged, But Not Done

by Stephen Armstrong

I don't want to use the space I've been blessed with to overshare and complain, but let's just say it's been a difficult time recently. I've been grieving the unexpected loss of a family pet, as well as a few other stresses that sometimes seem unending. It hasn't been the easiest to deal with, and it's definitely taken a toll on me and my faith journey. I want to strongly emphasise here: my faith is solid. I believe with all my heart that Jesus Christ is Lord and died on the cross to save whoever believes in him from death and eternal damnation. I believe that he saved me, and I will carry that belief for the rest of my life. But even Jesus never promised that journey to be easy.

I'm not sure if I have a 'favourite' Bible verse anymore, but this one has been speaking to me recently:

'But those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk, and not be faint.'

Isaiah 40:31.

This verse has become increasingly poignant over the last few weeks. I first came across the verse whilst watching a YouTube video that had nothing to do with Christianity at all, but the creator of the video chose to show the verse at the very end of it. That itself filled me with hope, as it's incredible to see that faith can be implemented so subtly into the most random things and have such a lasting effect. This verse definitely had a lasting effect on me, as I decided to write it on the back of my shirt whilst doing a charity walk for Parkinson's UK last month. During that walk, I remembered my Grandad, who suffered for the last three years of his life with Parkinson's, before his passing in late 2023. Although he kept his religious views private for the most part, he was a man of strong faith, and he wasn't afraid to let people know his standing when the moment called for it. When I was a kid, I used to think my Grandad's faith in God was a bit stupid. Today, his faith is the first thing I think of when I remember him, and it's now one of the things I admire most about him. Looking back at the time when he was ill, I find the verse above to be so fitting to him. I'm sure that, as stoic as he was, there were many moments in that time where his only sense of hope came from the Lord. In the Gospels, Jesus healed a woman who was herself suffering, telling her that her faith had made her well. I firmly believe that to be true for my Grandad; his faith has made him free of his suffering, and he is now with Jesus and will never grow weary again.

So why am I bringing all this up? Well, the simple answer is this: my Grandad was a stronger man than I'll ever be, and even he will have had his moments of despair. I try to write these articles with a message of hope, but how can you find hope when you're feeling hopeless yourself? Well, as I said before, Jesus never promised that life would be easy, but here's something he did promise:

'For I know the plans I have for you, declares the LORD, plans to prosper you and not to harm you, plans to give you hope and a future.'

Jeremiah 29:11.

Sometimes it's easy to think that you'll never feel better, that it's just one thing after another and you can never catch a break, but that's only half true. It might be one thing after another, and it might feel like you can't catch a break, but it will get better. It absolutely will! If this is any glimpse of how you're feeling, you may be damaged, but you're not done. Not by a long shot. God wants you here for a reason, and that reason is to build you up into who He's created you to be. Give your worries and problems to Him in prayer and watch how He works in your life. It might not always be an easy road, but it's a road that's worth it in the end.

So yeah, I'm alright. Things are going to get better. My hope is in the Lord. He has a plan for me, and I'm certainly not done yet! Neither are you.

But those who hope in the LORD will renew their strength.
They will soar on wings like eagles;

they will run and not grow weary,
they will walk, and not be faint.

Isaiah 40:31.

Lessons Learnt

by Elaine McDowall

It was 8.55 on a Friday morning when we set off for a relaxing mini break in Scotland or so we thought. We were first greeted by a very militant lady bus driver who ran a tight ship. "Get back she shouted to one couple who had approached her to load their cases and made us form an orderly queue. My goodness we thought what have we let ourselves in for. We boarded the bus and set off on our journey when all of a sudden this very regimental bus driver broke into song. We were all shocked when she proceeded with warm words and funny jokes.

First lesson learnt was that we shouldn't judge a book by its cover.

First stop was Moffat where we spent a short time. Spent being the operative word as we spent a fortune in the enormous woollen mill tempted by all the tartan fabrics and Scottish goodies.

Second lesson learnt was don't give in to temptation.

We then embarked on the second part of our journey to Callander where we would be staying for the next three nights. We were greeted by a friendly hotel manager who gave us our schedule for our stay ie. meals, entertainment etc. which we thoroughly enjoyed. Our bus driver once again went into regimental mode advising us that if we were late the next day for our visit to Perth and Pitlochry that we would be left as she waits for no-one.

Day two our journey commenced with breakfast at 7.30 and then a two hour journey to Perth. We were given three hours to explore Perth (which in our mind was three hours too long). We always like to visit new churches when we are on our travels so not being able to visit the one in Callander where we were staying we set off to find one in Perth. This was easier said than done. We found Perth to be a bleak dowdy place with many of the shops closed down (there were plenty of charity shops). One fellow 88 year old passenger said he walked round the city three times just to kill time. We did find a church but they were coming to an end of their service so didn't like to intrude. We later found out that 4 passengers on our bus had booked 2 excursions via an external agent and we were accommodating them hence the hanging around. We decided to head back to the bus early and on the way came across a busy farmer's market with once again tempting goodies.

Third lesson learnt all good things come to them that wait.

We boarded the bus to head to the next stage of our journey. We arrived at Pitlochry to find a beautiful town with people basking in the sun drinking coffee and eating ice cream. We had an hour and a half to explore which wasn't enough. Why was so much time wasted in dreary Perth when we could have enjoyed more time here? We still didn't find a church to visit.

Fourth lesson learnt was to be more patient.

Third day was a visit to beautiful Oban or it would have been beautiful if it wasn't for the rain. We did visit a war and peace museum which we found really interesting and watched a film about Oban during the war. The rain ceased but the wind howled but in our wisdom we thought we would walk right along the sea front to visit Oban Catholic Cathedral. On arriving we saw a promising sign which said all welcome and open all day for quiet prayer. Excitedly we went to enter the building to find it was closed. Not to worry we thought there must be another door so off we went round the corner and fortunately did find another door only to be disappointed once again as it was closed. With despair we walked back along the windy sea front back to our coach. We were lucky to be back on the bus as immediately we got on the heavens opened and we discovered that our additional passengers had booked a ferry trip only for it to be cancelled due to the bad weather. We were lucky we had kept dry. Fifth lesson learnt always a silver lining.

Final day on the way found us at Gretna Green for a break. We may not have found a new church that we were looking for but we did see a bride and groom that had just been married looking radiant with the celebrant and piper by their side.

Sixth lesson learnt life is good and it teaches us to take the bad with the good.



Prayer for lessons learnt

Heavenly father help us to see the good in others and understand that we ourselves
are not without fault

Help us not to judge people and accept them with goodness and kindness

Lord deliver us from every temptation

Lord create us with clean hearts and purify us mind, body and soul

Merciful lord why is it so hard to be patient and wait?

Help us lord to keep calm and give us patience while we wait

Grant us the peace and serenity to keep patient

Allow peace and understanding to follow us wherever we go

Lord we acknowledge that every cloud has a silver lining

We seek your guidance in finding hope in difficult times

May we find strength to persevere and see the beauty in every challenge

Thank you lord for the gift of life

Help us when we get caught up in worries, busyness and distractions

Help us treat life with gratitude and thank you for being there for us

Amen

by Elaine McDowall



Mumbled Hallelujah

by Mark Rostron

Are we past the age of children being seen and never heard,
And hallowed silence greeting each expression of the Word?
Are we in the age of judging congregations on the grounds
Of the volume and enthusiasm of their praising sounds.
The Church has changed and so I ask as I squat in my pew
Will a mumbled hallelujah be acceptable to You?

Do we demand coherency, one church, one faith, one Lord,
And cast into the darkness brothers who will not accord?
Or will we seek approval from the masses moral rant,
And use the ways of man to make God's ways more relevant?
I'm flailing in the conflict to find something that is true
As my mumbled hallelujah stutters on its way to you.

When folks come through the door what is it that we're called to do?
Let them be themselves or some agenda then pursue?
Teaching, guiding, nurturing? Brainwashing or worse?
Are we the safety haven or the radical perverse?
I want to look to heaven but my eyes stare at the floor.
I mumble hallelujah now, but do I know what for?

Have we kept ourselves locked in and kept the world afar,
Or done so much to welcome that we don't know who we are?
Is our worship alien to those who come anew,
Or so intent on others that we never meet with You.
Wave your flags or clap your hands or croon Jerusalem;
I mumble hallelujah, but for me? for You? for them?

I guess that I forget that You've been here for quite a while;
Before the Church, before mankind, and sometimes even smile
At our bickering and arguing, and weep when we resort
To bloodshed and to cruelty – that wasn't what You taught.
And still you lead us on so I believe with heart quite bold
You take my hallelujah and return it hundredfold.



Open Table at Sunderland Minster meet on the second Sunday of each month, except in August. If you would be interested in coming along please email Reverend Jacqui Tyson at:

revjacqui.tyson@sunderlandminster.org.uk

<https://opentable.lgbt/sunderlandminster.com>

<https://www.inclusive-church.org/>



IN THE COMMUNITY WEEKENDER

OCTOBER 18
SUNDERLAND MINSTER
11am - 2pm
No tickets
required

OCTOBER 19
BEACON OF LIGHT
12noon - 5pm
 Scan to claim
your free ticket

**A weekend of live music, arts
and crafts, dance and food
celebrating all the communities
that call Sunderland home.**



Regeneration North East

30 Ryhope Street South, Sunderland, United Kingdom, SR2 0RW

07598 008 178 - contact@regenerationne.org.uk

www.regenerationne.org.uk/



Activities at Regeneration North East

Mondays: Happy Hookers crochet group. 1:00pm – 3:00pm.

Wednesdays: Arts and Crafts Workshop 10:00am – 4:00pm.

Fridays: Sensory Reduced Sessions

10:3am - 12:30pm and 2:00pm – 4:00pm

A small fee applies, a **free place for carers on Fridays**

Ryhope Community Centre

Black Road, Ryhope, Sunderland.SR2 0RX

Telephone: 0191 5239371 Email: ryhopeca@aol.com

Facebook: www.facebook.com/RyhopeCommunityCentre

The centre hosts over 30 leisure/activity sessions each week in addition to training/learning and leisure opportunities that take place periodically.

St Paul's S.H.O.P.

Supporting & Helping Our Parish

24 Ryhope Street South, Ryhope

We offer a wide range of preloved items: Clothing, Toys, Linen, Baby Items, Bric-a-Brac, and electrical goods (PAT tested)

Opening Times

Monday: 10:00 – 16:00

Tuesday: 10:00 – 16:00

Wednesday: CLOSED

Thursday: 10:00 – 16:00

Friday: 10:00 – 16:00

Closed:

Wednesdays, Weekends & Bank Holidays



Weekly & monthly talking newspaper
& information service for blind and
partially sighted people.

SoundWaves Talking-Newspaper Sunderland

0191 555 6514

soundwavestn@hotmail.com

Ryhope Community Spirit

Ryhope Community Spirit 2025 is a local group of volunteers who plan and organise local events and activities for the local community throughout the year. They are always on the lookout for volunteers to make difference to our wonderful community.

www.ryhope-community-spirit.co.uk

contact-us@ryhope-community-spirit.co.uk

[Facebook: Ryhope Community Spirit 2025](#)



Sudoku

2		5				8		
			6	5	3			
9							6	
			4		6			1
3								4
7			2		9			
	2							9
			5	7	4			
		4				6		5

© 2008 KrazyDad.com

Basic Sudoku Rules

You can use only numbers from 1 to 9.

Each 3×3 block can only contain numbers from 1 to 9.

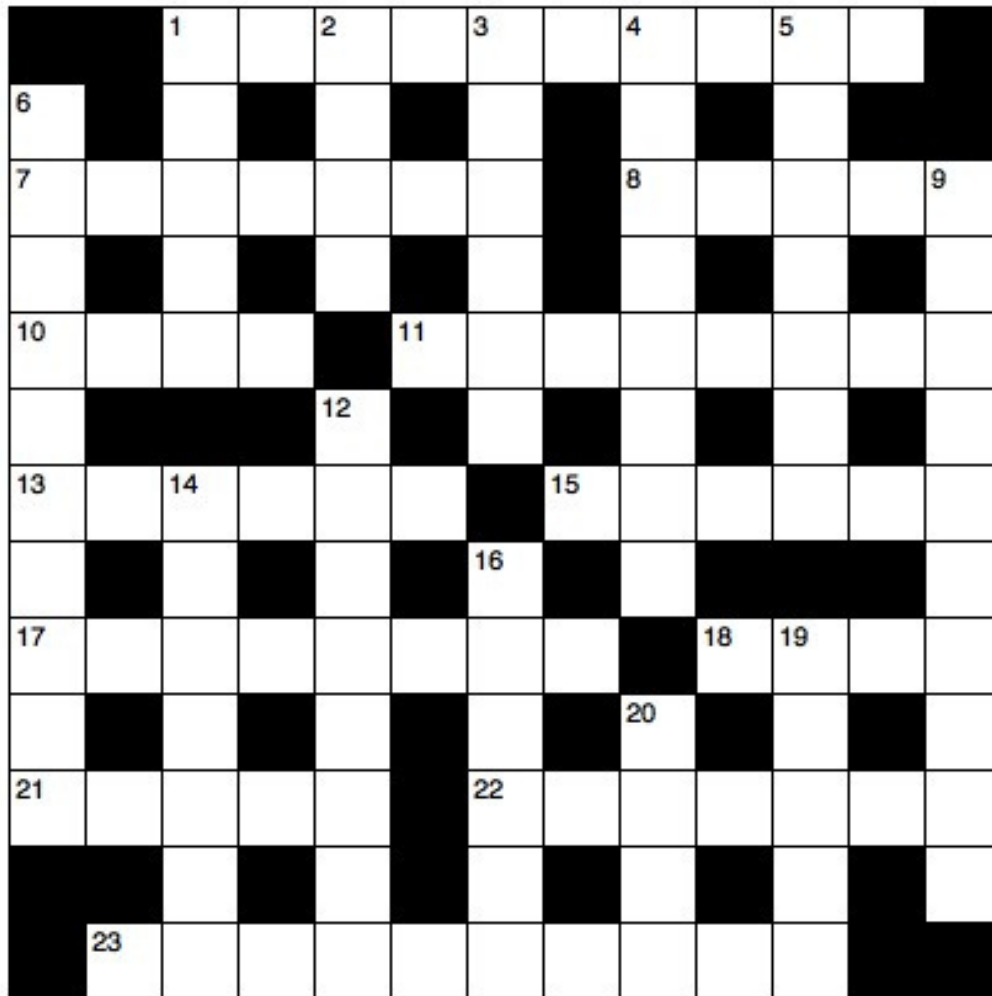
Each vertical column can only contain numbers from 1 to 9.

Each horizontal row can only contain numbers from 1 to 9.

Each number in the 3×3 block, vertical column or horizontal row can be used only once.

The game is over when the whole Sudoku grid is correctly filled with numbers.

Crossword



Across

1 He was replaced as king of Judah by his uncle Mattaniah (2 Kings 24:17) (10)

7 'Let us fix our eyes on Jesus... who for the joy set before him — the cross' (Hebrews 12:2) (7)

8 Relieved (5)

10 Impetuous (Acts 19:36) (4)

11 Surprised and alarmed (Luke 24:37) (8)

13 'It is — for a camel to go through the eye of a needle than for the rich to enter the kingdom of God' (Mark 10:25) (6)

15 Directions for the conduct of a church service (6)

17 One of the acts of the sinful nature (Galatians 5:19) (8)

18 and 20 Down 'She began to wet his — with her tears. Then she wiped them with her — ' (Luke 7:38) (4,4)

21 'We will all be changed, in a flash, in the twinkling of an — , — the last trumpet' (1 Corinthians 15:51–52) (3,2)

22 'But he replied, "Lord, I am — — go with you to prison and to death"' (Luke 22:33) (5,2)

23 Third person of the Trinity (2 Corinthians 13:14) (4,6)

Down

- 1 He betrayed Jesus (Matthew 27:3) (5)
- 2 Paul's assurance to the Philippian jailer: 'Don't — yourself! We are all here!' (Acts 16:28) (4)
- 3 'Fear God and keep his commandments, for this — the whole — of man' (Ecclesiastes 12:13) (2,4)
- 4 The sort of giver God loves (2 Corinthians 9:7) (8)
- 5 Sun rail (anag.) (7)
- 6 Naboth, the ill-fated vineyard owner, was one (1 Kings 21:1) (10)
- 9 Paul said of young widows, 'When their sensual desires overcome their — to Christ, they want to marry' (1 Timothy 5:11) (10)
- 12 This was how Joseph of Arimathea practised his discipleship 'because he feared the Jews' (John 19:38) (8)
- 14 Mop ruse (anag.) (7)
- 16 Foment (Philippians 1:17) (4,2)
- 19 Where Joseph and Mary escaped to with the baby Jesus (Matthew 2:14) (5)
- 20 See 18 Across

Don't have a Bible to hand?
Use www.biblegateway.com
to look up the references

Robin's Ribticklers!

What kind of witch likes to go to the beach?

A sandwich.

What do you call a lost wolf?

A where-wolf

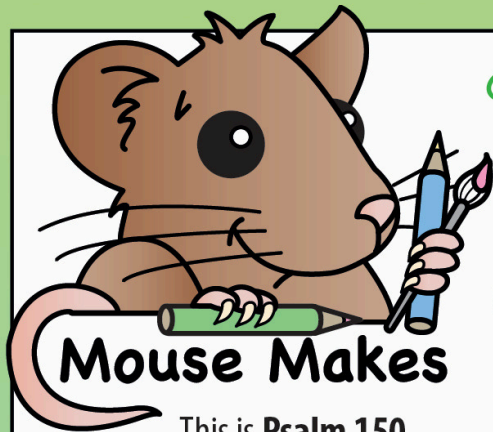
What do you call a Buddhist wolf?

Aware-wolf

Why don't mummies take time off?

They're afraid to unwind.



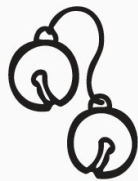


Mouse Makes

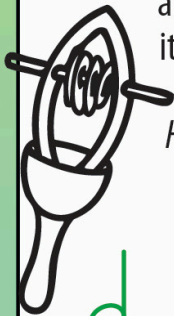
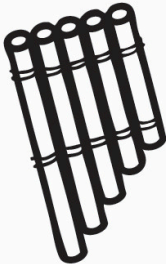
This is **Psalm 150**,
a song of praise to God,
it tells us why and how
to worship God.
*How do you praise and
worship God?*



Praise God in His Temple,
Praise Him in His mighty heavens.
Praise Him for His acts of power,
Praise Him for his surpassing greatness.



Praise Him
with the sounding trumpet,
Praise Him
with the harp and lyre,
Praise Him
with tambourine and dancing,
Praise Him
with the clash of cymbals,
Praise Him
with the resounding cymbals.
Let everything that has breath
PRAISE THE LORD!



P	K	G	C	Y	M	B	A	L	S	A
O	L	R	H	E	A	V	E	N	S	B
W	T	E	M	P	L	E	T	U	A	R
E	T	A	M	B	O	U	R	I	N	E
R	H	T	L	U	T	E	U	A	C	A
D	A	N	C	I	N	G	M	P	T	T
R	R	E	P	I	P	E	P	R	U	H
U	P	S	F	L	U	T	E	A	A	H
M	D	S	G	O	D	E	T	I	R	O
S	T	S	T	R	I	N	G	S	Y	R
O	Y	L	E	D	L	Y	R	E	Y	N



PRAISE • GOD • TEMPLE • HEAVENS • SANCTUARY • POWER • GREATNESS
TRUMPET • HORN • PIPE • FLUTE • HARP • LYRE • LUTE • STRINGS
TAMBOURINE • DANCING • CYMBALS • DRUMS • BREATH • LORD

The tale of the Tower Builder



JESUS OFTEN TOLD STORIES WITH HIDDEN MEANINGS



ON ONE OCCASION JESUS EXPLAINED HOW IT WOULDN'T ALWAYS BE EASY TO FOLLOW HIM.



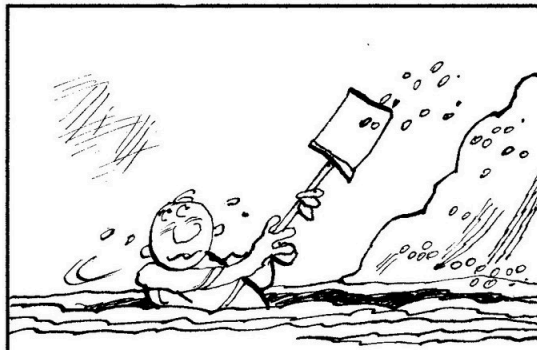
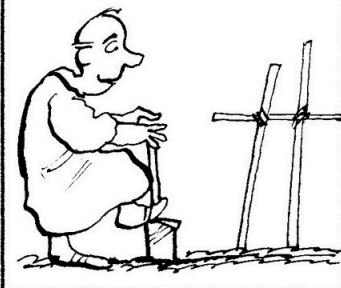
JESUS BEGAN, 'IF ONE OF YOU PLANS TO BUILD A TOWER....

...YOU'LL FIRST NEED TO WORK HOW MUCH IT WILL COST.



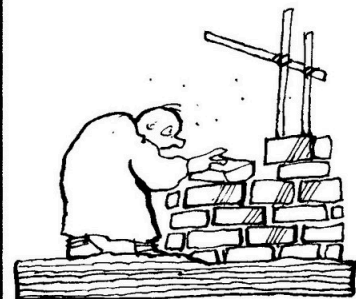
IF YOU DON'T DO THE SUMS....

...YOU MIGHT MAKE A START,

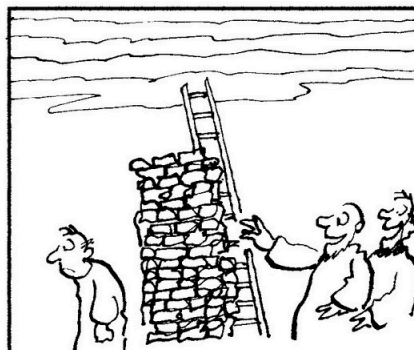


....WORK VERY HARD ON THE FOUNDATIONS.

...THEN START TO LAY THE BRICKS,....



...BUT SUDDENLY RUN OUT OF MONEY!!



THEN PEOPLE WILL LAUGH AT YOU!



WE NEED TO REALISE THAT ALTHOUGH FOLLOWING JESUS IS THE RIGHT THING TO DO, IT'S ALSO A GREAT CHALLENGE.

Solutions

Crossword

ACROSS: 1, Jehoiachin. 7, Endured. 8, Eased. 10, Rash. 11, Startled. 13, Easier. 15, Rubric. 17, Impurity. 18, Feet. 21, Eye at. 22, Ready to. 23, Holy Spirit.

DOWN: 1, Judas. 2, Harm. 3, Is duty. 4, Cheerful. 5, Insular. 6, Jezreelite. 9, Dedication. 12, Secretly. 14, Supremo. 16, Stir up. 19, Egypt. 20, Hair.

Sudoku

2	6	5	1	9	7	8	4	3
4	8	7	6	5	3	9	1	2
9	1	3	8	4	2	5	6	7
8	5	2	4	3	6	7	9	1
3	9	6	7	1	5	2	8	4
7	4	1	2	8	9	3	5	6
5	2	8	3	6	1	4	7	9
6	3	9	5	7	4	1	2	8
1	7	4	9	2	8	6	3	5

Acknowledgements and Thanks

Images from [Unsplash.com](https://unsplash.com), The Church of England stock photography,
News and additional content from [ParishPump.co.uk](https://parishpump.co.uk).

Created with www.canva.com

The next issue of Ryhope Views will be in **November**

This magazine wouldn't be possible without the support of our contributors. If you'd like to share something with us, please do get in touch with either Joanne Nolan, or Reverend David. We'd be very happy to talk with you.

Thank you to all of our readers,
and all who support our church,
our **S.H.O.P.** and the community of Ryhope.

National Safeguarding Standards

Our Parish is committed to the Five Standards

1 Culture, Leadership and Capacity

Church bodies have safe and healthy cultures, effective leadership, resourcing and scrutiny arrangements necessary to deliver high quality safeguarding practices and outcomes.

2 Prevention

Church bodies have in place a planned range of measures which together are effective in preventing abuse in their context.

3 Recognising, Assessing and Managing Risk

Risk assessments, safety plans and associated processes are of a high quality and result in positive outcomes. The assessment and management of risk is underpinned by effective partnership working.

4 Victims and Survivors

Victims and survivors experience the timeliness and quality of Church bodies' responses to disclosures, and their subsequent support, as positively meeting their needs, including their search for justice and helping their healing process.

5 Learning, Supervision and Support

All those engaged in safeguarding related activity in Church bodies receive the type and level of learning, professional development, support and supervision necessary to respond to safeguarding situations, victims and survivors, and respondents, effectively.

WHAT ARE THE STANDARDS?

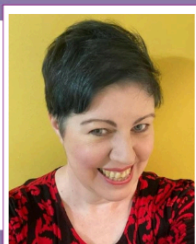
- Broad statements of what the Church of England wants to achieve in its safeguarding work.
- Each one has several 'What Good Looks Like' Indicators, to identify strengths as well as areas for development.
- They are constructive development of good safeguarding practice, **NOT** a compliance-based exercise.
- The Standards and their indicators have been developed over a three-year period, working with dioceses, cathedrals, parishes and victims and survivors.
- They were approved nationally in 2023.
- A series of online tools and resources have been developed – [churchofengland.org/safeguarding-standards](https://www.churchofengland.org/safeguarding-standards)



Contact for Parish Safeguarding Officer

Name: Elaine Shanks
Email: elaine.shanks@icloud.com

(Parish Version)



INDEPENDENT SUPPORT SERVICE
Safe Spaces Telephone 0300 303 1050

 **THE CHURCH OF ENGLAND**
www.churchofengland.org/safeguarding

Mental Health & Safeguarding



THE CHURCH
OF ENGLAND

Mental Health Resources

[www.churchofengland.org/
resources/mental-health-
resources](http://www.churchofengland.org/resources/mental-health-resources)



wwin

Specialist Domestic Abuse Service

www.wwin.org.uk

Wearside Women in Need

Helpline: 0800 066 5555

Everyday 9am - 9pm

christians
against
poverty

CAP

<https://capuk.org/>

Money and Debt Advice

GOING THROUGH
A STORM
OR JUST BEEN
THROUGH ONE?

ANDYSMANCLUB
are talking
groups for men to
HELP YOU through
those storms.

**FIND OUT
MORE** info@andysmanclub.co.uk
www.andysmanclub.co.uk



#ITSOKAYTOTALK

 **Sunderland
Mind**

www.sunderlandmind.co.uk

0191 565 7218

Feeling low?

Anxious?

Struggling
to cope?

Text
SHOUT
to **85258**

for free,
confidential
support, 24/7

TALK TO US
If things are getting to you

Talk to us any time you like, in your own
way – about whatever's getting to you.



116 123

FREE

This number is FREE to call

SMS **087 26090 90**



jo@samaritans.org



samaritans.org

SAMARITANS

A registered charity

THE REV & THE ROBIN



Connect with St Paul's Church

Website: www.achurchnearyou.com/St-Pauls-Ryhope

Facebook: www.facebook.com/stpaulschurchryhope

YouTube: www.youtube.com/@stpaulsChurchRyhope

Instagram: www.instagram.com/stpaulschurchryhope



Whatsapp



**Reflections, prayers
& discussions**



Linktree



**All of our web links
in one place**